NABHA SPEAKS

Fighting HIV/AIDS through our Health Program

HIV/AIDS and Sexually Transmitted Diseases Prevention and Treatment

The state of Punjab has a prevalence of HIV-AIDS. It is vulnerable to the infection due to clinical as well as socio-cultural factors and concentration of high-risk groups. Some districts fall under the high-prevalence category due to the concentration of high-risk groups.

The Foundation launched a people oriented solution to the problem and intervened in collaboration with the PSACS (Punjab State AIDS Control Society) to reduce the incidence of STD/HIV/AIDS amongst sex workers and transgender communities in Nabha & Patiala. The Foundation is creating awareness and working towards behaviour modification; providing treatment for STIs; promoting correct usage of condoms and empowering peer educators. The program includes activities such as:

- HIV testing and referrals to Anti-Retroviral Therapy (ART) Centres
- Counselling Services for affected individuals
- Awareness building, and training on safe sex and disease prevention

Safe Motherhood Programme

Maternal health remains an area of concern, especially in rural Punjab.

In this Issue

- Fighting HIV/AIDS through our Health Program (1)
- Highlight of the Month (01)
- “My Say” (02)
- “What Makes Me Happy” (03)
- Talking Through Pictures (04)
parts of Nabha. With a goal to reach out to pregnant women with improved and efficient health care services, the Foundation launched a Maternal Health Programme in collaboration with GlaxoSmithKline. The programme focuses at raising awareness on maternal health issues by facilitating National Health Mission recommended ante-natal check-ups (ANC) and ensuring better access to Government provided services. The programme also focuses on creating awareness about the health and nutrition practices, necessary for a pregnant lady. Constant follow-ups are maintained with women by our trained health workers. Apart from this, for effective implementation of the health services, programme also facilitates the training process of ASHA and ANM workers.

**Drug Awareness Program Nabha**

The biggest issue confronting Punjab today is the drug epidemic. Experts are of opinion that health and welfare programs do not reach the millions of people affected by drugs.

To tackle this grave situation, the Foundation launched the Drug Awareness Program in 2016. The program is comprised of two projects – School Drug Awareness under SOSVA (P) and Community Drug Awareness Program supported by the Department of Social Security of Woman and Child Development (Government of Punjab). The program has grown to include schools & colleges as well as villages across Nabha. Through consistent awareness camps and various targeted lectures including conducting plays, banner making, quiz & drawing competitions, the students are engaged and made aware of substance abuse and its repercussions.

Through the earnings I make, I help my family financially but due to this project I realized that my life is at risk if I continue to have unprotected sex. This project has made me aware about the risks of contracting life threatening infections and HIV.

I now visit The Nabha Foundation NGO clinic periodically for check-up and fully understand the perils of unprotected sex.

I am now helping peer educators and staff members in spreading the importance of safe sex.

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**“My Say”**

*Living through it, a women’s perspective…*-

“My husband always used to work hard to see his family prosper but since he began to take drugs our life took huge U-turn. The family suffered financial loss and mental peace.

Soon, I found myself in vicious circle of poverty and helplessness. I was forced by the compulsions of living to look out for work and ended up earning through sex work.

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I now visit The Nabha Foundation NGO clinic periodically for check-up and fully understand the perils of unprotected sex.

I am now helping peer educators and staff members in spreading the importance of safe sex.
We will carry this forward in the next issue featuring our Water & Sanitation Program…

The support and active participation of the schools & village communities to this program is encouraging. The project further aims at a targeted intervention in villages with affected youth through camps, focussed group discussions and follow-ups to support rehabilitation.

Our continued effort is to improve and widen the below impact:

- **Improved health practices amongst pregnant women in Nabha**
- **Drastic reduction in cases of HIV/AIDS amongst sex workers and transgender communities in Nabha**
- **Continued sensitization of youth and rural communities in Nabha on repercussions of substance abuse.**

“What Makes Me Happy”

**“Freedom is having a toilet at home”-**

Raj Kaur, Village Chinttanwala, Nabha

We moved to this village 25 years ago and we never had a toilet in the house, we have always been going-out in the open. Earlier there used to be places for women to go behind like areas with heavy vegetation or sand dunes. As they are not there anymore and so we have to go out very early in the morning. We used to face a lot of problems like wild animals, snakes, get bitten by bugs and bring home nothing but diseases. Even weather was our enemy most of the times whether it was a cold winter mornings or unexpected rain. When my daughter got older it became more troublesome. Going out in the day was not an option even if she was unwell and in evenings she had to be accompanied by her father. Due to the embarrassment she started using the toilet in our neighbour’s house. However, one couldn’t call upon them at any hour of the day like that. So when the people from the government came to take names, we got form filled as well. We had to take some loan initially but as we received the instalments, it got paid off. I am so relieved to have a toilet in our house not just for myself but also for my daughter. I say this to all the mothers that they must do it for their daughter and daughter in laws if not for themselves and build a toilet in their homes.
Talking Through Pictures.....

Health Program

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We apologize for any errors or omissions