NEWS | DOCTORS & NUTRITIONISTS

6-8 Cr adolescent girls in India anaemic due to iron deficiency: Experts

Ahmedabad-based Cadila Pharmaceuticals hosted an awareness programme “Haem Up India” to mark World Iron Deficiency Day, on 26 November.

By **Manbeena Chawla** | December 2, 2021



6-8-cr-adolescent-girls-in-india-anaemic-due-to-iron-deficiency-experts

> WordPress post #13186

As a part of this initiative, the CSR team of Cadila Pharma conducted a screening camp of anaemia along with thalassemia and sickle cell anaemia for women

Ahmedabad-based Cadila Pharmaceuticals hosted an awareness programme “Haem Up India” to mark World Iron Deficiency Day, on 26 November.

At least 6-8 crore adolescent girls in India are anaemic due to iron deficiency, according to leading gynaecologists from Ahmedabad, who also opined that eradicating anaemia is possible in a few years through greater awareness and targeted initiatives.

Dr Alpesh Gandhi, former president of Federation of Obstetric and Gynaecological Societies of India (FOGSI) said that while iron deficiency anaemia is a worldwide problem, its magnitude is severe in India with more than 50% of women and adolescent girls being anemic

In her remarks, Dr Darshana Thakkar, a gynecologist in Ahmedabad, attributed high iron deficiency levels to change in food habits.

“The journey from bhakhri to pizza and sukhdi to cake has led to not just iron deficiency but also the deficiency of other nutrients,” she said, stressing a change in mindset can help in overcoming iron deficiency and anaemia.

According to a survey conducted by FOGSI last year, 92% of the doctors opined that anaemia due to iron deficiency can be eradicated in five years.

Read online: https://nuffoodsspectrum.in/news/10/18312/6-8-cr-adolescent-girls-in-india-anaemic-due-to-iron-deficiency-experts.html
© 2026 NUFFOODS Spectrum. All rights reserved.