



Ref: DBCOP/2019

Date - 04.03.2019

## NOTICE

All the girls students of DBCOP are hereby informed that, on the occasion of "Womens Day" the following programs are organized under DBCOP's Women Development Cell.

- 1) Essay competition on the topic "Maternal Mortality" on date 8<sup>th</sup> March 2019.
- 2) Awareness program on "Adolescent Reproductive & Sexual Health" on date 9<sup>th</sup> March 2019.

Note: - There will be following rules for an essay competition.

1. Word Limit

- Minimum 500 words.
- Maximum 1000 words.

2. Every individual is allowed to submit only one essay written in English.
3. Top three winners will receive certificate of excellence with respective rank in it.

Submit your entries for essay competition to the following faculty.

- 1) Mrs. Shweta Kale
- 2) Mrs. Rushika Jaiswal



*Ujjwala Mahajan*  
**Principal**  
Dr (Mrs) Ujjwala Mahajan

PRINCIPAL  
DADASAHEB BALPANDE COLLEGE  
OF PHARMACY, BESA, NAGPUR - 37

Copy to: Academic In charge/Admin. Office  
ADMIN/NOTICE/2019-20



Ambe Durga Education Society's  
**Dadasaheb Balpande College of Pharmacy (DBCOP)**  
Near Swami Samarth Mandir, Besa, Nagpur-37

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**Program / Celebration Report**

**Name of the Program Conducted:** International Women Day 2019

**Relevant Occasion:** On the occasion of "International Women Day" DBCOP Women Development cell organized a general awareness among the women in society about health issues like essay competition on "Maternal Mortality" and awareness lecture by Dr. Sharmistha Gupta on "Adolescent Reproductive & sexual Health" program, On this occasion our girl's students and lady's staff also spread awareness by giving the information about reproductive and sexual health and menstrual hygiene to women of slum area with the free distribution of sanitary pad.

**Date:** 8<sup>th</sup> March to 9<sup>th</sup> March 2019.

**Venue:** 1. Dadasaheb Balpande College of Pharmacy, Besa, Nagpur  
2. Son Jari, Nagpur.

**Relevance to Pos:** II, III, IV, V, VI, VII, VIII, IX, X, XI

**Objectives:** To make women in society aware of women's health, menstrual hygiene and reproductive health.

**Beneficiary:** Women in society are the primary beneficiary of the program.

**Program organizing committee:** DBCOP Women Development Cell

**Attachments needed: -**

1. Program celebration report.
2. Photographs.

**Program Co-ordinator**

Dr. Vidya Sabale

**Principal**

Dr. U. N. Mahajan

**PRINCIPAL**

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International Women Day Celebration  
9<sup>th</sup> March 2019



*Mahajan*  
PRINCIPAL  
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# ANEMIA

Anemia is a disorder of the blood. It occurs when your body does not produce enough erythrocytes or Red blood cells (RBCs). Without the erythrocytes oxygen can not be adequately delivered to the tissues and organ throughout the body. This will cause you to become weak and tired. A person may also experience Headaches, skin pallor, and faintness. Your body may attempt to compensate for these compound symptoms by speeding up the Heart rate and Respiratory rate. Patients with certain blood or bone marrow cancer may also develop 'ANEMIA'.

'Iron is life it brings good vibes  
Body without iron make it bomb  
Iron is life it carries oxygen to lungs  
Body without iron system suffer to bangs.'

The diagnosis of anemia is suggested based on symptoms and physical examination, but is typically confirmed with CBC (complete blood cell count) and frequency of anemia 2.36 billion 33%. Anemia causes of decreased production include iron deficiency, vitamin B<sub>12</sub> deficiency, thalassemia and number of neoplasm of bone marrow. Anemia can also be classified based on the size of the red blood cells and amount of Hemoglobin in each cell. If the cells are small, it is called 'microcytic Anemia', if they are large, it is called 'Macrocytic Anemia'.



## -: Essay on Anemia :-

Anemia is a very common nutritional disease. In anemia, there is a condition in which persons body lacks the healthy red blood cells. In short, anemia is a disorder of the blood. It occurs when our body does not produce enough erythrocytes or red blood cells (RBCs). If the erythrocytes oxygen can not be delivered to the tissues and organs, it will cause our body weak and tired. A person may also experience headaches, skin pallor, and faintness. Four percent of children between the age of three and five years in United States are suffering from anemia. Anemia can pass through generation to generation and it may cause affect the person's whole life.

Anemia having the positive feedback that it can be treated and those with this nutritional disease can live regular lives. In anemia there are causes of anemia. Iron deficiency iron, vitamin deficiency anemia, Anemia of inflammation, sickle cell anemia. etc. But Anemia is a disease which can be treated by proper treatment.

The person who is suffering from anemia

should motivate themselves or other people should motivate to the person who is suffering from anemia. rather than this they should take proper treatment. Treatment depends on the underlying diagnosis. For iron deficiency, iron supplements can be used. ~~For~~ <sup>The</sup> blood transfusion can be used for blood loss. If the body's blood production is reduced then medication to induce blood formation can be used.

By this above treatment anemia can be treated.



## Maternal Mortality

The state of being a mother is the best feeling the woman get. It is a nature of life. A pregnant women make all possibilities of a healthy birth of child. But sometimes some difficulties occur and it leads to death of child and even mother.

A maternal death is one of the most devastating event. When the labour begins, most of the woman are healthy, but if birth does not go with ease, the expectation of new life can rapidly give away to tragedy. As a mother, it is difficult seeing the child's death. But in most cases, the tragedy happens to mother. Some complications like infection or sepsis, Anemia etc. leads to maternal death. Fortunately maternal deaths are rare at least within developed countries, and in recent years considerable effort has been made to reduce maternal mortality throughout the rest of the world. The global maternal mortality rate (MMR) was estimated at 210 per 100,000 live births in 2010, a level approximately half of what it had been 20 years previously. About 40 countries mainly African countries were deemed

to have 'high' MMRs, that is greater than 300 maternal deaths per 100,000 births. Estonia had the lowest rate of all i.e. just 2 maternal deaths per 100,000 births. The estimates of maternal mortality published by the World Health Organization (WHO) are based on poor quality data and different interpretations exist of exactly what constitutes a maternal death.

Maternal deaths are subdivided into two groups, direct and indirect obstetric deaths. This includes delivery, ectopic pregnancy, miscarriage or termination. The maternal mortality can be prevented by applying effective strategies for reducing the like, we can place a high priority on maternal and child health services and integrate vertical programs. We have to give attention to care during labour and delivery, which is the most critical period for complications. Malnourished or ill mothers have high rate of mortality. This burden of death and illness is borne not only by women & their children, but also by the families and communities that depends upon them. So, it must be reduced by providing information, awareness about all these things.



Family planning, service readiness, Post-Partum care, Human resources, Birth preparedness can be the solutions of this risky problem of maternal mortality. Along with mother, we all should take responsibility to reduce maternal mortality.

# Maternal Mortality

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Every year many women lose their life due to lack of medical care during their pregnancy period. It's an important issue to look on it. Maternal mortality is deaths occurring in a women during their pregnancy period or within 42 days of termination of pregnancy. But

It is higher in developing countries than developed countries due to lack of medical care. In India, maternal mortality ratio is 130 deaths per 100,000 live births in 2014-16 reports.

If the maternal mortality rate overlooked by the country. It indirectly impacts economic development. At the family level it affects the most as in middle class family it takes 30-40% of their savings. In some cases the women itself is a source earning member of family. Thus it affects most at family level. These deaths can even become the reason of afraid in other women in the locality. Which affects their mentality during their pregnancy. The figure of maternal mortality is used as an indicator of development and quality of health care system in the country.



It's really important to study the causes of maternal mortality to bring out solutions on them. As said, earlier, maternal mortality rate is higher in developing and underdeveloped country. The high number of maternal deaths in some areas of the world reflects inequalities in access to quality health services and highlights the gap between rich and poor. The MMR in low income countries in 2017 is 462 per 100,000 live births versus 11 per 100,000 live births in high income countries.

The risk of maternal mortality is highest for adolescent girls under 15 years and sometimes even under 18 years. ~~comp~~ Even in a condition of disease if a woman suffering from a disease like anaemia it is always a risk of maternal mortality. A woman above the age 20 can also face maternal mortality if she is physically weak and won't get proper diet and medical care. Poor women in a lower economic group has a poor diet and barriers to health care and this may lead to infection during pregnancy and causes maternal mortality.