

Mobius Foundation

Report on Khushaal parivar diwas

The second successive Khushaal parivar diwas was celebrated in both districts, Barabanki and Bahraich on 21st January at **Trivediganj CHC** and **Kaisarganj CHC** respectively. Inauguration was done by CHC's superintendent in both places. I visited both the places to see the working status. Counseling sessions were taken by our counselors on both places.

In **Bahraich**, Our counseling desk was setup in family planning room with CHC's counselor, Mrs. Vandana shukla. She was very supportive and active person. 100 Antra injection's target were given to her on that day but only 24 antra cases were happened. That day, only temporary means of family planning were available and every month on first and third Saturday, sterilization camp is happened there. Total 59 people were counseled to adopt any method of family planning including 4 opting sterilization, 2 were HRP and 3 were new married couples. **Pahal kits** (the kit consists contraceptive pills, condoms, a mirror, two towels, handkerchiefs, bindi, comb, nail cutter and a glossy dossier educating the newlyweds about family planning) were given to newly married couples by CHC's counselor.

In **Barabanki**, our counseling desk was setup in front of main entrance with the permission of CHC's superintendent (Dr. Mohammad khan). He was also very supportive and celebrated happy family day with us. All the means of family planning were available there on that day. Approx 23 ASHA and sangini workers were visited there with beneficiaries. Every month on first and third Thursday, sterilization camp is happened there. Total 49 people were counseled to adopt any method of family planning including 17 who opted sterilization, 2 opted IUCD, 3 got injected Antra, 1 was HRP and 5 were newly married couples.

Objective:

The state government has decided to organize "**happy family day**" on **21st** of every month across districts with an aim to increase awareness and acceptance of family planning at the community level. Officials said the aim is to reduce maternal and child mortality rates, and promote the role of family planning in achieving this. Under this initiative, special attention will be given to target groups that include women who have been identified as having a high-risk pregnancy (HRP) from January 1 of this year, newly married couples and couples who have three or more children. In this regard, Aparna upadhyay, mission director of National Health Mission, up, has sent a letter to all district magistrates and chief medical officers stating

guidelines that need to be followed while implementing the drive. On this day, various activities will be organized to promote family planning at health units from the state to the village level. If there is the state holiday on the 21st, then these programs will be organized on the next day. If village health and nutrition day (VHND) falls on the 21st, then the day will be celebrated in a big way focusing on the means of family planning. At community level, during the home visit, a group of Asha workers will identify the couples who are not adopting any means of family planning. From their counseling to making aware about the basket of choice of family planning, they will clarify their queries and confusions, availability of services, incentive amount for adopting family planning.

Observations and Suggestions:

This time, there was active participation of CHC's workers at both places but I think for smooth participation, MOU with NHM is must. As currently, we camp at different place because of staff's cooperation over there.

As we have only two means of contraceptive tools (Mala-d and condoms) but people were also asking for weekly contraceptive pills (Chayya or Saheli). So we should add this weekly contraceptive pill in contraceptive distribution.

We should also encourage our supportive ASHA workers with some incentives like blanket as they have asked many times for this.

The banner that we have on khushal parivar day is very simple. It does not contain any information regarding to this day and family planning as well. We have to create more banners with mobius logo regarding to Khushaal parivar day that is given by NHM and paste at different health units where we visit.



We should also think to celebrate this day at village level with new creativity to attract more people and give beneficiaries the basket of choice of different family planning tools like pregnancy testing kit, sanitary pads, weekly contraceptive pills and emergency pills on this day. We should also try new concept of family planning approaches along with this.

We can now restart our previous ground activity as situation is normal in rural areas.

Feedback:-

People are getting benefited from the different programs of family planning at large level. The main intervention is needed especially in district with high fertility rates. Family planning activities need to be appropriately scaled according to need and geography to ensure the achievement of state-level improvements in family planning programs and fertility outcomes. Regular intervention of family planning measures in rural areas will definitely change the traditional views and mindsets of the people.

Glimpses of the Activity:-



(Trivediganj CHC's superintendent inaugurated the khushal parivar diwas in barabanki)



Regards
Prabhat kumar

