

Brief about ongoing programmes of Aura Foundation

ARSH programme (Adolescents Reproductive Sexual Health programme).

The ARSH (Adolescent Reproductive and Sexual Health) Programme is a key Indian government health initiative under the National Health Mission, designed for adolescents (10-19 years) to address their specific reproductive, sexual, nutritional (like anemia), and mental health needs through Adolescent Friendly Health Clinics (AFHCs), outreach, training, and counseling, aiming to improve health-seeking behavior and delay marriage. It offers crucial services like menstrual hygiene promotion, iron-folic acid supplements (WIFS), and support for issues from STIs/HIV to violence, focusing on making public health systems accessible and supportive for youth.

Mensural health and hygiene programme

One of core working area of Aura Foundation is to work with women and girls regarding their menstrual health, to date there are lot of women and girls use unhygienic pieces of clothes during their periods, so sometimes they become infected like rash, red skin, and internal infections, so time to time Aura Foundation organize awareness programme with women and girls regarding safe masturbation. The aims of the programme is to improve dignity, health, and education for menstruators by tackling taboos, increasing awareness, providing access to products (pads, cups), ensuring WASH (Water, Sanitation, Hygiene) facilities (toilets, water), and promoting safe disposal, often through government schemes (like India's NHM), NGOs (Plan India, UNICEF), and community-based approaches to empower girls and break period stigma. These initiatives use education, subsidized products, and facility improvements to ensure healthy management of menstruation/

Physical and mental health support for the LGBTHIQA+ community.

From the inception of Aura Foundation providing services to the LGBTHIQA+ community in the aspects of Health, especially on physical and mental health, the primary aim of physical and mental health support for the LGBTHIQA+ community is to **achieve health equity** by addressing disparities caused by discrimination and stigma and to **foster supportive and affirming environments** where individuals can thrive. These efforts focus on both individual well-being and broader societal change.