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, 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.

Children motivate parents to quit smoking in the lockdown

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

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 (PLWHA) and the life-saving medicine called Antiretroviral (ARV) to ensure that their treatment is not stopped during the lockdown. There are 379 Ahana Field Officers 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.