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A SURVEY OF SOCIETY TO ABOLISH ANEMIA AND INCREASE ENERGY

***Abstract*- as we know from various research papers that anemia is big problem of society. By this type of survey, we will be able to know the position of society in this respect and also by proper planning it will be possible to get rid of the severe condition.**

***Key words*- Anemia, Symptoms, Planning**

I. INTRODUCTION-

Anemia is lack of red blood cells or presence of more dysfunctional red blood cells in blood of our body. Due to this, oxygen flow to the body's organs reduces.

From https://www.who.int, WHO estimates that 42% of children less than 5 years of age and 40% of pregnant women worldwide are anemic. From https:// ijmrr.medresearch.in , About 30% or one third of world population is suffering from anemia due to various causes. In India prevalence is approximately 51%. According to https://academic.oup.com, all age anemia prevalence was 22.8% globally in 2019.

So, anemia is a severe problem of the world, and causes a number of different other health problems.

We performed a survey for a lower middle class and middle- class teenager girls and ladies between age group 15-25 years. Most of the girls are from Uttar Pradesh (India) with general middle class food habits.

This survey will help to know the condition of anemia in the society (Uttar Pradesh, India), at first glance on the basis of some common symptoms.

This survey helps us to make aware regarding anemia, and also activate us to diagnose and take steps to get rid of any severe condition, without any expert. In this way, simple awareness makes a healthy and happy society.

Common symptoms of anemia used for this survey-

1. Fatigue without any known reason
2. Pale and yellowish skin, gums and nail
3. Irregular heart beats
4. Shortness of breath
5. Dizziness or light headedness
6. Cold hand and feet
7. Chest pain
8. Low blood pressure
9. Headaches
10. Cold skin
11. Sore tongue or inflammation of tongue
12. Dry mouth and throat
13. Cracks at the sides of the mouth
14. Weak hair
15. Lack of concentration
16. Irritability
17. Whiteness of eye conjunctiva
18. Whiteness of tongue

Sometimes anemia is noticed without any serious cause, only due to unhealthy food habits, but as the symptoms shows, anemia may result in heavy losses of people health and this loss of energy of working population results in down fall of country's growth. Anemia may cause heavy losses for future generation via pregnant women.

Survey table-

fatigue	pale skin, gums and nail	irregular heart beats	shortness of breath	dizziness or light headedness	cold hand and feet	chest pain	low blood pressure	cold and inflammation of tongue	headaches	dry mouth and throat	cracks at the sides of the mouth	weak hair	lack of concentration	irritability	whiteness of eye conjunctiva	whiteness of tongue	Anemia on the basis of any three symptoms	Name	Branch	Age	Anemia on the basis of one symptom

	ail																					
Yes	No	No	No	No	No	No	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	No	No	No	Kshiti Srivastava	IT 1st year	15	yes
Yes	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	Yes	Yes	Yes	No	No	No	Nehadevi	IT	17	yes
Yes	Yes	Yes	No	Yes	No	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Shweta	Information Technology 3rd yr.	21	yes
No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	Arpita gupta	I. T	16	yes
Yes	No	No	No	No	No	No	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Kshiti Srivastava	Information technology 1st year	15	yes
No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Nancy Gautam	IT 1st year	16	No
Yes	No	No	No	No	No	No	No	No	No	No	Yes	No	Yes	Yes	Yes	No	No	Yes	Artimaurya	IT	16	yes
Yes	No	Yes	No	No	No	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	Yes	Shivanipandey	IT	16	yes
Yes	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	Shalenigharti	It 1st year	18	yes
Yes	No	No	No	No	Yes	No	Yes	Yes	No	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Shweta Singh	Electronic engineering	20	yes
Yes	No	No	No	Yes	No	No	Yes	Yes	No	No	Yes	No	Yes	Yes	Yes	No	No	Yes	Sprihaupadhyay	fDGT	19	yes
Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Shalu Singh	Electronic	18	yes

Yes	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	Khushboo Diwakar	Electronic branch	18	yes
No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Avika Srivastava	Electronics	15 years	No
Yes	No	No	No	No	No	No	No	Yes	No	No	Yes	No	Yes	Yes	Yes	Yes	No	Yes	Shikha Kumari	It (1st semester)	16	yes
Yes	No	Yes	No	Yes	No	No	No	Yes	Yes	No	Yes	No	Yes	Yes	Yes	No	No	Yes	Riya Kumari Jadon	IT	17	yes
No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	Yes	No	No	No	No	Yes	Neha devi	IT	17	yes
No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Priya Rawat	information technology	22 years	No
Yes	Yes	No	No	No	Yes	No	No	Yes	No	No	Yes	No	Yes	No	Yes	No	No	Yes	Anshuyadav	Fdgt	23	yes
Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	No	Yes	Yes	Yes	No	No	Yes	Soni Gupta	Electronic engineering 1 st year	20 years old	yes
Yes	No	Yes	No	Yes	No	No	No	Yes	No	No	Yes	No	Yes	Yes	Yes	No	No	Yes	Rakhi pal	Electronics engineering 1semester	18	yes
Yes	No	No	No	No	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No	No	No	Yes	Ragini	Fdgt	19	yes
No	No	No	No	No	No	No	No	Yes	No	No	Yes	No	No	Yes	Yes	No	No	No	Saumya	It	18	yes
Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	Yes	No	No	No	No	No	Preeti Yadav	It 1st year	18	yes
Yes	No	No	Yes	No	No	Ye	No	Yes	No	No	No	Yes	Ye	No	Yes	No	No	No	Aradhyati	It	15	yes

International Journal of Engineering Applied Sciences and Technology, 2021
Vol. 6, Issue 8, ISSN No. 2455-2143, Pages 112-121
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Yes	No	No	No	No	Yes	No	No	Yes	No	No	No	No	Yes	Yes	Yes	No	No	No	Priyanshi Patel	IT first year	18	yes
Yes	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No	Yes	Yes	Yes	Yes	No	Yes	Anamika agrahari	Electronic	17	yes
Yes	No	No	No	No	No	No	No	Yes	No	No	Yes	No	Yes	No	Yes	No	No	Yes	Sandhya pal	Electronic Engineering	18	yes
No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Harshita Singh	Architecture Assistantship	15	No
No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	Yes	No	No	No	No	Astha Mishra	IT	18	yes
No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No	Vanshika Singh	Architectural Assistantahip	17	yes
Yes	No	No	No	No	No	No	No	Yes	No	Yes	No	No	Yes	Yes	Yes	No	Yes	Yes	Muskan Gupta	FDGT	16	yes
Yes	No	No	No	No	No	No	No	Yes	No	No	No	Yes	Yes	Yes	Yes	No	No	No	Pooja Singh	It 1st year	22/03/2004	yes
Yes	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes	No	No	No	No	Yes	Khushaboo Patel	Arch.Ass.	17	yes
No	No	No	No	No	No	No	No	No	No	No	Yes	No	Yes	Yes	Yes	No	No	No	Himangi gaur	Architecture assistantship	16	yes
Yes	Yes	Yes	No	No	Yes	Yes	No	Yes	Yes	No	Yes	No	Yes	Yes	Yes	No	No	No	Ankita Yada	IT ist year	18	yes

International Journal of Engineering Applied Sciences and Technology, 2021
Vol. 6, Issue 8, ISSN No. 2455-2143, Pages 112-121
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Yes	No	Yes	Yes	Yes	No	Yes	No	Yes	No	No	Yes	No	Yes	Yes	Yes	No	No	Yes	Ankita Yadav	IT ist year	18	yes
No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	Yes	No	No	No	No	Anushka Gupta	IT first Year	17	yes
Yes	No	No	No	No	No	No	No	Yes	No	No	No	No	No	Yes	Yes	No	No	Yes	Tanuja	Electronics	17	yes
Yes	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	Shweta	IT	19	yes
Yes	No	No	No	No	No	No	Yes	No	No	No	No	No	Yes	Yes	No	No	No	No	Divya Singh	Information technology	19	yes
Yes	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	Architasingh	IT	16	yes
Yes	No	No	No	Yes	No	Yes	No	Yes	No	No	Yes	No	Yes	Yes	Yes	No	No	Yes	Shweta Singh	IT 1semester	17year old	yes
No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Aliya khatu	Electroncs 1st year	21	No
No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Ananya Singh	Information Technology	17	No
Yes	No	No	No	No	No	Yes	No	Yes	No	No	No	No	Yes	Yes	Yes	No	No	Yes	Riya Agrahari	IT	17	yes
No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	Kanishka Singh	It 1st year	15	yes
No	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes	No	No	No	No	No	Ankita Singh	Information technology	17	yes
No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	Khushi Rawat	IT 1st year	20	yes

International Journal of Engineering Applied Sciences and Technology, 2021
Vol. 6, Issue 8, ISSN No. 2455-2143, Pages 112-121
Published Online December 2021 in IJEAST (http://www.ijeast.com)

No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No	Humangi gaur	Architecture assistance	17	yes
Yes	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No	No	Khushboo Diwakar	Electronic branch	19	yes
No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Neha pandey	IT 1st year	18	No
No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Ranjan Yadav	Architecture assistantship	18	No
No	No	No	No	No	No	No	Yes	Yes	No	No	No	No	Yes	No	No	No	No	No	Aakansha Pandey	PGDCA	25	yes
No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Mansi	Electronics	19	No
No	No	No	No	No	Yes	No	No	No	No	No	No	No	Yes	No	No	No	No	No	Purnima maurya	PGDWD	24	yes
Yes	No	No	No	No	Yes	No	No	Yes	Yes	No	No	Yes	Yes	Yes	Yes	No	No	Yes	Supriyama urya	Fdgt	20	yes
No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Nancy Gautam	IT	16	No
No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	Shivangi Vishwakarma	Information technology	18	yes
No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Deeksha pal	IT 1st year	17	No
No	No	No	No	No	Yes	No	No	No	No	No	No	No	Yes	No	No	No	No	No	Rekha kisku	Information Technology	17	yes

International Journal of Engineering Applied Sciences and Technology, 2021
Vol. 6, Issue 8, ISSN No. 2455-2143, Pages 112-121
Published Online December 2021 in IJEAST (http://www.ijeast.com)

No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	Samhita Dhar	Architectural Assistantship	50	yes
No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Sneha Verma	Electronics	18	No
No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Harshita Singh	Architecture Assistantship	15	No
No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	Shreya Dubey	Electronics engineering	16	yes
No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	Kanishka	It	15	yes
Yes	No	No	No	Yes	No	No	No	Yes	No	No	No	Yes	No	Yes	Yes	No	No	No	Pooja Singh	It	18	yes
No	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes	Yes	No	No	No	No	Anushka Gupta	IT first year	17	yes
No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Shivani Mishra	FDGT	15	yes
Yes	No	No	No	Yes	No	Yes	No	Yes	No	No	No	No	No	No	No	No	No	No	Zebakhan	It 1st year	21	yes
No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Archita Singh	IT		No
Yes	No	No	No	No	Yes	No	No	Yes	No	No	No	No	Yes	Yes	Yes	No	No	Yes	Muskangupta	Fdgt	16	yes
No	No	No	No	Yes	No	No	No	Yes	No	No	No	No	Yes	Yes	No	No	No	Yes	Anushikaverma	Architecture	17th	yes
No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Shivangi	IT 1st year	15	No
No	No	No	No	No	No	No	No	Yes	No	No	Yes	Yes	Ye	Yes	Yes	No	No	Yes	Kavita	Informa	16th	yes

International Journal of Engineering Applied Sciences and Technology, 2021
Vol. 6, Issue 8, ISSN No. 2455-2143, Pages 112-121
Published Online December 2021 in IJEAST (http://www.ijeast.com)

													s						Bharti	tion technology	years	
No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Abhilasha	Electronic engineering	16	No
No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Abhilasha	Electronics engineering	16	No
No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Priya Rawat	IT	22	No
No	No	No	No	No	No	Yes	No	No	Yes	No	No	Yes	Yes	Yes	No	Yes	No	No	Preeti Yadav	IT 1st year	18	yes
No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	Nikita Dwivedi	Archetecher	17	yes
Yes	Yes	No	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	No	No	No	Tripti Singh	It 1st year	17	yes
No	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes	No	No	No	No	No	Akanksha saxena	It	18 years	yes
No	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No	Yes	Yes	No	No	No	Pooja Singh	It 1 st year	18	yes
Yes	No	No	No	Yes	Yes	No	No	Yes	No	No	No	No	Yes	Yes	Yes	No	No	No	Rishu gupta	IT	18	yes
No	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes	Yes	Yes	No	No	No	Shweta singh	It 1 st year	17	yes
No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Priyanka Chaturvedi	IT	15	No
No	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes	No	Yes	No	No	No	Anushka Gupta	IT Firstyear	17	yes
No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No	No	Yes	No	No	No	Anushka Gupta	IT Firstyear	17	yes
N	N	No	No	No	N	N	N	No	N	No	N	N	Y	No	No	No	No	No	Shakt	lT	16	ye

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Yes	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes	Yes	Yes	No	No	No	Kajalkumari	IT	18	yes
No	No	No	No	No	No	Yes	No	No	No	No	No	Yes	Yes	Yes	Yes	No	No	Yes	Sakshi Shukla	IT first year	17	yes
No	No	No	Yes	No	No	No	No	Yes	No	No	No	No	Yes	Yes	No	No	No	No	Shraddha kanaujiya	Architectural Assistantship	18	yes
Yes	No	No	No	No	Yes	No	No	No	Yes	No	Yes	No	Yes	Yes	No	No	No	No	Saumya	It	18	yes
Yes	No	Yes	No	No	Yes	Yes	No	Yes	Yes	No	Yes	No	Yes	Yes	Yes	No	Yes	No	Dhruviyagyasaini	FDGT	16	yes
Yes	No	No	No	No	No	Yes	No	Yes	No	No	No	Yes	Yes	Yes	Yes	No	No	No	Rinkee Rawat	IT	21	yes
Yes	No	No	No	No	No	No	No	Yes	No	No	No	Yes	Yes	Yes	No	No	No	No	Mausam Vishwakarma	Web design	25	yes
No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	Arpita Gupta	IT	16	yes
Yes	No	No	No	No	Yes	No	No	No	Yes	No	No	Yes	Yes	Yes	No	No	No	No	Jyotivishwakarma	PGDWD	22	yes
No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Tanu Awasthi	IT first year	16	yes
No	No	No	No	No	No	No	No	Yes	No	Yes	Yes	No	Yes	No	Yes	No	No	No	Ishikasingh	FDGT	19	yes

The above study was done on 100 people, using above mentioned 16 symptoms. By this survey it was observed that if we consider only one symptom to be positive, 81%girls are found to be anemic and with any three symptoms to be positive (to get accuracy), 37% girls are anemic.

II. CONCLUSION AND BENEFITS OF SUCH SURVEY-

This type of survey provides a raw information regarding the condition of anemia in the society, but the awareness of such symptoms and survey may save a big population from



being anemic. Such survey provides a vision to aware the society regarding common symptoms of anemia and by self-assessment one may notice the starting of anemia and may come out from this anemic situation by simply proper planning of diet and exercise etc. In this way such study aware us to save energy of working population and also contribute positively towards future generation and growth of the country. Such type of survey is useful not only for the place where the survey was conducted, but it is helpful for each and every place of the world.

III. REFERENCES

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AUTHORS

Dr. Kalpana Singh

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