



Girls in Action

Plan India's young girl changemakers are invincible even during COVID-19 as they fight the odds to help their communities in the lockdown.



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

24-year old Baby leveraged digital technology to help the migrant labourers who had returned to villages after losing their jobs due to the lockdown. She mobilised support from people in the village by sharing their videos.

Periods don't stop in pandemic



Covid-19 pandemic has severely impacted the women's menstrual hygiene priorities. With India under a stringent lockdown since March, menstrual hygiene became a key area of concern amidst many challenges including the supply of sanitary pads. Plan India, on Menstrual Hygiene Day observed on May 28, brought awareness about the access to safe and hygienic menstrual products across all communities in its operation areas. Young girls shared easy ways of making sanitary pads at home to help their peers cope up with the challenging situation and maintaining hygiene with no extra costs. Plan India's young girl changemaker from Rajasthan Neelam helped girls in her community with menstrual management and hygiene by teaching them to make sanitary pads at home. [Watch the video.](#)

Children motivate parents to quit smoking in the lockdown

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



Going contactless for dry ration and hygiene kit distribution



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

Ahana warriors saving lives in the lockdown

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



<p>DRY RATION</p> <p>65,198</p> <p>Distributed to vulnerable families</p>	<p>HYGIENE KITS</p> <p>76,242</p> <p>Distributed to vulnerable families</p>
<p>PPE KITS</p> <p>50,091</p> <p>Distributed to frontline workers</p>	<p>MASS AWARENESS</p> <p>2,823</p> <p>Villages and slums reached with COVID-19 Messaging</p>

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