



**OFFICE OF THE MISSION DIRECTOR  
NATIONAL HEALTH MISSION, ASSAM**

Saikia Commercial Complex, Sri Nagar Path, Near Post office Bus Stand, G. S. Road, Christianbasti, Guwahati – 781005  
Website: <https://nhm.assam.gov.in> :: Phone No: 0361-2340236/39 :: Email Id: mdnrhmasm@gmail.com

No.: NHM-12018/3/2018-CH-NHM / 64 44  
(ECF: 74962)

Dated: 10/06/2020

From: Dr. Lakshmanan S, IAS  
Mission Director  
National Health Mission, Assam

To: The State Mission Director,  
POSHAN ABIYAN, Assam

Sub: Distribution of IFA to out of school children during COVID-19 situation.

Sir,

With reference to the subject cited above this is to inform you that the Weekly Iron Folic Acid Supplementation is an inimitable programme of GoI to prevent anaemia. In general NHM, Assam supplies IFA tables to AWCs and/or nearest Sub Centres for collection of IFA tablets by AWCs and the platform of AWC is used for supplementation of IFA to out of school children age between 5 to 19 years. Due to the untoward situation owing COVID 19, IFA supplementation is not taking place since April, 2020. Anticipating that all AWCs have sufficient stock of IFA tablets or in case of shortage AWC has the option to get it from nearest Sub Centre to continue supplementation, you are kindly requested to distribute the IFA tablets to beneficiaries through ~~ANW~~. Your support will be highly appreciated during this over-wrought episode of Health department. Details on supplementation process are enclosed for reference.

Enclosure: As stated.

Yours sincerely,  
  
(Dr. Lakshmanan S, IAS)  
Mission Director  
National Health Mission, Assam  
Dated: 10/06/2020

Memo No: NHM-12018/3/2018-CH-NHM / 6445-48  
Copy to:

1. The Executive Director, NHM, Assam for information.
2. The PS to the Principal Secretary to the Govt. of Assam, Dept. of Health & FW, for kind appraisal of the Principal Secretary to the Govt. of Assam, Dept. of Health & FW, Dispur
3. The DPM are requested to ensure IFA tablets (Pink & Blue) to all Sub Centres.
4. Issue Cell for online and off line communication.

Mission Director  
National Health Mission, Assam





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**Guidance note**

Iron deficiency during childhood is often caused by inadequate dietary intake, absorption or utilization of iron, increased iron requirements during the growth period, or blood loss due to parasitic infections such as malaria and soil-transmitted worm infestations. Adolescents (age 10–19 years) are at high risk of iron deficiency and anaemia due to accelerated increase in requirements for iron, poor dietary intake of iron, high rate of infection and worm infestation as well as the social norm of early marriage and adolescent pregnancy. During this stage the requirement of nutrition and micronutrients is relatively high. Therefore, adolescents, especially girls, particularly those between the ages of 12–15 years, are vulnerable to iron deficiency mainly because requirements are at a peak. Evidence from many countries across the globe suggests that a weekly IFA supplement is as efficacious as daily supplements with a much lower rate of side effects.

The Weekly Iron Folic Acid Supplementation programme is for boys and girls in school (5–19 years) and out of school girls (5–19 years) in urban and rural areas and will be implemented through the platform of Government/Government aided/ municipal schools and AWCs. The strategy involves a “fixed day – Monday” approach for IFA distribution. Teachers and AWWs will supervise the ingestion of the IFA tablet by the beneficiaries.

**Prophylactic dose and regime for Iron Folic Acid supplementation**

Age Group	Class	Tablet Colour	Dose and regime
Children 5–9 years of age	I to V	Pink	Weekly, 1 Iron and Folic Acid tablet Each tablet containing 45 mg elemental Iron + 400 mcg Folic Acid
Children 10–19 years of age	Vi to XII	Blue	Weekly, 1 Iron and Folic Acid tablet Each tablet containing 60 mg elemental iron + 500 mcg Folic Acid.

\*Prophylaxis with iron should be withheld in case of acute illness.

**Reporting:** To be done through the School/ AWC Reporting format on IFA supplementation to nearest Sub Centre. Formats already supplied from health department to schools and AWCs.

*Ranjana*  
10/6/2020





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For any query please contact,

Sl No.	District Name	Name of the official	Phone Number
1	Baksa	Pranab Jyoti Kalita	9707160518
2	Barpeta	Bimaljyoti Nath	7002470513
3	Bongaigaon	Nokul Brahma	8638313641/ 8761812816
4	Cachar	Ikbal Bahar Laskar	7002671287/ 9435276229
5	Chirang	Simon Musahary	9435218825
6	Darrang	Ratika Kalita	6900378404/ 9435580942
7	Dhemaji	Rajib Borah	9864745713
8	Dhubri	Rofiqul Islam	8011355366/ 8638509683
9	Dibrugarh	Bhriugu Moni Deka	9678145585
10	Dima Hasao	Dipankar Dowarah	7002284913
11	Goalpara	Pradip Kumar Das	9954713867
12	Golaghat	Mrs. Jesmin Rohman	9435957370
13	Hailakandi	Abani Kalita	9864123744
14	Jorhat	Rumi Devi	8876877430/ 7399882812
15	Kamrup Metro	Anjuma Khandakar	7002852811
16	Kamrup Rural	Varsa Devi	8638747469/ 9401314631
17	Karbi Anglong	Monchung Ching	9435078348
18	Karimganj	Gulbahar	9401852871
19	Kokrajhar	Satish Haloi	7002978071/ 9859669952
20	Lakhimpur	Manzul Ali Hazarika	8638285853
21	Morigaon	Mon Jyoti Devi	8761817576/ 8811945443
22	Nagaon	Anirban Borthakur	9435010851/ 9435010851
23	Nalbari	Mallika Devi	9435934902
24	Sivasagar	Biplob Baruah	9954988332
25	Sonitpur	Pallavi Devi	8638707808/ 8486457491
26	Tinsukia	Partha Moni Dutta	7086872097
27	Udalguri	Manoj Basumatary	8638927237