

Rotary
Club of Bombay
Celebrating 97 Years of Service



2026

Project Report

Anemia Mitigation Project
by Rotary Club of Bombay

Implementation Partners: Diganta Swaraj Foundation

Overview

In line with the Government of India's Anemia Mukht Bharat program introduced in 2018, the Rotary Club of Bombay has initiated an Anemia Mitigation project that has recently commenced in collaboration with Shrimad Rajchandra Mission Trust (SRMT) and on-ground implementation partner Diganta Swaraj Foundation.

The Anemia Mitigation project by the Rotary Club of Bombay extends beyond simply providing medical assistance. By focusing on education, awareness, and sustainable solutions, the project aims to create a long-lasting impact on the communities it serves.

The Rotary Club of Bombay aims to reach tribal and rural districts with a high prevalence of anemia and limited accessibility to medical care facilities. By focusing on school children, we are dedicated to making a significant impact on the lives of children in these communities.

SRMT initiated a holistic approach to Anemia mitigation in the South Gujarat area. So far, they have conducted over 450,000 screenings.



Going Beyond Borders:

The Rotary Club of Bombay is started school screenings in Dahanu at Jilha Parishad Schools and Ashrams Schools. 15000 plus students were screened from 188 schools and hostels. The screening included haemoglobin (Hb) testing, basic health checks, and referral of severe cases to healthcare facilities.

Key Objective

- Assess the anaemia status among school-going children and hostel residents.
- Identify high-risk cases requiring urgent medical attention.
- Facilitate early treatment, improve dietary practices, and enhance long-term nutritional outcomes through targeted interventions.

Holistic Approach To Mitigation:

As part of our initial touchpoint to our stakeholders, we provide detailed Health and Nutrition Awareness Sessions focused on:

- Understanding Anemia
- Importance of Iron and Iron-rich food
- Importance of a Balanced Diet with focus on locally grown food.
- Distribution of free Iron and Folic supplementation for those who were found to be anemic
- Importance of Parent and Teacher involvement to achieve higher compliance. The above sessions are conducted with the usage of visual aids and brochures, that help the audience understand the criticality around why it is essential to focus our attention on being healthy and anemia-free.



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Insights

Free Anemic Screenings are voluntarily conducted for the target audience (educational institutes, camps, etc.) and the following process is followed based on the data recorded for their hemoglobin levels:

- Everyone is given 1 dose of Albendazole for the purpose of deworming.
- We perform hemoglobin (Hb) level screening with a digital hemoglobinometer (accuracy and sensitivity of which was pilot tested comparing about 5000 samples with the gold standard test for Hemoglobin i.e. with a Hematology analyzer).
- A 2-sided pamphlet with details on anemia and details on its' prevention/mitigation along with the anemic screening reading is provided to the person screened for their records.
- Anyone who is found to be anemic, are provided with 3 months of Iron Folic supplements based on their age (syrup vs tablets) as per the protocol of Anemia Mukta Bharat and as per discussion with a team of reputed Physicians and Pediatricians.
- For schools, we also discuss with the principal and teachers, the ongoing need to focus on nutritional diet as well as to guide the requisite students to take the 3-month iron folic supplements to increase their hemoglobin levels.
- To understand the impact of the health awareness sessions including nutrition recommendation as well as the iron folic supplementation to those who had anemia, we undertake the second screening of our target population after a 3-month period (first reading establishes their baseline while the second reading measures the impact if any due to diet change/iron folic supplements)
- During the second screening, we re-emphasize the need for a long-term nutritional regimen that will allow them to remain anemia free forever



Impacted:

Over 50% Reduction in Anemia Prevalence in 188 Schools Through Screening Initiatives

Supplementation program put in place, almost 1000 children already given supplements.

Key Findings

Overall Anaemia Burden

Category (Initial)	Percentage Anemic to Normal	Percentage Anemic to Mild	Percentage Anemic to Moderate
Mild Anaemia	26.82	63.64	9.55
Moderate Anaemia	15.40	67.82	16.78
High-Risk (Hb < 7)	0	60.00	40.00
Total	18.32	66.58	15.10

Major Observations:

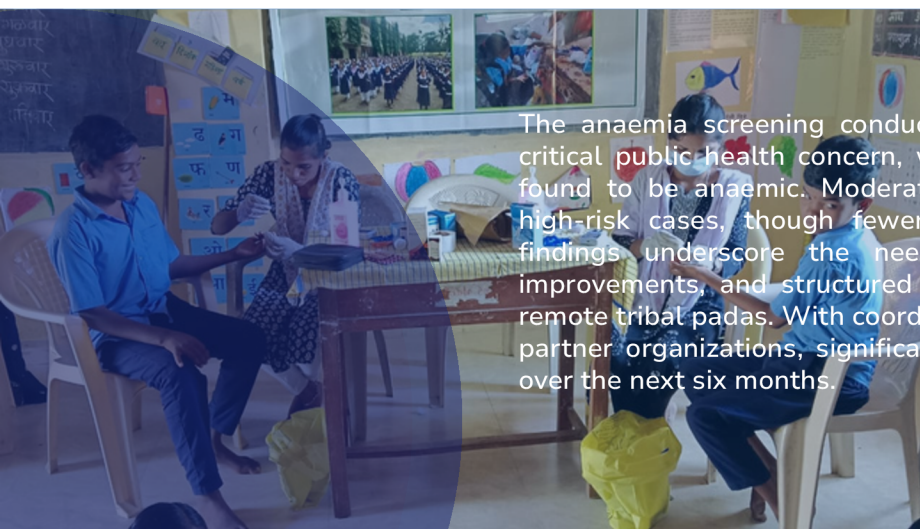
- Overall anaemia prevalence is extremely high (above 98%).
- Moderate anaemia is the most dominant type, affecting nearly 78% of all screened students.
- Only 113 students (1.8%) fall within the normal Hb range, indicating widespread nutritional deficiencies.
- High-risk cases (Hb < 7) constitute 0.84%, requiring urgent medical management.

Interpretation of Findings

- 98% of students are anaemic, with a very small fraction in the normal range.
- Nutritional deficiencies, especially iron and folate, are the primary cause. Adolescent girls, tribal children, and hostel residents form the most vulnerable groups.
- High-risk students (Hb < 7) require urgent treatment and follow-up by healthcare teams.
- The high concentration of anaemia in hostels suggests structural gaps in diet planning.

Schools in remote padas show more severe anaemia, indicating:

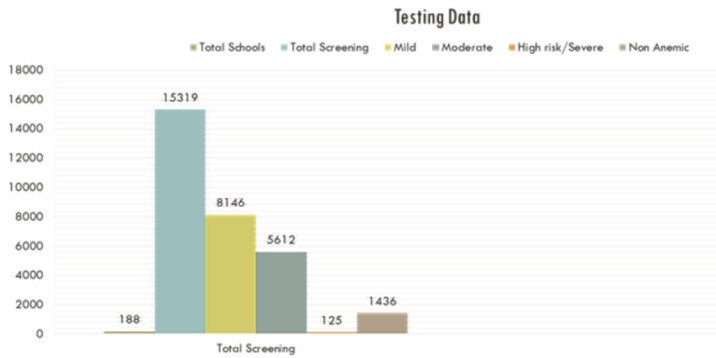
- Poor access to nutritious food.
- Low awareness of anaemia prevention.
- Inadequate health-seeking behaviour.



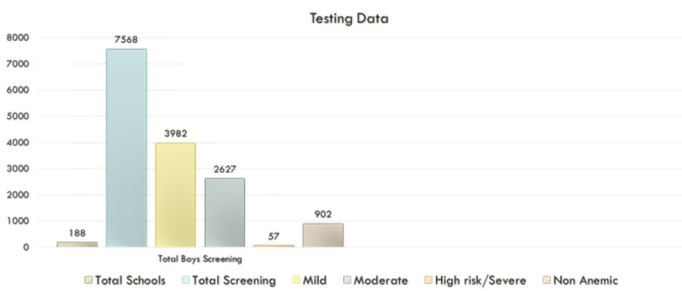
The anaemia screening conducted across 188 schools and hostels reveals a critical public health concern, with over 98% of the 15000 screened students found to be anaemic. Moderate anaemia is overwhelmingly prevalent, while high-risk cases, though fewer in number, require urgent intervention. The findings underscore the need for immediate medical treatment, dietary improvements, and structured nutritional programs, especially in hostels and remote tribal padas. With coordinated action by schools, community leaders, and partner organizations, significant reduction in anaemia levels can be achieved over the next six months.

Screening Details

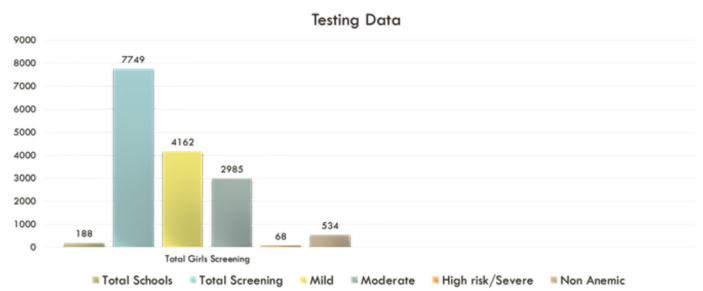
Data of Total Screening



Data of Anemic Boys



Data of Anemic Girls



IMPACT IN NUMBERS

- 188 schools covered – 29 ashrams and 159 Zilla Parishad (ZP) schools.
- Total no. of children screened – 15,319
Girls screened - 7,749
Boys screened - 7,568
- Anemic children –
Girls - 7215 – 93%
Boys - 6666 – 88%.

Recommendations

Medical Intervention

- Immediate Hb re-testing and medical treatment for all 53 high-risk students.
- Initiate Iron-Folic Acid (IFA) supplementation for 4,800+ students with moderate anaemia.
- Conduct deworming as per national protocols.
- Link severe cases to Public Health Centre for supervised treatment.

Nutrition and Diet Improvement

Improve Mid-Day Meal and hostel diets with iron-rich foods:

- Green leafy vegetables, pulses, jaggery, groundnuts
- Weekly Jaggery-groundnut laddoo
- Fortified rice/wheat (as applicable)
- Introduce meal quality monitoring in hostels.

Health Education & Behavior Change

- Menstrual hygiene awareness sessions for adolescent girls.
- Weekly nutrition and health education modules in schools.
- Parent counseling on low-cost iron-rich home diets.

Strengthening Screening & Monitoring

- Re-screening after 3 months to monitor progress.
- School-wise anaemia dashboards for decision makers.
- Continuous follow-up for high-risk and moderate cases.



Collaboration, Permission & Project Cost

Collaboration

The partnership between SRMT and the Rotary Club of Bombay exemplifies the power of community-driven initiatives in addressing prevalent health issues such as anemia. By joining forces and pooling resources, the goal is to maximize their reach and impact, ultimately improving the well-being of individuals in need. Diganta Swaraj Foundation will support as the on-ground NGO partner to assist in facilitating the execution of project activities.

Permission of the government and local bodies:

The District Health Officer of Palghar has approved us to start anemia testing in Mokhada and Dahanu blocks for our project. The DHO personally reached out to express gratitude to Diganta Swaraj Foundation and the Rotary Club of Bombay for their support in this important health initiative. He commended our efforts in addressing rural health issues and suggested incorporating sickle cell anemia testing due to its high prevalence in the region.

Project Cost

Cost Heading	Approx. Expense	Percentage
Remuneration (Human Resources) SRMT	2,28,501.00	17%
Medicines + Screening Devices' Cost (SRMT)	7,61,670.00	55%
Misc. Costs (Shipping to remote sites, promotional materials, office rent/supplies, food for screening resources, etc.) (SRMT)	2,79,279.00	21%
Planning and Monitoring (Diganta Swaraj)	95,550.00	7%
Total	13,65,000.00	100%

The projected cost is to cover around 15,000 children, resulting in a cost of 91 Rps per child.

ACTION PLAN FOR THE UPCOMING YEAR 2026-27

- **Supplementation program put in place, almost 1000 children already given supplements.**
- **Balance to be completed in the next 2 months. Extremely encouraging data post supplementation.**
- **To decide on the new villages which we can address.**
- **Partners/NGO implementation already in place to scale up at least 10 times higher for this year.**

The Anemia Mitigation Project undertaken by Rotary Club of Bombay is a shining example of how strategic partnerships and community-driven initiatives can make a significant difference in addressing health challenges. By focusing on vulnerable populations and implementing holistic solutions, SRMT and Rotary Club of Bombay are transforming lives in Palghar and beyond. With a shared vision and collaborative spirit, the fight against anemia is gaining momentum, paving the way for a healthier and brighter future for all.



**For more details and
sponsorship:**

President Bimal Mehta
Rotary Club of Bombay
+91 99670 51867
bimalrotary@vakilsonline.com

Rtn. Vishal Vora
+91 98200 07737
vishalvora61@yahoo.in

Rotary
Club of Bombay
DISTRICT 3141
Celebrating 97 Years of Service



97-B, Mittal Towers, 'B' Wing, 9th Floor, Free Press
Journal Road, Nariman Point, Mumbai – 400021.
Tel No. 022 - 48024661
Mobile No. 9769140141/ 8291925423
contact@rotaryclubofbombay.org
www.rotaryclubofbombay.org