

**What is
Contraception?**

**What is it
used for?**



History of India's National Policy on Contraception

< 1947: The Period of Indifference

- Nehru's National Planning Commission's – expressed concerns about population quality
- However Gandhi believed the only way to do this was abstinence

1947 - 1952: The Period of Neutrality

- WHO Research on Rhythm method
- Concerns raised as per population growth rates according to census reports

1952 - 1961: The Period of Experimentation

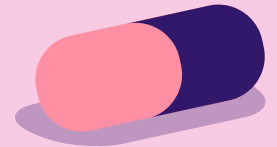
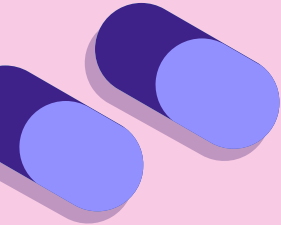
- Largest and first population control program launched with support of private foundations and organizations

1961 - 1962: Beginning of the Policy on Population Control

- Population control features in the five year plan; large proportion of the budgetary allocation for health
- Department of Family Planning Created
- Targets, coercion rampant – IUDs, male sterilization

70s: Emergency

- forced and coerced sterilizations of over 10 million men in vasectomy camps



90s :

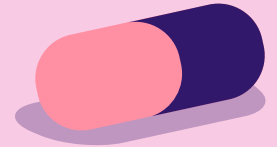
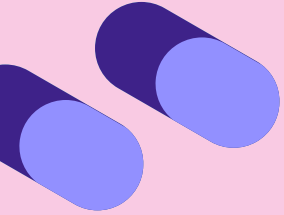
- Growing women's movement opposes population control paradigm – mobilization leading up to 1994
- National Government rejects targets, announces Target Free Approach; RCH approach introduced

00s:

- National Population Policy introduced but continued emphasis on population stabilization
- Shift from limiting to spacing methods as per MDGs, but continuing concerns of coercion and poor quality of care
- RMNCH under NRHM launched with Estimated Level Achievement (ELAs)

2012 - 2013:

- FP2020 caused commodification of contraception
- RMNCH+A programme launched but with focus on still on MMR



**What are some
common
classifications
of contraception?**



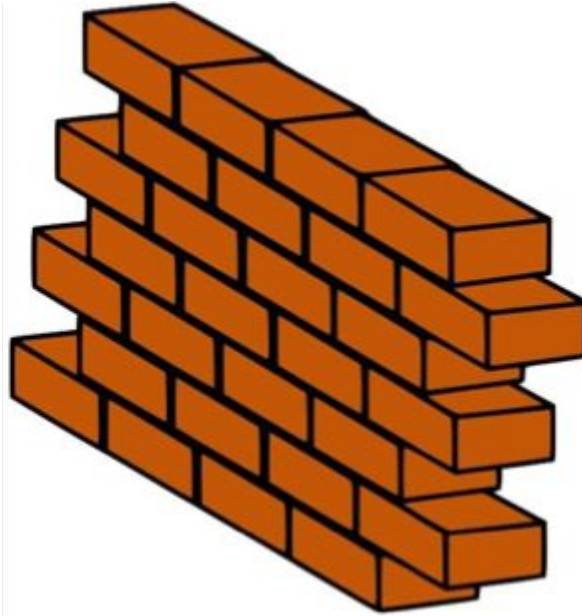
A large, light pink, abstract, organic shape with rounded edges and a central indentation, resembling a stylized drop or a cloud. It is centered on a white background.

01

Barrier Methods

Prevent sperm from entering
the uterus

Barrier Methods



Condoms

01

Male or Female?

Both

02

Prevention of STIs?

Yes

03

How does it work?

Made of latex or rubber,
contains ejaculate and other
bodily fluids

04

How do you use it?

Single use, prior to initiating
any sexual activity involving a
penis or vagina

05

Risks?

Allergies

कंडोम पहनने का सही तरीका

1. कंडोम के पैकेट को खोलने के पहले उसकी उपयोगिता खत्म होने की तिथि (एक्सपिरेशन डेट) चेक कीजिए और यह सुनिश्चित कीजिए की यह फट नहीं है।
EXP: 10/2025

2. कंडोम को एक कोने में तिसकाते हुए ध्यान से पैकेट खोलिए।



3. कंडोम निकलकर यह सुनिश्चित कीजिए कि उसका टिप किस तरफ है।



4. टिप वाले हिस्से को ऊपरी तरफ रखें और टिप को दो उंगलियों के बीच दबाएँ। उसके बाद कंडोम को उरोजित लिंग के मुँह पर रखें। टिप को दबाने से उसके अंदर वीर्य के लिए जगह बनी रहेगी और कंडोम संबंध बनाने समय फटेगा नहीं।



5. टिप को दो उंगलियों के बीच दबाए हुए रखें और कंडोम को थड़ के ऊपर लीक से पहन लें।



the yf foundation

Male Condoms

Female Condoms



Sponge

01

Male or Female?

Female

02

Prevention of STIs?

No

03

How does it work?

Contains spermicide that destroys sperm

04

How do you use it?

The sponge can remain in the vagina for upto 24 hours, however it is essential to keep inside the vagina for at least 6 hours after sex

05

Risks?

Does not prevent STIs, single use, not as effective as other methods

Sponge



Diaphragm or Cervical Cap

01

Male or Female?

Female

02

Prevention of STIs?

No

03

How does it work?

Acts as a barrier for sperm to enter the cervix

04

How do you use it?

Commonly used along with spermicide, can stay in vagina for upto 24 hours. Must keep in vagina for at least 6 hours after sex. Can be reused.

05

Risks?

Does not prevent STIs, not as effective as other methods

Cervical Cap



Withdrawal Method

01

Male or Female?

Male

02

Prevention of STIs?

No

03

How does it work?

One must pull-out the penis from the vagina or anus before ejaculation

04

How do you use it?

If you and your partner(s) are tested and clear of STIs, you can use the rhythm method along with back-up birth control (if relevant)

05

Risks?

Does not prevent STIs, pre-cum may contain small amount of sperm, and therefore pregnancy is possible.

Withdrawal or Pull-Out Method





01

Non-Barrier Methods

Prevent fertilization and/or
implantation

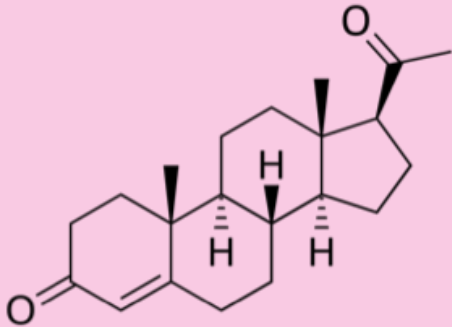
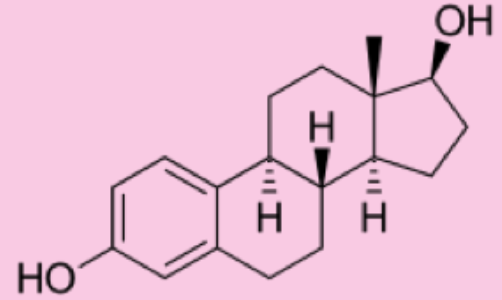
Non-Barrier Methods



Hormonal Methods

Estrogen and Progestins Progestin only

Prevention of Ovulation or it's frequency
Thickening of Cervical Mucus



Risks and Benefits



- *Common:* Headaches, nausea, weight gain, acne, breasts tenderness, reduction in libido and irregular bleeding
- *Uncommon but severe:* chest pain, lower abdomen pain, swelling or pain in legs, unclear vision, reduction in BMD



- Over 99% effective if used correctly and consistently
- Fewer period days
- Some methods cause overall reduction in bleeding
- Regularize cycles
- Less painful/ fewer cramps
- Often taken as treatment for acne and PCOS.

Oral Contraceptive Pill

01

Male or Female?

Female

02

Prevention of STIs?

No

03

How does it work?

Combination pills contains both estrogen and progestins that prevent ovulation and thicken cervical mucus

04

How do you use it?

One pill to be taken everyday at the same time

05

Specific Benefits?

Regularizes withdrawal bleeding, certain dosages help with acne, PCOS

Combination OCP



Mini-pill



Emergency Contraceptive

01

Male or Female?

Female

02

Prevention of STIs?

No

03

How does it work?

Higher dose of hormones that prevent implantation by altering uterine lining

04

How do you use it?

Singular pill with efficacy for 72 hours

05

Specific Benefits?

Can be taken after unprotected sex

Emergency Contraceptive Pill



Vaginal Ring

01

Male or Female?

Female

02

Prevention of STIs?

No

03

How does it work?

Contains both estrogen and progestins that prevent ovulation and thicken cervical mucus

04

How do you use it?

Insert for 3 weeks; ring-free for 1 week

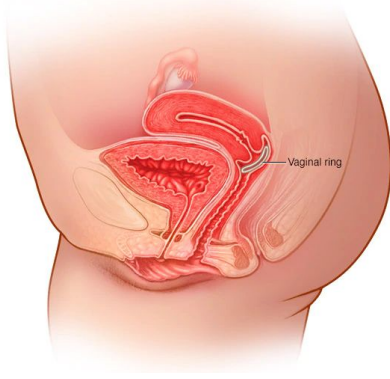
Or

Insert for 4 weeks; remove and reinsert at start of 5th week

05

Specific Benefits?

Lower dose of hormones, can be inserted and removed easily at home. does not require daily attention, can be removed upto 3 hours and reinserted, helps with symptoms of PCOS, regularizes bleeding



Vaginal Ring



Patch

01

Male or Female?

Female

02

Prevention of STIs?

No

03

How does it work?

Contains both estrogen and progestins that prevent ovulation and thicken cervical mucus

04

How do you use it?

Apply for 3 weeks; patch-free for 1 week

Or

Apply for 4 weeks; remove and reapply at start of 5th week

05

Specific Benefits?

Lower dose of hormones, does not require daily attention, can be easily applied and removed at home



Abdomen



Upper Outer Arm



Upper Torso
(front or back, but not your breasts)



Buttocks

Patch

IUD

01

Male or Female?

Female

02

Prevention of STIs?

No

03

How does it work?

Contains progestin that mainly functions through thickening cervical mucus and altering uterine lining

04

How do you use it?

Should be inserted by a trained service provider during first 7 days of your period, effective for 3-10 years depending on the type of IUD. It can be removed at any time.

05

Specific Benefits?

One of the most effective methods currently available, lower dose of hormones, long-term, safer for smokers. Fertility resumes as soon as device is removed.

IUD



Implant

01

Male or Female?

Female

02

Prevention of STIs?

No

03

How does it work?

Contains progestin that mainly functions through thickening cervical mucus

04

How do you use it?

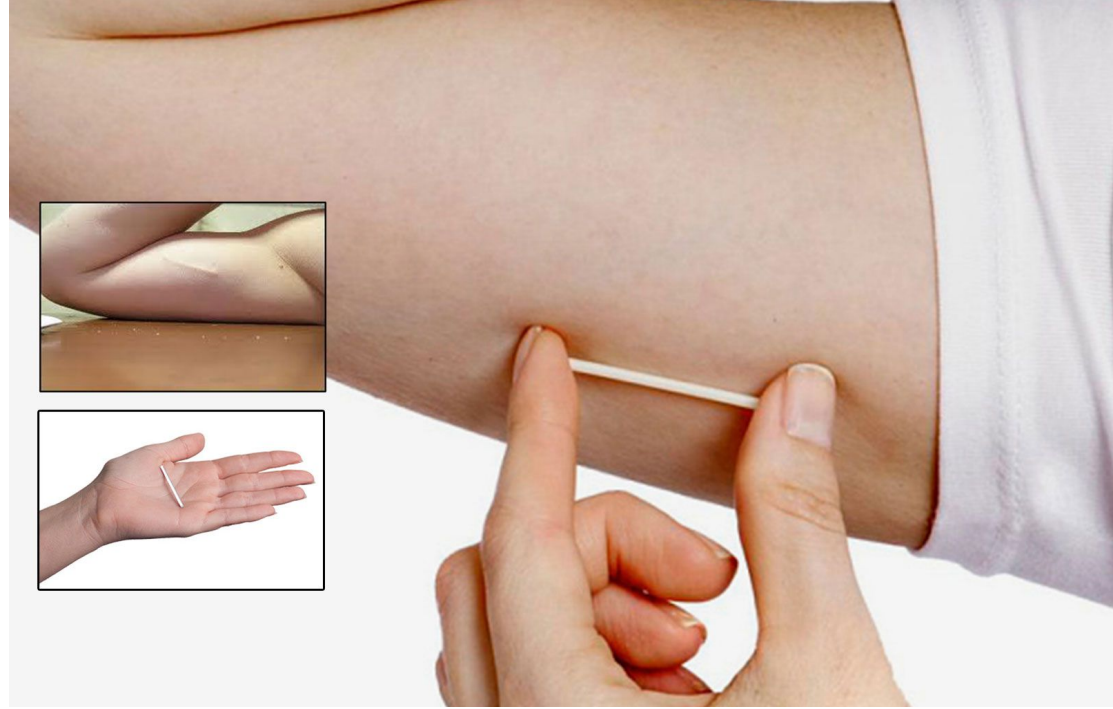
Should be inserted by a trained service provider during first 7 days of your period, effective for 3 years. Can be removed at any point.

05

Specific Benefits?

One of the most effective forms of birth control, quick procedure, lower dose of hormones, long-term, safer for smokers. Fertility resumes as soon as device is removed.

Implant



Injectable

01

Male or Female?

Female

02

Prevention of STIs?

No

03

How does it work?

Contains progestin that mainly functions through thickening cervical mucus

04

How do you use it?

Administered by trained service provider. First shot to be administered within 5 days of period, subsequent shots every 3 months

05

Specific Benefits?

Safer for smokers, no need for daily attention, discrete



Injectable

Non- Hormonal Methods

Does not contain hormones

Alter uterine lining
Traditional Methods
Surgical methods

Non-Hormonal Contraceptive Pill

01

Male or Female?

Female

02

Prevention of STIs?

No

03

How does it work?

Alteration in uterine lining

04

How do you use it?

2 pills per week for the first 12 weeks

1 pill per week for subsequent weeks

05

Specific Benefits?

No side effects that are commonly observed with hormonal contraception, no need for daily attention

Non-hormonal Contraceptive Pills



Copper T

01

Male or Female?

Female

02

Prevention of STIs?

No

03

How does it work?

Copper is toxic to sperm

04

How do you use it?

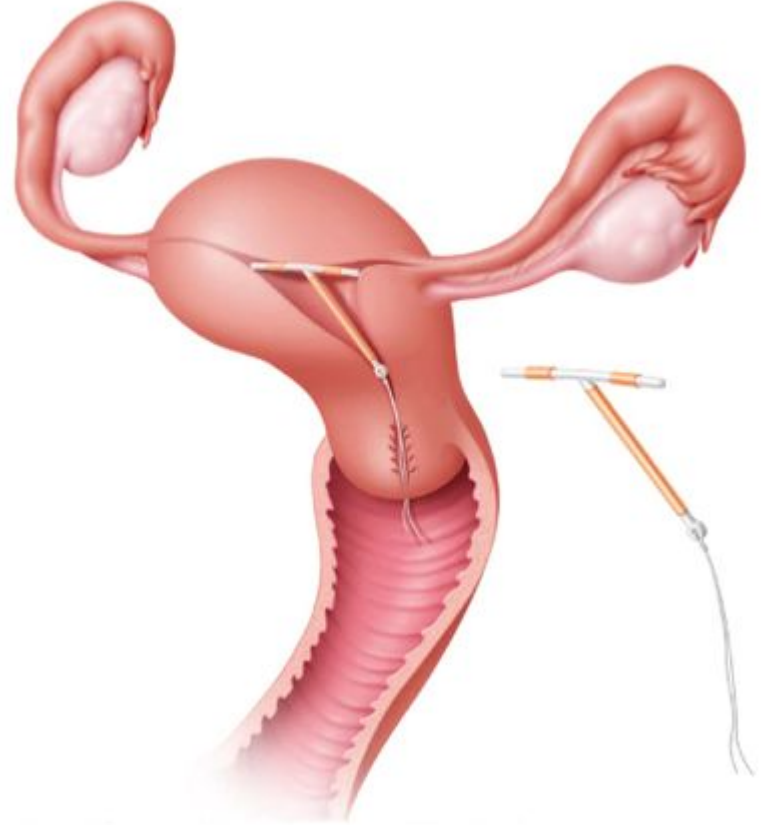
Should be inserted by a trained service provider within the first 5 days of your period, effective for 3-10 years. Can be removed at any time

05

Specific Benefits?

No need for daily attention, fertility resumes once it is removed. Can be used as emergency contraception if used within 5 days of unprotected sex

Copper T



Female Sterilization

01

Male or Female?

Female

02

Prevention of STIs?

No

03

How does it work?

Surgery

04

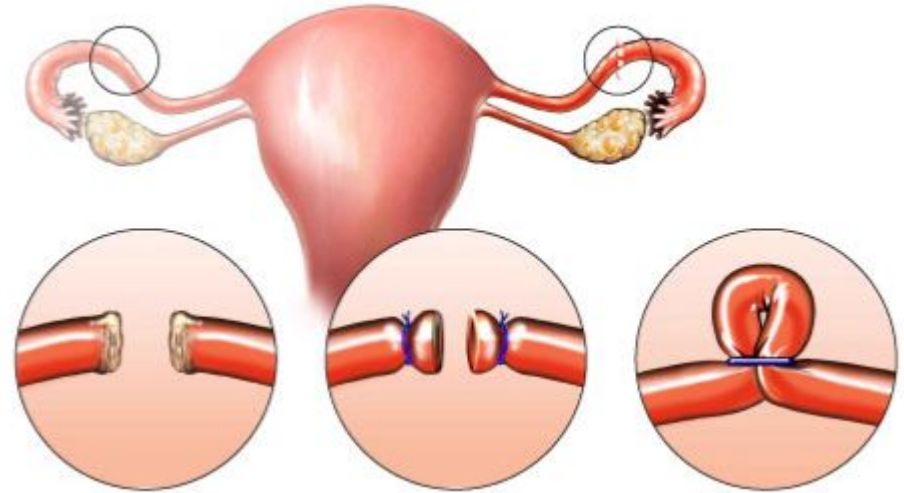
How do you use it?

Surgical procedure that should be performed by a trained service provider.

05

Specific Benefits?

Permanent method



Female Sterilization

Male Sterilization

01

Male or Female?

Male

02

Prevention of STIs?

No

03

How does it work?

Surgery

04

How do you use it?

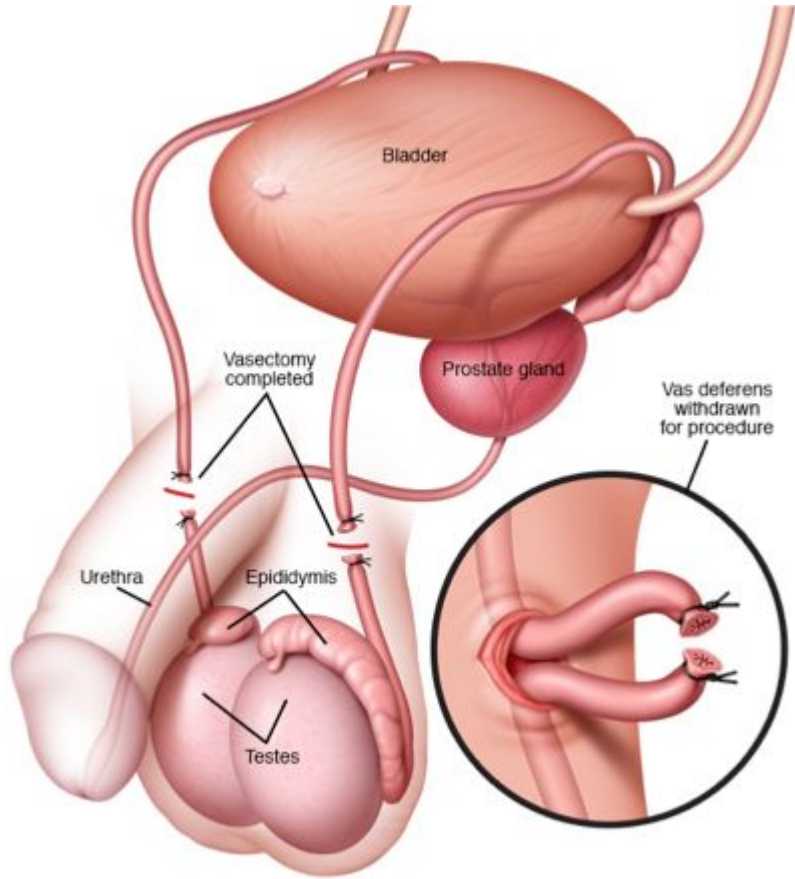
Surgical procedure that should be performed by a trained service provider.

05

Specific Benefits?

Permanent method

Male Sterilization



Rhythm Method

01

Male or Female?

Female

02

Prevention of STIs?

No

03

How does it work?

A practice where individuals only have sex on “safe” days

04

How do you use it?

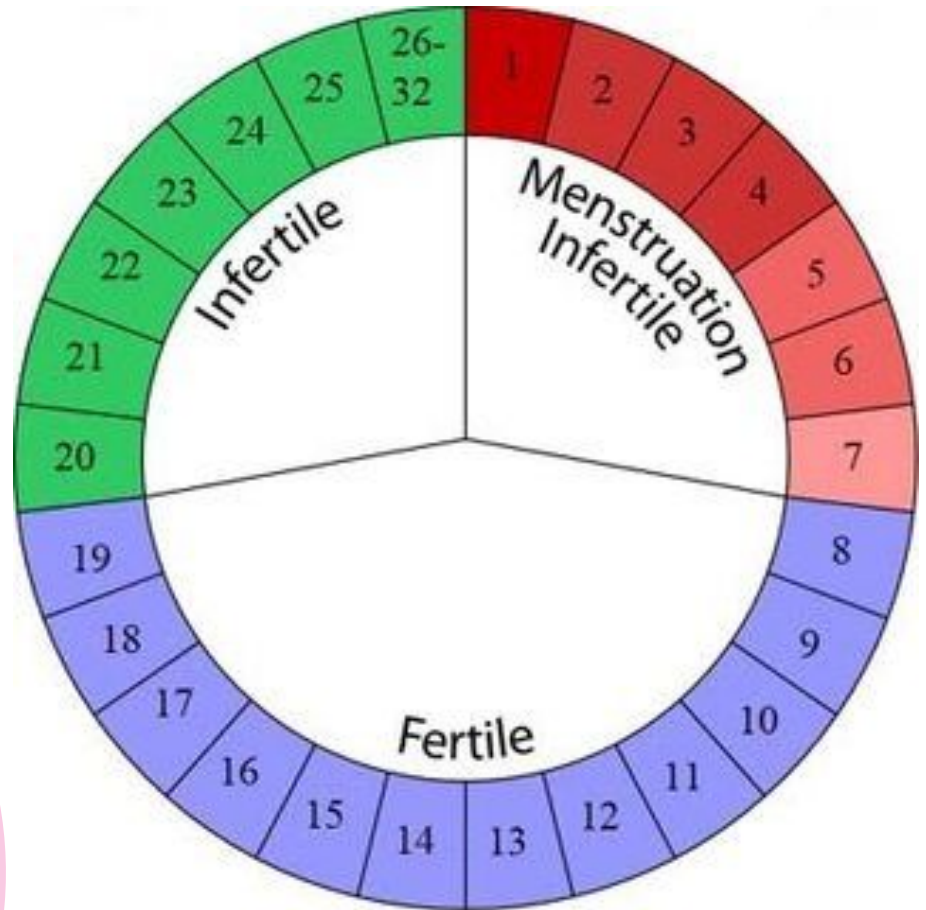
If you have an understanding of your menstrual cycle (calendar, apps), one can predict fertile and non-fertile days and only have sex during safe days

05

Specific Benefits?

No medical side-effects

Rhythm Method



Lactation Amenorrhea Method

01

Male or Female?

Female

02

Prevention of STIs?

No

03

How does it work?

A practice where individuals only have sex while lactating

04

How do you use it?

Having sex in the 6 months following delivery as long as there is no spotting or period is a natural way to prevent pregnancy

05

Specific Benefits?

No medical side-effects

New Methods under Trial

Vasalgel for males

Microneedle Patch

Vaginal ring effective for upto 1 year

MENT[®] acetate subdermal implant for males



Things to Remember



There are plenty of options!

Contraceptive options exist for males and females, but it's based on your need that you can decide which is most appropriate.



Contraceptive needs change.

What might work for you now, may not in the future.



Contraception isn't perfect :(

Despite the number of available options, every person has a unique need. That means that you may not have a soul-contraception out there for you yet.



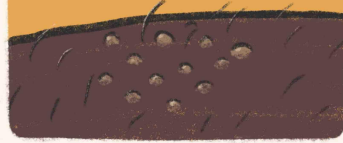
STIs



जलन



फुंसी / मुहाँसे



दर्द



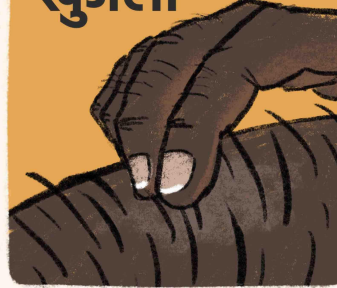
Symptoms

STIs &
RTIs

बदबू



खुजली



असमान्य
पदार्थ
निकलना



HIV Transmission

Unprotected Sex

Blood Transfusion

Syringes and Sharps

**Mother to Child during
birth or breastfeeding**





Dental Dams

Finger Cots



**Disposable
gloves**



STI Prevention



LUBE

Things to Remember



Wetness in the vagina is common!

As long as you don't think it is unusual, it is just a natural way of the vagina to cleanse itself.



The only way to know if you have an STI is to get tested.

Blood and Urine testing are methods that can differentiate diagnosis of STIs and RTIs.



Most STIs are curable if caught well in time!

One should get tested for STIs regularly if sexually active, as many STIs may not even show symptoms.



Thanks!

Got Questions?

**Meeting code
#N605**

CREDITS: This presentation template was created by Slidesgo, including icons by Flaticon, and infographics & images by Freepik.

Please keep this slide for attribution.