

## Family Planning Programme

**Introduction:** India is the first country that launched a National Family Planning Programme in 1952, emphasizing fertility regulation for reducing birth rates to the extent necessary to stabilize the population at a level consistent with the socio-economic development and environment protection.

The NRHM provides a policy framework for advancing goals and prioritizing strategies during the next decade, to meet the reproductive and child health needs of the people of India. The TFR according to NFHS-4 (2015-16) is 1.6.

### Availability of Family Planning Services at various Health Centres in U.T., Chandigarh:

Type of FP Services	Health Facility where the relevant services available									Frequency of Services (New Package)		Remarks
	S/c (AMU if Available)	CDs (Ayush Centre if colocated)	PHC	ESI Disp. / Hosp	RHTC / UHTC	Civil Hosp	DH	Medical College	PGIMER	FDS	Daily	
CC	√	√	√	√	√	√	√	√	√	No FDS / Camps services are provided on daily basis by the ANM, LHV, MPHWP (Male), MO. PPIUCD and Sterilization services are provided by the concerned MO/ Specialist.	Free Supply only	
OCP	√	√	√	√	√	√	√	√	√			
Cu-T-375 & 380-A	√	√	√	√	√	√	√	√	√			
PPIUCD	X	X	X	√	X	√	√	√	√			
Female Sterilization	X	X	X	√	X	√	√	√	√			
NSV	X	X	X	X	X	X	√	X	X			
ECP	√	√	√	√	√	√	√	√	√			
PTK	√	√	√	√	√	√	√	√	√			
											All FP services are available at all co-located delivery points on daily basis.	

## Chandigarh - Key Indicators

Indicators	NFHS-4 (2015-16)
<b>Population and Household Profile</b>	
	<b>Total</b>
3. Sex ratio of the total population (females per 1,000 males)	934
4. Sex ratio at birth for children born in the last five years (females per 1,000 males)	981
<b>Marriage and Fertility</b>	
15. Women age 20-24 years married before age 18 years (%)	12.7
16. Men age 25-29 years married before age 21 years (%)	*
17. Total fertility rate (children per woman)	1.6
18. Women age 15-19 years who were already mothers or pregnant at the time of the survey (%)	2.1
<b>Current Use of Family Planning Methods (currently married women age 15-49 years)</b>	
21. Any method* (%)	74.0
22. Any modern method* (%)	58.2
23. Female sterilization (%)	20.6
24. Male sterilization (%)	1.3
25. IUD/PPIUD (%)	5.4
26. Pill (%)	3.6
27. Condom (%)	27.3
<b>Unmet Need for Family Planning (currently married women age 15-49 years)<sup>5</sup></b>	
28. Total unmet need (%)	6.3
29. Unmet need for spacing (%)	1.8
<b>Quality of Family Planning Services</b>	
30. Health worker ever talked to female non-users about family planning (%)	25.1
31. Current users ever told about side effects of current method <sup>6</sup> (%)	62.6

The DLHS indicators pertaining to Family Planning is as below:-

Current use of Family Planning Methods (%)						
Indicator	DLHS 4(2012-13)			DLHS 3(2007-08)		
	Total	Rural	urban	Total	Rural	urban
Any method.....	70.9	66.9	72.1	75.6	76.0	75.6
Any modern method.....	66.8	65.1	67.4	70.7	73.2	70.4
Female sterilization .....	27.8	33.4	26.0	28.8	36.2	27.9
Male sterilization .....	0.2	0.3	0.2	0.5	0.0	0.6
Pill .....	1.1	0.3	1.3	3.1	4.1	3.0
IUD .....	4.0	3.0	4.3	7.3	9.4	7.1
Condom .....	33.2	28.1	34.8	30.9	23.5	31.7
Any traditional method .....	4.0	1.8	4.7	4.9	2.8	5.2
<b>Unmet Need for Family Planning (%)</b>						
Total unmet need.....	12.1	14.8	11.2	8.3	14.4	7.6
Unmet Need for spacing .....	6.1	7.7	5.6	2.2	3.0	2.1
Unmet Need for limiting.....	6.0	7.1	5.6	6.1	11.4	5.5
Ever use of Emergency Contraceptive Pills (ECP).....	3.8	3.9	3.6	1.2	0.0	1.3
<b>Quality of Family Planning Services (%)</b>						
Non-users ever advised by health personnel to adopt any F.P Methods	21.1	18.6	22.1	13.7	0.0	15.8
Current users told about side effects of method	16.5	9.9	18.4	5.2	3.8	5.4
Users who received follow-up services for sterilization and IUD within 48 hours	76.3	73.7	77.3	69.0	64.5	69.7
Post-partum adoption of family planning for sterilization	71.6	61.1	75.9	32.6	41.2	31.4

### GOI norms for Compensation Schemes:

Section	Coverage	Limits	Limits w.e.f 1 <sup>st</sup> January 2017 as per directions issued by MoHFW, GOI (Vide Letter No. D.O. No.Y.11013/1/2016-FP dated 29.1.2016 from Dr. Rakesh Kumar, I.A.S., Joint Secretary, MoHFW, GOI)
1 A	Death following sterilization(inclusive of death during process of sterilization operation) in hospital or within 7 days from the date of discharge from the hospital.	Rs. 2 lakh	Rs. 4 lakh.
1 B	Death following sterilization within 8-30 days from the date of discharge from the hospital.	Rs. 50,000/-	Rs. 1,00,000/-
1 C	Failure of Sterilization	Rs. 30,000/-	Rs 60,000/-
1 D	Cost of treatment in hospital and upto 60 days arising out of complication following sterilization operation (inclusive of complication during process of sterilization operation) from the date of discharge.	Actual not exceeding Rs. 25,000/-	Rs 50,000/-
II	Indemnity per Doctor/ Health Facilities but not more than 4 in a year.	Upto Rs. 2 lakh per claim	Upto Rs. 4 Lakh per claim

### Strategies for implementation of the Family Planning Programme:

1. Adherence to the Nine Directions of the Hon'ble Supreme Court of India.
2. Formulation of Statutory Bodies (SQAC, DQAC, SFPIS Subcommittee and QACs at Family Planning Centers co-located at the delivery points).
3. Behaviour change communication methods are adopted for promoting Family Planning Services.
4. Basket of choices for Sterilization Methods are provided to the target couples.
5. Increasing access to contraceptives through distribution of contraceptives at the doorstep of beneficiary through health workers.
6. Thrust is laid on the PPIUCD along with postpartum sterilization & Post MTP Contraceptive Cu-T/ Post MTP sterilization.
7. Quality Data generated for the family planning methods for effective spacing & likewise terminal methods of Family Planning .
8. Integration with MTP, PC&PNDT Act.
9. Involving Mother groups/ Volunteer advocates of Family Planning for endorsing post-delivery Cu-T and Sterilization as well as Male Sterilization.
10. An effective Chandigarh Model For Behavior Changes Communication through Social networking & Convergence Inter/Intra Sectoral and Strategic Planning cycle has been adopted for promoting family planning methods.



### SLOGAN WRITING COMPETITION FOR PLANNING THE FAMILY

*This is the best practice by involving the decision makers in the family i.e Husbands, Mother-in-Law/ Elderly members of family, Young family members etc.*

**Activities done for implementation of the Family Planning Programme:**

Sr. No.	Name of Training	Category of participants	No. of persons trained	Date of Training
1.	Integrated Training/ Orientation/ Review Meeting under PC-PNDT/ Family Planning/MTP. (6 Batches)	LHV, ANM, MPHWH	194	29.2.2016 01.03.2016 to 04.03.2016 08.03.2016
2.	Integrated Training/ Orientation/ Review Meeting under PC-PNDT/ Family Planning/MTP.	Pharmacists	35	11.03.2016
3.	Integrated Training/ Orientation/ Review Meeting under PC-PNDT/ Family Planning/MTP. (4 Batches)	Medical Officers/GDMOs/ Gynaecologists/ Private Practitioners	114	14.03.2016 23.03.2016 17.03.2016 18.03.2016
4.	Integrated Training/ Orientation/ Review Meeting under PC-PNDT/ Family Planning/MTP. (5 Batches)	Staff Nurses/ VHSC Members	259	21.03.2016 28.03.2016 to 31.03.2016
5.	Meeting-cum-Sensitization Training regarding Strengthening of Family Planning Services/ MTP and PC-PNDT Act, Implementation to streamline the co-ordination between the health staff and delivery point and filed level to boost the family planning services (Post-partum, Post-abortion, IUCD and Sterilization) in U.T., Chandigarh.	SMO I/c and HOD, Deptt. of Obst. & Gynae, Staff Nurses, LHV, ANM of all delivery points	36	09.06.2016
6.	Meeting regarding WPD	HOD, Deptt. of Obst. & Gynae/ MO I/c of all health facilities, I/c Post-Partum, Nurses of all delivery points, LHV and ANM	67	13.06.2016
6.	Meeting regarding WPD	SMO I/c, MO I/c, Programme Officers, Municipal Councillors, ARSH and ICTC Counsellors, CDPOs, Supervisors, Sarpanch & Panch, BDPOs	126	24.06.2016
7.	Contraceptive Update Seminar under Plan the Families Programme	HODs, Medical Officers, GDMOs	42	17.08.2016

**Celebration of World Population Stabilization Day 2016:**

Family Planning is considered as the indirect Factor for reducing MDR and focus is laid on the Delaying the age of Marriage , First Child Birth & Gap of 3 years in second child birth .

1. World Population Stabilization Day was celebrated at 4 different places with the theme of "Zimedari Nibhao, Plan Banao" on 11<sup>th</sup> July 2016. In this event, Strong Political & Administration support is achieved through active participation by the Hon'ble Session Judges, MCs, Advocates, Lawyers, Mayor, Councillors, Panchayat Members.
2. The activities of World Population Mobilization Fortnight started on 27th June 2015 with slogan writing by members of Panchayati Raj Institutions, Counsellors, Aanganwari Workers/ Health Staff/ School Dropouts.

3. The focus was laid on sensitizing the decision makers in the families to promote marriage at right age and stage, delay first child birth by two years and adoption of contraceptive. Husbands took part in the Slogan Writing Competition on Family Planning as there is a myth exists in the community that Family Planning is the responsibility of female.



### Good Practices under Family Planning Programme

Human contact with beneficiary, ice breaking sessions by male and female health staff, inter & intra-sectoral convergence are the backbone of the initiative.



The participants from various communities, age groups and departments, PRIs, Hon'ble Judges and Politicians as seen during awareness generation activities.



**Formulation of Mother Groups:-** Mother groups have been formulated at community level which will give alert regarding abortion, female foeticide etc.

**Health Camps:-** 4 health camps have been held in F.Y. 2016-17 to create awareness among masses regarding Family Planning, Sterilization, NSV etc. The camps has been held at the places like factories and labour chowks etc. where crowd is less and one to one counselling is possible. These camps proves very beneficial for achieving targets under Family Planning/ Sterilization.

**Newer initiative under Family Planning:-** The “Record keeping file for Male and Female Sterilization”, “Discharge Card”, “Sterilization Certificate”, “Consent Form in Hindi” and “Discharge Card in Hindi” under Family Planning and been prepared and distributed at all the delivery points/ Family Planning public institutions of U.T., Chandigarh.

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