



# AFGA NEWSLETTER

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## LARC Training on Family Planning and Reproductive Health

With the financial support of UNFPA and technical support of MoPH, AFGA planned to conduct Long-Acting Reversible Contraceptive (LARC) training programs for 350 Midwives in central, western, and Northern regions during the year 2023.



To this end, AFGA Conducted 11 batches of LARC training in Kabul, Herat and Balkh provinces. 5 batches of training were organized and conducted in Rabia Balkhi Maternity Hospital in Kabul for centerl region provinces midwives including Kabul, Bamiyan, Laghman, Nangarhar, Khost, Kunar and Logar, whereby a total of 48 midwives were trained.

3 Batches of LARC training were conducted in Balkh Regional Hospital for the midwives of northeren region provinces including Badakhshan, Takhar, Baghlan, Kunduz and Faryab, where 29 midwves received the training.

In addition, 3 batches of the training were conducted in Herat for midwives of western region provinces including Herat, Farah, Badghis and Ghor, where a total of 35 midwives received the training.

**“Before receiving the LARC training we were struggling with many challenges such as using the implant or sayanapress methods of Family planning. I am very much grateful to AFGA and UNFPA for providing such useful training programs.”**

Fahima Mushfiq Durani  
Gynecologist, Khaja Namazgah Clinic,  
Bamian

During the trainings, the midwives were trained to provide quality Intrauterine Contraceptive Devices IUCD, reproductive health, family planning, and implant services to the clients.

**“I am grateful to UNFPA project and AFGA for conducting the LARC training. During the 6-day training, I learned to use the IUCD, implant, and Sayanapress services and to provide quality health services to the clients.”**

Marzia  
Safid Parmak FHH Midwife, Bamian

Through these trainings, AFGA aims to enhance the capacity of midwives in family planning and reproductive health.





## AFGA Conducted Y-Peer Training of Trainers

Afghan Family Guidance Association (AFGA) conducted three batches of Y-Peer Training of Trainers (ToT) in Kabul, where a total of 75 participants (50 male and 25 female) received the training during the second quarter of 2023. The training focused on community engagement, healthy lifestyle, a window of hope, family planning and youth, HIV and Aids, drugs, information and prevention, child marriage prevention, youth responsibilities and opportunities, effective communication, and public speaking.

The training aimed to enhance the participants' knowledge about the course outlines, improve the capacity of trainers and peer educators in delivering training programs and promote youth-led initiatives and innovative programs.

Adolescents and youth in Afghanistan comprise a large group whose power and engagement could benefit positive community changes and their health and well-being. Building on this enormous power, utilizing an effective and engaging education approach in non-formal settings is crucial where evidence-based peer education capacity building can fill the gap.

The Y-PEER network in Afghanistan has been actively working since 2016 and has trained thousands of youths. However, since 2021 the number of active members and trained professionals has reduced drastically.

Through the support of IPPF and AFGA, Y-PEER Afghanistan Network nationally organizes the ToT on peer education to equip young people with skills to promote health and well-being initiatives with their peers on the community level.

**“Through the Y-Peer training, I have learned many important topics and enhanced my knowledge. I thank AFGA and IPPF for organizing such beneficial training programs.”**

Sami Ahmad  
Participant



## Sayanapress Training for Community Health Workers

Supported by the UNFPA, during the second quarter of the year, AFGA conducted a series of training programs on Sayanapress for the Community Health Workers (CHWs) in Kunar, Kunduz and Khost Provinces whereby a total of 109 CHWs were trained.

The main purpose of the training was to train the CHWs to understand better the overall health conditions of the mothers in the country, the prevention of mothers' and newborns' death, and the importance of distance between the deliveries

In the first two batches of training that was conducted in Khost province, 39 CHWs participated, and in the second two batches of training, conducted in Kunduz province, 32 CHWs participated. In the third training, 38 CHWs of Kunar province received the training.

The trainees admired the AFGA's efforts for conducting this training and requested AFGA to continue organizing such training for other CHWs too.

AFGA organizes capacity-building training programs for CHWs and Community Outreach Midwives (COMs) to enable them to provide high-quality health services to communities all over the country.

**"I am grateful to AFGA and UNFPA for organizing such trainings which enhances our capacity in Sayanapress and mother and child health."**

Mohammad Gul  
Kunduz Resident



## Training Program on Child Marriage, Family Planning, and Healthy Lifestyle for Youth Volunteers



Supported by UNFPA, AFGA's Integrated Youth Center, conducted a series of five-day training programs on child marriage prevention, family planning, RH, and mental health for 254 participants including 167 male and 87 female youth volunteers in Kabul, during the second quarter of 2023.

The training was conducted in 11 batches, 7 batches for male and 4 batches for female youth volunteers, which started in April and ended in June 2023.

All the trainees were happy and satisfied with the services AFGA provided during the training and promised to share their learnings with their peers.

**"It was a great opportunity to take part in this important and useful training. I believe that learnings from this training will help me and other participants in their personal and professional life. I thank AFGA and UNFPA for all their efforts."**

Mariam Mohammadi  
Training Participant

**"Through this useful training we have learn about different important topics. We promise to share the learnings with our peers and implement them in the community. Thanks, AFGA."**

Mustafa Sadat  
Participant

Through this training, the capacity of youth was enhanced on mentioned topics and enabled them to share the learnings with their peers. AFGA will continue to conduct such trainings in the coming weeks.





## Intergenerational Dialogue Meetings

AFGA's Integrated Youth Center in Ataturk Hospital through UNFPA financial support conducted a series of intergenerational dialogue meetings, during the second quarter of 2023.

These intergenerational dialogue meetings were conducted through 9 batches, whereby 447 participants (246 male and 241 female) including parent care givers, and influential community members participated.

The main purpose of organizing such programs is to enhance the knowledge and capacity of youth and adolescent, parents, care givers and influential community members on adolescent and youth health problems. On the other hand, such meetings pave the ground for adolescent, youth parents and other community members to openly discuss the youth health problems.

AFGA through organizing these dialogue meetings, enhanced the capacity of participants about the mentioned topics and enabled them to share the learnings with their peer in the community.

AFGA's Integrated Youth Center in Ataturk Hospital will continue to conduct such intergenerational dialogue meetings in the coming weeks.



## Last Mile Assurance (LMA) Pilot Project

During the second quarter of 2023, AFGA through the financial support of UNFPA continued the Last Mile Assurance (LMA) Pilot Project activities through 48 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.

The 16 volunteers including 8 male and 8 female volunteers have been assigned to distribute different winterization 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 in Kabul City.

The 32 other 16 male and 16 female volunteers were assigned to do the same task in Balkh and Herat Provinces.

The LMA volunteers say that hospital managers appreciated the support provided by the UNFPA and AFGA, especially in the pilot phase of the LMA project. Beneficiaries expressed their satisfaction with the project as they received the distributed medicine on time, and free of cost. 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.

Additionally, LMA volunteers conducted effective public awareness raising for pregnant women and those women who are in need, which contributed to the project's success in reaching those who require medical attention. Overall, the pilot phase LMA project is a vital initiative that continues to ensure essential healthcare services are reached to vulnerable communities in Kabul, Herat, and Balkh Provinces and its impact is likely to have a lasting effect on the lives of the beneficiaries.

The LMA pilot project essential purpose is observing the UNFPA Afghanistan supply program to 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 most, simultaneously ensuring properly targeted distribution, safeguarding, managing of crucial commodities, reporting discrepancies, demand generation with beneficiaries as well improving awareness raising among them on the ground.





## Happiness of Joi Shor – Watani District Residents for being the Owners of a Health Center and a Health Midwife

Project. The FHH provides ANC, PNC, FP, delivery, and children under monitoring, screening, referring, and counseling services.

The midwife for Joi Shor -Watani FHH Bibi Najma is not from the area but offers 24-hour services to the women and children of the village.

With the exception of the targeted and determined indicators, Bibi Najma also provides services and counseling to the people of this village for other health cases such as dressing, hygiene, and nutrition. She gives health education to the people of the area every morning from 7:20 am to 08:00 am.

Joi Shor-Watani Village is one of the 34 villages of Chemtal district in Balkh province, which has 400 families and a population of more than 2000 (ANC: 80, PNC: 80, Delivery: 80, Children under 2 years: 160, and Children under 5 years: 400). Geographically located in the middle of 5 villages, this village is away 60 km from Mazare Sharif City and 10 km from the center of Chemtal District.



The nearest health facility is 10 km from this village, which is equivalent to a three-hour walk for a pregnant woman. The men of this village are farmers and their women are unemployed and illiterate, almost all of them are poor. They have been deprived of health services for centuries, hundreds of mothers have lost their lives due to the lack of health facilities, and there is still a high percentage of deaths during childbirth...etc.



This is the first time that the people of this village have considered themselves the owners of a health center and a health midwife; they are very happy and grateful to AFGA and IPPF for this.

## The Struggle of a Pregnant Woman Against her Challenges

Jamila lives in a poor family with her husband and two daughters. She was pregnant and waiting for her new baby to be born.

During her pregnancy, Jamila faced too many challenges; her husband was jobless, and all day he behaved badly and even beat her. Despite all of this, Jamila remained strong and resilient.

Jamila visited Khaja Kuzagar's FHH with the help of her neighbors to receive prenatal care. When the midwife of the FHH, Ms. Noor Jahan, asked about her nutrition during pregnancy, she expressed her concern about not being able to provide proper nutrition for herself and her children because of the weak economic situation.

One night, Jamila's husband beat her without any reason. And her neighbor brought her to the FHH in a very bad situation. She had been affected by labor contractions.

Noor Jahan, the FHH midwife, said: I was very afraid that the fetus inside her womb had not been damaged; fortunately, everything got normal, and I thank Allah that the delivery took place without any problem. Jamila and her baby had a normal and satisfied situation.

Khaja Kuzagar's FHH, with the people's help, took care of her after delivery for a few days. Meanwhile, Jamila's husband went to Iran to work there, but he has not sent any money to her yet. She was concerned for her three children and poverty.

After realizing her living situation and the suggestion of Ms. Noor Jahan, the FHH midwife, Jamila was hired as a cleaner at Khaja Kuzagar's FHH. Now she works here and receives her salary monthly, she is happy that she can provide food for herself and her children through her job.

**"I thank AFGA FHH midwives for their effective counseling and help during my pregnancy and the job opportunity."**

Jamila  
Khaja Kuzagar Villiage Resident





**ADD: South of Habibia High School, Ayub Khan Mina, Chaman  
Mir Waiz, Distric 7, Kabul Afghanistan**

**Phone: +93 767 880 880**

**Email: [info@afga.org.af](mailto:info@afga.org.af)**