

SER No	CONTENT
	<p style="text-align: center;"><b><u>LESSON PLAN : SA 5</u></b> <b><u>FAMILY PLANNING</u></b></p> <p>Period - One</p> <p>Type - Lecture</p> <p>Code - SA 5</p> <p>Term - III (SD/SW)</p> <p><b><u>Training Aids</u></b></p> <p>1. Computer, Projector, Chart, Pointer, Black Board &amp; Chalk.</p> <p><b><u>Time Plan</u></b></p> <p>2. (a) Introduction - 05 Min</p> <p>(b) Family Planning - 15 Min</p> <p>(c) Measures to achieve Objectives - 15 Min</p> <p>(d) Conclusion - 05 Min</p> <p><b><u>INTRODUCTION</u></b></p> <p>3. The rapid growth of population is one of the major problems facing the country today. Considering that the population of the country is over 1000 million and the annual surplus of births over deaths at 15 million, the population explosion continues. Some social facts like reluctance of uneducated masses and minority groups towards adopting family planning programmes emerge as major constraints. Family planning is not only concerned with limiting the measure of children through preventive measures, but very much related with aspects of health care and better standard of living.</p> <p>4. Family planning is defined as the voluntary, responsible decision made by individual and couples as to the desired family size and timing of birth. Therefore on the micro level it means children are born because they are wanted and provided for and on the macro level it contributes to the betterment of human life.</p> <p><b><u>AIM</u></b></p> <p>5. To acquaint the cadets about the need for Family Planning.</p>

## **PREVIEW**

6. The lecture will be conducted in following parts:-

- (a) Part I - Family Planning.
- (b) Part II - Measures to achieve Objectives.

(a)

### **PART I : FAMILY PLANNING**

7. Factor Affecting Family Planning. The following factors affect family planning:-

- (a) Fatal infant and childhood morbidity.
- (b) Poor physical and intellectual development of the unwanted child.
- (c) Pregnancy wastage.
- (d) Maternal risk of illness and death.
- (e) Father's risk of hypertension and gastric ulcers.
- (f) Marital risk.
- (g) Poor nutrition.
- (h) Environmental hazards such as overcrowding, poor water supply and atmospheric contamination.
- (j) Increased incidents of genetic diseases.
- (k) Mental health problems of parents as well as children due to strains caused by large family.

8. Methods of Family Planning. Family planning can be achieved by following methods:-

- (a) Vasectomy.
- (b) Tubectomy.
- (c) Conventional contraceptives like condoms and diaphragms.
- (d) Oral pills.

(b)

### **PART II : MEASURES TO ATTAIN OBJECTIVES**

9. Effective measures to be under-taken are:-

- (a) Voluntary encouragement of family planning can have positive health benefits. In small families mother takes more care of child which is necessary for healthy development.
- (b) Stringent laws be enacted to curb the menace and the violators severely punished. Couples violating family norms should be debarred from contesting elections and their

voting rights withdrawn. A massive campaign could be launched through the electronic and print media to create conducive environment.

(c) Take steps encouraging a two-child norm so that growing population is controlled.

(d) Educating women particularly in backward and rural areas be taken up with complete sincerity, which would help in eradicating this menace.

(e) Early marriage be strictly checked and efforts be made to raise the living standard and improve literacy rate.

(f) Couples adopting family planning should be given all possible assistance. In this regard, couples should be made to attend counseling sessions after marriage in which they should be made aware of the needs and benefits of family planning.

(g) The problem can also be solved by providing basic health care facilities specially to the backward classes and such families to be given assurances that proper health care would make sure their children survive.

(h) Involvement of religious leaders in the programme.

(j) Development of rural areas.

### **CONCLUSION**

10. Family planning assumes greater importance today as population has passed the one billion mark. Rapid growth of population is straining the available resources. In India resources are already scarce. There will be scarcity of land, houses and food coupled with unemployment. This will give rise to crime in the society. There is an immediate requirement to educate the masses involving religious, political and intellectual aspects to motivate them to adopt family planning if we want to see India as the economically and technologically leading nation in the world.