



# ADHUNA

## Quarterly Newsletter

Advancing  
Delivery of (Quality)  
Healthcare through  
Upgraded  
Newborn (and Intrapartum Care)  
Approaches

## Foreword

## Focus this quarter

## Updates from Partners

## Looking ahead



# Foreword

Dear Partners and Colleagues,



It is with immense pleasure that I present to you the second edition of the *ADHUNA* newsletter — a reflection of our shared progress, learning, and commitment under Project ADHUNA. This quarter has been especially noteworthy, as we made significant strides in strengthening intrapartum and newborn care services across the states of Uttar Pradesh, Bihar, and Odisha. One of the key milestones was the successful completion of a Training of Trainers (ToT) workshop in January. This session brought together key FOGSI members to build their capacity through updated Continuing Professional Development (CPD) modules, with a strong focus on the management of postpartum hemorrhage (PPH), anemia, and quality improvement practices. Following the training, we actively engaged local FOGSI societies to roll out these CPD modules more widely, empowering healthcare providers with the latest knowledge and tools to deliver safer, more effective maternal and newborn care.

On behalf of the ADHUNA Program Enablement Unit (PEU), I sincerely thank you for your continued commitment and collaboration. I also urge your ongoing support in strengthening our collective advocacy efforts— together, we can make a meaningful impact on the health and well-being of women across the country.

Best Regards,

Dr. Sunita Tandulwadkar  
President FOGSI 2025

Dear Partners and Colleagues,

I am pleased to share that Project ADHUNA is steadily moving forward in its mission to improve women's health. A significant development in our journey in this quarter has been the successful onboarding of our first cohort of ten District Coordinators. This marks a major milestone in enhancing our on-ground capacity and will play a critical role in supporting the Program Enablement Unit (PEU) in implementing key activities across district-level health facilities.

A robust and dedicated 13-member field team is being readied to ensure effective execution and monitoring at the grassroots level. This growing network reflects our commitment to decentralized, hands-on program support that can respond effectively to local needs.

We also continue to emphasize the use of evidence-based tools and guidelines to drive improvements in healthcare delivery. In this regard, we are proud to highlight the recent release of the FOGSI Position Paper on Hormonal Implants, now available on the FOGSI website. This paper represents our sustained efforts to promote informed decision-making and standardized practices in reproductive health. We are encouraged by the progress made so far and remain committed to advancing the objectives of Project ADHUNA in the days ahead. Your continued engagement and support are invaluable as we work together toward transformative improvements in maternal and reproductive health.

Best Regards

Dr. Suvarna Khadilkar  
General Secretary FOGSI 2025



Dear Partners and Colleagues,

Building on the successful CPDs in select districts by leveraging Master Trainers from the ToT, and setting up a field team with District Coordinators in each State, we are making significant headway in the project with all our project partners in this journey. With support from IPAS Development Foundation (IDF) and Foundation for Research in Health Systems (FRHS), we have now finalized the health facilities that will be onboarded to the project, and the crucial baseline assessments for these facilities are underway.

With our advocacy and communications partner, the Global Health Strategies (GHS) team we are amplifying our reach through targeted health awareness campaigns aligned with Project ADHUNA's objectives. We are also excited to announce the launch of our "Champion Voices" initiative, facilitated by GHS, which involves identifying and equipping influential individuals with a strong social media messaging strategy to further our cause.

I urge you to delve into the details of our activities and achievements in the following pages. Your continued engagement and support are vital as we strive towards our shared goal of improving the health and well-being of mothers and newborns through Project ADHUNA.

Best Regards

Dr. Jaydeep Tank  
Director Project ADHUNA,  
Imm. Past President, FOGSI



# Focus this quarter



## Training of Trainers

- Project ADHUNA successfully completed a pivotal Training of Trainers (ToT) on **January 30<sup>th</sup> & 31<sup>st</sup> 2025, at Le Meridian, Gurgaon**. This two-day event brought together key stakeholders, including FOGSI office bearers, Indian College of Obstetricians & Gynaecologists (ICOG) representatives, Journal of Obstetrics and Gynaecology officials (JOGI), State Coordinators of Project ADHUNA, eminent doctors from across India, and our valued partners from the Gates Foundation, Sattva Consulting, Global Health Strategies (GHS), Ipas Development Foundation (IDF), and Foundation for Research in Health Systems (FRHS).
- **Day 1:** Dr. Sunita Tandulwadkar, President FOGSI 2025, inaugurated the event with a compelling presidential address. Dr. Suvarna Khadilkar, Secretary General FOGSI, followed with a warm welcome, and Dr. Jaydeep Tank, Director Project ADHUNA, provided a comprehensive project update and outlined the ToT's objectives.
- Key highlight for day one were the six focused breakout sessions, divided equally for the trainees, to discuss the CPD topics including anaemia management with IV FCM, identifying and managing PPH, improving quality of care, Respectful Maternity Care and health communications for both clinicians and faculty staff.
- Participants collaboratively enhanced the existing training material and presented insightful summaries, ensuring practical and effective knowledge dissemination. At the end of day, the Master Trainers were filmed while delivering the presentations on these topics, to create online CPD training material as a resource library for future use.
- **Day 2** featured presentations from our partners: GHS on policy and advocacy communication, IDF on landscaping support, and FRHS on monitoring and evaluation, outlining their role in the project and expectations from participants. The day concluded with strategic planning to organize Continuing Professional Development (CPD) sessions in the four project states.

### Key Achievements:



A pool of 109 Master Trainers



8 CPD-I modules were created in both English and Hindi



22 CPD-I video assets were created including presentations, panel discussions, drills and reels.



## Continuous Professional Development (CPD) Sessions in 13 districts

In March 2025, Project ADHUNA successfully conducted Continuing Professional Development (CPD) sessions across **Uttar Pradesh** (Meerut, Moradabad, Muzaffarnagar, Jaunpur, and Mau), **Bihar** (Sitamarhi, Darbhanga, Muzaffarpur, Gaya, and Nawada), and **Odisha** (Cuttack, Ganjam, and Khordha).

Local FOGSI society members were invited to the CPDs through intimation on common messaging groups and invitation letters sent by post with online links to register for the event and also nominate their paramedic staff. In addition, each invitation letter was accompanied with an EMOTIVE sticker poster.

On the day of the CPD, participants had to register to capture their details and received a CPD kit containing:

- CPD agenda
- A completed and a sample Labour Care Guide
- NHM Guidance Note On The Use of IV Iron in Pregnant Women.

Typical CPD structure is as follows:

	Mode	Topic
1	Introduction (10 mins)	<ul style="list-style-type: none"><li>• Lamp lighting and introductory (recorded) message from Dr Sunita Tandulwadkar</li><li>• Project Overview by the PEU</li></ul>
2	Lecture + Interaction (25 mins)	<ul style="list-style-type: none"><li>• Lecture on IV FCM</li><li>• Experience sharing by participants and experts</li><li>• MEL activity (Post Activity Test)</li></ul>
3	Lecture + Drill (25 mins)	<ul style="list-style-type: none"><li>• Lecture on Modern Management of PPH</li><li>• EMOTIVE Drill demonstration</li><li>• MEL activity (Post Activity Test)</li></ul>
4	Interactive Session (35 mins)	<ul style="list-style-type: none"><li>• Interactive session on Advocacy and Effective Health Communication to Amplify Evidence-based interventions</li><li>• MEL activity (Post Activity Test)</li></ul>
5	Panel Discussion (45 mins)	<ul style="list-style-type: none"><li>• Panel Discussion on Quality of Care Basics, Care in Labour, RMC, PPF, Neonatal Care</li><li>• MEL activity (Post Activity Test)</li></ul>
6	Closing (10 mins)	<ul style="list-style-type: none"><li>• Closing Remarks from local FOGSI society leaders</li><li>• Onboarding of health facilities</li><li>• CPD feedback form</li></ul>

### CPD highlights



13 districts were covered



250+ Master Trainers and local faculty collaborated



1000+ invitation and EMOTIVE sticker sent through postal services

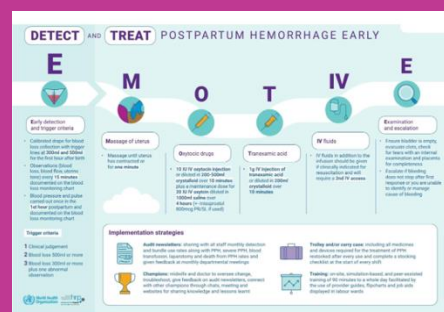


1700+ CPD kits were distributed at the CPDs

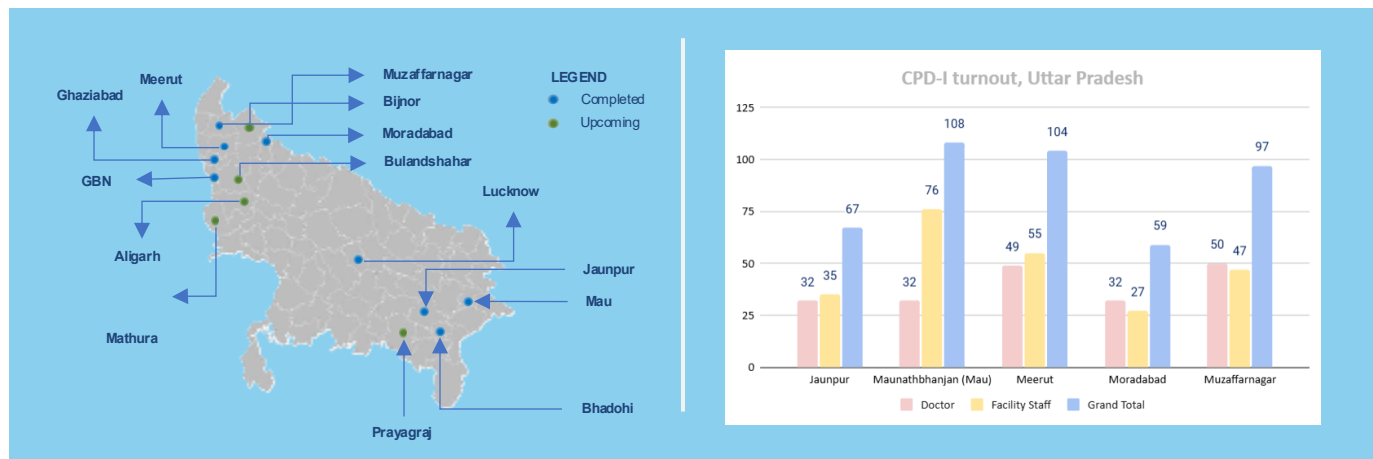
### CPD related material handed to participants



IV FCM Guidance Note



Labour care Guide



## Meerut

**Date of CPD:** March 18, 2025  
**Venue:** Hotel Broadway Inn

External faculty	Dr. Madhuri Patel and Dr. Shehla Jamal
Chairpersons and Panellists	Dr. Kirti Dubey, Dr. Rachna Chaudhry, Dr. Manjula Lakhanpal, Dr. Sunita Suri, Dr. Usha Sharma, Dr. Anju Rastogi and Dr. Kanchan Malik, Dr. Aruna Verma, Dr. Anupam Verma, Dr. Archana Goel, Dr. Kanika Singh, Dr. Mamta Tyagi, Dr. Nisha Jain, Dr. Smriti Gupta, Dr. Shakun Singh, Dr. Anupam Sirohi, Dr. Esha Khanuja, Prof. Dr. Smita Sharma Dr. Monica Tomar, Prof. Dr. Yamini, Dr. Monica Kashyap and Dr. Komal Rastogi.
Moderators & Faculty	Prof. Dr. Bharti Maheshwari and Dr. Priyanka Garg
Feedback from the society	Well arranged and planned, the CPD exercise was crucial and helpful, this was a good experience and a refresher would be good, the society will continue the efforts too.



Meerut Doctors hall



Facility staff at the EMOTIVE drill station



Doctors' hall



Facility staff hall

## Muzaffarnagar

**Date of CPD:** March 19, 2025  
**Venue:** Palasa Hotel & Resort

External faculty	Dr. Madhuri Patel and Dr. Anshu Raina
Chairpersons and Panellists	Dr. Divya Tyagi, Dr. Shilpi Jain, Dr. Nisha Malik, Dr. Rekha Singh, Dr. Kavita Nagar, Dr. Ruhi Karanwal, Dr. Tarini Taneja, Dr. Roopam Gupta, Dr. Sunita Jain, Dr. Nidhi Yadav, Dr. Sonia, Dr. Salma, Dr. Vanshika, Dr. Ankita, Dr. Anjani and Dr. Sneha
Moderators & Faculty	Dr. Manju Prabhakar, Dr. Purnima and Dr. Divya.
Feedback from the society	The launch of Project ADHUNA at State and district level is an important step in empowering FOGSI members to ensure availability of evidence-based modern and equitable health care for women and newborn.

## CPDs in Uttar Pradesh

### Moradabad

<b>Date of CPD:</b>	<b>March 20, 2025</b>
<b>Venue:</b>	<b>Hotel Holiday Regency</b>
<b>External faculty</b>	Dr. Madhuri Patel and Dr. Anshu Raina
<b>Chairpersons and Panellists</b>	Dr Babita Gupta, Dr Nidhi Thakur, Dr. Preeti Gupta, Dr. Shweta Kaushik, Dr. Madhulika Batra, Dr. Sarika Sirohi, Dr. Manisha Jain, Dr. Astha Lalwani, Dr. Sudeep Kaur, Dr. Ashwani Mohandas, Dr. Richa Gangal, Dr. Shruti Khanna, Dr. Premalata Shridhar, Dr. Anita Rastogi, Dr. Madhu Shekhar, Dr. Anita Shrotriya, Dr. Mamta Jindal, Dr. Sonam Rastogi, Dr. Neha Chandra and Dr. Poonam Pushkar.
<b>Moderators &amp; Faculty</b>	Dr. Shubhra Agarwal, Dr. Ritika Agarwal and Dr. Richa Agarwal.
<b>Feedback from the society</b>	<i>Important exercise, sessions were well curated and disseminated</i>



Doctors' hall



Facility staff at the EMOTIVE drill station



Doctors' hall



Facility staff at the EMOTIVE drill station

### Mau

<b>Date of CPD:</b>	<b>March 30, 2025</b>
<b>Venue:</b>	<b>Hotel Girhast Plaza</b>
<b>External faculty</b>	Dr. Ritu Khanna and Dr. Anita Sabharwal
<b>Chairpersons and Panellists</b>	Dr. Mala Mittal, Dr. Madhuri Singh, Dr. Archana Messy, Dr. Kusum Verma, Dr. Swasti Singh, Dr. Aruna Aggarwal, Dr. Rajini Tiwari, Dr. Shipra, Dr. Pramodita, Dr. Anisha Dr. Yashika Singh, Dr. Deepti, Dr. Pratima Singh, Dr. Vipin Yadav, Dr. Amrita Singh, Dr. Jyotsna Singh, Dr. Snigdha, Dr. Farha, Dr. Anamika and Dr. Jude
<b>Moderators &amp; Faculty</b>	Dr. Shalini Manisha, Dr. Ekika Singh, Dr. Snighda and Dr. Shalini Manisha.
<b>Feedback from the society</b>	<i>Regional language EMOTIVE and anemia management sessions were well-received by health staff, with clear, individual explanations of the EMOTIVE bundle and emphasis on respectful maternity care through the Partograph and patient communication. This crucial learning addresses a common lack of exposure for these staff.</i>

### Jaunpur

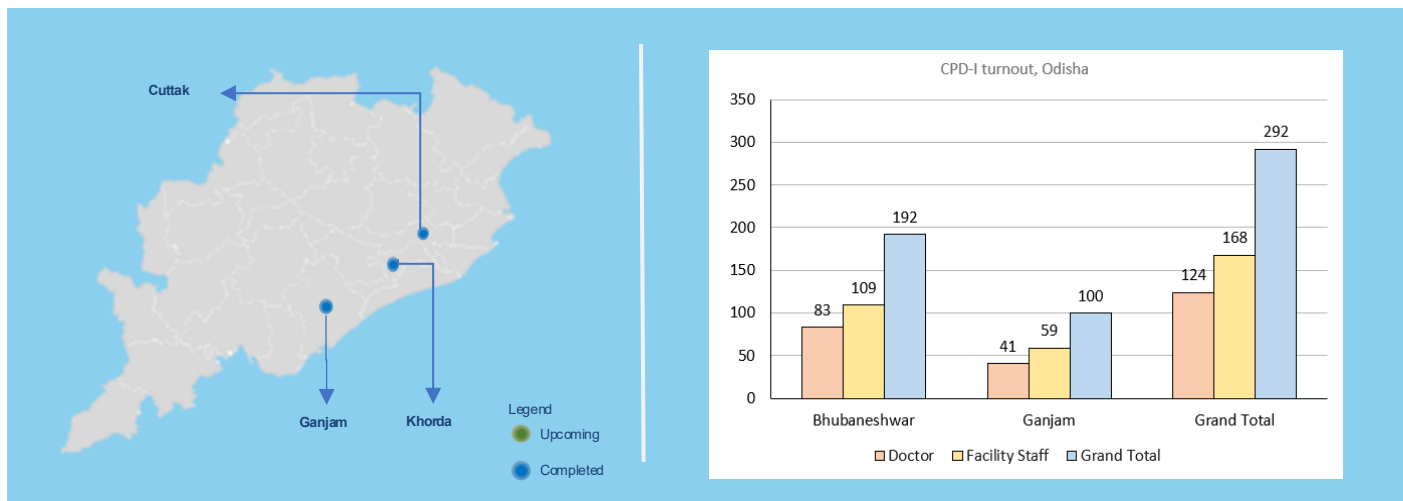
<b>Date of CPD:</b>	<b>March 30, 2025</b>
<b>Venue:</b>	<b>Hotel River View, Jaunpur</b>
<b>External faculty</b>	Dr. Ritu Khanna and Dr. Anita Sabharwal
<b>Chairpersons and Panellists</b>	Dr. Shubha Singh, Dr. Anju Kannaujiya, Dr. Smita Srivastava, Dr. Namita Singh, Dr. Shakuntala Yadav Dr. Priyanka Singh, Dr. Pooja Yadav and Dr. Alisha Gupta
<b>Moderators &amp; Faculty</b>	Dr. Shaili Nigam, Dr. Shikha Shukla, Dr. Amber Khan, Dr. RK Gupta and Dr. Shilpi Singh
<b>Feedback from the society</b>	<i>The topics were meticulously selected and discussed. The discussion was very concise and points important for day today working of doctors and paramedics were emphasized. PPH drill was very beneficial especially for our paramedics. Society members appreciated the initiative and suggested to take this initiative to peripheral doctors of Jaunpur who are catering a lot of population and conducting lot of deliveries. They are ready to do the needful.</i>



Doctors' hall



Facility staff Hall



## Ganjam

<b>Date of CPD:</b>	<b>22 March 2025</b>
<b>Venue:</b>	<b>Hotel Spectrum, Berhampur</b>
<b>External faculty</b>	Dr. Jayshree Pattnaik and Dr. Munjal Pandya
<b>Chairpersons and Panellists</b>	Dr. B. Mishra, Dr. S Mahapatro, Dr. Nina Mishra, Dr. N Mohapatra, Dr. Srikanta Sahu, Dr. S. Dash, Dr. Deepika Padhy, Dr. Smruti Ranjan Pattanaik, Dr. Rishika Sen, Dr. Abhay Patnaik, Dr. Suchismita, Dr. Harish, Dr. Priti, Dr. Asit, Dr. Balgopal Behera, Dr. Balaram Behera, Dr. Sridhar, Dr. Deepika, Dr. Kedarnath and Dr. Sabyasachi
<b>Moderators &amp; Faculty</b>	Prof. Dr. S Mahapatra, Prof. Dr. A.K Behera, Prof. Dr. K.B Subudhi, Prof. Dr. Bharati Mishra, Prof. Dr. S Mahapatro, Dr. S.R. Panigrahi, Dr. Braja Kishore Bramha, Dr. Urrija Panigrahy, Dr. Sandhya Rani Panigrahy, Dr. Pranati Mishra, Dr. Avasmica Toppo, Dr. Ritanjali Mishra and Dr. Manasi Pattnaik.
<b>Feedback from the society</b>	<i>Well-attended and well appreciated programme. Very beneficial to the practicing obstetricians and paramedics. Would like to request you to continue further sessions for hand holding &amp; assessment of quality improvement in obstetric care in the three districts.</i>



Doctors' hall



Facility Staff hall



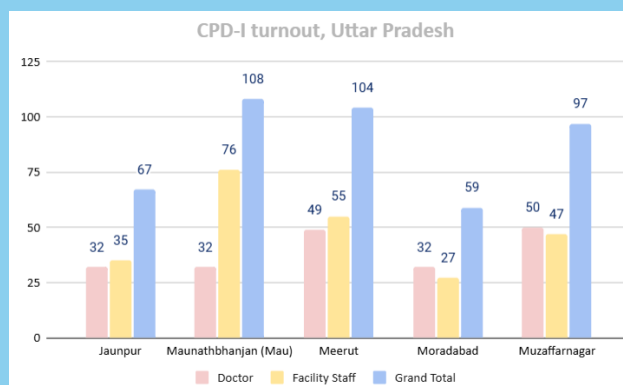
Doctors' hall



Facility staff Hall

## Cuttack & Khorda

<b>Date of CPD:</b>	<b>23 March 2025</b>
<b>Venue:</b>	<b>Welcomhotel by ITC, Bhubaneswar</b>
<b>External faculty</b>	Dr. Jayshree Pattnaik and Dr. Munjal Pandya
<b>Chairpersons and Panellists</b>	Dr. P C Mahapatra, Dr. Sanjay Das, Dr. Sasmita Das, Dr. Sujata Mishra, Dr. S. Dash, Dr. Deepika Padhy, Dr. Smruti Ranjan Pattanaik, Dr. Subhra Samantroy, Dr. Sanjusmita, Dr. Rajlaxmi Moharana, Dr. Dibyajyoti Nayak, Dr. Sweta Singh, Dr. Vandana Mohapatra, Dr. Abhay Patnaik, Dr. Geetha Ratha and Dr. J Patnaik
<b>Moderators &amp; Faculty</b>	Dr. Manasi Pattnaik, Dr. Madhumita Mohanty, Dr. Sasmita Swain and Dr. Ritanjali Mishra
<b>Feedback from the society</b>	<i>Well-attended and well appreciated programme. Very beneficial to the practicing obstetricians and paramedics. Would like to request you to continue further sessions for hand holding &amp; assessment of quality improvement in obstetric care in the three districts.</i>



## Muzaffarpur

**Date of CPD:** 22 March 2025  
**Venue:** The Royal Phular, Muzaffarpur

**External faculty:** Dr. Abha Rani Sinha

**Chairpersons and Panellists:** Dr. Prof. Rangila Sinha, Dr. Manju Sinha, Dr. Prof. Ranjana Mishra, Dr. Moti Sinha, Dr. Prof. Manju Jaiswal, Dr. Nilam Sinha, Dr. Archana Kumari, Dr. Rajni, Dr. Puja Sinha, Dr. Sushma Alok, Dr. Suniti Sinha, Dr. Rashi Sinha, Dr. Sonali Thakur, Dr. Bhavya Kashyap and Dr. Shashi Chaudhary

**Moderators & Faculty:** Dr. Vibha Verma, Dr. Smita Karn, Dr. Sadhna Sinha, Dr. Raj Bhushan Choudhary, Dr. Shruti Banka, Dr. Smita Singh, Dr. Nilam Sinha, Dr. Prachi Singh and Dr. Parashar

**Feedback from the society:** "The CPD was good and useful and helped to freshen up the subjects for doctors and staff."



Doctors' hall



Facility staff hall

## Sitamarhi

**Date of CPD:** 23 March 2025  
**Venue:** Hotel Sitayan

**External faculty:** Dr. Abha Rani Sinha

**Chairpersons and Panellists:** Dr. Anju Singh, Dr. Anjana Prakash, Dr. Asfa Bilquis, Dr. Rishika Singh, Dr. Noor Sabah Mumtaz, Dr. Renu Singh, Dr. Sunita Verma, Dr. Sneha Singh, Dr. Kanchan Runiyar and Dr. Tulika Singh

**Moderators & Faculty:** Dr. Anjana Prasad, Dr. Madhu Singh, Dr. Lata Gupta, Dr. Sudha Jha and Dr. Pratima Anand

**Feedback from the society:** ADHUNA is a beneficial program initiated by FOGSI, aimed at improving healthcare awareness and services. If it continues to be implemented among our society members, it will create a lasting impact. Additionally, its benefits will be significantly enhanced if training sessions are conducted for PHC and Anganwadi staff, equipping them with the necessary knowledge and skills to support community health initiatives effectively.



Doctors' hall



Facility staff hall

## Darbhanga



Doctors' hall



Facility staff hall

**Date of CPD:** 23 March 2025  
**Venue:** Hotel Garcia International

External faculty	Dr. Abha Rani Sinha
Chairpersons and Panellists	Dr. Seema Prasad and Dr. Renu Jha, Dr. Pushpa Jha, Dr. Alka Mishra, Dr. Manjula Bhagat, Dr. Archana Bharti, Dr. Kumari Shilpa, Dr. Babita Singh, Dr. Madhumita, Dr. Aprajita Rastogi, Dr. Alka Dwivedi, Dr. Nootan Roy, Dr. Rashmi Jha, Dr. Anita Kumari, Dr. Saziya Noor, Dr. Shalini Bharty, Dr. Dipti, Dr. Shilpi, Dr. Anushree, and Dr. Shuchi
Moderators & Faculty	Dr. Kumudini Jha, Dr. Rajshree Purbey, Dr. Arunachal Jha, Dr. Supriya, Dr. Puja Mahaseth, Dr. Om Prakash and Dr. Poonam Singh
Feedback from the society	<i>Excellent way to update and spread awareness. Especially for the health facility staff who play an important role. This should be continued.</i>

## Gaya

**Date of CPD:** 29 March 2025  
**Venue:** Hotel Aryavarta

External faculty	Dr. Meena Samant and Dr. Bhagyalaxmi Nayak
Chairpersons and Panellists	Dr. Amita Sinha, Dr. Sangeeta Sinha, Dr. R. D. Tiwary, Dr. Manju Sinha, Dr. Shaesta Iqbal, Dr. Subhra Barnwal, Dr. Anupam Chaurasiya, Dr. Tejaswi Nandan, Dr. Megha Sinha, Dr. Varsha Srivastawa, Dr. Reena Singh, Dr. Preety Kumari, Dr. Renu Singh, Dr. Anita Kumari, Dr. Sunita Sharma, Dr. Shweta Rani, Dr. Rubi Bose, Dr. Sandhya Kumari, Dr. Pallavi Priya and Dr. Supriya Gupta
Moderators & Faculty	Dr. Reena Singh, Dr. Poonam Sahay, Dr. Kusum Singh, Dr. Rubi Kumari, Dr. Sulekha Kumari and Dr. Sonam Kumari
Feedback from the society	<i>ADHUNA is a beneficial program initiated by FOGSI, aimed at improving healthcare awareness and services. If it continues to be implemented among our society members, it will create a lasting impact. Additionally, its benefits will be significantly enhanced if training sessions are conducted for PHC and Anganwadi staff, equipping them with the necessary knowledge and skills to support community health initiatives effectively.</i>



Doctors' hall



Facility Staff Hall

## Nawada

**Date of CPD:** 30 March 2025  
**Venue:** Hotel The Buddha Regency, Nawada

External faculty	Dr. Meena Samant and Dr. Bhagyalaxmi Nayak
Chairpersons and Panellists	Dr. Suniti Sinha, Dr. Mamta Kausamhi, Dr. Gishu Shweta, Dr. Pinky Barnwal, Dr. Nitish Kumar Yadav, Dr. Ritu Verma, Dr. Deep Kiran, Dr. Sonam Gupta, Dr. Nitish Kumar Yadav, Dr. Nivedita, Dr. Pinky Barnwal, Dr. Mangalam, Dr. Ritu Verma, Dr. Ranvijay Bharti, Dr. Sonam Gupta, Dr. P.S. Chaudhary, Dr. Pushkar Chandra, Dr. Sambhuk, Dr. Kunal, Dr. Gishu Shweta, and Dr. Prem Prakash
Moderators & Faculty	Dr. Madhu Sinha, Dr. Sanghmitra Kumari, Dr. C.B. Kumar and Dr. Raghav Raj
Feedback from the society	<i>Very nice &amp; informative talk on IV FCM. QOC &amp; LCG discussed in great detail. Impactful use of social media for awareness &amp; social cause discussed. PPH management was very helpful for the nursing staff especially the active management of third stage of labour.</i>



Doctors' hall



Facility Staff Hall

## Recruitment of District Coordinators (DC)



We received more than 500 applications for the position of District Coordinators, of which 115 were shortlisted for further rounds. 10 out of 13 District Coordinators have been onboarded so far and we are in the process of finalizing the remaining members. Each DC will be managing 2-3 districts in their area and report to the Project Coordinator.

Their work will entail the following responsibilities:

- ❖ Coordination and execution of CPDs and related events in their district.
- ❖ Work in close coordination with State and District FOGSI representatives in onboarding private health facilities onto the project and implement the project activities.
- ❖ Visit the onboarded health facilities, doctors and paramedics to encourage and support adoption of new practices that can improve quality of care delivered to pregnant women and children.
- ❖ Support the Monitoring, Evaluation and Learning (MEL) and advocacy teams with field level facilitation and data collection.



## ADHUNA District Coordinators across locations

### Odisha



**Nikhila Priya**

Ganjam, Khordha & Cuttack

### Madhya Pradesh



**Roop Kumar Sharma**

Gwalior

### Bihar



**Anyas Kumar Navin**

Patna, Gaya & Nawada



**Chandan Kumar**

Muzaffarpur, Darbhanga, & Sitamarhi

### Uttar Pradesh



**Ravi Sharma**

Agra & Mathura



**Saeed Ahmad**

Lucknow



**Yogesh Sharma**

Bulandshahr & Moradabad



**Finto Francis**

Aligarh, G.B. Nagar & Ghaziabad



**Sudhanshu Vikram**

Varanasi & Mau

**3 more DCs are being hired**



A position paper on Hormonal Implant was published by FOGSI, outlining the indications and benefits of this contraceptive method, promoting and expanding the contraception basket of choice for women. The paper is below and is also available on FOGSI's [website](#).

### FOGSI Position Statement on Subdermal Implant

#### Background

The Subdermal Hormonal Implant<sup>(1)</sup> is potentially transformative by adding to the basket of modern contraceptive choices for women and girls who are looking for an effective, safe, and long-acting (3 to 5 years) reversible contraceptive method. As per the United Nations, in 2022, an estimated 25 million women of reproductive age (15-49 years) worldwide used subdermal implants as their chosen method of contraception, constituting 2.6% of all contraceptive methods in use<sup>(2)</sup>. The Implant is an over three decades old method that has evolved from 6 rods (containing Levonorgestrel) to a single rod (containing Etonogestrel).

According to WHO's statement, hormonal implants are registered in more than 100 countries, including the United States, Western European countries, and many middle-and low-income nations<sup>(3)</sup>. It is the most commonly used contraceptive method in many sub-Saharan African countries with the highest usage in Rwanda (27%), Kenya (22%), and Malawi (18%). Among South and East Asian countries, the use of implants is seen in Nepal (5%), Indonesia (4%), Bangladesh (2%), Thailand (2%) and Philippines (1%)<sup>(4)</sup>. In 2012, the United Nations Commission on Life-Saving Commodities for Women and Children endorsed contraceptive implants as one of its 13 Life-Saving Commodities. In April 2015, the World Health Organization (WHO) added implants to the [22nd WHO model list of Essential Medicines](#) after meeting the WHO's pre-qualification requirements<sup>(5)</sup>.

#### Introduction of Subdermal Implant in India

In India, Single Rod Subdermal implant<sup>(6)</sup> was introduced in 2018 in the private health sector after being approved by the Drug Controller General of India (DCGI) in 2017 <sup>(7)</sup>. As part of its FP2030 commitment to expanding contraceptive choices available under the national Family Planning Programme, in 2023 Government of India included the subdermal implant (single-rod) in the basket of choices available in the public sector program. This decision was based on strong national and international evidence. The Indian Council of Medical Research (ICMR) conducted a phase III trial <sup>(8)</sup> to evaluate the safety, efficacy and acceptability of Implanon® in the Indian context. The results of this study paved the way for approvals from the Drug Controller General of India (DCGI) for the manufacturing and marketing of subdermal contraceptive implants (single rod) containing etonogestrel in the public health sector.

The key results of this study were:

- Of 3161 women recruited for the study, 3119 women were eligible for the study <sup>(9)</sup>.
- Implanon® acceptance was good when offered with cafeteria approach - 2.1 per cent among all methods and 3.4 per cent among spacing methods.
- The overall continuation rate was 66.1 per cent users at the end of three years, with 2,050 women completing three years of use.

5. The following implants were added to the 22nd WHO model list of Essential Medicines - Jadelle® and Sino-implant (II)® each consists of two rods and provides levonorgestrel for five years and four years, respectively. Implanon® is a single-rod system that releases etonogestrel for up to three years.

6. The following implants were added to the 22nd WHO model list of Essential Medicines - Jadelle® and Sino-implant (II)® each consists of two rods and provides levonorgestrel for five years and four years, respectively. Implanon® is a single-rod system that releases etonogestrel for up to three years

8. Reference Manual for Subdermal Contraceptive Implant (Single Rod), National Health Mission, FP Division, Ministry of Health & Family Welfare, March 2023

- The study found that 1069 women discontinued Implanon® use before three years, mainly due to menstrual changes. No discontinuation was reported due to infection at the insertion site.
- Among those who used Implanon® for the three years of the study, their fertility returned within 12 months of the removal

### **FOGSI Statement**

FOGSI endorses the subdermal contraceptive implant (Single-rod) as an effective, reliable, and long-acting reversible contraception.

- Subdermal implant is effective in preventing unintended pregnancy in terms of cost and use in comparison to other contraceptives. Less than one in 100 women who choose contraceptive implant will experience an unintended pregnancy within the first year of use. It is one of the most reliable contraceptive methods available [\(10\)](#) [\(11\)](#).
- It starts protection against pregnancy within 24 hours of insertion and provides continuous contraception for up to three years. This makes implants an alternative for women who prefer not to think about birth control every day, week, or month but want a method that is effective and independent of user behavior.<sup>4</sup>
- One of the significant advantages of the subdermal implant is that fertility returns quickly after removal. A study based in India shows that about 95.8% of women conceive within 12 months after discontinuing the implant, allowing for flexible family planning options [\(12\)](#).
- Limitations of subdermal implants include changes in bleeding pattern and it does not protect a woman from reproductive tract infections (RTIs) and sexually transmitted infections (STIs) including HIV/AIDS [\(13\)](#).
- Subdermal Implant should be routinely included in the contraceptive choices offered, after taking verbal informed consent, with effective counselling before and post insertion, as a safe and reliable contraceptive option to all women of reproductive age, including nulliparous women and adolescents [\(14\)](#).
- It is safe for women in the postpartum period, including breastfeeding mothers, as it does not affect the quality and quantity of breast milk. It is also suitable for women post-abortion. During postpartum or post-abortion family planning counselling, women should be informed about implants, along with other methods [\(4\)](#).
- Subdermal implant (single-rod) is in the initial rollout stage through the public health sector in 10 states, covering two districts each, by the Government of India [\(15\)](#). Scaling up this initiative across public and private sectors can enhance access to the expanded basket of contraceptives in India. This should be supported with updated health economic studies to establish their cost-effectiveness as a health intervention in the country family welfare program.

# Updates from Partners



## Advancing Quality of Care in Private Health Facilities: IDF's Ongoing Study

Ipas Development Foundation (IDF) is undertaking a noteworthy landscaping study to assess the Quality of Care (QoC) in private healthcare facilities, with the aim of strengthening maternal and newborn health services under the ADHUNA project.

As part of its communication and advocacy efforts, IDF conducted a comprehensive secondary review of existing QoC frameworks and models within the RMNCH domain. The study examined key definitions and quality indicators developed by leading public and private institutions as well as academicians.

Additionally, IDF is conducting a qualitative study across 62 private health facilities in Uttar Pradesh, Bihar, Madhya Pradesh, and Odisha. This research explores service delivery practices, highlights good examples, and identifies barriers and enablers to maintaining high-quality care in the private sector. Findings from both studies will provide valuable insights to inform future strategies for enhancing Quality of Care (QoC) in private healthcare settings. Key findings from the qualitative study will be showcased in our next newsletter.



## Global Health Strategies

### Ongoing Advocacy and Communication



GHS team at the CPDs

Global Health Strategies (GHS), the communications and advocacy partner for Project ADHUNA, has laid the strategic groundwork to boost the project's visibility and champion engagement efforts across its four implementation states. From January to March 2025, GHS developed a comprehensive social media strategy and guided the PEU to set up official accounts for Project ADHUNA, set to launch in the coming quarters. To support this rollout, a three-month content plan was developed to drive timely, relevant engagement. The plan includes a calendar of thematic posts aligned with key health awareness days and the CPD schedule.



## Ongoing Advocacy and Communication

In addition, GHS created and shared targeted social media content with project champions for key events, including the

- Training of Trainers (ToT),
- International Women's Day (focusing on contraceptive choices and tools like DMPA-SC and implants),
- National Anaemia Day (a four-part "Did You Know" series on maternal anaemia and the benefits of IV-FCM).
- A 10-post FAQ series on IV-FCM was also developed and disseminated for World Anaemia Awareness Day, helping amplify awareness of maternal anaemia interventions through champion voices.



Social Media Posts shared with ADHUNA Champions

To complement the clinical expertise of FOGSI members and enhance their role as public health advocates, GHS has been conducting communications training during Continuing Professional Development (CPD) sessions across focus districts in Uttar Pradesh, Odisha, and Bihar. These trainings equip participants with tools to craft simplified, evidence-based messages, effectively engage communities via social media, and advocate for public health at local and regional levels. Paramedical staff have also been trained in interpersonal communication.

To further amplify these efforts, GHS has produced bilingual press releases (Hindi and English) for each workshop, capturing Project ADHUNA's goals and vision, which the respective FOGSI societies have shared with local media outlets.

In parallel, GHS has been leading the development of a whitepaper on emerging technologies for fetal well-being and also supported FOGSI leadership in drafting a position statement on subdermal implants build clinical consensus and encourage wider adoption of the method as part of the modern contraceptive basket.

# Looking ahead



As we conclude this quarter, we are deeply encouraged by the collective achievements and the tangible progress made in strengthening maternal and newborn health.



Looking ahead to the next quarter, we have exciting plans to build on this momentum. Our field force will be ready in the coming weeks and the PEU is planning an in-person orientation for June 2025 with the district coordinators and all the project partners. For our doctors and paramedics that attended the CPDs, we are onboarding them onto the project and engaging them with relevant resource material such as best practices in intrapartum care and encouraging the use of calibrated drapes. Furthermore, video tutorials for CPD-I resources will be finalized and made publicly accessible.

You will see and read more about ADHUNA on dedicated social media handles that will enhance our reach of information and resources. We eagerly anticipate another impactful quarter working together towards our shared vision.

Dr Bhaskar Pal  
FOGSI President Elect 2026

## Upcoming activities



**District Coordinator onboarding and Orientation:** Once all 13 DCs are onboarded PEU will arrange an in-person orientation in June 2025.



**Touch points with CPD attendees:** Onboarding of new private facilities who attended the CPD and regular follow ups through sharing knowledge materials and awareness sessions, certificate.



**Social Media:** Project ADHUNA social media handles will be created for effective dissemination of information and knowledge resources.



**Video Tutorials:** The video tutorials for CPD-I resources will be ready and available for public view.



**Resource materials:**  
More on the current standards and best practices to improve QoC in intrapartum and newborn care; and specifications for calibrated blood collection drapes.



### **Contact Information**

For any inquiries, please feel free to contact us at:

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