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# CURRENT AFFAIRS

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## MISSION UTKARSH FOR ANAEMIA CONTROL

THIS ARTICLE COVERS 'DAILY CURRENT AFFAIRS' AND THE TOPIC DETAILS OF "MISSION UTKARSH FOR ANAEMIA CONTROL". THIS TOPIC IS RELEVANT IN THE "SOCIAL ISSUES" SECTION OF THE UPSC CSE EXAM.

### WHY IN THE NEWS?

The Ministry of Ayush and the Ministry of Women and Child Development have signed an MoU to improve the nutritional status of teenage females using Ayurvedic interventions. It will function as a Joint Public Health Initiative towards Anaemia Control among Adolescent Girls, with Ayurvedic interventions in the five districts covered by Mission Utkarsh.

### ABOUT MISSION UTKARSH

- Initiated in 2022, this program represents an endeavour to swiftly enhance specific **Key Performance Indicators (KPIs)** within designated Aspirational Districts identified by Central Ministries.
- The initiative spans ten States, targeting **10 Districts**, and focuses on specific KPIs categorised under **four Schemes**: Pradhan Mantri Awas Yojana-Gramin (**PMAY-G**), **Mahatma Gandhi NREGA**, National Rural Livelihood Mission (**NRLM**), and Deen Dayal Upadhyay Gramin Kaushalya Yojana (**DDU-GKY**).
- The primary goal is to elevate the performance levels of the identified districts in the chosen KPIs, progressing from the current/base level to reach the state average within a year. Subsequently, the aim is to advance them to the national average or surpass it within a two-year timeframe.
- This initiative signifies a concerted effort to bring about rapid improvements in the specified districts, aligning with the overarching objective of achieving parity with or exceeding national benchmarks in the designated Key Performance Indicators.

### PROJECT ON ANAEMIA CONTROL UNDER MISSION UTKARSH:

- In the framework of Mission Utkarsh, a project aimed at controlling anaemia is set to undergo a pilot phase. The initial implementation will occur in **five Aspirational districts**: Dhubri (Assam), Bastar (Chhattisgarh), Paschimi Singhbhum (Jharkhand), Gadchiroli (Maharashtra), and Dholpur (Rajasthan).
- Approximately **94,000 adolescent girls** falling within the age range of **14-18 years**, registered under Poshan Tracker across nearly **10,000 Anganwadi Centres**, stand to benefit

from this initiative. The project's duration is slated for one year, with the overarching objective of involving **15 central ministries or departments** in efforts to uplift districts with lower nutritional indicators to match state and national averages.

## **THE INTERVENTIONS PLANNED FOR THIS INITIATIVE ENCOMPASS VARIOUS ASPECTS:**

### **Availability of Medicines**

Classical Ayurveda medicines, specifically Drakshavaleha and Punarnavadi Mandoor, will be supplied over a three-month period. This provision aims to enhance nutritional intake and subsequently improve the health of adolescent girls affected by anaemia.

### **Promotion of Wellness**

A collaborative effort with the Ministry of Ayush and the Indian Council of Medical Research (ICMR) is in the pipeline. This partnership will facilitate effective interventions, such as incorporating Yoga practices targeted at addressing Polycystic Ovarian Disease (PCOD) among adolescent girls, promoting overall wellness.

### **Diet Diversity**

Leveraging traditional knowledge, the project seeks to encourage diet diversity by promoting the consumption of locally grown and wholesome foods. This approach aims to enhance nutritional variety and improve overall dietary habits among the targeted demographic.

This comprehensive strategy underscores the commitment to combat anaemia within the specified districts, combining medicinal support, wellness promotion, and dietary diversity initiatives. The one-year duration provides a structured timeframe for the involved ministries to collaboratively work towards achieving the set objectives and elevating the nutritional status of the targeted districts.

## **ABOUT ANAEMIA**

Anaemia is a medical condition marked by a shortage of red blood cells (RBCs) or an inadequate level of haemoglobin in the blood. Red blood cells contain haemoglobin, a protein that binds to oxygen, allowing the cells to transport and distribute oxygen to the body's tissues.

## **CAUSES OF ANAEMIA**

### **Iron Deficiency**

The most frequent type of anaemia in the world is iron deficiency anaemia. This occurs when the body lacks sufficient iron to produce an adequate amount of haemoglobin. Iron is crucial for the formation of red blood cells, and its deficiency can be attributed to factors such as inadequate dietary intake, poor absorption, or chronic blood loss.

## **Vitamin Deficiency**

Deficiencies in certain vitamins, such as vitamin B12 and folic acid, can lead to anaemia. These vitamins play a vital role in red blood cell production. A deficiency may be caused by inadequate dietary intake, malabsorption issues, or certain medical conditions affecting their absorption.

## **Chronic Diseases**

Conditions like chronic kidney disease, inflammatory disorders, and autoimmune diseases can interfere with the body's ability to produce red blood cells, contributing to anaemia. Chronic diseases may affect the production and lifespan of red blood cells, leading to a decrease in haemoglobin levels.

## **Hemolytic Anaemias**

Hemolytic Anaemias result from the accelerated destruction of red blood cells. This can be caused by genetic factors, infections, autoimmune disorders, or exposure to certain toxins. The increased breakdown of red blood cells overwhelms the body's ability to replace them, leading to anaemia.

## **Bone marrow problems**

Conditions affecting the bone marrow, the factory responsible for red blood cell production, can cause anaemia. Aplastic anaemia, characterised by underactive bone marrow, and certain cancers can disrupt red blood cell production.

## **SYMPTOMS OF ANAEMIA**

### **Fatigue and Weakness**

A common symptom of anaemia is persistent fatigue and weakness. The reduced oxygen-carrying capacity of the blood can lead to a feeling of exhaustion, even with minimal physical exertion.

### **Pale Skin and Cold Extremities**

Anaemic individuals may exhibit pale skin and cold extremities due to decreased blood flow and oxygen delivery to the skin.

### **Shortness of Breath**

Inadequate oxygen flow to tissues can cause shortness of breath, particularly during strenuous activity.

### **Dizziness and Headache**

Insufficient oxygen reaching the brain may cause dizziness and headaches, affecting cognitive function.

### **Irregular Heartbeat**

Anaemia can lead to an irregular heartbeat or palpitations as the heart attempts to compensate for the decreased oxygen-carrying capacity of the blood.

## TREATMENT OPTIONS

### Iron Supplements

For iron deficiency Anaemia, supplementation with iron is a common treatment. Iron supplements help replenish the body's iron stores and support the production of red blood cells.

### Vitamin Supplementation

Vitamin deficiencies contributing to anaemia can be addressed with appropriate supplementation. Folic acid and Vitamin B12 supplements are commonly prescribed to correct deficiencies and promote red blood cell production.

### Treating Underlying Conditions

Addressing the underlying cause of anaemia is crucial for effective treatment. For example, managing chronic diseases or treating infections can help improve red blood cell production.

### Blood Transfusions

In severe cases of Anaemia, especially when associated with acute blood loss or hemolytic conditions, blood transfusions may be necessary to quickly restore adequate haemoglobin levels.

### Lifestyle Changes

Adopting a well-balanced diet rich in iron, vitamin B12, and folic acid is essential for preventing and managing anaemia. Additionally, managing chronic conditions and avoiding factors that contribute to blood loss are crucial lifestyle changes.

## PRELIMS PRACTICE QUESTIONS

**Q1. What is the duration of the anaemia control project under Mission Utkarsh?**

- (a) 6 months
- (b) 1 year
- (c) 2 years
- (d) 5 years

**Answer: b**

**Q2. In Anaemia, what is the term used to describe a decreased number of red blood cells?**

- (a) Thrombocytosis
- (b) Leukopenia
- (c) Erythropenia
- (d) Neutropenia

**Answer: c**

## MAINS PRACTICE QUESTION

**Q1. Discuss the socio-economic impact of anaemia on vulnerable populations. How does this health condition affect their ability to participate in the workforce and contribute to economic productivity?**

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