

Aspire

*A Quarterly Insight into
the Association's Activities*



For Internal Use

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ANNUAL REVIEW MEETING

FPA India HQ organized an Annual Review Meeting at Hotel Atithi in Mumbai over a period of three days. The purpose of the meeting was to highlight overall performance in 2016, review six months performance in 2017, reiterating current Strategic Plan (2016-22), DHIS2, Finance aspects covering GST, social media and overall funding system from IPPF. Branch Managers, Regional heads, and General Managers, along with members of the Branch Executive Committee (BEC) and Central Executive Committee (CEC) were present for the meeting. The resource persons of this meeting were representatives from various departments at HQ. Total 87 participants attended this meeting. During this meeting, upgraded website of FPA India was launched and new letterheads and Annual Report for 2016 were released by Dr. Kalpana Apte, Secretary General, Mr. Umesh Aradhya, President and all the CEC members. An Award ceremony was also organized on the second day evening for the branches for the outstanding performance in 2016 on various categories on four outcomes of Strategic Plan 2016-22.





DAYS OBSERVED

WORLD POPULATION DAY – JULY 11

Theme: Family Planning - Empowering People, Developing Nations

AGRA

Two programmes were conducted to observe the World Population Day. ICDS workers, CBDs and ASHAs from the Branch took part. The Programme Officer gave details about various family planning methods, safe abortion and STI/RT. The government launched Nayi Pahal, an initiative to distribute free condoms and contraceptives among newly weds. The health workers promised to reach the contraceptives to the new couples by going from door to door. Participants: 87.

AHMEDABAD

A sensitization programme on 'Family Planning Issues and the Effect of Population Stabilization' was organised to mark the Population Day. The event was held with healthcare workers at UHC, Thakkarnagar. Dr Neha Panchal, Programme Officer; Mr Suresh Maratha, General Manager; and Ms Binduben Patel, Corporator, Thakkarnagar Ward, were the key speakers. Participants: 125. A Breast Cancer Screening Camp was also conducted for Anganwadi workers. Participants: 96 women.

BELAGAVI

A rally and awareness programme were organised in association with other GOs, NGOs and the District Health & Family Welfare Office. Mr Feroz N Sait, MLA-North Belagavi, and Mr Suresh Angadi, MP-Belagavi, inaugurated the rally. This was followed by the awareness programme at the Belagavi College of Medical Science. Prof GK Khadabadi, President, members, students and college staff, government officials, NGO representatives, ASHAs and others participated. Another awareness programme was conducted at the KLS Gogate College of Commerce. Prof GK Khadabadi inaugurated the programme while Dr Avinash Kavi, Assistant Professor, Department of Community Medicine, KLE University, was the resource person. Dr HH Veerapur, in-charge Principal, presided over the programme. Participants: 96 students.



BENGALURU

An education and empowerment programme for the trainees of Canara Bank was organised at the Canara Bank Institute for Information Technology, Malleshwaram. It was held in coordination with the Inner Wheel Club of Bangalore Udyog and the Bank itself.

Dr Rekha Rajendra Kumar, Obstetrician & Gynaecologist, Infertility Specialist; and Mrs Kamala Eshwar, Head-Community Services, Bangalore Medical Services Trust (BMST), were the resource persons. Mrs Sumithra Shanbag, President of the Club; and Mrs Madhura Ashok Kumar, President of the Branch, also spoke on the occasion.

The objective was to educate and empower youths about pregnancy related illnesses, dangers of early childbirth and Sexually Transmitted Infections. Mr Venugopal, Director of the Institute, proposed the vote of thanks. Participants: 99, including 8 volunteers, 49 female trainees and 42 male trainees.

BHUBANESWAR

The Day was celebrated with the active participation of rural women from Jaypur village, Khordha district. Dr Basudev Nayak, MO, RHFPC, and Ms Gita Patnaik, Counsellor, RHFPC, spoke on family planning contraception procedures. SRH and VCT sessions were conducted, in which 28 individuals were given health services and advice. Participants: 30. The Branch took part in another event organised by NUHM, and sensitized 21 slum dwellers on SRHR and family planning services.

BIDAR

The Branch celebrated the Day at Arunodaya High School with an awareness programme and rally. Dr VV Talpallikar, President, inaugurated the event and flagged off the rally. Dr Aarti Raghu, Vice President, was the chief guest. Dr Vijay Konda, BEC Member; Mr Kushal Rao Patil, School President and ex-Zilla Panchayat President; and Mr Shrinivas Biradar, Branch Manager, were the key speakers. Participants: 300 students.

DHARWAD

An awareness programme, felicitations, health checkup and a competition for adolescents were part of the celebrations. The programme was organised in collaboration with Yashodha Welfare Trust and the Government High School, Takdod. Shri Datta Avadoot Swamiji inaugurated the programme and Dr Nalani Paravatikar spoke to the audience, which consisted of community people including adolescents.

Mr NF Madiwalar, PO, conducted an awareness programme and competition. Mrs Shilpa Adargunchi, Counsellor, spoke at an awareness-cum-health checkup camp for female sex workers. The Gram Panchayat President, members, staff and representatives from the Trust were present. Participants: 90 ANCs, 350 children, 45 SPAD beneficiaries.

GWALIOR

An orientation programme for men was conducted in association with Hindustan Petroleum at Rairu. Mr Yaspal Aneja, Depot Manager, HP, was the chief guest. Mr Achendra Singh Kushwah, PO, was in charge of the proceedings. He sensitized the men about the need for family planning and maintaining a smaller family. Mr KK Dixit, Treasurer, also addressed the audience. Free condoms were distributed, and seven men registered for NSVT in the following week. Participants: 110.

HYDERABAD

Three programmes were conducted, covering both urban and rural areas, to observe the day. An essay writing competition was organised for high school students of Raj Bhavan Government High School, Hyderabad, on the topic: 'Small Family, Happy Family'. Participants: 120. An awareness session for boys and girls of Class 10 was conducted at Zilla Parishad High School, Jinnaram. Mr Ramu, Coordinator, elaborated on the theme this year: 'Family Planning: Empowering People, Developing Nations'. A quiz competition on family planning and health was organised for trainees of tailoring and embroidery. The Counsellor also spoke to them about health and educated them on SRH. Participants: 25.

INDORE

The day was observed by the Branch by organising exhibitions and Signature Campaigns at three locations in the city. Total participants: 265. Another exhibition, condom distribution and awareness programme was organised. Participants: 60. Also sensitization session for Anganwadi workers was conducted.

KALCHINI

The important Day was observed in association with the Block Primary Health Centre and the Department of Health & Family Welfare. In a three-day celebration the activities were rally with government ANMs; seminar on the theme with ASHAs; round table discussion with youth; mass meeting with Muslim women at Jaigaon; stall on family planning; special service sessions and Minilap Tubectomy and NSV. Total cases operated upon: 148.

The outcome in numbers:

- 168 ANMs and ASHAs participated in the rally
- 121 ASHAs attended the seminar
- 42 youth took part in the discussion
- 51 Muslim women attended the mass meeting
- 103 visitors came to the stall

KOLKATA

A rally was organised in collaboration with the District Family Welfare Bureau. Mr Supratip Mazumder, Branch Manager; and Mr Sajal Biswas, Officer from DWFO, spoke on family planning. Participants: 25-30.



MOHALI

The Branch conducted a health awareness-cum-check up camp at Adarsh Colony. The key topics were health issues due to population growth, and the importance of a small family. Beneficiaries: 46.

A seminar on the World Population Day and Drug Addiction was organised in collaboration with Punjabi Virsa Sabhyachark Society, Mohali. Mr Charndev Singh, PCS, Additional Deputy Commissioner, Mohali, was the Chief Guest. Mr Ashok Kumar Gupta, MD, Diplast, Mohali; Mr Satvir Singh Dhanoa, Counsellor, Municipal Council, Mohali; representatives of the District Red Cross, Mohali, residence welfare associations and local NGOs were present on the occasion. Participants: 125. A seminar on the World Population Day was organised in Santemajra village. Participants: 29 women. Another seminar was conducted on the same topic in Sector 25, Chandigarh. Participants: 32 women.

MUMBAI

A rally was organised in Mumbai Central, with the participation of college students. Participants: 70 boys and girls.

A three-monthly progestin-only contraceptive injection named 'Antara' was launched. The programme, which happened at the Avabai Wadia Health Centre of the Branch at Tilak Nagar, was attended by Dr Usha Krishna, Chairperson, Medical Advisory Panel (MAP); Dr Manisha Bhise, Director-Clinical Services and Quality Assurance; Dr Asha Advani, Special Officer (FW&MCH); Dr Mangala Gomare, Deputy Executive Health Officer, Health M-West Ward, Tilak Nagar Health Post; Dr Rohan Rokde; and Ms Jugnu Doshi, Branch Manager. Participants: 28 satisfied clients already using DMPA and 16 new clients ready to use DMPA and 11 CBD.



NILGIRIS

An awareness programme was organised at RK Trust, Coonoor. Mr J Varatharajan, Branch Manager, and Mrs Leelakrishna, Trustee, RK Trust, were the resource persons. Mr Rajesh, Programme Officer, proposed a vote of thanks. Participants: 27.

In another event, an essay competition was conducted at Sivasailam Chamraj Higher Secondary School. Mrs Puwaneswary P, Hon Secretary; Mr J Varatharajan, Branch Manager; Mrs Latha, Headmistress of the School; and Mr Manoharan, BEC Member, were the resource persons. Mrs Puwaneswary distributed prizes to winners. Mr Murali, NSS Coordinator of the school, gave the vote of thanks. Participants: 52 students.

NORTH KANARA

The Branch conducted an awareness programme and competitions in collaboration with THO, Kumta. Dr Azna Nayak, THO-Kumta, spoke about family planning and contraceptive methods. Dr Radhika Bhat, MO, also spoke to the audience. Ms Manjula Gouda, PO, facilitated the programme. Participants: 160 men and women.

RAICHUR

A rally was organised to mark the important Day. Dr VA Malipatil, President, flagged off the rally. He spoke about the importance of the Day as well as the steps taken to control population. The District Health Officer, RCH & FW Officer, Red Cross personnel, students of Navodaya Medical College and NGOs were present on the occasion.



SHIVAMOGGA

A rally and street play were organised at various places in the city to spread awareness about the World Population Day. Prof BM Kumarswamy was the key speaker. The event was conducted in collaboration with the District Health Office, Acharya Tulsi National College, Rotary Club, Lions Club and Spandana Health Foundation Trust. Dr Hanumantappa, DHO, lauded FPA India's efforts at combating population and sought the help of other NGOs in this endeavour. Mr Ramesh Babu, President, and Mr Ashok Kumar, Secretary, were also present. Participants: 356, comprising of students and members of the community.



SOLAPUR

A rally was organized at Social College on World Population Day. It was inaugurated by the Chief Guest Dr. N. N. Maldar, Vice - Chancellor, Solapur University.



Seen in the picture are: Dr. N. N. Maldar, Solapur University, Vice-Chancellor, Prof. Dr. Shrikant Yelegoankar, Vice-President, FPA India, Prof. Dr. Nabha Kakade, President, Dr. N. B. Telli, Hon. Secretary, Mr. Ramanlal Soniminde, Vice President, Dr. Shivkumar Ganpur, Co-opted Member, Miss. Vijayshree Amle, Youth Volunteer, Mr. Sugat Gaikwad, Branch Manager, Solapur Branch and Lion Chandrakant Yadav, Lions Club President

FPA'S 68TH FOUNDATION DAY – JULY 23

AHMEDABAD

FPA India's 68th Foundation Day was celebrated at the Conference Hall, Laldarwaja. Mr Purshottambhai Patel, in his welcome speech, appreciated the good work done by the FPA India's volunteers.

He congratulated Dr Dhiraj Mehta, the longest serving volunteer, and Mr Suresh Maratha, General Manager, the longest serving staff member. Awards and medals were given away to long serving members of the staff. Mr Ramubhai Patel, Ex-Director and Dr Dhriaj Mehta spoke, while Dr Neha Panchal, Programme Officer, conducted the event and gave the vote of thanks. The programme was telecast on Doordarshan.



BALLARI

The event on the special day was inaugurated and presided over by Mr Vijayasimha. He remembered the inspiring leadership of the late Mrs Dhavantri Ramarao and Avabai Wadia, who contributed to FPA India at the national and international levels. Ms S Vijayalakshmi, In-charge Branch Manager, gave the keynote address.

BELAGAVI

Mr Jagadish IH, Regional Director, Karnataka State Pollution Control Board, inaugurated the celebrations. Prof GK Khadabadi, President, addressed the audience comprising of volunteers, staff and media personnel. Senior volunteers, staff and ASHAs were felicitated on the occasion. A press conference was organized and led by Prof GK Khadabadi.



BENGALURU

Sixty-eight glorious years of FPA India was celebrated at the Branch, with Mrs Padmavathi G, Mayor of Bengaluru, inaugurating the proceedings and Mrs Hemalatha Satish Shet, Corporator, Rajmahal Nagar, as the chief guest. In this connection, the Founder's Day was organised. Mrs Indira Devi, Programme Officer; Dr Sharada Nasimath, Hon Secretary; Mrs Leelavathi, past President; Mr HR Umesh Aradhya, National President; and Mrs Madhura Ashok Kumar, President, spoke on the occasion. The Mayor felicitated senior volunteers and staff. Mr SC Puttamaraiiah, Hon Treasurer, gave a vote of thanks. Participants: 65.



BIDAR

The Branch celebrated the Foundation Day at the FPA India Hall with a host of important personalities in attendance. Dr Channanna C, Director, Bidar Institute of Medical Sciences, inaugurated the event. Dr Indumati Patil, Family Welfare Officer, was the chief guest. Dr VV Talpallikar, President; Prof SG Patil, past President; and Mr Chandrakant Sindol, past President, spoke on the occasion. Senior staff members and community workers were felicitated at the event. Participants: Over 50, including members, volunteers, and NGO and college representatives.

CHENNAI

A series of events was organised at the Branch to celebrate the important Day. A newspaper article was published, highlighting the various innovative projects implemented over the past 68 years. The same information was summarized and printed on hand bills, which were distributed to students and general public.

In addition, a Youth Volunteer drive, services offered for just Rs 68 (to mark the 68th anniversary of FPA India), mobilizing over Rs 15,000, and honouring senior staff and volunteers marked the Day. Mr Sujatha Natarajan, Chairperson, IPPF-SARO was the chief guest. Mr S Padmanabhan, Hon Secretary; Ms Eva Rosalin, Treasurer; and Mr Natarajan, President, Stree Seva Mandir, were the key speakers. Ms Padmaselvi, Branch Manager, proposed a vote of thanks.



DHARWAD

To observe the special Day, longest serving staff and volunteers were felicitated. Among them were Mr KS Deshpande, who served FPA India for 45 years; Ms Usha Murthy, Mr MN Tavergeri and Mrs Sunanda Kulkarni (served for 38 years). On the occasion, all services were offered for only Rs 68.

DINDIGUL

The Branch celebrated the Day with a range of activities, beginning with a welcome address by Prof Dr S Michael Sarojini Bai, President. A large rangoli was drawn in the reception hall and 68 candles were lit by the Patron, Chief Guest, President, BEC Members and staff. Participants: 35. A blood donation camp was organised in the presence of Senior Volunteer Mr R Sundaram, Hon Advisor, and Rtn Major Donor G Sundararajan, Patron. Donors: 10.



Seniors at the Branch were felicitated: Prof Dr U Natarajan, Member, CEC, HQ; Prof P Jayaram, Vice President; Prof R Jayaraman, Hon Secretary; Mr M Rajaiah, Hon Treasurer; and Mr A Syed Abuthakir, Member, BEC. A total of 24 seniors were honoured. Mr R Sundaram, Hon Advisor; and Dr C Pankajam, Former VC, Gandigram Institute of Rural Health & Family Welfare Trust (GIRH & FWT) spoke on the occasion. Voluntary donations from staff and volunteers added up to Rs 2,924 – Rs 68 from each member.

Prof Dr U Natarajan, Member, CEC, HQ, donated Rs 680 for ten members. A special service session was conducted for clients at a nominal charge of Rs 68. Beneficiaries: 13. Extensive media coverage of the Day's celebrations was organised. The local television channels and newspapers covered the events. The FM channel Pasumai also announced the services of the Branch on the Foundation Day. Prof R Jayaraman, Hon Secretary, proposed a vote of thanks.

HYDERABAD

To celebrate the Day, a mega health camp was conducted at Swaminarayan Gurukul, Chilkur. Specialists in heart, eye, gynaecology and physiotherapy were on call at the camp. Wing Commander MVN Rao, Hon Secretary, arranged the camp, while Dr Asha Latha, MO, along with the staff of RHFPC, coordinated it. The principal, students and teachers of the Gurukul helped to conduct the camp successfully. Participants: 912. In another event, a meeting was organised with village leaders, youth and community members at the rural centre in Vavilala, Jinnaram Mandal. Mr M Ravindar, Sarpanch of Vavilala, and youth volunteers lent their support to the camp. Dr Shyam, MO, examined and treated 58 women.

KALCHINI

Felicitations to seniors, a special service session, and voluntary donations marked the celebrations on this special Day. Befitting the occasion, 68 longest serving volunteers and staff were honoured. Two policemen who regulated the traffic near the RHFPC and Dr Sudipa Banerjee, BMOH, Kalchini, were also felicitated.

A special safe abortion service was organised for Rs 68 only. Eight clients benefited for the special service. In a unique gesture, 47 staff members contributed Rs 68 each to be used by the HQ for 10 needy families. Nutritious fruit packets were distributed among 68 impoverished sick patients at the Government Hospital, Lathabari BPHC. Mr Tushar Chakraborty, General Manager, spoke on the occasion.

MADURAI

The number '68' was central to the different events that were conducted at the Branch. All staff contributed Rs 68 each as donation. Sensitization programmes were conducted for 68 clients. Senior staff was honoured for their long and dedicated service at FPAI.

MOHALI

The important Day was celebrated amidst community leaders, volunteers, FPAI beneficiaries and representatives of schools and technical institutes. Mr Varun Gupta, CEO, Carepur Mohali, was the chief guest. Mr Jagmohan Singh Kahlon, social worker, and Mr Vishal Washwani, Area Manager, Larsen & Toubro, also spoke on the occasion. A panel discussion on resource mobilization was conducted. Mr Robin Singh and his team of youth volunteers gave a demonstration of self-defence. Senior staff and volunteers were felicitated on the occasion. Participants: 150.

MUMBAI

The Branch honoured the longest serving staff members and stakeholders on the Foundation Day. The staff, while sharing their experiences, recounted their experiences working at FPA India. They also contributed Rs 68 per head, while the Branch offered individual services for just Rs 68. Staff donation touched almost Rs 5,000 while the same from satisfied clients reached Rs 27,000 approximately.

Past President, Dr Seshagiri Rao, spoke about his long association with FPA India, to an audience of 12 doctors. An SRH session was organised, in which Dr Shraddha addressed the issues of screening for cervical cancer and breast cancer. Participants: 33 women.

NILGIRIS

A free special services session was organised in coordination with Reshmika Hospital, Sundarapuram, Coimbatore, and Red Cross Society, Nilgiris. The health camp was conducted at the Municipal Health Centre, Coonoor. As many as 385 services were provided to 35 women.



NORTH KANARA

Senior members and volunteers were felicitated on the occasion of the Foundation Day. Dr GG Hegde, Branch President, addressed the audience. Among those honoured were Mrs RV Gavadi, past President who served the Branch for 45 years; Mrs Ganapati K Bhat, with 31 years of service; and ASHA workers Mrs Laxmi Gunaga, Mrs Lata Naik, and Mrs Chitra Gouda. Participants: 23.

SOLAPUR

The programme started off with the lighting of the lamp by Mrs Shobha Banshetti, Mayor of Solapur, in the presence of Prof Dr Shrikant Yelegaonkar, Vice President, Dr Nabha Kakade, Branch President, Dr M Valvekar, Branch Vice President, Mr Ramanlal Soniminde, Branch, Vice President Dr NB Telli, Hon. Secretary, FPA India and two Corporators. The Mayor also inaugurated a new accredited laboratory and a biochemistry auto analyzer machine. She also gave away Appreciation Certificates for Best Performance in Outreach Areas.



WORLD CONTRACEPTION DAY – SEPT 26

AGRA

The World Contraception Day was observed at the RHFC. On that day, clients were provided with free IUCD. Free condoms and Mala-N were also distributed among the participants.



MUMBAI

A session for women was organised, in which Dr Rita Dawkhar explained the importance of short-term methods – the condom, for example, could help in STI related problems. Long-term methods were also discussed. Anemia screening was conducted for those present. Participants: 52 women. In another event, handbills were distributed among rickshaw drivers at Khop. Dr Pradnya Aaptikar conducted a session for NIMA doctors. Various methods of contraception and their benefits were the points of discussion. Participants: 10.



WORLD ABORTION DAY – SEPT 28

AGRA

World Abortion Day was observed at the Branch premises. Dr Arun Tewari, President of the Branch and Dr Siyaram Sharma, ex-CMO, were present. Mr Parag Datt, General Manager, spoke about the activities of the Branch including the availability of RHFP services. Participants: 55.

AHMEDABAD

An awareness session for the youth on 'Safe Abortion: The Right of Women' was conducted at HK Arts College, Ashram Road. A discussion on the social stigma associated with abortion was organized. Around 50 people took part in a signature campaign against the stigma about abortion. Participants: 40.



KOLKATA

The Day was celebrated with women and adolescents from all the field areas under the three satellite units of the Branch. The significance of the Day and gender equality were the key topics. Emergency contraceptive pill, its difference compared to oral contraceptive pill, and how safe abortion compares with unsafe abortion – these were the other important points of discussion. The myths surrounding abortion were also busted.

INTERNATIONAL YOUTH DAY – AUG 12

AHMEDABAD

A sensitization programme around the theme of 'Youth Building Peace' was organised at HK Arts College, Ashram Road. Prof Mohanbhai Parmar of the NSS, welcomed the gathering and Dr Abhijit Shevale, IAS, Assistant Secretary, Department of Youth Affairs, Ministry of Youth Affairs & Sports, Government of India, was the chief guest. Dr Neha Panchal, Programme Officer, and Mr Suresh Maratha, General Manager, also spoke on the occasion. Participants: 500.

In a related event, a special service session was conducted for the youth of HK Arts College. The counsellor extended SRH related services and health tips to those who took part. Participants: 91.

MUMBAI

An OT session was conducted and free MTP services were offered to clients. Beneficiaries: 7. Handbills were distributed in Konkani Pada to increase awareness. A signature campaign spreading the message of 'I Resist, We Persist' was also conducted.



SOLAPUR

At Valsang PHC, an IEC programme was organised. Mr Virendra Pardeshi, PO; Mr Suraj Kamble, Social Worker; Mrs Shaine Menduk, Link Worker; and ASHA, Supervisor and staff were present for the programme.



BELAGAVI

'Youth building peace' – this was the theme for a programme conducted at MNRS BEd College on August 18. Prof GK Khadabadi, President, inaugurated and Dr Nirmal Bhattal, Principal of the College, presided over the programme. Dr D N Misale, Principal, BK College, was the resource person. Participants: 40.

NILGIRIS

A programme based on the theme 'Youth 4 Peace' was organised at NPA Polytechnic College, Kotagiri, on August 7. Mr Subramani, Vice Principal of the College welcomed the audience. Mr J Varatharajan, Branch Manager, spoke about inspirational figures in history like Swami Vivekananda, JC Kumarappa and Dr Nammalvar. Mr Manogaran, BEC Member, spoke about 'Vision 2020' as envisaged by the late President Dr APJ Abdul Kalam. Participants: 106 students.



BREAST-FEEDING WEEK

AHMEDABAD

A breast-feeding week was organised at Majurgam. Mr Raj Pal, Community Welfare Worker, explained the importance of avoiding bottle milk till at least six months after the baby is born. He also elaborated on all activities of the Branch. Participants: 30 women.

BELAGAVI

An awareness programme was conducted in association with the Inner Wheel Club of Belagavi. Mrs Swati Kulkarni, President of the Club, was the Chief Guest. Prof GK Khadabadi, President, presided over the programme, with Dr Savita Kaddu, Gynaecologist and Member, Inner Wheel Club, and Dr Arati A Kulkarni, MO-RHPFC, were the resource persons. Participants: 20 women. Another similar event was organised at the Anganwadi Centre, Mandoli. Dr Sulbha D Prabhukhanolkar, Hon Secretary, was the resource person. She spoke about the importance of breast-feeding, and Dr Shivani D Patil, MO-ORS, addressed myths and misconceptions. Participants: 47 women.

BHUBANESHWAR

The Branch observed the 'International Breast-feeding Day' at Mainsikhala and Hari Nagar slums. The theme was: 'Sustaining Breast-feeding Together'. Ms Gita Patnaik, Counsellor; Ms Soumya Mishra, PO; Mr Kalandi Mallick, Field Worker; Dr Piyusha Prabha Behera, MO, ORS; and Ms Kuntala Parida, Staff Nurse, RHFPC, were the resource persons. Pregnant women and lactating mothers were sensitized about the relevance of breast-feeding. Participants: 20.

NILGIRIS

An awareness programme was organised at the FPA India Hospital. Mr Varatharajan, Branch Manager, explained the importance of breast-feeding and the nutritional value of mother's milk. Mrs Puwaneswary P, Hon Secretary, also spoke about temporary and permanent methods of contraception. Gifts were given away to breast-feeding mothers. Mr G Sundararaj, Accounts Officer, proposed a vote of thanks. Participants: 26.

SHIVAMOGGA

Various events were organized at various places in the rural areas. The event had an awareness programme followed by a quiz competition. It was organised in collaboration with Inner Wheel (East, North, Riverside), JCI Simoga Bhavana, Daivagna Mahila Mandal, Spandana Health Foundation Trust, and the District Health Office. Mr HB Ramesh Babu, President, and Mrs Pushpa Shetty, Vice President, were the key speakers. Around Rs 5,000 was collected from NGOs as donations. Participants: 116.

SOLAPUR

A sensitization programme was organised for AWWs and helpers, in coordination with the Integrated Child Development Services Branch No 1, Solapur. The key speaker was Prof Dr Shrikant Yelegaonkar, FPA India Vice President. Among those present were Mr Ramanlal Soniminde, Branch Vice President; Mr Sugat Gaikwad, Branch Manager; Mri Virendra Pardeshi, PO; Mrs Shital Dhepe, Supervisor, ICDS; MSW students, Anganwadi workers, helpers,

ANCs, PNCs and community members. Nutritious food packets, bananas and snacks were distributed to the audience.

In another sensitization programme held at FPA India Main Office, RCH Shelgi, MO Dr Yogesh Pallalu offered Rajgira laddus to ANCs and PNC mothers. Dr K Chandak, UFWC MO; Mrs Bhalekar, ANM; and Mr Sugata Gaikwad, Branch Manager, were also present.

A special SRH IEC activity was organised at the Indian Cancer Society, Solapur. Dr Tamara Ausekar of the Society; Dr NB Telli, Branch Treasurer; Mr Chandrakant Yadav, President, Lions Club of Solapur; Mr Virendra Pardeshi, PO; Mrs Shubhangi Naikwadi, ANM; Mrs Shaine Menduk, Link Worker; and Mrs Kalpana Gadgade, Social Worker, were present on the occasion.



NATIONAL NUTRITION WEEK

AHMEDABAD

An awareness programme on nutrition was conducted around the theme: 'Optimal Infant & Young Feeding Practices: Better Child Health'. The venue was HK Arts College, Ashram Road. Prof Mohanbhai Parmar, NSS Coordinator; Prof Subhash Brahmabhatt, Principal of the College; Dr Neha Panchal, Programme Officer; and Dr Meena Shah, nutrition expert, spoke to the audience. Participants: 500.



GWALIOR

Global Day of Action – 'Signature Campaign' for equal access of family planning

The 'Signature Campaign' and an awareness programme was organised for men at Industrial Area, Malanpur. The highlight was the availability of family planning methods and services. Mr Achendra Singh Kushwah, PO, welcomed the audience. Mr KK Dixit, Treasurer, and Mrs Neelam Dixit, Branch Manager, addressed the gathering.

WORLD ORGAN DAY

SOLAPUR

A rally was organised to mark the Day. The Chief Guest, Dr Sunil Ghate, Dean, Solapur Civil Hospital, flagged off the rally. Mr Tambe, Solapur Police Commissioner, another chief guest, distributed certificates. Advocate Chikanhalli; Dr NM Maldar, Vice Chancellor, Solapur University; Prof Dr Shrikant Yelegaonkar, FPA India Vice President; Dr Madhuri Rayte, Dean, Ashwini Hospital; Prof Dr NB Telli, Treasurer; Mr Sugat Gaikwad, Branch Manager; and Mr Ashok Lambture, PRO, were among those present.



INTERNATIONAL LITERACY DAY

SOLAPUR

A programme was organised at SVCS College, Solapur. Gracing the occasion was key speaker Prof Dr Shrikant Yelegaonkar, FPA India Vice President. Prof Dr NB Telli, Treasurer, Mr Sugat Gaikwad, Branch Manager; and Mr Ram Dhale, Principal of the College, also graced the occasion.



BELAGAVI

Awareness session on gender equality

The programme was organised for the male prisoners of Hindalga jail. Mr BV Mullimani, Assistant Superintendent of the jail, inaugurated the session. Mrs Nagratna S Ramgouda, Co-opted Member, was the resource person. Prof GK Khadabadi, President, presided over the programme, in the presence of Mr Krishna N Gumaste, in-charge Branch Manager; Mrs Laxmi A Mirji, Counsellor; and Mrs Shridevi P Magainnavar, Lab Technician. HIV examination was also conducted on the inmates. Participants: 79.

Training the master trainers

A training session for teachers on the theme 'Growing up is fun' was organised under the joint auspices of the Branch and the Deputy Director of Public Instructions, Belagavi. It was inaugurated by Mr Basavraj M Nalatwad, BEO, Urban, and presided over by Prof GK Khadabadi, President. Dr (Mrs) Padmaja R Walvekar, Member, Belagavi Branch, and Professor & Head, Department of Community Medicine, JNMC, Belagavi; Dr Umesh Charantimatnath, Assistant Professor, Department of Community Medicine, JNMC, Belagavi; Dr (Mrs) Jyoti S Kawalekar, Head, Department of Botany, RL Science College, Belagavi; Dr (Mrs) Chandra Metgud, Member, Belagavi Branch and Professor, Department of Community Medicine, JNMC, Belagavi; Mr KN Gumaste, Programme Officer; and Dr Arati A Kulkarni, Medical Officer-RHFPC, Belagavi, were the resource persons.

Awareness programme on women empowerment

The programme was conducted at Laxmidevi Samuday Bhavan, Kakati. Mr KN Gumaste, in-charge Branch Manager; and Mrs Laxmi A Mirji, Counsellor, were the resource persons. Mr Kempanna Talawar, Hosavantmuri, was the chief guest. Mr Shrisai Dhoni, Mavya Disha, Belagavi; Mr Nigappa Patil, GP Member, Hosavantmuri; Mr Shankar M, President, Astitva, RCU, Belagavi; and Mr Rajshekhar Math, Development Officer, Navya Disha, were the other chief guests. Participants: 88.

BENGALURU

Reproductive health camp for women

Cervical cancer is a leading cause of cancer related deaths among women in India – around 1,22,844 are diagnosed and 67,477 die of it (source: Globocan 2012, Cancer Incidence, Mortality and Prevalence in India). In the backdrop of such overwhelming statistics, the Branch conducted a cervical cancer screening camp for the poor and vulnerable women from rural slums and those working in garment units – in the 25-45+ age group. The project was implemented in Kadabagere, which has a female population of 2,543. Dr Ramesh Babu, District Health & Family Welfare Officer, Mrs Bhagirathi, Panchayath Development Officer, Kadabagere, Dr Reshman, MO, PHC, Machohalli and Mrs Prema, Lady Health Visitor, were the key resource persons. Two garment units and a slum area were the venues for the camp. Beneficiaries: 694. 357 clients underwent VIA screening, of which 56 were referred to further investigation.

BHUBANESHWAR

One-year project on health nutrition launched

A one-year project, that could be extended as required, was launched to improve maternal and child health by improving the health and nutrition of women – from adolescence onwards through pregnancy and lactation – and for children below six. The Branch is implementing this project along with Mumbai and Singhbhum Branches, with the support of Mahindra and Mahindra Finance Ltd. The project is expected to cover 2,000 children of less than six years of age, 1,500 ANC/PNC and 1,500 adolescents.

BIDAR

Teachers Training programme

Focussing on adolescent health and personality development, this programme's objective was to help teachers understand SRH issues of young people and create a platform to discuss the same. The programme was conducted on September 26 at FPAI Hall. It was inaugurated by Mr Inayat Ali Shinde, Deputy Director of Public Instruction (DDPI), and Prof Poornima G, Hon Treasurer, FPA India, Mumbai, was the chief guest. Dr VV Talpallikar, President, Dr Aarti Raghu, Vice President, Mr Shrinivas Biradar, Branch Manager, Dr Raghavendra Waghole, Psychiatrist, Prof TJ Hadimani, Retired Lecturer, Mr Sbramanyam Prabhu, Director, Sahardha Training Centre and Mr Vlnayak Kulkarni, Counsellor, were the key persons involved in the programme. Participants: 39.

DHARWAD

Comprehensive Sexuality Education and health checkup camp organised

The event was conducted in association with Deshpande Foundation, Hubballi. Adolescents were educated on sexuality, including an interaction session on sexual and reproductive health, HIV/AIDS and nutrition. This was followed by a health camp that included haemoglobin and blood group tests. Participants: 174.

Cervical cancer detection camp conducted

The camp was organised for female sex workers and PLHIVs. They were given awareness on gender based violence, safe sex and personal hygiene – considering that they are more prone to risk. Beneficiaries: 184.

Healthcare and awareness project implemented

The Branch signed an MOU with Tata Power Limited, Mumbai, to conduct a camp for children, adolescents and women over 50, in Gadag district. Awareness on health, personal hygiene and nutrition was imparted. They were given a health checkup, and tested for blood group and haemoglobin. Beneficiaries: 343 (177 children, 166 adolescents).



Media meet on advocating FPA India project

The project was funded by Deshpande Foundation on Maternal and Child Health, to highlight which the media meet was called. Dr Rathnamala M Desai, President; and Dr Rajan Deshpande, immediate Past President; Mrs Sujatha Anishettar, Branch Manager were the key people who addressed the media. Over six leading English and Kannada dailies covered the meet.

GWALIOR

AEP+ session for adolescents conducted

An AEP+ session was organised at Ebenezer Higher Secondary School. Mr Achendra Singh Kushwah, PO, inaugurated the programme and spoke about HIV/AIDS and its precautions. Mrs Pooja Sharma, Counsellor, spoke about hygiene during menstruation. Dr KK Dixit, Treasurer, and Dr HS Sharma, Secretary, also spoke on the occasion. Participants: 180.

HYDERABAD

Men's Project Centre inaugurated

Wing Commander MVN Rao, Hon Secretary, and Mr D Srinivas Rao, President, inaugurated the Men's Project Centre at Rajnagar. They interacted with Link Workers and Peer Educators working on the project. In the male SRH camp that followed, Dr G Satyanarayana, MO, checked clients and distributed medicines. The event was covered by the local press. Participants: 21.

Branch welcomes international student from US

The Hyderabad Branch welcomed Ms Coleen Truong of Michigan State University, USA, for her internship. Her key objective was to learn about FPA India's programmes and to conduct independent research on the socio-cultural and operational factors affecting the sustainability of family planning programmes. Ms Truong proved to be a keen student and participant who involved herself actively in all the activities of the Branch.

NILGIRIS

Income generation programmes launched for self-help groups

The Branch organised a series of income generation programmes for women self-help groups. Trainer Mrs Jaysree taught them in jewellery making at CTRD Trust, Gudalur. Mr Ranganathan, Managing Trustee, welcomed the FPA India team. Participants: 17. In another event, jam making was taught to women at Thulidhalai and B Manihatty villages. Mrs Puwaneswary P, Hon Secretary, demonstrated jam making with guava and tomato, the fruits available in the district. Participants: 28 and 20 SHGs.

In a third programme, trainer Mrs Ponnambili, explained the procedure of making candles. These were part of the Branch's efforts to encourage self-employment and self-sufficiency among underprivileged women.

Interview with vasectomy acceptor Mr J Varatharajan, Branch Manager



Why did you opt for vasectomy, and that too after just one girl child?

The failure rate of vasectomy is less compared to tubectomy. I decided not to give pain to my wife... We decided on only one child, and it doesn't matter if the child is a boy or girl!

Please tell us about sterilization failure.

Minilap tubectomy and laparoscopic tubal occlusion carry a small risk of failure. Look at these statistics: Less than 1 pregnancy per 100 women over the first year after the sterilization procedure (5 per 1,000). Which means 995 in every 1,000 women relying on female sterilization don't get pregnant.

Yet, a small risk of pregnancy remains: Over 1 year of use, and until the women reaches menopause. And over 10 years of use – about 2 pregnancies per 100 women (18-19 per 1,000 women). As for vasectomy (both NSV and the conventional method), it's not effective till the seminal fluid is completely sperm free. This takes about three months or more – after the procedure.

The reason: Sperms are stored in distal reproductive systems located 'upstream' from the vassal occlusion sites. And it takes three months or more to clear the reproductive passage. Which is why pregnancy may occur after the procedure if condoms or any other effective contraceptive method is not used correctly and consistently till the seminal fluid is free of all sperms, and the semen examination proves azospermia.

Has your profession helped you to accept vasectomy?

Yes. Knowledge of contraceptive methods aids in the acceptance. On the other hand, lack of awareness and myths about vasectomy lead to men not accepting vasectomy. It's effective and permanent. Just a single, quick procedure offers lifelong, safe and very efficient family planning.

How does vasectomy compare with tubectomy?

Compared to female sterilization, male sterilization is:

- Probably a bit more effective
- Slightly safer
- Easier to perform
- Less expensive, if charged
- Able to be tested for effectiveness at any time
- If pregnancy occurs in the woman, it's less likely to be ectopic than a pregnancy in a woman who's been sterilized.

NORTH KANARA

Awareness programme for adolescents

Behavioural changes in adolescents were the highlight of this programme, organised at Babhrulingeshwara Vidyalaya, Lukkeri, Kumta. Dr Mohan Nayak, Lecturer, SDM College, Honnavar, spoke on the subject. Mrs Santan Louis, Branch Manager, also addressed the gathering. Dr Radhika Bhat, MO, was present on the occasion. Ms Manjula Gouda, PO, facilitated the programme. Participants: 317 students. A similar programme was conducted at the Government Primary School, Antravalli, Kumta. Dr Radhika Bhat, BEC Member; and Ms Manjula Gouda, PO, were the resource persons. Participants: 183 students.



Anemia awareness and examination conducted

A programme was organised with the objective of eradicating anemia in adolescent girls, in collaboration with Canara Health Care Centre. Dr GG Hegde, President of Kumta Branch, spoke after which Mrs Santan Louis, Branch Manager, addressed the audience. Participants: Over 285 students.

Sensitization programme for youth with anemic problems

The programme was conducted to sensitize youth on anemia and healthy living at the Adichunchanagiri Education Trust, Mirjan. Mrs Santan Louis, Branch Manager; Dr Radhika Bhat, Member of BEC; and Ms Manjula Gouda, PO, were the resource persons. Participants: 120 students.

SRHR and Family planning awareness programmes

The programme was organised at Hegde Anganwadi. Mrs Santan Louis, Branch Manager, spoke on family planning methods, while Ms Manjula Gouda, PO, facilitated the programme. Participants: 63 men and women.

Another programme was conducted at Naribole Anganwadi. Dr Radhika Bhat, MO, spoke about MCH and family planning methods. Ms Manjula Gouda, PO, also addressed the gathering. Participants: 60 men and women.

Medical checkup camp

The camp was organised at Vivek Nagar. Mrs Santan Louis, Branch Manager, and Dr Radhika Bhat, MO, spoke to the audience. Dr Bhatt checked the patients and suggested the required treatment. Participants: 61 men and women.

SHIVAMOGGA

USG service inaugurated

Mr Varun Kumar Anand, Regional Director, SARO; Mr Umesh Aradhya, Chairman, SARO, and President FPA India, inaugurated the USG service at the RHFP. Also present were Dr Kalpana Apte, Secretary General and Mr Manish Mitra, Senior Technical Advisor, SARO, Mr SB Ashok Kumar, Secretary and Dr Shaila Jayaprakash, MO, along with other dignitaries.

Interaction with local community

A joint team of SARO and FPA India Headquarters interacted with the local community about the myths of vasectomy and clarified their doubts. The team comprised of Mr Umesh Aradhya, Chairman, SARO and President, FPA India, Mr Varun Kumar Anand, Regional Director, SARO, Dr Kalpana Apte, Secretary General and Mr Manish Mitra, Senior Technical Advisor, SARO, visited the Doddatanda village.

SOLAPUR

Income generation programme organized

Trainer Mrs Lamitai Kurlekar instructed students on income generation through handcrafting different items. Mr Sugat Gaikwad, Branch Manager, and Dr Rajni Dalvi, were present on the occasion. The students were trained on making 12 objects. Participants: 102.

GCACI monitoring visit

Dr. Kshama Nikam and Mr Pares Baghwe visited Padmavati Clinic, Sakhet Peth (RHFP). Mr Sugat Gaikwad, Branch Manager; Mr Venkatesh Maccha, AO; Dr Vijaya Homkar, MO; and Mr M Kadkol, CS, were also present.

IEC activity organised

This activity was conducted with Shardiya Navratra Mahotsav. Among those present included Mr Sham (Nayak) Solapurkar, Mr Mohamad Rangraj, Mr Virendra Pardeshi, PO; and Mrs Shubhandi Naikwadi, ANM.

OTHER NEWS

FPA India volunteer makes news!

Mr Devendra Solanki, Youth Volunteer Ahmedabad Branch, was selected as the Best Cadet of National Service Scheme in Gujarat. He received a medal and cheque from the Hon'ble Minister for Education, Gujarat.



Pune Link Worker saves a life

Ms Sadhana Mirgane, Link Worker, spotted a girl wandering in Kamgar Putla, within her operational area. The girl was restless and walking aimlessly. Ms Mirgane was near her, and the girl asked for her phone to call someone. The call went unanswered, so she started crying. Ms Mirgane calmed her and tried to enquire why she was crying. The girl refused to reply and ran away. Now Ms Mirgane started following her, sensing that something was wrong. The girl walked to a bridge and tried to commit suicide... In the nick of time, Ms Mirgane managed to pull her away and prevented her from jumping off the bridge. The Link Worker took her home, made her comfortable and gradually counseled her. Then the girl revealed that she was in a love affair and that the boy had cheated her. Later Ms Mirgane approached her parents and counseled them, keeping in touch with the girl on a regular basis. Ms Mirgane also involved her in Adolescent Education Programmes, and helped her to cope with the stress.

FPA India Vice President Solapur Branch receives Print Media Award

Prof Dr Shrikant Yelegaonkar, FPA India Vice President, Solapur Branch, got a Print Media Award. Dr N Kakade, Branch President; Dr Madhuri Valvekar, Vice President; Dr NB Telli, Treasurer; Mr Sugat Gaikwad, Branch Manager, Mr S Kumthekar, Mr Ramanlal Soniminde and Mrs Teja Kulkarni were present at the felicitation.

CASE STUDIES



FROM DHARWAD - HIGH-RISK PREGNANCY RESTORED TO NORMALCY

Gangavva is a poor agricultural labourer in a village just outside Dharwad. Being economically backward, she approached the Branch with the complaint of white discharge. She was tested for cervical cancer and was detected to be at the 'carcinoma in situ' stage. Her family was unable to accept the situation, and was not ready for further treatment. At that stage, the Branch intervened and counselled the family, advising them to be strong and support her. Eventually, she started getting treated at the cancer hospital. Timely intervention by the Branch ensured that a life could be saved from the clutches of cancer.

FROM KALCHINI - FPA INDIA HELPS TO CHANGE FAMILY PLANNING MYTHS

Mrs Lobja Dema Dupka (name changed) is a 30-year old married woman from Bhutan. The family has four children, but is extremely poor. The couple were unaware of family planning methods like condoms, OP, etc. Mrs Omu Dupka, a Link Worker, tried to motivate Mrs Lobja to adopt any one family planning method but was unsuccessful initially.

FPA India staff analysed this case and arrived at the following reasons affecting Mrs Lobja:

- Illiteracy
- Poverty
- Lack of awareness about family planning
- Unavailability of services
- Lack of knowledge, hence inability to take decisions
- Inaccessibility and lack of transport in the remote mountainous area
- Lack of communication facilities
- Language issues
- Myths and misconceptions

This was a complex case and the team at the Branch tackled the issues as per priority. Mrs Omu Dupka, the Link Worker, was trained and oriented well about family planning. She could also communicate with the client in her own language. Mrs Dupka, along with the Branch Manager, repeatedly contacted the client to talk to her and help remove her myths and misconceptions. An interpreter's services were also utilised to further overcome the linguistic and cultural barriers. After a prolonged sensitization programme, which involved the client's husband as well, the couple agreed to accept FPA India's services and consented to Tubal Ligation. The client was also educated about post-operative care, possible complications and medication.

The Kalchini FPA India team, through persistent efforts, succeeded in changing the mindset of a reluctant couple. The team often had to trek the tough mountainous terrain to reach the client and counsel the couple. Following the successful handling of this case, more women started coming to the clinic from the remote village in Buxa Forest to avail of family planning services. They understood that family planning could lead to betterment of their economic condition.

Posted at General Post

BOOK POST

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