"After having two children via C-section, I was cautioned to give my body a 3-4 year period of rest before trying for another child", Najma Bibi says. "Both of my pregnancies took a toll on my body, so it made sense to switch to using an Intra-Uterine Device (IUD) that could provide me years of protection", she continued.

Najma Bibi, 32, has been married to her husband Mubashar, 30, for the past 11 years. They live together in the village of Shah Sadiq Nehang. Together they have two children, Shahzaib and Hadia, who are 8 and 6 years old respectively.

"We were aware that modern contraceptives existed, but in the past it was only possible to access condoms. Azra, our local Community Resource Person for the DAFPAK Project, visited us at home and counseled me to go to a monthly camp that was being arranged for our village, and to avail services there", Najma says.

Najma Bibi then showed up on the day of the camp, where women with referral slips met with a trained Lady Health Visitor (LHV) for counseling and services. During her counseling, the LHV recommended she switch from using condoms in their entirety to an IUD, a change that would give her years of protection while also eliminating the stress of family planning altogether.

"It feels like a great weight is now off my shoulders. I think using a short-term method for 8 years has made me appreciate the benefits of switching to a long-term method more. Now I am able to concentrate on my children without worrying about putting my health into future jeopardy by having an unplanned pregnancy", she shares.
Najma Bibi is one of the 43 beneficiaries who have begun using an IUD for long-term protection through the DAFPAK Project in the village of Shah Sadiq Nehang.