



# NEWSLETTER

Third Quarter 2024

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## LARC Training on Family Planning and Reproductive Health



With the financial support of UNFPA and the technical support of MoPH, AFGA conducted six rounds of Long-Acting Reversible Contraceptive (LARC) training for 72 Midwives from the Central, North, and West Regions of Kabul, Balkh, and Herat Provinces.

The 2 rounds of LARC training were conducted in Rabia Balkhi Maternity Hospital in Kabul, where 72 midwives from Bamiyan, Kunar, and Laghman Provinces received the training.

Three batches of the training were conducted in Herat for 37 midwives from West region provinces, including Ghor, Badghis, Herat, and Farah. One batch of the training was conducted in Balkh Regional Hospital for the 12 midwives of northern region provinces including Balkh and Faryab.

During this training, 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 the UNFPA project and AFGA for conducting the LARC training. During the 6-day training, I learned to implement the IUCD, implant, Sayanapress, and other methods of Family Planning and to provide quality health services to the clients."

**Sahra Gull**  
Family Health House Midwife, Farah

"We are grateful to AFGA and UBFA for organizing LARC Training. Before this training, we struggled with many challenges, such as using the Implant or Sayanapress Family planning methods. After receiving this training, I and other participants have learned how properly we should implement the family planning methods."

**Basmina Malikzai**  
Family Health House Midwife, Laghman



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

## Sayanapress Training for Community Health Workers

Supported by the UNFPA, during the third quarter of the year, nine rounds of the Community Health Workers Training Program were organized for 203 participants (84 male and 119 female) from Badghis, Balkh, Bamiyan, Farah, Helmand, Herat, and Kandahar Provinces.

50 Community Health Workers from Badghis Province, 20 CHWs from Balkh, 48 CHWs from Bamiyan Province, 20 CHWs from Farah, 29 CHWs from Helmand, 15, CHWs from Herat, and 21 CHWs from Kandahar received the training during the third quarter of 2024.

The main purpose of the training was to train the CHWs to know the overall health conditions of pregnant women in the country, the safe storage of Sayanapress, the prevention of mothers' and newborns' deaths, and the importance of Family Planning methods and distance between the deliveries.

"This training enhanced our capacity in Sayanapress and mothers and child health. I am grateful to AFGA and UNFPA for organizing such a beneficial training program."

**Fatima**  
**Community Health Worker, Kandahar**

AFGA organizes capacity-building training programs for CHWs and Family Health Houses (FHH) Midwives to enable them to provide awareness raising services about reproductive health to the communities all over the country.



## Response to Flood Affected Population (Baghlan)

On the 10th and 11th of May, heavy rainfall and flash floods struck northeastern Afghanistan, affecting 21 districts across Baghlan (10), Badakhshan (5), and Takhar (6) provinces. As of May 11, 2024, it has been reported that Flash floods in Baghlan in Northern Afghanistan have killed at least 200 people - including children - with many more injured, according to the reports. Thousands of homes have been destroyed or damaged, with many areas still cut off.

To this end, through the financial support of IPPF, AFGA planned to provide the Minimal Initial Services Package (MISP) to affected people of Baghlan Province in Baghlan e Jadid District through two Mobile Health Teams (MHTs). Starting from May 2024, AFGA in coordination with Baghlan Province's Health Cluster and Public Health Directorate, continued providing MISP for three months.

Each mobile team consists of a gynecologist, a midwife, a medical doctor, a nurse, a PSS Counselor, a driver, and a cleaner.

Under the Stream 3 Flood Emergency Response Project, AFGA Mobile Health teams provided health services including post-abortion care, HIV/AIDS, STI treatment including Syndromic treatment, Obstetric services including EmONC, Referral of complicated SRH cases to the nearest health center, treatment of common diseases among women, men, and children, counseling and psychosocial support to flood affected population including women and girls of Baghlan Province.

Through this project, AFGA provided 16,560 health services to 12,826 clients. This three-month project was successfully completed, achieving the targets. The AFGA MHTs services were appreciated by the Baghlan Province's Public Health Directorate and an appreciation letter was issued to the Project Coordinator.

"AFGA helped us a lot. They provided health services to our children, women, and men in critical situations. Before AFGA's arrival, our health problems were not treated here. We had to take our patients to the Baghlan City hospitals and health centers, which was very challenging due to the distance and transportation costs. After AFGA's arrival here, this problem is solved."

**Mohammad Yahya**  
Baghlan e Jadid District Resident



## Response to Flood Affected Population (Ghor)



On 17 and 18 May 2024, heavy rainfall led to flash floods in the Western region of Afghanistan, impacting 10 districts in Ghor Province (Charsada, Dawlatyar, Dolayna, Ferozkoh, Lal Wa Sarjangal, Murghab, Pasaband, Saghar, Shahrak, and Tolak). In these floods, more than 160 people of Ghor Province lost their lives, hundreds of people were injured, 6,000 residential houses were destroyed, 600 animals were killed and 7,000 hectares of land were destroyed.

To reach out to the flood-affected population in Ghor Province, through financial support from IPPF, AFGA deployed two Mobile Health Teams (MHTs) to the area to provide the Minimal Initial Services Package (MISP) to affected people of Ghor Province in Pushta Gao Morek Village of Firozkoh District. The project Mobile Health Teams started their operation in July 2024 in direct coordination with Ghor Province's Health Cluster and Public Health Directorate.

Through this project, AFGA Provided Minimal Initial Services Package (MISP), Reproductive Health, Family Planning, Obstetric, OPD and Psychosocial Counselling services to the flood affected women, men and children of Pushta Gao Mork village of Firozkoh District.

A total of 30,812 health and counseling services were provided to the 12,696 clients. This three-month project was successfully completed, while achieving the targets.

"We appreciate AFGA MHTs services in such a critical condition to the flood-affected people of Ghor Province. The Mobile Health Team service providers treat us in the best possible way and solve ours and our children health problems. They provide us free medicine and take care of our patients."

**Qamargul  
Pushta Gao Mork Village Resident**



## Last Mile Assurance (LMA) Project

During the third quarter of 2024, AFGA 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.

LMA youth volunteers continued their visits to hospitals, clinics at the central and district level, AFGA warehouse, and office (eLMIS Department) based in Kabul province to observe and assess the distribution of medical supplies to Service Delivery Points (SDPs). They monitored the efficiency of distribution, medicines' expiration dates, and items' quality and quantity as well as notifying the discrepancies. Their observations aimed to ensure that essential supplies were reaching the intended beneficiaries effectively and promptly.

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

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.



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 the most and etc.



## The Role of Youth in Family and Community Health



Young People are the future of society. The young generation simply needs to renew, refresh and maintain the current status of society. When the youth learn, study and contribute their ideas and energy to resolve social issues, they become capable leaders and can also make a difference in the lives of others.

In the occasion of International Youth Day, August 12, the Afghan Family Guidance Association through IPPF financial support and Ministry of Public Health technical support, organized an event "The Role of Youth in Family and Community Health". The event was conducted in direct coordination with Ministry of Public Health where over 80 youth participated. The participants were Young People mainly from AFGA Youth Networks, Ministry of Public Health and AFGA representatives.

The representatives from Ministry of Public Health, Youth and AFGA had speeches with specific focus on the role of youth in family and community health. It was added, that without direct contribution of youth in any field we will not achieve our goals. Thus, youths are the backbone of the society. At the end of the event youths work was appreciated and gifts were presented to them.

The Afghan Family Guidance Association always provides opportunities to young people in order to learn, strengthen their capacity, and promote issues related to reproductive health to their peers and community.





## Life Skills Training Conduction



Supported by Core Fund Project, AFGA through the technical support of Youth and Adolescents Department of Ministry of Public Health conducted a series of three-day training programs on healthy lifestyle, mental health, healthy Nutrition, drug use prevention and reporting mechanisms for 432 youth including 229 male and 178 female volunteers in Kabul, during the third quarter of 2024.

The three-day training program was conducted in 16 batches. All the trainees were happy and satisfied with the quality of trainings AFGA provided during the training and promised to share their learnings with their peers.

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 future.

"The training was a great opportunity to learn about different important topics. We promise to implement the learnings with our peers and community. Thanks, AFGA."

**Mariam Razawi**  
Participant



## In School Awareness Sessions



During the third quarter of 2024, AFGA through financial support of IPPF Core Fund Project, conducted a series of In School Awareness Sessions for 2000 male high school students. These sessions were organized in 17 batches for school students of 10th, 11th, and 12th grade classes in Kabul, started from August 25 to September 15, 2024.

The sessions were conducted with the technical support of Youth and Adolescents Department of Ministry of Public Health and in direct coordination with Ministry of Education.

The purpose of organizing these sessions is to raise the knowledge of school students about basic health topics so that they could spread them among their peers, families and community.

The high schools management and authorities of Ministry of Education and Ministry of Public Health appreciated the AFGA efforts in organizing and facilitating such trainings to school students and emphasized on the continuation of these sessions in the future.



## Training of Trainers to Strengthen Supply Chain Management of Reproductive Health Commodities

AFGA, through the financial support of UNFPA conducted a 5-day Training of Trainers to Strengthen Supply Chain Management of Reproductive Health Commodities in Afghanistan during September 1-5, 2024.

A total of 38 people participated in the ToT drawn from 12 organizations including UNFPA, AFGA, AADA, ORCD, CAF, MOVE, AHDS, AYSO, AKHS, HAS, MSI and RHCS Committee members in Afghanistan. UNFPA Country Office had the highest number of participants 10 people followed by AFGA with 7 people. The remaining organizations had 3 or 2 people participated in the training.

The training aimed to improve participants' knowledge of health commodities supply chain management, and in particular, the quantification process (forecasting and supply planning), build the capacity of participants to contribute to the strengthening of national government supply chain systems by providing their counterparts with the skills to produce more accurate and coordinated supply plans, understand the Last Mile Assurance (LMA) process in general, with a focus on the Quarterly Stock Review (QSR) as a key component of planning and forecasting tools and implement inventory and warehouse management practices that mitigate stock out, overstock, expiry and other challenges.

The training participants appreciated AFGA and UNFPA's efforts in organizing this training and emphasized on the continuation of such trainings.



## Emergency Response to the Flood-Affected Woman

Nasima is a 46-year-old woman with three sons and five daughters living in the Baghlan-e-Jadid district of Baghlan, Afghanistan. Her husband owned a vegetable shop in a market near their village. They were living normal lives. Her children were going to school, and she was busy 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. Everything was disappeared in a minute.

She was brought to the AFGA Mobile Health Clinic which is being funded through the 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 of her severe stress and frustration.

Nasima was shocked. She was crying and calling her son. The AFGA MHT Psychosocial Counselor talked with her and kept her calm. The counselor tried a lot to interact with her and 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 disappeared. I screamed and started searching for him. When the flow of the flood stopped, our neighbor said that your son had been found in Tajikha village, but he is no longer alive."

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



The AFGA MHT Psychosocial Counselor asked her husband to regularly bring his wife for taking advisory and counselling sessions to the mobile health clinic.

At the first and 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 critical situation, but you should think of your other children's 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."

## 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.

In 2024, the Tobak Nawor MHT delivered vital healthcare services, including maternal and child care, psychosocial support, general health services, reproductive health services, health education and awareness, and referral services to over 12,000 clients from 10 surrounding villages with over 5000 population.

"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.



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