



A SURVEY OF SOCIETY TO ABOLISH ANEMIA AND INCREASE ENERGY

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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-

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n	n	h	th	ten	bas
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	ss	ac	he	ctiv	ee
	e	he	n	ue	sy
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Yes	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	Yes	Yes	No	No	No	Neha devi	IT	17	Yes	
Yes	Yes	Yes	No	Yes	No	Yes	Yes	Yes	No	No	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	Arpit agupta	I. T	16	Yes	
Yes	No	No	No	No	No	No	Yes	Yes	No	No	Yes	Yes	Yes	Yes	No	No	Yes	Kshiti Srivastava	Information technology 1st year	15	Yes	
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Yes	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	Shale nigharti	It 1st year	18	Yes	
Yes	No	No	No	No	Yes	No	Yes	Yes	No	Yes	No	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	No	No	Yes	Sprihapadhyay	fDG T	19	Yes	
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Yes	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	Yes	Yes	No	Yes	No	Yes	Yes	Yes	No	No	Yes	Riya Kumari Jadon	IT	17	yes	
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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	Yes	No	No	Yes	No	Yes	No	Yes	No	No	Yes	Anshuyada v	Fdg t	23	yes	
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Yes	No	Yes	No	Yes	No	No	Yes	No	No	Yes	No	Yes	Yes	Yes	No	No	Yes	Rakhi pal	Electronics engineering 1st semester	18	yes	
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No	No	No	No	No	No	No	Yes	No	No	No	No	No	Yes	No	No	No	Astha Mishra	IT	18	yes	
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Yes	No	No	No	No	No	No	Yes	No	No	No	Yes	Yes	Yes	No	No	No	Pooja Singh	It 1st year	22/03/2004	yes	
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No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Nehapandey	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 assistance	18	No
No	No	No	No	No	No	Yes	Yes	No	No	No	No	No	Yes	No	No	No	No	No	Akan ksha Pandey	PG DC A	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	PG DW D	24	yes
Yes	No	No	No	No	Yes	No	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Supriyama yurya	Fdg t	20	yes
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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	Deekshapal	IT 1st year	17	No
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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	No	No	No	No	Pooja Singh	It	18	Yes
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No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No	Yes	Yes	Shivani Mishra	FD GT	15	Yes
Yes	No	No	No	Yes	No	Yes	No	Yes	No	No	No	No	No	No	No	No	No	No	Zeb Khan	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
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No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Abhilasha	Electronic engineering	16	No
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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	Yes	No	No	Yes	No	No	Yes	Yes	Yes	Yes	No	Yes	No	No	Preeti Yadav	IT 1st year	18	yes	
No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	Nikita Dwivedi	Architect	17	yes	
Yes	Yes	No	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No	No	No	Tripti Singh	IT 1st year	17	yes	
No	No	No	No	No	No	No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	Akansha Saxena	It	18 years	yes	
No	No	No	No	Yes	No	No	Yes	No	No	No	No	No	Yes	Yes	No	No	No	No	Pooja Singh	It 1st year	18	yes	
Yes	No	No	No	Yes	Yes	No	Yes	No	No	No	No	Yes	Yes	Yes	No	No	No	No	Rishu Gupta	IT	18	yes	
No	No	No	No	No	No	No	Yes	No	No	No	No	Yes	Yes	Yes	No	No	No	No	Shweta Singh	It 1st year	17	yes	
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No	No	No	No	No	No	Yes	No	Yes	No	No	No	No	No	Yes	No	No	No	No	Anushka Gupta	IT Firs tyear	17	yes	
No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	Shakti	IT	16	yes	



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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