



## Mission Utkarsh Against Anaemia

[Source: TH](#)

The **Ministry of Ayush** and the **Ministry of Women and Child Development** have partnered to enhance the nutrition of adolescent girls through [Ayurveda](#) interventions as a part of **Mission Utkarsh**.

- Under Mission Utkarsh, 15 central ministries or departments will work to elevate districts at the bottom, to state and national averages.
  - In the first phase, the focus may be on improving the anaemic status of adolescent girls (14-18 years) in five [aspirational districts](#) of five states namely **Assam (Dhubri), Chhattisgarh (Bastar), Jharkhand (Paschimi Singhbhum), Maharashtra (Gadchiroli), and Rajasthan (Dhaulpur)**.
- The objective is to combat anaemia and work towards achieving an ["Anaemia Mukt Bharat" \(Anaemia Free India\)](#).
  - Anaemia is a medical condition characterised by a deficiency of red blood cells or haemoglobin in the blood, leading to reduced oxygen-carrying capacity

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## What causes anaemia?



**Inherited  
red blood cells  
disorders**



**Deficiency of nutrients:  
Iron, vitA, folate, vitB12**



**Chronic  
diseases**



**Heavy menstruation and  
pregnancy-related issues**



**HIV**



**Parasitic  
infection**

**Read more:** [Anaemia Mukt Bharat](#)

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