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PREFACE

This Resource Pack was conceived as ready reckoner and resource guide for those who wish to familiarize themselves about the different facets of Reproductive Health. The idea of this Resource Pack was born many years ago at an annual get-together of fellows who had been awarded the Fellowship in Population Innovations by the John D and Catherine T MacArthur Foundation. Since then the Fellowship has changed its name and is now administered by the Population Council. But we hope the reason for putting together this Resource Pack remains equally valid as it was so many moons ago.

At that meeting many of the fellows, even those with a background in health felt a little confused about the complexities of Reproductive Health. While on one hand it appeared a straightforward health issue, it also incorporated a host of other disciplines. An idea was mooted that a Resource Pack be prepared to pool together some of the 'essential to know' information from the different facets of Reproductive Health into one common Resource Pack. The work was begun in 1999 and was more or less complete by early 2000 when some unforeseen incidents in our lives prevented this Resource Pack from being completed and sent to the press. When we got back to the task of putting the finishing touches to the Resource Pack, two years later, we realized that field of Reproductive Health had evolved rapidly and extensive changes had taken place. We revised the contents of the earlier version, adding new material and updating whatever was necessary. In effect what we have placed in your hands now is the second edition of the Resource Pack!

We also had a sneaking suspicion that perhaps in these years this resource pack would be rendered irrelevant as the concept of Reproductive Health became better known and common place. After all it is now over ten years since the International Conference on Population and Development made Reproductive Health a common global agenda and five years have passed since the National Population Policy was adopted in India. However our misgivings were laid to rest a few months ago when a Fellow who has been recently awarded the Fellowship for Leadership Development (the new incarnation of the earlier Fellowship in Population Innovations) came to us asking for the kind of information we had hoped this Resource Pack would be able to answer. We promptly directed him to the relevant section of Resource Pack which had already been printed by then.

We will feel rewarded if **Understanding Reproductive Health: A Resource Pack** is able to provide relevant information and some direction to all those who seek information about this vast and very important subject. We have tried our best to verify all the information, but we also realize that many errors and omissions must have inadvertently crept in. We apologise for these in advance and also request our reader to inform us about these.

ACKNOWLEDGEMENTS

Reproductive Health is a vast subject with various perspectives, different specialties, contentious policies and complex operational details. This Resource Pack tries to provide a glimpse of all these. It is not a definitive work, nor a theoretical masterpiece. It has been put together primarily by practitioners and thus may lack the technical finesse that academics might expect. It also lacks dispassionate objectivity, which is often the hallmark of a good text-book. Instead it is loaded with the writers' own perspective, born out of struggling with different issues in the field. Moreover, it is clearly written keeping the interests of women, especially marginalized women, in mind.

We have been very fortunate to receive the unstinting support of a large number of resource persons in preparing the Resource Pack. We would specially like to thank Saroj Pachauri, Sagri Singh, Saraswathy Raju of the Population Council (currently or in the past) for providing advice as well as agreeing to pitch in with contributions and reviews. Co-fellows of the MacArthur Foundation deserve all our gratitude for readily responding to our continuous requests. Thank you Aleyamma, Anuja, Bela, Bhargavi, Dhanu, Geeta, Gopi, Kirtana, Kirti, Rahul, Ranjan, Siddhi, Shubhadra, Vasavi, Venkatesan and Vikram for providing all the support despite your own busy schedules. We would also like to thank Amitrajit Saha, Indu Capoor, Kranti, Laxmi Murthy and Tulika Srivastava for commenting on specific volumes. Alok, Alka, Paramita and Seema deserve our gratitude for allowing us to rope them into this project and assisting us in the research. Ravi and Deepak have unstintingly supported with the formatting while Ganesh has provided the many cartoons and illustrations that liven the text. We would also like to thank members of the SAHAYOG staff for being supportive and making allowances for our preoccupation. And a big thank you to Diya for putting up with our long absences and to Ma for holding the fort.

This Resource Pack would have remained an idea but for the financial support and encouragement that we received from the MacArthur Foundation, particularly Poonam Muttreja. Poonam not only rooted for the idea all through but expedited the financial aspect.

Jashodhara Dasgupta
Abhijit Das
Editors

INTRODUCTION

Objectives of the Resource Pack

Population growth has long been a concern for politicians, planners and pundits in India. The term Reproductive Health has become popular after the International Conference on Population and Development (1994). In India it started being used cautiously since the mid nineties and the Government rechristened its family welfare programme (with a large loan from the World Bank) in 1997. Even though the change has taken place over eight years ago it remains confusing to many. For some it is a new name for Family Planning, for others it is the addition of Maternal Health and Reproductive Tract Infections to Family Planning.

Reproductive Health as a concept is relatively new and, despite the name, is not exclusively a 'health' subject. In its ambit it involves social sciences, medical sciences, women's issues, rights, population sciences, demography and so on. Thus it could be of interest to any one in any of these specialities. Today Reproductive Health has become an important aspect of the national health programmes in India. New issues like HIV/ AIDS and adolescent needs are challenging the way health care programmes have been designed and implemented in the past. Declining sex ratio has alerted policy makers and managers about the risks of relentless population control where gender disparities are so stark. Doctors and nurses are being forced think beyond bio-medical model of bacteria and virus or investigations and drugs and social determinants are found to have a powerful impact on health status of the community. Also, Reproductive Health is a matter of great interest to NGOs because of their inherent interest in the health of women.

This Resource Pack has been deliberately designed as a series of booklets so that the interested reader may straightaway refer to the issue of her/his interest. A reader who already has experience and expertise in a particular area may find the coverage of that topic basic because the Resource Pak is meant for the first-time user. However there may be other volumes of the pack which may stimulate new ideas. The Resource Pack has been designed as a primer, and not a reference book. That is why we have included a small resource section, which is intended to help the practitioner.

Structure of the Resource Pack

The Resource Pack comprises of fourteen booklets including the Introductory Booklet and the Data Digest. The twelve booklets contain one theme each. These different themes are:

Booklet Number	Theme
One	Introductory Booklet
Two	RH Policy and Advocacy: Changing Paradigms
Three	Reproductive and Sexual Rights: Exploring New Frontiers
Four	Population and Demography : Understanding Numbers
Five	Women's Health –1: Maternal health is still important
Six	Women's Health –2: The Promise of better health
Seven	Contraception : Going beyond Family Planning
Eight	Adolescents : The Emerging Agenda
Nine	Men's Health and Responsibility: Forging new partnerships
Ten	HIV/AIDS & STD : Coming to terms with reality
Eleven	Sex and Sexuality : Acknowledging ourselves
Twelve	Women have Minds Too! Exploring the interface between RH and Mental health
Thirteen	Taking a Stand: Violence, Women and Health
Fourteen	Data Digest

Each of the twelve thematic booklets is divided into four sections, as follows:

- The first section lays down the ideas, concepts and definitions which are associated with the subject.
- The second section deals with perspectives and includes discussions and debates around the subject, especially with regard to India.
- The third section deals with operational aspects and includes both tips and guidelines for working on the issue as well as brief introductions to some organisations which are currently involved in working on it. We have tried to include three or four organisations in each booklet, which meant excluding other, the choice has always been difficult, with excellent pioneering work being done in many of these relatively new and unexplored fields.
- The final section is ambitiously referred to as the Resource section and has a select bibliography (primarily of books which we found useful in preparing this Resource Pack). This reading list is not exhaustive. There are also names of journals, or documentation centres or training centres or resource organisations wherever relevant.

The final booklet Data Digest contains state-wise summaries of important demographic and health related data which have been compiled from Government sources.

What is Reproductive Health?

The idea of Reproductive Health has emerged from a discourse between the twin ideas of population control and women's health needs. It was developed through a process of dialogue and critique between the population control/family planning oriented planners on one side and the women's health activists on the other. It was also the result of the clear failure of population control/family planning policies and programmes to deliver the promised results and in improving the quality of women's lives.

The International Conference of Population and Development (ICPD) at Cairo in 1994 formalised the acceptance of Reproductive Health as an imperative for the states of the world. A very comprehensive definition of Reproductive Health was developed at the ICPD and runs as follows-

Reproductive health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity, in all matters relating to the reproductive system and to its functions and processes. Reproductive health therefore, implies that people are able to have a satisfying and safe sex life and that they have the capability to reproduce and the freedom to decide if, when and how often to do so. Implicit in this last condition are the rights of men and women to be informed and to have access to safe, effective, affordable and acceptable methods of family planning of their choice, as well as other methods of their choice for regulation of fertility which are not against the law, and the right of access to appropriate health-care services that will enable women to go safely through pregnancy and childbirth and provide couples with the best chance of having a healthy infant. In line with the above definition of reproductive health, reproductive health care is defined as the constellation of methods, techniques and services that contribute to reproductive health and well-being through preventing and solving reproductive health problems. It also includes sexual health, the purpose of which is the enhancement of life and personal relations, and not merely counselling and care related in reproduction and sexually transmitted diseases. (UN 1994)

Drawing from this it means that Reproductive Health includes:

- the ability to have a satisfying and safe sex life
- the freedom to decide if , when and how often to reproduce
- the right to be informed and have access to safe, effective and affordable methods of family planning and methods for fertility regulation
- the right to have access to appropriate healthcare services

Another aspect which is stressed in this definition is that Reproductive Health has to be considered together with reproductive rights. These rights include the right of individuals and couples to decide freely and responsibly about the number and spacing of children, the means to do so, the right to make reproductive decisions and, in short, the right to attain the highest level of sexual and reproductive health. The definition goes on to emphasise that mutually respectful and equitable gender relations are essential for the promotion of these rights.

Some of the issues covered under reproductive health include:

Safe motherhood, safe abortion, women's health, child survival and health, family planning and contraception, HIV and AIDS, infertility, reproductive tract infection, cancers of the reproductive tract and so on.

What are the factors affecting Reproductive Health?

Reproductive Health is thus not just a simple matter of ensuring adequate family planning education and services, nor is it just a matter of providing appropriate healthcare services. Reproductive Health includes the recognition of the different factors which stand in the way of individuals achieving their Reproductive Health potential. These factors are briefly touched upon in the ICPD resolution when it says, *'reproductive health eludes many of the world's people because of such factors as: inadequate levels of knowledge about human sexuality and prevalence of high-risk sexual behavior; discriminatory social practices; negative attitudes towards women and girls; and the limited powers many girls have over their sexual and reproductive lives'*. Thus reproductive health is affected by a large number of factors like:

- level of knowledge about the body and its functions
- social discrimination, especially discrimination towards women and girls
- gender and power relations in society
- access to and quality of healthcare services
- access to information and services about healthcare and contraception

In order to secure Reproductive Health and Rights for all individuals it is necessary to take action on social and economic fronts like – poverty, empowerment of women, gender equality and equity, education, situation of children, sustainable development as well as in health-related areas.

Whose Reproductive Health is of concern

In the days before the concept of Reproductive Health was mooted, Family Planning (FP) and Maternal and Child Health (MCH) programmes focused exclusively on women - at the most on couples - where the woman was in the reproductive age group. This led to the total neglect of other women. Reproductive Health has a much broader framework and includes children, adolescents as well as older women. Reproductive health is equally concerned with men's health, and is also interested in men as essential partners and supporters of women's health. The reproductive health and rights of neglected populations like indigenous people, migrants and refugees as well as persons with disability has also to be taken into account.

Appropriate health-care services included within Reproductive Health

The whole range of preventive, promotive and curative services which includes information, education and communication (IEC), and counseling must be considered appropriate healthcare services in this context. The different conditions for which such services must be made available include ante-natal, delivery and post-natal period, infertility, abortion, reproductive tract infections, STDs and HIV/AIDS, contraception, cancers of the reproductive tract and so on.

Reproductive Health in India

After the Cairo Conference the focus of family planning programs was meant to shift from fulfillment of national demographic goals to fulfillment of reproductive goals of individuals and couples. The changes in the conceptualization and delivery of Family Planning services that were proposed at the Cairo Conference were based upon the overall principles which guide the ICPD PoA. The respect for human rights, the concern for gender equality and equity and the need for universal access to services which enable the enjoyment of the highest quality of physical and mental health were now the key guiding principles for Family Planning related service delivery. In concrete terms these translated into the following:

- Voluntary and Informed Choice
- Addressing unmet needs
- Improve range and quality of services available
- Removal of Demographic goals and targets
- Increased participation of men
- Women's Participation in management
- Prevention and control of abuse by program managers and providers

India was very quick in implementing some of the recommendations of the Cairo Conference notably the withdrawal of contraceptive targets. In 1995 contraceptive targets were removed in one or two districts in all states and in April 1996 the entire country entered into a new era of the Target Free Approach (TFA) to Family Planning. In October 1997, the Reproductive and Child Health programme was launched and the programme document acknowledged that "it is the legitimate right of the citizens to be able to experience sound Reproductive and Child Health" and promised that "the services to be provided will be client centred, demand driven, high quality and based on the needs of the community. The process of change culminated in the adoption of the National Population Policy in 2000 (NPP2000). This Policy articulated the need for looking beyond numbers and to focus on voluntary and informed choice in the adoption of contraceptives in the provision of reproductive health services.

The RCH programme, introduced in October 1997 had key features which went beyond the mere incorporation of the earlier programme components. It included:

- Integration of fertility regulation services, maternal and child health services with reproductive health services for women and men
- Client centred, demand driven, high quality services
- Upgradation of facilities for improving quality of services and variety of interventions, with focus on MTP services, IUD insertion and counselling
- Improve access by decentralizing services and outreach
- Reaching services to special vulnerable groups like urban slums, tribal populations and slums.

This process of change in Reproductive Health service delivery has continued into the new millennium and April 2005 saw the launch of the National Rural

Health Mission (NRHM) and the RCH 2 programme. The stated goal of NRHM is to improve the availability of and access to quality health care by people, especially for those residing in rural areas, the poor, women and children.

In the non-government sector there are a large number of organisations and individuals involved in different kinds of activities and experiments in Reproductive Health. These activities had started long before the Cairo conference and many Indian women's health practitioners and activists have been at the forefront of negotiating the changes that led to the acceptance of a reproductive health agenda. The activities of the non-government sector include research, training, information dissemination, and advocacy and so on. The work many of these organizations have been described briefly later in this volume.

REPRODUCTIVE HEALTH: ESSENTIAL RESOURCES

Organisations working on Reproductive Health

While Reproductive Health is a relatively new idea in India, there are a large number of excellent organisations, primarily in the non-government sector, which have been doing pioneering work. They have been engaged in creating new understanding and defining new boundaries, in many of the hitherto unexplored and little understood aspects of human behaviour which come under Reproductive Health. Others have been evolving new paradigms of providing services for conditions which have long been neglected or even unknown, thereby becoming an inspiration for others.

While a small number of organisations have been referred to in each booklet, this section will primarily deal with organisations which work in cross-cutting areas like Training, Research, Resource Support and so on. The organisations being referred to here have generic expertise, while specialised expertise finds mention in the relevant booklets. The editors have tried to include organisations from all around the country, but they are aware that some regions may be under represented.

Research organisations- Some of the organisations involved in field-based behavioral and operations research are mentioned below. Many also provide training in conducting research.

<p>Centre for Enquiry into Health And Themes (CEHAT) This group is involved in research and documentation of rational health systems, and also runs a documentation centre on Reproductive Health</p>	<p>CEHAT, Survey No. 2804 & 2805 Aaram Society Road, Vakola, Mumbai 400 055.</p> <p>Tel: 91- 022- 26673571, 26673154 Fax: 91-022- 26673156 Email: cehat@vsnl.com Web: www.cehat.org</p>
<p>Centre for Operations Research and Training (CORT), Conducts operations research as well as training programmes in qualitative research.</p>	<p>402, Woodland Apartments, Race Course, Vadodra 390007</p> <p>Tel: 91-265-2341253, 2336875 Fax: 91-265-2342941 Email: cortresearch@cortindia.com Web: www.cortindia.com</p>
<p>Christian Medical College (CHAD) The Community Health and Development Department runs one of the best training courses in epidemiology and biostatistics, as</p>	<p>Department of Community Health and Development (CHAD), Christian Medical College,</p>

well as conducts research from a community health angle.	Vellore 632 002, Tamil Nadu Email: chad@cmcvellore.ac.in Web: www.cmch-vellore.edu
Christian Medical Association of India (CMAI) CMAI works various fronts, in diverse sectors, to bring relief from pain and the joy of health among India's poorest and most deprived sections of society.	Plot No. 2, A-3 Local Shopping Centre Janakpuri, New Delhi 110058 Tel: 91-11-559 9991/2/3, 5521502 Fax: 91-11-559 8150 Email: cmai@cmai.org Web: www.cmai.org
Foundation for Research in Community Health (FRCH) Foundation for Research in Community health conducts research and field studies to gain a better understanding of the socio-economic and cultural factors which affect health care in India.	3-4, Trimurti – B Apartments, 85, Anand Park, Aundh, Pune 411007 Tel: 91-20- 25887020 Fax: 91-20-25881308 Email: frchpune@giaspn01.vsnl.net.in Web: www.frch.org
Foundation for Research in Health Systems (FRHS) This organisation is involved in conducting research in health systems as well as training in quantitative methods	7 Shreevidhi Apartments, 182 Azad Society, Ahmedabad –380 015 Tel: 91-79-2674 0437, 5589, 6279 Email: frhsahdad1@sancharnet.in Web: www.frhsindia.org

<p>Gujarat Institute of Development Research (GIDR) The major thrust areas of research are Natural Resource Development and Management, Human Development, Industry and Finance. The research in Human Development focuses on population, labour and poverty issues. The research on health and family welfare has contributed towards developing a framework for target free approach in family planning.</p>	<p>Near Gota Char Rasta Sarkhej-Gandhinagar Highway Ahmedabad 380 060</p> <p>Tel: 91-2717-242366 /67/68 Fax: 91-2717-242365 Email: postmaster@gidr.ac.in Web: www.gidr.ac.in</p>
<p>Centre for Community Health and Social Medicine (CSMCH) at JNU. CSMCH is one of the eight Centres of the School of Social Sciences. The Special Committee of CSMCH recognized the critical need of both delineating a field of enquiry in the discipline and generating a data base for public health in India.</p>	<p>School of Social Sciences Jawaharlal Nehru University New Delhi 110067</p> <p>Web: www.jnu.ac.in/Academics/Schools/SchoolOfSocialSciences/MedicineCenter.htm</p>
<p>KEM Hospital Research Centre This Centre is active in conducting different kinds of clinical as well as social research in Reproductive Health</p>	<p>Sardar Mudaliar Road, Rasta Peth, Pune 411011</p> <p>Tel: 91-212-625600 Email: kem.pune@sm4sprintrpg.sprint.com</p>
<p>Population Council Population Council is involved in supporting and conducting different kinds of research on the issues related to Reproductive Health. It also has a number of very useful publications including reports, papers as well as books.</p>	<p>Zone 5A, Ground Floor, India Habitat Centre, Lodhi Road, New Delhi 110003</p> <p>Tel: 91-11-24610912 Email: pubinfo@popcouncil.org Web: www.popcouncil.org</p>
<p>Tata Institute of Social Sciences (TISS) Research in basic and applied social sciences is one of the core components of the academic work of the TISS. Institute has made a significant contribution to policy, planning, action strategies and human resource development, in several areas, ranging from sustainable rural and urban development to education, health, communal harmony, human rights and industrial relations.</p>	<p>P.O. Box 8313 Deonar Mumbai 400 088</p> <p>Tel: 91-22-25563289 /25563290- 96 Fax: 91-22-2556 2912 Email: admin@tiss.edu Web: www.tiss.edu</p>

Training in different kinds of research is available in many public health schools in universities outside the country. Most of these are in the form of short summer

courses. Some of the schools which may be contacted for such courses include the London School of Health and Tropical Medicine, School of Public Health, Johns Hopkins University, School of Public Health, Harvard University. Information about these courses can be accessed on university Webs

Organisations providing training and other kinds of resource support - A number of organisations are involved in providing training in Reproductive Health to healthcare functionaries in the NGO sector. Training for Government functionaries is primarily conducted by the National Institute of Health and Family Welfare (NIHFW), and the different State Institutes.

For the practitioner in the field one of the most immediate needs is different kinds of resource material. These could be in the nature of extension materials like flashcards and booklets, simple books in the regional languages for health workers, training kits and manuals or simply a documentation centre where essential information is easily available. Some organisations which are in a position to provide this kind of support are mentioned below:

<p>Catholic Health Association of India (CHAI) This network of Catholic organisations working for health provides a variety of training programmes in health. They also publish a monthly journal called 'Health Action'. One important training aspect is concerned with the use of herbal medicines in primary healthcare.</p>	<p>P B No. 2126, 157/6, Staff Road, Gunrock Enclave, Secunderabad – 500003, Andhra Pradesh. Tel:91-40-7848293,7848457, 7841610, Email: chai@hd1.vsnl.net.in</p>
<p>Centre for Health Education Training and Nutrition Awareness (CHETNA) CHETNA runs a training and resource centre for women's health and provides different kinds of training, and produces excellent material on the subject. CHETNA primarily works with organisations in Gujarat and Rajasthan</p>	<p>Lilavatiben Lalbhai's Bungalow Civil Camp Road, Shahibaug, Ahmedabad 380004, Gujarat Tel: 91-79-22866695, 22868856, 22865636 Fax: 91-79-286 6515 Email: chetna@icenet.net Web: www.chetnaindia.org</p>
<p>CINI- Chetana This training centre is affiliated with the community-based health project of CINI, and is involved in providing training in RH in West Bengal and other states in the east.</p>	<p>Village – Daulatpur, P.O. Pailan via Joka, West Bengal. 700104 Tel: 91-33-467 8192,467 1206 Fax: 91-33-2497 8241 Email: cini@cinindia.org Web: www.cini-india.org</p>
<p>Indian Institute for Health Management and Research (IHMR) This organisation provides training for</p>	<p>1, Prabhu Dayal Marg, Sanganer Airport Jaipur - 302011</p>

managers of Reproductive Health programmes. It is affiliated to the University of North Carolina for an MPH programme.	Tel: 91-141-2791431 to 34 Fax: 91-141-2792138 Email: iihmr@iihmr.org Web: www.iihmr.org
Institute of Health Management Pachod (IHMP) This institute is involved in providing training to health personnel of different categories, especially from the middle and senior management. Much of this training is not specific to Reproductive Health	Ashish Gram Rachna Trust Institute of Health Management Pachod (IHMP) Pachod, Aurangabad Maharashtra 431 121 Tel: 91-2431-2221382 Fax: 91-2431-2221331 Email: ihmpp_agd@sancharnet.in ihmp@vsnl.com Web: www.ihmp.org
Jamkhed Institute of Training and Research in Community Based Health and Population This is affiliated to one of the pioneering institutions for community health in the country, if not the world. It is involved in conducting different kinds of training programmes. Training related to RH includes MCH-related training.	Comprehensive Rural Health Project, Jamkhed, Dist- Ahmednagar, Maharashtra 413201 Tel: 91-2421 221322 Fax: 91-2421 222892 Email: crhp@jamkhed.org Web: www.jamkhed.org
SAHAYOG SAHAYOG is involved in conducting field based studies as well as providing training and producing material in Hindi on the issue of women's health. SAHAYOG primarily works with NGOs in Uttar Pradesh and in Bihar.	A 240, Indira Nagar Lucknow 226016 UP Tel: 91-522-2341319/ 2310747/2310860 Web: www.sahayogindia.org Email: jashodhara@sahayogindia.org
SAMA-Resource Group for Women and health. SAMA primarily works on health, reproductive rights, violence and socio-economic well being of women and the underprivileged. Activities of SAMA include research, intensive & on-going trainings, workshops, advocacy and material development.	G-19, 2 nd Floor, Marg No. 24, Saket New Delhi- 110017 Tel: 91-11-26562401/55637632 Fax: 91-11- 26562401 Email: sama_womenshealth@vsnl.net

<p>Voluntary Health Association of India and state VHAs. VHAI's primary objective is to make health a reality for the people of India by promoting community health, social justice & human rights related to the provision and distribution of health services in India.</p>	<p>40, Institution Area South of I.I.T, Behind Qutub Hotel New Delhi 110016</p> <p>Tel: 91-11-26518071-72/ 51688152-53 Fax: 91-11-26853708 Email: vhai@sify.com Web: www.vhai.org</p>
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Documentation Centres - There are a number of organisations which run documentation centres. Some of these organisations are mentioned below:

<p>AKSHARA, Neelambari 5th Floor Road No. 86 Opposite Portugese Church, Off Gokhale Road Dadar (W), Mumbai 400 028</p> <p>Tel: 91-22-4309676 Fax: 91-22-4319143 E-mail: admin@akshara.ilbom.ernet.in Web: www.aksharafoundation.org</p>	<p>ISST East Court,Upper Ground Floor, Zone 6,India Habitat Centre, Lodhi Road, New Delhi -110003</p> <p>Tel: 91-11- 464 1083 E-mail: isstdel@giasdl01.vsnl.net.in Web: www.isst-india.org</p>
<p>JAGORI B 114, Shivalik Malviya Nagar New Delhi 110017</p> <p>Tel: 91-11-2669129 Fax: 91-11-26253629 Email: jagori_jagori@yahoo.com Web: www.jagori.org</p>	<p>SAKHI Resource Centre for Women Convent Road, Trivandrum- 695035</p> <p>Tel: 91-471-2462251 Fax: 91-471-2574939 Email: Sakhi@md2.vsnl.net.in Web: www.sakhikerala.org</p>
<p>SANHITA Sanhita Gender Resource Centre 89B Raja Basanta Roy Road Calcutta 700 029</p> <p>Tel: 91- 33- 4662150/4631430 Fax: 91-33-4730687/4735619 Email: sanhita@cal.vsnl.net.in Web: www.sandesh.org</p>	<p>IWID E2, B Block 4th Floor Parsh paradise Aparts. 109 G.N.Chetty Road Madras- 600 017</p> <p>Tel: 91-44-8260689 Fax: 91-44-8264728 Email: martha@iwid.ilmass.ernet.in</p>
<p>SAMA G-19, 2nd Floor, Marg No. 24, Saket</p>	<p>SAHAYOG A 240, Indira Nagar Lucknow 226016</p>

<p>New Delhi- 110017</p> <p>Tel: 91-11-26562401/55637632 Fax: 91-11- 26562401 Email: sama_womenshealth@vsnl.net</p>	<p>UP</p> <p>Tel: 91-522-2341319/ 2310747/2310860 Web: www.sahayogindia.org Email: jashodhara@sahayogindia.org</p>
<p>CHETNA Lilavatiben Lalbhai's Bungalow Civil Camp Road, Shahibaug, Ahmedabad 380004, Gujarat</p>	<p>CEHAT Survey No. 2804 & 2805 Aaram Society Road, Vakola, Mumbai 400 055.</p> <p>Tel: 91- 022- 26673571, 26673154 Fax: 91-022- 26673156 Email: cehat@vsnl.com Web: www.cehat.org</p>

Organisations working with media - Some of the organizations working with the media are as follows:

<p>Comet Media Foundation Comet Media Foundation researches and produces communication materials on themes related to development. The subjects of this work include education, environment, health, gender issues and the history of science.</p>	<p>Topiwala Lane School Lamington Road Mumbai-400 007</p> <p>Tel: 91-22-23869052; 23826674 Email: admin@comet.ilbom.ernet.in Web: www.cometmedia.org</p>
<p>Drishti Media Group Is involved in highlighting the situation of women and involved in promoting awareness about women's empowerment and Reproductive Health through film and theatre.</p>	<p>103, Anand Hari Tower New Sandesh Press Road Bodakdev, Ahmedabad 380054 Ahmedabad 380 054</p> <p>Tel: 91-79-6851235 , 6851437 Email: drishtiad1@sancharnet.in</p>
<p>Jana Sanskriti This group is involved in promoting women's empowerment and reproductive health using a unique form of theatre.</p>	<p>Sanjay Ganguly, 65 A Kalyani Road, vill. Prasadpur P.O. Hridayapur Dist 24 Paraganas N West Bengal</p> <p>Tel: 91-33- 552 1499 Fax: 91-33- 5523162 Email: theatre@cal2.vsnl.net.in</p>
<p>Magic Lantern Foundation This organisation is involved in making short films as well as publishing a newsletter on development related media issues</p>	<p>Gargi Sen I- 1768 , Chittaranjan Park New Delhi 110019</p> <p>Tel: 91-11-26273244 Email : magiclf@vsnl.com Web: www.magiclanternfoundation.org</p>
<p>UNNATI Features Unnati features is involved in producing features related to health and development, particularly Reproductive Health and placing them in both national dailies as well as regional Hindi language dailies</p>	<p>Unnati Features S-20 Greater Kailash 2 New Delhi 110 048</p> <p>Tel: 91-11-26474144 Fax: 91-11-26237509 Email: unnati@vsnl.com</p>

<p>Women's Feature Service (WFS) This feature service is involved in promoting articles related to women in both the press and electronic media.</p>	<p>Angana Parekh, Director G- 69, Nizamuddin West New Delhi -110 013 Tel: 91-11-24359886,24352546 Fax: 91-11-24354606</p> <p>Email: wfsdelhi@vsnl.com Web: www.wfsnews.org</p>
<p>Centre for Advocacy and Research (CFAR) This centre is involved in media research and advocacy and reproductive health is one of its core areas.</p>	<p>Akhila Sivadas, F-19, IIIrd floor, Kalkaji, New Delhi -110019, PH: 91-11- 26292787, 26229631, 26430133 , 51600905</p> <p>Email: cfarasam@ndf.vsnl.net.in Web: www.cfaronline.org</p>

Networks of organisations

There are a few networks of organisations working on the issue of women's health or Reproductive Health. Some others are more broad-based. Some of these networks are:

<p>HEALTHWATCH This network of NGOs, academics, activists and researchers is primarily focused on implementation of the ICPD agenda in India.</p>	<p>Secretariat c/o GIDR Near Gota Char Rasta Sarkhej-Gandhinagar Highway Ahmedabad 380 060</p> <p>Email: healthwatchindia@hotmail.com</p>
<p>Healthwatch- U.P. Bihar This network of NGOs, activists and organisations in the two north Indian states is involved in advocacy for promoting a gender and Reproductive Health based programmes.</p>	<p>A 240 Indira Nagar, Lucknow -226016</p> <p>Tel: 91-522-2341319/ 2310747/2310860 Email: hwupb@yahoo.co.in Web: www.sahayogindia.org</p>

<p>Shodhini Network The Shodhini Network was involved in a large multicentre study on the efficacy of herbal medicines in treating women's illnesses.</p>	<p>C/o N.B. Sarojini SAMA G-19, 2nd Floor, Marg No. 24, Saket New Delhi- 110017</p> <p>Tel: 91-11-26562401/55637632 Fax: 91-11- 26562401 Email: sama_womenshealth@vsnl.net</p>
<p>Voluntary Health Association of India (VHAI) VHAI is a federation of state level networks of NGOs involved in health.</p>	<p>Tong Swasthya Bhawan 40, Qutab Institutional Area New Delhi-110016</p> <p>Tel : 91-11-26518071-72/ 51688152-53 Fax : 91-11-26853708 Email: vhai@sify.com Web: www.vhai.org</p>
<p>Medico Friends Circle (MFC) The MFC is a loose network of health activists, doctors and researchers, who meet once a year. They also produce a monthly bulletin.</p>	<p>11, Archana, Kanchanjunga Arcade, 163, Solapur Road, Hadapsar, Pune 411028. Phone: 91-20-26875058 Email: masum@vsnl.com Website: www.mfcindia.org</p>

Implementing organisations

There are a large number of organisations involved in implementing different kinds of programmes within the Reproductive Health framework. A list of three of four organisations, according to the kind of work they are involved in has been provided in each of the booklets.

Funding organisations –Much innovative work in the non-governmental sphere is kept alive through grants from different funding bodies. The Department of Family Welfare has also emerged as a major source of support for community-based projects through its Mother NGO scheme under the Reproductive and Child Health Programme. Some of the funders who support work in Reproductive Health and related areas include:

<p>The John D and Catherine T Macarthur Foundation – The Foundation supports innovative individuals through its annual fellowship programme, as well as providing grants to institutions.</p>	<p>Zone 5A, First Floor, India Habitat Centre, Lodhi Road, New Delhi 110003,</p> <p>Tel: 91-11-464 4006, 4007 Email: macarth@giasd101.vsnl.net.in Web: www.macfound.org</p>
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<p>Ford Foundation – The Foundation has been very active in supporting organisations which have done pioneering work in different spheres of Reproductive Health, both in the area of research and in interventions</p>	<p>55 Lodhi Estate, New Delhi , 110003,</p> <p>Tel: 91-11-2461 9441 Fax: 91-11-2462 7147 Email: ford-delhi@fordfound.org Web: www.fordfound.org</p>
<p>Mother NGO scheme – This scheme of the Department of Family Welfare is supporting NGOs in different states to become conduits for providing funds and other kinds of support to grassroots NGOs for implementing RCH – 2 projects</p>	<p>C/o Joint Secretary, Department of Family Welfare, Ministry of Health and Family Welfare, Nirman Bhawan, New Delhi 110001</p> <p>Email: resp-health@hub.nic.in Web: www.mohfw.nic.in</p>
<p>Packard Foundation- The India subprogram supports the policy of the government of India to slow population growth and achieve population stability by providing information and extending access to quality family planning and reproductive health services to underserved populations in Bihar and Jharkhand.</p>	<p>B-5, IInd Floor G.K.Enclave II New Delhi 110 048</p> <p>Tel: 91-11-41435467/68 Fax: 91-11-41435467 Email: mwehengbam@packard.org Web: www.packard.org</p>
<p>World Health Organisation – the WHO provides support to research on Reproductive Health through its special unit called Special Programme of Research, Development and Research Training in Human Reproduction</p>	<p>WHO India Office, 534, “A” Wing, Nirman Bhawan, Maulana Azad Road New Delhi 110 011</p> <p>Tel: 91-11-23062927, 23062179, 23063632, 23061993 Fax: 91-11-23062450 E-mail: wrindia@searo.who.int Web: www.whoindia.org</p>

<p>Programme for Appropriate Technology in Health (PATH) Is involved in supporting research and development, technology transfer and allied activities. Reproductive health is one of their key issues of concern</p>	<p>A-9 Qutab Institutional Area New Delhi 110 067 Tel: 91-11-26530080 Fax: 91-11-26530089 Email: info@path.org Web: www.path.org</p>
<p>USAID This is the official development agency of the US government. Population, health, and nutrition are one of the key areas of support. Innovations in Family Planning Services (IFPS) is involved in a large project in UP. PACT/CCRH and APAC are two other projects concerning Reproductive Health</p>	<p>American Embassy Chanakypuri New Delhi 110 021 INDIA Tel: 91-11- 2419 8000 Fax: 91-11- 2419 8454 Web: www.usaid.gov/in</p>
<p>International Centre for Research on Women (ICRW) Provides technical and financial support for research projects on women's health.</p>	<p>42, 1st Floor, Golf Links New Delhi 110 003 Tel: 91-11-24654216 Fax: 91-11-24635142 Email: info@icrwindia.org Web: www.icrw.org</p>
<p>CEDPA While CEDPA is primarily involved in providing technical support, it also provides financial support to some NGOs</p>	<p>C-1, Hauz Khas New Delhi - 110 016 Tel: 91-11- 51656781/82/83/84/85 Fax: 91-11-51656710 Email: cmail@cedpa.org Web: www.cedpa.org</p>
<p>Department for International Development (DFID) Originally known as the British ODA, this organisation supports reproductive and sexual health and AIDS-related work in India</p>	<p>DFID India British High Commission B 28 Tara Crescent Qutab Institutional Area New Delhi 110 016 Tel: : 91-11- 2652 9123 Fax : 91-11- 2652 9296 Email: query@DFID.gov.uk Web: www.dfidindia.org</p>
<p>Danish International Development Agency (DANIDA) DANIDA supports social sector activities, which include health and women's development</p>	<p>Royal Danish Embassy, 11 Aurangzeb Road, New Delhi 110001. Tel: 91-11-301 0900 Fax: 91-11-379 2019 Web: www.wisard.org</p>

<p>Bill & Melinda Gates Foundation Through its Global Health program, the foundation works to close the gap between rich and poor countries by encouraging new research and supporting healthcare organizations that reach people most in need.</p>	<p>Sanskrit Bhawan A-10, Qutab Institutional Area Aruna Asaf Ali Marg New Delhi 110067</p> <p>Tel: 91-11- 51003100 Web: www.gatesfoundation.org</p>
<p>Population Foundation of India (PFI) It is a non-governmental funding and promoting organisation. It plays supportive and innovative roles to help in addressing India's population related issues.</p>	<p>B-28, Qutab Institutional Area Tara Crescent New Delhi - 110 016.</p> <p>Tel: 91-11-52899770 Fax: 91-11-26852766 Email: popfound@sify.com Web: www.popfound.org</p>
<p>Sir Ratan Tata Trust/ Dorabjee Tata Trust Through its grant making, the Trust supports efforts in the development of society, through institutional grants in areas of Rural Livelihoods & Communities, Education, Enhancing Civil Society & Governance, Health and Arts & Culture.</p>	<p>Sir Ratan Tata Trust, Bombay House, Homi Mody Street, Mumbai 400 001,</p> <p>Tel: 91-22-5665 8282 Fax: 91-22-5665 8013 Email: srtt@tata.com Web: www.srtt.org</p>

There are many other funding organisations willing to support Reproductive Health interventions.

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UNDERSTANDING REPRODUCTIVE HEALTH

A Resource Pack

This Resource Pack is an introduction for those who wish to learn about different facets of Reproductive Health. Reproductive Health as a concept is relatively new and , despite the name, is not exclusively a 'health' subject. In its ambit it involves social sciences, medical sciences, women's issues, human rights, population sciences, demography and so on. Thus it could be of relevance to individuals with a wide range of interests. Reproductive Health is an issue of interest to Government planners and managers because of the overwhelming concern for population. Reproductive Health is also a matter of great interest to the NGO sector, because of their concern for the health of women. Concern for women, their rights, well being and health is the underlying theme for the entire Resource Pack.

This Resource Pack has been designed as a series of booklets so that the interested reader may straight-away refer to the issue of her/his interest. The matter and presentation of the material in the different booklets has been kept simple as well as provocative as it is meant for the first-time user. Each booklet has been divided into four sections - the first dealing with theory and concepts, the second with issues of relevance, the third on best practices in the field. Keeping the interest of the practitioner in mind there is also a small resource section at the end of each booklet.

The booklets in this pack are as follows -

Booklet 1	An Introduction to Reproductive Health
Booklet 2	Understanding Numbers : Population and Demography
Booklet 3	Changing Paradigms : RH Policy and Advocacy
Booklet 4	Exploring New Frontiers : Reproductive and Sexual Rights
Booklet 5	Maternal health is still important
Booklet 6	The Promise of better health : Women's Health
Booklet 7	Beyond Family Planning : Contraception
Booklet 8	The Emerging Agenda : Adolescents
Booklet 9	Forging new partnerships : Men's Health and Responsibility
Booklet 10	Coming to terms with reality : HIV/AIDS and STDs
Booklet 11	Acknowledging ourselves : Sex and Sexuality
Booklet 12	Women have Minds Too! : Exploring the interface between Reproductive Health and Mental health
Booklet 13	Taking a stand : Violence, Women and Health
Booklet 14	Data Digest

**KRITI Resource Centre
for
Women's Health , Gender and Empowerment**

The KRITI Resource Centre, is involved in providing training support, production and distribution of material, and engaging in creative partnerships with other institutions to strengthen their work of empowering women at the grassroots level, enabling women to lead healthier lives. The primary activities of the KRITI Resource Centre for Women's Health, Gender and Empowerment are as follows

TRAINING - KRITI has considerable experience and expertise in trainings related to Women's Health and Gender and has provided training support to over 100 organisations as well as Government projects and departments in the states of UP, Uttaranchal, Bihar, Jharkhand, Madhya Pradesh, Delhi, Rajasthan, Haryana and Himachal Pradesh. The Resource centre has been involved in partnerships with other gender training organizations like JAGORI, IWID, and the South Asian Network of Gender Trainers (SANGT).

PRODUCTION AND DISTRIBUTION OF LEARNING AND COMMUNICATION MATERIAL - KRITI is also involved in designing and producing appropriate material for the special needs of those involved in working with communities on these issues. Much of the material is in Hindi. Copiously illustrated material has also been produced keeping grassroots needs in mind. For the practitioners KRITI has produced newsletters, field manuals, training manuals and kits, briefing kits and information sheets on various relevant issues.

RESEARCH AND DOCUMENTATION - KRITI Resource Centre engages in field level documentation, to get a more holistic understanding of women's health and the socio-economic conditions that influence it. Some of the studies it has conducted and participated in include a study of traditional birthing practices, Abortion and women's health in rural areas of Uttarakhand, customs and practices around menstruation, the possibility of HIV/AIDS, implementing the Target Free Approach in Family welfare programmes in UP, quality of care of health care service in UP, violence against women and so on.

ADVOCACY - The resource centre is also actively involved with advocacy on the issues of Women's Health and Population Policies and Violence against Women. It is closely working with other networks and organisations working on these issues.

SERVICES PROVIDED BY KRITI RESOURCE CENTRE

- ❖ Library and documentation centre
- ❖ Books, posters and other materials
- ❖ Training and internship
- ❖ Support for developing gender sensitive community based interventions/training programmes