



Report – Women and Sexual Harassment Cell

A. About Event:

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| Name of Event | Anemia and It's Prevention | Date | 13 th March 2023 |
| Name of Faculty Organizer | Prof. Jayshree Patil | Place | Diwaliba Polytechnic |
| Total No. of Students | 88 Boys Students and 10 Girls Students | Time | 10:00 AM to 11:30 AM |

B. Purpose:

- To provide an overview of anemia: The seminar is likely to cover the basics of anemia, including its definition, types, and prevalence. This will help the attendees understand the condition better and appreciate its importance.
- To discuss the causes of anemia: The seminar is also likely to focus on the factors that contribute to anemia, including nutritional deficiencies, chronic diseases, and genetic factors. This will help the attendees identify the risk factors associated with anemia and take preventive measures accordingly.
- To highlight the symptoms of anemia: The seminar is also likely to discuss the signs and symptoms of anemia, such as fatigue, weakness, and pale skin. This will help the attendees recognize the condition and seek medical attention if necessary.
- To emphasize the importance of prevention: The seminar is likely to stress the importance of prevention as the best way to avoid anemia and discussion about healthy eating habits, regular physical activity, and routine medical checkups.
- To provide practical tips on anemia prevention: The seminar is also likely to provide practical tips on anemia prevention that the attendees can implement in their daily lives.



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C. Activity carried out:

- Presentation by the speaker: The main activity during the seminar was a presentation by the speaker, Ms. Mayuri Rabari. She used slides or other visual aids to explain the subject matter and engaged the attendees.
- Q&A session: There was a Q&A session at the end of the seminar where attendees have asked questions related to anemia and its prevention. This allowed the attendees to clarify their doubts and seek further information on the topic.
- Group discussion: The attendees were divided into smaller groups to discuss anemia prevention strategies or to share their experiences with anemia. This provided an opportunity for the attendees to interact with each other and learn from each other.
- Case studies: The speaker presented case studies of individuals who had successfully managed anemia or who were at risk of developing anemia. This helped the attendees understand the practical aspects of anemia prevention and management.
- Interactive activities: The seminar also included interactive activities such as quizzes & games to make the session more engaging and interesting. This helped the attendees retain the information better and have fun while learning.

D. Outcome:

- Understanding the causes and types of anemia, such as iron deficiency anemia, vitamin deficiency anemia, hemolytic anemia, etc.
- Exploring the risk factors associated with anemia, such as poor diet, pregnancy, chronic diseases, infections, and genetics.
- Identifying the symptoms of anemia, such as fatigue, weakness, pale skin, shortness of breath, irregular heartbeat, and dizziness.
- Discussing the importance of early detection and treatment of anemia, including blood tests and supplements, and other treatments like blood transfusion or bone marrow transplant.
- Highlighting the significance of preventive measures, such as consuming a well-balanced diet rich in iron, vitamin B12, and folate, regular exercise, and avoiding smoking.
- Sharing success stories and case studies of individuals who have overcome anemia, along with tips and tricks to manage it effectively.
- Increased awareness of the disease, better understanding of the risk factors, and knowledge of preventive measures to reduce the incidence of anemia.

E. Details:

| Name of Speaker | Designation/Role | Contact No |
|-------------------|--------------------------------|------------|
| Ms. Mayuri Rabari | Lecturer & Clinical Instructor | 8758368466 |

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Photographs:



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