Girls in Action
Plan India’s young girls are invincible even during COVID-19 as they fight the odds to help their communities in the lockdown.

Motivated by her will to help the young girls and women in distress due to the lockdown, Yasmine connected them to the women helpline number and counselled the families to take special care of pregnant women and mothers.

Periods don’t stop in pandemic
Covid-19 pandemic has severely impacted the women’s menstrual hygiene priorities. With India under a stringent lockdown since March, menstrual hygiene became a key area of concern amidst many challenges including the supply of sanitary pads. Plan India, on Menstrual Hygiene Day observed on May 28, brought awareness about the access to safe and hygienic menstrual products across all communities in its operation areas. Young girls shared easy ways of making sanitary pads at home to help their peers cope up with the challenging situation and maintaining hygiene with no extra costs. Plan India’s young girl changemaker from Rajasthan Neelam helped girls in her community with menstrual management and hygiene by teaching them to make sanitary pads at home.

Children motivate parents to quit smoking in the lockdown
Turning the lockdown into an opportunity to quit smoking, Plan India’s Youth Health Programme (YHP) members are counseling their parents and siblings for smoking cessation. On World No Tobacco Day on 31st May, around 40 YHP members and people from the communities participated in a digital talk to spread awareness on the ill effects of tobacco, various aspects of its prevention and equipped them with the knowledge of counseling others against the habit. In the online event, one peer educator shared how he helped his elder brother to quit smoking by working with a social worker and creating awareness against the habit. He was trying to counsel his brother for a long time but lockdown became more opportunistic and he finally gathered the courage to quit smoking in around a month.

Going contactless for dry ration and hygiene kit distribution
For Plan India, the safety of the field staff, stakeholders as well as that of the community is a priority. Keeping this in mind Plan India rolled out the contactless distribution of dry ration and hygiene kits across all its operational states. “During the lockdown, we not only received dry ration and hygiene kits from Plan India and its partner organisation but also came to know how to maintain social distancing, use of mask and proper hand washing with soap,” said Nandini Sankhvala, a beneficiary from Orissa. A slew of measures are being followed to ensure contactless delivery at the distribution centres, minimising the risk of infection to a great extent.

Ahana warriors saving lives in the lockdown
Plan India’s flagship project Ahana is working relentlessly to serve as a bridge between People Living with HIV (PLHIV) and the life-saving medicine called Antiretroviral (ARV) to ensure that their treatment is not stopped during the lockdown. The HIV positive pregnant women are required to start these medicines as soon as possible for their own health and to prevent mother-to-child transmission of HIV. “Ahana programme is the only ray of hope for the HIV positive like me,” said a 26 year old HIV positive patient from Bihar after being delivered medicines by the Ahana’s field officer. 379 Ahana Field Officers are active in 357 districts of 14 states with emergency passes issued by the respective state governments to ensure a constant supply of ARV medicines and create awareness about COVID-19 symptoms and management.

Our Partners
To fight COVID-19
Partner with Plan India

Visit: https://www.planindia.org/

Newsletter from Plan India's Communications Team
Click Here for Plan India's COVID-19 related picture

For regular updates, follow Plan India on...