



MAHARASHTRA EDUCATIONAL SOCIETY'S
HUMERA KHAN COLLEGE OF EDUCATION

H.K CAMPUS, Adjacent to MHADA Complex, Pratiksha Nagar, Oshiwara, Jogeshwari (W)
Affiliated to University of Mumbai & Approved by NCTE (NCTE Code No: 123082)

Tel: (022)26776221, Fax: (022)26790095

Email: principal@hkce.edu.in Website: www.hkce.edu.in

NAAC Accredited Grade 'B'

WORKSHOP ON ANEMIA AND THALASSEMIA AWARENESS



**MAHARASHTRA EDUCATIONAL SOCIETY'S
HUMERA KHAN COLLEGE OF EDUCATION**
Oshiwara, Jogeshwari (W), Mumbai-400102
NAAC ACCREDITED GRADE "B"
Under Women Development Cell
Organises





WORKSHOP ON
Anemia and Thalassemia Awareness



RESOURCE PERSON
DR. JAGRUTI SANGHVI
Adolescent Health Expert
and Paediatrician
from Indian Academy of
Pediatrics Mumbai

Date: 04 July 2026
Time: 11 am Onwards
Venue: 501 Classroom

EVENT INCHARGE:
DR. AVANI KANAKIA

I/C PRINCIPAL
DR. UPASANA ROY

VISION: SHAPING THE PUPIL TEACHER SHOULDERS
THE RESPONSIBILITY OF SHAPING THE FUTURE YOUTH OF NATION



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Date: 04th July 2026

Time: 11:00 a.m.

Venue: 502 Classroom

Introduction

The Women Development Cell of Maharashtra Educational Society's **Humera Khan College of Education** organized an informative **Workshop on Anemia and Thalassemia Awareness** to promote health awareness among future educators. The workshop aimed to educate students about the causes, symptoms, prevention, and early detection of anemia and thalassemia, emphasizing the importance of maintaining good health and encouraging responsible healthcare practices. The session was conducted by **Dr. Jagruti Sanghvi**, a renowned Adolescent Health Expert and Pediatrician from the Indian Academy of Pediatrics, Mumbai, who shared valuable insights through an engaging and interactive presentation. The workshop created awareness about the significance of regular health check-ups, balanced nutrition, and blood screening, thereby inspiring participants to adopt healthier lifestyles and spread awareness within society.

Participants

The workshop witnessed enthusiastic participation from the F.Y. B.Ed. student-teachers, faculty members, and invited paramedical students. The programme was conducted under the guidance of I/C Principal **Dr. Upasana Roy** and was coordinated by **Dr. Avani Kanakia**, Event In-charge, under the Women Development Cell. Faculty members, student-teachers, and paramedical students actively participated in the session and interacted with the resource person by asking thoughtful questions related to **anemia, thalassemia, nutrition, and preventive healthcare**. The workshop concluded successfully with increased awareness among the participants about the importance of early diagnosis, healthy lifestyle practices, and the role of educators in promoting health awareness within the community.



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Objectives

- To create awareness about anaemia and thalassemia among students and staff.
- To explain the causes, symptoms, prevention, and treatment of these blood disorders.
- To encourage healthy eating habits and a healthy lifestyle.
- To highlight the importance of early detection and regular health check-ups.
- To provide a free Complete Blood Count (CBC) test with Hemoglobin Estimation for students and staff members.

Significance

The workshop helped students and staff understand the importance of blood health and the need for early detection of anemia and thalassemia. It encouraged everyone to take care of their health by following healthy eating habits and undergoing regular medical check-ups.

To support this initiative, the Indian Academy of Pediatrics (Mumbai) arranged a free Complete Blood Count (CBC) test with Hemoglobin Estimation for all students and staff members. The tests were conducted free of cost by a reputed laboratory from Juhu. All the staff members willingly participated in the health screening, and students also benefited from this valuable opportunity. The test reports were shared with the participants through WhatsApp or email.

Content

The programme began with a warm welcome speech delivered by **Miss Mariyam Hamid Shaikh**, who cordially welcomed the respected **I/C Principal Dr. Upasana Roy**, faculty members, distinguished resource person **Dr. Jagruti Sanghvi**, **paramedical students**, and all the participants. She introduced Dr. Jagruti Sanghvi by highlighting her qualifications, expertise, and valuable contribution in the field of adolescent health and pediatrics.

This was followed by the felicitation ceremony, where I/C Principal Dr. Upasana Roy felicitated Dr. Jagruti Sanghvi with a bouquet as a token of respect, gratitude, and appreciation.

After the felicitation, Dr. Jagruti Sanghvi commenced the workshop with an informative PowerPoint presentation (PPT) on Anemia and Thalassemia Awareness. She first explained the meaning of anemia, describing it as a condition caused by a low level of hemoglobin or red blood cells in the body. She discussed its common causes, including iron deficiency, poor nutrition, blood loss, and vitamin deficiencies. She also explained the symptoms such as weakness, fatigue, dizziness, pale skin, breathlessness, and lack of concentration. The resource person emphasized the importance of consuming iron-rich foods such as green leafy vegetables, jaggery, dates, beans,



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lentils, eggs, meat, and citrus fruits, along with maintaining a balanced diet and regular health check-ups to prevent anemia.

She then introduced the topic of Thalassemia, explaining that it is a genetic blood disorder inherited from parents, which affects the body's ability to produce healthy hemoglobin. Dr. Sanghvi discussed how thalassemia occurs, its different types, and its major symptoms, including severe anemia, weakness, delayed growth, pale skin, enlarged spleen, and frequent blood transfusions in severe cases. She further explained that while thalassemia cannot always be completely cured, it can be effectively managed through regular blood transfusions, iron chelation therapy, proper medical care, and in some cases, bone marrow transplantation. She also stressed the importance of premarital and prenatal screening to help prevent the birth of children with thalassemia.

To make the session more interesting, Dr. Sanghvi shared real-life examples of celebrities such as Amitabh Bachchan, Jackie Shroff, and others, which helped students understand the importance of blood health and regular health check-ups. These examples made the session more relatable and engaging.

She also conducted an interactive activity by inviting 3–4 students to participate. Through the activity, she explained blood groups, hemoglobin, and the importance of early detection of anemia and thalassemia. Students actively participated, answered questions, and cleared their doubts during the session.

As part of this health awareness programmed, the Indian Academy of Pediatrics (Mumbai) arranged a free Complete Blood Count (CBC) test with Hemoglobin Estimation for all students and staff members. The tests were conducted free of cost by a reputed **SURBHI LABORATORY** from Juhu. All the staff members participated in the blood test, and many students also benefited from this valuable health screening. Participants were informed that their test reports would be shared through WhatsApp or email.

The session concluded with an engaging question-and-answer interaction, where participants actively clarified their doubts regarding anemia, thalassemia, healthy nutrition, and preventive healthcare. The workshop ended with a Vote of Thanks delivered by Miss Shaikh Uzma Abdul Kalam, who expressed heartfelt gratitude to the esteemed resource person Dr. Jagruti Sanghvi for her informative and inspiring session. The workshop was highly informative, interactive, and beneficial. It increased awareness about anemia and thalassemia and encouraged everyone to take care of their health through proper nutrition, regular health check-ups, and early detection of blood disorders.



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Conclusion

The Anemia and Thalassemia Awareness Workshop was highly informative and successful in creating awareness about two significant health conditions. The session enhanced the participants' understanding of the causes, symptoms, prevention, diagnosis, and management of anemia and thalassemia. It also highlighted the importance of a balanced diet, regular health check-ups, blood screening, and early detection in maintaining good health. The workshop motivated the student-teachers and paramedical students to adopt healthy lifestyle practices and to spread awareness within the community. Overall, the programme served as a valuable learning experience and reinforced the importance of health education in building a healthier and more informed society.

Glimpse of campaign





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Maharashtra Housing And Area Development



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