

GOVERNMENT OF ASSAM
STATE PROJECT MANAGEMENT UNIT (SPMU)
POSHAN ABHIYAAN, ASSAM, SARUMOTORIA, GUWAHATI-36
Dr. Zakir Hussain Road, Email: poshanassam18@gmail.com

No. SPMU(POSHAN)CB/27/2019/9

Dated Guwahati the 12th August, ²⁰²⁰~~2019~~

From : The State Project Director,
State Project Management Unit
POSHAN Abhiyaan, Assam

✓ To : All District Social Welfare Officers / All Child Development Project Officers

Sub : Distribution of IFA to out of school children during COVID19 situation.

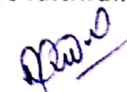
Ref. : NHM-1208/3/2018-CH-NHM/6444, Dtd 10th June 2020.

Sir/Madam,

With reference to letter cited above, this is to inform you that the weekly Iron Folic Acid Supplementation is an inimitable programme of Gol to prevent anemia. In general NHM, Assam supplies IFA tablets to AWCs and /or nearest Sub Centers for collection of IFA tablets by AWCs and the platform of AWC is used for supplementation of IFA to out of school girl child age between 5 to 19 years. Due to the emergent situation owing to COVID-19, IFA supplementation is not taking place since April 2020.

Anticipating that all AWC have sufficient stock of IFA tablets or in case of shortage AWC has the option to obtain it from the nearest Sub Centre to continue Supplementation, you are kindly requested to communicate with health officials (list attached herewith) of your district / blocks for necessary arrangement of IFA tablets and distribute the IFA tablets to beneficiaries through AWW. The AWW are to be apprised that IFA supplementation should take place on a weekly basis. The letter received from NHM, Assam is enclosed for your ready reference.

Yours faithfully

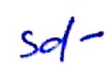

State Project Director,
State Project Management Unit
POSHAN Abhiyaan, Assam

Dated Guwahati the 12th August, 2019

Memo No. SPMU(POSHAN)CB/27/2019/9-A

Copy to-

- (1) P.S. to the Commissioner & Secretary to the Govt. of Assam, Social Welfare Department for kind information.
- (2) The Director, Social Welfare, Assam, Uzanbazar, Guwahati for kind information.
- (3) The file concerned.


State Project Director,
State Project Management Unit
POSHAN Abhiyaan, Assam



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: mdrhmasm@gmail.com

No: NHM-12018/3/2018-CH-NHM/6444
(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

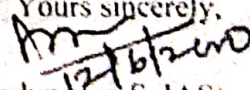
Sub: Distribution of IFA to out of school children during COVID-19 situation.

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 AWC. 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,

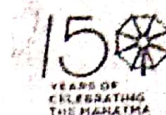

(Dr. Lakshmanan S, IAS)
Mission Director
National Health Mission, Assam

Dated: 10/06/2020

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

5. The Executive Director, NHM, Assam for information.
6. 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
7. The DPM are requested to ensure IFA tablets (Pink & Blue) to all Sub Centres.
8. Issue Cell for online and off line communication.


Mission Director
National Health Mission, Assam



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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

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



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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 | Nalbâri | 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 |