



NGO Registration Number: 10-A18814

Place of Incorporation: Male', Republic of Maldives

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A MESSAGE FROM THE CHAIRPERSON

Dear Esteemed Members and Stakeholders,

It is with great pleasure and pride that I present to you the Annual Report of the Society for Health Education (SHE) for the financial year ending 31st December 2023 on behalf of the Executive Committee. This past year has been momentous for us as we continued to undertake significant work as the leading NGO of Maldives dedicated to promoting health education and wellness across our communities.



These accomplishments not only reflect the dedication and

hard work of SHE's volunteers and staff but also underline the organization's commitment to improving the well-being of individuals and communities. It's commendable that SHE, has been serving the community for 35 years with dedication and commitment. Celebrating these milestones provides an opportunity to recognize the impact SHE has had and to inspire continued efforts towards advancing health and wellness.

It's impressive to see the commitment of the SHE Team to maintain its status as a premier non-government organization in the Maldives. By focusing on creativity and innovation in developing new services and programs, SHE is not only expanding its reach but also ensuring it remains relevant and impactful in addressing the needs of the community.

Moreover, the collaborative approach of partnering with government agencies and other national and international NGOs on various initiatives underscores SHE's leadership role in fostering synergies and maximizing collective impact. Building strong networks both nationally and internationally is crucial for amplifying the organization's influence and effectiveness.

Continuing to adapt to evolving challenges and opportunities while staying true to its mission will undoubtedly help, SHE sustains its iconic status and make significant contributions to the well-being of the Maldives and its people.

Since volunteerism forms a fundamental part of, she's values, it's crucial to utilize this core principle to tackle the current shortage of volunteers and reignite the involvement of young volunteers. SHE must proactively recruit youthful volunteers, given their significant representation in the population and their desire to contribute. This entails deepening involvement with youth communities such as schools and out-of-school youth, as well as other relevant groups. Moreover, utilizing social media and digital platforms to

advocate for volunteerism and arrange youth-centric events is crucial. Establishing meaningful volunteer opportunities, accompanied by adequate training, skill development, and mentoring programs, should be prioritized. Recognizing and valuing the contributions of volunteers and staff is pivotal to sustaining SHE's mission. SHE can reenergize its volunteer base and continue making a positive impact in the community.

The IPPF accreditation process has prompted the necessity for restructuring our operations and outlining the tasks required to secure accreditation. The level of effort exerted to uphold our reputation as a respected national and international NGO will greatly depend on the accreditation we attain. I am confident that the SHE team will overcome challenges and take the necessary steps to achieve accreditation.

SHE must strategize to expand its services beyond Male and devise alternative methods to reach other significant population centre's as well as marginalized and vulnerable populations across the Maldives. Overcoming limitations in financial and human resources is essential. Given the evolving lifestyle dynamics and resultant challenges, SHE must assess and integrate additional value into its services. This integration aims to empower youth, women, and families to make more informed choices regarding their needs and relevant health services. As an organization committed to advancing health education and advocating for sexual and reproductive health rights, SHE has utilized various social media platforms to enhance visibility and engage with youth groups, thereby expanding its reach. This proactive approach also enhances cross-sectoral collaboration with allied NGOs, broadening SHE's scope for marketability and impact.

I extend my heartfelt gratitude to all past and present EXCO Members, Volunteers, and dedicated staff for their unwavering support and contributions to our achievements over the past year. A special thank you goes to the founder members, whose invaluable support and guidance have been instrumental in our progress. Let us, as Members, Volunteers, and staff, collectively work towards making 2024 a year of even greater success and accomplishment. Together, we can strive to make a positive difference and continue our impactful journey.

Thank you.

Hussain Haleem

CEO'S STATEMENT

I am delighted to present to you our annual report for the year 2023, evidence to our collective efforts and achievements in advancing crucial services in sexual and reproductive health, thalassemia and diagnostic services, counselling and psychosocial support and health promotion.



Throughout the year, our team has worked tirelessly to provide vital support and services to individuals and communities in need.

In sexual and reproductive health services, we have made significant strides in promoting access to comprehensive care and education. By offering a range of services, including family planning, reproductive health screenings, and education initiatives, we have empowered individuals to make informed decisions about their health and future.

Our dedicated counsellors have played a pivotal role in helping individuals navigate challenges, overcome obstacles, and improve their overall well-being.

Our commitment to thalassemia care remains unwavering, and this year has been no exception.

Despite the challenges posed by external factors, including resource constraints and unforeseen obstacles, we have remained steadfast in our mission. Through innovative solutions, collaboration, and perseverance, we have successfully overcome these challenges and continued to deliver on our commitments.

As we look ahead to the coming year, we are filled with optimism and determination. We remain committed to expanding our impact, enhancing our services, and reaching even more individuals in need. With the unwavering support of our dedicated members, volunteers, staff, and stakeholders, we are confident that we can achieve our goals and make a lasting difference in the lives of those we serve.

I would like to extend my deepest gratitude to our incredible team for their hard work, dedication, and unwavering commitment to our mission. I would also like to thank our members, volunteers and stakeholders for their invaluable support and collaboration. Together, we have achieved remarkable results and made a meaningful impact on the communities we serve.

Thank you.

lyasha Leena

INTRODUCTION

As SHE marks its 36th year of service, it stands as one of the leading non-governmental organizations in the Maldives dedicated to promoting health and family well-being in the Maldives. Since its inception in 1988, SHE has been a beacon of positive change, tirelessly working to improve the lives of people living in the Maldives.

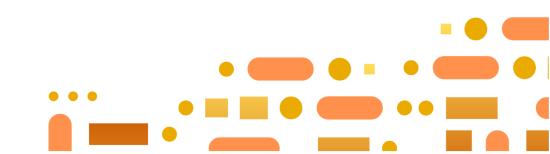
OUR ONGOING MISSION

The organization reaffirms its commitment to sustain these initiatives, and to further increasing public awareness on issues that influence family well-being. Effectiveness of health promotion initiatives will be ensured by adopting applicable service delivery mechanisms, fostering improvements in reproductive health parameters, continuing Thalassaemia prevention activities, promoting responsible parenthood concepts, facilitating empowerment of women and youth, supporting victims of abuse, extending Counselling to adolescent and families, and encouraging community ownership of development.

OUR VISION

An organization that is proactive in identifying and addressing crucial health and social concerns of the Maldives.

As we reflect on the year 2023, this annual report will highlight the essence of our efforts in the areas of sexual and reproductive health, counselling, psychosocial services, thalassaemia and diagnostic services and health promotion.





Members of the Executive Committee

The Executive Committee makes all primary policy decisions for the organization and leads us in ensuring our steadfast commitment to the community. The Executive Committee (EXCO) of SHE consists of thirteen members and two founder members.

Following a governance reform, changes were made to the constitution of the organization in 2022, which included changes to the composition of the Executive Committee. In that regard, in 2023, the new positions included in the Executive Committee were:

- 1. Senior Vice Chairperson
- 2. Assistant General Secretary
- 3. Assistant Treasurer

As the members previously elected for the position of Vice Chairperson and General Member resigned, new members were elected for these positions during the Annual General Meeting (AGM) of 2023. It was decided that a member for the post of Senior Vice Chairperson will be elected in the Annual General Meeting of 2024, and no members were nominated for the post of Assistant Treasurer hence, those positions were vacant in the year 2023.

During the year 2023, 5 meetings of the Executive Committee were held.

Founder Members



Madam Nasreena Ibrahim Founder Member



Dr. Naila Firdous Founder Member

Members of the Executive Committee in 2023



Mr. Hussain Haleem Chairperson



Ms. Mariya Saeed Vice Chairperson



Senior Vice Chairperson Vacant



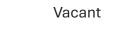
Aishath Shirufath Ali Assistant General Secretary Ms. Fathimath Naila General Secretary



Mr. Ismail Abshar Treasurer

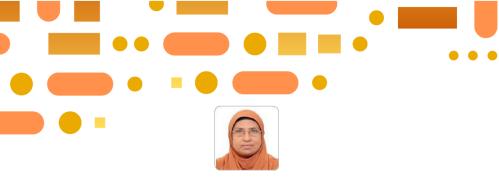


Ms. Husnu Afrose General Member



Assistant Treasurer

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Ms. Aminath Latheefa General Member



Mr. Aik Ahmed Easa General Member – Youth member



Mr. Saifulla Waleed Youth Member



Ms. Aishath Selna General Member



Ms. Fathimath Shaana Youth Member

Annual General Meeting of 2023

The Annual General Meeting of 2023 was held on 16 November 2023. A total of 35 members participated in the meeting, both online and in-person.

Matters discussed and finalized during this meeting included the following:

- a. Endorsing Annual and Financial report of 2022.
- b. Endorsing an auditor
- c. Election for the following positions were held and the following members were elected.

It was decided that the election for the post of Senior Vice Chairperson will be delayed to the AGM of 2024. Although nominations were opened for the post of Vice Chairperson, Assistant General Secretary, Assistant Treasurer and General Member, no nominations were received for the post of Assistant Treasurer hence no members were elected for that post.

63 new members joined the organization in the year 2023.

Position	Members elected
Vice Chairperson	Mariya Saeed
Senior Vice Chairperson	Election delayed to 2024
Assistant General Secretary	Aishath Shirufath Ali
Assistant Treasurer	Nonominations
General Member	Aishath Selna





Led by the Chief Executive Officer, our dedicated staff is the driving force transforming our vision to reality. In 2023, the staff team of SHE consisted in average, 21 permanent staff. During the year 8 part-time/contract staff, who worked both remotely and at the office premises worked at the organization. These staff were hired under various projects undertaken by the organization for the duration of the respective projects.

During the year, 8 permanent staff left the organization.

MEMBERSHIPS AND PARTNERSHIPS

Thalassaemia International Federation (TIF) is a non-profit, non-governmental organization established in 1986, that aims to ensure equal access to quality health care for all patients with thalassemia and other haemoglobin disorders globally. SHE, as a member is able to access all the privileges granted in the Constitution of Federation, allowing itself to be represented in international conferences as well as having access to research on thalassemia conducted by TIF.

International Planned Parenthood Federation (IPPF) is a global health care provider and a leading advocate for sexual and reproductive health and rights (SRHR) for all. SHE has been a member association of IPPF since 1995. Within this arrangement SHE promotes Sexual and Reproductive Health and Rights (SRHR) in the Maldives.

Other partners include UNICEF, UNFPA, WHO, Alifulhu-Thuthu Foundation (AFTF), Transparency Maldives (TM), Government Ministries and other local authorities such as Atoll and Island Councils, Women's Development Committees and NGOs at islands where activities were held.

Representation at Boards and Committees

The following are Boards and Committees at which SHE holds representation.

BOARD /COMMITTEE	REPRESENTATIVE
NATIONAL AIDS COUNCIL	Ms. Iyasha Leena
BREAST MILK SUBSTITUTE BOARD	Ms. Fathimath Naaila
NATIONAL BLOOD COUNCIL	Ms. Mariya Saeed
STEERING COMMITTEE OF FAMILY PLANNING AUTHORITY	Ms. Iyasha Leena
MOTHER TO CHILD TRANSMISSION COUNCIL	Ms. Iyasha Leena
NON-COMMUNICABLE DISEASE (NCD) ALLIANCE	Ms. Mariya Saeed
CHILD RIGHTS COUNCIL	Ms. Shiyama Anwar
RMNCAH COMMITTEE	Ms. Fathimath Naaila

PROGRAMMES

Sexual and Reproductive Health

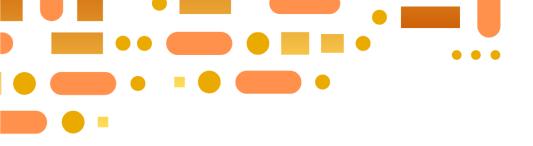
Since its establishment in 1994, the Sexual and Reproductive Health Clinic of SHE is renowned for its client-friendly and high-quality services in Sexual and Reproductive Health (SRH) and general health. The clinic provides a range of services, including gynaecological and paediatric consultations, ANC consultations and contraceptive services.

Through free Voluntary Counselling and Testing (VCT), SHE actively contributes to HIV and STI prevention programs, offering testing services both in-house and during outreach programmes. Additionally, the Non-Communicable Disease (NCD) program of the department focuses on raising awareness and screening to reduce NCD-related illnesses in the Maldives.

Through mobile outreach, workshops, training, and social media, the SRH programme of SHE raises awareness and disseminates information on Sexual Reproductive Health as well as on Comprehensive Sexuality Education (CSE).

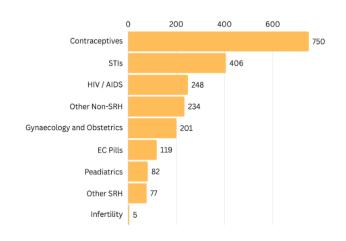


Total Number of Clients



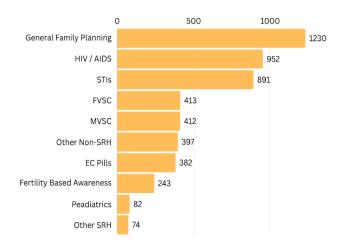
Specific services provided through the SRH clinic includes the following:

- Providing counselling on contraception methods
- Providing contraceptive methods and Emergency Contraception
- Obstetrics and Gynaecological consultation
- Face-to-face and telephone counselling on SRHR related issues
- Prenatal and post-partum care and counselling
- Engaging Men in Sexual Reproductive Health
- Testing for STIs (Hepatitis B & Hepatitis C and Syphilis)
- Voluntary Counselling & Testing (HIV testing services)
- Breast and Cervical Cancer awareness and screening



Consultations

Counselling



Thalassaemia Prevention and Diagnostic Services

The goal of the Thalassaemia Prevention program at SHE is to minimize the occurrence of Thalassaemia births in the Maldives by offering testing to identify carrier status and educating the public on the disorder's inheritance.

Services established under this programme also includes laboratory and genetic Counselling services. The establishment of DNA testing services in SHE, the first of its kind in the Maldives, has contributed to a significant reduction in the number of inconclusive results.

The programme also includes providing support in making appointments for Prenatal Diagnosis, HLA and providing support for the care of Thalassaemics.

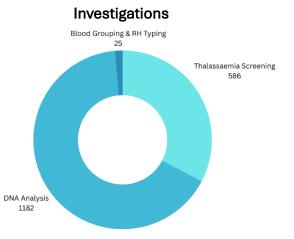
Specific services provided through the Thalassaemia and Diagnostic Services at SHE:

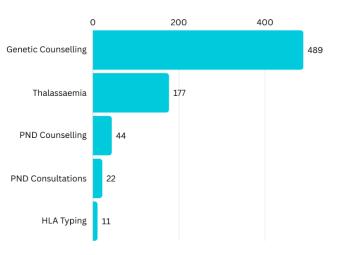
- Thalassemia screening
- DNA confirmatory testing
- Genetic Counselling on Thalassemia
- Blood grouping & RH typing
- PND & HLA appointments
- Support services for Thalassaemics
- Hb testing

Note: Clients who did DNA analysis includes those who received inconclusive thalassaemia test results. Therefore, a client may have been provided more than 1 service. However, the total number of clients are calculated for each unique client that visited the laboratory, irrespective of the number services they were provided.

Total Number of Clients







Counselling provided

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Counselling and Psychosocial Services

The Counselling and Psychosocial Service of SHE offers both face-to-face and telephone counselling, along with handling referrals and providing supervision to graduate/undergraduate counselling students. The service also conducts sensitization programs and workshops on mental health, mental well-being, and related topics throughout the year.

In addition to the day-to-day services, the department provides critical incident debriefing and assists with providing psychosocial support in incidences related to

natural disasters and national emergencies, to maintain a united effort to prevent the longterm repercussions on the population 's wellbeing and enhance the capacity of individuals to cope with such adversities.

Furthermore, SHE is committed to prevent, mitigate and respond to sexual and genderbased violence in the Maldives.

During the year 2023, 4 undergraduate/graduate students were provided internship and clinic supervision.

Specific services provided through the counselling and psychosocial services at SHE:

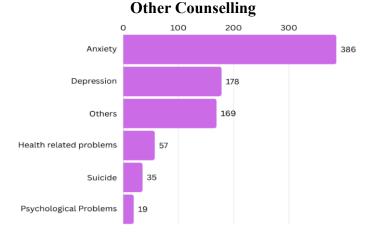
- Telephone Counselling
- Face-to-face counselling
- Gender-based Violence screening
- Promoting and responding to psycho-social needs
- Critical incident de-briefings





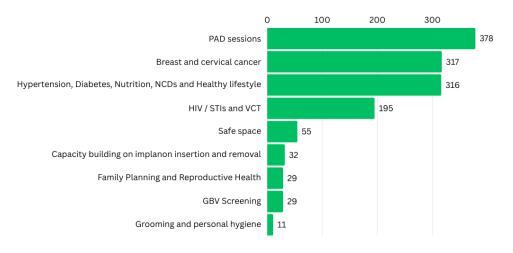






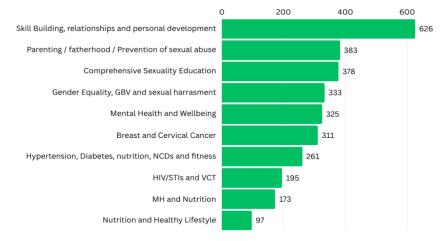
Health Promotion

Since its inception in 1988, health promotion has been a key thematic area of Society for Health Education. Through various programs such as multi-purpose health camps and health festivals, based on individual needs of the communities served, the organization works to empower individuals by providing information about health issues, prevention of illnesses, capacity building and promoting healthy habits. Through partnerships formed with other institutions in the field, SHE has been contributing to overcome institutional barriers for health education, while creating a more comprehensive and impactful approach to community well-being.

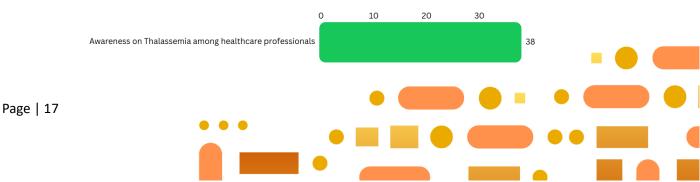


Number of people reached through SRH related health promotion

Number of people reached through mental health related health promotion



Number of people reached through thalassaemia related health promotion



PROGRAMME HIGHLIGHTS

Online support group for people experiencing anxiety

Conducted weekly for 1 hour and 30 minutes, sessions of the support group focused on discussing and emphasizing the importance of mental wellbeing, while fostering self-awareness, understanding others, and facilitating a safe space for participants to share practical and constructive information to promote healthier personal adjustment. A total of 5 sessions were held during the year 2023.

Mental Health session for nurses

On the request of the School of Nursing, a mental health session was conducted for the new batch of nursing students. The aim of this session was to educate them on the significance of mental health and well-being, while engaging students in discussions about their fears,



hopes, and challenges pertaining to their academic journey. Additionally, the session emphasizes the importance of self-care as part of their overall well-being during their studies.

Training of Trainers on Positive Parenting



Under a project collaboratively implemented by Society for Health Education (SHE), Transparency Maldives (TM) and Ministry of Education (MoE), a Training of Trainers workshop of approximately 72 hours on Positive

Parenting for Parent Teacher Association (PTA) members was conducted. The aim of this activity was to empower parents by providing information and building skills, which will help children to thrive and reach their potential and for the participants to understand that establishing an enabling environment depends on their positive mental health which plays an important role in how they can provide the best care possible. This workshop was based on a parenting manual developed by SHE under the project.

Anbalan 2023

Similar to previous years, this is an annual event held by SHE, with staff and members, volunteers and kind sponsors coming together every year contributing to Visibility of SHE and fund raising for our cause. This year's event was held from 17 – 18 March 2023 at Rasfannu.





Sessions on mental health and nutrition

At the request of ESQUID, sessions were conducted for members of the Parent Teacher Associations in schools of V. Felidhoo, V. Keyodhoo, Adh. Mahibadhoo, and in Dharumavantha School and Majeedhiya school. The purpose of these sessions were to improve understanding among participants on mental health and well-being and discuss the impact of healthy eating on mental-emotional health issues. Additionally, with the support of ATFT, and in collaboration with Diabetes Society of Maldives, a session on Nutrition was held in December 2023.



Helping Adolescents Thrive (HAT) program

This program was carried out for students at the request of ESQUID and UNICEF and focused on identifying ways to help manage stress and understand when/how to get help.

Mini Health camp at Sh. Funadhoo

In collaboration with the Women's Development Committee of Sh. Funadhoo, a mini health camp was held from 18 – 21 May 2023 in Sh. Funadhoo. During the trip, awareness sessions were conducted on breast cancer, HIV/AIDS and STIs, breastfeeding, weaning and well women nutrition and PAD sessions for children living in Amaan Hiya.

Social and emotional learning for students (SEL)



The aim of this program is to help children develop an understanding of their own emotions and empathy, create an understanding on different strategies that can help them in regulating difficult emotions while also promoting confidence and overall wellbeing of students.

Safe space program

This program is aimed at providing a safe space for young people to discuss topics related to SRH, GBV and other topics such as communication. Similar to previous years multiple safe space sessions were conducted and discussions were held in different locations.

Mental Health Ambassadors Training

This training was conducted in collaboration with School of Nursing, to establish a network of volunteer ambassadors within the nursing community of students. The aim of this program is to build capacity of student nurses to support their peers who are experiencing mental health problems by getting people talking about mental health more positively and removing stigma, raising awareness of mental health problems including signs & symptoms as well as promoting self-help strategies.



TIF General Assembly

SHE's Biotechnologist Aishath Rasheed attended the16th International Conference on thalassaemia and other haemoglobinopathies & TIF General assembly held in Kuala Lampur, Malaysia.

South Asia Regional Meeting and Youth Network Regional Meeting

The South Asia Regional Meeting of IPPF was held in New Delhi, India in August 2023 to which our Chairperson Hussain Haleem, General Member of EXCO Aik Ahmed Easa and CEO Iyasha Leena attended. The first Regional South Asia Youth Network Meeting of Pilot Committee members, during which the vision, mission and plans of the Youth Network were finalized were also held simultaneously, to which our SARYN members Aishath Zuleikha Safleen and Fathimath Shurook attended.

South Asia Regional Summit on Sexual and Reproductive Health 2023

We participated in the South Asia Regional Summit on Sexual & Reproductive Health 2023 with stakeholders, held in Kathmandu, Nepal 19th - 20th January 2023. This was an intercountry dialogue and exchange of best practices among 7 South Asian countries.





Marking International Thalassaemia Day

In celebration of International Thalassemia Day, we provided free thalassemia screening for new clients and free DNA testing for clients who had inconclusive results. The purpose of the event was to encourage people to get tested for thalassemia and know their status even if their results are inconclusive after thalassemia screening. The event also assisted in increasing the visibility of the organization and its services.

Breast cancer and cervical cancer screening

With the objective of increasing awareness on breast and cervical cancer and to improve access to screening services, sessions and screening were carried out in Laamu Atoll, Male', Kulhudufushi and Sh. Funadhoo.



Session on mental well-being for Journey Alliance Members

This activity was conducted as part of our collaboration with Journey Alliance, with the purpose of creating awareness on factors that promote mental well-being and to provide participants with the knowledge and skills needed to respond to stress and stressors in a relationship.



Participating in the Drug Day Fair

his event was organized by NDA in collaboration with HPA. Society for Health Education (SHE) participated in this event to provide health checkups and create awareness among general public and focused to young people to improve their health and wellbeing and educate on importance of screening for HIV and STI.

Significant activities conducted as part of DFAT - Respond Project

• Implanon training for Health Care workers

The activity was organized by SHE in collaboration with Addu Equatorial Hospital to increase capacity of health care providers to provide contraceptive services, specifically Implanon. A similar training was also conducted to staff of Kulhudufushi regional hospital.

• Training of nurses and doctors at Kulhudufushi Regional Hospital on SGBV

31 staff including doctors, nurses, medical officers, customer service officers and health coordinators from KRH completed this training program held from 13th-15th June 2023 in Kulhudhufushi. This training was conducted as part of strengthening the provision of SGBV services and referral pathways for SGBV survivors.



Men Engage Workshops

As part of SHE's work to create awareness on genderresponsive violence prevention, a number of workshops were conducted on engaging men to create awareness on



gendered causes and consequences of violence including the issues of masculine socialization, harmful and stereotypical gender roles effect of GBV and DV on mental health. The workshops also



included sessions on improving men's health.

Scavenger Hunt to mark 16 days of activism

As part of activities held to mark 16 days of activism to end violence against women, a scavenger hunt was conducted by SHE in Kulhudhuffushi. The objective of this activity was to raise awareness on GBV, creating a fun space for youth to understand services available to survivors, while also offering a safe platform to discuss the well-being of participants and practical strategies for leading healthier lives. The event successfully blended advocacy with an engaging activity, fostering awareness and positive well-being among participants.

Activities conducted to mark World AIDS day 2023

The following activities were conducted to mark world AIDS day 2023.

• Session on self-protection for children

A session on self-protection was organized in Kulhudufushi for children with the key objective of educating children on personal safety skills and empower them with knowledge on actions to ensure their own safety. Additionally, the session focused on guiding children in identifying



trustworthy adults to communicate with when they feel uncomfortable.

• Capacity building training on providing youth friendly services

Developing the capacity of nurses to provide youth friendly services (YFS) on providing family planning (FP) and reproductive health (RH) services which include SGBV to youth is very important. To ensure that nurses are able to respond to the needs of young people, remove their fears, respect their concerns and provide the services within an environment that suit their



preferences,



SHE collaborated Kulhudhuffushi Regional Hospital to conduct a 3- day training for nurses who had undergone a previous training on youth friendly services conducted by SHE.

Migrant Fair

SHE participated in the migrant fair held in Kulhudufushi collaboratively organized by Health Protection Agency, Mission for Migrant Workers Maldives and SHE. Services provided at this event included free consultations and Voluntary Testing and Counselling for HIV/Hepatitis B, C, Syphilis and Filaria to migrants.



Activities conducted as part of SPRINT Project

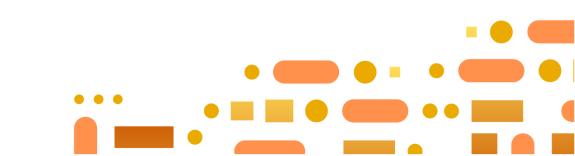
- Advocacy meetings were conducted with the National Disaster Management Authority for inclusion of SRHiE/MISP in National Disaster Management plans.
- A baseline study was carried out to identify SRHiE gaps and needs in the Maldives, including its validation.

- A media Sensitization and communication training was conducted in May 2023 for the staff of SHE and representatives of stakeholders. A total of 18 participant completed this training.
- Awareness material on SRHiE were developed, including social media posts and a desk calendar for 2024.



The following number of hours were contributed to our work by Members, Volunteers and Members of the Executive Committee.

EXCO Members	Members	Volunteers
181 hrs	195 hrs	281 hrs





MEDIA VISIBILITY

Facebook

Theme	No. of posts	No. of people reached	No. of times posts were shared by the public
Information of events	85	75171	226
Posts to mark special dates	29	27374	37
Information on services provided at SHE	11	6317	44
Information on cervical and breast cancer	7	3274	6
Information on mental health and well-being	9	5153	6
Information on other topics related to SRH	10	10569	14
Engaging men	4	10243	17
Information on Zero Discrimination	1	451	0
Information on GBV and sexual assault	2	881	1

Instagram

Theme	No. of posts	No. of people reached
Information of events	50	25290
Posts to mark special dates	25	12902
Information on services provided at SHE	9	12261
Information on cervical and breast cancer	6	5339
Information on mental health and well-	7	4030
being		
Information on other topics related to SRH	8	9647
Engaging men	4	2235
Information on Zero Discrimination	1	276
Information on GBV and sexual assault	2	881

X.com

Theme	No. of posts	No. of people reached	No. of retweets
Information of events	37	20950	101
Posts to mark special dates	20	9184	30
Information on services provided	11	2308	15
at SHE			
Information on cervical and	6	2311	12
breast cancer			
Information on mental health and	7	1696	1
well-being			
Information on other topics	9	2237	7
related to SRH			
Engaging men	4	996	2
Information on Zero	1	206	1
Discrimination			
Information on GBV and sexual	2	316	1
assault			

