

Aspire

A Quarterly Insight into
the Association's Activities



For Internal Use

Vol. 12 No. 1 - MAR 2016

LEAD STORIES

EUROPEAN PARLIAMENTARY FORUM MEMBERS FROM ACROSS EUROPE COME VISITING

The European Parliamentary Forum on Population & Development (EPF) and is a network of members of Parliaments from all across Europe based in Brussels. The Forum is committed to protecting the SRH of the most vulnerable people around the world.

Members of the EPF conducted a study tour of India from February 7-13, 2016 to examine issues related to – and offer both interim and long term solutions for – Reproductive, Maternal, Newborn, Child, and Adolescent Health (RMNCAH). The tour was routed through the International Planned Parenthood Federation, South Asia Regional Office.

The EPF team included Ms Karina Adsbol, Member of Parliament (MP) from Denmark; Ms Hanna Sarkkinen, MP from Finland; Mr Jean-Marie Tetart, MP from France; Mr Ignazio Corrao, MP from Italy; and Ms Marina Davidashvili, Senior Policy Officer, and Ms Manuela Smolinski, Policy Officer, both from EPF. The delegation toured different centres around the country and attended the programmes conducted by FPA India.

NUKAD NATAK WELCOMES THE TEAM IN AGRA

The Parliamentarians witnessed a community awareness programme on safe abortion at Jagdishpura. The programme, conducted like a Nukad Natak (street play), consisted of role-play, interactive sessions and speeches. Over 310 participants took part, absorbing the knowledge and busting the myths about Sexual and Reproductive Health and Rights, Comprehensive Sexuality Education, safe abortion and HIV. Among the dignitaries present were Ms. Amita Dhanu, Director-Adolescents and Dr. Nilesh Patil, Technical Project Manager, Services, Education and Training Unit.



From Left to right: Ms. Neha Chauhan, IPPF-SAR, Ms. Manuela Smolinski, European Parliamentary Forum on Population & Development (EPF), Mr. Manmohan Sharma, IAPPD, Ms. Marina Davidashvili, EPF, Ms. Hanna Sarkkinen, Member of Parliament (MP) from Finland, Mr. Shadi Lal Batra, MP- India, Mr. Ignazio Corrao, MP from Italy, Ms. Karina Adsbol, MP from Denmark, Prof P J Kuren, Deputy Chairman of the Rajya Sabha (the upper house of the Parliament of India), Mr. Jean Marie Tetart, MP from France, Mr. Umesh Aradhya, President FPA India, Mr. Shumsher K. Sheriff, Secretary General, Rajya Sabha, Ms. Bindiya Nimla, FPA India, Ms. Amita Dhanu, FPA India, Dr Nilesh Patil, FPA India.



THE DELEGATES ARRIVE IN BANGALORE

The delegation, accompanied by Dr. M.N.Tavargeri, Patron; Mr. Umesh Aradhya, National President; Ms. Amita Dhanu, Director-Adolescents, HQ; Ms. Subhalaxmi Mohanty, Project Assistance, Advocacy IPPF-SARO; and Ms. Neha Chauhan, Programme Specialist, Advocacy IPPF-SARO, visited the Bangalore Branch and met the Speaker of the Karnataka Assembly to discuss related issues.



THE TEAM VISITS PARLIAMENT HOUSE

The delegates visited the Parliament House at New Delhi. The team also met Prof P J Kurien, Deputy Chairman of the Rajya Sabha (the Upper House). The meeting covered topics like early child marriage, Section 377, education and foreign trade.

The delegates were fascinated by the visit, especially on learning that:

- The Parliament House is circular in shape, based on the Ashoka Chakra
- The building accommodates Lok Sabha (Lower House), Rajya Sabha (Upper House) and the Central Hall.
- The Lok Sabha stands for 'House of the People' and has 543 members.
- The Rajya Sabha stands for 'Council of States', and has up to 250 members.
- The green carpet in the Lok Sabha represents the agrarian economy of India, and also that representatives are elected at the grassroots level.
- The red carpet in the Rajya Sabha stands for royalty, as well as the sacrifice of the freedom fighters.

LEAD STORIES

GENDER AND EMPOWERMENT

FPAI is implementing a one-year Welspun Group's CSR initiative at Pardi Taluka with support from **Ahmedabad** and **Mumbai** Branches. The aim of this project is to train and strengthen the capacity of existing five Self Help Groups in Health Promotion. The induction programme, baseline survey and capacity building training programmes were conducted in the first quarter.

The baseline survey findings showed that the population has inadequate access to healthcare services, poor knowledge about legal status of abortion, age at marriage, modern methods of contraception, STI / HIV, identifying danger signs during pregnancy, and care during the post-natal period. There is a need to involve men in the awareness sessions, as women have no decision making power; women groups need to be strengthened to take decisions and to have savings accounts.



CASE STUDY - 1

FROM BELLARY – WOMEN TAKING CONTROL OF THEIR HEALTH



Mrs Susheela Venkatesh, from Kudutini village, Bellary, visited our RHFC reporting severe white discharge and lower abdominal pain. She had taken medical abortion pills without doctor's advice, and now, even after complete abortion, the problem persisted.

She was diagnosed with PID (pelvic inflammatory disease), given counselling and moral support. She travelled 20km every alternate day and took regular treatment. The couple also used condoms as prescribed. She was cured, finally, and was very happy with the treatment. She became pregnant again after six months, and visited the clinic for complete ANC treatment. After the delivery, she came back for PNC treatment and also underwent sterilisation. All the client information was accessed through the client history card, which proved to be invaluable.

CASE STUDY - 2

FROM PANCHKULA – FPAI SUCCEEDS WHERE HOSPITAL FAILED

This is the story of a 22-year-old lady residing in Haripur, Panchkula. She was married four years ago, and had a series of spontaneous abortions. She approached a hospital but her problem was not treated successfully. That was when she visited our Panchkula Branch. She was thoroughly examined and in addition to elaborate medication, she was given good counselling, moral support and compassion by the team at FPAI. Happily, she conceived again and has crossed her first trimester without event. The team is now waiting for the day when a bonny baby would be in her arms.



NEWS FROM OUR BRANCHES

PROGRAMMED FOR RESULTS

Our branches have been conducting a series of programmes aimed at awareness and action.

Youth show the way

Youth volunteers of **Ahmedabad Branch** are a confident lot. They have moved out of their shell and are expressing themselves in different ways. Mr Vishal Gohil, a youth volunteer, chose to set up a painting and tattoo studio to teach others his craft. While Ms Pooja Shah and Ms Amrin, two other youth volunteers, conducted a Media Meet with eight journalists. They helped to get the views of young people published in the media, especially their take on Comprehensive Sexuality Education, Sexual and Reproductive Health, and the various activities of the Youth Friendly Centre.



The AWAG Organisation, which works on gender based violent, conducted a one-day session on 'Gender responsive budget and Women's Act'. Dr Neha Panchal, Programme Officer, FPAI, spoke on the occasion. Special counselling sessions for the youth have been initiated by a qualified gynaecologist, using exclusively prepared IEC material.



DISSEMINATION MEETING OF PROJECT SUPPORTED BY JAPAN TRUST FUND



In **Belgaum**, a Dissemination Meeting was held. It was inaugurated by Dr. (Mrs.) Soubhagya K Bhat, immediate Past President of the Branch while Mrs. Uma Patil, Branch Manager, thanked all the stakeholders who supported the JTF project. JTF's focus is on reducing HIV transmission from mother to child, and it was noted that a one-to-one approach worked best to serve this purpose.

Over 190 people attended a programme on 'Youth and Their Rights' in **Bijapur**, at the Karnataka State Women's University (KSWU) premises. Mr. Basavaraj Patil, Member of Parliament of Sedam, inaugurated the programme as well as gave the inaugural speech. An awareness session on 'Avoiding Bad Habits and Practicing Safe Sex' was conducted. An advocacy programme covering several health issues was organised in the presence of Mr. Ramesh Jigajinni, Member of Parliament. Among the speakers were Mr. Makbul Bagawan, Member of Legislative Assembly; and Mr. Raju Algur, Member of Legislative Assembly. And a training programme for Youth Forum Members and Peer Educators in the Ibrahimpur Slum Area.

ACTION ON SEXUAL AND REPRODUCTIVE HEALTH AND RIGHTS (SRHR) AND COMPREHENSIVE SEXUAL EDUCATION (CSE)

In **Dharwad**, an interactive advocacy and orientation programme on Sexual and Reproductive Health and Rights (SRHR) and Comprehensive Sexual Education (CSE) was organised for Youth Forum members. This was followed by a Press Meet on the same topics, which was attended by representatives of the local media. Over six English and Kannada newspapers covered the Meet. As part of the national Arogya Prerana event, Dr Rathnamala M Desai spoke advocating SRHR. The Branch conducted training in Mini-Laparoscopy for seven doctors deputed by the Government of Bihar. Students on deputation to FPAI conducted two ANC camps with 80 women participating.

HARNESSING THE POWER OF YOUNG PEOPLE AND WOMEN

In **Hyderabad**, a youth meeting was held at FPAI Outreach Centre, Jinnaram on the birth anniversary of Swami Vivekananda. The inspiring life and message of this great personality was used to motivate youth to create a better society. Topics like health, hygiene, child and mother care, HIV / AIDS, SRHR and Sexual & Gender Based Violence were discussed.

Our **Jabalpur Branch** organised a series of activities on abortion awareness, mostly at Pariwar Pragati Mandals and in outreach areas. The Branch had established five such Mandals to form women's groups with the objective of educating them as well as conduct various activities like mehendi, rangoli, quiz competitions and awareness sessions. The Branch also conducted a signature campaign as part of the youth advocacy initiative favouring Sexuality Education in schools. Over 320 suggestions were received.

Orientation and awareness sessions organised

In our **Kolkata Branch**, RMP doctors (who are important stakeholders) were oriented on STI/RTI. Around 25 participants took part, of which 16 were RMP doctors. In a separate session, awareness was imparted on general health and family planning methods to 43 mothers, who are the primary stakeholders in the health of families.



HEALTH CHECKUP CAMPS – GOING BEYOND THE BRIEF

Our **Gwalior Branch** conducted a camp for truckers of Hindustan Petroleum with the aim of increasing their awareness regarding HIV / AIDS. The sessions were interactive, with participants evincing a keen interest in the topic. The health checkup included tests for haemoglobin and sugar. Two similar camps were held, in a third health camp, Rubella vaccination was also provided.

SKILLS BUILDING

Our **Madurai Branch** conducted a special skills training programme for women in artificial jewellery making. Through hands-on training, the participants created several jewellery pieces.

In **Mohali**, girl students of the Skill Development Centre were given certificates at the hands of Mr Pritpal Singh, President, Gurudwara management Committee. Around 70 females participated in the event.



FPAI AND ENGINEERS INDIA LTD IN JOINT PROJECT

Our **New Delhi Branch** has inaugurated a project entitled 'Breaking the barriers of poverty through reduction of disease burden and economic empowerment', in association with Engineers India Ltd. The company, as part of their CSR activities, has agreed to fund FPAI for the purchase of a Colposcope, Digital X-ray Machine, fully Automated Blood Analyzer and an ECG machine. Total funding: Rs 21,85,585.



In a separate function at the Branch, an interactive session was conducted with medical students who were apprised of FPAI's mission and activities. An event in the slums and conveyed key messages on Family Planning, Safe Abortion, Safe Motherhood and HIV / AIDS through the popular game 'Passing the Parcel' was organized for the medical students to observe.



Our **North Kanara Branch** organised a series of activities for adolescents. A lecture on 'Adolescents and Health'; and a session on 'Difference between Gender and Sex'. The Branch also conducted a series of health camps across different locations covering over 270 participants. A health checkup camp of over 100 student beneficiaries was held.

A number of health checkup camps were held for young people, women and men with a focus on providing services specific to their needs. This included BCG vaccination, STI/RTI and general health checkup. From our **Nagaland Branch** comes the news of a Sexual Health and Rights awareness programme. Several issues were discussed in the session, which was attended by 35 girls and women. The team also provided counselling services to 16 women, with eight of them accepting a family planning method. Ten women received lab services.

At **Panchkula**, a sensitization session was organised in association with the Red Cross Society. The session was attended by 45 college teachers who expressed their willingness to teach Adolescent Education Programmes, but were facing problems in teaching. The specific problems were discussed in depth and resolved.



In our **Raichur Branch**, an awareness programme and health checkup camp for 80 Devadasi women was organized.

A special dental checkup camp was organised for students and others from the community at our **Shimoga Branch** in association with Bhavsar Vision and the Indian Dental Association. Over 320 participants received free toothpaste and toothbrushes. In another programme, the National Deworming Day was observed which benefitted over 250 students. During another drive, over 360 women were the beneficiaries across 25 awareness programmes on family planning methods, and mother and child healthcare.



Our **Solapur Branch** took part in the National Pulse Polio Programme. A health programme, 'Maha Arogya Abhiyan – Mega Event', was conducted for the youth, covering HB testing, dental, general health. At a function, informative wall calendars were inaugurated in the presence of FPAI National President, Mr U A Aradhya and other senior personnel. A guest lecture on 'Personality Development – Today's Youth' was organised, in which a signature and slogan campaign was also conducted. A health awareness session was organised at the Branch, focusing on SRHR. An advocacy meeting was organised by FPAI members with the Chairman of Solapur Municipal Corporation. As part of the Saryn Project, a body mapping exercise was conducted with 20 student participants.



In **South Kanara**, Yakshagana was performed focusing on the risks of HIV. In a separate programme, the 4th Round of District Level Mission Indradanush was inaugurated by the Honorary District Minister In-charge, Mr Vinaya Kumar Sorake. A quiz competition was conducted on Malaria among high school students. Cash prizes were distributed to the winners and a brief discussion on Malaria, Dengue and other similar diseases was also organised. Dr Premanand, DVBDPC Officer, explained the differences between the diseases.





CELEBRATING IMPORTANT DAYS

At our **Madurai Branch**, a series of Special Days were observed: Communal Dining (Samapanthi Pojanam) for PLHIV, National Youth Day, National Girl Child Day, National Deworming Day, World Day of the Sick, and the Sexual & Reproductive Health Awareness Day.

Several dignitaries were present for the Samapanthi Pojanam, including Mrs T Krishnavalli, District Judge. A seminar on Sexual and Reproductive Health was organised on National Youth Day for adolescent girls while on the National Deworming Day, deworming medication was administered on children. Special prayers for the sick marked the World Day of the Sick. A special Sexual and Reproductive Health medical camp was conducted on the Sexual & Reproductive Health Awareness Day, benefitting as many as 80 women.



INTERNATIONAL WOMEN'S DAY (MARCH 8) ACTIVITIES – HIGHLIGHTING THE IMPORTANCE OF WOMEN'S HEALTH AND WELLBEING

Programmes were conducted across branches based on the theme of the year: 'Pledging for Parity'.

In **Agra**, community awareness programmes were conducted at Tamoli Pada, exclusively with AWW and ASHA, covering 36 participants. Information was imparted across topics like safe abortion, family planning methods and SRHR. In **Ahmedabad**, a sensitisation programme was organised with Dr Subhash Brahmbhatt, Principal, HK Arts College; Mr Suresh Maratha, Branch Manager, FPAI; Dr Neha Panchal, Programme Officer, FPAI; and Ms Sophia Khan, Director, SAFAR, as the key speakers. The Branch also celebrated the Day with the Ahmedabad Network of HIV Positive People, which was covered by the media.

Our **Bangalore Branch** organised awareness programme on SRHR, the importance of nutritious foods, and menstrual and personal hygiene. Another programme was conducted exclusively for sex workers covering SRHR, STI / RTI infection, hygiene and entrepreneurship.

In **Dharwad**, a comprehensive sexuality education session and health checkup camp for college girls was also conducted as part of the International Women's Day, in which 204 students participated. Our

Hyderabad Branch organised a panel discussion on the theme of 'Pledge for Parity' in association with the Indian Medical Association. A total of 52 participants attended the discussion. In another programme at Jinnaram, the special day was celebrated with local leaders and 42 participants. In **Kolkata**, an awareness session was organised highlighting women's empowerment and Sexual and Reproductive Health and Rights. In **Madurai**, an awareness programme was held on Sexual and Reproductive Health among 500 women employees of a local garment factory. In **Mohali**, a panel discussion was organised with Er. Jagmohan Singh Khalon, social worker and President, Nimar International Society, as the Chief Guest. Around 100 participants took part in the event, in which several issues of women were discussed. In **Mysore**, a programme was conducted in which the challenges faced by rural women in these changing times were discussed. Mrs. Umamani, Branch Manager In-Charge, welcomed the guests. Dr. Jayalakshmi Seethapura, BEC Member; Dr. S.S Malini; and Mrs. Indira, social worker and Resource Person, spoke to the gathering.

In **New Delhi**, a joyous celebration – covering plays, dance, song and discussions – was organised involving staff and clients (girls and women) who visit the Branch for consultations, training and other services. In **Nilgiris**, a session on gender equality and women empowerment was conducted. This was followed by a game based on decision-making skills among women and girls. Participants: 229. Our **North Kanara Branch** organised a lecture on Sexual and Reproductive Health, by Mrs. Santan Louis, Branch Manager.



At our **Panchkula Branch**, the local MLA was the Chief Guest at the event, attended by an audience of over 150 participants. The program focussed on the portrayal of women in the media, gender equality, the importance of education and career opportunities. In our **Raichur Branch**, 120 students participated in the day's special event.





In **Rajkot**, the programme covered gender issues and sexual rights, services of the Helpline Number and Gender Resource Centre, and women's health and nutrition. The speakers included Mr. Nisarg Upadhyay, Programme Officer; Mr. Vijay Gosai, National Vice President, FPAI; Mr. Jashubhai Patel, Branch Manager; and Ms Vanita Chauhan, Counsellor 181 Helpline. The programme enjoyed good coverage in the local press.



In our **Shimoga Branch**, an event was organised for ASHA workers who deal with women at the grassroots level. They are best placed to bring about gender parity in the community. Mr. A.R Ravi, Commissioner, was the Chief Guest and he spoke of the increasing role women are playing in practically every sector today. A total of 92 people were the beneficiaries.



In **Bolapur**, a celebration was held that covered sensitisation programmes, Q&A sessions, rangoli, drawing and games.

In **Srinagar**, awareness sessions were conducted for girl students in grades 9 and 10. Both men and women took the pledge to help achieve gender equality. At our **Yamunanagar Branch**, the celebrations were graced by Mrs. Saroj Bala, Mayor, and other senior dignitaries. Around 300 participants took part in the programme in which women's rights, domestic violence and empowerment of women.



WORLD CANCER DAY (FEB 4) – CERVICAL CANCER SCREENING AND AWARENESS PROGRAMMES



In **Bangalore** and **Nilgiris**, the screening was conducted as part of the World Cancer Day observation – based on the theme 'We can. I can.' While Dr. Jayalakshmi, Consultant, was the Resource Person in Bangalore, nurses Mrs. Rema Devi, Mrs. Annie Rachel and Mrs. Julie Teela were the Resource Persons who conducted the programme at Nilgiris for around 60 participants. In **Dharwad**, around 255 women utilised the free services at the screening and cancer detection camp – undergoing VIA tests, Pap smear tests, cryo treatment, colposcopy and so on. A similar camp, with anemia testing included, was conducted in collaboration with the Lion and Lioness Clubs of Dharwad. In a separate health camp, 109 adolescents underwent anemia detection checkups. In **North Kanara**, the day was observed at Bellamber.



GLOBAL SAFE ABORTION DAY – BURSTING MYTHS AND FIGHTING STIGMA

In **Jabalpur**, the Global Safe Abortion Day, a panel discussion on the theme 'Bust the Myths, Fight Abortion Stigma and Discrimination' on the occasion of Global Safe Abortion Day was conducted. The panelists included Dr Rashmi Agrawal, Medical Officer, RHFP; Dr (Mrs) Shirish Jandkar, Gynaecologist; and Mrs Kiran Kalway, Branch Manager. Youth Forum members of the branch demonstrated a 'Myths and Facts' activity by displaying red placards for myths and yellow placards for facts.





OTHER NEWS



IUD UNIT INAUGURATED

An IUD unit was inaugurated at the **South Kanara Branch** by Mr. Vinaya Kumar Sorake, the Honorary District Minister In-charge. The Minister appealed for full utilisation of the facility by the general public. Dr Rohini, District Health and FW Officer; Mrs Harini Damodar, FPAI President; Mr Bhaskar Shetty, Vice President; Mr Kodankoor Devaraja Moorthy, Hon Secretary, Mr P Baby, Hon Treasurer; BEC members and staff were present on the occasion. Mrs Harini Damodar proposed the vote of thanks.



AWARDS FOR FPAI

Mr. J.S Apte, our ex-Director-Training and Branch Management, has won the PV Gadgil Lokmat Puraskar for the best article published in Marathi periodicals. The article was about the Family Planning Programme in China and was carried in the Vivek Weekly.

Mr K Thimmaiah, President of **Raichur Branch**, received a Silver Elephant, the highest National Award movement, from the President of India. Mr Thimmaiah is also the Chief Commissioner of Bharat Scouts and Guides, Raichur District.

Dr Saroj Jain, Consultant doctor at our **Sagar Project**, was honoured with the prestigious Sagar Jain Ratna award.

Mr. Deorepatil, BEC Member and Member, Thane Project of **Mumbai Branch** was honoured by an NGO for his exemplary work supporting senior citizens.



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BOOK POST

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Managing Editor : Armin Jamshedji-Neogi
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Published by : Family Planning Association of India, Bajaj Bhawan, Nariman Point, Mumbai 400 021

