



PRAGATI: Fertility Awareness for Quality of Life

LOCATION

Nepal: Bajura, Nuwakot, Pyuthan, Rupandehi, Siraha

GOAL

Increase fertility awareness and family planning use in five districts

DONOR

U.S. Agency for International Development (USAID), 2013 -2018

TARGET

- Married/unmarried men and women, ages 15-25
- Postpartum women
- Newly married couples
- Women with migrating husbands
- Hard-to-reach groups (Muslim, Janajati, Dalit)

OUR APPROACH

'Fertility Awareness' is actionable information about fertility throughout the life cycle and the ability to apply this knowledge to one's own circumstances and needs. FACT's PRAGATI intervention works through existing social networks to easily diffuse fertility awareness information to individuals via a multi-level package of materials that seek to improve behaviors through:



Service Providers who:

- ✓ Counsel on myths and misconceptions of family planning methods
- ✓ Assist clients in managing side-effects and concerns related to family planning methods
- ✓ Deliver couple and interpersonal counseling
- ✓ Increase fertility awareness



Community Stakeholders who:

- ✓ Increase fertility awareness
- ✓ Deliver activities and messaging targeting social norms, such as delaying first birth and son preference

Through games and group discussions, each interactive module of the PRAGATI intervention—tailored to organizational level—will address fertility awareness, family planning, side effects and misconceptions of family planning methods, gender and social norms around son preference and delaying first birth. A simple intervention package will be developed, tested, proven, and positioned for scale up.

