



Aspire

*A Quarterly Insight into
the Association's Activities*

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YOUTH DIALOGUE: A PERSPECTIVE ON FP2020



Standing (L to R) – Mr. Siddharth Mohanty, Manager, Advocacy and Partnerships, FPA India HQ, Ms. Mitali Puthli, Communications Officer, FPA India HQ, Mr. Janardan Singha, Youth Volunteer, Kolkata Branch, Dr. Anjana Taluja, Branch Manager, Yamunanagar Branch, Mr. Sugratna Gaikwad, Branch Manager, Solapur Branch, Mr. Prashant Saraf, Programme Officer, Hyderabad Branch, Mr. Pravin Sonawne, Branch Manager, Pune Branch, Mr. Gautam Tambe, Branch Manager, Mumbai Branch, Mr. Mangesh Ghumare, Programme Officer, FPA India HQ, Mr. Supratip Mazumdar, Branch Manager, Kolkata Branch, Mr. Rajesh Kumar, Branch Manager, Mohali Branch, Dr. Pooja Hittalamani, Youth Volunteer, Dharwad Branch, Ms. Mitul Panchal, Youth Volunteer, Ahmedabad Branch, Mr. Arjun Chabutre, Youth Volunteer, Bidar Branch, Mr. Manoj Kumar, General Manager, Panchkula Branch, Ms. Naina Singh, Youth Volunteer, Lucknow Branch, Ms. Parul Walla, Youth Volunteer, Yamunanagar, Ms. Aakanksha Moray, Youth Volunteer, Hyderabad Branch, Mr. Tinunuken Longkumer, Youth Volunteer, Nagaland Branch, Ms. Preeti Sakat, Programme Officer, FPA India HQ, Ms. Sujata Anishettar, Branch Manager, Dharwad Branch, Ms. Ananya Kumar, Junior Programme Officer, FPA India HQ, Ms. Anjali Sharma, Youth Volunteer, Agra Branch, Ms. Khushi Zinwal, Youth Volunteer, Mohali Branch, Ms. Tanya Kohli, Youth Volunteer, Panchkula Branch

Sitting (L to R) – Ms. Bindiya Nimla, Director, Training, FPA India HQ, Ms. Neelam Dixit, Branch Manager, Gwalior Branch, Ms. Lincy Shah, Youth Volunteer, Mumbai Branch, Mr. Shrikant Satarle, Youth Volunteer, Solapur Branch, Mr. Ankit Prajapati, Youth Volunteer, Gwalior Branch, Ms. Supriya Jain, Youth Volunteer, Bhopal Branch, Dr. Kalpana Apte, Secretary General, FPA India HQ, Ms. Amita Dhanu, Assistant Secretary General – Programme Implementation, FPA India, Mr. Aniket Karpe, Youth Volunteer, Pune Branch, Mr. Kamal Rizavi, Branch Manager, Lucknow Branch, Mr. Vincent Belho, General Manager, Nagaland Branch, Mr. Neelesh Chaubey, Branch Manager, Bhopal Branch, Mr. Shrinivas Biradar, Branch Manager, Bidar Branch

Under the New Venture Fund-International Planned Parenthood Federation (NVF-IPPF) grant for “reframing of dialogue project”, FPA India, along with its strategic partners across the nation, deployed its vibrant and large ground force of youth volunteers to take stock and converse with young people across the country.

With the aim of assessing key issues, presenting views and having dialogues with young people and important stakeholders, this initiative intends to foster support for a deeper and more expansive engagement. We believe that involving the youth, not only as beneficiaries, but also as stakeholders will help us achieve the goals of FP2020 and lead us in creating an all-inclusive

‘beyond FP2020’ agenda. In order to take this forward, the network of young people made use of both online and offline channels of communication. The opinions of young people from both rural and urban areas was encapsulated and their voices disseminated onto a larger platform of social media.

For this purpose, informal group discussions were facilitated with young people across the country, independent video surveys were conducted, open-air discussions were encouraged, meetings with some of the key stakeholders were organized, and all of this was expressed through social media, blogs, videos, etc.

A State and National Report Card will be summated in the coming months, putting

together an analysis of the activities, which will help synthesize the ground reality and map the gap in the actual picture and the official data. These state-level report cards across more than 13 States will then be then discussed at a national-level consultation in the capital city – New Delhi.

The discussions and activities at the national-level meet will be facilitated and led by some of the Youth Champions who participated in the campaign and undertook key roles.

We believe that this document will enable in putting forward the need of the youth with regards to family planning and contraception in order to plan the agenda beyond the FP2020 commitment.

Cyclone Fani: FPA India initiative to meet the SRH needs of affected people in Bhubaneswar

May 3, 2019 marked the biggest cyclone in 20 years, which has hit Odisha – home to tens of millions of people. The extremely severe cyclonic storm Fani battered the pilgrim district of Puri where it led to landslides.

Despite a large-scale evacuation effort carried out by the government, at least 64 fatalities and 160 injuries have been reported. Extensive damage occurred to houses and farmlands, as well as to transportation, communication, water

and electricity infrastructure in Odisha, especially in Puri.

An overall 60% decline of access to health was reported due to lack of health camps and damage to health centres. Health vulnerabilities of women have increased, particularly menstruation hygiene. In 2018, IPPF SARO supported FPA India to initiate humanitarian response preparedness through piloting a Minimum Initial Service Package (MISP) intervention in two villages in Puri district, since it is the most disaster prone area in India.

The project was implemented by the Bhubaneswar Branch in Red Cross Disaster relief shelters in form of disaster relief training to SHG members and youth members in the villages.

After the cyclone Fani, the Branch organized mobile health sessions at the same shelters of Red Cross in Moto, Narshim Patna, Balabhadra Patna and Jagannathpatna villages in Puri district.

Here's a quick snapshot:

- Mobile health sessions organized in cyclone shelters

- The Branch reached out to 297 beneficiaries through 5 relief camps to deliver MISP including SRH services like contraceptives along with syndromic management of STI, HIV testing, gynaecological and general ailments

- Distribution of Dignity Kits (with 2 months' supply of sanitary napkins) and Hygiene Kits

- SGBV – psychosocial counselling through the Counsellor, and Community awareness sessions

FPA India Bhubaneswar branch conducted five special health services.



FPA India at IPPF's Annual Donor Consultative Meeting

Dr. Kalpana Apte, Secretary General, participated in Pre-Meetings with Member Associations and International Planned Parenthood Federation's (IPPF) Annual Donor Consultative Meeting organized by IPPF in London.

During the Consultative meeting she facilitated a session on "Market-

place to Present the New Business Plan - Solution 6: Develop Leaders, Boost Culture". She also participated in the panel discussion on "Building momentum : Improved collaboration in the global SRHR Aid Architecture beyond 2020" and presented a poster on 'Changing Lives: Working with young people, prioritizing girls - INDIA"



Paramedical Skill Development Initiative

In our 'General Duty cum Home Based Care Assistant' Project, run in partnership with HDB Financial Services Ltd. (HDBFSL) and being implemented through our five branches, New Delhi, Mysuru, Gwalior, Mumbai and Madurai, FPA India is training 500 young women and men through specially designed courses.

The four-month-long course includes hands-on practice and classroom teaching on a variety of subjects. The current curriculum was reviewed, updated, translated in regional language and utilized for the courses at all locations.

Information on Family Planning methods, patient management, hygiene & infection, shock management, understanding Human Reproductive System, changes that occur adolescent age, Gender and Diversity, abuse, relationship, com-

munication and decision-making skills, pleasure, Sexually Transmitted Infections including HIV/AIDS is also being provided to them.

Apart from that, our in-house experts and external faculties are conducting sessions and trainees/ students are provided exposure to the respective settings like hospitals, elderly care centers, nursing homes, clinics, etc.

FPA India has strong linkages with government and private hospitals in all the mentioned locations which is being utilized for internship placement of the trainees.

So far, a total of 375 students have undergone the training and are in different stages in their internship phase with many of them receiving job offers as well.



IMPORTANT DAYS OBSERVED



WORLD HEALTH DAY

Theme: "Universal Health
Coverage: Everyone, Everywhere"

BALLARI

A symposium on Sexual and Reproductive Health and Rights was organised in association with JJ College and Soukya Belaku Samudaya Seva Samste (SBSSS), an NGO working with female sex workers.

Mrs S Vijayalakshmi, Programme Officer (PO), spoke on the importance of the day and related counselling provided by the Branch. The audience comprised of 93 beneficiaries.

A cervical cancer screening and general health checkup was organised in Sangankal village and Ambedkar Nagar.

45 ANCs and 75 clients were screened through visual inspection with acetic acid (VIA), of which eight women were found positive and referred to the Reproductive Health and Family Planning Centre (RHFP). Beneficiaries: 175 (Sangankal), 162 (Ambedkar Nagar).



BELAGAVI

Chandragiri Mahila B.Ed College was the venue for celebrating the special day. Prof. G.K Khadabadi, Immediate Past President of the Branch, inaugurated the event, in the presence of Dr. Manjula S. Patil, Asst Professor from BIMS was the key resource person. Mrs. Jayashree Kengeri, Senior Lecturer of the College, presided. Participants: 25 B.Ed trainees.

BENGALURU

The day was observed with a sensitization programme on sexual and reproductive health & rights (SRHR).

The event, conducted at the Corporation Maternity Home Complex, Palace Guttahalli, was focussed on imparting awareness about ante and postnatal care, gynaecological issues and cervical and breast cancers.

Dr. Rekha Rajendra Kumar, Gynaecologist, spoke to the audience comprising of 33 women and staff and BEC members. Dr Sharada Nasimath, President of the Branch presided over the programme.



BIDAR

Two events were held - at Gram Panchayat Office, Chitta and at the FPA India Hall, Bidar. Both were awareness programmes, with a total attendance of 58 women.

Dr. Aarti Raghu, Acting President of the Branch, Mr. Shrinivas Biradar, Branch Manager; Dr. Rajshekhar Lakshetty, MO and Dr. C.S Mali Patil, Consultant MO, were the resource persons.

Dr Raghu inaugurated the programmes, speaking on health, hygiene and nutrition. Mr Biradar touched upon the fact that the understanding of men will help the women with regard to SRHR.



CHENNAI

Tuberculosis is a fatal ailment that affects, among other things, the sexual health of people. This was the focus of the awareness programme organised by the Branch at the Urban Family Welfare Centre, KK Nagar.

Dr. R. Alarmelmangai, Medical Officer (MO) said that not only TB of the genitals, but also pulmonary TB, disturbs sexual function including reproductive health in both male and female patients. Participants: 45



HYDERABAD

On the occasion, the Branch conducted three awareness campaigns, at Metro Railway Station Ameerpet, Hyderabad, BS Maktha near Community Hall and Raj Nagar Community hall.

IEC material was displayed and a signature drive organised to promote gender equality. Men and women were made aware of the importance of gender quality and their roles and responsibilities to ensure it. Participants: 550.



MADURAI

The Branch observed the special day at the First Garments Company, where 40 women employees took part in an awareness programme. Dr. R. Ramalakshmi, Medical Consultant, educated them about women's health issues, after which a special health service session was organised.



Another event was held at Ponmudiyar Corporation Higher Secondary School. Mrs. Santhanamari, Project Coordinator of Adolescent Education Programme (AEP) (HCL Foundation Project) conducted the programme, in which students were made aware of general health and hygiene.



MOHALI

Dr. Veena Gupta, Chairperson, Programme and Medical Sub-Committee at the Branch dwelt on the importance of the day in the awareness programme conducted at the Government ITI for Women.

She further elaborated on the theme and educated the gathering. Mrs. Harsh Bala, PO, also spoke to the audience.



MUMBAI

Two programmes were organised to mark the special day. The first programme was held at Govandi Nimboni Baug. Mr. Ashok Deorepatil, Branch Manager, Mrs. Dipali Takle, Delivering Health, Reaching Urban Vulnerable (DHRUV) Project Coordinator and Mrs. Mavita Bhalarao, ANM, conducted the programme.

The focus was on good health habits like eating healthy and nutritious food, exercising regularly and keeping a positive attitude.

The participants, comprising of 50 women, were urged to avail of services at the Av- abai Wadia Health Centre (AWHC).



In the second programme, AWHC organised a testing for HB, sugar and VIA for women and HB and blood sugar Testing for men residing at Beggars Home, Mankhurd.

Dr. Shradha Bhagat, MO, Mrs. Dipti Panekar, Counsellor, Mrs. Yogita Pramod Barve, Staff Nurse, Auxiliary Nurse Midwife (ANM), Mrs. Preethi Mol C.P, Staff Nurse, General Nursing and Midwifery (GNM), Miss. Kausalya Achari, Staff Nurse, Mr. Kashinath Gurav and Mr. Prashant Sohani, Wardboy, conducted the testing. Participants: 75 women and 116 men

PANCHKULA

The day was marked by an awareness programme for the community at Saketri Huts, Panchkula. Mrs Sonia Arora, PO, and other staff organised the event. Participants: 88

NAGALAND

The day was observed in association with Nagaland Health Project and District AIDS Prevention and Control Unit (DAPCU) Mobile Integrated Counselling and Testing Centre (ICTC) at Sechuma village.

Ms. Ville Rhetso, Counsellor, explained the relevance of the day and the lifestyle changes needed to ensure good health. Mr. Ayang, Counsellor of DAPCU Mobile ICTC, spoke about HIV management and treatment. The programme was followed by VCT HIV and Hepatitis testing services. Participants: 48.



NOIDA

An awareness session for adolescent girls was organised, followed by a game, to increase knowledge about health.

Around 75 participants, including project office staff, community based providers, women and adolescent girls, were present.



NORTH KANARA

The Branch organized blood testing to determine the blood group at Shankrukeri.

Ms. Madhushree Naik, Lab Technician at the Branch, tested the blood of clients. Ms. Manjula Gouda, PO, spoke about the importance of health and the relevance of the day. Participants: 41 women



RAICHUR

The day was observed at Veerashaiva HCM SK B.Ed College, in the presence of Dr. V.A Malipatil, President.

Key concepts of health were explained to the gathering of students, lecturers and staff from the Branch.

Dr. Siddaramayya Hiremath, Principal of the College and Mrs. K. Aliya Khanum, Hon. Secretary were also present. Participants: 62 students.





NATIONAL SAFE MOTHERHOOD DAY

Theme: "Midwives for Mothers"

KALCHINI

The Branch celebrated the day among the Rava tribal community at Rava Basti, Nimmati Forest Range, Kalchini Block, Alipurduar District, on the request of White Ribbon Alliance. A mass meeting, open forum and oath-taking marked the event - to increase awareness about the health of mothers.

Mr. Tushar Chakraborty, General Manager of the Branch, elaborated on the theme and the importance of the midwifery model of care for mothers. It's the most effective way to reduce maternal deaths. Mrs. Chandanda Dutta Chakraborty, Counsellor, said that the midwifery model is based on the principles of dignity, privacy and compassion for women.

Mrs. Amrita Tamang, GNM of the RHFC, highlighted the current work going on under the midwifery model of care. Participants: 111 women of Rava tribal community.



NILGIRIS

The Branch celebrated the day with an awareness programme at the Pragathi Training Institution, Coonoor. Mrs. Maria, Trainer at the Institution, delivered the welcome address. Mr. J. Varatharajan, Branch Manager, dwelt on the theme of the day, while Mrs Puwaneswary Packianathan, Hon Treasurer, focused on the health care and maternity facilities for pregnant and lactating women. Anemia among young girls and child marriages were also topics of discussion since they were related to the main subject. Mr. G.L Rajesh, PO, proposed the vote of thanks. Participants: 56 females.



RAICHUR

The day was celebrated at the Branch premises. Mrs. K. Aliya Khanum, Hon Secretary, spoke on the importance and relevance of the day. Dr. Soumya S. Fadnis, LMO, also addressed the gathering. Participants: 40 females.



INTERNATIONAL LABOUR DAY

Theme: "Uniting Workers for Social and Economic Advancement"

PANCHKULA

The day was marked by an awareness programme organised at Labour Chowk, Sector 16. Mr. Manoj Garg, General Manager, Mrs. Sonia Arora, PO, Mrs. Poonam Sharma, Project Manager, TI Project, TI Project Manager and staff of the Branch conducted the event. Participants: 180 labourers.



INTERNATIONAL MOTHER'S DAY

Theme: #BalanceforBetter

SOLAPUR

Nine mothers identified from the Branch operational areas were honoured with appreciation certificates and a trophy by Prof. Dr. Shrikant Yelegaonkar, Hon. Treasurer, FPA India and Patron of the Branch, to mark the special day. Dr. Nabha Kakade, Branch President, distributed social franchising kits to the ASHA workers. Among the other dig-

nitaries who graced the occasion were Dr. B.N Kamble, Hon. Treasurer, Dr. Ayesha Rangrej, BEC Member, Adv. Teja Kulkarni, Vice President, Mr. Sugatratna Gaikwad, Branch Manager, Adv Shrinivas Katkur, Past President, Lions Club of Solapur Central, and Mrs Sapana Chitte. Mr Virendra Pardesi.



INTERNATIONAL NURSES DAY

Theme: "Nurses – A Voice to Lead – Health for All"

MADURAI

A sensitisation meeting for nursing students was organised, with the participation of 46 of them. Dr. S. Parthiban, Branch Manager, elaborated on the day, its importance and the theme for the current year.



SOLAPUR

On this occasion, Certificate of Appreciation was given to the nurses by Prof. Dr. Shrikant Yelegaonkar, Hon. Treasurer, FPA India and Patron of the Branch. Prof. Dr. B.N Kamble, Hon. Treasurer, Prof. Ayesha Rangrej, BEC

Member, Mrs. Sapana Chitte, Hon. Treasurer, Mr. Ramanlal Soniminde, Vice President, Mr. Shrikant Satarle, BEC Member, Dr. Vijaya Homkar, MO and ANM were present on the occasion.



WORLD HYPERTENSION DAY

Theme: "Know Your Numbers"

MUMBAI

A rally was organised to mark the day, with the objective of increasing awareness among people. The route passed through Shivaji Nagar and Govandi, densely populated areas of the city. Slogans, flip charts, role plays, and small corner talks were the

means to communicate key messages like a balanced diet, regular exercise, sleep and less stress. More and more people were encouraged to get involved through the DHRUV Project. Participants: 48.





WORLD MENSTRUAL HYGIENE DAY

Theme: "It's Time for Action"

Ever wondered why May 28 is the menstrual day? Well, the date has a symbolic meaning. May is the fifth month and women menstruate an average of five days a month. Also, the menstrual cycle averages 28 days.

AHMEDABAD

Fifty young people and women took part in the celebrations of this special day at the Urban Primary Health Centre, Thakkarbapanagar.

Dr Neha Panchal, Program Officer, explained the concepts of puberty, menstruation cycle, menstrual hygiene and RTI to the participants.



BALLARI

Menstrual hygiene among females was the focus in the symposium organised on the day. Menstruation is a taboo subject, hence the need to break the silence and raise awareness about it.

The Branch chose girls and women from Krishna Nagar camp, because they still practice unhygienic methods during periods. And since it's considered unclean, even detergents were not given to wash the soiled cloth. To counter these issues, menstrual hygiene tips were given to the women. Participants: 90



BENGALURU

A sensitisation programme on menstrual hygiene marked this important day in the FPA India calendar. The event, which was held at the Canara Bank Institute of Information Technology, aimed to raise awareness about the challenges women face during menstruation - most impor-

tantly, the taboos and stigma associated with it and how to address them.

Dr. Shobha Gudi, President, Bangalore Society of Obstetrics & Gynaecology (B SOG), spoke to the audience comprising of young people. Mrs Indira Devi, PO, also addressed the gathering. Participants: 55.



BIDAR

In the event conducted at the Post Metric Girls Minority Hostel, awareness was imparted to adolescent girls. It was organised in association with the Minorities Girls Hostel, Bidar, and was attended by 46 girls.

Dr. Aarti Raghu, Acting President of the Branch was the Chief Guest and resource person. Mr. Shrinivas Biradar, Branch Manager, Ms. Rajiya Balbatte, Motivational Speaker and Trainer; and Mrs. Rekha, Hostel Warden, were the key dignitaries present.

The importance of menstruation and menstrual hygiene were the key topics discussed.



HYDERABAD

The day was celebrated with 56 women at the Branch. Mrs Padma, Auxiliary Nurse Midwife (ANM), elaborated on FPA India's activities and services in Urban and Rural Outreach areas, followed by the

importance of menstrual health and hygiene. How to manage irregularity in menstrual cycles and the nutrition required were among the topics covered.



JABALPUR

An awareness programme on menstrual hygiene was observed at an anganwadi near Damoh Naka. Women and adolescent girls from vulnerable communities were the participants; the women who still use clothes in unhygienic conditions causing RTI/STI.

Ms Akrti, Counsellor, explained the dangers as well gave them detailed information about Saaf Sukha and Suti Mantar.

The best option is homemade sanitary pads, which can be easily made at home. It could even be a means to generate income for the women. A follow-up session for sanitary pad making is being planned.



KOLKATA

The Branch celebrated a Menstrual Hygiene Week in its three units, Mobile Education Service Unit (MESU) Rural at Gureraik, Nababpur, another health service was conducted along with Lutheran World Services at Lutheran Office, Murarupukur.

Another programme was organized at Lake Gardens at Mallohati. MESU-II organized another programme at 8 No Lane, Lake Gardens.

The focus in these sessions began with general health and menstrual hygiene. Breast and cervical cancer were also explained in detail. A street play was organised to bring out the features of menstrual hygiene with adolescents. Participants: 119



MOHALI

An awareness programme was conducted by the Branch at Sanoriya Public School, Sector 52, Chandigarh.

The audience comprised of young girls who were made aware of menstruation, its relevance, and the myths and taboos surrounding it, personal hygiene and the nutritional needs of girls during that time. The programme concluded with free distribution of sanitary pads.

MUMBAI

Over 40 girls and seven anganwadi teachers from Govandi took part in the awareness programme, organised to mark the special day. The girls were educated about hygiene, cleanliness, the proper use of sanitary pads, and nutrition. In addition,

yoga was suggested as a means to alleviate pain. The issue of stigma surrounding menstruation was also addressed. It was explained to the audience that access to menstrual hygiene products is not a luxury, but a right.



In another event, Mrs Shobha Ugale, Outreach Worker from Kutumb Sudhar Kendra (KSK) organised a session on menstrual

hygiene. It was conducted with the help of ICDS teachers at Borivali. Participants: 30 adolescent girls.



NAGALAND

The Branch conducted an inter-school essay competition on "Empowering Women and Girls through good menstrual hygiene" at Muskan Youth Centre, Kohima. Ms. Ville Rhetso, Counsellor, gave an introduction about the day and its importance. Ms. Akangkola Namo, PO, had a brief discussion on menstrual related issues with the teachers.

All contestants were given certificates of participation, which was followed by a special song performed by Kezevinuo Sogotsu and a photo campaign. Mr. Aneizo Chadi, of Holy Family Higher Secondary School was the winner of the inter-school essay competition. He was awarded with a cash prize of Rs. 1,000/-.



RAICHUR

In the programme to celebrate the day, organised at the Branch, Dr. Soumya S. Fadnis, LMO, elaborated on menstrual hygiene.

Mrs Prasanna Venkatesh, Staff Nurse also spoke on the subject. Participants: 42 females.



PANCHKULA

An awareness programme was conducted focusing on menstrual hygiene, in association with the Inner Wheel Club, Panchkula. Sanitary pads were distributed at the ITI in Sector 14.

Mr. Manoj Garg, General Manager, Mrs. Anupam Jain, President, Inner Wheel Club, Mrs. Ashu Mahajan, Vice President of the Branch, Mrs. Sonia Arora, PO and Mrs. Balwinder Kaur, Principal of the ITI, were the key resource persons. Participants: 81.

SOLAPUR

The highlight of the day was free distribution of sanitary pads to adolescent girls, at a celebration organised at the Branch premises. Dr. M.Y Kulkarni, Gynaecologist and Past President of the Branch, Mrs.

Vandana Kopkar, President, Rotary Club, Mr. Sugratna Gaiwad, Branch Manager, Mr. Vithal Sarangi, President, Lions Club of Solapur Central and Dr. N.B Teli graced the occasion.





WORLD NO TOBACCO DAY

Theme: "Tobacco and Lung Health"

BALLARI

The Branch does something different every year by celebrating the important day in the same venue - at KB Halli village. It's part of the Branch's sustained effort to raise awareness and eradicate tobacco use from the place. On the occasion, awareness was raised on the role of lungs in overall health, as the impact of tobacco in everything from cancer to chronic respiratory disease. Another myth was busted: Rural women assume that snuff is an ayurvedic powder that helps in PNC which support for the dental protection. The audience comprised of 45 women.



DHARWAD

The day was celebrated in association with Shri Kshetra Dharmasthala Rural Development Project, Dharwad.

The highlight was an awareness programme conducted by Mr. N.F Madiwalar, PO, who explained in detail about the dangers of tobacco usage.



MOHALI

Two events were organised to observe the day. The first was held at Jan Shikshan Sansthan, Mohali with 80 participants. And the second was conducted at Sewing Training Centre run by Bhai Ghaniya Ji Trust, Mattaur village, Mohali, with 26 women trainees. Resource persons from the Branch elaborated on the harmful effects of tobacco on young people, children and pregnant women.

In addition, the role of civil society parents, teachers and individuals in preventing people from getting addicted to the tobacco menace.



BELAGAVI

The programme was conducted in coordination with the District Health & Family Welfare Office, Belagavi, the District Tobacco Control Unit, Belagavi and the Government ITI College. An awareness programme was organised in which a pledge was taken by the participants to avoid tobacco.

To mark the occasion, a rally was flagged off by Mr. Vijay Devaraj Urs, Senior Civil Judge. Dr. B.N Tukkar, District Tobacco Control Officer, Belagavi and Mr. Krishna N. Gumaste, PO of the Branch, took part in the rally. The members of GO's and NGO's and Principal and Lecturers of Govt. ITI College participated. The event saw the participation of 67 students.



HYDERABAD

The highlight was an awareness session, which saw the participation of 12 peer educators and 5 link workers. Mr Moiz, a Peer Educator, spoke on the theme of the Day, elaborating on the key causes of lung cancer.

The PO dwelt on the high risks posed by smoking, exposure to second-hand smoke, awareness about the dangers, and related deaths. The need of the hour was awareness and education, to which everyone present was in complete agreement.

SHIVAMOGGA

The day was marked by a procession from Court Circle to IMA Hall, with participants holding banners about dangerous effects of tobacco. Mrs. Pushpa S. Shetty, President and Mrs. Bharathi Chandrashekar, Treasurer were present on the occasion.

The event drew widespread attention and was covered in the local and national media.





WORLD ENVIRONMENT DAY

Theme: "Air Pollution"

BELAGAVI

To celebrate the special day, a programme was organised in association with KSR B.Ed College, Nehru Nagar, Youth Red Wing and Vijayvani and Digvijay News. Dr. S.B Kulkarni, Past President of the Branch, inaugurated the event by watering a plant.

Prof. G.K Khadabadi, Immediate Past President, who is also an environmentalist, was the Chief Guest. Following this, saplings were planted by all the dignitaries. Dr. A.L Patil, Principal of the College, presided, while Mr. Mohan Gundlur, Member of the Branch, was present. Participants: 41 B.Ed trainees.



MADURAI

The day was observed in the presence of Mrs. P. Vijaya, Education Officer, Madurai Corporation.

She inaugurated the programme by planting saplings in the Anupanady Corporation Higher Secondary School - to highlight the importance of trees in our ecosystem.



NILGIRIS

An awareness session and essay competition marked the observance of the day. The venue was Little Flower Higher Secondary School, Selas. Mr. G.L Rajesh, PO, welcomed the gathering and Sister Nirmala, Headmistress of the School, presided. Mrs. Puwaneswary Packianathan, Hon Treasurer, spoke about the increasing awareness around the world about environment.

The session was followed by an essay writing competition on the theme of the day. The entries were evaluated, and winners declared. The programme concluded with the planting of saplings in the school campus. Mr. G.L Rajesh proposed a vote of thanks.



RAICHUR

The day was celebrated in association with Bavashree Primary & High School, Jyoti Nagar, and the Senior Citizens Association, Nijalingappa Nagar.

The programme concluded with sapling plantation in the school premises.



SOLAPUR

Dr. Shrikant Yelegaonkar, Hon. Treasurer, FPA India and Patron of the Branch, inaugurated the event with a tree-planting ceremony at the Ladies ITI, Dafferein Chowk. Mr. Vithal Sarangi President, Lions Club of Solapur Central Solapur, Mr. Ramanlal Soniminde,

Vice President, Mr. Balvant Kolekar Principal, Govt. Ladies ITI, Solapur, Mr. Sugatratna Gaikwad, Branch Manager, and students from the ITI were present. It was the perfect way to kick off the celebrations.



A special health service was organised for adolescent girls with testing facilities for haemoglobin and blood group. Ms. Sneha Tonpe, Lab Technician and Mrs. Sunita Patil, Link Worker, teachers and students were present.



WORLD BLOOD DONOR DAY

Theme: "Blood Donation and Universal Access to Safe Blood Transfusion"

BALLARI

The Branch organised a rally in association with the Health & Family Welfare Department, Zilla Panchayat, DAPCO and other CSOs working in the field of HIV/AIDS.

The campaign uses the slogan "Safe blood for all" to raise awareness about the need for safe blood in the delivery of health care. Participants: 200.



RAICHUR

To draw attention to blood donation and its relevance in saving lives, the Branch organised a rally. Large number of young people took part in the rally, which was

flagged off at the Deputy Commissioner's Office. It concluded at the District Health Office and succeeded in generating awareness about the importance of blood donation.





INTERNATIONAL YOGA DAY

Theme: "Yoga for Climate Action"



BENGALURU

A yoga session, conducted by Ms. Kristina Babic, Yoga Teacher, was organised for adolescents and young people at the Bharath Vidyaniketan School, Kumara Park West, around the theme "Yoga for Reproductive Health".

Dr. Sharada Nasimath, President of the Branch, presided over the programme, emphasising that yoga was a physical, mental and spiritual practice.

She further elaborated on the specific benefits of yoga to body and mind. Beneficiaries: 57.



MUMBAI

The day was celebrated with the Branch staff and students of paramedical course. Yoga is a great tool to instill a sense of discipline as it impacts physical, mental and spiritual aspects of an individual.

A variety of yogic asanaas were demonstrated, culminating with Pranayama and meditation.



SOLAPUR

The important day was inaugurated by Prof. Dr. Shrikant Yelegaonkar, Hon. Treasurer, FPA India and Patron of the Branch. A yoga demonstration was organised for students to mark the occasion at Lokseva High School. Principal of the school Mr. Anil Dhotre, Mr. Sugatratna Gaikwad, Branch Manager, Mr. Vithal Sarangi, President, Lions Club of Solapur Central, Mr. Rajwardhan Pise, Yoga Instructor, Mr. Prakash Sakhare Yoga Teacher, Solapur, Mr. Vishal

Madgundi, Yoga Teacher, Solapur and students were present. Senior members including Dr. Sujata Mehta Co-ordinator, Bharati Vidyapeeth, Solapur, Prof. Dr. Nabha Kakade, President, Mrs. Swati Gandhi, Prof. Dr. NB Teli, Hon. Secretary, Mr. Ramanlal Soniminde, Vice President and Mrs. Sapana Chitte, Hon. Treasurer, graced the occasion. Youth volunteers Mr Shrikant Satarle and Ms Vijayshree Amle were present too.



AGRA

SRH discussion programme with youth

A seven day programme on Sexuality and Reproductive Health was organised for young people, focussing on health education and the need to add reproductive health education in the school syllabus.

Dr. Siyaram Sharma, former Chief Medical Officer and Dr. Arun Tewari, President of the Branch, were the speakers. Dr. Suguna Sharma, Field Coordinator, Mr. Dinbandhu, Supervisor and Mr. Mukesh Rathod, Programme Officer, were the resource persons who helped to organise the programme.

Health awareness session

The session was conducted on HIV and STI for women and the awareness on health and hygiene.

The usage of sanitary pads, need for safe sex, related awareness and the importance of medical attention were the key topics discussed. Participants: 67.



AHMEDABAD

Comprehensive Sexual Education for rural girls

The Branch organised a CSE programme for adolescent girls of Khicha village near Ahmedabad through a series of group activities.

The girls shared their experiences related to gender based violence, gender biases and myths about menstruation. It was observed that the community needed more awareness sessions on SRHR.



SRHR programme for adolescents and women

An awareness programme was conducted for girls and women at Madhupura. Dr. Neha Panchal, PO, explained about sexual & reproductive health & rights and women's rights.

The participants were unaware of their rights and after the programme, they were more confident about themselves and their power to make decisions related to their health. Participants: 35



'Niramay' - for an anemia-free India

The Branch, in association with Finar Foundation, initiated 'Niramay' - an Anemia Mukta Bharat for adolescent girls. The underlying concept of the programme is that 'females should know their haemoglobin status and blood group'.

Two health checkups were conducted, followed by iron and folic acid tablets were provided. They were also given counselling regarding nutrition. Participants: 146.



Propagating self-reliance through Mahila Mandals

The Branch conducted three income generation sensitization meetings for mahila mandals. They contacted companies for possible employment for women.

It's one of the ways women can be empowered for financial independence and consequently, decision-making power.



BELAGAVI

Resource mobilization yields donation worth Rs 20,000

Mrs. Shobha S Kulkarni, Vice President, spearheaded the efforts to mobilise resources for the Branch. Mrs Kulkarni met and oriented Prayatna Organisation, Belagavi, an NGO, to get help in cash or kind.

The NGO donated items, such as, 40 bed sheets, 5 beds and 20 pillows, worth Rs 20,000 during a programme held at the

Branch, in which Mr. Raghupati Bhat, MLA of Udupi, was the Chief Guest. Mrs. Shanta Acharya, President, Prayatna Organisation, Mrs. Shobha Kulkarni, Mrs. Anita A. Pagad, President of the Branch and Mr. S.V Dixit, Hon Treasurer, attended the programme.

The efforts of the Branch won appreciation of the Chief Guest and speakers from Prayatna Organisation.



BENGALURU

Orientation programme on personal effectiveness

The programme was organised for BEC Members, Youth Volunteers and staff at the Branch. Prof. Raghothama Rao spoke on the challenges of meeting both personal and professional responsibilities, including time management, achieving goals and responding to both internal and external needs of the organization. Participants: 32.



CHENNAI

Branch receives Rs 1.5 lakh donation to organise medical camps

FPA India acknowledges a donation of Rs 1.5 lakh with thanks from the Bank of India National Banking Group (South), Chennai, to organise medical camps in 19 of their branches in and around the city. Mr. S. Padmanaabhan, Hon Secretary of the Branch received the cheque from the Executive Director, Bank of India.



Capacity building and gender equality sessions

The training programmes addressed gender equality, discrimination, masculinity and patriarchy were being conducted over the last four months – one session a month. Ten Youth Volunteers attended the sessions.

In one of the sessions a role play was enacted in which one of the trainees took the role of a woman and other participants put registers on him (or her) till the weight of the registers was unbearable. In this activity, one register represents one family responsibility of a woman which she has to perform day to day.

The activity was to emphasize that women are overburdened with their family responsibilities and that men should also share the responsibilities and free women from some of their responsibilities so that they could lead better lives.



Training of Trainers for World Vision India

At the request of the World Vision India, a Global NGO, the Branch conducted a TOT programme for their frontline personnel on Healthy Timing and Spacing of Pregnancies (HTSP) at their Area Development Program locations (ADP) at Kilayur, Pudukottai and Myladumparai. Impressed by the training programme, World Vision India requested the Branch to depute

resource persons to train the next batch of their Village Health Nurses and anganwadi workers at Kilayur.

Three sessions were conducted by Mr. A. Elangovan, M&E Officer and Mr. M. Munavar Basha, Consultant, from the Branch. Participants: 105



DHARWAD

Special service session for women conducted

As part of health awareness programme, cancer screening and anaemia detection for women was conducted. Around 100 women benefitted from cervical and breast cancer tests, of which 55 underwent VIA screening. Ten women were referred for further colposcopy investigation. About 100 employees took the haemoglobin test and two were found to be severely anaemic.

The initiative was a joint effort of the Branch, Karnataka University Dharwad (KUD) and the Department of Social Work, KUD. Dr. Rathnamala M. Desai, Prof. and HOD, Department of OBG, SDM Medical College and Hospital, Sattur, and President of the Branch, spoke on menstrual hygiene, anaemia, and causes of cancer and its prevention. Prof. P.B Gai, Hon'ble Vice Chancellor, Karnataka University Dharwad, Dr. Sangeetha R. Mane, Prof. and Chairperson, Department of Social Work, KUD and Mrs. Sujata Anishettar, Branch Manager and over 200 employees, faculty and students were also present.

In another event, a gynaecological and cervical cancer detection session was organised in collaboration with Yashodha Welfare Trust and Mahila Samakhyia in Jodalli village. Beneficiaries: 94.

Two colposcopy sessions were conducted at the Branch. Of the 16 clients who attended the session, PAP smear samples from eight and biopsy samples from five were taken and one of them was treated with cryo therapy.



Health checkup for sexual minorities

The special service was organised in association with Samarthyaa Arogya and Social Organisation, Hubballi, and Round Table 60, Dharwad. Vulnerable members of the organisation were given an awareness session, followed by the health checkup in which HIV, VDRI and HBSAG tests were conducted. Beneficiaries: 50



ANC felicitation and healthy baby show

ANC felicitation and healthy baby show programme was organised to provide health care services to the pregnant women under maternal health and child health service in Morab and Hosategur village, under Maternal and Child health project of Tata Motors Ltd. The husbands of ANCs were part of the celebrations, thus involving them in the responsibility of the wife's wellbeing throughout the pregnancy. Beneficiaries: 70.



Comprehensive Health Awareness and Health Service Project

Tata Motors Limited and Family Planning Association of India Dharwad branch signed one more MOU to implement project on comprehensive health awareness and health service project for pregnant mothers, children, adolescent, men and women. Its scope is to cover 6,500 beneficiaries in 17 villages.

The main objective is to ensure safe pregnancies, prevent malnutrition in infants through ante and postnatal care. This way, maternal and infant mortality can be reduced and also prevent and treat iron deficiency and anemia among adolescent girls.



Radio waves to the rescue...

In rural India, distances can be daunting – especially in the area of health care. FPA India Dharwad tackled this through a live Q&A session on All India Radio.

Titled 'FPA India Arogya Payana', the programme is beamed on the fourth Friday of every month at 6:50pm. It reaches far-flung villages in a 250 km radius, and listeners can call in to ask questions. A resource person from FPA India is present in the radio station to give answers and help resolve problems.

HYDERABAD

Importance of Girl Child and GBV – are they interlinked?

Ms. Neha Singh, from Delhi Public School performed a skit on the girl child, highlighting the reasons why girls are important. When girls are given the right education and upbringing, they grow up as independent individuals – socially and financially. Participants: 150+ people from the community.



Branch welcomes delegates from HQ and IPPF SAR

With the objective of observing and monitoring the activities of the Male Innovation Project, Ms. Kum Kum Pal, Senior Technical Advisor, IPPF SAR and Dr. Nilesh Patil, Technical Programme Manager, FPA India visited the Branch.

Dr. Renu Kapoor, General Manager, hosted them and took them through a presentation about the Project's progress. The delegates also interacted with link workers, peer educators, clients, and private medical practitioners and beneficiaries in intervention sites. Dr. C. Ambuja, President of the Branch, accompanied them to the intervention sites. The team met the barbers and other beneficiaries in slums. The productive visit concluded with a debrief by the delegates about their findings.



Barber shops – an innovative venue to spread health messages for men

In an unusual step, the Branch organised a meeting with 15 barbers in the areas of BS Maktha, MS Maktha and Rajnagar.

The PO and project team sought the support of barbers to spread awareness of the free health services offered by the Branch. Barber shops are a great venue to display posters so that the right message reaches the right audience.

The idea was to educate men on STI/ HIV/AIDS and GBV, as well as provide free condoms, which could be stocked in the barber shops. A 'barber's kit' was gifted to them which had all the essentials.



INDORE

Filming team comes visiting from London

IPPF Central Office in London commissioned a filming team to visit the Branch. The team came to shoot accompanied by Ms Nisha Jagdish, Director-Gender & Rights. The objective was to create a video about the interventions carried out by the Branch in the District Jail, Indore, and the skilling activities conducted at the community level under the JTF Project.

Ms. Aditi Chaturvedi, Superintendent-District Jail, Indore and Mrs. Marium, a woman inmate of the jail, were interviewed on camera for the video. The team later visited

Shivaji Nagar and interacted with Mrs. Bulbul, a beneficiary who learned Beauty Culture Training Course, a skilling activity.

Awareness generation through exhibition of posters

With the objective of spreading awareness on the significance of gender equality and women empowerment, the Branch organised poster exhibitions at different parts of the city. Through the medium of posters, various target groups were educated about empowering women and equality – important to the overall development of society.



MADURAI

Summer sports camp for students

The camp was organised for 300 students from the Corporation Higher Secondary School. Coaching was offered in a range of sports, for 26 days. Dr. K. Jeyakodi, President of the Branch, Mrs. Meharunishal, Hon. Secretary, Mr. Chidambaranathan, Joint Treasurer, Dr. Navneethakrishnan, BEC Member and Dr. S. Parthiban, Branch Manager, along with the Head Master of the school, participated in the programme.

In a related event, the school playgrounds were renovated by the Branch, with the support of the HCL Foundation. Two Corporation schools were selected, and sports infrastructure was upgraded. The improved courts and fields were handed over to the Madurai Corporation by the senior staff of the Branch. Mr. S. Visakan, IAS, Commissioner of Madurai Corporation, Mrs. P. Vijaya, Education Officer, Madurai Corporation and Mr. Samuel Ebenezer, Associate Manager, HCL Foundation, were present at the handover ceremony.



Training for Peer Educators

In the training programme conducted, Peer Educators from various locations in the city participated. The training was imparted under the Adolescent Education Programme. Participants: 33



MOHALI

Training programme for ASHAs and special service sessions

Accredited Social Health Activists (ASHAs) were trained on family planning and social franchising. They were also briefed about the activities of Value Integrated Comprehensive Abortion Linked Project (VICALP). A follow-up meeting was organised to assess the progress.

Special service sessions conducted

Twenty Three special service sessions were organised, in which 1,339 people were examined by a team of doctors. The objective was to enable eligible persons to adopt family planning methods.



MUMBAI

CSE sessions for paramedical students

The programme was organised at the Avabai Wadia Health Centre over two sessions. Self-body awareness, and physical and mental changes, was the topics of discussion.

Sexual and Reproductive Health (SRH) was explained in detail, with the focus on menstrual hygiene. Participants: 23 girls.

Delivering Health, Reaching Urban Vulnerable (DHRUV), a new project, implemented

FPA India Mumbai Branch implemented a new project, Delivering Health, Reaching Urban Vulnerable (DHRUV), funded by Dr. Usha Krishna with help of FPA India Headquarter. The goal of the Project is to improve the overall health of urban slum residents in Shivaji Nagar. Key objectives include:

- Increased access to early detection and primary treatment of anemia, diabetes, hypertension and Sexual and Reproductive Health services
- Enhanced access to advanced health care for people with high risk of non-communicable diseases
- Increased awareness about non-communicable diseases like anemia, diabetes and hypertension.



Discussion on 'Youth Perspective: FP 2020'

As part of the Youth Perspective, group discussions with the youth were organised in different localities of the city. In June group sessions were conducted for students of

paramedical courses, youth associated with NGOs Pratham and Yuva and parents and teachers of NSS School.

Training on Comprehensive Sexuality Education

The training was organised at the Headquarters. Mr. Gautam Tambe, Branch Manager, Mrs. Dipali Panekar, Counsellor, Mrs. Shobha Ugale, ORW, Mrs. Dipali Takle, DHRUV Project Coordinator and Mrs. Kavita Bhalerao, ANM, attended the training.

Ms. Bindiya Nimla, Director, Training and Mr. Mangesh Ghumare, Program Officer, organised and facilitated the programme. Ms. Nisha Jagdish, Director, Gender & Rights, Mr. Narayan Kokate, Asst. Director, Monitoring & Evaluation and Ms. Richa Salvi, TPM, GCACI, conducted the training. It gave conceptual clarity about CSE, and suggested ideas on how to conduct sessions.



MYSURU

Free breast cancer screening service at RHFPC

The special service session was organised in association with Narayana Hrudaya-laya Multispecialty Hospital. Dr. Anusha, Resource Person, conducted an awareness session on breast cancer, while Mrs. Shaheen Taj, Counsellor, focussed on self-examination, diet and exercise.

Mr. K.M Prabhushankar, Training Coordinator of PSD Project, proposed a vote of thanks. Beneficiaries: 61.



Another special service session was organized for breast cancer screening and mammography in collaboration with NH Multispecialty Hospital. People from far off places came to avail of the services.

Dr. Vijaya Srinivas, Consultant at the Branch and Dr. Anitha D'Costa, Counsellor, spoke to the audience about timely screening for cancer, management and treatment. Beneficiaries: 50.

Free counselling programme on various issues

The event was organised in the adjacent district of Chamrajnagar. People attended and shared their problems on issues related to sexual and family problems. The participants benefitted from the session. Beneficiaries: 27.

Awareness session on piles

In association with Shahi Export P Ltd, an awareness programme was organised on piles. Mrs Bijimole, Branch Manager in-charge, spoke about FPA India and the services it provides. Mr. K.M Prabhushankar, Training Coordinator of PSD Project, elaborated on piles, its causes, symptoms, risk factors, prevention and diet. Participants: 72



SRH programme for young people

The Branch organized an awareness programme on SRH for Students of Sri Jayachamarajendra Vani Vilas PU College, Nazarbad.

Dr. Anitha D'Costa, Counsellor, spoke on adolescent issues, menstrual cycle, hygiene, diet and treatment. Other ailments like PCOD and thyroid were also covered. Participants: 120 students.



NAGALAND

Comprehensive Sexuality Education programmes

Three programmes were conducted in government schools and two in out-of-school. Each session covered the seven components of CSE and was organised with the help of Peer Educators.

The sessions were organised separately for males and females to avoid any discomfort. Participants: 367.



PTA meeting to orient parents

The Branch organized a Parent-Teacher Association meeting as part of the Adolescent Education Programme at the Little Flower High School, Selas. Sister Nirmala, Headmistress of the School, presided over the meeting.

Mr. S. Manogaran, Vice President of the Branch, Sister Nirmala and Mr. G.L Rajesh, PO, were the key resource persons. Mr. Manogaran spoke about the stressful parent-child relationship, and the need for parents to invest time and energy in it.

He outlined a range of measures that can bring about this necessary change. Emotional support apart, he also spoke about the importance of a healthy, nutritious breakfast every morning. Participants: 109 parents



NOIDA

Awareness programmes were conducted for adolescent girls at primary schools in Jhundpura, Sector 11 and Harola, Sector 5. Basic hygiene, sanitation and awareness about physical and emotional changes in adolescence were the topics.

Ms. Kiranbala, Principal, Harola Primary School, was a key resource person. Students of classes 4 and 5, numbering 122, took part in the programmes.

The girls not only enhanced their knowledge about the topics but also participated freely, voicing their concerns and queries.



NORTH KANARA

Sensitisation session for youth

Adolescent problems and behavioural changes were the focus in this programme, which was held at HPS Sharada Nilaya.

Mr. Beranna Nayak, Treasurer and BEC Member, spoke on gender based violence,

behavioural changes in adolescents, healthy living and SRH issues.

Ms. Manjula Gouda, PO, spoke on the services offered at the Branch. Mr. Deva Mukri, Headmaster of the School, addressed the students while thanking FPA India for its support. Participants: 48 students.



Blood group testing service

The health service was organised for the underprivileged, and was conducted by Ms. Madhushree Naik, Lab Technician and Ms. Sherly Peter, Staff Nurse.

Ms. Manjula Gouda, PO, used the occasion to address the gathering and appraise them of the services and facilities extended by FPA India. Participants: 25 women.



Orientation programmes about women's health and FP

The programme, aimed at creating awareness, was held at Police Lines, Kumta. It was held in association with the Government Hospital, Kumta, and was organised by Ms. Manjula Gouda, PO and Ms. Shalini Naik, ANM.

Ms. Gouda spoke about the services and facilities offered by FPA India. Participants: 26. In another similar programme conducted at Baggona, the same resource persons were joined by Mrs. Bharati Nayak, ANM of UFWC. Mrs. Nayak addressed the audience about FPA India and its facilities. Participants: 25.

Medical Health checkup service

The health checkup, combined with awareness programme, was organised at the Old Fish Market, Kumta. It was conducted in association with the Government Hospital, Kumta. Ms. Supriya Bhat, Medical Officer of the Hospital and Ms. Madhushree Naik, Lab technician of the Branch, examined the clients and Ms. Manjula Gouda, PO, spoke about the services provided by the Branch. Participants: 28.

PANCHKULA

SRHR awareness programme for men

Labourers of Majri Chowk, Panchkula, took part in a programme aimed at increasing awareness about male involvement in sexual reproductive health and rights.

Mr. Manoj Garg, General Manager, Mr. D.V. Gautam, field worker Mrs. Sonia Arora, PO, Mrs. Poonam Sharma, Project Manager and staff of the branch were the key people behind the programme. Participants: 156.

Capacity building/training programme

Gender training, masculinity and patriarchy were the concepts under discussion, aimed at strengthening the work with boys and men – this was the objective behind the programme. Mr. Vinod Kapoor, President of the Branch, Mr. Manoj Garg, General Manager, Mrs. Sonia Arora, PO, Mrs. Poonam, TI Project Manager were the resource persons. Participants: 35.



Fundraising for 'Stree Hinsa Mukh Bharat'

Women empowerment, through Stree Hinsa Mukh Bharat, found support through Sunehri Shaam, a musical evening. The fundraising event consisted of a live singing performance by Mr. Lalit Parashar, Asst. Secretary General (A&GS) and Ms. Manavi Khosla, followed by a skit by Youth Volunteers. The evening also had a Bollywood theme performance by visually challenged children, a Giddha by MSM community and a presentation of FPA India.

Mrs. Charu Bali, Inspector General of Police, Crime Against Women, Haryana, Mr. H.R. Umesh Aradhya, President, FPA India & Chairperson, Regional Council, IPPF-SAR, Ms. Amita Dhanu, Assistant Secretary General (Programme Implementation) and Mr. Vinod Kapoor, President of the Branch, were the dignitaries present.

In addition, CEC Members, community from tri-city, and Branch representatives from Mohali and Yamunanagar attended the event. The evening was a hit and was covered by the local electronic media. Around 800 people were in the audience.



Advocacy meeting on Sexual Reproductive Health and Rights

A panel discussion was organised to explore dimensions of rights, duties and entitlements – perspectives vs reality.

The objective was to discuss with various stakeholders about the ground realities around young people, and their access to information and services related to sexual and reproductive health programmes, and related policies. The panelists included Mrs. Charu Bali, Inspector General of Police, Crime Against Women, Haryana, Ms. Punita

Bishaboo, JMIC, Junior Magistrate First Class, Punjab/Haryana High Court, Mr. Atul Nanda, Advocate General, Punjab, Mr. H.R. Umesh Aradhya, President, FPA India & Chairperson, Regional Council, IPPF-SAR, Dr. Kalpana Apte, Secretary General, Ms. Amita Dhanu, Asst. Secretary General (Programme Implementation), FPA India and Mr. Vinod Kapoor, President of the Branch.

The audience comprised of personnel from law enforcement agencies, doctors, civil

surgeons, educationists, advocates, police inspectors, LGBTQ members, Youth Volunteers and the media.

The panel concluded that clear understanding of sensitive procedures and their implementation, mass awareness and the convergence of all stakeholders is a start to further improve the laws governing the youth and make it holistic. Participants: 96



SHIVAMOGGA

General health service session conducted

The Branch organized a general health service session at Siddarahalli village in association with Bhavasura Vision India, Shivamogga.

Various health centres like Subbaiah Medical College, Sharavathi Dental College and Shankara Eye Hospital also supported. Mr. S.B Ashok Kumar, Hon. Secretary and Dr. R.P Sathvik, Hon. Treasurer, were the key resource persons. Mr. S.B Ashok Kumar addressed the audience, advising them to maintain cleanliness and hygiene in the village.



SRINAGAR

Programme on CSE

The Branch conducted the comprehensive sexuality education programme for in-school boys aged between 10-14 years at Govt. Girls Middle School Palpora Srinagar. Mr. Basit Bhat, Branch Manager In-charge, spoke about adolescence and growing up.

Mr. Saleem, Teacher of Class 8 and trained in CSE Components, spoke on the main topic including changes in physical and mental changes of adolescents.

He also elaborated on gender based violence and domestic violence. Mrs. Fehmeeda Akhter, Principal of the school, thanked FPA India Srinagar Branch Staff for conducting such activities. Participants: 16.

Another programme was conducted for in-school girls aged 10-14 years. Ms. Roohana Jabeen Counsellor, spoke on growing up, where she deliberated some points that are significant in growth process.

The main points of the topic were about the feelings of being happy/worried/confused/furious about the changes taking place in body and gender based violence and some answers while growing up. Participants: 30.



AHMEDABAD

From being suicidal to glowing with hope

A young married woman was suffering from Gender Based Violence by her in-laws, leading to depression. She was losing her confidence and was constantly under trauma. When the PO from the Branch met her, she was scared to open up. After repeated counselling sessions, which worked on her

mental health, she started recovering from suicidal tendencies. Her husband was also counselled, enabling him to take responsibility of his wife's mental and physical wellbeing.

As a follow-up, she was given aid by FPA India to buy a sewing machine so she could

earn a living. This helped her take care of her children by staying at home. Now she is happy and enjoying her independence. In her words: "Now I am able to cope with my problems... I love my life... Thank you (FPAI) for giving me my life again!"

BENGALURU

Starting life afresh... thanks to FPA India

When one evening, Ms Geetha (name changed) was confronted by a stranger little did she know that her life would change for ever. She lost her mother when she was a little girl, and she struggled through school till class 7. She then became a domestic help.

That fateful evening, the stranger offered her a job that paid Rs 150 a day. It was a tempting offer, so she followed the stranger blindly. It was only after hours that she woke up – only to realise that she was drugged.

She felt battered and unwell, but had no one to confide in. Next day she went to work as usual, but her employer found her silent and withdrawn. The employer brought her to the Branch where, on examination, it was found that she was raped.

Geetha was devastated. She was counselled and treated, then sent to Yuva Soukya Kendra. Seven counselling sessions later, she became more confident and ready to face life. Now she is strong enough to put that unfortunate incident behind her and start life all over again. FPA India played a crucial role in transforming her – from a nervous wreck to a confident young woman.

DHARWAD

FPA India's intervention... And a family's happiness is restored

Mrs. Vidya (name changed) is a married woman with two children, living with her husband in Bengaluru. A graduate, by qualification she worked as an insurance agent. Her husband is a driver with Bangalore Metropolitan Transport Corporation (BMTC). She needed sterilisation and approached the Dharwad Branch since it was closest to her native village.

On examination, it was discovered that she was a victim of gender based violence. Her husband wanted her to stay with his parents in the village, which she refused. They began staying in a rented house in Bengaluru, but his salary was falling short. She wanted to resume her insurance agent's job, but he refused as he was suspicious about her. He even took to alcohol as a result.

The Branch understood the gravity of the situation and referred her to Santavan Kendra, where the necessary counselling was done. The matters were discussed and resolved and today the family is living happily as a cohesive unit.

JAIPUR

FPA India helps a woman uphold her dignity

Mrs. Reena Sharma (name changed) is a qualified 30-year-old government school teacher from Dev Gaon in Bassi, Rajasthan, who faced domestic violence. She was married in 2013 and has two children now, aged 5 years and 10 months.

Initially, her marital life was problem-free. After a year, her husband's and in-law's behavior towards her changed. He started demanding her to give him all her income, and when she questioned him, it led to abusive language, physical violence and mental torture. Income and minor family issues become the cause of Gender Based Violence.

The Japan Trust Fund project team from the Branch meet Reena, understood her situation and made her aware about her rights. She was also informed about several sources of assistance, including Mahila Helpline and Garima Helpline. She started getting treated at the RHFPC in Bassi. The JTF team also helped her take a stand for herself, following which she registered a police case against her husband and in-laws.

MUMBAI

FPA India counsels Female Sex Worker and her partner

Ms. Rashmi (name changed), a 39-year-old FSW with a son 12 years of age, has been living with her partner for the last 14 years. Though life was peaceful initially, in the last 7-8 years, her partner has been consuming alcohol and abusing her mentally and physically.

She had already undergone medical termination of pregnancy (MTP) at FPA India RHFPC thrice so far, and when she came again for MTP she was already bleeding.

Her partner turned up and insisted on her continuing with the pregnancy, but it was too late. He had to be counselled by FPA India, and she was educated about her rights. Both were referred to an NGO.

Though she was not ready to use any contraceptive except OC pill, she was offered counselling. After counselling session, she became very confident about her own rights. Later she opted for Intrauterine Contraceptive Device (IUCD) for contraception.

PANCHKULA

Youth Volunteer from FPA India helps sexually harassed youth

Gopal (name changed) is a 17-year-old boy hailing from a poor family. He was suffering from malnutrition. To make matters worse, he was depressed due to sexual harassment at school. He happened to come into contact with a Youth Volunteer who had conducted a session on Comprehensive Sexual Education. He was speaking to Gopal and realised that the boy was depressed. Gradually, Gopal revealed to the Youth Volunteer about being harassed by his seniors at school.

The Youth Volunteer visited the school and met up with the teachers and Principal. Things improved after that, and Gopal started eating better and gaining weight. He is extremely thankful to FPA India for helping him out, and also for offering regular health checkups.

Posted at General Post

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