

Project Taruni

Commenced: April 2015

Location: Southern Rajasthan

Implemented by: Action Research & Training for Health (ARTH) Society, Udaipur



OVERVIEW

Economically vulnerable communities in Rajasthan are characterized by poverty, low education, gender inequality and poor health access, which results in challenges to addressing health needs, particularly those related to sexual and reproductive health (SRH). With a large proportion of males migrating to other cities for employment, wives of migrant husbands are left behind, having to run the household while bearing a disproportionate responsibility of child care. For the majority of young persons living in rural areas, contraceptive use and discussions around it are stigmatized, as the ecosystem is just not supportive. While there have been efforts by several organizations and government initiatives, we still need to address the issue of lack of access among poorer young women to information, counselling and services for reproductive health coupled with the inability to take informed decisions. ARTH is implementing an intervention to enable reproductive choice and adoption of contraceptives and other SRH services, on part of young persons.

OBJECTIVES

1. To utilize a positive construct of sexuality to encourage early initiation and consistent use of contraception among young persons
2. To improve access to contraception among marginalized and under-served groups through research, innovation and advocacy
3. To standardize and document the impact of community entrepreneurship models linked to primary care services, for improving access to sexual and reproductive health & rights in low resource settings

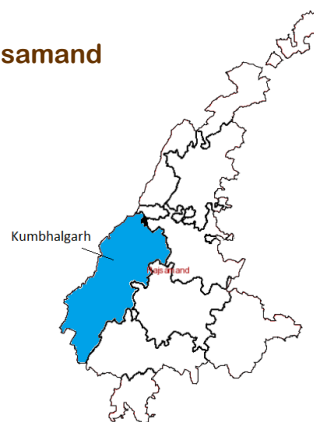
KEY INTERVENTIONS

- Identifying and training young women to become community health entrepreneurs (CHEs) that provide information and commodities in the community. Their training includes induction and refresher sessions on topics including self testing for pregnancy, contraceptive choices, safe abortion, postpartum care, menstrual hygiene and entrepreneurship
- The CHE or Taruni Sakhi extends support and educates the people about sexual and reproductive health through group meetings and by using communication materials. She provides SRH commodities and guidance on use, at nominal cost, and refers or accompanies women to clinics for accessing certain services like IUDs, abortions, deliveries, etc.
- Community mobilizers and supervisors train and support CHEs, monitor their work and generate demand, especially in distant hamlets
- A supply executive delivers commodities to the CHE on the basis of their requests to a call centre
- Trained call operators providing counseling and guidance to women on SRH issues. They also suggest visits to ARTH clinics, or referral to a hospital, in case of clinical need

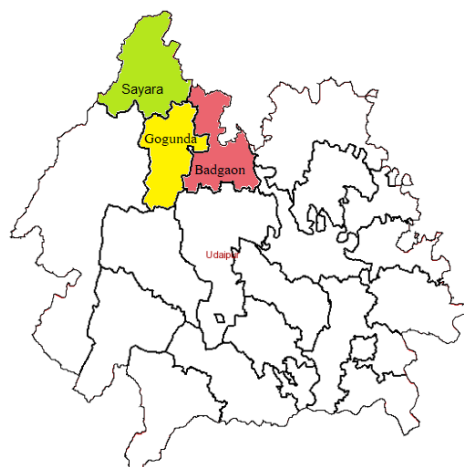
COVERAGE AREA

4 blocks in 2 districts, 550,000 population

District Rajsamand

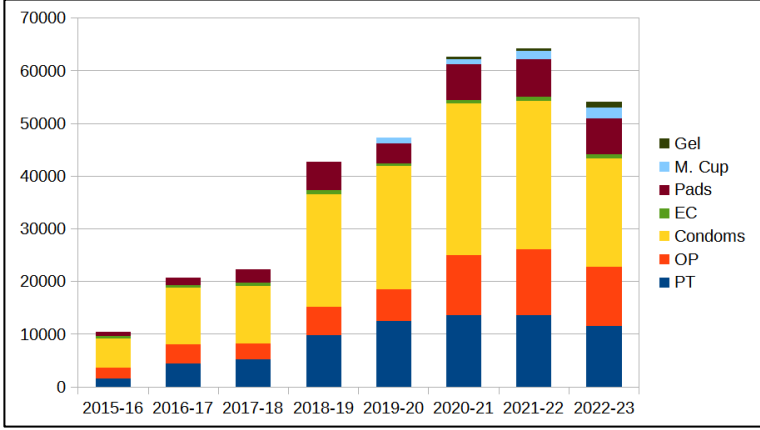


District Udaipur



Project Taruni

RESULTS



A total of 72,197 pregnancy test kits, 55,607 oral contraceptive cycles, 149,502 condom pieces, 5,025 emergency contraceptive pills, 34,444 sanitary pads and 5,695 menstrual cups were provided by CHEs (Taruni Sakhis) to the community, at nominal rates from April 2015 to March 2023. During the same period, clinics provided 12,786 contraceptive injections, 2,521 hormonal IUD insertions, 7,125 safe abortions and 7,152 deliveries.

CURRENT ACTIVITIES



Training of Taruni Sakhis

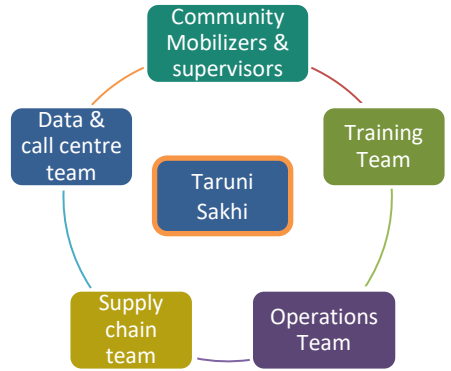


Door step delivery of commodities

Providing information and access to contraception and menstrual hygiene management products at village level



Our Team



About us:

Action Research and Training for Health (ARTH), a not-for-profit public health organization based at Udaipur, has been working with tribal communities in southern Rajasthan since 1997. ARTH's mission is to help communities access and manage health care according to their needs and capacity, by using research and training initiatives. ARTH provides health services through self-operated health centers and a hospital alongside a large community program. Health facilities have resident nurse-midwives and visiting doctors who provide range of RCH and general health services. For details of ARTH and its journey till date, go to www.arth.in

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