

# FAMILY PLANNING SCHEMES:

## Compensation scheme for acceptors of sterilisation services:

Government of India provides compensation to the acceptors of sterilisation for their loss of wages, for availing the services in all the states.



## National Family planning Indemnity Scheme (NFPIS)

NFPIS Scheme compensates the acceptors of sterilisation or his/her nominee in the unlikely event of failure of complications or his/her death, following a sterilisation operation. The scheme also provides for indemnity insurance cover to the medical officers and the health facilities for up to four cases of litigations per year that the healthcare provider or the facility may face as a consequence of performing sterilisation operations.



## Home delivery of Contraceptives by ASHA

Accredited Social health Activists (ASHA) now deliver contraceptives right to the door step of the beneficiaries. Couple in rural areas now receive this special service-home delivery of condoms, oral Contraceptive pills (OCPs) and Emergency Contraceptive Pills (ECPs) through the ASHAs at a nominal amount of Rs.1 for a pack of 3 condoms, Rs.1 for a cycle of OCP and Rs.2 for an ECP from the beneficiaries.

**THE HEALTHIEST TIME PERIOD BETWEEN A WOMAN'S PREVIOUS DELIVERY AND HER NEXT DELIVERY IS THREE YEARS.**



National Health Mission  
Department of Health & Family Welfare  
Government of Nagaland



# FAMILY PLANNING

*"A Choice that Saves Lives"*

*Swasth Bharat- A National Initiative*



## Family Planning Saves Lives of Women and Children

Family Planning helps women achieve optimum spacing between births thereby reducing newborn, infant and child deaths significantly. As many as one in every three maternal deaths can be prevented by allowing women to delay motherhood, space births, avoid unintended pregnancies and abortions, and stop child bearing when they have reached their desired family size.

## Family Planning Saves Adolescents' Lives

Teen pregnancies pose health risks not only for the babies but also for the young mothers, particularly those under the age 18. Family planning can help young women to avoid having children during the high-risk period and also help avoid the social and economic consequences of early child bearing.

## Family Planning Reduces Abortions

Family Planning reduces the number of unintended pregnancies that may lead to abortion. Unsafe abortion accounts for 13% of maternal deaths globally. Indian women are at the highest risk of abortion-related deaths in the world.

Women who conceive within 6 months of delivering their last baby are 7.5 times more likely to terminate the pregnancy and be at risk for an unsafe abortion.

Family Planning Empowers Women and Families and strengthens women's decision-making power in relationships and in the home. Family planning enables individuals and couples to have the number of children they desire with the spacing and timing they want.

## BASKET OF FAMILY PLANNING CHOICES: ALL THE COMMODITIES AND SERVICES ARE AVAILABLE FREE OF COST AT PUBLIC HEALTH FACILITIES THROUGH TRAINED AND QUALIFIED PROVIDERS.

### CONDOM

A Condom is a narrow bag made of thin rubber that a man wears on his penis during sex. A new condom is to be used during each intercourse. It is never to be reused. A condom should be stored in a cool, dry place away from sunlight. It also needs to be disposed off properly. Correct and regular use of condom is essential to prevent unwanted pregnancies. Besides preventing unwanted pregnancies it also provides protection from Reproductive Tract Infection/ Sexually Transmitted infection and HIV/AIDS

Also available in ASHA drug kit



### ORAL CONTRACEPTIVE PILL (Mala N, Mala D)

Oral Contraceptive pill contains the hormones progestin and oestrogen and is a very safe and effective method of contraception.

A woman takes one tablet daily to prevent pregnancy. They are available in packs of 28 pills.

Also available in ASHA drug kit



### INTRA UTERINE CONTRACEPTIVE DEVICE (copper IUCD-380A and Copper IUCD 375)

It is a small, plastic device, inserted into the uterus.

It causes a chemical change which damages the sperm and egg before they can meet.

Post-partum IUCD (PPIUCD) has been recently introduced in the programme can be inserted within 48 hours of delivery and gives protection and ensures spacing after delivery.

Cu IUCD 380A- has effectivity of 10 years.

Cu IUCD 375- recently launched has effectivity of 5 years



### FEMALE STERILISATION

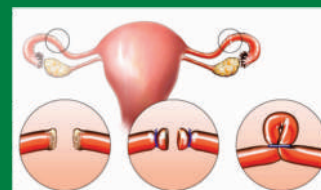
It is a method for permanently preventing child birth.

**Mini-laprotomy:** The abdomen is opened through a small incision and the tubes carrying the eggs are lifted and cut.

**Laparoscopy:** A laparoscope is inserted through a small cut on the abdomen. The tubes are located and blocked using plastic rings.

Both the procedures can be done under local anaesthesia.

Tubectomy can be done during post-menstrual period, post-partum period and at any point of time when it is reasonably certain that the woman is not pregnant.



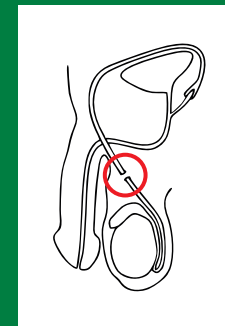
### MALE STERILISATION (Non Scalpel Vasectomy)

This is a very small operation for permanently preventing childbirth.

It does not require hospital stay.

There is no incision and no stitches.

The operation does not change a man's ability to have sex or to feel sexual pleasure.



### EMERGENCY CONTRACEPTIVE PILL

It helps in prevent pregnancy when taken up to three days after unprotected sex. The pills do not disrupt an existing pregnancy or cause abortion. EC pill is not regular contraceptive method and should only be used in case of emergency. The sooner they are taken, the better.

Also available in ASHA drug kit

