



AFGA SUCCESS STORIES BOOKLET 2026



Preface

The Afghan Family Guidance Association (AFGA) is one of the oldest non-governmental organizations in Afghanistan. AFGA was set up in 1968 to provide families, women especially, with sexual and reproductive health counseling and contraceptives.

AFGA is a member association of the International Planned Parenthood Federation (IPPF). This gives AFGA access to the IPPF's core funding and provides technical support and collaboration opportunities from the network of IPPF member associations in the South Asia region and beyond.

AFGA works in 13 provinces of Afghanistan, including Kabul, Parwan, Kapisa, Logar, Nangarhar, Laghman, Balkh, Samangan, Herat, Jawzjan, Sarepol, Paktika, and Ghazni provinces by running 10 static clinics, 20 Mobile Clinics, 76 Family Health Houses (FHHs), one midwifery helpline, and one Basic Health Center (BHC). AFGA has 7 regional/provincial offices in Kabul, Balkh, Herat, Parwan, Kapisa, and Logar Provinces.

AFGA is working in many key areas, including RMNCAH and SRH Services through different Service delivery points, Youth Empowerment through Youth in Last Mile Assurance (LMA), Humanitarian Response and Preparedness through procurement and supply of ERH Kits and MISP trainings, Women Empowerment through SRH services at their doorstep, and through different projects to improve the SRH, Maternal and Child Health (MCH) of Vulnerable Populations in Afghanistan.

This Success Stories Booklet highlights the human interest stories and provision of services to the clients through AFGA's different projects and service delivery points.



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Timely Health Intervention of a Nutrition Counselor Saved the Life of a Child

Sahra is a 11th month baby girl, lives in Khanduda Village of Tagab District of Kapisa Province. She has three brothers and two sisters. Sahra was suffering from severe acute malnutrition. Due to poverty and financial problems, her family could not take her to the public hospital to be treated. Her father is farmer and the only source of income in their family is gardening and farming which is not adequate for 8 members of Sahra's family.

One day Sahra's Mother got aware of Mia Khil FHH existence in the Tagab District of Kapisa Province which is being funded by AFGA's JSB-3 Project and took her baby girl to the clinic. The Mia Khil FHH Nutrition Counsellor Ms. Rahima Naseri, after the screening and check-up of the child found out that her weight is only 6.8 Kg, her height is 69.8 cm and MUAC is 10.9 cm. Thus, she is suffering from acute malnutrition. Therefore, Sahra was admitted under Severe Acute Malnutrition (SAM) patients as she has severely lost protein and energy.

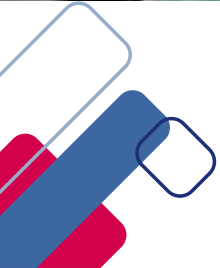
The FHH nutrition counselor started the treatment of Sahra by providing 19 Sachets of RUTF nutrition packages every week for three consecutive months. The FHH Nutrition Counsellor asked Sahra's mother to bring her child every week for check up and taking RUTF packages. These packages are being provided by UNICEF to the AFGA Family Health Houses.

After passing each month the child health condition improved and after three month (12 weeks) her weight improved to 8.4 Kg, her height to 70.6 cm and MUAC was improved to 13.1. As a result, Sahra's health condition got normal. Therefore, she was discharged from OPD section of the FHH.

Ms. Nasrin, mother of Sahra while thanking AFGA's FHH Nutrition Counsellor says:

“ I was extremely broken seeing my daughter in a severe health condition. We didn't have the money to treat our child. But since we brought our child to the AFGA Family Health House for treatment, we gained hope every day. The FHH service providers provided quality and timely health services, medicines, and nutrition counselling. They gave me hope by saving the life of my daughter. ”

Ms. Rahima Naseri, the FHH Nutrition Counsellor, said: “Provision of health services to patients like Sahra makes me proud of being a health worker. I provided counselling about healthy food to the child who are in the age of Sahra and needs to take all the nutrients included in vegetables, meat, fruits and etc.”



Removing the Misconception of a Family about Using Family Planning Methods

Ayesha Gul is a 45-year-old woman. She lives in Haq Abad village of Jawzjan Province. She has 13 children and is currently pregnant. She has severe anemia and high blood pressure problems. Consecutive deliveries made her weak and anemic. Her and her family's economic condition is also not good. Her husband is working on the farm and cannot make a good living, and earn money to provide sufficient food and other nutrients for her and her family. On the other hand, Ayesha Gul's husband and she herself don't want to use family planning methods and think that it's harmful for women and will permanently prevent them from having children, resulting in infertility.

One day, Ayesha Gul came to the AFGA Haq Abad, funded by UNFPA and EU, and met the FHH midwife Asma Sadat.

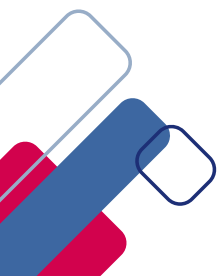
After the checkup of Ayesha Gul's health condition, the midwife found that she has severe anemia and her blood pressure is also high, which affects her pregnancy and the baby. Besides, she had diarrhea that made the situation even worse. Thus, the FHH midwife prescribed her Iron and Folic Acid, multivitamins, and other required medicines during her pregnancy.

The FHH midwife said, **“Please ask your husband to come to the FHH to speak with him and tell him the benefits of using Family Planning methods.”**

Ayesha Gul agreed to bring her husband, and the other day he came with her. The FHH midwife, Asma Sadat, talked with both and told them that using family planning methods such as IUD, Implant, POP, Condom, etc., is not only harmful but has lots of benefits for mother and child health. After a long discussion, Aysha Gul's husband's misconception about family planning methods was removed, and both husband and wife decided that after their child's birth, they would use the Condom method of family planning.

Asma Sadat, the FHH midwife, said that I am grateful for providing quality and effective services to the patients and clients in my village.

Ayesha Gul, her husband, and family are happy and satisfied with the AFGA Family Health House services to the Haq Abad village residents and say thank you to the UNFPA and AFGA for their good facilities and services.



Health Services in an Emergency Situation Saved the Life of a Mother

Fatima is 26 years old woman who lives in the Sawkai District of Kunar Province. By the time the earthquake struck this district, she was passing her last days of her pregnancy and was about to deliver her baby. Suddenly, due to fear of an earthquake, her labor pains started, and there was no way to take her to the city hospital for her delivery. Therefore, she delivered her baby at home in a very critical situation, and she didn't feel well.

By the time the AFGA Mobile Team (MHT) funded by IPPF SPRINT-IV Emergency Response Project started its operation in her village. Her husband came to the clinic and asked for help. He said that her wife's health condition is not good and she has severe bleeding.

The AFGA MHT midwife went to Fatima's house along with her husband. After her checkup and screening it was found that she is anemic and has severe hydramnios. Besides, she had a laceration. The placenta was also not fully removed during her delivery.

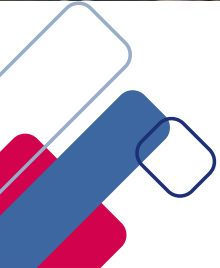
The MHT's midwife took necessary action and took out the remaining placenta from her body, applied serum to her, and prescribed folic acid, Iron, vitamins, and some other required medicine to her.

By passing hours, she was feeling much better, but still the AFGA MHT midwife spent the whole night with her in her house in order to ensure that Fatima's health condition is getting better and she is not at risk.

Fatima, her husband, and family appreciate the AFGA MHTs staff support, especially the midwife for her unconditional health services to the vulnerable and needy women and families in crises.

Fatima said, "Your services are unforgettable. May Allah bless you. You saved my life."

Afghan Family Guidance Association (AFGA) is committed to providing humanitarian and reproductive health services to the vulnerable and needy families, especially women and girls, anywhere and at any time, so that they can feel some comfort, especially in crises such as Kunar Earthquake, where thousands of people were affected.



A 30-Year-Old Woman Got Pregnant after 5 Miscarriages

Rukhshana is a 30-years-old woman living in the Arzan Qimat district of Kabul province. Rukhshana had five miscarriages. Therefore, she and her family were concerned about this situation.

When she became aware that the Afghan Family Guidance Association through the International Planned Parenthood Federation (IPPF) Core Fund Project has a Family Welfare Center (FWC) that provides reproductive health, family planning, and psychosocial services to women and girls, she came and met with the FWC midwife.

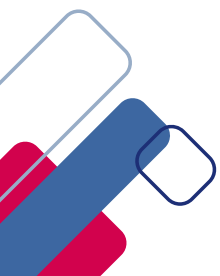
She described her problems during her pregnancies and added:

“I don't know why my babies are being miscarried, and how can I overcome this problem?” Due to my consecutive miscarriages and lack of children, I have many family problems. My husband told me that I will get a divorce and marry another woman. I am in an uncertain situation and don't know what to do. Please help me.

As a result, in an advisory session, the FWC Midwife, asked her to come with her husband and mother-in-law for more discussion about her pregnancy duration. The other day, Rukhshana's husband and mother-in-law came along with her to the FWC. The FWC midwife explained the value of a child's life and the health of a mother, as well as how to care during and after pregnancy.

The midwife added, **“Rukhshana needs a deep check-up and gynecological attention, and therefore, I refer her to the private clinic.”** They accepted and did the necessary examinations. After checking her blood in a laboratory, the findings showed that she has inflammation in her blood. Thus, the FWC midwife initiated treatment and provided her with the necessary medication. After the completion of her treatment, she referred to FWC and joyfully said that I am pregnant. From the very first days of her pregnancy till last month, she was under the direct supervision of the Ahmad Shah Baba Mina's FWC Midwife. Her health condition was good, and as a result, she delivered a healthy baby boy.

AFGA provides quality reproductive health, PSS counselling, and Family Planning services to the vulnerable families through 9 Family Welfare Centers (FWC) in 5 provinces of Afghanistan, supported by the Core Fund Project.



Successful Operation of Fistula Patient and Proper Treatment Saved Live of a Young Woman

Farida, a 30-year-old woman, lives in Faryab Province. She is married and has 1 child. She lost her two children after giving birth to them in the health centers in her province. As a result, due to complications in her deliveries, her bladder was damaged, and she could not control her urine, and a fistula was created in her body. She had been struggling with such a disease for about 2 years, and the whole family was ignoring and insulting her. Her family and husband were saying that you are an unworthy member of the family and made verbal and physical violence against her, due to which her mental health was negatively affected. Her husband and in-law family were not in a better economic condition and were struggling with poverty as well.

One day, she became aware of a health center in Faryab that her disease has a treatment that can be done in Kabul Province, Malalai Maternity Hospital. Thus, she convinced her husband and in-law family to come to Kabul. In October 2023, she came to the Malalai Maternity Hospital Fistula Ward, which is being funded by the AFGA's United Nations Population Fund (UNFPA) Project.

Dr. Homa Mangal, the Chief of Fistula Ward in Malalai Hospital, said: "I, along with other colleagues, screened the patient's condition and immediately admitted her for the Fistula Operation. The next day, the operation was successfully done. She was feeling much better than before. She was admitted to the hospital for three weeks, and when her health condition improved, she was discharged.

She went with her husband to their province. When she reached her province, she used a monkey to take a ride to her house because there was no other transportation facility available. On the way to her home, she fell from the monkey onto the ground, where the operating area was damaged. And after passing each day, she was feeling worse than before, and again the fistula was created in her body. However, due to poverty, her family didn't take her again to the hospital to be treated.

In April 2025, she had a telephone conversation with Dr. Homa Mangal, and said, "I am in a very bad health condition, my whole body hurts due to infection and fistulas. Dr. Mangal asked her to come to Kabul Malalai Hospital again to be treated. As a result, she came and once again the operation was successfully done on her. She was in the hospital for 13 days, and when her health condition became completely well, the fistula ward service provided her with health and hygiene counseling before being discharged.

Dr. Homa Mangal, the Malalai Maternity Hospital Fistula Ward Chief, says: "We are proud and happy that we are supporting and treating such patients like Farida, who are really in need of health services and in a bad mental and physical health condition. The fistula ward of Malalai Hospital is being funded by UNFPA and through the logistical support of AFGA."





Preventing Loss, Saving Lives: Saliha's Story of Hope Through Family Health House

Saliha, a 40-year-old mother of four, lives in the remote mountainous village of Mohammad Agha District, in Logar Afghanistan. She had long endured the heartbreaking pain of losing two babies during pregnancy. "I was bleeding, and by the time I reached the nearest clinic, I had already lost my babies in the womb," she recalls, her voice filled with sorrow.

For years, Saliha struggled to access proper maternal healthcare, a common challenge in rural Afghanistan, where health services are often out of reach. The trauma of her past losses left her fearful when she found out she was pregnant again. But when she heard about the JSB-3 Supported, AFGA-run Family Health House (FHH) that had been set up in her village, Saliha saw a glimmer of hope.

Determined to take every precaution, she began visiting the clinic regularly to receive antenatal care. "The clinic helps with vaccination and relieves my pain," Saliha says, now feeling more at ease.

Shayesta Afzali, the midwife at the FHH, played a crucial role in Saliha's care. When Saliha first visited the clinic, she was unsure if she was pregnant. "We confirmed her pregnancy with a simple test and started monitoring her health using a Maternal and Child Health (MCH) handbook," says Shayesta. This tool has been essential in tracking her health progress throughout pregnancy, childbirth, and early childcare. In addition, the clinic ensured Saliha received her Tetanus Toxoid (TT) vaccination on time, another critical step in safeguarding both her health and the health of her unborn child.

After months, Saliha delivered a normal and healthy baby boy in the AFGA's Aab Paran Family Health House (FHH). Saliha's health condition was also good. Since its establishment in 2022, the Aab Paran Family Health House has provided essential health services to thousands of households in the surrounding area. The clinic addresses a range of critical needs, including maternal and child health care, psychosocial support, nutrition counselling, ANC, PNC, Family Planning and more.

AFGA operates 60 such Family Health Houses, supported by the Government of Japan through the JSB-3 Project, across five provinces (Kapisa, Parwan, Balkh, Laghman, and Logar)—offering life-saving care to Afghanistan’s most remote and underserved communities.

For Saliha, the FHH has brought a sense of security and hope that her upcoming childbirth will be different from her past experiences. With the support of the clinic, she feels better prepared to bring her child into the world with the care she needs.



Timely Health Intervention of Nutrition Counselors is Life Saving

Bahrudin is a 2-year-old boy. He lives in Ghulam Jan village of Balkh District of Balkh Province. He was suffering from severe acute malnutrition. Due to poverty and financial problems, his family could not take him to the public hospital to be treated. His father is a farmer, and the only source of income in their family is gardening and farming, which is not adequate for the 7 members of the Bahrudin family. He has two brothers and two sisters.

One day, Bahrudin's mother became aware of Ghulam Jan FHH's existence in the Balkh district of Balkh Province, funded by AFGA's NORAD-3 Project, and took her child to the clinic. The Ghulam Jan FHH Nutrition Counsellor, Ms. Nasima Naseri, after the screening and check-up of the child, found out that his weight is only 7.8 Kg, his height is 69.8 cm, and MUAC is 10.9 cm. Thus, he is suffering from acute malnutrition. Therefore, Bahrudin was admitted under Severe Acute Malnutrition (SAM) patients as he had severely lost protein and energy.

The FHH nutrition counselor started the treatment of Bahrudin by providing 19 Sachets of RUTF nutrition packages every week for three consecutive months. The FHH Nutrition Counsellor asked Bahrudin's mother to bring her child every week for a check-up and to take RUTF packages. These packages are being provided by UNICEF to the AFGA Family Health Houses.

After passing each month, the child's health condition improved, and after three months (12 weeks), his weight improved to 11.4 Kg, her height to 85.6 cm, and MUAC improved to 14.1. As a result, Bahrudin's health condition improved. Therefore, he was discharged from the OPD section of the FHH.

Ms. Nasrin, mother of Bahrudin, while thanking AFGA's FHH Nutrition Counsellor, says:

“I was extremely broken seeing my son in a severe health condition. We didn't have the money to treat our child. But since we brought our child to the AFGA Family Health House for treatment, we gained hope every day. The FHH service providers provided quality and timely health services, medicines, and nutrition counselling. They gave me hope by saving my son. I cannot express my feelings and happiness while I see my son is recovering, turning to a healthy life, and growing normally.”

Ms. Nasima Naseri, the FHH Nutrition Counsellor, said: “Provision of health services to patients like Bahruddin makes me proud of being a health worker. I provided counselling about healthy food to the child who are in the age of Bahruddin and needs to take all the nutrients included in vegetables, meat, fruits and etc.”

The Afghan Family Guidance Association (AFGA) provides quality reproductive health, psychosocial counselling, and nutrition services to the vulnerable families, especially women and children in the remote and hard-to-reach areas of the country through 21 Family Health Houses (FHHs), funded by the NORAD-3 Project.



Proper and Timely Counselling through Midwifery Helpline (MHL), Saved the Life of a Mother

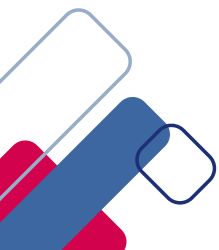
Sabzagul is a 37 years old woman. She is the mother of six children. Her youngest child is two years old. She lives in Gawmashak village of Qarabagh district of Ghazni Province. She and her husband are illiterate with low monthly income.

On November 7 2025, at 7:45 AM, she delivered a baby girl in her own house, but the placenta was retained. Thus, her health condition got worse. She had pain and didn't know what to do. She suffered from pain for 7 days. Then, by recommendation of one of her neighbors, she asked for help from her village Community Health Worker. The Community Health Worker named Hanifa, the Midwife of Gawmshak FHH, visited the patient and checked her health condition. As a result, she called the Midwifery Helpline (MHL) for help and consulted with the MHL Counsellor, Ms. Lailuma, who works under the UNFPA-funded project. Ms. Lailuma gave the necessary counselling to the midwife about the management of placenta retention.

After taking the counselling from MHL, Hanifa FHH, Midwife of Gawmashak, removed the placenta. The patient's condition got better after the removal of the placenta. The management of the Retention of Placenta Steps was explained to the patient. The post-partum care, family planning, and breastfeeding procedures were explained to the patient.

Sabzagul says: "I appreciate our village's Community Health Workers services as well as the Midwifery Helpline Counselling that saved my life and made my health condition better. I have four daughters, and I dream that they study, complete their education, and become doctors, midwives, or community health workers in the future to save mothers' lives."

She added, "The services that are provided through S/C with the consultation of MHL were more than expected. It saves mothers' lives. If this section weren't available to consult with MHL, it would cause the mothers to lose their lives or spend a big amount of money to go to provincial or private hospitals."





Breaking the Cycle: Nigina's Path to Mental and Physical Recovery through MHT Support

Nigina*, a resilient 35-year-old mother of seven, resides in the remote village of Rustam Abad, nestled on the outskirts of Aybak city in Samangan province. She has endured years of hardship. Now pregnant again, she suffers from psychological distress, stemming from prolonged family violence and economic challenges. "There were times when I felt completely hopeless," Nigina shares. **"I couldn't afford proper food during my pregnancies and walked half a day on unpaved roads carrying my baby just to access medical care. Even then, I couldn't afford the medicines prescribed by the hospital."**

Despite graduating from high school with the dream of becoming a teacher, Nigina's aspirations were crushed by her marriage to a man in difficult financial circumstances and the constant burden of economic hardships. **"I felt trapped, and my health—both physical and mental—began to decline."**

Fortunately, Nigina found the support she desperately needed through the AFGA-run and UNFPA-supported Rustam Abad Mobile Health Team (MHT). For more than four months, Nigina has been receiving psychosocial counseling and maternal healthcare from the dedicated team of the MHT. Nilofar, a psychosocial counsellor at the MHT, recalls, **"When Nigina first came to us, she was in a panic, unable to control her body movements. We diagnosed her with severe anemia as well. It was clear that she needed more than just medical help—she needed emotional support."**

Over time, Nigina's condition has improved significantly. "The MHT gave me hope," Nigina says. **"They helped me overcome my suicidal thoughts. Now, I'm also seeking family planning methods to prevent future pregnancies, and my husband supports this decision."**

The Rustam Abad MHT not only provided Nigina with vital maternity care but also gave her the tools to regain control of her life. In 2025, the MHT delivered crucial health services, including maternal and childcare services, psychosocial support, general health services, reproductive health services, health education and awareness, and referral services to the vulnerable people in the area. **"Without the MHT, I don't know where I'd be," Nigina reflects. "They truly saved my life."**





Two New Lives, One Safe Delivery in Rural Herat

When 27-year-old Khadija arrived at the Fushkan Family Health House (FHH) in Pashtun Zarghun district, she was already in intense labour, and the contractions were strong. Living in a remote village with limited access to health services, Khadija had never visited a health facility before. This was her first encounter with skilled maternal care, and it came at a critical moment.

Khadija was in her fourth pregnancy and had not received antenatal care. Like many women in rural areas, distance, poverty, and lack of awareness had kept her away from routine check-ups. Khadija and her family were unaware of the danger signs of pregnancy or the risks associated with childbirth without skilled support.

At the Fushkan FHH, the midwife immediately assessed her condition and initiated lifesaving care to prevent complications.

With timely, skilled care, Khadija safely gave birth to healthy twin baby girls. Newborn vaccinations were provided before discharge, and Khadija remained in stable condition throughout the post-delivery observation period.

For Khadija and her family, the experience was transformative. Economically vulnerable and living far from health facilities, they described the safe delivery as a blessing they had never imagined possible. “Saving the mother and the babies is the greatest gift for us,” the family shared.

Beyond the immediate outcome, the experience changed Khadija’s understanding of maternal health. Receiving professional care for the first time gave her confidence that complications during pregnancy and childbirth are preventable. She also received counselling on the importance of antenatal care, recognising danger signs, and seeking timely medical support.

“I feel safer knowing that a midwife is available within our community. I hope that the clinic will continue operating with the same dedicated midwife so that other women in our village can deliver safely,” said Khadija.

In August 2025 alone, the AFGA Fushkan FHH, supported by UNFPA, provided services to 1270 total beneficiaries, 1148 women and 122 males, delivering safe births and offering antenatal, postnatal, and family planning services.

Khadija's story reflects how accessible maternal health care can save lives, restore trust, and bring hope to families in even the most remote settings.



Emergency Response to the Flood-Affected Woman

Nasima is a 46-year-old woman who has three sons and five daughters and lives in the Baghlan-e-Jadid district of Baghlan, Afghanistan.

Her husband had a vegetable shop in a market near their village. They were living their normal lives. Her children were going to school, and she was busy in gardening.

Suddenly, a day after the flood in their district, she lost one of her sons, her house, and basic life facilities. Her husband's shop was also destroyed. They lost their hope in life. Their everything was disappeared in a minute.

She was brought to the AFGA Mobile Health Clinic which is being funded through IPPF Stream-3 flood emergency response project in a bad mental health condition. After a check-up visit with the MD of the MHT, she was referred to the PSS consular because her severe stress and frustration.

Nasima was shocked. She was crying and calling her son. The AFGA MHT Psychosocial Counsellor talked with her and kept her calm. The counsellor tried a lot to interact with her in order to listen to her life story.

After a while, Nasima started to talk and broke her silence: **"It was around 1:00 PM; that storm with heavy rain started. My little son was playing with his friends in front of the house. I asked him to come in but he didn't care and continued his playing. Soon the flood came and my son was disappeared. I screamed and started searching for him. When the flow of the flood stopped, our neighbour said that your son had been found in Tajik ha village, but he is no more alive."**

Nasima added, **"My little four-year-old son died due to the flood. How should I overcome this tragedy. My house was destroyed, and my husband's shop was destroyed. There is nothing left in our lives. We are living in the yard of our house in a tent. I don't want to live anymore."**

The AFGA MHT Psychosocial Counsellor asked her husband to regularly bring his wife to take advisory and counselling sessions at the mobile health clinic.

At the first session, Nasima was very hopeless and wasn't thinking about herself and other children. But the psychosocial counsellor said: "I accept that you are struggling with lots of difficulties and a critical situation, but you should think of your other children as well. They need their mother. You should be strong enough to give hope to your children and your family."

Some vitamins and food kits were also provided to her by AFGA MHT. After many counselling sessions with her, she feels better than before. She is now gaining hope and taking care of herself and her family.

Nasima appreciated the AFGA Mobile Health Clinic services in their district at their doorstep in the emergency and critical condition and said: "AFGA MHT counsellor and other staff are providing quality health services to the clients, we are happy and grateful for the services they provide."



Life Changing Psychosocial Support to a Returnee from Pakistan

Zainab, a 30-year-old woman originally from Kohat, Pakistan, recently relocated to Behsud District in Nangarhar Province. She arrived at AFGA Mobile Health Clinic in Torkham seeking support for persistent severe headaches, insomnia, and deep depression. During counseling, Zainab disclosed her experience as a victim of forced marriage.

Her husband is unemployed, and the family struggles with significant economic hardship. She is a mother of three children and lives with her husband's extended family, including her father-in-law and brothers-in-law, who are unsupportive, while her mother-in-law remains a source of emotional support. Both Zainab and her husband are illiterate and unaware of women's rights. This combination of domestic violence, displacement, poverty, and lack of awareness severely affected her mental well-being, resulting in stress and hopelessness.

Zainab was provided with individual counseling in a confidential and safe environment, with her supportive mother-in-law present through the AFGA MHT PSS Counselor in Torkham Border. The Mobile Health Team is established by AFGA to the returnees, through the IPPF NORAD-3 Project financial support.

The AFGA MHT PSS Counselor in Torkham Border, Ms. Shabana Khogyani, offered psychosocial support through active listening to acknowledge her experiences, stress management and relaxation techniques, including breathing exercises, awareness raising on women's rights and empowerment, guidance on improving communication with her husband, identification and linkage to available family and local resources to assist Zainab and her children.

A follow-up counseling session was conducted three days later to monitor progress and reinforce support.

Following psychosocial counseling, medical care, and support services for her children, Zainab reported notable improvements including; reduction in headache severity and better sleep quality, emotional relief, and happiness and positive behavioral changes in her husband after applying the counselor's guidance.



Zainab shared powerful reflections on her journey, stating: **“Seeing your approach inspired me. I wish I had received an education myself, but now I am determined to educate my children.”** She also acknowledged the value of psychological support: **“Before, I didn’t know about psychological services. Now I understand that I was mentally unwell and unable to live a good life. Because of your support, my life has improved.”**

Finally, she expressed gratitude towards the AFGA team: **“The services you provide for women are amazing. Every woman who has problems like mine or has experienced forced marriage can experience a change in life. Thank you again for your support.”**

A 35 Years Old Woman Got Pregnant After 12 Miscarriages

Zainab is a 35-years-old woman living in the Shinwari District of Parwan Province. Zainab had 12 miscarriages; thus, she and her family were very much concerned about this situation. Zainab even lost hope in life.

One day, one of her neighbors told her about the AFGA Siyah Gerd Family Health House (FHH) located in their village, supported by the IPPF Respond Project.

The other day, she came to the FHH and visited the midwife. She described her problems during her pregnancies and miscarriages and added: **“I don't know why my babies are miscarrying, and how can I overcome this problem?”** Due to my consecutive miscarriages and lack of children, I have many family problems with my in-laws. My husband told me that I would get a divorce and get another wife. I am in an uncertain condition and don't know what to do. Please help me.”

Mursal Rahimi, the AFGA FHH Midwife, first checked her physical health condition and her hemoglobin range. Thus, she observed that Zainab is very weak both mentally and physically.

She also has severe anemia. Therefore, she provided her with iron, folic acid, and Multivitamins. Instead, the midwife told her to take care of herself and her feeding so that she could become completely healthy and could become pregnant and deliver healthy babies.

Instead, in an advisory session, Mursal Rahimi, the FHH Midwife, asked her to come with her husband and mother-in-law for more discussion about her pregnancy duration. The midwife explained the value of a child's life and the health of a mother, as well as how to care during and after pregnancy.

The midwife added, **“Your wife needs a deep check-up and gynecological attention, and therefore I refer her to the private clinic.”** Zainab's husband accepted the midwife's advice and took her wife to the private clinic for a complete blood checkup. After checking her blood in a laboratory, the findings showed that she has inflammation in her blood.

After the completion of her treatment, she referred to the FHH and joyfully said that I am pregnant. From the very first days of her pregnancy till the last month, she was under the direct supervision of the Daraz Gerd 1 FHH Midwife; her health condition was good, and as a result, she delivered a healthy baby boy.

Zainab and her family are thankful for the AFGA FHH health services and IPPF's Respond 2 Project support for the vulnerable and needy people of the country in the remote districts of Afghanistan.



AFGA's Last Mile Assurance Volunteers (LMA)

During the year 2025, AFGA continued the Last Mile Assurance (LMA) Project activities through 48 youth volunteers from Kabul, Herat, and Balkh Provinces. These LMA volunteers were assigned to support the team's effort in the distribution of different kits and commodities, assist in public awareness-raising activities, and assist in stock counts and basic assessments of commodities that might be damaged, expired, or out-of-stock.

These LMA volunteers monitor the efficiency of distribution, medicines' expiration dates, and items' quality and quantity, as well as notifying of the discrepancies. Their observations aimed to ensure that essential supplies were reaching the intended beneficiaries effectively and promptly in Kabul, Herat, and Balkh Health Facilities, which receive UNFPA health commodities.

The volunteers ensured that the distributed items reached the intended beneficiaries and found that the medical supplies were being distributed in a timely and effective manner.

In addition, in the second quarter of 2025, AFGA has deployed its 8 youth volunteers at the Islam Qala zero point in Herat Province to support humanitarian assistance for Afghan returnees from Iran.

The Herat Province 8 LMA volunteers are deployed at Islam Qala Zero Point to provide information to returnees especially women and girls about the availability of services, including MCH and psychosocial support, provided at the UNFPA health clinic located at the zero-point and managed by AADA, raise awareness about the clinic services and location, and refer clients to access these services.

The LMA pilot project's essential purpose is to observe the UNFPA Afghanistan supply program to Implementing Partners (IPs), including reproductive health (RH) commodities, modern contraceptives, life-saving maternal health medicines, winterization kits, dignity kits, and adolescents' girls' menstrual hygiene management kits in the hands of beneficiaries who need them the most, etc.



AFGA's Mother and Newborn Hospital (MNH)

AFGA established its first 20-bed Mother and Newborn Hospital (MNH) in Kabul City in February 2025. The MNH is currently being supported through the IPPF/Respond Project.

The MNH is a comprehensive healthcare center dedicated to improving maternal and newborn health outcomes. By integrating advanced medical care with compassionate services, MNH provides a safe and supportive environment for women and newborns during all stages of pregnancy, childbirth, and postpartum care. It is equipped with state-of-the-art facilities and a team of skilled professionals.

MNH is committed to addressing the diverse needs of families and ensuring the well-being of mothers and their babies. MNH's primary focus is on quality and client satisfaction rather than fee amounts; thus, a wide range of MNH Services are free of charge, while MNH provides 60 to 70 % discounts to its clients on several services.

Through the establishment of this hospital, AFGA aims to go towards sustainability, and in the long-term, the MNH could afford to pay the hospital expenses through its own income.

MNH provides a wide range of essential services, including but not limited to:

- Normal and assisted deliveries.
- Comprehensive antenatal and postnatal care.
- Emergency obstetric and neonatal care.
- Cesarean sections and gynecological surgeries.
- Neonatal intensive care for at-risk newborns.
- Contraceptive services and counseling.
- Ultrasound and diagnostic tests.
- Management of high-risk pregnancies and complications.
- Vaccinations for mothers and newborns.

To support the underprivileged and vulnerable communities, MNH provides several free services, such as:

- Routine vaccinations for newborns.
- Essential counseling sessions for those in need.
- Emergency obstetric care for life-threatening conditions.
- Basic family planning services.

Dr. Nazia Safi, the MNH Hospital Manager, says:

“The mother and Newborn Hospital is the first hospital established by AFGA through the financial support of IPPF’s NORAD-3 Project and is currently being funded by RESPON-DFAT Project. The hospital’s OPD section operation started on March 1st, 2025, and the full 24-hour operation of the hospital started on April 5th, 2025. The hospital is offering quality OPD, ANC, PNC, Delivery, Vaccination, Cesarean, pharmacy, laboratory, and ultrasound services through professional medical staff. There is a 60 to 70% discount on all services of the hospital.”



A Mother's Hope Restored in Bahadur Khil Village

In the heart of Bahadur Khil village in Mohammad Agha District, Logar Province, a small Family Health House has brought life-changing hope to dozens of families who once struggled without access to basic healthcare. Among them is Abida, a mother whose story reflects the quiet transformation taking place in her community.

"My name is Abida, and I live in Bahadur Khil village," she begins, recalling the difficulties her family faced not long ago. "I had a big problem — my two children were suffering from malnutrition."

For months, Abida watched her children grow weaker. Their bodies were thin, and their energy was fading. There were no clinics nearby, and the few facilities that did exist were far away and difficult to reach. **"I couldn't take them anywhere for treatment," she says. "So they stayed at home in that condition."**

The nearest provincial hospital was several hours away, and travel was expensive — something her family simply could not afford. **"Our financial situation is not good," she adds quietly. "We can't afford to buy medicine or pay for treatment."** Without access to healthcare, mothers like Abida had no choice but to endure their children's suffering, praying that they would recover on their own. Many in her village faced the same despair.

Everything changed when the Bahadur Khil Family Health House was built in the village by the AFGA Japan Supplementary Budget (JSB-4) Project. For the first time, families like Abida's could reach healthcare without long, costly journeys. **"When the Family Health House in Bahadur Khil was built," Abida says with relief, "I brought my children there, and both of them recovered."**

At the health House, the midwife Samia Latifi examined the children and diagnosed them with severe malnutrition. They were treated with Ready-to-Use Therapeutic Food (RUTF) and received regular check-ups until they regained their strength. Samia also counseled Abida on proper nutrition and how to maintain her children's health at home.

“The children were very weak when they first came,” recalls Midwife Samia. “But their mother was determined to help them recover. We gave them nutritional supplements and guidance, and after a few weeks, both children gained weight and became active again. Seeing their improvement was very rewarding for all of us.”

The experience gave Abida not just relief, but trust in the health system. She began visiting the health house regularly — not only for her children’s follow-ups but also for her own care as a pregnant woman.

Now pregnant again, Abida continues to receive Antenatal Care (ANC) from the same midwife who treated her children. She attends check-ups every month, where her blood pressure and hemoglobin levels are checked, and she receives supplements to prevent anemia and malnutrition.

Without the health house nearby, she knows the outcome might have been very different. “If it didn’t exist,” she reflects, “we would have faced many problems. Our malnourished children might have died or become disabled, and we couldn’t have reached distant clinics. Pregnant women used to lose their babies or suffer from malnutrition and anemia, and we all stayed at home helplessly.”





Fistula Ward of Malalai Maternity Hospital a Window of Hope to Vulnerable Women in Afghanistan

The Fistula Ward of Malalai Maternity Hospital is a door of hope and proper treatment for women struggling with chronic fistula disease. This ward offers proper treatment and care for patients coming from all provinces of Afghanistan, especially from long-distance provinces where they don't have basic health facilities and health centers.

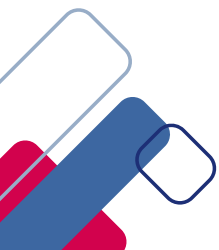
Dr. Homa Mangal, the Chief of Fistula Ward at Malalai Maternity Hospital, says: **“Each day we are operating one to two patients who are struggling with this chronic infectious disease. This ward provides operation treatment to the needy women and girls who are struggling with Fistula disease for a long period of time, due to deliveries, lacerations, complications in deliveries, and cesarean complications.”**

One of these patients is Zahina, who came from Kandahar Province on April 25, 2025. She is currently 22 years old. She has been affected by Fistula Disease after giving birth to her first child in 20 years old age. As a result, she faced many health issues, family problems, and challenges. Thus, she got severe depression. Day by day, her physical and health condition was getting worse. In April 2025, she became aware of her relatives about Malalai Maternity Hospital Fistula Ward, which is specifically created for women struggling with this chronic disease and funded by AFGA's UNFPA Project. Then, she came from Kandahar and was admitted to the Fistula Ward of Malalai Maternity Hospital.

Zahina's treatment started, and her operation was successfully done. Her health condition has gotten much better than before. Zahina says, **“This is my 10th day of admission in the Malalai Hospital Fistula Ward. I am feeling well and appreciate the support from doctors and health service providers during my treatment period. May Allah bless them.”**

A fistula is an abnormal connection or passageway that connects two organs or vessels that do not usually connect. They can develop anywhere between the intestine and the skin, between the vagina and the rectum, and in other places. The most common location for a fistula is around the anus.

Dr. Mangal adds: **“We are proud that all types of Fistula Disease, including physical vaginal fistula, rectum vaginal fistula, and grade 4 lacerations, are being treated here.”**



MHT: A lifeline for mothers and their babies in remote communities

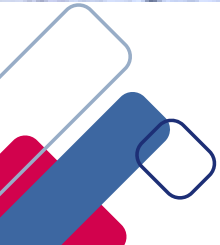
Gulsoom*, a courageous 23-year-old mother from the remote village of Tobak Nawor in the Hazrat Sultan district of Samangan province, vividly remembers the heartbreaking loss of her first child. **"I lost my daughter on the way to the nearest clinic," she recalls, tears welling in her eyes. "The drive was more than three hours on unpaved roads, and she didn't survive. I never got to hold her in my arms."** The pain of that loss left Gulsoom in despair, fearing the same fate when she became pregnant again.

However, thanks to the AFGA-run and UNFPA-supported Mobile Health Team (MHT) in her village, Gulsoom was able to safely deliver her second child. "This time was different," she shares, cradling her healthy two-month-old daughter. "I gave birth with the help of the midwife in the MHT, which is close to my home. She was by my side, and I felt safe knowing that medical help was close."

Shirin Gul, the midwife at the Tobak Nawor MHT, has a deep connection to the community. **"As a resident of this village, I've witnessed the loss of mothers and babies because healthcare was so far away. I remember the fear in the eyes of the women here, knowing they had little chance of reaching help in time," she says. "That's why I decided to study midwifery and return to serve my people."**

The Tobak Nawor MHT has been a lifeline for women like Gulsoom, providing essential maternal care, family planning, and emergency services. "Before the MHT, we had nothing. Now, we have hope," says Gulsoom. "In the last two months, I've assisted 13 deliveries," Shirin proudly adds, showcasing the impact of the team's work.

"Women no longer have to risk their lives on long, dangerous journeys to reach a clinic or struggle to afford the high cost of renting a car for the trip," Gulsoom adds, emphasizing the profound difference the MHT has made in her community.



Emergency Response to a Flood Affected Pregnant Women

Hawagul is a 30-year-old pregnant woman who lives in Darreh-e-Sheikha village of Qasla e Firozkoh District of Ghor Province. When she was expecting to give birth to her second child, she lost her son's life in the flood. She became depressed, and some days after the flood she gave birth to her baby. But she was not in better health. She got deep depression.

After the start of AFGA MHT's operation under the Stream-3 Emergency Response Project,[†] which is being financially supported by IPPF/SARO, she was brought to the AFGA MHT by her husband. The midwife took a complete history from the patient and examined the patient. The patient was suffering from severe anaemia, and the patient's blood pressure was very low 80/60. The number of her pulses was high. The loss of her son was a big shock for her, due to which she went into deep depression and anxiety.

First of all, the midwife and gynaecologist of the MHT provided necessary supplements (iron, folic acid, multivitamins, fluoxetine, and Ringer's serum to strengthen her immune system.

Then the MHT midwife started to talk with her, but she was not in good mental health. Hawagul slowly started to speak and said, **"I lost everything due to flash floods in our village. I lost my 3-year-old son, and therefore, I don't want to be alive anymore. I don't even want my three-year-old baby. I have lost my hope in this life."** Hawagul added: **"Due to this shock, I don't have milk to feed my baby."**

The team midwife introduced the patient to the mental health counsellor. After a counselling session, the mental health counsellor discovered that the patient was suffering from severe depression. And decided to conduct regular psychosocial counselling sessions with her.

By passing the first, second, and third weeks and conducting three psychosocial counselling sessions, the patient's mental and physical health condition was much better than before. The patient's anaemia was cured, and the patient's blood pressure and the patient's pulse rate were normal.

Hawagul, her husband, and family are grateful and happy for the AFGA MHT's counsellor, midwife and the whole team's services to the flood-affected people and families in the critical situation.



Emergency Healthcare for a Pregnant Woman returned from Pakistan

Marzia is a refugee who returned from Pakistan to Afghanistan in December 2023. Marzia and her family are currently living in the Khugyani District of Nangarhar Province under a tent. They are struggling with lots of economic challenges. Besides, they don't have access to basic health services.

Marzia is a 30-year-old woman. It's been 10 years since she got married. She is the mother of 4 children, and she is currently pregnant. She was in need of routine and timely checkups from doctors and healthcare providers.

Fortunately, by the time the AFGA Mobile Health Team (MHT) under IPPF Stream-3 Returnees Response Project started its operation, she came to the clinic to receive health services.

The AFGA MHT midwife checked her health condition and found that she has severe anemia, which will have a bad impact on her and her child's health. Besides, her pulse was weak, and her blood pressure was low. And if she doesn't take good care of herself, she will lose her and her child's life.

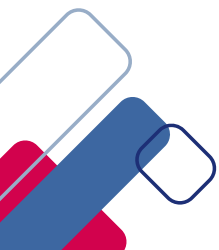
The midwife gave her multivitamins, folic acid, and other required medicines during her pregnancy. Besides, applied serum to her. And asked her to eat specific foods that she needed during her pregnancy.

Marzia says: **“By the time we returned from Pakistan to our country, we lost everything. My Husband lost his job. We lost our home, our life facilities, etc. We are now in need of basic life facilities. We don't have a home and are living under a tent. This made me and the children get sick.”**

She added, **“I really appreciate the AFGA MHT services to the vulnerable returnees from Pakistan who are facing lots of economic and health issues. They give us medicine and care for us in a very good manner. May Allah bless them all.”**

Mariam, the AFGA MHT midwife in Nangarhar, says that every day more than 100 patients, including women, children, and men are coming to our MHT anreceives health services including (Family Planning, ANC, PNC, Delivery, OPD, Psychosocial Counsellin, etc.)

Returnees and community elders are happy with the health services that we provide and admire AAFGA'sefforts in the health sector of the country.



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