

# Building Capacities of Women's Groups on Women's Health

## Village Level Training Modules

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Developed by

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for

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# Gender and Empowerment

## Village Level Training Manual

2 Hours

### Learning Objectives

At the end of the session the participants will learn about:

- the difference between sex and gender
- how women's gender roles and responsibilities affects their health and lives
- how women collectively ( by organizing together) can achieve equality

### Design

Time in Minutes	Topic	Method/Materials
40	Meaning of sex and gender	Sharing of experiences and discussion
50	Gender roles and responsibilities of women and its effect on health in a life cycle approach	Activity 1
30	Importance of organizing women to bring about the desired change	Activity 2

### Material Required:

Activity 1 and 2 given at the back of this chapter

### Note to the trainer

Welcome the group by saying,

"Dear sisters", Even after 50 years of Independence, girls and women in India are considered second class citizens. The birth of a daughter is often not celebrated, she is denied adequate love, care, nutrition and health care. The saying " Butter for boys and buttermilk for girls" is still a reality. Some families go to the extent of killing their daughters even before they are born. The existence of such blatant gender discrimination and injustice within the family not only harms the girls/women but the entire family and the whole community.

Can any farmer be happy if only half his/her crop is healthy? Then how can families and communities be happy if half of their members are unhealthy, unhappy and uneducated? Therefore it is necessary to challenge and change this present state of affairs. In order to do that let us understand why things are the way they are.

- Ask the participants to close their eyes for five minutes and think about, 'When did I realize that I am a Woman? Ask the participants to share their experiences. Do not force anyone if they do not want to share. Cull out the elements from their experiences such as: When I was 10 years old, I came back home in the evening after playing with friends. It was little dark outside, due to the winter season. My father informed me that girls should not remain outside the home after dark. From this experience, you can cull out the elements such as; Restrictions on women's mobility and play. After culling out many such points ask the group whether these rules/regulations/restrictions/ roles/responsibilities for women are natural or society made. Discuss the difference between sex and gender.
- Using Activity 1 discuss the effect of women's gender roles on their health and lives.
- Using Activity 2 discuss with the group that by organizing together collectively how we can change this situation to improve our own lives.

### **Important messages for women**

- ❖ The biological or physical construction is called sex. They are created by nature, and are same in every family, community or country.
- ❖ The social and cultural definitions of men and women are called **gender**. These differences have not been created by nature. Gender differences creates inequalities between girls and boys, women and men. These differences are mainly patriarchal, which means that they are male dominated.
- ❖ The gender inequalities are causes several tensions and conflicts between men and women. Also the different attitudes, behaviours, and roles/responsibilities among men and women which favour to men. This results in multiple burden of work, discrimination, exploitation and violence against women which affects her health adversely.
- ❖ To change this situation women's empowerment is important through this process women gain greater control over own lives. However this change will not come by one/few women but to question these inequalities we should take together take action.

## **Our Role in Creating Gender equality in the society:**

### **As a Family Member:**

- Celebrate daughter's birth with joy and happiness
- Household work and child caring is not only women's work, every capable person should share it
- Include women of the family in the decision making process of the family matters
- Ensure that men of the family do not beat women/girls
- Your daughter has the right to marry whom she wants to marry
- Ensure that no taunts are made at the girls.

### **As Men of the House:**

- Encourage girls/women to learn life useful skills.
- Give care, love and education to girls as much as your son.
- Share the work with women members of the family
- Men and women need each other equally so share household work, child care and decisions of the family members equally

### **As a Women Group Member:**

- If you come to know any girl/women harassed discriminated or violated by the family/community support to women and try to explain to the family and community members the importance of women members in the family.
- Organize regular meeting with women, men and other influential members of the community to discuss the gender aspect.

### **As a Panchayat Member:**

- Indian constitution and law gives equal rights to men and women. Know about these laws and regulations and discuss them with both men and women
- If any woman has committed suicide or has been killed due to dowry demands or any other harassment help the parental family to file the First Information Report ( FIR)
- If any girl is marrying before the age of 18 years in your village. Stop such marriages.
- Create some space for women where they can talk to each other and organize them to take necessary action against discrimination and violence.

## Activity 1:

**Objective:** To sensitize women about the discriminatory gender roles of women

### Method:

Ask the women to discuss the following, in small groups or you can ask them individually.

- Two things which are expected for her by family/society, which she likes to do.
- Two things which are expected by family/society from her which she does not like to do.
- Two things which she wishes to do irrespective of family/society's expectations.
- For the last question they have to discuss what constraints they will face to fulfill their wishes.
- After sharing by each woman or in a group discuss how these expectations of the family society affects her life/health.

## Activity 2:

**Objectives:** To understand the importance of organizing women for empowerment

### Method:

- Ask women to stand in a circle and hold each other's hands.
- Ask one woman to be inside the circle and one to be outside the circle
- Consider the inside participant as a goat and outside one as a tiger
- Ask the tiger to try to catch the goat. Ask the people holding the hands to save the goat by not allowing the tiger to enter the circle.
- When the tiger catches the goat, Two other members of the group are asked to come forward as a tiger and goat.
- In this way, the game can be repeated for 2-3 times.

### Questions to be asked:

#### To the tiger:

- What efforts did he make to catch the goat?
- What was his feeling when he caught the goat?
- What was his feeling when he failed to catch the goat?

**To the goat:**

- What efforts did she make to save herself?
- What was her feeling when tiger caught her?
- What was her feeling when tiger failed to catch her?

**To the women of the circle:**

- What efforts did they make to save the goat?
- If they were not able to save the goat, what were the reasons?
- If they saved the goat, what strategy did they use?

Sum up the discussion by explaining the importance of organizing women. Women are like goats who lack power and strength and tiger is a like man who has power and strength. Relate to the participants standing on the circle as a women's group. You may use ask the following questions to lead the discussion:

- How we can built stronger organization of women, to gain more power and strength and to gain more control over own lives and health?
- What should be the role of each woman to make organizations stronger?
- What activities should be undertaken by this organization to make our lives and health better?

# NUTRITION AND WOMEN'S HEALTH

## Village Level Training Module



2 hours.

### Learning Objectives

At the end of the session the participants will learn about:

- functions of food and importance of different kinds of foods
- how to preserve nutrients and increase the nutritive value of food
- nutritional requirements during pregnancy and lactation
- nutritional anaemia and its prevention

### Design

Time in minutes	Topic	Method/materials
40	Functions of food and importance of balanced diet	Discussion with help of Activity 1
30	Preserving nutrients and increasing nutritive value of foods	Discussion with help of counseling cards 1 and 2
20	Nutritional requirements of women during special conditions	Discussions with the help of counseling card 3
30	Nutritional anaemia and ways to prevent it	Discussion with help of activity 2

### Material required

Photocopy counseling cards 1,2 and 3 and stick them separately on a card board. Drawing sheets given in activity 1 in as many copies as the number of the participants, those too you may photocopy and keep ready before the session. Finally the story given in activity 2 will be necessary to discuss anaemia.

### Note to the trainer

Welcome the group by saying,

*"Dear sisters, food and nutrition are very important to keep us healthy. It is necessary to understand the importance of different foods and its need in our daily diet. Let us understand what and how to eat to keep ourselves healthy and away from nutritional deficiencies."*

- Ask the participants what foods they consume daily and why. Introduce the functions of different foods with help of activity 1. Emphasize the importance of balanced diet for the entire family. Spend some time in discussing how due to social reasons like eating last, leftovers and the least women do not get a balanced diet.
- Discuss with the help of counseling card 1, how to preserve nutrients of our food. Invite participants to share ways to increase nutritional value of food. With help of counseling card 2 share the information.
- With the help of counseling card 3, discuss special food requirements of the women during pregnancy and lactation.
- Discuss nutritional anaemia as a social evil with help of activity 2 and ways of preventing it. Encourage participants to relate it to their personal experiences and plan for future action.

## **Important Messages for the Village Women**

- ❖ Different foods, have different functions in our body, all of them should be consumed.
- ❖ There are ways to preserve nutrients in the food as well as increase nutrition of food without spending extra money, learn to use them.
- ❖ Women need more nutrition during their life cycle, especially during pregnancy and lactation.
- ❖ Nutrition status of women is directly related to their social status, educate the community towards improvement of social status.
- ❖ Eating seasonal and locally available foods are the best.
- ❖ Women need more iron, calcium and protein rich foods during menstruation, pregnancy and lactation. Always eat supplementary nutrition available from anganwadi along with regular food at home during pregnancy and lactation.
- ❖ During illness eat little food in more frequently

## **Our Role in Providing Balanced Diet to Women**

### **As a Family Member**

- ◆ Do not discriminate in distribution of food between your son and daughter
- ◆ Daughters are equally important. Do not wean her away from the breast early.
- ◆ Distribute household responsibility among all the family members
- ◆ All family members need to eat together this will ensure equal distribution of food.
- ◆ Provide more food during pregnancy and lactation.

### **As Men in the Family**

- ♦ Eat together with your wife and ensure that she is also eating adequate amount of food.
- ♦ Ensure that your daughter and son are served equal amounts of food especially milk, fruits and other nutritious food.
- ♦ Share the household work responsibilities with women members of the family.
- ♦ Pay special attention during special conditions such as pregnancy, lactation when the requirement of food is more for women.
- ♦ Buy and consume green leafy vegetables and seasonal fruits.
- ♦ Develop a kitchen garden.

### **As a Member of Women's Group**

- ♦ In co-ordination with the ANM or Anganwadi worker, organise awareness generation campaigns the need for balanced diet for women at different stages of her life span on.
- ♦ Try to plant a community kitchen garden on the wasteland of the village. This you can do in co-operation with the village Panchayat
- ♦ You can start some income generation activities with the help of local NGOs or through DWACRA/IRDIP programme.
- ♦ Ensure that the Public Distribution System (PDS) shop (ration shop) in your village runs properly. If you come to know about any problem, complain to the Panchayat. Through the panchayat and respective governments departments you can also take legal action.
- ♦ Encourage eligible pregnant women and lactating mothers and children to take advantage of supplementary feeding under Integrated Child Development Scheme (ICDS).

### **As a Panchayat Member**

- ♦ Monitor proper functioning of Public Distribution System (PDS) shop.
- ♦ Ensure regular visit of the ANM in the village.
- ♦ Organise village meetings and education camps on the subject related to food and nutrition.
- ♦ Encourage people to maintain a kitchen garden, arrange to get seeds from concerned government department.
- ♦ Allot land for village vegetable garden.
- ♦ Encourage equal treatment and food distribution in your own and in homes of others.

## **Activity 1 Food and its Functions**

### **Objective**

To help participants learn different functions of food and importance of each food.

### **Material required**

You will require copies of the drawing sheet given below in as multiple copies as many as the participants, along with colour pastels. You may photocopy the sheet.

### **Method**

- Distribute the sheet to each participant and place the colours in between.
- Ask participants to colour the drawings on the sheet.
- Discuss each function and foods given with each.
- Discuss how can we make our daily diet more balanced and nutritious.

## Fill colours in the illustrations

<p><b>Energy giving</b> All cereals and tubers, sugar, jaggery, oil and clarified butter (ghee)</p>	<p><b>Growth and development</b> Milk and milk products like yogurt and butter milk, pulses, ground nuts, meat, fish and poultry</p>
<p><b>Protection from illness</b> All vegetables, fruits, milk and milk products, meat, fish, poultry, and germinated cereals and pulses</p>	<p><b>Keeping blood healthy</b> Green leafy vegetables, jaggery consumed along with sour fruits and germinated pulses</p>
<p><b>Keeping eyes healthy</b> Milk and milk products, yellow and orange fruits and vegetables, green leafy vegetables, egg and liver</p>	

## Counseling Card 1

### How to increase the nutritive value of food

#### Prepare foods by mixing cereals and pulses in preparations

1. Mix Moong dal (green gram), channa dal (chick peas), udad dal (black gram) in equal proportion and cook, you may also add green leafy vegetable to it.
2. Mix wheat, chana and bajara flours in equal proportion and make chapatis (wheat bread).

#### Germinate pulses

1. Soak moong, chana and any other available whole pulses and legumes together in equal proportions for 4 hours in water. Tie them in a wet muslin cloth. Let it remain for 12 hours. The germ will come out. Cook them and eat with rice or chapati.

#### Ferment a mixture of cereals and pulses and make local fermented items.

2. Recipe for Dhokla: Mix rice and udad (split black grams) in 2/3 and 1/3 proportions. Soak them in water for 6 hours. Grind them and let it remain for 12 hours. The mixture will get fermented. Add salt and spread it on a thali (metal plate). Steam cook.

Note: As per region give a fermented recipe. Dhokala is fermented snack very popular in Gujarat, in South India it is Idli.

## Counseling Card 2

### How to preserve nutrients?

1. Those vegetables which can be eaten raw are best eaten raw after thorough washing.
2. Wash fruits and vegetable before cutting them.
3. Do not remove a thick peel from fruits and vegetables.
4. Cover the vessel and cook on slow fire. Do not over cook.
5. Do not heat food repeatedly.
6. Do not add baking soda to food.
7. Keep cooked food covered.
8. Do not drain extra water from rice, either keep exact proportion or use the rice water in preparation of other vegetable or dal.

### Counseling Card 3

#### Nutritional Requirements of Women during Pregnancy and Lactation

Type of Food	Quantity per day	
	During pregnancy	During lactation
Cereals	35 grams	60 grams
Pulses	15 grams	30 grams
Milk	100 grams	100 grams
Fat	--	10 grams
Sugar	40 grams	10 grams

On an average, eat more quantity of food, whatever you eat.  
Include a variety of foods in your daily diet as much as possible.

## Activity 2 Kanta's Story - Anaemia a Social Illness

### Objective

To sensitize the participants about the social causes of nutritional anaemia among women and how to prevent it.

### Material required

You will need a copy of this story. You may also write it down on a flip chart in big letters for the few literate participants.

### Method

- Read out the story to the participants.
- Ask them if the story sounds familiar. Discuss the symptoms and causes of nutritional anaemia, emphasizing on the social aspects.
- Discuss prevention of nutritional anaemia.
- Encourage women to make plans action to prevent anaemia at home and in the communities among women and girls.

### Kanta's story

This is Kanta. She gets up early in the morning and starts doing household work, like cleaning the house, milching cows, making tea for the family members etc. She gets tired. She sits down on a floor. Shanta, Kanta's mother-in-law: "Shanta, You get tired easily. What is the matter?" Kanta: "I feel very tired." Shanta: "Even I find it difficult to work now a days."

Kanta talks about it to her husband. He does not pay attention. He says, "This is problem of women, what can I do?" Kanta's friend Radha comes to go to the field for work.

Radha: "What is matter Kanta? You look very tired." Radha looks at Kanta and says, "Your eyes and face are pale, you have become very weak. Let us go to health worker".

Jamana the health worker looks at Kanta and says, "You have become pale. You are anaemic. What do you eat?" Kanta: "I eat whatever left after feeding everyone". Jamana: "Do you cook green vegetables?" Kanta: "I have too much work in the house. I do not get time to clean the leafy vegetables." Jamna: "This is the reason for your weakness. Doing too much work and eating whatever is left over." Jamna: "Milk, pulses, green vegetables and jaggery keep the blood red. You are not eating all this. Eat amala, guava and lemon also. I will come to your and talk to your husband and mother-in-law".

Jamana discusses about the treatment and prevention of anaemia with Kanta's husband. She gives iron tablets to Kanta and Shanta. She asks Kanta's husband to help her in household work, and all the members to eat together.

Kanta and Shanta have also started taking iron tablets. All the family members eat together now, this way everyone sees to it that Kanta and Shanta also gets vegetables. Kanta's husband and children helps in cleaning the vegetables. Jamana the health worker along with Anganwadi worker, Kanta, Shanta and Radha organise a village meeting to discuss about anaemia with women, men and children.

Every one participates in the meeting enthusiastically. Men also attend and were very happy to get new information on foods and nutrition needs of children, women, men, and old people. They wanted to be active partners in the Nutrition Campaign.

Together they decide to grow a community kitchen garden on the village land in co-operation with the Panchayat. Most of them also started the process of planning a kitchen garden of their own to improve food production. The women decided to ensure that the shop of Public Distribution System runs regularly and gives appropriate rations to all.

## 3 WOMEN'S WORK AND HEALTH

### Village Level Training Module



2 hours.

### Learning Objectives

At the end of the session the participants will learn about:

- relation between women's work and health
- various occupations leading to health problems
- some useful exercises and herbal remedies to address the health problems

### Design

Time in minutes	Topic	Method/materials
30	Relation between work and women's health	Discussion with help of stories 1 and 2
30	Health problems related to work	Discussion with the help of illustrations 1 to 4
30	Some exercises to overcome health problems due to work	Discussion with help of chart on exercises
30	Some herbal remedies to health problems	Discussion with help of charts on herbal remedies

### Material required

Copy of the stories given behind. Copy the illustrations and charts given here and stick them on a card board.

### Note to the trainer

Welcome the group by saying,

*"Dear sisters, as we know women's work never ends. We work the whole day and often our health gets affected because of that. Today we will learn how some kind of work can lead to some special health problems and some of the ways to overcome it."*

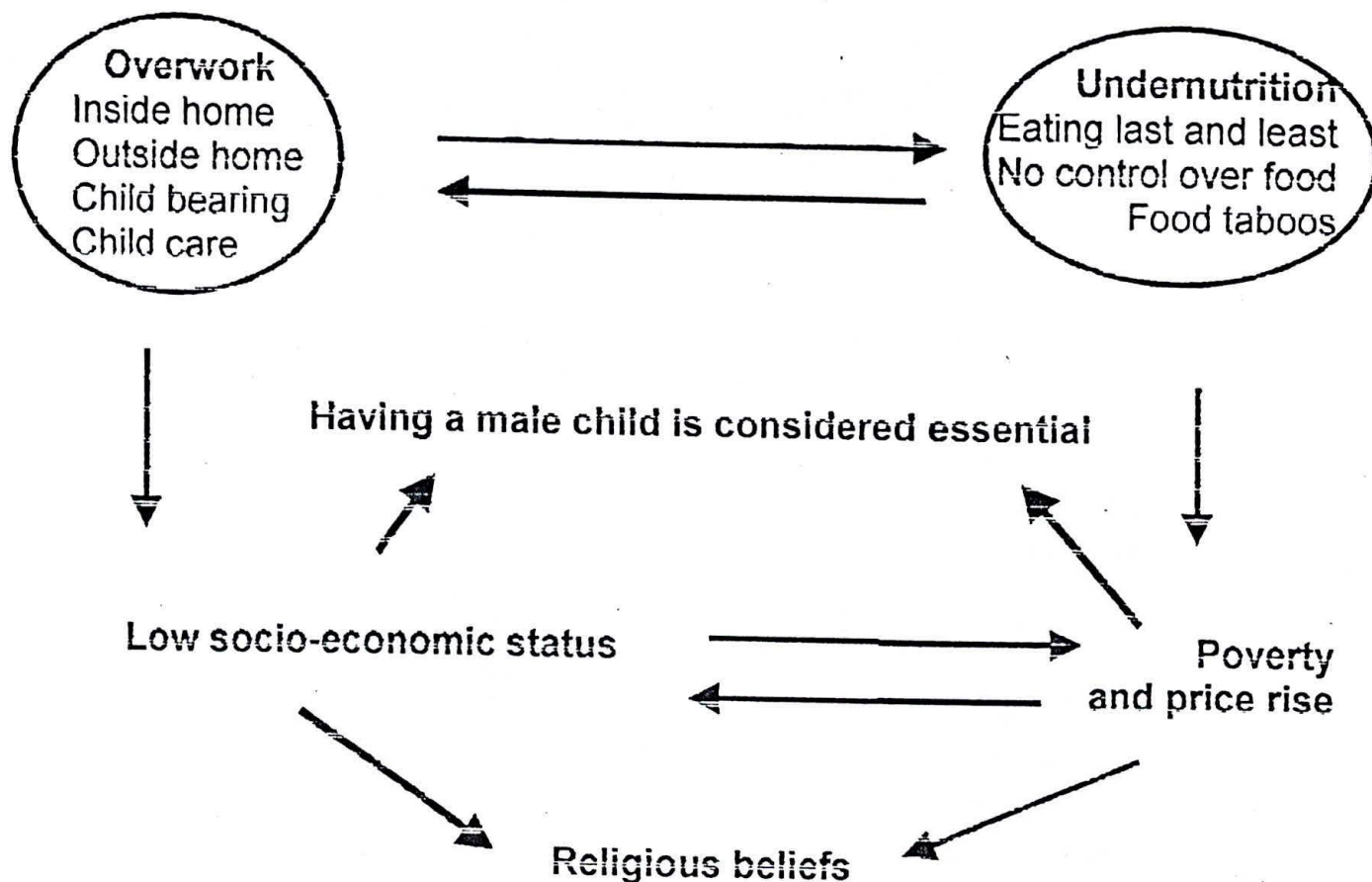
- Ask the participants to list down the number of tasks they do daily. Ask them about the repetitive work that they have to do and if that leads to any special aches or pains. Note down the responses. With help of stories 1 and 2 introduce the effect of

- work on women's health. Discuss specific problems with help of illustrations 1 to 4. Encourage sharing of experiences related to problems.
- With help of charts, inform them about useful exercises. If possible demonstrate some of the exercises. Invite participants to join you. Ask information about local exercises if any.
  - Discuss some of the herbal remedies given in charts on remedies. Invite sharing of local practices and remedies.
  - Finally discuss our responsibility as a member of different groups in improving health of women workers.

## Important Messages for the Village Women

- ❖ Women suffer from special health problems due to working conditions. Adopt correct postures while working.
- ❖ Along with health problems there is a fear of getting sexually exploited specially for women and girls at work. Safeguard yourself.
- ❖ Exercise regularly.

## Linkages Between Work and Health



## **Our role in improving the health of women workers**

### **As a Family Member**

- Some of the health complaints about your family member could be work related. Which may be household work or work outside home. Learn about the effects of work on health. Consult a doctor and inform her/ him of the occupation before the illness becomes serious.
- Learn about the rules of the workplace. Unite to demand basic facilities like safety equipment, equal working hours and wages, crèche services.
- Encourage women to talk about sexual exploitation at the work place. Solicit support from women's group and Sarpanch.

### **As Men of the House**

- Women are overburdened with work. Share household work with her.
- Do not ignore the health complaints of the woman or girls, encourage them to share them and accompany them for treatment.

### **As a Women's Groups Member**

- Discuss the health problems of your group members and try to link your work and health.
- Try to address work related issues of your group members.
- Try to improve technical skills of your group members. You can contact local NGOs or Govt. programs to train your members in different training courses.
- Act as a pressure group to demand better facilities and wages for the group members.

### **As a Panchayat Member**

- Ensure that work places in your villages are women friendly. Adopt adequate safety measures and provide opportunities for development.
- Ensure that working places and agencies provide equal wages and have equal working hours for men and women workers.
- Adopt strict measures against women worker's exploitation.

## Story 1 Life of Salma

	<p>Salma is 15 years old. She lived in Kolipada village. She was one among the four children born to Sabina and Yusuf.</p>
	<p>When Salma turned 17, her parents married her to Mohammed who worked in Mumbai. They lived in a small hutment. Salma joined Mohammed at work on this site, where he worked to construct a 12 storied building. She used to lift bricks, concrete, wood, iron and other materials required on different floors.</p>
	<p>Within six months, she was pregnant but had a miscarriage during the third month. She conceived again but she had shivering and high fever during the second month and had a miscarriage again.</p>

	Salma is pregnant again. This time, she was very careful. When she was seven months pregnant, her foot slipped while she was carrying bricks on the sixth floor.
	She broke her hand and had a premature labour. Salma was too weak to continue working. Mohammed could not earn enough to buy medicines as well as food.

**After narrating this story ask the following question**

What was the reason of Salma's ill health?

What will be the end of the story? Why?

Does any one from us have a similar story? (encourage women to share their experiences and motivate them to think about the reasons for their health concern)

What need to be done to improve women's health.

## Story 2 Story of Boriavi Village

	<p>Boriavi is a small village. People in this village are aware and active.</p>
	<p>Village women have formed Vikas Mahila Mandal, which looks after various issues of the community. Mangy is the leader of this group.</p>
	<p>Most women in this group were involved in collecting tendu leaves used for rolling beedies.</p>

	<p>One day when they had their monthly meeting, Champa, one of their members appeared extremely disturbed. Noticing this, other members tried to include her in the discussion, but she appeared very upset. After some time, she shared her worries. "I work hard to collect the leaves. I spend my entire day and yet the thekedar (contractor) gives me only 5 rupees for a kilogram of leaves. This is too little to meet my expenses. My mother is ill and I have to take her to the hospital every week and buy her medicines. Today he asked me to come to his home and collect my money. I am angry."</p>
	<p>"Yes, I also feel that the money is too little compared to the work I do and he misbehaves" said Rukhsana. "Yes we also feel the same way" other members also expressed anguish.</p>

	<p>Mangy realized that the entire group felt the need to improve the situation. She said, " We all feel the same way. What do you think can we do?" "Let us stop collecting leaves. The thekedar will learn a lesson " said Dhapubai. "No. My husband is a good friend of the Hawaldar. Let us ask him to thrash the thekedar," said Sunita. Rama said "But we are poor we need the money. If we do such things, the thekedar will stop taking leaves from us and we will loose in the long run."</p>
	<p>Tracy said, "the thekedar is very powerful. He has lots of strong men, how will we face him." After listening to all this, Laxmi a member of Panchayat, suggested "why don't we talk to the thekedar directly and place our demands as a group. If we are together, he will listen. I will represent our village Panchayat. If he does not listen I will try to solve the problem through Panchayat." The members found this meaning full and listed their demands.</p>
	<p>Mangy prepared a memorandum based on this collective demand.</p>

	<p>They met the thekedar and after much arguments, pursuing and negotiations, he agreed to his mistake and vowed not to misbehave with any women. He also fixed the price for the leaves at Rs.15 per kilogram. They also were able to convince the thekedar for a joint insurance scheme to meet the health needs of women collectors. The women were happy.</p>
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### Ask the following questions

What were the problems?

What are different ways in which they tried to solve their problem?

Why did they decide to talk about their demand to the thekedar?

What would you do in such a situation? Why?

## Chart 1

### Some Useful Exercises

#### To strengthen the respiratory system

- Pranayam is an excellent breathing exercise. Breathe out. Hold your breath till as much time as you can. Slowly breathe in deeply. Hold your breath for as much as you can and breathe out. Do this for at least three times in the morning or at bedtime.
- Lie on your back, fold your knees on your chest. Hold in this position for 10-15 seconds as you breathe deeply. Breathe out and gently rock your body, while bringing your knees even closer to your chest. Repeat two or three times.
- Lie on your back with your arms straight out from your sides. Bend your knees and then move them slowly to one side. At the same time, turn your head to the opposite side, trying to keep your shoulders flat on the ground. Stay in this position as you breathe in and out a few more times. Then raise your knees to the centre and slowly bring them over to the other side. Turn your head the other way. Repeat this exercise 2 times on both sides or until you feel release in your lower back.
- Lie on your back with your knees bent. Flatten your lower back on to the floor. Slowly tighten your lower abdominal and buttock muscles and holds as you count to 3. Keep breathing as you hold and relax. Repeat two or three times.

#### When your work involves standing or sitting for long hours, do each of these exercises when you feel stiff or have pain and aches

**Head:** Roll your head in clock-wise and then anti clockwise direction

**Shoulders:** Move them up and roll them in circular motions and pull your shoulder blades together behind your back.

**Waist and upper body:** With your straight back, turn from the hip to face the side.

#### For stress and emotional problems

- Meditate for about 10 minutes in the morning or at bedtime.
- You may want to sit in front of an idol and chant some mantras using tulsi beads.
- You may want to worship and pray.
- Or simply sit with folded legs, close your eyes and concentrate on your breathing. With gradual practice, you will learn to put your thoughts and emotions away and reach a thought free state.
- Shavasan –lying like a corpse- is an excellent yoga asana to relax your whole body. Sleep on your back with hands close to your sides and palms facing upwards. Close your eyes and relax. Take deep breaths and concentrate on breathing. You may like to do this just before falling asleep.

## Chart 2

### A few herbal remedies

#### For nausea and vomiting

- Take a peacock feather. Separate the central blue colored semicircular part. Burn it in a copper vessel. Take the ash with honey or water.
- Soak a teaspoonful of foeniculum (variali, saunf) in a clay vessel, through the night. In the morning, mash the soaked foeniculum, add sugar candy as per taste and drink it on empty stomach. Can be prepared immediately using powdered foeniculum.
- Drink plenty of fresh buttermilk, lemon sherbet, and curds and coconut water.

#### For a sunstroke

- Wrap a white cotton cloth over your head and wear shoes/slippers while working in the sun.
- Take frequent breaks and sit under the shade.
- Wear cotton clothes that fully cover your body.
- Drink at least 10-12 glasses of water and also other fluids like lemon water, buttermilk etc.
- Include onions in your meals.
- Drink 1/4<sup>th</sup> cup of onion juice before getting out in the sun.
- Boil one unripe mango and squeeze its pulp. Mask it and mix it in 2 glasses of water. Add roasted jeera powder, salt, jaggery/sugar and mint leaves according to taste. Drink it several times during the day.

#### For skin infection and allergies

- Wash the affected part with plenty of water. Do not use soap.
- Boil Margosa (Neem) leaves in water till the water turns yellowish green (Water and neem leaves taken according to the need). Use this water for bathing and washing the affected part.
- Rub the inner bark of neem trunk and prepare a paste. Apply paste on affected part.
- If it itches, apply coconut oil.

## For respiratory/breathing problems

- Eat ½ tsp. of gooseberry (amla) powder with honey or water. Eat them in plenty when there is season.
- For cough and difficult breathing, take a plant of Kanteri (Bhoir ringni). Chop it in to pieces, and boil it in water till ½ quantity remains. Drink this in the morning on empty stomach.
- If there is a lot of phlegm, boil 3-4 leaves of Arduisi (malabar nut) in a cup of water, till only half the quantity remains. Drink this on empty stomach, in the morning and at night.

## For aches and pains

- ➤ Boil leaves of nagod (Vitex negundo). Take its steam or wash the parts with its water.
- Heat leaves of castor on hot plate and tie it on the affected part.
- A massage using oil heated with garlic and ajwain will also help soothe you.

# Violence and Women's Health

## Village Level Training Module



2 hours and 30 minutes.

### Learning Objectives

At the end of the session the participants will learn about

- gender violence faced by women
- types of violence
- linkages between violence and health

### Design

Time in minutes	Topic	Training method
60	Understanding types of violence on women in the life cycle and gender violence	Discussions with the help of Activity 1
30	Places where violence takes place	Discussions with the help of Activity 2
60	Linkages between violence and health	Discussion

### Material Required

Flip charts, markers or black board and chalk. Small pieces of papers for activity 1.

### Note for the Trainer

Welcome the participants. You may start the session by saying,

*"Dear friends, today we are going to discuss the topic of violence. There are violence of various types on women, at home and outside. It is a very important topic for all of us to understand. Let us discuss this topic in detail."*

Some of the participants might themselves be victims of violence, be prepared to handle their emotions

- Ask the participants to share their ideas about violence on women. Note if any body mentions violence beyond physical violence. Introduce Activity 1. At the end of the exercise lead the discussion towards types of violence on women in life cycle and gender violence.
- Introduce activity 2 . This exercise will help you to discuss scarcity of safe places for women. Ask the participants to list different places where violence takes place. Also encourage them to list down the persons.
- Now you can lead the discussion towards effect of violence on women's health in special condition like, pregnancy, childbirth etc.
- Discuss what is the role of different individuals in the society to prevent violence against women. Encourage participants to decide on some resolutions at the end of the session.

## Important Messages for the Village Women

- ❖ Violence against women can be more than just physical. Taunts, denial of opportunities, verbal abuse, stopping communication, not giving money to her, etc. are also various forms of violence. Realise them and stop them.
- ❖ Violence against any woman is as bad, as violence against womankind, speak up if any woman is made a victim of violence, be it on self or others.
- ❖ Speak up against violence within home and outside. Do not keep quiet due to social pressure.
- ❖ Violence against women is a social concern, it is not merely a domestic affair. Raise your voice against it .
- ❖ Women have a low status in the society. More often than not, they are used by men to ventilate their frustrations and exert power. It is not her **fault** or **destiny** to suffer from violence.
- ❖ Women may face violence in various forms through out her life cycle:
  1. **Prenatal:** Sex-selective abortion (aborting a fetus if they come to know that the infant is a girl), battering (beating and improper treatment) during pregnancy (emotional and physical effects on the woman; effects on birth outcome); coerced (forced) pregnancy (for example, mass or gang rape).
  2. **Infancy:** Female infanticide (killing of girls under one year of age); emotional and physical abuse (discriminatory treatment); differential access to food and medical care for girl infants.
  3. **Childhood:** child marriage; genital mutilation (cutting the genitals); sexual abuse (improper treatment) by family members and strangers; differential access to food and medical care; involving children in sex work.
  4. **Adolescence:** Sexual abuse (discriminatory treatment) at home and in the workplace; eve-teasing (making fun of), molestation (giving trouble), rape, sexual harassment (bother sexually); forced sex work; trafficking (illegal trade) in women.

5. **Adult women:** Adult women face domestic violence the most. The most common form of violence against women within their families are—men may kick, bite, slap, they may burn them or throw acid in their faces; they may beat or rape them, with body parts or sharp objects; they may insert various objects in their genitals, and they may use deadly weapons to stab or shoot them.
6. **Reproductive Age:** Marital rape (husband forcing sex on wife); dowry abuse (treating a woman badly for dowry) and murders; partner homicide (when a partner kills another partner); psychological abuse (mental harassment and torture); sexual abuse in the workplace; sexual harassment; rape; abuse of women with disabilities.
7. **Old Age:** Abuse of widows and elder women.

❖ There are many different ways that a man tries to gain power over a woman. Physical violence is one of them. But all types of violence can hurt a woman.

1. **Emotional Abuse:** The man insults the woman, puts her down, or makes her think she is going crazy.
2. **Controlling Money:** The man tries to keep the woman from getting a job or earning her own money. He makes her ask him for any money that she needs. Or the man says that the abuse did not really happen, that it was not serious, or that it was the woman's fault. He may force her to work and then take the money she earns.
3. **Blaming her:** The man passes on the blame of anything bad that happens to him or the family, on the woman.
4. **Controlling mobility:** The man controls everything the woman does—who she meets and talks to and where she goes.
5. **Making threats:** The man uses a look, action tone of voice, or makes threats that make the woman feel afraid that he will hurt her.

One out of five women, worldwide, is a victim of rape. Most of them know their attackers. Young girls are the most frequent targets. Forty to sixty percent of all known sexual assaults are committed against girls of age 15 years and younger

❖ Where and by Whom violence take place

Where violence takes place	By whom	Types of violence
Home	Husband, Father, Brother, Other relatives uncle, brother-in-law etc.	<ul style="list-style-type: none"> <li>➤ Mental torture, wife beating, rape, bride burning, Compulsion for sex- work to earn money for the family.</li> <li>➤ Women are pressurized to undergo sex determination test, they face discrimination &amp; neglect</li> <li>➤ Eve teasing(making fun), molestation(trouble), rape</li> </ul>
Work Place	Landlord,contractor, supervisor, Male Colleague	Molestation, eve teasing, rape
School/ colleges	Students, Teachers,	Eve teasing, molestation, rape
Hostel	Students, warden	Eve teasing, Molestation, rape
Public places: Bus-stand, railway station, while travelling in this, roadside, Cinema Theatre, in forest/farms.	By any men	Eve Teasing, molestation

**Trust your own feelings. It is better to offend someone if you are wrong than to be raped!**

- ❖ Violence has direct relation with women's physical and mental health. Understand how violence affects women's health in life cycle:

**Pregnancy:** Sometimes women become pregnant to avoid being beaten, even when they know they are too weak. However, violence increases during pregnancy as compared to any other situation. Violence against women during pregnancy causes miscarriages and premature deliveries that severely endanger both the health of the mother and the life of the child. Pregnancy becomes an excuse to control diet and activities of women.

**Unwanted pregnancies** are often the result of violent acts such as rape and incest (sexual relations among close relatives) or by affecting a woman's ability to negotiate contraceptive use. In a study in Mumbai, India, 20% of all pregnancies of adolescent abortion seekers occurred because of forced sex, 10 % from rape by a male domestic servant, 6% from incest, and 4 % from other rapes.

**Childbirth:** Force and pressure are exerted on the woman's abdomen or women are made to travel on a bumpy road to hasten labor. This may result in rupture of the womb and death of woman. Sticks and sharp objects are inserted in the vagina to induce abortion. This may result in rupture of womb or sepsis. At times, their partners abandon women and they face the anxiety and trauma of labor alone.

**Lactation:** The infant can be the victim of direct aggression and result of the frustration faced by the mother for bearing a girl/child as well as through the effect violence has on the production of breast milk.

**Infertility:** Domestic violence is typically seen to increase when a woman is "suspected" of being infertile. This has often led not just to violence, but to desertion.

**STD including HIV/AIDS:** As with unwanted pregnancy, women are more vulnerable to contract sexually transmitted diseases (STDs) because they are unable to negotiate protection. Women with STDs have higher risk of complications during pregnancy, including sepsis, spontaneous abortion and premature birth. Some STDs increase a woman's vulnerability to the HIV virus, as well. Violent sexual assault may also increase risk because resulting tears to delicate vaginal tissue allow the virus easier entry into the bloodstream. With HIV/AIDS, the consequences are usually fatal for the woman and possibly for her children as well.

**Homicide:** Numerous studies report that husband, in-laws, brother-in-law etc kill most women who die of homicide. Dowry is very common in our country. This custom can be fatal for the woman whose parents are unable to meet demands for gifts or money. Violence that begins with threats may end in forced "suicide", death from injuries, or homicide.

**Mental Health:** This is a key intersection between violence and health, i.e. violence is seen to not just affect women's health, but more specifically affect mental health. The most important issue in the relationship between violence and mental health are depression and low self-esteem. Depression is most, but the effects can include reduction of strength, lack of energy, insomnia and tiredness.

**Serious pain and injuries:** Broken bones, burns, black eyes, cuts, bruises, as well as headaches, belly pain, and muscle pain that may continue for many years after the abuse has taken place.

## **Our role in Creating Social Awareness about Violence against Women**

### **As a Member of Family**

- If a man is committing a crime by violating the woman's right to live free from physical harm, or by killing her. Challenge and stop his actions.
- Respect every family member and provide equal opportunity of growth to all.
- If a woman or girl feels uncomfortable about meeting any relative, do not insist on meeting him. Always accompany the woman or girl when the meeting is unavoidable.
- When female members of family complain against any male relative or unknown person, listen to her and act. Do not blame her or her actions for the violence towards her.
- If any woman or girl becomes victim of rape or other violence provide support to her and reassure her that it was not her fault.

### **As Men of the House**

- Do not physically or mentally abuse your mother, wife, daughter or daughter-in-law.
- Respect women's opinion and ensure equal opportunity for all family members.
- Support the woman if she thinks she doesn't like some male relative.
- Take good care of woman who might have suffered violence and reassure her.
- Keep away from vices like alcohol, gambling, tobacco, etc.
- Educate friends and society to stop violence towards women.

- Encourage open and honest dialogue with each other about what each expect from a sexual relationship.

### **As a Women's Group Member**

- Educate the community about violence towards women and take action to stop it.
- Ensure no woman suffers from wife-beating in your village.
- Arrange for counseling center or temporary stay homes for women who are victims of rape or violence.
- Provide legal education to women and men against violence.
- Provide gender sensitization training to various groups in village.
- Encourage women to speak up against violence and trust her.

### **As a Panchayat Member**

- Respect all members of Panchayat equally, be it men or women.
- Stop domestic violence in the village.
- Arrange legal advise programmes for the village community.
- Educate men to keep away from vices like gambling and alcohol.
- Encourage women and community to speak up against violence and trust her.

<p><b>Tolerating injustice, is as bad, as doing it. Speak up against</b></p>
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## Activity 1-Life Line

### Objective

To sensitize the participants about gender violence faced by women. To review the visible and invisible instances of violence women that face.

### Material Required

Small pieces of papers. Flip charts and sketch pens

### Method

- Ask the participants to think for five minutes and then let them list down different types of violence that they are aware of. They may list down different types of domestic violence and sexual violence. Few example of gender violence may also come out.
- Now ask the participants to remember their life experiences and ask them to list down the experiences of violence during their following ages.

5-10 years

10-20 years

20-25 years

25 and above

- Take four flip charts. Write one age group on one flip chart. Display the four flip charts on the floor or on a wall in a sequence.
- Ask the participants to display their experiences on the flip chart age wise. Do not force the participants to write their names on the paper. If they want, they may do so.
- Once they complete the task, ask them to read.
- Try to generate discussion from the data collected. Try to link the kinds of similar experience the group member has.
- Lead the discussion towards type of violence on women in life cycle. Also focus on gender violence which is most widespread violence.
- Add if necessary, encourage participants to share personal experiences.

## **Activity 2- My Safe Space**

### **Objective**

To sensitize the participants about the scarcity of safe space for women.

### **Material**

Flip charts and sketch Pens

### **Method**

- Encourage each participant to create her safe spaces on chart paper. Each individual will define (if they are illiterate they can speak when they present) safe space, draw an image of it.
- Ask the participants to share these safe spaces with the larger group.
- This exercise is part of internalization process. The participants will examine safety in their context and identify areas in their lives where they do not feel safe.
- Encourage the participants to share their experiences, which will help the group to realizing the scarcity of safe spaces in women's lives.

# 5 WOMEN'S MENTAL HEALTH

## Village Level Training Module



2 hours.

### Learning Objectives

At the end of the session the participants will learn about:

- importance of mental health for women
- some ways to cope with mental stress

### Design

Time in minutes	Topic	Method/materials
60	Importance of mental health for the overall wellbeing of women and ways to cope with mental stress	Discussion with help of activity 1
60	How to relax and be free from stress	Activity 2

### Material required

Story given in activity 1. You may also copy the story on a big flip chart in big letters.

## Note to the trainer

Welcome the group by saying,

*"Dear sisters, all of us go through mental stress and tension. Some of us can cope with it better than others. But it is very important to support each other during stress. Let us understand what stress does to us and how we can cope with it."*

- Ask the participants what happens when they feel stressed and depressed. Whom do they go to when they feel the need to talk to someone? How do they cope with stress at home and the burden of work?
- Emphasize the importance of mental health and well being for women. Narrate the story given in activity 1 with help of flip charts. Encourage women to get engaged in sharing personal experiences and discuss need to form self-help groups.
- In the end, discuss our role as representatives of different groups in village to maintain and promote the mental well being of women and community at large.

## Important Messages for the Village Women

- ❖ Mental well being is as, if not more, important as physical well being.
- ❖ Continuous nagging or complaining against one person can lead to low self esteem, which is harmful for mental health.
- ❖ Share household work among each capable member of the family.
- ❖ Give privacy to husband and wife and each member of the family to talk freely and communicate with each other.
- ❖ Treat each family member respectfully with love and affection and on an equal basis.
- ❖ Do not engage in tobacco or alcohol use, it can lead to mental disturbances within the family due to loss of money and misbehaviour.

## Our role to improve Communities' Mental Health

### As a Family Member:

- Share household work among each capable member of the family.
- Give privacy to husband and wife and each member's of the family to talk freely and communicate with each other.
- Treat each family member respectfully with love and affection and on an equal basis.
- Provide freedom and enabling environment to each family member to discuss their problems.
- Family decisions should be taken after discussion with concerned family members and with their consent.
- Do not harass or discriminate any family member

- Parents should not impose their views/decisions on daughter, daughter in-law and other members of the family. Each member of the family has a right to take the decisions of her/his own life such as whom to marry, when to marry, education, etc.

### **As Men of the House:**

- You should treat your wife as a respectful human being and share all your economic and other problems with her.
- Do not waste money in alcohol, tobacco and gambling. It is a root cause for breaking the family.
- Spend some time with your wife in talking and sharing your days experiences. Spend time in pleasurable activities together.
- Share household responsibilities. Household work is family's work and not only women's work.
- If you see any signs and symptoms of depression in your wife give her emotional support. In extreme cases, you may have to take her to the psychologist.

### **As a Member of a Women's Group:**

- If there is any woman in the village suffering from mental problem, support her. Women need more love, affection and respect in such a condition.
- Try to listen and respect each other in the group.
- Learn and teach relaxation exercises.
- Organize awareness campaigns in coordination with local NGOs and GOs to improve self-esteem and empower each other.
- Start savings and credit group. Give special sanction to credit for women's own health.
- Organize income generating activities for women.
- See that women take advantage of welfare scheme sanctioned by Government for them.

### **As a Panchayat Member:**

- Organise awareness meetings and camps about mental health.
- Encourage men and elders of the house to take care of daughters-in-law of the house.
- If you come to know of any woman going through mental problem, counsel family members to support and provide her medical help.
- Encourage everyone to behave respectfully with each other, irrespective of caste, creed or sex.
- Get income generation programmes for your village, through which women can come together and talk to each other and share their problems while they also earn.

## Activity 1 Mental Health, a Major Concern of Women

### Objectives

- To sensitize women about the importance of mental health for women and its effect on overall well being.
- To encourage participants to think about ways of coping with stress for their own self.

### Material required

- You will require a copy of the story. You may also write the story in big letters on a flip chart and stick it if there are few literate participants.

### Method

- Read out the story of Radha given below to the group.
- Based on the story ask the group to perform a role-play.
- At the end of the role-play ask the questions given along with the story.

### Radha's Story

This is Radha. She has 3 small children. Her father-in-law is sick. Every day she has to fetch water from a long distance, cook, clean house and clothes. Her husband drinks alcohol and beats her. He spends almost all family income in alcohol so no money is left to eat food. Radha is very unhappy and feels sad/nervous most of the time, she feels like crying, has difficulty in sleeping, has lost interest in life, she always has a headache and digestion problem, lack of energy and concentration. Sometimes she also thinks of suicide to get away from this situation.

Roshan, a close friend of Radha went to meet her. Roshan feels that something is wrong. She asked Radha about it. Radha shared her feelings with her. Roshan took Radha to meet the women's group. Roshan encouraged Radha to share her story. Other women expressed that they also had similar problem. They shared their story. The group felt relaxed by sharing each other's problem and suddenly felt a feeling of solidarity.

Radha started to come to this group regularly. The group met the village health worker and Anganwadi worker. They taught them some exercises for relaxation (yoga). Together the women's group, PHC, ICDS programme, and social welfare department organized awareness campaign for the families and communities to know women's mental health needs. They organized an exhibition also.

The villagers attended the camp. They went through the exhibition. Radha's family members also participated. They understood Radha's situation. Radha's husband took an oath that he will not drink alcohol and not beat his wife. Radha's mother-in-law came forward to support Radha.

Ask the following questions at the end of the role play:

What was the main reason for Radha's mental stress?

What helped Radha to relax and felt free of stress

Do you relate with Radha's story? (Encourage them to share their experiences and how they cope up).

## **Activity 2: Learn to Relax**

### **Objective**

To enable relaxing among people who are suffering from stress.

### **Method**

- In a quiet place where everyone can sit down (preferably lie down), the facilitator asks the group to follow these instructions:
- Close your eyes and imagine a safe, peaceful place where you would like to be. This might be on a mountain, by a lake or ocean, or in a field.
- Keep thinking about this place as you breathe deeply. Let your body relax. You can suggest each organ, starting from your right leg, to relax.
- If it helps, think of a positive thought, such as "I am at peace", "I am safe".
- Keep breathing, focusing either on the safe place or the thought. Do this for about 20 minutes.
- A woman can also practice this exercise at home whenever she has any difficulty in sleeping, or feels tense and afraid. Breathing deeply helps calm nervous feelings.
- If you start to feel uncomfortable or frightened at any time during this relaxation exercise, open your eyes and breathe deeply.

# ACCESS TO HEALTH CARE

## Village Level Training Module

1 hour and 30 minutes.

### Learning Objectives

At the end of the session the participants will learn about:

- reasons for women's poor access to primary health care
- information on health care and other facilities available in the village and nearby

### Design

Time in minutes	Topic	Method and Material
30	Reasons for women's poor access to primary health	Discussion
60	Health services at village level	Discussion and information sharing

### Material Required

Information about various services available from the village to PHC levels. Black board and chalk or marker pens and flip charts.

### Note for the Trainers

You may start the session by saying,

*"Dear friends, many people in the villages die or suffer from illnesses, particularly mothers and children because they do not know whom to contact or where to go for help in emergencies. Besides, particularly women do not have access due to her multiple roles and her household responsibilities and her secondary status in the family and society. So today we will discuss how we can improve the access to health care services."*

- Ask the participants when any body is ill in the family where they do go? List down their answers and then classify them into private, public (government services) and Witch doctors or other services including home remedies.

- Ask the participants why community especially women do not have access to health services properly, discuss the problem at the health services level and socio-cultural/family level. Encourage sharing of personal experiences.
- Ask them who are the health workers who work in the village. List them on the board. Do they know where health workers live? Find out whether they know of any other person who gives health care and where to contact them. Show them the map of the area and show various health facilities and workers are located.
- Ask them whether they know what services are available in different facilities. Ask them, who they will go for help for different facilities and whom to contact for preventive services and for different problems. Also tell them about the drug distribution centres and fever treatment depots where essential medicines for malaria are available.
- Encourage people to take active role in increasing access to health care by women in their various roles.

## Important Messages for the Village Women

### ❖ Constraints of the Health Care Services:

State Reasons	Societal Reasons
Long distances	Overburden of work on women (no time to go)
Inconvenient timings	Low self-esteem (negligence of own health problem)
Non availability of health personnel specially lady doctor	Low priority given to women's health
Lack of proper supply of medicines/no proper medical equipment	Secondary socio/economic status
Lack of services for women in a holistic perspective. (Services are available only for the family planning).	Family does not give the importance to women's health and is not ready to spend money on them
Improper and insulting behaviour by the health personnel	
No facilities for support services for the field worker (non-availability of crèches, food etc.)	

❖ People who provides the health services at the village level:

**Dais:** You must always use the services of a trained dai to conduct deliveries safely. Most trained dais have been provided with a kit which has scissors/blade to cut the baby's cord and thread to tie the cord.

**Anganwadi Worker:** She runs the anganwadi for children 0-6 years and provides services for pregnant and breast feeding mothers. The anganwadi worker is expected to visit homes to enquire about the health of the mothers and children. As well as co-ordinate with the ANM for the anti-natal check-up, tetanus-toxide vaccination and iron-folic acid tablets course.

In an anganwadi, supplementary foods are available for women who are pregnant and lactating and children 0-6 years with extra foods for the malnourished.

Children are also weighed regularly to see whether they are growing properly. Anganwadi also has medicines for diarrhoea, fever, coughs, colds, cuts, burns, boils, worms etc.

In some anganwadi(s), the health worker make regular visits and organise immunisations for children to prevent illnesses like tuberculosis (TB), polio, tetanus, whooping cough, diphtheria and measles. Injections are also given to pregnant mothers to protect them and their new-born babies from tetanus.

**Sub-Center** is available or approximately every five villages (5,000 population), there should be a government sub-health-centre which has a female and a male health worker.

The following services are available at the sub-health centre level.

For children:

- Immunisation.
- Iron tablets for weak children
- Vitamin A solution

For women:

- Examination of pregnant women and tetanus toxoid injections
- Iron tablets for pregnant and lactating women

During Childbirth:

- Referral services for mothers if any problems arise during pregnancy, delivery of afterwards.

### Breast Feeding Mothers:

- Family planning advice and devices.

***The female worker is responsible for the above activities.***

### Other diseases

- Treatment of malaria cases
- Follow-up of TB, Leprosy, cases
- Chlorinating well to clean the well water to prevent illnesses like diarrhoea.
- Spraying walls with DDT to prevent mosquitoes from sitting on the wall.

***The male worker is responsible for the above activities.***

❖ Where to go for services:

For simple illnesses like	→ Anganwadi worker
Fever, diarrhoea etc	→ Sub-centre
For pregnancy check-up	→ Sub-centre
For tetanus toxoid	→ Sub-centre
For iron tablets in pregnancy	→ Sub-centre
For delivery	→ Trained dai, female health worker
For care after delivery	→ Trained dai, female health worker
For care of the new born	→ Trained dai, female health worker
Family planning advice	→ Female health worker
Immunisation	→ sub-centre
Vitamin A	→ Sub-centre
Chlorination of well	→ Male health Worker
Supplementary nutrition for children, pregnant and breastfeeding mothers	→ Anganwadi

All the above services by anganwadi worker, sub-centre worker and PHC doctor and workers are free of cost. It is your right to demand those services.

## **Our Role in Ensuring Access of Health Care to Women**

### **As a Member of Family**

- Share responsibilities of housework.
- Encourage women of the house to share their problems and take them seriously.
- Take illness seriously and get help of village health care services. If there is problem in accessing services take up the issue with panchayat members.

- If necessary accompany the woman to the PHC or the district level hospital during emergency without delay.

### **As Men of the House**

- Encourage women to go for early treatment in case of any illness.
- Save money for any health emergency in house.
- Ensure regular visits of ANM in the village and her access to women and see that anganwadi runs properly.

### **As a Women's Group Member**

- Get as much information about various services available at the village level and disseminate it among men and women in village.
- Ensure regular visit of ANM in the village and her access to women.
- Arrange with the help of panchayat members to get a lady doctor in the nearest PHC.
- Ensure regular and proper running of Anganwadi in the village.
- Ensure supply of proper medicine in the sub-center to PHC levels with help of panchayat members. Complain to authorities at district level if action is not taken.
- Encourage men to be sensitive women's health and well being.

### **As a Panchayat Member**

- Ensure proper functioning of various health services in your village including, training of dai, running of anganwadi and regular visits of ANM.
- Ensure regular visit of ANM in your village and her access to village women.
- Ensure that the drug distribution depot and sub-centers have regular supply of drugs. Approach authority at district level if necessary to ensure it
- Encourage men and women to give due importance to women's health problems.
- Arrange for lady doctor in the nearest PHC.
- Arrange for transportation to district hospital in case of health emergency in village.

**The new PHC law gives powers to the PHC to pay to a lady doctor to come three hours, twice a week to a PHC where there is no women doctor. It is your right to get health services free of cost at the village level**

# Traditional Health and Healing Practices (THHP)

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## Village Level Training Module

**Time 4 hours**

### Learning objectives:

At the end of this training the participants will learn about:

- Health seeking behaviour of women.
- Local health care providers in their area.
- Traditional health and healing practices in the life cycle.
- Herbal remedies useful for women's neglected health problems.

### Design

Time	Topic	Methodology
30 minutes	Health seeking behaviour of women	Role play, Activity 1
30 minutes	Locally available health and healing resources	Resource mapping, Activity 2
2 hours	Useful practices and identifying the herbs useful in life cycle.	Discussion, demonstration, illustrations, field visit (Activity 3-5)

### Material Required:

Flip charts, markers, different items required for the activities.

## Note to the trainer

### Welcome the women's group by saying

"Dear Sisters,

We often follow the advice of our mothers/grand mothers to maintain positive health. There may be changes in diet or activities, for example, a light cooling diet in summer or drinking herbal decoctions. These traditional practices help us to remain healthy and cure illnesses. They are our cultural heritage. Let us discuss about the local health and healing practices today."

- Make small groups and ask the participants about what they do when they fall sick. You may ask them to depict these through role-plays based on situations given in Activity 1.
- Ask the participants to list/draw various healing places, which the women visit. You may do this activity through small group discussions. The details are provided in Activity 2.
- Narrate Radha's story given at the back of this chapter and discuss the strengths of the Dai tradition.
- Make four groups and ask them to list out the health promoting practices and useful herbs taken during infancy, adolescence, adulthood and old age. (One group to list practices in one age group).
- Take the participants for a walk and let them identify herbs. Let them share related remedies. Use the sheet provided in Activity 3.

### Important messages for village women.

- Women are the bearers of Traditional Health and Healing Practices, which promote health, prevent and cure illnesses.
- Health care is provided at homes, by local healers (Dai's, Bhagat, Oza, etc.) by vaidyas, homeopaths (sugar pills) and in hospitals.
- Many women practice different forms of traditional healing. Dai is a traditional healer who plays a key role during pregnancy, childbirth and childcare.



# MALARIA AND WOMEN'S HEALTH

## Village Level Training Module



1 hour.

### Learning Objectives

At the end of the session the participants will learn about:

- cause, spread and symptoms of malaria
- prevention of malaria

### Design

Time in minutes	Topic	Method/materials
60	Cause, spread symptoms and prevention of malaria	Discussion with help of activity 1

### Material required

The story given in activity 1. You may also copy the story on a large flip chart in big letters.

### Note to the trainer

Welcome the group by saying,

*"Dear sisters, today we are going to discuss malaria. We have all suffered from malaria and therefore we are familiar with its signs and symptoms, today we will understand it better. So that we can protect ourselves and our dear ones from it."*

- Ask participants what happens when any one suffers from malaria. Keep noting down the points. Ask them if anyone can tell how does it spread and what causes it, again note down the answers.
- Ask the group how can we prevent malaria from happening. Narrate the story given in activity 1 with help of flip charts.
- Discuss our role as representatives of different groups in village to prevent malaria.

## **Important Messages for the Village Women**

- ❖ Do not let water stagnate or logged near your house.
- ❖ Keep all the water containers covered.
- ❖ Do not let water stagnate or logged next to stand post..Drain off the logged water.
- ❖ Make sure that the malaria worker comes to your village regularly to spray the houses with anti malarial liquid and distribution of chloroquine tablets.
- ❖ Always complete the course of 10 chloroquine tablets given by malaria worker if you get malaria.
- ❖ Make sure that when you get malaria you eat well, otherwise you will feel very weak.

## **Our Role in Prevention of Malaria**

### **As a Family Members**

- Do not let water stagnate or logged next to your house.
- Always cover water storage containers.
- Get your house sprayed regularly with anti mosquito spray. Never wipe the spots of the sprayed liquid.
- Let the health worker take your blood sample for the malaria detected.
- If possible use a mosquito net for sleeping.
- Before going to sleep apply neem oil on your uncovered body parts.
- Fumigate your house with neem leaves.
- Always complete the course of chloroquine.
- Give complete rest to the diseased person.

### **As Men of the House**

- Malaria leads to severe weakness.
- Make sure that women of your family complete the course of chloroquine along with a course of iron tablets.
- Ensure that she eats enough food. She needs to eat leafy vegetables, citrus fruits like, amala, guava, and lemon and dals like mung dal, udad dal, chana dal etc.
- Make sure that she eats along with you and in adequate quantities

### **As a Women's Group Member**

- Keep a watch that there is no water stagnate or logged next to the stand-post or hand pump. Take help of the village women and men to drain the water if it is logged. If necessary inform the Panchayat for the financial assistance.

- Make ensure that the health worker regularly visits the village. If he is not coming regularly, inform the Panchayat who will take necessary action at Public Health Centre level.
- You must be aware that Malaria workers has to...
  1. Collect the blood sample for the investigation of Malaria infection
  2. To prevent Malaria he has to spray the house with anti Malarial liquid and impart health education
  3. To treat Malaria he has to give chloroquine tablets
- Regularly during the women's group meeting organize health education class to prevent Malaria

### **As a Panchayat Member**

- Ensure that the malaria worker comes to your village regularly. If he does not come inform the Primary Health Centre and take necessary action.
- Encourage the village people to get their blood tested for Malaria when they have high fever.
- Never let water stagnate or logged next to stand-post or hand pump. If the water is logged you could drain it to the school garden. If that is not possible plant some vegetables. These vegetables can then be given to the Anganwadi as a supplementary nutrition food for the children.

## **Activity 1 Malaria, a Major Concern of Rampur Village**

### **Objectives**

- To explain spread, symptoms, treatment and prevention of malaria.
- To sensitize participants regarding our responsibility in preventing malaria.

### **Material required**

Flip charts given below. You may photocopy these charts and stick them on a card board separately and write the messages behind each chart. Or you may draw these pictures and make a set for yourself. Please use the same text in either cases, you may change the look and styles of the figures.

### **Method**

- Hold the flip chart at the height where everyone can see.
- Read the messages behind each chart as if you are reading a story.
- Stop and discuss where ever necessary.
- It is better to prepare and read story prior to the session for smoother flow.

Card 1

This is Rampur village. Everyone lives peacefully here.

## Card 2

Champaben is the Sarpanch of Rampur. She ensured the availability drinking water in the village. However the water is logged next to the stand-post.

### Card 3

Many people in Rampur are found to be suffering from Malaria.

## Card 4

Malaria spreads when mosquitoes bite. When a mosquito bites a person suffering from malaria and then bites a healthy person, the healthy person may develop malaria in next 2-3 days.

## Card 5

The person with Malaria shivers and gets fever, has severe headache, the fever recedes with perspiration. Malaria fever usually comes on alternate day.

## Card 6

Champaben is worried. She calls Samjubhai the health worker of the village. Samajubhai calls a village meeting to explain the sign, spread, treatment and prevention of malaria.

## Card 7

Next day villagers get together. They drain water logged near the stand post.

## Card 8

The children cover the water puddles and pour used oil in the large pits.

## Card 9

The villagers covered the big water storage containers. They also fumigated their houses with neem leaves and started using mosquito net. Some started applying the neem oil on the uncovered body parts before going to sleep.

## Card 10

Samjubai did the blood test of the people with malaria, and started distributing the chloroquine tablets.

## Card 11

He encouraged the people to complete the course, take iron folic acid tablets to treat anemia and eat leafy vegetables, citrus fruits like lemon, amala and guava and pulses like tur dal, chana dal, udad dal, mung dal etc.

## Card 12

With everyone's help and Champaben's enthusiasm and follow up Rampur village could control Malaria.

# TB AND WOMEN'S HEALTH

## Village Level Training Module



1 hour and 30 minutes.

### Learning Objectives

At the end of the session the participants will learn about:

- spread and symptoms of TB
- prevention of TB

### Design

Time in minutes	Topic	Method/materials
30	Spread and prevention of TB	Discussion with help of story given at the end of the chapter
30	Understanding TB and its effect women's health	Discussion with the help of chart
30	Prevention of TB	Discussion with help of picture cards

### Material required

Copy the story given behind. Chart and picture cards. You may photocopy them from here and stick on a card board.

### Note to the trainer

Welcome the group by saying.

*"Dear sisters, we have experienced that in our villages, many people are infected by TB. Let us spend some time today to understand what is TB, how is it spread, what are its symptoms and how can we prevent it. Women have special problems if they become victims of TB. And due to our social circumstances they are more prone to become T.B. patients."*

**TB is curable**

- Ask the participants if they know of any TB patients. Ask them about the signs, spread and symptoms of TB patients using story given below.
- Lead the discussion to effect of TB on women's health with the help of chart given with this chapter. Encourage the participants to share their personal as well as friend's or relative's experiences.
- Discuss prevention of TB using picture cards given behind. Emphasize the use of smokeless chulas, if women use chula for cooking.

## **Important Messages for the Village Women**

- ❖ TB is spread by coughing. When a person suffering from TB coughs, the bacteria comes out. If these bacteria are inhaled by a normal person he/she becomes susceptible to TB.
- ❖ Symptoms of TB
  - Loss of weight
  - Loss of Appetite
  - Low grade fever especially during the evening
  - Coughing
  - Blood in sputum
- ❖ Prevention of TB
  - Immunize your child with BCG at birth.
  - Live in a well lighted and ventilated house. If it is not possible to get the sunlight through a window, have a glass tile on the roof to let the sunlight inside the house.
  - Ventilation near the kitchen roof is essential to let the chula smoke out of the house.
  - Maintain cleanliness in the house.
  - Keep the personal belongings of a patient separate. Boil while washing their clothes and towels. Be supportive to them.

### **Treatment of TB**

- Always complete the T.B. treatment. Even if you start feeling well do not stop the treatment.
- Take enough rest
- Eat nutritious food like, pulses, legumes, milk and milk product, eaa. veaetables. cereal etc.

## **Our Role in Prevention of TB**

### **As a Family Member**

- Do not hide the disease. TB is curable.
- Keep the house well ventilated. Let the sunlight enter your house.
- Get a glass tile fixed on the roof to let the sun light it.
- In a kitchen always have the ventilation next to the roof to let the smoke go out of the house.
- Teach your children good habits e.g. not to spit indiscriminately and every where. Such habits spread disease
- Eat protein rich foods like pulses/dals, chana, chola etc.

### **As Men of the House**

- Be aware that all members of the family get equal nutrition.
- Treat the woman TB patient with respect and sympathy.
- Take care that nobody coughs constantly, if they do, consult the doctor.
- If woman is over worked find ways to reduce her burden, by providing her assistance or counseling other members of family.
- Ensure the patient completes her/his treatment .

### **As a Women's Group Member**

- If you come to know that any woman is suffering from TB motivate and support her to take the complete treatment. Tell their family members also to ensure that she eats enough and take rest.
- Coordinate with the Panchayat and organize an TB awareness program in your village.

### **As a Panchayat Member**

- Help the community to procure glass tiles and get it fixed on the roof.
- Encourage to ensure the ventilation in the house.
- With the help of the PHC team organize TB detection camp and awareness camp.

## Sonu's story

This is Sonu. At the end of the day she gets extremely tired and exhausted.

She has low-grade fever. She thinks it is due to overwork. She continues to live like this.

One day she met her friend Ranu. She is a health worker. She asked Sonu, "Sonu you are looking weak. It also seems you have lost weight". Sonu says, "No, it is due to over work".

Next day Ranu visited Sonu in the evening. She realized that Sonu has fever. She was coughing too. Ranu suspected TB. She asked Sonu to get her sputum tested. Sonu was frightened. She says, "Do not talk about such a thing. My husband will throw me out of the house".

Ranu went and explain it to the husband. The husband got angry and asked Ranu to leave the house.

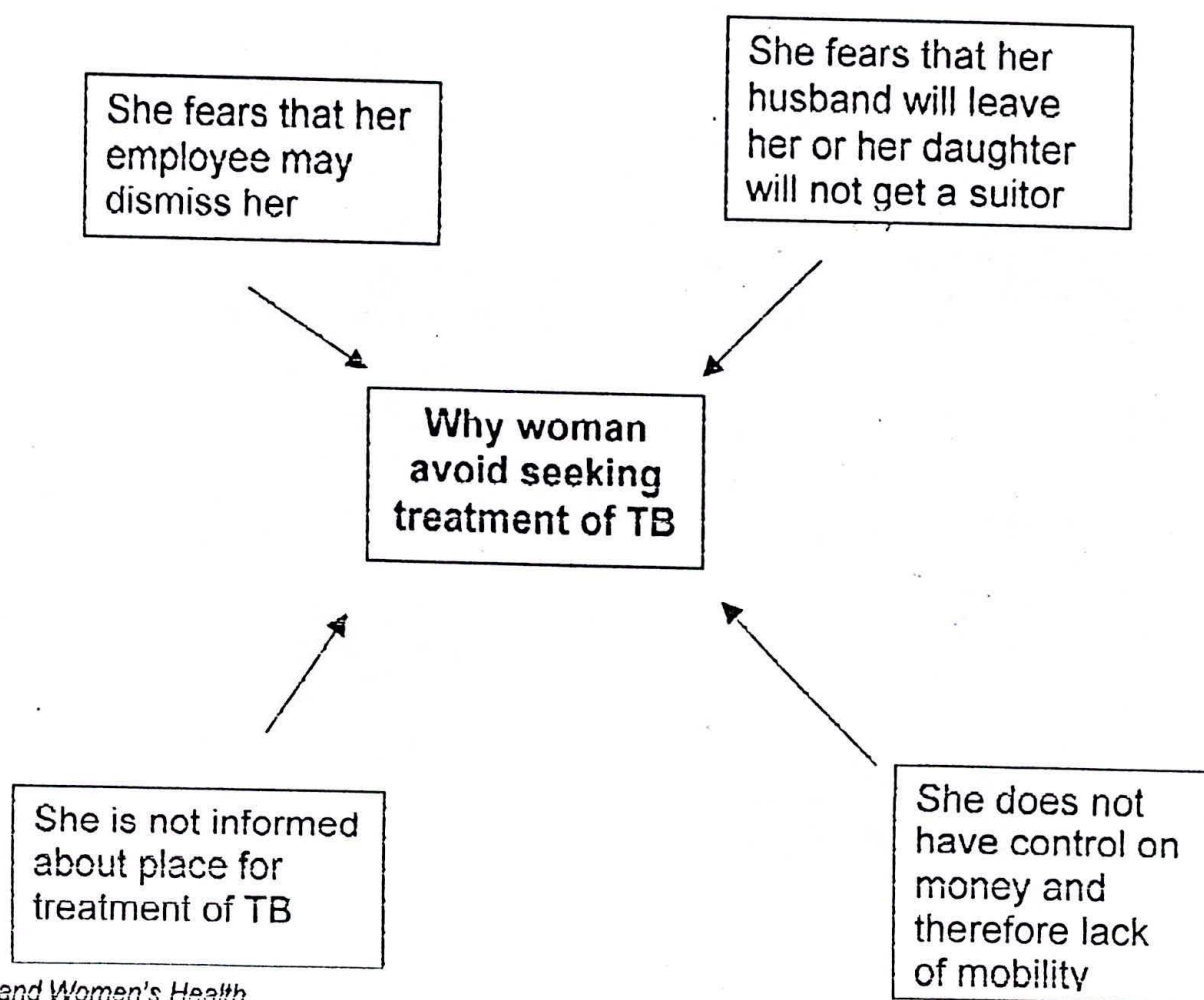
One day Ranu called Sonu to their home. She told her to get the sputum test done and start treatment. Sonu agreed but she was worried. She did not have money. Ranu explained that TB treatment is free of cost .

Sonu got the TB test done. It was positive. She started the treatment. After one month she felt better. She told her husband that she has started the treatment and she feels good now. Her husband Mohan realized his mistake. He called Ranu and apologized. Ranu explained to Sonu's husband the need to ensure the full treatment.

Ranu and Sonu called the neighbors and talked to them about TB. They gave the example of Sonu. She focused on the prevention and treatment of TB. Sohan who was living in the neighbourhood came forward and mentioned that he has symptoms of TB and would like to get his treatment done.

### Chart

#### TB and Women's Health



## Picture Card

### Prevention of TB

Immunize your child with BCG at birth.

Live in a well ventilated house. If it is not possible to get the sunlight through the window, place a glass tile on the roof to let the sunlight inside the house.

Ventilation near the roof where the cooking is done on the store (chula) is essential to let the smoke out of the house.

*TB and Women's Health  
Village Level Training Module*



# WATER, SANITATION AND WOMEN'S HEALTH

## Village Level Training Module



2 hours.

### Learning Objectives

At the end of the session the participants will learn about

- ♦ importance of consuming safe water.
- ♦ ways of purifying water.
- ♦ water borne diseases, especially diarrhoea.
- ♦ importance of sanitation and methods of maintaining good sanitation.

### Design

Time in minutes	Topic	Method/material
30	Contamination of water	Discussion using illustrations 1 to 4
30	Diarrhoea, dehydration and rehydration	Demonstration/activity 1
30	Other water borne diseases	Discussions
30	Sanitation	Discussions using illustrations 5 to 9

### Material required

The illustrations given behind. You may photocopy each of the ten illustrations and stick them on cardboard separately. For activity 1, a bucket with water, a plastic bag with a picture of a child on it and a mug. If you want to demonstrate the preparation of Kanji, raw material mentioned in the recipe along with a cooking stove.

### Note to trainer

Welcome the participants and tell them, "Today we are going to discuss about water and sanitation. Water is source of life, but if contaminated, it can also be a cause of immense suffering death. Therefore drink only safe water. Safe water is important alongwith personal hygiene and environmental sanitation."

- ♦ Using illustrations 1 to 4 discuss about contamination of water at different stages, from source to its use.
- ♦ Emphasize the feces to mouth route for infection of diarrhoea using the illustration 5.

- ❖ Introduce activity 1. Discuss severity of dehydration and ways of rehydration. Encourage useful local ways of rehydration.
- ❖ Discuss importance of good sanitation in the village, which can include safe water supply, water and waste disposal and use of latrines, with the help of illustrations 6 to 10.
- ❖ Explain the role of various individuals in our society for improving the situation of water and sanitation in our village. Encourage women to add to that, according to local realities. Pick up one or two points to make an action plan.

## **Important Messages for the Village Women**

- ❖ Avoid drinking water from pond or any such stagnant water source.
- ❖ Keep nails cut/trimmed since germs get logged in nails which later contaminates water or food when we eat with hands or remove water out of a pot putting our hand inside.
- ❖ Always keep food covered. Avoid eating stale food.
- ❖ Use a ladle to remove water from a pot otherwise you might contaminate it while taking out of pot.
- ❖ Always wash vegetables and fruits before consumption.
- ❖ Always wash hands before eating, cooking and feeding a child and after defecation.
- ❖ Diarrhoea can lead to dehydration, which can kill. Prevent dehydration by frequently giving liquids like ORS.
- ❖ Children are more at risk of diarrhoea.
- ❖ Take the patient to doctor if diarrhoea continues for more than three days.
- ❖ Motivate people to build latrines and use them.
- ❖ Use latrines for defecation. (If there are no latrines, dig a hole in ground, defecate and put mud on it.)
- ❖ Take extra care during diarrhoea by drinking boiled water and keep surrounding clean.

**Water is a scarce resource, use it carefully**

## **Our role in Creating Social Awareness about Water and Sanitation**

### **As a Member of Family**

- Distribute house work equally among all the members.
- Contribute in keep environment clean.
- Insist on personal hygiene for all the family members.

### **As Men of the House**

- Assist women in house hold work.
- Insist on personal hygiene of all the family members.
- If you do not have latrine, arrange to get it built with help of panchayat programmes.

### **As a Women's Group Member**

- Get safe drinking water source in your village with the help of panchayat members.
- Get information and programmes like low cost latrines.
- Ensure availability of ORS packets in your village.
- Educate people about dangers of dehydration due to diarrhoea and propagate rehydration.
- Prevent water logging at all available water sources.

### **As a Panchayat Member**

- Ensure safe drinking water source in you village.
- Ensure programmes for low cost latrines and other sanitation facilities in your village.
- Educate people about personal hygiene and water borne diseases with help of ANM.
- Do not allow water logging at the stand post.
- Encourage village for cultivating community kitchen garden or individual kitchen gardens from waste water. Arrange to get seeds from the respective government department.

## **Activity 1 Diarrhoea, dehydration and rehydration**

### **Objective:**

To sensitise women regarding the importance of rehydration for the patients of diarrhoea, through demonstration.

### **Material required:**

You will need a plastic bag with picture of a child on it, bucket, water and cup.

### **Method:**

- ◆ Ask a person to hold the plastic bag above the bucket. Assume the bag is a child, Ramu.
- ◆ Ask another person to fill the bag with water, this means Ramu is healthy.
- ◆ Ask a person to pierce a hole at the bottom of bag, means Ramu had diarrhoea.
- ◆ Let the water flow in bucket.
- ◆ When very little water remains in the bag, ask the participants what has happened.
- ◆ Discuss the symptoms of dehydration.
- ◆ Ask one participant now to pour water from the top.
- ◆ Explain the phenomena of rehydration.
- ◆ Discuss which liquids could be given locally during diarrhoea. If possible demonstrate preparation of Kanji to the group.

### **Preparation of Kanji:**

- ◆ Take a handfull of rice (20-25 grams).
- ◆ Wash it.
- ◆ Boil it until the rice becomes soft.
- ◆ Crush the rice with a spoon.
- ◆ Add water and make the liquid upto 600 ml.
- ◆ Boil it again till bubbles start forming.
- ◆ Remove from heat and add pinch of salt and crushed cumin seeds.
- ◆ Give this preparation to the person with diarrhoea at frequent intervals.

## **Water, Sanitation and Health**

### **Contamination of water at the source**

**Note: Enlarge this illustration cut it and paste it on the cardboard or transfer it on a transparency for use during training.**

## Water, Sanitation and Health

Contamination of water on way to the home

**Note:** Enlarge this illustration cut it and paste it on the cardboard or transfer it on a transparency for use during training.

**Water, Sanitation and Health**

**Contamination of water at the storage**

**Note: Enlarge this illustration cut it and paste it on the cardboard or transfer it on a transparency for use during training.**

**Illustration 4**

**Water, Sanitation and Health**

**Contamination of water during use**

**Note: Enlarge this illustration cut it and paste it on the cardboard or transfer it on a transparency for use during training.**

**Water, Sanitation and Health**

**Feces to mouth route of infection**

**Note: Enlarge this illustration cut it and paste it on the cardboard or transfer it on a transparency for use during training.**

## Water, Sanitation and Health

Low cost sanitation facilities would include latrines, garbage disposal and proper water supply and disposal systems

**Note:** Enlarge this illustration cut it and paste it on the cardboard or transfer it on a transparency for use during training.

**Illustration 7**

**Water, Sanitation and Health**

**Wastewater, if not disposed, will become a mosquito breeding ground and promote water borne diseases**

**Note: Enlarge this illustration cut it and paste it on the cardboard or transfer it on a transparency for use during training.**

## **Water, Sanitation and Health**

**The best way to arrange for wastewater disposal is to build water drains  
in the backyard or community kitchen garden**

**Note: Enlarge this illustration cut it and paste it on the cardboard or transfer it  
on a transparency for use during training.**

## Water, Sanitation and Health

If there is no kitchen garden, soak pits can be developed as shown in the card. The pit is one foot wide, long and deep

**Note:** Enlarge this illustration cut it and paste it on the cardboard or transfer it on a transparency for use during training.

## Water, Sanitation and Health

Low-cost latrines can be built one per house or group of houses. You will require help from experts to get measurements in water seal-latrines

**Note:** Enlarge this illustration cut it and paste it on the cardboard or transfer it on a transparency for use during training.

# REPRODUCTIVE AND CHILD HEALTH OUR GROWTH: THE FEMALE AND MALE REPRODUCTIVE SYSTEMS

Village Level Training Module



1 hour.

## Learning Objectives

At the end of the session the participants will learn about:

- to provide information about male and female reproductive systems.
- to provide information about menstruation and sensitise the participants about its natural course.

## Design

Time in minutes	Topic	Method/materials
30	Understanding reproductive health	Discussion with help of illustrations 1 and 2
30	Understanding menstruation	Discussion with help of illustration 3

## Material required

Photocopy of the illustrations 1, 2 and 3 from here.

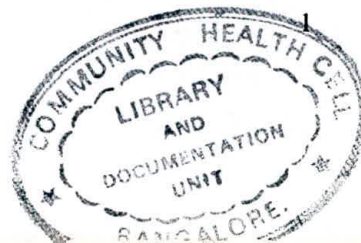
## Note to the trainer

Welcome the group by saying,

*"Dear sisters, all of us were young girls once. All of us have felt some apprehension and confusion due to the changes happening in our body when we grew up. Many of us have already become mothers and yet we do not really understand why we menstruate and what is the male reproductive structure. Today we will learn about reproductive systems of female and male and understand more about menstruation."*

Our Growth: The Female and Male Reproductive Systems

TM-110  
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- Ask the participants how they felt when they had the first menstruation. Ask them how much they know about the male and female reproductive systems. Note the responses. Explain the female and male reproductive systems with the help of illustrations 1 and 2. And match the responses of participants.
- With the help of illustration 3, explain the process of menstruation. Emphasize that there is nothing dirty about menstruation. Discuss the myths related to menstruation.

## **Important Messages for the Village Women**

- ❖ During puberty boys and girls start showing secondary sexual characteristics of growth.
- ❖ Menstruation is a natural biological process. Do not consider it dirty.
- ❖ You can perform all the daily routine during menstruation.
- ❖ Do not ask your daughter to keep away from social contacts during menstruation. It affects their self esteem.

## **Our Role in Creating Awareness about Our Body**

### **As a Family Member**

- Explain to our elders that menstruation is not dirty.
- Show them the charts of male and female reproductive systems and the process of menstruation.
- Let young girls carry out their normal routine during menstruation if they do not have pains or discomfort.
- Let her enter the kitchen and do not prohibit her from touching any family members. This will strengthen her self-confidence and she will also accept menstruation as a normal process.
- Explain to the adolescent boys about the male and female reproductive system and process of menstruation emphasizing that it is a natural process and there is nothing dirty about it.

### **As Men of the House**

- Ensure proper diet for both girls and boys in the family.
- Understand psychological pressure on girls and women during menstruation and provide support.
- Participate and encourage boys in the family to participate in household work.
- Get educated yourself about male and female reproductive systems and also educate the boys in the family. Encourage them to share their anxieties and worries of growing up with you.

### **As a Women's Group Member**

- If in some families girls are discriminated and restricted from being mobile and consuming normal foods during menstruation try to explain them the scientific information.
- Organize an awareness programme for adolescent boys and girls to inform them about their reproductive systems. You can involve the schoolteacher to organize such a class or invite the Auxiliary Nurse Mid Wife or Medical Officer to come and talk about the topic.
- Make sure that all girls of your community get equal treatment and status as boys.

### **As a Panchayat Member**

- Organise health education and sex education sessions for boys and girls with the assistance of a local nurse.
- Encourage and propagate equality in education and nutrition in your village.
- Provide forums for getting views of young in village.
- Encourage entrepreneurship among young in the village by providing information about government programs and enrolling them in it.

**Menstruation is natural process  
there is nothing dirty about it**

## **Female Reproductive System**

**Note: Enlarge this illustration cut it and paste it on the cardboard or transfer it on a transparency for use during training.**

**Illustration 2**

**Male Reproductive System**

**Note: Enlarge this illustration cut it and paste it on the cardboard or transfer it on a transparency for use during training.**

**Illustration 3**

**Process of Menstruation**

**Note: Enlarge this illustration cut it and paste it on the cardboard or transfer it on a transparency for use during training.**

*Our Growth: The Female and Male Reproductive Systems*

## Menstruation

There are four different parts of a women's reproductive system. These are the vagina (birth canal) Uterus (womb), two ovaries (egg sacs) and two fallopian tubes (egg tubes). The egg sacs contain several ova. Between the age of 10 and 18 these ovas start maturing. Every month an ovum is released from the egg sac to reach the womb through the tubes. This is called ovulation. Just as there are ova in women and girls, men/boys have sperms.

The menstruation cycle is of 25 to 30 days. This cycle is different for every woman. Every month when the ovum leaves the ovary a layer of blood and mucus starts forming in the womb.

As time passes, this layer becomes thicker. At the time of ovulation, if sexual intercourse takes place then there are chances of the woman conceiving. After conception, this layer provides nutrition to the growing foetus. But if conception does not take place then the layer formed on the wall of the womb disintegrates. That is why the womb sheds this lining along with the ovum every month. This is what we call menstruation, which lasts for 4-6 days on an average.

# REPRODUCTIVE AND CHILD HEALTH CONCEPTION

## Village Level Training Module



1 hour.

### Learning Objectives

At the end of the session the participants will learn :

- to provide information about conception.
- to sensitize the participants about sex determination by providing scientific information

### Design

Time in minutes	Topic	Method/materials
30	How does conception take place?	Discussion using illustration 1
30	How is the sex of the child determined	Discussion using activity 1 (and illustration 2)

### Material required

Copy of the illustrations 1 and 2, you may photocopy them from here. Some rice and pulses or different coloured stones.

### Note to the trainer

Welcome the group by saying,

*"Dear sisters, Many of us have children. Some have boys and some have girls. To give birth to boys and girls is not in our hands. It is decided at the time of conception. Our society is a male dominated. When girl is born, women are blamed and she is forced to keep on delivering children till she finally gives birth to a boy. Many a times when she fails to give birth to a male child her husband remarries. These actions affect women's physical and mental health. To prevent this agony, we all must know how the sex of the child is determined and create awareness in our community so they do not blame women for it."*

- Ask the participants how they think conception occurs. Discuss the topic of conception with the using the illustration 1.
- Ask their views about sex determination of the fetus. Encourage sharing of experiences on the social consequences faced by woman if she gives birth to girls. Ask them who they think is responsible. Explain the sex determination process through activity 1. Emphasize that no one can influence or control the meeting of chromosomes. (You could also use illustration 2)
- Finally discuss the role of each community member in spreading social awareness about sex determination.

## **Important Messages for the Village Women**

### ❖ Conception

For a person whose menstrual cycle is for 30 days has the greatest possibility of conception between 11 to 18 days. If intercourse takes place during these days, the sperms which are millions in number enter the vagina of the female. The sperms are highly motile and they swim upwards towards the egg in the egg tubes. Only one sperm unites with the egg. This is called fertilization. The fertilized egg reaches the womb from the egg tubes. Cell division starts in the fertilized ovum before it lodges on the wall of the womb. The cell division starts. At the end of 9 months, it develops as a full term baby.

### ❖ Sex determination

1. The sex of the child is determined at the time of union of the sperm and egg.
2. They contain pairs of chromosomes. The sperm contains two types of chromosomes i.e. X and Y whereas the egg contains only one type of chromosome, X. At the time of union of the sperm and egg, if X and Y chromosomes meet a boy is born whereas if X and X chromosomes meet a girl is born.

**Treat boys and girls equally, both  
are your children**

## **Our Role in Creating Social Awareness on Sex Determination**

### **As a Family Member**

- Do not blame women for giving birth to a girl child. Human beings are important, not a boy or a girl.
- Explain the elders of the family how sex of the child is determined.
- Inform the men of the family about how the sex of the child is determined.

### **As Men of the House**

- In the community if man is blaming his wife for giving birth to girl child, provide the scientific information to him and the family members.
- Create awareness about sex determination among men and the adolescent boys.

### **As a Women's Group Member**

- If in some families women are tortured or blamed for the sex of the new born child, as a group you take an initiative to go and explain the scientific facts. You may take help of the ANM Health Worker.
- Organize an awareness program on sex determination through the Primary Health Centre team. They have appropriate charts to explain it.
- If you come to know that in the nearby town sex determination test is conducted, through your Panchayat you can inform the district health officer and take legal action.

### **As a Panchayat Member**

- It is important that in your village all the men and women, girls and boys get an equal status. Create awareness about it. You may organize an awareness program through the local Non Government Organizations.
- If you come to know that in your area or in near by town sex determination test is performed you may inform the District Health Officer and take legal action to stop it.

**SEX DETERMINATION TEST IS LEGALLY  
BANNED IN OUR COUNTRY**

## **Activity-1 A game of rice and pulses**

### **Objective**

To explain the process of sex determination

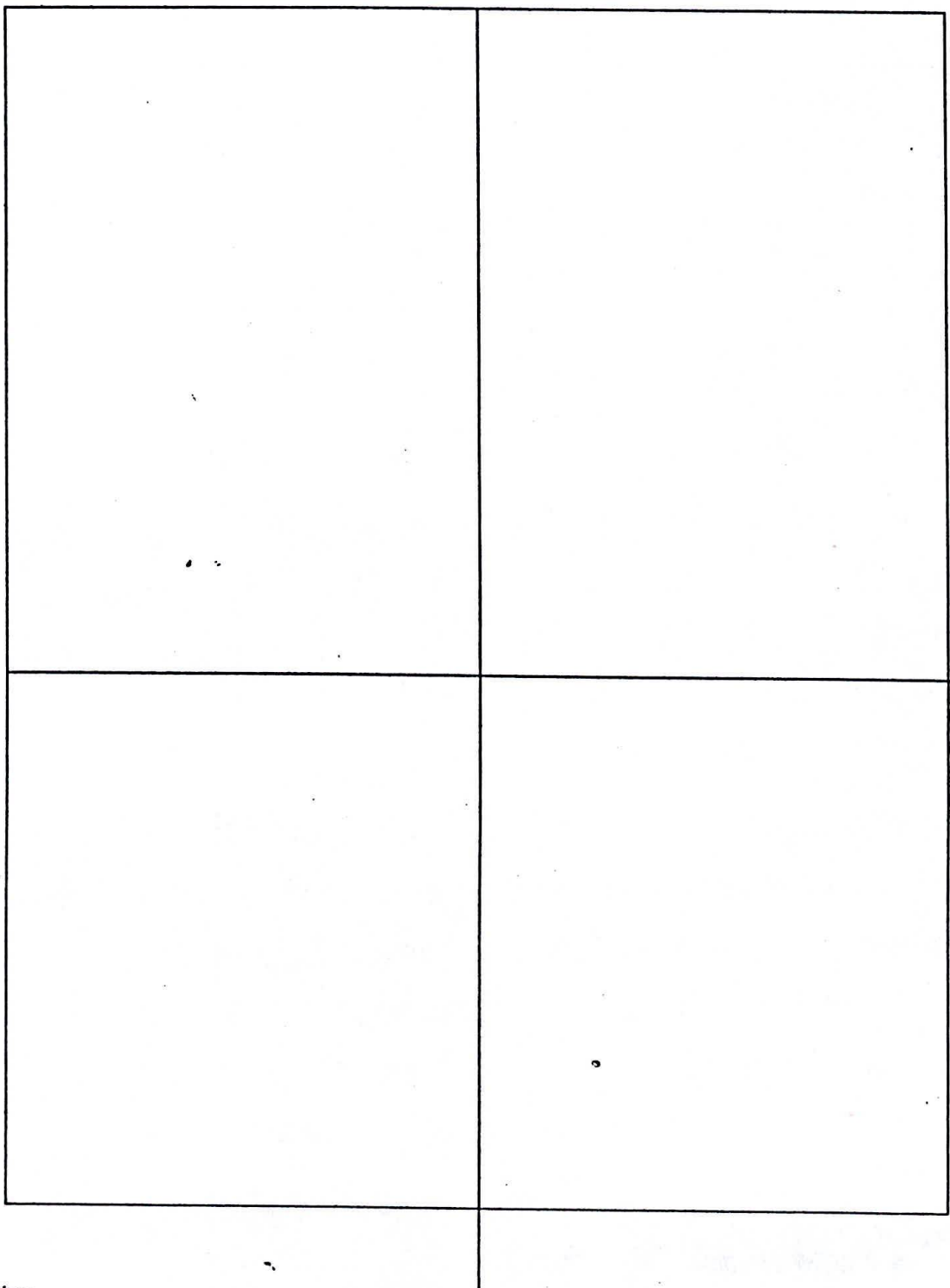
### **Material Required**

Rice and pulses

### **• Method**

- Ask the participants to form 2 circles. One outer and one inner.
- Give some participants rice and some of them pulses and ask them to close their fists.
- Ask the participants to run in a circle until the bell rings. When the ringing of the bell stops they must make a pair with the partner in the adjacent circle.
- Open the fist of your partner and see if a girl or a boy is born. (Depending on the rice/pulse mix.)
- If both the partners have similar grains then it is a girl but if one partner has rice and the other pulse then it is a boy.
- At the end of the game reinforce information about gender equality.

## Conception



## Sex Determination

There are two types of chromosomes in the sperm (XY). One type of chromosome (X) is responsible for giving birth to girls and the other type (Y) for boys.

The egg contains same type of chromosome (X). If the Y chromosome of the sperm unites with the X chromosome of the female then a boy is born.

Whereas the union of X chromosome of the male and female produces a girl. The sex of the child depends on the union of chromosomes, which is co-incidental.

# ADOLESCENT HEALTH AND DEVELOPMENT

## Village Level Training Module

*This chapter will talk more about mental and emotional development than physical development. Topics like physiology and anatomy of female and male bodies, pregnancy, childbirth, sex determination and abortion are already covered in Reproductive and Child Health Chapter. If this section is taught first include all those topics here.*



1 hour.

### Learning Objectives

At the end of the sessions, women will be sensitized about:

- ♦ adolescent needs and characteristics.
- ♦ the problems of adolescent girls because of gender discrimination.

### Design:

Time in minutes	Topic	Method/material
30	Needs of adolescents	Discussion and Activity 1
30	Gender discrimination against adolescent girls in society	Discussion

### Material required

Photocopy picture cards as given in activity 1 or draw the same illustrations on a paper and stick them on cardboard and separate out each of them.

### Note to trainers

Welcome the participants by saying,

*"Dear sisters, today we are going to remember our past and plan for our children's better future. We are going to discuss the needs and problems of adolescents."*

Adolescent Health and Development  
Village Level Training Module

- ◆ Discuss characteristics and needs of adolescents with the help of activity-1.
- ◆ Head discussions to effect of gender discrimination against girls.
- ◆ Explain the role of various individuals in society to change this, encouraging women to add to that according to local realities. Pick up one or two points to make action plan.

## **Important Messages for the Village Women**

- ❖ Adolescents need help and support from you.
- ❖ Adolescents are capable individuals; do not control them.
- ❖ Sexual attraction towards opposite sex is very natural during adolescence for both, girls and boys.
- ❖ The mind and body of adolescents are not yet ready to take responsibility of a family, do not marry off your sons and daughters early.
- ❖ Gender discrimination during adolescence results in low self-esteem and poor physical, mental and social development of girls. It also forces boys to take early responsibility of the family.
- ❖ This is the time when they develop self-identity; most of their revolt is an attempt to establish themselves not a fight with adults.

## **Our role in health and development of adolescents**

### **Family members**

1. Listen to opinions and ideas of young people in family when taking decisions about family. If their ideas and opinion are useful tell to get involved in decision making on their own, even if you forget to involve them.
2. When you have a problem with the way they behave or when they do not listen to you. Find time and opportunity to tell them that how their behaviour has affected you and why were you asking them to behave differently.
3. Try to find opportunities for their development and education. Ask their opinion for their marriage if you can.
4. Talk to them about how common is sexual attraction during adolescence. Share your experiences with them. If you cannot impart sex education, arrange for it with help of anyone in village or village nurse.
5. At any cost, stop child marriages in the family. Do not marry the girl before she is atleast 18 years old.
6. Let your daughter, son and daughter-in-law if she is young, go to school.
7. Do not treat girls and boys differently.
8. In case of emergency or problems (like need for abortion, alcoholism, vandalism), remember that they are you children. They need your guidance and support not your anger.

### **As men of the house**

1. Treat boys and girls equally. Be aware that nobody in the house treats them differently. For example, insist that your daughter and her mother will also eat when you and your son are eating.
2. Create an atmosphere at home where children can talk to you without being afraid of you.
3. Get information about options available to your son and daughter after they finish the maximum education available at village level.
4. Try to keep away from addictions yourself, this will keep your children away from them. Even if they do get addicted you will be able to control them better if you yourself are not addicted.
5. Be a friend to your son and encourage you wife to be a friend to your daughter (the best would be when all are friends to each other).

### **As a Women's Group**

1. Invite adolescent girls to at least one meeting a month and invite their opinions of the matters of the group.
2. Educate women in village about the needs of adolescents.
3. Prevent child marriage.
4. Ensure that girls and women are treated equally as men and boys.
5. Educate women and men about contraceptives and spacing.
6. With assistance from panchayat get government programmes for training of adolescents into vocational trades.

### **Role of Panchayat**

1. Find out if the government programmes like Scheme 1 and Scheme 2 of Integrated Child Development Scheme covers your village.
2. Take advantage of schemes like Training for Rural Youth in Self-Employment (TRYSEM) and such other for your village.
3. Ensure basic amenities at the doorstep so that, girls do not have to spend time in fetching water, fodder, etc.
4. Educate talks in village on needs of adolescents with help of village nurse or multi-purpose health worker.
5. Do not allow child marriages to occur in your village.
6. Encourage health workers to educate people on spacing and contraception.

## Activity 1 Picture cards

### Objective:

To sensitise the women about the problems of adolescents with specific focus on girls.

### Material required:

You will require picture cards as given in the activity. You may photocopy these cards and stick them on cardboard. Cut each picture separately and make a set.

### Method:

- ◆ Show the following pictures to the women.
- ◆ Do not talk for some time.
- ◆ Ask them the questions given below and discuss. Encourage them to relate self-experiences.

<p>Jeevan and his son are eating, while his wife and daughter Shanti are serving. There is very little food left in the vessel.</p>	<p>Christi likes to glance at her in the mirror and look at the boys in the village. Her mother is beating her because she thinks Christi is a bad girl.</p>
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<p>Rehana is married at the age of 15 years; her husband is in grade nine. Her mother-in-law says they don't have anyone to help in the house so her son was married early.</p>	<p>Kali has just recovered from pregnancy for second time and she is 18 years. They have no food at home and her husband beats her up if she refuses to have sex with him.</p>
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Does this happen in our villages? What do we do about it?  
Do we see the group of boys and girls move around in village who are neither in school, nor in earned employment.  
While girls do a lot of housework, what do the boys do?  
What thoughts come to our mind when we see them?  
Why do such thoughts come?  
Are our attitudes towards this age group based on logic and reality?  
Have tried to understand why adolescents behave as they do?  
Do we remember how we were when we were young? Are our children very different? Can we provide support to them, which we needed but did not get?

# REPRODUCTIVE AND CHILD HEALTH CARE DURING PREGNANCY

## Village Level Training Module



2 hours.

### Learning Objectives

At the end of the session the participants will learn about:

- changes in the body of woman during pregnancy
- care during pregnancy
- monitoring position and condition of fetus
- health risks during pregnancy

### Design

Time in minutes	Topic	Method/materials
30	Understanding pregnancy and body changes	Discussion
30	Care during pregnancy	Discussion with the help of activity 1
30	Monitoring fetus	Practical Demonstration (instructions given behind) and discussion
30	Health risks during pregnancy	Discussion using the counseling card

### Material required

Copy of the story in activity 1. Also write it on a big flip chart in big letter and stick it on wall. Photocopy counseling cards from here. Arrange to invite a pregnant woman from the village (it is better if you have more than one) for demonstration of fetus monitoring.

## Note to the trainer

Welcome the group by saying,

*"Dear sisters, most of us have gone through the joys and sorrows of pregnancy. Let us get more information about that very important condition in our life for our own benefit and for the benefit of our friends and relatives."*

- Invite participants to share their experiences of pregnancy. Summarize the important changes during pregnancy in the body of women. Add any points if necessary.
- With the help of activity 1, highlight the points on Care during Pregnancy. Encourage sharing of experiences and traditional practices. Encourage harmless practices and discourage harmful practices like food taboos, depending on the cultural beliefs.
- Ask the participants, how often and through what method do they monitor the fetous growth and position. Lead the discussions to the ways of monitoring the fetous position and condition. Invite pregnant women to demonstrate (refer instructions given behind). (If you have more than one woman, and if women do not mind, encourage the participants to examine them)
- Continue the discussions towards risks during pregnancy with the help of the counseling card. Again invite participants to share experiences and problems they faced during pregnancy and how did they cope with it.

## Important Messages for the Village Women

### ❖ Changes during pregnancy

1. The egg and sperm meet in the fallopian tube. The sex of the baby is decided immediately. The embryo implants itself in the inner lining of the womb.
2. The womb grows within the hipbone during the first three months. Hence it is not possible to confirm pregnancy by abdominal examination.
3. Various changes in the woman's body include increase in the size of breast, darkening of the nipple and areola, increase in the size of the abdomen, development of lines on the abdomen and the occasional itching on the abdomen.
4. If the woman is looked after, provided with adequate and appropriate food, rest and mental peace, the womb increases about one and a half inches (measuring two fingers) every month.
5. The womb grows to reach the naval region by the fifth month. From the seventh month onwards, it grows about three inches (a measurement of four fingers) by every month. If the growth of abdomen is less than this, it should be considered as a risk factor.

**If the womb does not reach the naval region by the fifth month and then does not grow by four fingers every month, it**

- ❖ It is very important to monitor the position and condition of the fetus. The position will give us an idea of the kind of delivery the woman might have and condition will help us understand the general health of the baby and the woman.
- ❖ Care during pregnancy
  1. Get the woman's name registered with the ANM and also enroll her in the Anganwadi.
  2. The ANM should examine her at least three times, first during registration, second after six months and at the onset of the ninth month.
  3. She should eat the locally available foods, many times during the day. Include more amounts of cereals, pulses green leafy vegetables in her daily diet. She should also consume the supplementary nutrition that she receives from the Anganwadi regularly.
  4. She or her husband should avoid tobacco, smoking biddies or drinking alcohol.
  5. She should avoid lifting heavy weights, exertion and injury on her abdomen.
  6. The woman should consume the iron tablets given by ANM daily with a glass of buttermilk. She should complete the course of 100 tablets.
  7. She should be given two injections to protect against Tetanus Toxoid by the ANM.
  8. The family should behave affectionately with her and take care of her and her needs.
  9. The woman should have a delivery kit from ANM in the seventh month. She should understand its use and gave it to the Dai, when she has labour pains.
- ❖ The following five conditions are extremely risky during the pregnancy consult doctor immediately:
  1. Pain in abdomen (before labour)
  2. Extreme pallor(severe anemia)
  3. Swelling on feet and body and High blood pressure
  4. Excessive bleeding
  5. Convulsions

## **Our Role in Creating Social Awareness regarding Care of Woman during Pregnancy**

### **As a Family Member**

- Look after pregnant women with care and affection
- Provide encouragement and moral support.
- Ensure that she gets enough food to eat to meet the demands of growing fetus and herself.
- Register her name with the ANM and ensure that she gets all the care.
- Ensure that she eats the food provided to her at the Anganwadi.
- Share the work so that she gets some rest.
- Do not beat or kick her, particularly on the abdomen.
- Keep some money in the house to meet the expenses in case of emergencies.
- Take the woman to district hospital if you observe any danger signs.

### **As a Man of the House**

- Ensure that the woman gets necessary and appropriate nutrition during pregnancy.
- Take her out periodically and keep her happy.
- Do not beat or harass her.
- Avoid sex with her.
- Do not smoke or use tobacco since the smoke or sniff can enter in her body through her breath causing harm to fetus.
- Avoid alcohol for peace at the home.

### **As a Women's Group Member**

- When women are pregnant, specially ensure that they get supplementary food from the Anganwadi centre.
- Ensure that the ANM visits the village regularly and provides services to the women.
- Enable a communication channel to handle emergencies.
- Ensure that transport facilities are available in the village.
- See that the needy families get financial support from the panchayat to shift the woman during the delivery to the hospital in case of emergencies.

### **As a Panchayat member**

- Ensure regular visits of ANM to your village.
- Ensure efficient running of anganwadi in your village.
- Ensure that you have a trained dia in your village, if she is untrained arrange for her training.
- Provide transportation support for emergency during pregnancy and child birth.

### **Activity 1 Ramila's Story**

#### **Objective**

To educate the participants regarding the care necessary during pregnancy.

#### **Material required**

Copy of the story given below. You may also write it in big letter on the flip chart.

#### **Method**

- Read out the story to the participants.
- Ask them to read out the care necessary of the pregnant woman depicted in the story.
- Invite sharing of experiences among women.

## Ramila's Story

Ramila has been married for two years. She has missed her periods for the second time. She has severe nausea early in the morning. She feels that she is pregnant. She consults Radha, who is a leader of a women's group. On her advice, she takes the following measures.

She gets her name registered with the ANM and also enrolls herself in the Anganwadi.

The ANM examines her three times, first during registration, second after six months and third when the ninth month sets in.

She eats locally available seasonal foods, several times including fruits and vegetables during the day. The food is simple, fresh and home cooked. She remembers to consume at least 8 glasses of water daily. She includes more amounts of cereals, pulses green leafy vegetables and seasonal fruits in her diet. She also consumes the supplementary nutrition that she receives from the Anganwadi centred regularly.

Based on the Dai's advice, she does not consume tobacco, smoke biddies, drink alcohol and food from vendors, and uncovered also makes her husband avoid them. She does not eat clay or bricks as many other pregnant women do.

She avoids lifting heavy weights, exertion and injury on her abdomen.

The ANM gives her iron tablets, which she remembers to take daily, at bedtime with a glass of buttermilk. She completes the course of 100 tablets.

The ANM gives her two injections to protect against Tetanus Toxoid.

The Dai advises her to look after herself and keep clean. She takes bath daily and slowly massages her nipple.

Her family is affectionate and they look after her. She and her family are happy and excited about arrival of the baby.

The ANM gave her a delivery kit during the seventh month. She understood its use and gave it to the Dai, when she had labour pains.

After nine months, Radha gave birth to a daughter. She and her baby are safe and healthy.

### **Instructions for Monitoring the Position and Condition of the Foetus**

There are three ways of monitoring:

#### **Observation**

- In the normal position (head down) abdomen is oval shaped
- If the baby is in upside down (head up) position, abdomen is broader at base
- In transverse position, the abdomen becomes large of pot shaped

### **Listening to the heart beat**

- In the head down position, the heart sound is heard just below the navel region
- Any other part down, heartbeat is heard above the navel
- In case of twins, heart sound is heard above the navel
- If it is a transverse lie, heart beat is heard parallel to the mother's navel

### **Touching the abdomen**

- Feeling for the fetal head. It is hard and round.
- Feel whether it is up (towards the chest), down (towards the legs), towards the sides or there are two heads.

Observe fetal movements (kicks) and note the changes.

## **Counseling Card**

### **Risks during pregnancy**

The following five conditions are extremely risky

- Pain in abdomen (before labour)
- Extreme pallor(severe anemia)
- Swelling on feet and body and High blood pressure
- Excessive bleeding
- Convulsions

#### **In any of the above conditions**

Do not waste time. Refer the woman to the First Referral Unit (FRU) or a District Hospital where there are facilities for blood transfusion, Operation theater, Anesthetist and Obstetrician.

Under the RCH program the Panchayat has emergency funds to the provide money to needy families incase of medical emergency.

There are other conditions, which increase the probability of complications during pregnancy and childbirth. They are:

- Age less than 18 or more than 35 years
- Height less than 145 cms.
- Weight less than 40 Kg. Or weight gain less than 10 kg.
- More than 4 children
- Large abdomen or old scar on abdomen

It is better to be careful. Prepare for delivery and save money for emergency. Also keep transport facilities ready for emergency.

# REPRODUCTIVE AND CHILD HEALTH

## CHILDBIRTH AND CARE AFTER CHILDBIRTH

### Village Level Training Module



2 hours.

### Learning Objectives

At the end of the session the participants will learn about

- ♦ dos and don'ts of three stages of labour during childbirth.
- ♦ the importance and necessity of cleanliness during childbirth.
- ♦ care of woman and infant after childbirth.
- ♦ complications during labour and after childbirth.

### Design

Time in minutes	Topic	Method/material
60	Stages of labour during childbirth and precautions during these stages	Discussions and information sharing
30	Care of woman and infant after childbirth	Discussion with the help activity 1
30	Probable complications during and after childbirth	Discussions

### Material required

Copy of the story in activity 1 as number of participants.

### Note to the trainer

Welcome the group by saying,

*"Dear sisters, today we are going to talk about childbirth, the experience most of us have gone through. Childbirth is one of the most important and intense occasions in a woman's life. It is necessary for us to get appropriate information on this subject for our own well being and that of our infants'."*

- Invite participants to share their experiences of childbirth. Discuss various stages of labour during childbirth through experiences emphasizing on the dos and don'ts of the stages. If possible narrate some bad experiences due to harmful practices or negligence during childbirth.
- Lead the discussion to importance of hygiene during childbirth with special emphasis on the five cleans.
- Continue the discussions leading it towards care of the woman and infant after childbirth.
- End the session after discussing the risk factors and complications during and after childbirth. Encourage sharing of experiences by participants providing scientific discussions where ever necessary.

## **Important Messages for the Village Women**

### **❖ Stages of labour**

The beginning:

The womb begins to contract and relax and the woman has pain. This opens the mouth of the womb and the foetus is pushed down.

<b>Do</b>	<b>Do not</b>
Inform the Dai or ANM immediately.	Push or apply external pressure on the abdomen to hasten the labour.
Relax and keep moving. Rest when you feel tired.	Break the amniotic sac with nails or blade.
Take the pain gradually as they come. Do not apply force.	Give an injection to speed up the labour.
Breathe deeply.	Insert hands/ other substances in the vagina.
Drink plenty of energy giving fluids like jaggery water, black pepper and ginger decoction, tea, milk etc.	
Ask the Dai/other women to massage your back, abdomen, thighs etc.	

Second stage when the pains become stronger:

The pains become stronger and unbearable. The interval between two contractions decreases. The womb's mouth opens up and the bag of water breaks. The woman may feel the urge to pass stools. The contractions become more severe and frequent and the baby is delivered.

Do	Do not
Allow the woman to scream.	Pull the baby out with force.
Sitting in squatting position would help the baby to come out fast.	Cut the genitals of woman with a blade to broaden the passage.
Bear down when there is a contraction.	Insert fingers in the vagina to examine foetus movement.
Support the perineum with a cloth pad.	Push or apply external force on the abdomen.
Wrap the baby in a cloth and put it to breast immediately.	
Wrap the baby in a cloth and put it to breast immediately.	
Cut the cord after the pulsation stop.	

The third stage of labour:

When the placenta starts to separate, there is a gush of blood, the womb hardens and the cord becomes loose.

Do	Do not
Wait for the placenta to come out.	Wait for more than 30 minutes for the placenta to come out.
Wrap the baby in a cloth and put it on breast.	Pull the placenta.
Ask the woman to push after the placenta separates.	Push the abdomen.
See that the placenta is complete.	Remove the placenta by hand.
Bury it in the ground.	

### ❖ The five cleans

Clean surface. (Avoid using dirty rags and or grass)

Clean hands. (Wash hands thoroughly with soap and water)

Clean blade. (Do not cut the cord with sickle or rusted knife)

Clean thread. (Use clean sterilised thread available in delivery kit)

Clean stump. (Avoid putting anything on it and keep it dry)

### ❖ Care of the woman after she gives birth

- Eat foods that are rich in energy.
- Drink herbal preparations (show decoction of jaggery and bishops weed seeds, ginger and milk, ladoos made from flour, gum and other herbs etc).
- Eat food provided at the Anganwadi.
- Take an oil massage and bath with warm water.
- Take bath daily with warm water and wash the genitals as well as the pad.
- If there is a local practice, take fumigation in the genitals.
- Lie in bed at least for 10 days.
- Take 1 iron tablet daily after meals and complete the course of 100 tablets.
- Give only breast milk up to four months of age.
- Introduce complementary foods along with breast milk.

#### While breast feeding:

- Eat plenty of foods that give energy (jaggery, ghee, sugar, cereals etc.)
- Drink plenty of fluids (10-12 glasses of water, buttermilk, milk, herbal decoctions etc.)
- Special herbs and foods promote breast milk, consume them. (bajri, coconut, poppy seeds, Shatavari etc.)
- Sleep adequately.
- Relax and do not worry.

### ❖ Care of the infant

- Feed the baby frequently, when it demands.
- Keep the baby warm.
- Keep the baby near the mother. This provides warmth and strengthens the emotional bond.
- Family members should help with housework.
- Keep the baby dry and clean.
- For the first seven days, wipe the baby clean, keep the stump dry.
- Give the baby massage and fumigation (shek) depending on the season.
- Immunise the child as per the national schedule. Complete the schedule.
- Talk, sing songs and play with the baby.
- Consult a health worker as soon as you see any risk/changes in the baby.

### ❖ Complications during labour and after childbirth.

Recognise these symptoms at the earliest and shift the woman to district level hospital or First Referral Unit.

### **During Labour**

- If there is no progress even after 12 hours of pain or the womb's mouth does not open.
- If the cord comes out before the head of the foetus, the baby may suffocate inside the womb.
- If the hand comes out first.
- Baby is upside down.
- Absence or reduction in foetal movements and heartbeats.
- Convulsions.
- Excessive bleeding.

### **After Childbirth**

- Placenta does not come out within 30 minutes after the baby is born.
- Excessive bleeding.
- Convulsions.
- Infection: A change in amount, smell, colour of the discharge, accompanied by fever and pain in the abdomen.

## **Our Role in Spreading Awareness about Contraception**

### **As a Family Member**

- Do not insist on early pregnancy for a newly wed bride.
- Keep the pregnant woman happy and share the housework.
- Ensure that she takes proper rest and food.
- Ensure that she eats supplementary food available from Anganwadi and gets her doses of medicine and injections.

### **As Men of the House**

- Childbirth is a major event in the life of a woman, ensure her health throughout the process.
- Ensure proper diet and enough rest for her. Keep her happy.
- See that she eats the supplementary food available from Anganwadi over and above her regular food.
- Ensure she gets proper care before delivery, including TT injections and iron tablets.

- Save money for emergencies during delivery. Be available for her during childbirth.

### **As a Women's Group Member**

- Educate villagers about the care necessary of women during pregnancy.
- Encourage women and men to avoid repeated pregnancies.
- Support woman who wants to get contraceptives and accompany her to the health center if necessary.
- Counsel the family of a pregnant woman to support her during pregnancy.
- Ensure that you have a trained dai in your village.
- Encourage pregnant women to eat supplementary nutrition from Anganwadi and get proper ante natal care including TT injections and iron tablets.
- Monitor working of Anganwadi and ANM.
- Work with panchayat members to regularize visit of the ANM and availability of the delivery kits with pregnant women.

### **As a Panchayat Member**

- Ensure that your village has a trained dai.
- Ensure regular visits of ANM and monitor her working.
- Ensure proper running of Anganwadi.
- Ensure all the pregnant women get proper care.
- Arrange for transportation facilities for women in emergency.
- Encourage people to go to district hospital in case of difficult delivery.
- Ensure health education and availability of condoms and other contraceptive at health center or village distribution centres.

## **Activity 1 Ramila's Story**

### **Objective**

To ensure the care of woman and infant after childbirth.

### **Material required**

Copy of the story given below.

### **Method**

- Divide the participants in small groups of five to six each.
- Read out the following story to them.
- Ask them to discuss what advice did the dai give to Ramila.
- Let the small groups make presentations in large groups.
- Make a final list of points of care of woman and infant after childbirth, add points if necessary.

### **Story**

Ramila lives in Radhanpur village. After two years of marriage, she has given birth to a beautiful daughter. Radhabai, the local Dai, assisted her. She gave the following advice to Radha.

"After giving birth, a woman requires a lot of energy to regain her strength, to prepare for breast feeding and look after the new born. If you will follow my advice you and your baby will become healthy soon." Ramila promised to do as Radhabai said. Radhabai advised her.

Ramila followed Radhabai's suggestion. Today her daughter Roma is celebrating her fourth birthday. Ramila feels strong and sturdy like she was before Roma came in her life.

**What advice did Radhabai give to Ramila?**

# REPRODUCTIVE AND CHILD HEALTH ABORTION

## Village Level Training Module



1 hour 30 minutes.

### Learning Objectives

At the end of the session the participants will learn about

- ◆ factors to be considered to decide about abortion.
- ◆ aspects of safe abortion and difference between safe and unsafe abortion.
- ◆ danger signs after abortion.
- ◆ care to be taken after abortion.

### Design

Time in minutes	Topic	Method/material
30	Factors to be considered while deciding for an abortion	Discussion with help of activity 1
30	Difference between safe and unsafe abortion	Discussion with illustrations 1 to 4
30	Danger signs after abortion and care to be taken after abortion	Discussions

### Material required

Copy of situations given in activity 1. The illustrations 1 to 4 can be photocopied from here. Marker pens and flip-charts or black board and chalk.

### Note to the trainer

Welcome the participants and start the session by saying,

*"Dear sisters, abortion is a topic that women need to have information about and is least discussed. We need technical information about it and we also need to develop more strength to decide when and where to seek abortion, if required."*

**Abortion is not a method of contraception**

- Introduce activity 1 to discuss the aspects to be considered during taking a decision for an abortion.
- Lead the discussions to safe and unsafe abortion with help of illustration 1 to 4. Emphasize importance of safe abortion.
- Discuss the risk signs after abortion and need to seek medical advice.
- Lead the discussions to importance of care, rest, diet and use of appropriate contraception after abortion. Emphasize that abortion should not be used as a method of contraception.

## **Important Messages for the Village Women**

- ❖ Abortion is legal in India.
- ❖ Abortion services are available free of cost in the government managed Primary Health Care Centres/Community Health Centres and hospitals.
- ❖ Decision about abortion can be yours, since it is your right. Nobody can stop you from going for an abortion, unless it is unsafe for your health. But before getting an abortion done women need to be aware about the danger signs after abortion.
- ❖ Never get an abortion done in four following situations:
  1. by untrained people
  2. using unsterilized instruments
  3. in a dirty room
  4. after more than 20 weeks of pregnancy.
- ❖ Always get an abortion done by trained personnel.
- 1. Consult the doctor immediately if you have heavy bleeding, high fever, severe pain in the abdomen, or you have attacks of unconsciousness or feel confused or foul smelling discharge from vagina after abortion.
- ❖ Never get Copper T inserted within a week after the abortion, it may rupture the uterus. Always select method of contraception of your choice after abortion.
- ❖ Take care of your health after abortion in terms of :
  1. Do not have a sexual intercourse for two weeks after.
  2. Follow up check up in two to three weeks without fail.
  3. You will get the next period probably four to six weeks after your abortion. If you do not get periods within six weeks, contact the doctor. You can get pregnant immediately after an abortion, even before the next period.
  4. Use a reliable contraceptive method if you have sexual intercourse and do not want another pregnancy.
  5. Drink plenty of water and eat green vegetables and food like lemon, fresh buttermilk, etc which are sour.
  6. To reduce the pain and bleeding rub or massage the lower abdomen gently, and often.
  7. If there is a pain, keep a hot water bottle on the abdomen.

## **Our role in Creating Social Awareness about Abortion**

### **As a Member of Family**

- Take a joint decision for abortion, rather than alone.
- Abortion is legal and there is nothing immoral about it, support the decision of abortion, if it is safe and appropriate.
- Take good care of woman who has undergone abortion.

### **As Men of the House**

- Abortion is not a method of contraception, resort to it only if necessary.
- Contraception is a joint decision, take responsibility for it.
- Support the woman, if she thinks abortion is the best option, there is nothing immoral about it.
- Take good care of woman who has gone through abortion. Ensure proper diet and rest for her.

### **As a Women's Group Member**

- Get as much information about abortion as you can and disseminate it among men and women in the village.
- Support woman who decides to abort a child.
- Ensure that not a single illegal or unsafe abortion occurs in your village.
- Educate people about the dangers of abortion and its use as last option, rather than a method of contraception.

### **As a Panchayat Member**

- Ensure a health education session for villagers on abortion with help of ANM.
- Promote the idea that abortion is not immoral.
- Encourage the community to go only for safe abortions.
- Counsel the village dai to not promote or get involved in unsafe and illegal abortions.
- Arrange for transportation in case of medical emergencies for women.

#### **Remember**

*The decision for abortion needs to be yours.  
You need not take permission of any one for abortion.  
Privacy and confidentiality about abortion is your right.*

## Activity 1 Question sheet

### Objective

To sensitize the participants about the factors to be considered while deciding about an abortion.

### Material Required

Copy of situation sheet. Marker pens and flip charts.

### Method

- Invite participants to divide themselves in small groups of five to six members each.
- Read out one situation with questions to each group separately. If there are any literate group members give them a copy of the situation sheet.
- Ask the groups to discuss the questions and the answers of come to a common list of factors to be considered in deciding about abortions. Ask them to specify who, according to them should decide about the abortion.
- Ask the group to make presentations in large group.
- Make an inclusive list of factors, emphasising women's right to decide about abortion.

### Situation sheet

1. Rama has four daughters and this is her fifth pregnancy. Her husband is a daily wage earner.

Does she really want this child? Why?

2. Ramji's wife is pregnant for the third time. Ramji also takes care of his elder brother's widow and his four kids. Ramji's parents live with him too. Ramji's wife does not want to have a child.

Should they have this child? Why?

3. Shyamla's husband migrates to a nearby city every year. This year after he came back he had a burning sensation when he urinated. Shyamla has back pain since last few months. Now she is pregnant with her second child. She fears she is suffering from STD.

What should they do? Give details.

4. Ramila is four months pregnant since last few months. She is not married. She was able to hide it from her parents for so long, but now her mother has found out. The local dai said she was pregnant for five months now. What should they do?

## Illustration 1

### Safe abortion is performed

By trained and experienced health personnel	With proper aseptic instruments Under a clean hygienic conditions and environment
Upto three months after the last months bleeding	Upto 20 weeks in consultation with two medical doctors and special equipment

**Note:** Enlarge this illustration cut it and paste it on the cardboard or transfer it on a transparency for use during training.

## Illustration 2

### Unsafe abortion is performed

By untrained person including a medical personnel without license	With rusted or wrong instruments
Under a unhygienic, conditions and environment	After three months of pregnancy

**Note:** Enlarge this illustration cut it and paste it on the cardboard or transfer it on a transparency for use during training.

**Illustration 3**

**How to tell if an abortion will be safe?**

**This room looks safe for abortion**

The room looks clean and airy.

There is a space for washing hands.

The instruments look scientific, properly organized and look like they are in use.

There is a stove in working condition to boil the instruments.

An Auxiliary Nurse Midwife (ANM) is present along with the doctor to assist to perform abortion.

There is dustbin to throw the waste material.

**Please Note: Abortion service is free of cost at the Primary Health Centre**

**Note: Enlarge this illustration cut it and paste it on the cardboard or transfer it on a transparency for use during training.**

**Illustration 4**

**How to tell if an abortion will be unsafe?**

**This room is not safe for abortion**

The room looks dusty and unclean.  
There is no space for washing hands.  
The instruments look dusty and rusty. It looks like they are not in use.  
There is no stove to boil the instruments.  
There is no ANM present along with the doctor to assist to perform abortion.  
The waste material is lying here and there.

**Note: Enlarge this illustration cut it and paste it on the cardboard or transfer it on a transparency for use during training.**



# REPRODUCTIVE AND CHILD HEALTH INFERTILITY

## Village Level Training Module



1 hour 30 minutes.

### Learning Objectives

At the end of the session the participants will learn about:

- what is infertility
- reasons for infertility
- what is fertile period
- what can be done during infertility

### Design

Time in minutes	Topic	Method/materials
10	What is infertility	Discussion
20	Reasons for infertility	Discussion with help of counseling card 1
30	What is the fertile period and how to know about it	Discussion with help of a counseling card 2
30	Some ways to overcome the problem of infertility	Discussion with help of illustrations 1 and 2 and activity 1

### Material required

Photocopy counseling cards 1 and 2, and illustrations 1 and 2, along with the story given in activity 1 and illustrations from here and stick them on cardboard separately. You may also copy the story on a big flip chart in big letters.

### Note to the trainer

***Infertility is a very sensitive topic. It can disturb any person who is not able to have children. Provide space for the person to cry or share her grief if need be.***

Welcome the group by saying,

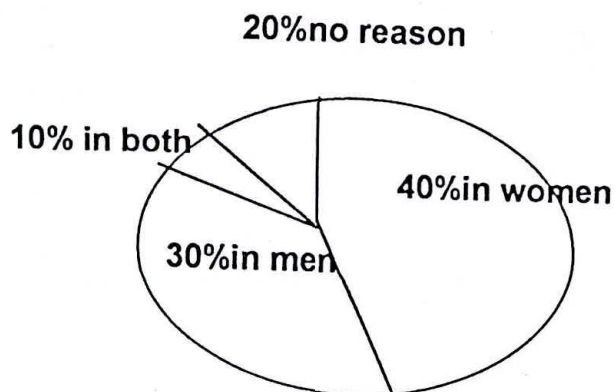
*"Dear sisters, today we are going to discuss about infertility which affects many of our sisters life negatively manner. Let us understand the scientific reasons for the same."*

- Ask participants what they know about any woman without children and what is the behaviour of society and her family towards her. Ask them what is their idea about reasons for infertility. Discuss various reasons of infertility with the help of counseling card 1.
- Ask the participants if they have heard about the fertile period and how to find that out. Impart information about fertile period to participants with help of counseling card 2. Invite them to conduct self-examination whenever possible for them. Emphasize the importance of personal hygiene during self-examination.
- Ask participants what could be done about infertility. Encourage scientific practices. Discuss possible options with help of illustrations 1 to 6. Introduce the idea of adoption with help of the story in activity 1. Encourage participants to share their views or experiences on adoption.
- Finally discuss the roles of different individuals and groups in creating social awareness regarding infertility.

### **Important Messages for the Village Women**

- ❖ A couple who cannot get conceive after having sex together a few times a month for a whole year, without using a family planning method may be considered infertile. A couple may also have a fertility problem if they have had 3 or more miscarriages (lost pregnancies).
- ❖ The problem of infertility can be in either man or woman or in both. Do not blame only the woman for it.

**Distribution of Causes of Infertility**



- ❖ There are different causes for infertility. Some of them are:
  - Defective or less sperms in men
  - Too fat or too thin woman
  - STD infection in one or both the partners
  - Defective reproductive tract or uterus in woman
  - Tobacco or alcohol use
- ❖ It is not necessary that all women give birth. You can adopt children too.
- ❖ Get both, the man and woman's examined in case of infertility, other wise the real reason may not be assessed found out.
- ❖ Get both the partners examined for reproductive tract infections even if there is no outward sign. In some kinds of infections there might not be obvious signs. Even if any one of the partners is suffering from infections it is necessary to get both checked and treated, to avoid repeated infections from each other.
- ❖ Try to have sex during your fertile time. For most women their fertile time starts about 10 days after the first day of the monthly bleeding and lasts about 6 days.
- ❖ Position of man and woman, while sexual intercourse also helps to increase the chances of getting pregnant.

**If woman does not get pregnant even after one year of sexual relations without the use of any family planning methods, it is important to consult the doctor.**

## **Our Role in Creating Social Awareness about Infertility**

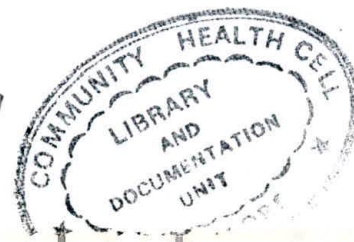
### **As a family members**

- Do not only blame the woman for not giving birth to a child. Encourage the couple to go through the medical check up.
- If the couple can not conceive a child, encourage them to adopt a child.
- Infertility cannot be solved by any religious rituals. Do not force woman to go through it. It may hurt her self esteem.
- Remarriage is not the answer of infertility. It is an insult to woman and womankind. Never encourage your male family member to do that.

### **As a man of the family**

- Be sensitive to the social harassment of woman for not bearing a child for which you may be responsible.
- In your family if another couple is having the problem of childlessness, explain to them about the medical check up and adoption of child.
- Childlessness is not an end of life, there is lot to achieve in life. Explain this to other friends and family members.

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### **As a Women's Group**

- Provide emotional support to the woman who is going through the taunts and verbal harassment of childlessness.
- Try to encourage the members of the family facing the problem of childlessness, to adopt a child.
- In your village if a man plans to remarry for the reason of childlessness, try to stop it. You may go to police also to stop it.
- Organize an educational camp about infertility. Awareness will help to remove the social stigma about infertility.
- Educate the community that though motherhood is important in woman's life, it is not the only ultimate goal of her life.

### **As a Panchayat member**

- Organise medical camps and education sessions for you village on "infertility".
- Organize and attend regularly the meeting of village health committee and discuss the problem of fertility and get information from your village nurse.
- Encourage your village people to adopt children. Honour and appreciate couples who do that.
- Do not blame woman for not being able to conceive and provide support to her. If the need be counsel her husband and family about medical check of the couple to combat infertility and about adoption.

## Counseling Card 1

### Reasons for Infertility

Defective or less sperms in men	Too fat or too thin woman
STD infection in one or both the partners	Defective reproductive tract or uterus in woman
Tobacco or alcohol use	

## Counseling Card 2

### How to know the fertile period

Every day during the bath after cleaning the hand with soap insert one or two finger inside the vagina up to the cervix (mouth of uterus) and remove some mucus (sticky secretion). This mucus has to be examined between the finger and the thumb as shown in the diagram.

Dry(no mucus) nothing comes on the finger
Non stretchy, crumbly or like cream on the fingers(not fertile) The consistency is like a curd
Stretches a little but breaks(slightly Fertile) The consistency is like sugar syrup
Wet, very stretchy, slippery(extremely fertile) The consistency is like a raw egg white

## Addressing infertility

The best positions for enabling pregnancy during sex are

The woman lies on her back with the man on top

Both man and woman have a sex lying on sides

After having sex, woman needs to lie flat on her back for about 20 minutes.  
This will help the sperm swim into womb and find the egg

Note: Enlarge this illustration cut it and paste it on the cardboard or transfer it on transparency for use during training.

**Illustration 2**

**Addressing infertility**

**Other things to keep in mind**

**If any partner is suffering from any kind of STD, get it treated. Even if only one person is suffering from STD it is important to get the treatment for both of them**

**The couple should eat good, healthy food. If you do not have regular monthly bleeding and you are very thin or fat, try to gain or lose weight**

**The couple should avoid smoking or chewing tobacco, using drugs, or drinking alcohol. Avoid caffeine in drinks like coffee, black tea, and cola drinks**

**Note:** Enlarge this illustration cut it and paste it on the cardboard or transfer it on transparency for use during training.

## **Activity 1 Zarina's daughter**

### **Objective**

To sensitize participants and generate discussion on the advantages of adoption.

### **Material required**

The story of Zarina given below. Write the story in big letters on a flip chart and paste it.

### **Method**

- Read the story to the entire group.
- Invite participants to share their ideas about adoption.
- Invite participants to share experiences.

### **Zarina's daughter**

Zarina lived in Rangpur. She married Sujansingh when she was 19 years of age. Initially, the time flew fast and the couple lived happily. Her in-laws were very affectionate.

As days passed by, they started getting worried. Even after three years of marriage, Zarina did not conceive. The village women started inquiring about the possible reason. Zarina started feeling guilty for not getting pregnant. The mother-in-law's attitude changed completely. She started misbehaving with her daughter-in-law. She asked her son to remarry. The son also felt that it is a good idea. He started seeing the girls. Zarina came to know about it. She was hurt. She talked to her parents. Her parents also mentioned that what her husband is doing is correct. Zarina went to the village women's group and talked about her story to the leader of the group Rama.

She called both Zarina and her husband and advised them to visit a clinic in the nearest city. She also mentioned that if the man has a problem even if he remarries he will not have a child. Rama also explained that if the couple can not conceive it is rather better to adopt the child then to remarry. Sujansingh understood the situation. He agreed to go for the medical test. After making necessary arrangements, Zarina, Sujansingh and her mother-in law went to get the couple checked-up. The lady doctor was good and after doing a series of test, she informed "I am sorry to state that Ramji and Zarina cannot have children

of their own." The entire family was depressed. How they craved for the cries of a baby in their home!

Sujansingh went to Rama and mentioned that he wants to adopt the child. With Rama's help, they adopted a daughter. The mother and father in law in the beginning opposed the idea. But when the child came home, looking at her they forgot every thing. They fell in love with the child.

# REPRODUCTIVE AND CHILD HEALTH CONTRACEPTION

## Village Level Training Module



1 hour.

### Learning Objectives

At the end of the session the participants will learn about:

- All the available government supported temporary and permanent methods of contraceptives.
- How to choose the best contraceptive for self.

### Design

Time in minutes	Topic	Method/materials
30	What is contraception, different methods of contraception and how to use them	Samples of contraception. Activity 1/discussions
30	Making a right choice of contraceptive	Activity 2/discussions

### Material required

Samples of various contraceptives and pictures of vasectomy and tubectomy, model of a penis or a banana, flexible model of uterus, copy of story in the activity 2.

## Note to the trainer

You may start the session by saying,

*"Dear sisters it is difficult for us to get information and access to contraception. So it is better that we equip ourselves with this information and knowledge, which will come handy to us when we or other women around us will need."*

- Distribute samples of pills, condom and copper T among the participants. Ask questions given in Activity 1.
- Discuss effectiveness, safety and side effects of each method. Encourage experience sharing while discussing side effects. Highlight the individual differences in acceptance of appropriate choice of contraceptive. Emphasize factors of safety and effectiveness along with personal choice.
- Discuss factors affecting choice of appropriate method. Introduce activity 2 and encourage sharing of experiences.
- Finally discuss responsibilities of various groups in encouraging use of contraceptives.

## Important Messages for the Village Women

- ❖ Contraceptive method is a tool to prevent or postpone pregnancy while enjoying sex life.
- ❖ In changing scenario parenthood is a matter of choice, not chance, use contraceptives if you want to postpone pregnancy.
- ❖ Either husband or wife can use the method you choose—depending upon what you consider best between you.
- ❖ The ideal age for motherhood for a woman is between 20 and 30 years.
- ❖ Condom is the most widely known and used barrier device by males around the world. It prevents pregnancy and protects both men and women from sexually transmitted diseases, including HIV/AIDS.
- ❖ Condoms, pills and IUDs are available at Public Health Centre (PHC) and other government clinics free of cost under family planning programme.
- ❖ Sterilization operations for men and women are also done free of cost at PHC or other government hospitals.

## Our Role in Spreading Awareness about Contraception

### As a Family Member

- Encourage couples to use condoms or other contraception to avoid repeated or early pregnancies.
- Do not insist on early pregnancy for newly wed bride.
- Get information on contraceptives and provide it to couples.
- Accompany woman to health center to get contraceptives if necessary.

### As Men of the House

- Contraception is joint responsibility, be responsible and use condoms.
- Do not allow repeated and early pregnancy.
- Encourage friends to use contraception to avoid unwanted pregnancies.
- Support the member who wants information about contraception.

### **As a Women's Group Member**

- Educate villagers about contraception. Emphasize joint responsibility of couples.
- Encourage women and men to use condoms.
- Support woman who wants to get contraceptive and accompany her to health center if necessary.
- Counsel her family to support her in delaying pregnancy.
- Work with panchayat member to get regular stock of free contraceptives in health centre or from ANM.

### **As a Panchayat Member**

- Ensure information and regular stock of free contraceptives at the health center or VDCs.
- Encourage people to use contraceptives to avoid unwanted pregnancies.
- Ensure health education and availability of condoms.

**You can get condoms from ANM**

## **Our Roles in Promoting Contraceptives**

### **Role of men**

Use of contraception is a matter of couple decision. Both woman and man are responsible for preventing unwanted pregnancy and keeping themselves and each other protected from diseases. In our society, responsibility of birth control seem to be falling on women only, men should be equal partner is sharing this responsibility. Some specific actions they can take are:

- Use condom as a method of contraception.
- Get more information about available contraceptives.
- Show readiness for vasectomy when time comes for permanent method of contraception.
- Monitor the effect of contraceptive on the woman and if need be take her to the hospital.
- Accompany woman to clinic or hospital if she has side effects of contraceptives.
- Educate other men about use of condom and other methods of contraception for preventing unwanted pregnancy and propagate vasectomy as permanent method of contraceptive once family is sure.

### **Role of Women's group**

- Women group can get information about contraceptives and educate other women in village.
- They can participate in Village Health Committee and get more information about contraceptives.
- They can support women of the village who have side effects of contraceptives and take her to hospital.
- They can talk to men of the village and educate them about contraceptives.
- They can work with panchayat and village health workers to ensure smooth flow of contraceptives in village.
- They can accompany women going for tubectomy.

### **Role of Panchayat**

- Panchayat members can set example to the village by accepting contraceptives for spacing and preventing childbirth and talk about it.
- Panchayat can ensure smooth flow of contraceptives in the village.
- They can organize health education session with help of Health Department for the village community.
- They can make arrangement for transportation for individuals desiring to go to hospital for permanent method of contraception.
- They can monitor work of village health personnel in areas of family planning.
- Educate men and women to use contraceptives as leaders of village.

## Activity 1 Knowing Contraceptives

### Objective:

To familiarize participants with contraceptives and prepare them for discussion.

### Material required:

You will need samples of different contraceptives mainly, pills, condom and copper T pictures of vasectomy and tubectomy operations.

### Method:

- Distribute the contraceptives and pictures randomly in the group.
- Do not talk about anything for some time. Let the pictures and contraceptives change hands and participants giggle.
- Once most people finish touching and looking at them ask them the questions given below and encourage informal discussions.
- Encourage sharing of experiences.

### Questions:

- What is that?
- Have you used that contraceptive any time?
- Do you know of anyone who uses that contraceptive?
- What happened to you (or anyone who used it) when you used it?
- From where can we get that? How much does it cost?
- Were you afraid to use it for the first time?

## Demonstrate use of condom and IUDs

### Demonstration of condom use

- Get a pack of condom, a model of penis or banana or carrot.
- Check the expiry date. Carefully open the package so that condom does not tear. Do not unroll condom before putting it on.
- Tell participants that if penis is not circumcised, pull foreskin back. Squeeze the tip of the condom and put it on the end of the hard penis.
- Continue squeezing tip while unrolling the condom till it covers the entire penis.
- Tell them that condom should be removed after the man ejaculates (comes), holding rim of condom before penis gets soft.
- Be careful to slide condom off without spilling liquid (semen) inside.
- Throw away or bury the condom.

### Remember

- Do not use grease, oils, lotions or petroleum jelly to make condoms slippery. These make condoms break. Only use a jelly or cream that does not have oil in it and it is always advisable to use water-based lubricants like KY jelly.

- Do not open the condom to check if it is broken, they are already checked.
- Use a new condom each time you have sex.
- Use a condom once only (single use).
- Store condoms in a cool and dry place.
- Learn to wear condom properly. Loose fitting or angled wearing can lead to leakage or breaking of condom.

(illustrations)

- If condom breaks during intercourse, contact you doctor or nurse and take oral pills as early as possible according to their advice.

### **Demonstration of IUD insertion**

- Get a sample of IUDs, flexible model of uterus and IUD insertion instrument.
- With the IUD insertion instrument, insert IUD in the model of uterus.
- The model is usually open from top, show the participants how the IUD fits inside the uterus.
- Show where women can feel the thread with their index finger.
- Emphasize the importance of sterilization of instrument, cleanliness of the place where IUD is inserted and clean and sterilized gloves on the hands of person who is inserts the IUD.

(illustrations)

If uterus model is not available use the illustrations given herewith to explain the insertion of IUD.

## Activity 2 Deciding the right contraceptive

### Objective:

To sensitize participants about the factors influencing choice of contraceptives.

### Material required:

You will need a copy of the story given below, or you may write it in big letter on a flip chart and put it on if some participants can read.

### Method:

- Divide the participants in small groups.
- Read out the story of Govind and Godavari.
- Ask the groups to discuss the questions at the end of the situations and come up with a collective answer. Ask the small groups to make a presentation.
- Encourage the other participants to argue about their choice. You may summarize by emphasizing on need for information, counseling and how one's values reflects on choice of contraception.

### Story of Govind and Godavari

Govind and Godavari have three children. Govind is a casual labour in the near by town doing small jobs and Godavari works as agriculture labour on the landlord's land. Both of them realize that having more children is not good for them. The village nurse is pressurizing Godavari to go for tubectomy or Govind for vasectomy for a long time now. But Godavari is not sure if she wants to do it. She thinks her children are too young. Many children die before ten years in her village. Besides she is afraid of the operation. Govind might also not agree to this, because this will mean loss of wages for both of them for at least two days and what if she ends up sick? So many women get sick after the operation.

Govind on the other hand, does not want children but is afraid of going for the operation. What if his sex desire die after that and so many men cannot do hard work after that. Besides his children are too young. The village nurse explained about the use of contraception to both of them. Govind suggested Godavari to take pills. Godavari started taking pills. But in between forgets and then she gets tensed about pregnancy, all this leaves her very uneasy.

She asked Govind to avoid sex to avoid pregnancy. Govind is very angry with that. He wants Godavari to go to hospital with him and insert a copper T, even the village nurse says it is very safe. But Godavari is afraid. All this makes Govind very angry. He thinks if Godavari will not co-operate, he will end up going to other women (which he did sometime in the town, when Godavari was pregnant!)

Do you think Govind is right in his thinking? Why?  
Do you think Godavari is right in her thinking? Why?  
What contraceptive would you suggest them to use? Why?

# CANCERS

## CERVICAL CANCER

### Village Level Training Module



1 hour 30 minutes.

### Learning Objectives

At the end of the session the participants will learn about

- ♦ probable causes of cervical cancer.
- ♦ signs of the cancer of cervix.
- ♦ importance and procedure of Pap test for early diagnosis of cancer of cervix.

### Design

Time in minutes	Topic	Method/material
30	Causes of cervical cancer	Discussion with help of illustrations 1 to 8
30	Signs of cancer of cervix	Discussion
30	Pap test for early diagnosis of cervical cancer	Discussions

### Material required

Illustrations 1 to 8, which can be photocopied from here and stuck on the cardboard separately.

### Note to the trainer

Tell the group of village women that,

*"Dear sisters, cancer is something we all dread. It is very important to diagnose cervical at an early stage and get it treated. The best is to prevent ourselves from such illness."*

- With the help of illustrations discuss the probable causes of cancer of cervix.
- Discuss signs and symptoms of cervical cancer. Encourage sharing of personal experiences, if available or experiences heard from others.
- Give information of Pap test and encourage women to go for the test as action plan at the end of the session.

*The mouth of uterus is known as Cervix*

## Important Messages for the Village Women

- ❖ General causes of cervical cancer:
  - Smoking or chewing tobacco.
  - Consuming fat rich food.
  - Certain viral infections like hepatitis B or genital warts.
  - Incorrect use of hormones.
  - Some cancers to some extent are also hereditary eg. Breast cancer.
- ❖ Some women more likely to get cancer of the cervix, are those women who:
  - became sexually active with in only a year of starting their monthly bleeding
  - have more than one sex partner
  - have a partner who has more than one sex partner
  - have had Sexually Transmitted Disease
  - have had viral infections such as genital warts.
  - have a relative who have had cancer
  - have had several pregnancies
  - smokes tobacco or breathes tobacco smoke where they live or work
  - do not maintain cleanliness of their genital parts
- ❖ Common signs for the cancer of cervix
  - abnormal bleeding from vagina, including bleeding after sex
  - a pinkish or bad smelling discharge, or a bad smell from vagina
  - in very advanced cases, signs may include pain when passing urine, or pain in the legs, lower belly or back.
- ❖ It is very important that the diagnosis of cervical cancer is done at an early stage. This could be done through **Pap Test**. It is a quick and simple procedure. For this test, doctor needs to scrape some cells from the cervix (this is not painful) during a pelvic exam and sends them to a laboratory to be examined with a microscope. The result of the test takes about two weeks. Woman should be tested at least every 3 years. In places where this is not possible, woman should try to get tested at least every 5 years, especially women over 35 years of age.

***Pap test is not done during menstrual period***  
***Pap test should not be done within 48 hours of insertion of vaginal tablet***  
***Pap test should not be repeated earlier than six months***

## **Our Role in Combating Cervical Cancer**

### **As a Family Member**

- Encourage woman to get a pap test done and a regular medical check up after 35 years of age.
- Be aware of the symptoms of cancer and act if woman complains about any similar symptoms.
- Do not neglect the health complains of women related to her reproductive system.
- Do not allow child marriages.
- Prevent repeated pregnancies by preventive action or through advice.
- Support women if she is diagnosed to have cervical cancer.

### **As Men of the House**

- Prevent child marriages and early pregnancy.
- Contraception is joint responsibility, be responsible and avoid repeated pregnancies.
- Do not neglect or do not allow woman to her own health.
- Encourage woman to get pap test done after age of 35 years.
- Support woman if she is detected as cancer positive and insist on early and complete treatment.

### **As a Women's Group Member**

- Do not allow child marriages and early pregnancies.
- Educate villagers about cervical cancer.
- Encourage women above 35 years of age to go for pap test every year.
- Support woman who has been identified suffering with cervical cancer.
- Counsel her family to support her.

### **As a Panchayat Member**

- Ensure information about cervical cancer in village health meeting with help of ANM.
- Organise gynecological camps, including the facility for Pap test, in village at regular intervals and encourage women to participate in them.
- Spread awareness about cervical cancer.
- Do not allow child marriages.
- Ensure health education and availability of contraception.

**Risk factors for women of cervical cancer**

**Girls who became sexually active within one year of starting their  
monthly bleeding**

**Note: Enlarge this illustration cut it and paste it on the cardboard or  
transfer it on a transparency for use during training.**

## Risk factors for women of cervical cancer

Women who have more than one sex partner or has a partner who has more than one sex partner

**Note:** Enlarge this illustration cut it and paste it on the cardboard or transfer it on a transparency for use during training.

### Illustration 3

**Risk factors for women of cervical cancer**

**Persons who have had Sexually Transmitted Disease**

**Note: Enlarge this illustration cut it and paste it on the cardboard or transfer it on a transparency for use during training.**

## Risk factors for women of cervical cancer

Women who have had viral infections such as genital warts

**Note:** Enlarge this illustration cut it and paste it on the cardboard or transfer it on a transparency for use during training.

## Illustration 5

**Risk factors for women of cervical cancer**

**Women who have a relative who has had cancer**

**Note: Enlarge this illustration cut it and paste it on the cardboard or transfer it on a transparency for use during training.**

*Cervical Cancer  
Village Level Training Module*

**Illustration 6**

**Risk factors for women of cervical cancer**

**Women who have had several pregnancies**

**Note: Enlarge this illustration cut it and paste it on the cardboard or transfer it on a transparency for use during training.**

# REPRODUCTIVE TRACT INFECTIONS AND WOMEN'S HEALTH

## Village Level Training Module



1 hour.

### Learning Objectives

At the end of the session the participants will learn about

- ♦ causes and symptoms of RTIs.
- ♦ treatment and prevention of RTIs.

### Design

Time in minutes	Topic	Method/material
30	What are RTIs and their common causes	Discussion with help of flash cards
30	Symptoms, treatment and prevention of RTIs	Discussion with help of flash cards

### Material required

Flash cards given below. You may photocopy them and stick each separately.

### Note to the trainer

Welcome the participants and start the session by saying,

*"Dear sisters, today we are going to talk about the subject which creates a lot of anxiety and concern among many women. White discharge (safed pani) is something, many of us suffer from and many a times we neglect it or try remedies which may not work. Let us spend some time in understanding our bodies and what we can do to prevent problems like white discharge."*

**Speak up, white discharge should be treated immediately**

- Ask the participants if they have heard women share about a smelly and excessive secretion from their genitals. What do they do? Where do they go to seek help? What are some of the difficulties they face when they have such a problem? Encourage them to share both physical discomfort and social problem.
- Explain what is RTIs.
- With the help of flash cards explain the causes, symptoms, treatment and prevention of RTIs.

*For herbal remedies please refer chapter on Traditional Health and Healing Practices*

### **Important Messages for the Village Women**

- ❖ Thin white milk-like secretion without smell or irritation in vagina. This secretion increases or decreases during different periods of the menstrual cycle.
- ❖ Women are very shy of discussing RTIs. Break the culture of silence and speak up. RTIs should be treated early.
- ❖ Reasons for problem of RTIs are
  1. Poor general health leading to infections.
  2. Some medicines can lead to this problem, like antibiotics.
  3. Infection due to aberration during intercourse, childbirth or IUD insertion.
  4. Poor personal hygiene, especially during menstruation or intercourse.
  5. Ulcers on mouth of the vagina.
  6. Sexual intercourse with person suffering from sexually transmitted diseases.
- ❖ Symptoms of problem of secretion
  1. Thickness, smelly and excessive
  2. Change in colour of discharge.
  3. Itching in vagina or around it.
  4. Pain in lower back and abdomen.
- ❖ Some of the problems are transmitted from man to woman and the vice versa, it is very important to get both the partners treated in those kinds of infections. Using condoms during sex will prevent such transmission.
- ❖ Some RTIs do not show obvious symptoms in different human beings. Get yourself and your partner examined if you doubt an infection in either of you.

**Illustration 7**

**Risk factors for women of cervical cancer**

**Women who smokes tobacco or breathes tobacco smoke where they live  
or work**

**OR**

**Women who use fire wood or smoked chulla to cook**

**Note: Enlarge this illustration cut it and paste it on the cardboard or transfer it on a transparency for use during training.**

**Risk factors for women of cervical cancer**

**Women who do not keep cleanliness of their genital parts**

**Note: Enlarge this illustration cut it and paste it on the cardboard or transfer it on a transparency for use during training.**

- ❖ Maintain good personal hygiene, especially during menstruation and after sexual intercourse.
- ❖ Eat enough and nutritive foods to stay healthy and do not over exert yourself.

**STDs increase the chances of HIV/AIDS.  
Use condoms if there is a doubt of  
getting a STD. Get both the partners  
treated to avoid repeated infections**

## **Our role in Creating Social Awareness about RTIs**

### **As a Member of Family**

- Share responsibilities of housework.
- Encourage women of the house to share their problems and take them seriously.
- Try to maintain open and friendly environment in the family.

### **As Men of the House**

- Be sensitive to the health concerns of women and take them seriously.
- Ensure proper diet and distribution of workload in the family for all the members.
- Encourage women to go for early treatment.
- Use condom if any one of the partners might have chance of a STD.
- Ensure treatment of both the partners in case of sexual infection to any one.
- Some RTIs may not show symptoms, get both of the partners examined in case of doubt.

### **As a Women's Group Member**

- Get as much information about RTIs and STDs as possible and disseminate it among men and women in village.
- Ensure regular visit of ANM in the village and her availability to women.
- Arrange with the help of panchayat members to get a lady doctor in the nearest PHC.
- Encourage women for early diagnosis of RTIs and propagate testing and treatment of both the partners in case of STDs.

### **As a Panchayat Member**

- Ensure health education session for the villagers on RTIs and STDs with help of ANM or health worker.
- Ensure regular visit of ANM in your village and her availability to village women.
- Encourage both the partners to get treated in case of STDs.
- Arrange for lady doctor in the nearest PHC.

**Maintain personal hygiene during  
menstruation and physical intercourse**

Let us understand the problem of white discharge

**Note: Enlarge this illustration cut it and paste it on the cardboard or transfer it on a transparency for use during training.**

**Flash card 2**

**Normal secretion from vagina**

**Note: Enlarge this illustration cut it and paste it on the cardboard or transfer it on a transparency for use during training.**

**Flash card 3**

**When does the normal secretion increase?**

Note: Enlarge this illustration cut it and paste it on the cardboard or transfer it on a transparency for use during training.

Flash card 4

When is "white discharge" a problem

**Note: Enlarge this illustration cut it and paste it on the cardboard or transfer it on a transparency for use during training.**

**Flash card 5**

## Types of white discharge

**Note: Enlarge this illustration cut it and paste it on the cardboard or transfer it on a transparency for use during training.**

**Flash card 6**

## Types of white discharge.

**Note: Enlarge this illustration cut it and paste it on the cardboard or transfer it on a transparency for use during training.**

**Flash card 7**

## Types of white discharge

**Note:** Enlarge this illustration cut it and paste it on the cardboard or transfer it on a transparency for use during training.

**Flash card 8**

## Types of white discharge

**Note: Enlarge this illustration cut it and paste it on the cardboard or transfer it on a transparency for use during training.**

**Flash card 9**

## Types of white discharge

Note: Enlarge this illustration cut it and paste it on the cardboard or transfer it on a transparency for use during training.

Flash card 10

When is white discharge dangerous

**Note: Enlarge this illustration cut it and paste it on the cardboard or transfer it on a transparency for use during training.**

**Flash card 11**

## Treatment and prevention of white discharge

**Note: Enlarge this illustration cut it and paste it on the cardboard or transfer it on a transparency for use during training.**

# REPRODUCTIVE AND CHILD HEALTH HIV/AIDS

## Village Level Training Module



2 hours.

### Learning Objectives

At the end of the session the participants will learn about:

- the spread of HIV and AIDS.
- how HIV/AIDS does not transmit.
- prevention of HIV/AIDS.
- symptoms of AIDS.

### Design

Time in minutes	Topic	Method/materials
30	Understanding HIV/AIDS and its transmission routes	Discussion with help of illustrations 1 to 3
30	How is it not transmitted	Discussion with help of illustrations 4
30	Symptoms of AIDS	Discussion
30	Prevention of HIV infection	Discussion through cards

### Material required

Photocopy illustrations and discussion cards given behind and stick them on cardboard separately.

### Note to the trainer

You may start the session by saying,

*"D  ar sisters, discussions about HIV/AIDS creates fear and apprehension among all. The disease is very deadly. We can get infection of HIV by various means. It is very necessary to learn about the disease to keep our partners and us safe from HIV/AIDS infections. Also if at all one finds oneself or a friend in this situation, it is necessary to understand that it is possible to lead a normal life, to a certain extent even after the infection."*

- Ask the participants what they know about HIV/AIDS. Explain details if necessary. With help of illustrations 1 to 3 discuss the spread of HIV/AIDS.
- Discussing the myths about HIV/AIDS. Explain the modes through which HIV/AIDS is not transmitted with help of illustration 4.
- With help of discussion cards, discuss prevention of HIV/AIDS infection.
- Lead the discussions to symptoms of AIDS. Inform participants about the possibility of normal life after HIV/AIDS and necessary precautions.
- Finally discuss the responsibilities of various groups in preventing self and other from HIV/AIDS infection and spreading knowledge about the same.

## **Important Messages for the Village Women**

- ❖ HIV is Human Immuno-deficiency Virus, which causes damage to the human immune system by attacking the white blood cells. Our white blood cells kill potentially dangerous viruses and infections. Over time HIV kills enough white blood cells that our body can no longer fight infection. Therefore, Acquired Immuno-Deficiency Syndrome or AIDS is the end stage of HIV infection when a person develops infections that are not common in a normal healthy person.
- ❖ HIV and AIDS are not the same thing although people sometimes use the two words interchangeably. It is possible for a person to have HIV infection but not AIDS. However a person with AIDS must have HIV as it is this virus which cause AIDS.
- ❖ HIV is only transmitted through bodily fluids: blood, semen and vaginal secretions. Therefore there are 3 main routes of transmission:
  1. Unprotected sex with an infected partner,
  2. Transfusion of infected blood or contact with infected blood through sharing needles, syringes etc.
  3. From an infected woman to her unborn child or during breast feeding.
- ❖ Unprotected penetrative sex (vaginal/anal), which means sex without the use of condom can transmit the virus. The presence of a STD increases the chance of HIV infection because diseases like syphilis, gonorrhea, and chancroid cause genital sores which provide breaks in the skin where HIV can pass.
- ❖ HIV infection is not contagious and therefore cannot be passed through coughing, and sneezing. HIV cannot be transmitted through casual contact such as shaking hands, hugging, toilet seats, or mosquitoes.
- ❖ For prevention of HIV/AIDS:
  1. Abstinence is the best way to stay infection free unless you remain in a monogamous relationship with a partner who is HIV negative.
  2. Consistent use of condoms is the only other way to prevent transmission of the virus. Condoms are only effective if used properly.
- ❖ Other contraceptives such as Copper-T and birth control pills only prevent pregnancy, and not the transmission of HIV or other STDs.

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- ❖ All utensils, which come into contact with blood and should be sterilized before next use. Which includes needles, razors or surgical instruments.
- ❖ If a transfusion is not avoidable, the screening of blood should be insisted upon for HIV testing. Use only HIV negative blood. The blood should be checked at a reliable blood bank. Avoid taking blood of professional donors.
- ❖ Chance of transmitting HIV from an infected mother to her unborn baby is about 30%; from an infected mother to child through breast feeding is about 10-15%. However, breast feeding is still the best option for an HIV positive mother therefore mother's milk should be taken out from her breast and fed to child, since HIV virus cannot live in air. And because the mother's milk is more nutritious than formula.
- ❖ The initial stages of AIDS have symptoms, which are common to many illnesses.

#### Major Signs:

Ten percent loss of body weight in a short period of time.  
 Chronic diarrhoea persisting for more than one month.  
 Chronic fever for more than one month.

#### Minor Signs:

Persistent cough for more than one week.  
 Generalized itchy skin (dermatitis).  
 A painful rash with blisters on the face, limbs, or lower body.  
 A white furry coats on the tongue and roof of the mouth or vagina.  
 Produces sores, usually referred to as cold sores, on and around the mouth or on the genitals.  
 Generalized enlargement of the lymph nodes around the jaw, neck, armpits and groin.

## Our Role in Combating HIV/AIDS

### As a Family Member

- Encourage couples to use condom.
- Be aware of the symptoms of HIV/AIDS.
- Do not ignore health complains of any family member.
- Prevent migration if possible by finding alternative employment.
- Support the family member if detected HIV positive.

### As Men of the House

- Be loyal to one partner and engage in sex with only one uninfected partner.
- Health is joint responsibility, be responsible and use condoms.

- Do not ignore or do not allow woman to neglect her health.
- Encourage family members to donate blood for relatives.
- Support the member s/he is detected HIV positive and insist on measures to maintain her/his health.

#### **As a Women's Group Member**

- Do not allow child marriages and sexual exploitation of girls and women.
- Educate villagers about HIV/AIDS.
- Encourage women and men to use condoms.
- Support woman and men who are identified as HIV positive.
- Counsel her family to support them.
- Work with panchayat member to get basic amenities in the village.

#### **As a Panchayat Member**

- Ensure information about HIV/AIDS in village health meeting with help of ANM.
- Encourage people to donate blood to relatives if the need be rather than professional blood donors.
- Spread awareness about HIV/AIDS.
- Apply for programmes for income generation within village to prevent migration.
- Do not allow child marriages.
- Ensure health education and availability of condoms.
- Ensure basic amenities in the village.

**There is no cure for AIDS use condom to prevent it**

## Transmission of HIV/AIDS

Unprotected sex with an infected partner (physical intercourse without use of condom)

**Note:** Enlarge this illustration cut it and paste it on the cardboard or transfer it on a transparency for use during training.

## Transmission of HIV/AIDS

Transfusion of infected blood or contact with infected blood through sharing needles, syringes etc.

**Note:** Enlarge this illustration cut it and paste it on the cardboard or transfer it on a transparency for use during training.

## Transmission of HIV/AIDS

From an infected woman to her unborn child or via breast feeding

**Note:** Enlarge this illustration cut it and paste it on the cardboard or transfer it on a transparency for use during training.

## HIV/AIDS is not transmitted by

<b>Casual contacts like shaking hands, kissing or hugging</b>	<b>Sharing bed, toilet seats or house</b>
<b>Mosquito or insect bites</b>	<b>Coughing and sneezing</b>

**Note:** Enlarge this illustration cut it and paste it on the cardboard or transfer it on a transparency for use during training.

**Cards:** You may photocopy these cards and stick them on cardboard separately for use during training.

## Card 1

### Prevention of HIV transmission through unprotected sex with an infected partner

- A. Abstinence is the best way to stay infection free unless you remain in a monogamous relationship with a partner who is known to be HIV negative.
- B. Consistent use of condoms is the only other way to prevent transmission of the virus. Condoms are only effective if used properly.

Note the following guidelines:

1. Condoms must be stored properly, away from heat and direct sunlight. The wallet is not a good place for a condom, as heat will break down the latex so the condom may tear during intercourse. The condom must not be too old. All condoms should have an expiry date on the packet. If the date has expired throw the condom away. Condoms must be put on correctly.
2. Other contraceptives such as Copper-T and birth control pills only prevent pregnancy, and not the transmission of HIV or other STDs.

## Card 2

### Prevention of HIV transmission through blood transfusion or sharing of contaminated needles and syringes

- A. Avoid a blood transfusion unless absolutely necessary. Consider donating your own blood for surgery as screened blood is not necessarily safe if it has been donated during the window period (window period is period between the infection in body and time when it can be detected) when HIV cannot be detected.
- B. All instruments, which come into contact with blood including needles and syringes, must be properly sterilized using one of the following methods:
  - 1. Boiling in water for 30 minutes.
  - 2. Cleaning thoroughly with household bleach (1 part bleach/9 parts water).
- C. Other precautions can be taken to avoid infection:
  - 1. Avoid places where standards of hygiene are low particularly places where invasive procedures take place like acupuncture, tattooing, body piercing
  - 2. Avoid injections if oral pills are available.
  - 3. Do not share razor blades or needles unless they have been properly sterilized.

### **Card 3**

#### **Prevention of HIV transmission from infected mother to unborn child**

- A. Chance of transmitting HIV from an infected mother to her unborn baby is about 30%. The only way to prevent this is counsel the couple to avoid pregnancy and adopt children.
- B. An infected mother can transmit HIV infection to child through breast feeding. There is about 10-15% of the same. However, breast feeding is still the best option for an HIV positive mother since mother's milk is more nutritious and more accessible and affordable. HIV cannot live in open air, therefore mother's milk should be taken out from her breast and fed to child, this way infection from breast feeding can easily be avoided.

# CANCERS

## CERVICAL CANCER

### Village Level Training Module



1 hour 30 minutes.

### Learning Objectives

At the end of the session the participants will learn about

- ♦ probable causes of cervical cancer.
- ♦ signs of the cancer of cervix.
- ♦ importance and procedure of Pap test for early diagnosis of cancer of cervix.

### Design

Time in minutes	Topic	Method/material
30	Causes of cervical cancer	Discussion with help of illustrations 1 to 8
30	Signs of cancer of cervix	Discussion
30	Pap test for early diagnosis of cervical cancer	Discussions

### Material required

Illustrations 1 to 8, which can be photocopied from here and stuck on the cardboard separately.

### Note to the trainer

Tell the group of village women that,

*"Dear sisters, cancer is something we all dread. It is very important to diagnose cervical at an early stage and get it treated. The best is to prevent ourselves from such illness."*

- With the help of illustrations discuss the probable causes of cancer of cervix.
- Discuss signs and symptoms of cervical cancer. Encourage sharing of personal experiences, if available or experiences heard from others.
- Give information of Pap test and encourage women to go for the test as action plan at the end of the session.

*The mouth of uterus is known as Cervix*

## Important Messages for the Village Women

- ❖ General causes of cervical cancer:
  - Smoking or chewing tobacco.
  - Chronic Infections
  - Prolonged exposure to UV rays/high temperature
  - Prolonged trauma/irritation
  - Certain viral infections like hepatitis B or genital warts.
  - Incorrect use of hormones.
  - Some cancers to some extent are also hereditary eg. Breast cancer.
- ❖ Some women more likely to get cancer of the cervix, are those women who:
  - became sexually active with in only a year of starting their monthly bleeding
  - have had Sexually Transmitted Disease
  - have had viral infections such as genital warts
  - have had several pregnancies
  - do not maintain cleanliness of their genital parts
- ❖ Common signs for the cancer of cervix
  - abnormal bleeding from vagina, including bleeding after sex
  - a pinkish or bad smelling discharge, or a bad smell from vagina
  - in very advanced cases, signs may include pain when passing urine, or pain in the legs, lower belly or back.
- ❖ It is very important that the diagnosis of cervical cancer is done at an early stage. This could be done through **Pap Test**. It is a quick and simple procedure. For this test, doctor needs to scrape some cells from the cervix (this is not painful) during a pelvic exam and sends them to a laboratory to be examined with a microscope. The result of the test takes about two weeks. Woman should be tested at least every 3 years. In places where this is not possible, woman should try to get tested at least every 5 years, especially women over 35 years of age.

*Pap test is not done during menstrual period*  
*Pap test should not be done within 48 hours of insertion of vaginal tablet*  
*Pap test should not be repeated earlier than six months*

## **Our Role in Combating Cervical Cancer**

### **As a Family Member**

- Encourage woman to get a pap test done and a regular medical check up after 35 years of age.
- Be aware of the symptoms of cancer and act if woman complains about any similar symptoms.
- Do not neglect the health complains of women related to her reproductive system.
- Do not allow child marriages.
- Prevent repeated pregnancies by preventive action or through advice.
- Support women if she is diagnosed to have cervical cancer.

### **As Men of the House**

- Prevent child marriages and early pregnancy.
- Contraception is joint responsibility, be responsible and avoid repeated pregnancies.
- Do not neglect or do not allow woman to her own health.
- Encourage woman to get pap test done after age of 35 years.
- Support woman if she is detected as cancer positive and insist on early and complete treatment.

### **As a Women's Group Member**

- Do not allow child marriages and early pregnancies.
- Educate villagers about cervical cancer.
- Encourage women above 35 years of age to go for pap test every year.
- Support woman who has been identified suffering with cervical cancer.
- Counsel her family to support her.

### **As a Panchayat Member**

- Ensure information about cervical cancer in village health meeting with help of ANM.
- Organise gynecological camps, including the facility for Pap test, in village at regular intervals and encourage women to participate in them.
- Spread awareness about cervical cancer.
- Do not allow child marriages.
- Ensure health education and availability of contraception.

## Risk factors for women of cervical cancer

Girls who became sexually active within one year of starting their  
monthly bleeding

**Note:** Enlarge this illustration cut it and paste it on the cardboard or transfer it on a transparency for use during training.

**Risk factors for women of cervical cancer**

**Persons who have had Sexually Transmitted Disease**

**Note: Enlarge this illustration cut it and paste it on the cardboard or transfer it on a transparency for use during training.**

**Risk factors for women of cervical cancer**

**Women who have had viral infections such as genital warts**

**Note: Enlarge this illustration cut it and paste it on the cardboard or transfer it on a transparency for use during training.**

**Illustration 4**

**Risk factors for women of cervical cancer**

**Women who have had several pregnancies**

**Note: Enlarge this illustration cut it and paste it on the cardboard or transfer it on a transparency for use during training.**

**Illustration 5**

**Risk factors for women of cervical cancer**

**Women who do not keep cleanliness of their genital parts**

**Note: Enlarge this illustration cut it and paste it on the cardboard or transfer it on a transparency for use during training.**

# CANCERS

## BREAST CANCER

### Village Level Training Module



1 hour.

### Learning Objectives

At the end of the session the participants will learn about:

- what is breast cancer?
- causes of breast cancer
- who all are more at risk?
- treatment and protection from breast cancer?

### Design

Time in minutes	Topic	Method and Material
15	Causes of breast cancer	Discussion
15	Who are more at risk	Discussion
30	Protection against breast cancer, breast self examination	Discussion with help of Activity 1

### Material Required

Copy the pages of breast self-examination on paper and stick them separately on cardboard for use in the session.

### Note for the Trainers

You may start the session by saying.

*"Dear friends, we already know about cancer and cervical cancer. Today we will discuss about breast cancer. Do you know that cases of breast cancer are increasing in our country? Have you seen or heard any one suffering from breast cancer? Can you tell me what are the symptoms of breast cancer."*

- You could wait for their answers. Note down their answers. Some may be incorrect also. You may give the correct answers and enrich the information.
- Discuss who all are more at risk of breast cancer. It is important to focus that women with risk factors may not always develop breast cancer. If you do not discuss this, it may lead to unnecessary fear among women.
- Once the participants have clarity on the above mentioned topics lead the discussion towards the treatment of breast cancer. Very briefly give them the information and discuss its side effects.
- For protection from breast cancer focus on breast self-examination. You may organize a demonstration or explain it through the pictures given herewith. Emphasize the importance of early diagnosis.
- Discuss our role in spreading awareness regarding breast cancer as members of different groups.

### **Important Messages for the Village Women**

- ❖ There is nothing to get ashamed of in breast cancer. It is a disease like any other disease. Early diagnosis is its best treatment. Speak up and encourage other to speak up about breast cancer.
- ❖ Symptoms of breast cancer
  1. Hard, painless lump, which sometimes may be soft.
  2. Change in size or shape of breast.
  3. Change in colour or feel of the skin of the breast or nipple(dimpled or puckered)
  4. Red secretion from nipple, at times it may be yellow.
- ❖ The following women are at risk of breast cancer. The women who
  1. are more than 50 years old.
  2. has had cancer in one breast.
  3. has more than one close relative (mother or sister) who has breast cancer.
  4. has delivered their first child after the age of 30.
  5. has not had any children, or has not breast-fed their children.
  6. eat a high fat diet, or an unbalanced diet.
  7. stressful life.

❖ Protection against Breast Cancer

1. Eat a variety of fiber rich seasonal foods like fruits and vegetables
2. Eat more cereals, pulses, raw vegetables and fresh fruits like carrots, beetroot, gooseberries, spinach, fenugreek leaves, etc.
3. Choose a diet that is low in fat
4. Maintain your body weight with regular exercise and a balanced diet
5. Avoid tobacco and alcohol
6. Be alert and keep mentally peaceful with yoga and meditation
7. Ensure breast self examination

**Contact doctor if you locate a  
lump in breast for further  
diagnosis**

## **Our Role in Preventing Breast Cancer**

### **As a Member of Family**

- Encourage friendly and open atmosphere at home where people can share about their health problems.
- Encourage women of the house to share their health problems and take them seriously
- Support the family member if she is detected a patient of breast cancer. Ensure her complete and early treatment.
- Spread information about breast cancer and how to self-breast-examination, especially among girls and women.

### **As Men of the House**

- Be sensitive to health problems of women and take them seriously.
- Ensure proper diet and distribution of workload in the family for all the members.
- Get mammography of the women of the house if any one of them have one or more of the above mentioned risk factors.
- Breast cancer can be very stressful for woman, support her if she is detected a breast cancer patient and reassure her. Ensure her early and complete treatment. If necessary, help her face the side effects of the treatment bravely.

### **As a Women's Group Member**

- Spread information about self-breast examination and encourage women to practice it.
- Get as much information about breast cancer as possible and disseminate it among men and women in village.
- Ensure regular visit of ANM in the village and her access to women.
- Arrange with the help of panchayat members to get a lady doctor in the nearest PHC.
- Encourage women for early diagnosis of breast cancer and encourage the family to go for early treatment.
- Support women who are detected as cancer patients and counsel her husband to support her.

### **As a Panchayat Member**

- Ensure health education session on breast cancer with help of ANM for men and women.
- Ensure regular visit of ANM in your village and her access to village women.
- Encourage men to be active support to women who are detected breast cancer patients.
- Arrange for lady doctor in the nearest PHC.

## Activity 1

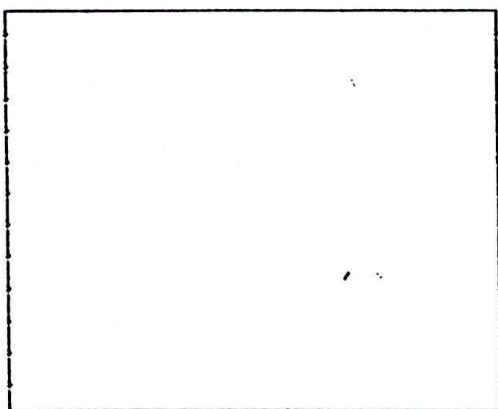
### How to Perform Breast Self-examination

Regular self-examination of breast will help to locate and detect lump in breast at an early stage.

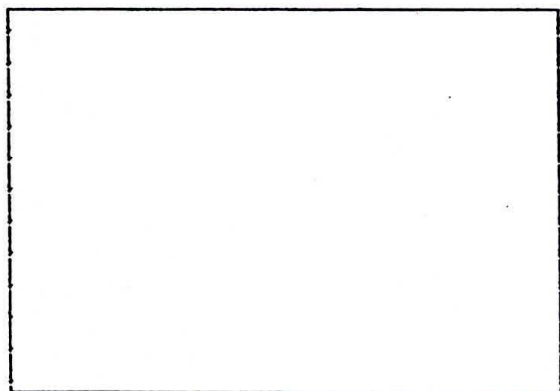
#### Observation of the Breast

A mirror is necessary to look at the breast. You need a mirror of a size 45 cm. x 45 cm.

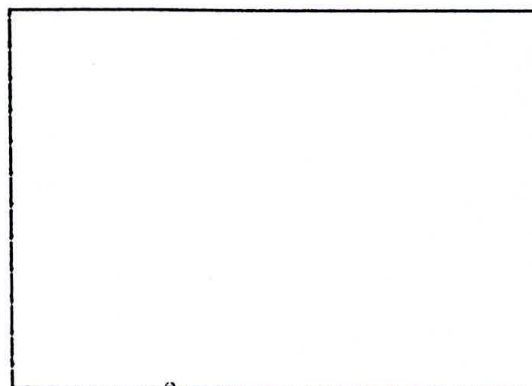
Stand in front of a mirror. Let your arms hang by the side of your body. Observe your breasts from the front and from both the sides.



Has there been any change in size and shape?  
Is there any redness or puckery skin on the breast?  
Is there any discharge from the nipple?



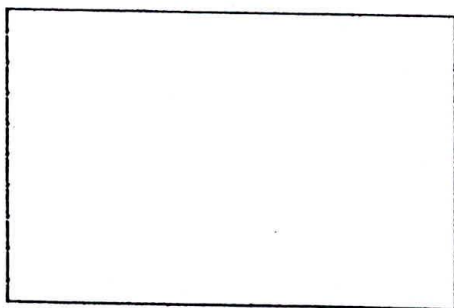
Now lift your hands above your head. If there is a lump, the skin may be puckered. It may look like the peel of an orange.



Bring your hands to the level of your nose, as shown in the figure, and make a gesture like 'namaste'. Squeeze your palms together.

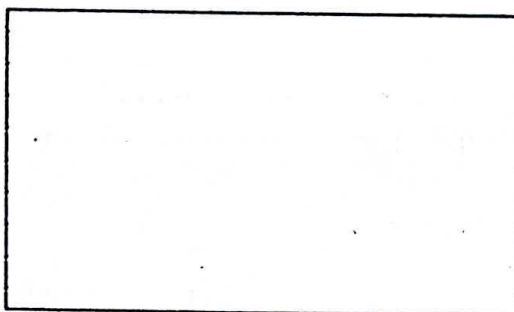
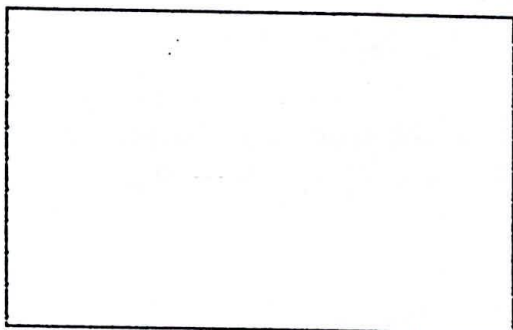
During both these positions, observe changes in the breast and armpit.

## Examination by Hands



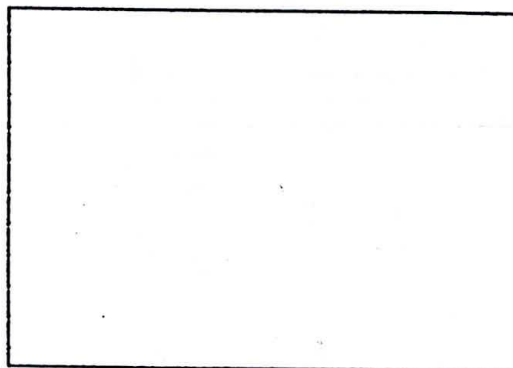
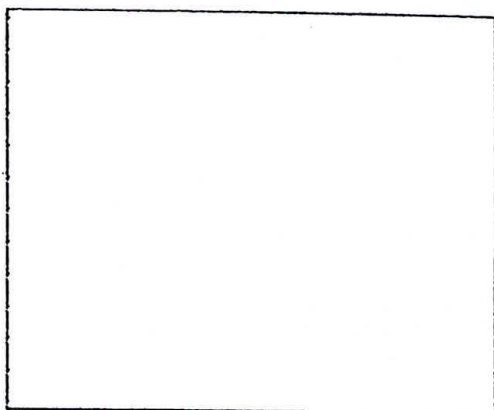
It is important to examine both the breasts with your hand. Use the right hand to examine the left breast, and the left hand to examine the right breast. Hold the thumb and fingers together. Keep the fingers straight so that the hand remains flat. Feel for any hard or thick lump in your breast.

Start examining the breast from the outer most area. Feel around the breast in a circular movement.



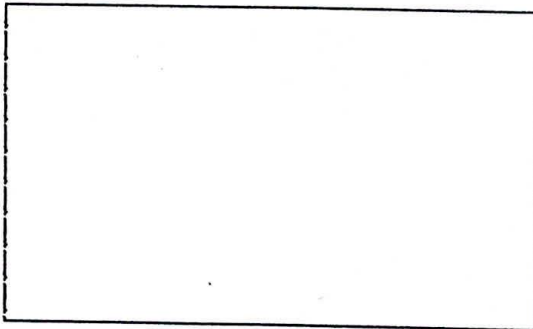
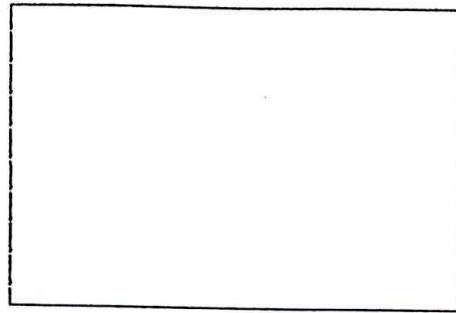
Make a small circle all the way around your breast.

Bend your wrist to check your armpit.

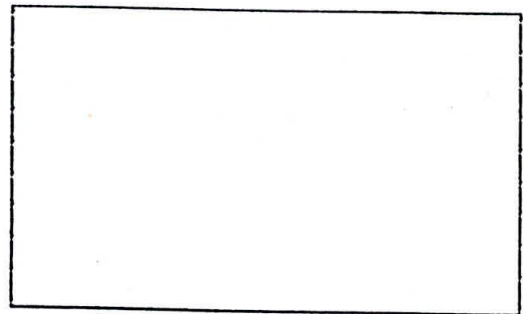


Once you complete checking the outer circle, shift your hand slightly towards the nipple and go around the breast again.

Keep moving towards the nipple. Do not forget to check the nipple. As shown in the figure, press your hand against the nipple and check for hardness.



Press the nipple between your thumb and finger and look for discharge.



You can examine the breast while lying down. Before going to sleep, lie down on a hard surface. Keep your right hand below your head and use your left hand to examine the right breast as explained above.

Then change hands and examine the left breast.

### **Remember**

- Always examine both the breasts.
- Check every part of the breast while examining. Always keep your hand in constant contact with breast. Do not lift the hand from the breast. Give equal pressure on every part of the breast.
- Bend your wrist to feel under the armpit.
- Never conduct breast self-examination while wearing your clothes.

### **Note:**

***You may transfer these pages on transparency and show it to participants with the help of overhead projector. You may prefer to conduct a demonstration. If you demonstrate breast self examination wearing clothes, it is extremely important that you explain to them that in reality they have to perform it without clothing. The best time for that is while taking bath.***



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