



## FAQs

### **Q1. When was Family Planning programme launched in India?**

**Ans:** In 1952 India launched the Family Planning Programme.

### **Q2. What are the Importance and role of Health Education in family planning?**

**Ans:** The importance and role of health education regarding family planning has to be re-emphasized as it directly and in-directly brings about a healthy nation through healthy mother and healthy child. The various programs under Government of India through facility based as well as community based education and outreach programs seeks to ensure that all the communities are equipped with valid knowledge of the various services of the family planning program. It also envisages that they have access to preventive health services and education at all the levels.

### **Q3. What are the goals and objectives of National Health Mission previously known as National Rural Health Mission?**

**Ans:** Following are the goals and objectives of National Health Mission:

- ❖ Address the unmet needs of contraception, Reproductive and Child Health care
- ❖ Achieve Replacement Level Fertility by 2010(put back to 2021)
- ❖ Bring about population stabilization by 2045(put back to 2026)

### **Q4. What are the major benefits of Family Planning?**

**Ans:** The major benefits of family planning are;

- ❖ It stabilizes population
- ❖ It reduces maternal mortality
- ❖ It reduces infant and child mortality

### **Q5. How does the World Health Organisation define Family Planning?**

**Ans:** "A way of thinking and living that is adopted voluntarily upon the basis of knowledge, attitudes and responsible decisions by individual and couples, in order to promote the health and welfare of family groups and thus contribute to the social development of a country".