

## DAFPAK CASE STUDY

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**IRUM SHEHZADI, STANDING WITH HER CHILDREN RIMSHA AND ZEESHAN, SMILING FOR A PICTURE**

“Our community was not aware of the existence of modern contraceptives to use for family planning, until DAFPAK started operating mobile camps here”, Irum Shehzadi recalls. “Now we have access to a camp through which we can easily access contraceptive services”, she continued.

Irum is a 27 year old woman who lives in Shah Sadiq Nehang, a village on the outskirts of rural Jhang, located in Southern Punjab. 9 years have passed since she married her husband, Muhammad Waris – also 27 – and moved in with her in-laws.

“After I got married, my husband and I agreed we would use natural methods to space out my pregnancies. Rimsha, my daughter, is now 4, while my son Zeeshan is now 2. While I am fortunate this practice worked for me in the past, it took a great mental toll on me. I would live in

constant anxiety, fearing I would become pregnant. That thankfully changed when a local woman, Azra, knocked on my door last October, to offer my husband and I counseling”, she says.

Azra is Shah Nehang’s Community Resource Person, a social volunteer working for the RSP Network, trained by them to go door-to-door in her community raising awareness on how birth spacing affects maternal & child health, and giving interested women referral slips for family planning camps.

“Azra encouraged me to maintain 2-year childbirth intervals in the future as well, to have less risky pregnancies”, Irum says.

Following the successful counseling session, Azra referred

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rum to the October family planning services camp, where she was given a 3-month Depo-Provera injection by the Lady Health Visitor.

"I have peace of mind now, knowing that I have the means to plan my family. For now, I want to concentrate on the two children I already have," she said, smiling as she attended to a fussy Zeeshan.

