



সত্যমেব জয়তে

Government of Assam

ADOPT FAMILY PLANNING MEASURES. WRITE A NEW CHAPTER OF PROGRESS.



National Health Mission, Assam

Avail and Adopt the benefits of various **Family Planning Methods** at your nearest **Government Health Institutions**, free of cost with additional incentives for both beneficiaries and motivators this **Mobilisation Fortnight** (27th June - 10th July, 2022) under the auspices of upcoming **World Population Day**.

Proper age for Marriage ▶ **18 years & above for Girls | 21 years & above for Boys**

Benefits of Marriage at the Right Age

- Physically fit for delivery of a healthy child
- Mother can take proper care of the child
- Happiness of married life
- A healthy child delivered will be active in academics and physical activities

Methods for Delayed Pregnancy

- Use oral pill or condom to maintain a gap of two years for conceiving first child after marriage
- Similarly use oral pill, condom or IUCD to maintain gap of three years after first child is born
- PPIUCD may be inserted after delivery to maintain gap of three years
- Injectable contraceptive (Antara) can be used for woman of any age including lactating mothers to maintain a gap of two years

Temporary Methods of Family Planning



Condom



Injectable Contraceptive (Antara)



Contraceptive Pills (Mala N & Chhaya)



IUCD, PPIUCD, PAIUCD

PPIUCD, PAIUCD
ACCEPTORS for these method will be given incentives of **Rs. 300/-**

Permanent Methods of Family Planning



N.S.V. Without surgery

ACCEPTORS for this method will be given incentives of **Rs. 3,000/-**



L.S. Minilap, P.P.S.

ACCEPTORS for this method will be given incentives of **Rs. 2,000/-** (for L.S. Minilap) & **Rs. 3,000/-** (for P.P.S.)



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পরিষালৰ সমৃদ্ধি

Incentives will be credited to ACCEPTORS' bank accounts.

Dial 104 for details or visit your nearest health centre

FOLLOW COVID APPROPRIATE BEHAVIOURS AT ALL TIMES

WEAR A WELL FITTED MASK

USE SANITIZER

PHYSICAL DISTANCE

WASH HANDS

GET VACCINATED