



FAMILY PLANNING

In 1952 India was the first country to launch a national programme for family planning. A Central Family Planning Board was also established in the year 1956 in the nation after the independence of India,

The family planning programme has been chiefly in place due to the efforts of the Indian government, India is the second most populated country in the world after China,

The rising population of a nation above the carrying capacity of a region can pose a serious threat for the people of the nation in the coming future.

The rising population of India is also a serious concern and needs to be reduced as soon as possible. A family planning program is only one way that can help in bringing down the hike in population in the nation

Family Planning refers to the ability of a couple or women to predict the number of children they want to have. This totally states the choice and planning of women regarding the number of children. Family planning basically requires the use of contraceptives and treatments.

The use of contraceptives and the adoption of sterilization methods help in controlling reproduction, The rising population in the nation was a grave issue and thus it was essential to control birth in the nation.

The initiation of the discussion of family planning in India started with a Marathi magazine published by Raghunath Dhondo Karve in July 1927. In the magazine, he had discussed the welfare of the society and control of the population by using contraceptives

the family planning programme adopts three methods - Sterilisation (providing full protection), I.U.D. insertion (providing 95 per cent protection) and Regular use of oral pills (providing full protection) along with regular use of conventional contraceptives

Besides, non-family planning measures like raising the age of marriage, reducing the proportion of married female to total females in the age group of 15-44 etc. are also playing an important role in reducing the birth rate of the population

Although the family planning programme has not been able to attain the desirable rate of success but these various policies and programmes adopted in this direction have helped containing population growth

The socio political factors which are largely responsible for this failure of family planning programme in India are Male child preference, Politics of caste and communal vote banks, Religious fundamentalism, Male non co-operation in family planning and Political apathy

National Population Policy (NPP) was launched in 2000 and has helped reduce fertility rates. As part of the programme, the government has instituted several clinics for family planning and reproductive health.

There is also information through media, propagating family planning, the requirement for spacing between children, and having fewer children per couple, In 2016, India's infant mortality rate was 34.6 per 1000 live births, and by 2015, maternal mortality remains at 174 per 100,000 live births.

However, we need to do more than just birth control to stop this problem