# Permanent Methods of Family Planning: Transcript

*Abhigyan Kaustubh*

Village : Todarpur

Block : Bachranva

District: Raibraeli

Uttar Pradesh

(0:12)

Characters:

Anjali Singh ANM (green sari) Community Health Center, Bacharanva

Seema Asha, Tondapur ( copper sari)

(0:21)

**S:** Population growth (explosion) is a great problem in society today. And the technique to control this is Family Planning. There are two types of methods of Family Planning: Temporary Family Planning methods, and Permanent Family Planning methods. We are trying to find out the awarness of the women regarding Family Planning.

Come, let's talk to a few women of the village regarding Family Planning.

*<Music Interlude >*

*(1:00)**< talk with women in colorful sari>*

**S:** Alright Simpy, tell me this: do you know anything about family planning?

**Sim:** I do not have any knowledge about family planning, Sister.

**S:** That's okay.

*<Scene Change>*

*(1:08) <talk with women in green sari>*

**S:** Namaste, aunty! Where are you headed?

**->:** I am headed home.

**S:** Aunty, you have been blessed with so many kids, why don't you get ligated?

**->:**Yeah I have many, but why should I get ligated?! I am not going to do it.

God has given them to me, and therefore I'll nurture them.

*<Scene Change>*

*(1:26) <talk with women in green blue>*

**S:** Namaste Aunty!

**I:** Namaste!

**S:** Aunty, you have borne so many kids/ boys, why don't you undergo ligation?

**I:** Oh, why should I get ligated?!...If I have more boys, they will  all earn money and be additional sources of income to the family. That is why I do not wish to get ligated.

*<Music Interlude >*

*<Scene Change>*

*1:59 <talk with women in blue and orange sari>*

All greet each other : Namaste!

**S:** This is Rakhi Verma, And this is her mother in law. Sister, do you know anything about Family Planning?

**MIL:** I do not know anything about what Family Planning is?

**S:** Rakhi, do you know what permanent method of family planning is?

**Rakhi :** Yes sister, I know bits about Permanent Family Planning methods like Ligation. I wanted to get that done as well, but was really afraid about the entire thing.

**S:** Rakhi, there's no reason to be scared. Come, ANM sister has come, I'll let her complete your knowledge about family Planning.

*<Scene Change>*

*2:31 <talk with women in plain green sari>*

**S:** Sister, Namaste!

**=>:**Namaste!

**S:** Sister, I had been to Rakhi's house, and please give me some knowledge about family planning method as Rakhi wants to know…she says she is afraid of meeting or doctors.

**=>:** Alright Seema, I'll let you know right away.

<Scene Change>

2:50 <Left women in blue sari right women in plain green sari>

**Rakhi:** Namaste, Sister

**=>:** So Rakhi, do you now want to adopt permanent method of family planning.

**Rakhi:** Yes sister.

**=>:** Alright, how many kids do you have?

**Rakhi:** 2 kids.

**=>:** 2 kids? Okay, how old is the younger kid?

**Rakhi:**1 year old, sister.

**=>:** 1 year old? All right, you can then adopt permanent family planning method.

**Rakhi:** Sister, tell me what is family planning?

**=>:** Rakhi, in permanent methods of family planning, some techniques, medical procedures, and various other means are adopted by a couple to plan their family. This helps you in controlling the number of kids you will have, when you will have them, and the age difference between each of them. By this, a couple can give birth to a baby when they wish, and can prevent unwanted pregnancies. This is called as Family Planning.

Also Rakhi, there are many methods inside family planning, which can be adopted as required by the couple. Some of these are used to keep a gap between the kids. And others help the couples in family planning.

There are 2 types of family planning : Permanent and Temporary.

**S:** Sister, please tell Rakhi about the advantages of permanent methods of family planning.

**=>:** Alright, I'll tell. Adopting permanent methods of family planning helps in planning the family well. These methods are required to be used only once. This is a very safe and useful way of family planning, and takes care of all family planning issues for ever.

**4:30**

**Rakhi:** Alright sister, let me know what are the different methods of family planning?

**=>:** Alright, I shall tell you about the different permanent methods of family planning.

**Rakhi**: Alright, sister.

**=>:**So Rakhi, the 1st method is called female ligation (tubectomy). Tubectomy is a rather easy, and useful permanent family planning method for females. The woman who does not need any more kids can opt for this method at will. And if a woman undergoes tubectomy, then she does not need to adopt any other method for family planning.

**5:10**

**Rakhi:** All right sister.

Sister, tell me this: how many days does it take to undergo this procedure of ligation? Does one need to be admitted to the hospital.

**=>:** No, nothing like that. Tubectomy takes only 30 minutes and the woman can come home  the same day.

Also Rakhi, after undergoing Tubectomy, there could be few minor problems or side effects, like stomach ache, weakness and some pertaining to the anesthetic injection that is given prior to operation.

But, there are nothing to be bothered about!

Alright Rakhi, this was tubectomy. Now, I will let you know about male ligation (vasectomy). Male ligation is even more simpler.

Vasectomy is a very useful and easy permanent method of family planning. The house masters who do not want any more kids in the future can opt for this method at will.

There are no stitches or *wounds* involved in vasectomy. The entire procedure can be done in 10-20 minutes.

**Rakhi:** Can the man also come back the same day after getting operated?

**=>:** Yes, the man can come back home the same day.

Also, there is a caveat in vasectomy.

Vasectomy takes 3 months to become effective. During this time, if the couple wish to have sex, the male should use a condom.

**Rakhi:** All right sister.

**=>:** So, these were the permanent methods of family planning.

*TEXT: (6:55)*

*Discussion pertaining to the topic:*

*What are the advantages of permanent methods of family planning?*

*What are the different permanent methods of family planning?*

**7:04**

**Rakhi:** Sister, tell me another thing: if any problem crops up after undergoing the permanent family planning methods, then how do we solve them?

**=>:** Rakhi, if any trouble or problem crops up after adopting this method, then you can go to your nearest health centers for advice/ suggestions regarding the solution.

**7:28**

**Rakhi**: Sister, what are the advantages of family planning?

**=>:** This prevents unwanted pregnancy and other complications related to pregnancies that usually threaten the life of the woman, and both the mother and child are healthy by this. If the kids and the rest are healthy, it reduces poverty. Both the family and the society prosper, and our lives are spent in happiness.

**Rakhi:** Sister, I like your advices . Now my fear has gone and I shall get ligation done.  Thanks a lot for providing me with this information.

*Saying: (8:01)*

*Less kids implies happy person,*

*Permanent family planning is the solution.*

**S:** So this was the information regarding permanent methods of family planning, provided by the ANM sister.

I have full confidence that these family planning methods will be opted by the men and women. By this, home, hearth and society will remain happy.

Thank you.

*8:25 <Music Interlude>*