

FAMILY PLANNING

SMALL FAMILY IS A HAPPY FAMILY.

WHO NEED FAMILY PLANNING MEASURES?



Couples willing to maintain space between two children



Newly married couple



Couples whose family is complete

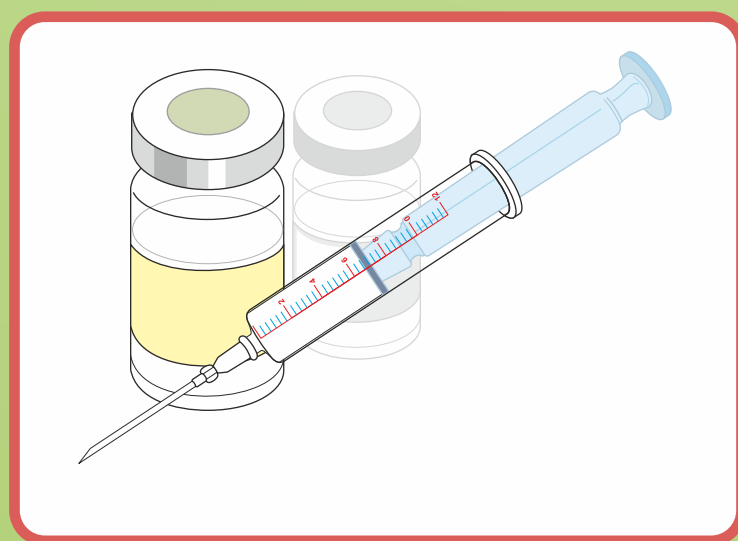
FAMILY PLANNING METHODS

TEMPORARY METHODS

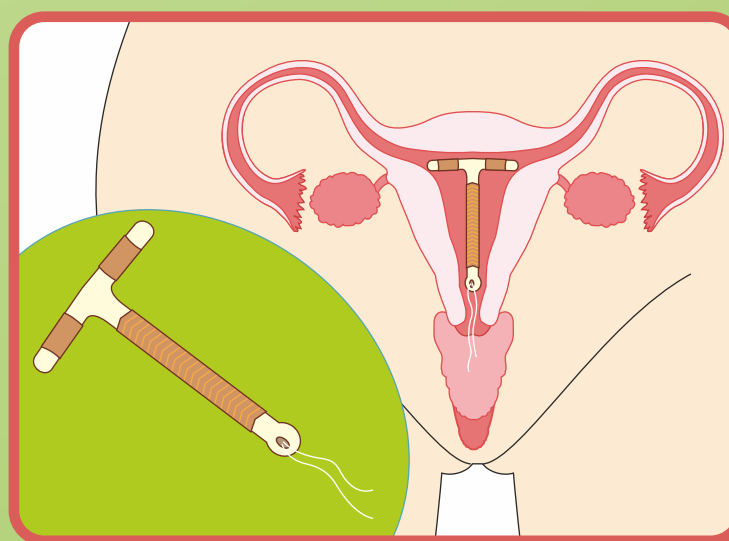
The couple, who wishes to expand the family, can stop using these methods.



Contraceptive pills



Contraceptive injection



Copper-T



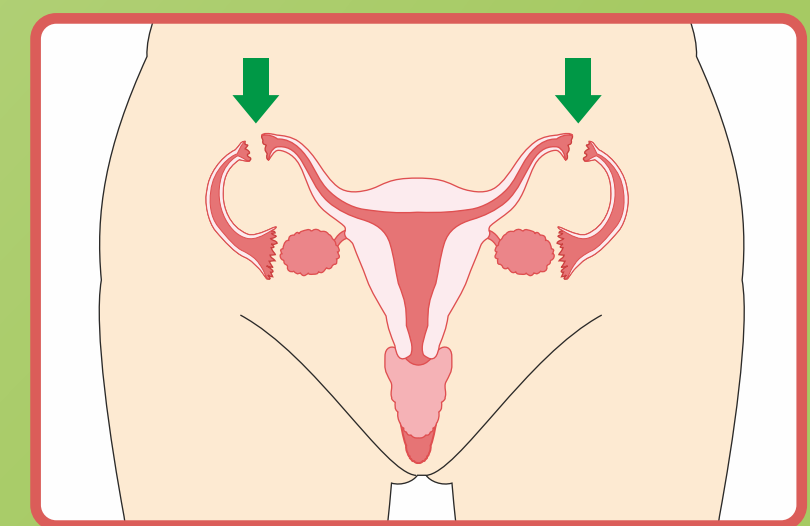
Male condom



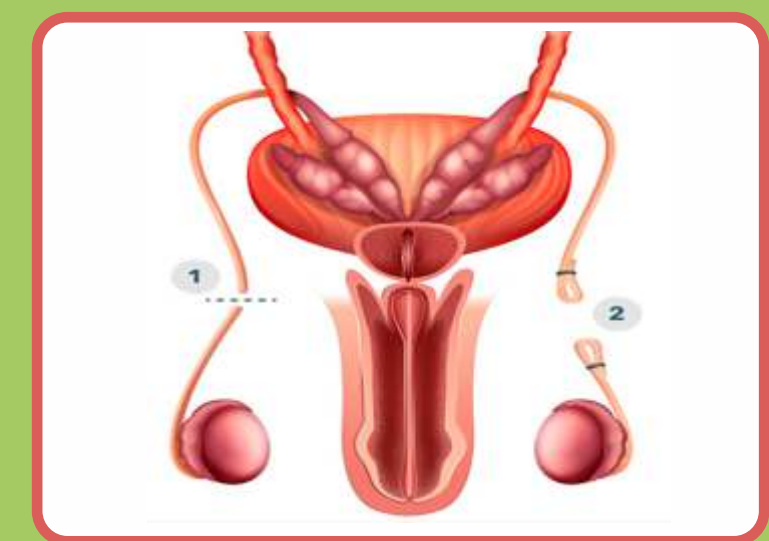
Female condoms

PERMANENT METHODS

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



Tubectomy



Vasectomy

All the measures of family planning (permanent and temporary) are available free of cost in all government healthcare centers/hospitals.

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

