

World Population Day 11th July



As the world nears 8 billion people, we are faced with a dilemma. Do we have less children or do we have more? Also, the coronavirus pandemic has taught us that we need to take individual responsibility for our health and our lives.



Family planning doesn't just mean 'birth control' - it allows individuals and couples to anticipate and attain their desired number of children and plan the timing and spacing of their births.

A woman's ability to space and limit her pregnancies has a direct impact on her health and wellbeing, as also on the outcome of each pregnancy, and affects her family indirectly too!

Many young people are not aware that there are many contraceptive choices available today, for both men and women.

A woman must have the power to make her own decisions for contraception and men must support them in this.

Partners must be encouraged to jointly decide on what suits them best.

The Cafeteria Approach

The user gets to pick and choose - Just like in a buffet.

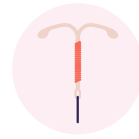
When in doubt - Don't ask Google, instead ask a doctor!



Condoms
Male & Female



Oral
Contraceptive Pills



Intrauterine
Contraceptive Devices



Injectable
Contraceptives



Implants
(under the skin)



Contraceptive
Vaginal Rings

♀ Emergency Contraceptive Pills ♀

These are only for an actual emergency such as a contraceptive failure and NOT for routine contraception, as it has long-term harmful effects on women if abused.

Most important thing for all of us is to inform those in our lives whom we can guide and influence.

Family Planning is not 'just' birth control.

#OneAgainstCovid