

IUDs

These are devices inserted inside the womb. They prevent the egg and sperms from fusing and also prevent implantation.

Natural methods

These help a woman to know when she is fertile, so that she can avoid having sex at that time.

Permanent methods

These are operations, which prevent a man or a woman to have any more children in future.

Barrier methods

You will be provided with condoms for distribution to women who need them. Women are shy to buy them from the market. Many do not know how to use them and where to keep them.

Condoms (Nirodh)

- Prevent unwanted pregnancy and sexually transmitted infections including HIV/AIDS
- A new condom is to be used each time during sex
- Correct and consistent use of condoms is essential to prevent unwanted pregnancies

How to use condom?

You will be shown how condoms could be used

