

## Department of Biochemistry

**Name of Program** : Extension Activity on *Know your Hemoglobin :A Step Toward Better Health*

**Number of Participants:** 75 members of different age groups, faculty and students

**Date** : 4/9 /2025

### Brief Report:

The Department of Biochemistry organized an Extension Activity on *Know your Hemoglobin :A Step Toward Better Health* in Punadipadu village, Kankipadu Mandal, Vijayawada rural , Andhra Pradesh to educate the community about the importance of maintaining healthy hemoglobin levels for overall well-being. The program aimed to create awareness on anemia prevention, nutritional requirements, and the significance of regular hemoglobin testing. Faculty members and students interacted with the villagers through informative talks, posters, and demonstrations. Free hemoglobin estimation was also conducted for participants, and counselling was provided based on the results. The activity emphasized the role of iron-rich foods, balanced diet, and personal health monitoring in preventing anemia, especially among women and children.

The program successfully promoted health awareness at the grassroots level and encouraged the community to adopt healthy practices for improving hemoglobin levels and overall health.



