

FAMILY PLANNING

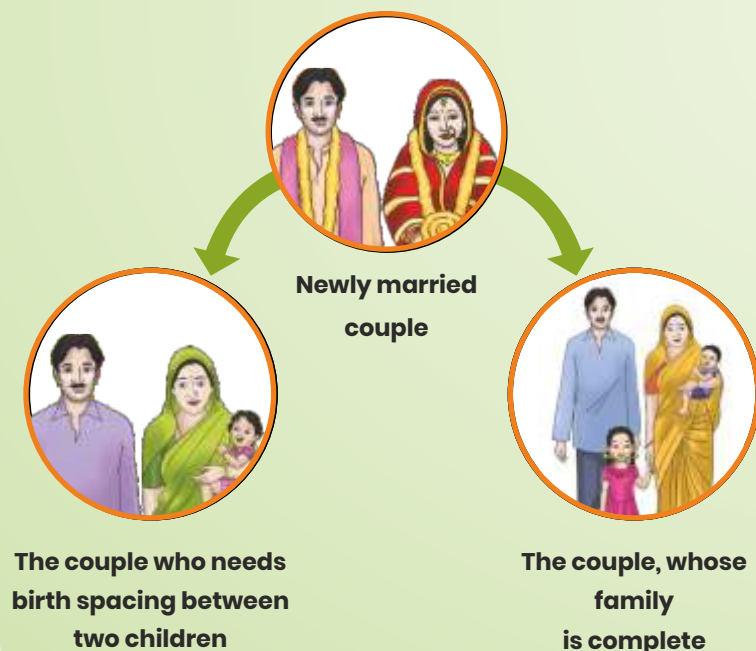
IMPORTANT ASPECTS OF A HAPPY FAMILY

- ✓ **Marry at right age-** A boy and a girl must be of 21 years at the time of marriage.
- ✓ **Have first child after two years of marriage.**
- ✓ **Keep a gap of three years between two children.**



**Small Family
Happy Family**

WHO NEED FAMILY PLANNING MEASURES?



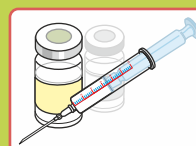
FAMILY PLANNING METHODS

TEMPORARY METHODS

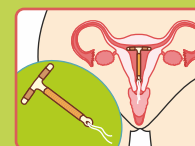
The couple, who wishes to expand the family, can stop using these methods.



Contraceptive pill



Contraceptive injection



Copper-T



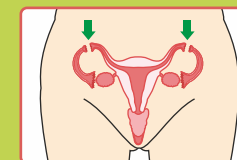
Male condom



Female condom

PERMANENT METHODS

The couple, whose family is complete, can adopt these method.



Tubectomy



Vasectomy

For more information, contact Self Help Group member of your area.