

S.V.A. GOVERNMENT COLLEGE, SRIKALAHASTI
DEPARTMENT OF ZOOLOGY
BEST PRACTICE I

1. Title of Practice

Iron Plus Initiative: Addressing Iron Deficiency Anaemia among Female Students

2. Objectives

- To raise awareness about iron deficiency anaemia among female students.
- To promote healthy dietary habits and iron supplementation.
- To improve the overall health and well-being of female students.
- To enhance academic performance and cognitive function.

3. The Context

Iron deficiency anaemia is a significant public health problem, particularly among adolescent girls. It can lead to fatigue, weakness, impaired cognitive function, and reduced academic performance. The Department of Zoology at S.V.A. Govt. College, Srikalahasti, recognized the need to address this issue and implemented the Iron Plus Initiative.

4. Practice

The Iron Plus Initiative involves a multi-faceted approach to combat iron deficiency anaemia among female students. This includes:

- **Awareness Campaigns:** The department conducts educational campaigns to raise awareness about the causes, symptoms, and consequences of iron deficiency anaemia. These campaigns include lectures, workshops, and poster presentations.
- **Nutritional Counselling:** Students are provided with nutritional counselling to promote healthy dietary habits. The department emphasizes the importance of consuming iron-rich foods such as spinach, lentils, and fortified cereals.

- **Iron Supplementation:** Iron supplements are made available to students who are identified as being at risk of iron deficiency. These supplements are distributed in coordination with the urban primary health centre.
- **Regular Monitoring:** The department conducts regular health checks to monitor the haemoglobin levels of girl students. This helps to identify and address cases of iron deficiency early on.

5. Method

- **Data Collection:** The department collects data on the dietary habits, menstrual history, and health status of girl students.
- **Haemoglobin Testing:** Regular haemoglobin tests are conducted to assess the iron status of students.
- **Nutritional Counselling:** Students are provided with personalized nutritional counselling based on their dietary needs.
- **Supplement Distribution:** Iron supplements are distributed to students who require them, along with instructions on proper usage.
- **Follow-up:** The department follows up with students to monitor the effectiveness of the intervention and address any concerns.

6. Evidence of Success

- The Iron Plus Initiative has led to a significant increase in awareness about iron deficiency anaemia among girl students.
- The program has encouraged students to adopt healthier dietary habits and consume iron-rich foods.
- There has been a noticeable improvement in the haemoglobin levels of participating students.
- The initiative has contributed to enhanced academic performance and overall well-being among girl students.


7. Problems Encountered

- **Stigma:** Some students may hesitate to seek help due to social stigma associated with iron deficiency anaemia.
- **Adherence:** Ensuring consistent adherence to dietary recommendations and supplement usage can be challenging.
- **Resource Constraints:** Limited resources can hinder the implementation and sustainability of the program.

8. Resources Required

- Funding for educational materials, supplements, and health checks.
- Collaboration with healthcare professionals and nutritionists.
- Adequate infrastructure for data collection and monitoring.
- Support from the college administration and community.




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