

## MATERNAL HEALTH

### Understanding Pregnancy

Key message	1) What is pregnancy? 2) Early registration of pregnant women. 3) Care during pregnancy. 4) Safe delivery.
Time	30 – 45 mins.

☞ **Note to Facilitator:** Once you do the table and before going to any the topics ask the audience what they would like to discuss. If the audience chooses to discuss Maternal health, start by reading out the case/story to the participants or ask one of the participants to read out the case as given below. Please remember, this workshop should cover the topics assigned in the pre-post-questionnaire in the annexure.

### CASE-STUDY:

Nita, 23 years old, is a housewife and was part way through the first 12 weeks of pregnancy, for the first time. She suddenly started feeling pain in her lower abdomen and was taken to a nearby nursing home. The gynaecologist examined her and reached the conclusion that everything was normal. She was provided with supplements and asked to register with her local health centre immediately to prevent any complications from occurring. Nita was relieved with the information that she and her baby were safe and followed up regularly with her gynaecologist.

☞ **Dear facilitator- now ask the participants the following questions:**

1. What do you think a girl/ woman should do as a first step when she realizes she is pregnant?
2. What are the procedures you think, she should follow to encourage a healthy and safe delivery?
3. What measures do you think should be taken to ensure the safety of the baby growing inside her?

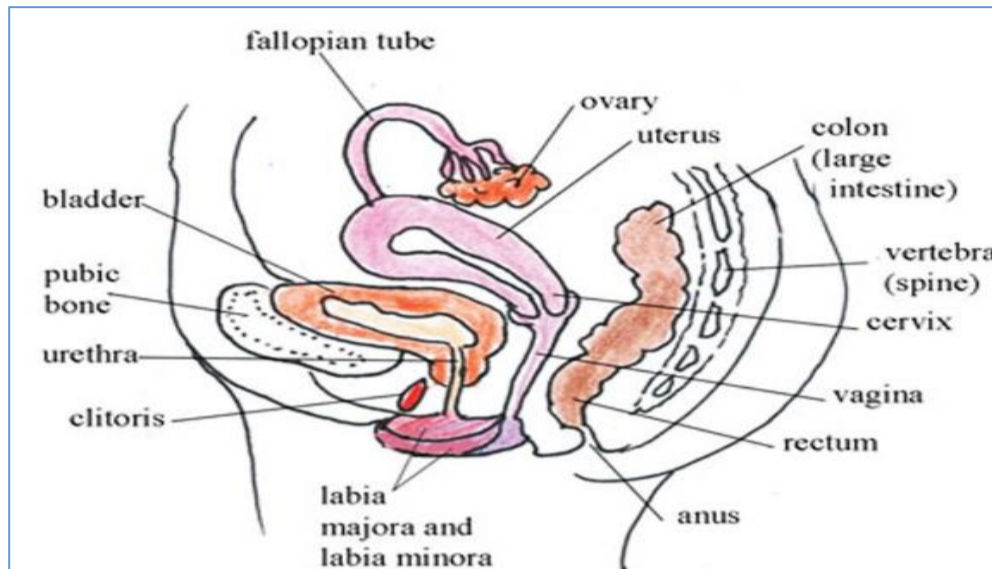
☞ **Dear facilitator, please bring up the issues below while discussing on the questions of the case study above.**

- a. What is pregnancy?
- b. Early registration of pregnant women.
- c. Care during pregnancy.
- d. Safe delivery.

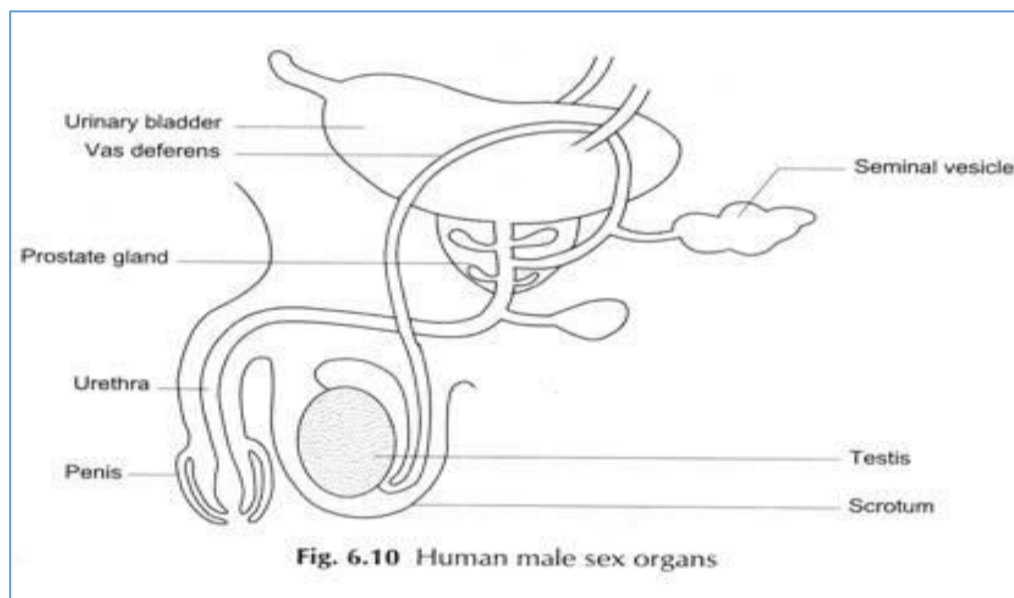
The facilitator will now explain what pregnancy is, an early sign of pregnancy, factors causing pregnancy, detection of pregnancy.

### What is Pregnancy?

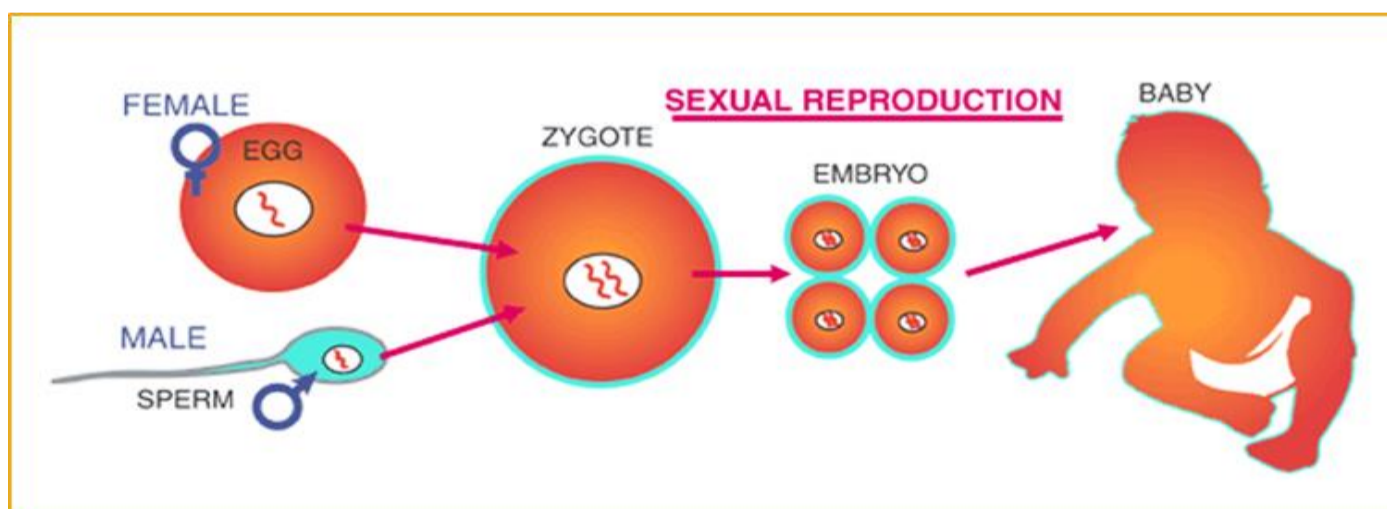
Dear Facilitator, show the following chart as audio-visual or printed chart to display the reproductive system in humans.



**a. Female Reproductive System**



**b. Male Reproductive System**



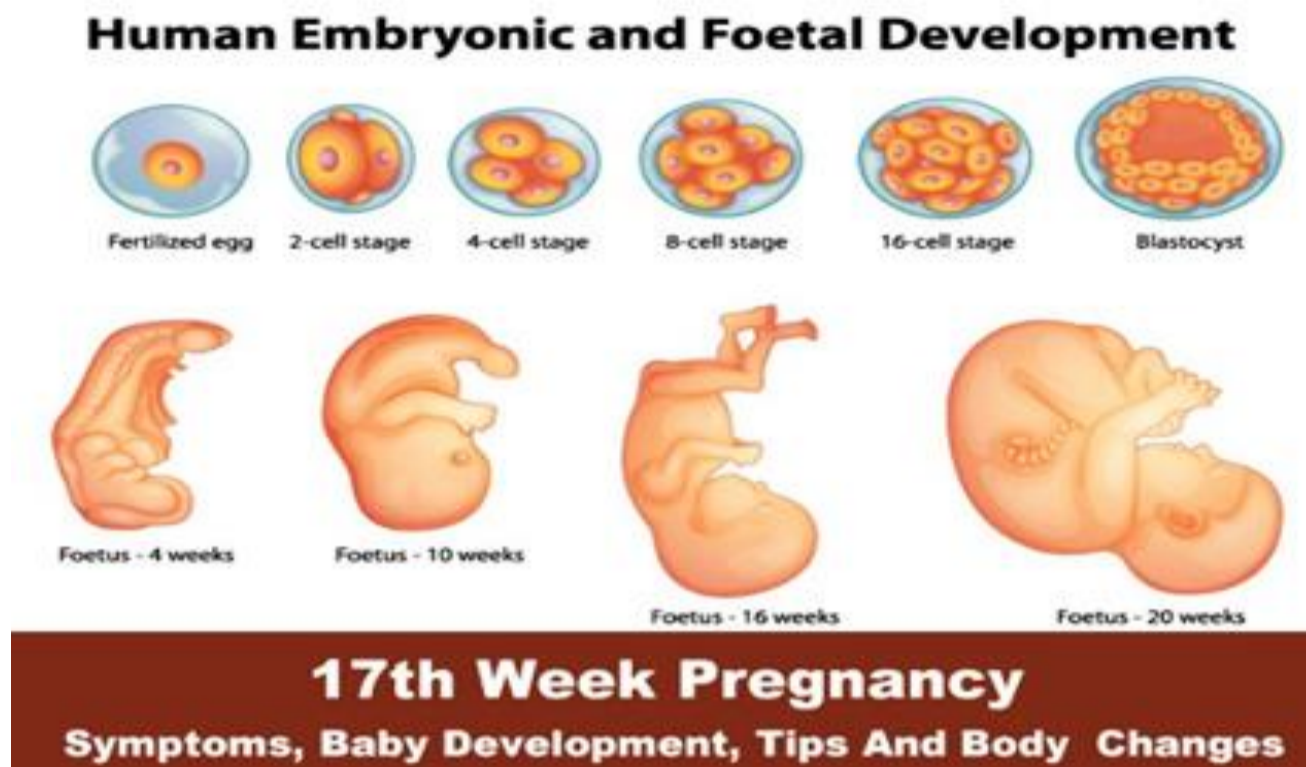
### Reproduction in Humans

Pregnancy is the process of carrying a developing embryo or foetus within the female body until it matures into a baby.

**A pregnancy can be confirmed through:**

- ✓ Blood tests.
- ✓ Ultrasound.
- ✓ Detection of the foetal heartbeat.

Pregnancy lasts for around nine months and is measured from the date of the first day of the woman's last menstrual period (LMP). It is conventionally divided into three trimesters, each roughly three months long.



☞ Sexual intercourse or an in-vitro fertilization of sperm or ovum is compulsory for the pregnancy to occur.

**Activity 1:**

☞ Dear Facilitator, please carry out some fun activities to create more inclusive discussion on pregnancy. A sample is provided below:

Can Cause Pregnancy	Cannot Cause Pregnancy
1. Intercourse, with or without protection. 2. Contact between the female genital area and sperm or pre-ejaculatory fluid. 3. If sperms contact female genital area.	1. Homosexual relations. 2. Oral sex. 3. Touching genitals with hands. 4. Anal sex. 5. Kissing.

**What are the early signs of pregnancy?**

Missed periods.

**Conditions necessary for a pregnancy to occur?**

- A Woman must be close to the fertile period in her menstrual cycle, i.e. close to when ovulation takes place.

- Man must have an erection and must ejaculate at the opening or inside the woman's vagina.
- Sperms must travel up to the fallopian tube, then the sperm must fertilize the egg.
- Both the egg and the sperm should be healthy enough to produce a child.
- The fertilized egg must travel down to the uterus and successfully implant in the uterine wall.
- Pregnancy may occur whether the woman has an orgasm or not.

**How reproduction occurs:** In human beings, females produce “eggs” and males produce “sperm” which unite inside the womb of the woman and produce a foetus. The foetus grows into a baby eventually.

It is the man’s chromosome that determines the sex of the child as being male/female. It is important to remember this as many families blame the women for a child’s sex (whether it’s a boy or girl). At the time of fertilization, the X male chromosome of the female egg meets either a girl sperm (XX) resulting in a baby girl or a boy sperm (XY) is resulting in a baby boy.

In the case of twins:

#### **Twins:**

Refers to a double pregnancy, i.e. when two offspring are developing in the womb.

#### **Types of twins:**

The majority of twins born are identical twins (i.e. 1 in 3 sets of twins) and 2 out of 3 sets of twins are non-identical twins.

#### **How much is a normal weight gain during pregnancy?**

An average of 12 kg (8-16 kg) weight gain occurs normally, but there can be variations based on the mother’s original weight.

☞ **Dear facilitator, please now educate the participants on the myths/misconceptions related to pregnancy:**

- **Myth 1:** Among couples who are unable to have a baby, the cause of infertility is of female origin.

**Fact:** In some places, women are blamed for infertility because men do not realize that there could be a problem with their sperm. Determining the exact cause of infertility is often difficult.

- **Myth 2:** The shape of a pregnant belly bears relation to the sex of the baby.

**Fact:** A study of pregnant women found no relationship between belly shape and the baby's sex.

- **Myth 3:** A pregnant woman should register in a hospital in her 9th month of the pregnancy just before delivery.

**Fact:** No, a woman should register with a professional health facility as soon as she detects, that she is pregnant.

- **Myth 4:** Girls cannot get pregnant on the first experience of sexual intercourse.

**Fact:** Any girl who has reached her menstruation and engages in sexual intercourse even if it for the first time, can become pregnant if the sex was unprotected.

## Teenage Pregnancy

Key message	<ol style="list-style-type: none"> <li>1. What is teen pregnancy?</li> <li>2. Consequences of teen pregnancy.</li> <li>3. How to avoid teen pregnancy including family planning?</li> <li>4. Care for young mothers.</li> </ol>
Time	30 mins.

### What is teen pregnancy?

👉 **Note to facilitator:** Read out the following story or let a participant narrate it and then ask the questions. If participants are not able to answer the questions, take their point of view regarding the case study and answer each question in relation to the chapter content

Ruchi, a 17-year-old girl, who was studying in class 12, got infatuated towards a man who was living somewhere around her school. She thought they were in love with each other and she visited his house on request. They shared an intimate time together where they indulged in physical activity. The intercourse was not protected and Ruchi had no idea about sexual activities, contraception or precautions. This situation leads to an unwanted pregnancy. Horrified about the pregnancy, Ruchi confided in this man who in turn provided her with cash to go for an abortion. Ruchi got more scared because she didn't know anything about abortion or what to expect. She tried to force the man to accompany her, but he did not since Ruchi was still a minor. He stopped answering her calls and avoided meeting her. Helplessly, Ruchi had to go through with the abortion. The nursing home where she had the abortion contacted her school because abortion under 18 without parental consent is considered illegal. Later, Ruchi had to go through a lot of mental and social trauma from the school, her parents and peers. Even though she had access to a safe abortion, the event scarred her for life.

### Questions.

1. Do you think this was a Teenage pregnancy? What do you think were the causative factors behind this?
2. What do you think could have been done to avoid the scenario?
3. What role do you think the man in this story should have played?
4. What do you think could have happened if she had been to a place, performing illegal abortions?
5. Why do you think teenage pregnancy should be avoided?

👉 **Now the facilitator will explain the definition of teenage pregnancy.**

Pregnancy in girls under the age of 20 is termed as teenage pregnancy. It has serious implications on maternal and child health. Though pregnancy caused by child marriages has reached a low of 0.11% within the Indian population, there are several instances where teenage pregnancies occur and are aborted secretly by professionals or even quacks. Teenage pregnancies are a high-risk group in reproductive terms because they can be life-threatening for both the mother and the child.

👉 **Note to Facilitator:** Dear facilitator, now please carry out some interactive activities to ensure participants engage fully in the topic.

The facilitator can ask the below mentioned true or false statements to the group to canvass their opinion on teenage pregnancy. They must be asked to raise their hands to answer and not answer in chorus.

However, later the facilitator can check how many participants support the answer and why by taking a head count of those who support. It can be done as follows:

“Now I will say a few statements that you can write down on a piece of paper as “True” or “False”. Later, we will take a count of how many of you support the answer and how many of you believe it is incorrect.”

- Teenage pregnancy cannot be avoided if you are a teenager and you are in love.
- A teenager should not be made to bear a child if she has been raped so that she gets justice.
- Teenage pregnancy will have no effect on the father of the child if he is also a teenager.
- Teenage pregnancy is not “cool” even if parents support their children.
- Teenage pregnancy can be avoided in the event of a child marriage.
- Teenage pregnancy is in fact good because then the children can develop a sense of responsibility early-on in life.
- Child marriage will not help the rape instances to come down.

Answer key: 1. False, 2. True, 3. False, 4. True, 5. True, 6. False, 7. True

### **Why do teenage pregnancies occur and how can they be avoided?**

A facilitator will now explain the reasons and factors adding to Adolescent pregnancies:

- Early marriage.
- Poverty.
- Peer Pressure: friends influence decision to have sex, while they do not understand the consequences of it.
- Lack of parental guidance.

### **Factors contributing to teenage pregnancy**

- **Lack of information:** Adolescents who drop out of school or those are uneducated, or those who do not get sex education in schools, do not understand the biological and other consequences that are more likely to happen with unintended pregnancies. They are misinformed by peers and magazines; also, they do not have the knowledge to make informed choices.
- **Sexual abuse or rape:** Sexual abuse by unknown and known perpetrators results in unintended adolescent pregnancies.
- **Addictions:** While drinking alcohol or while under the influence of drugs adolescents may indulge in sex leading to unintended pregnancy.

Being pregnant before the age of 20 is both physically and mentally harmful and unhealthy for the young mother as well as for the baby. One must do everything to prevent getting pregnant before the age of 20.

☞ **Note to facilitator:** Dear facilitator, you are now about to discuss the ways of preventing adolescent pregnancy. This is a topic of high importance and equally sensitive. If required, write-up the points on the board so that participants remember them well and feel empowered by the information shared.

### How can adolescents avoid pregnancy?

- *By learning to say “NO” to sex until they are completely prepared to face all the consequences with responsibility.*
- *By acquiring knowledge about contraceptives and being assertive in using them with their partners during pre-marital sex, if they do not wish to plan a child.*
- *By reporting rape/molestation immediately to a trusted adult member in the family.*
- *By seeking help of the law by dialling the child line number 1098 in the event of a child marriage.*
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☞ **Note to Facilitator:** It is important that you share the information and empower the adolescent/youth to avoid the risk of teenage pregnancy.

### Why should Teenage Pregnancy be avoided?

#### ☞ **Consequences of teen pregnancy:**

- ❖ **Physical reasons:** A female’s body is not yet physiologically ready to bear the pregnancy during teenage years in order to achieve a safe delivery. Pregnancy can be fatal to both mother and child.
- ❖ **Mental reasons:** A teenager may not be sufficiently, mentally equipped to plan the growth of a child, as a father or as a mother.
- ❖ **Psychological reasons:** Being a parent is a huge responsibility and requires that the individual be emotionally mature. Further teenagers do not tend to be financially secure. Therefore, becoming a parent at this age without financial security is very stressful.
- ❖ **Social reasons:** A child can be an asset to the society only if the parents are able to guide and nurture their child to be a socially responsible citizen.

☞ **Note to Facilitator:** Now have some interactive discussions on the myths related to adolescent pregnancy for accurate understanding.

- ✓ **Myth #1:** Can I get pregnant if I'm a virgin and it's my first time having sex?  
Yes. Your chances of becoming pregnant are always the same: 1 in 20.
- ✓ **Myth #2:** Is there an age limit? Can someone be too young to get pregnant?  
No. Once a woman is ovulating, she can become pregnant. This can happen even before your first period (since ovulation begins 14 days before your period).
- ✓ **Myth #3:** What if the guy "pulls out" before he finishes?

Once a guy is aroused, he releases pre-ejaculation fluid. That's at least 300,000 sperm swimming upstream. And it only takes 1 sperm to fertilize an egg. Pulling out should not be the only form of birth control that you and your partner use.

✓ **Myth #4:** Can I get pregnant if I'm on my period?

Absolutely. For those that have shorter cycles (or are irregular), you can ovulate during your period. Sperm can also live in the body for up to 5 days, so if you ovulate within 7 days of having unprotected sex, chances are you could become pregnant.

✓ **Myth #5:** Is it possible to get pregnant by having sex in the pool?

You can get pregnant in any kind of water – bath, hot tub, etc. if actual intercourse takes place.

☞ **Now the Facilitator will discuss the consequences of teenage pregnancy, methods for preventing it and services to access.**

### Medical complications-

1. Teenage pregnancy increases the risks of medical complications in both the mother and her baby.
2. A lack of proper prenatal care often induces medical complications like high blood pressure, anaemia, and premature birth of the baby.
3. Although advisable, it isn't always possible for the teen mother to go for regular prenatal check-ups, which increases the risk of potential medical conditions.
4. Moreover, teen pregnancy increases the likelihood of medical complications in the baby, and s/ he may suffer from low birth-weight, blindness, deafness and respiratory problems.

### Factors responsible for adverse health outcomes during teenage pregnancy:

1. Poor nutrition - Acute and long-lasting disability, even more so in undernourished girls
2. Many health problems are particularly associated with negative outcomes of pregnancy during adolescence. These include anaemia, malaria, HIV and other sexually transmitted infections, postpartum haemorrhage and mental disorders, such as depression.
3. Physiological reasons: In early adolescence, the pelvis is not large enough to allow baby to pass through. Therefore, during delivery, the wall between the vagina and rectum or bladder can tear to leave a hole. This results in an obstetric fistula which causes permanent leakage of urine or faeces.

In early adolescence, the pelvis is not large enough to allow baby to pass. Hence during delivery, the vaginal tissue can tear open into the surrounding body organs. It results in obstetric fistula which causes permanent leakage of urine or faeces.

Up to 65% of women with obstetric fistula develop this as adolescents, with dire consequences for their lives, physically and socially. Apart from young mothers, the new-born also has the higher risk of mortality and morbidity.



☞ **Note to the facilitator:** Dear facilitator, now you will explain the psychological consequences of teenage pregnancy. This is a very sensitive topic and to be discussed with empathy and sensitivity.

### Psychological Consequence

1. **Baby blues:** These symptoms can last for one to two weeks after giving birth. Young mothers may experience mood swings, sadness, anxiety, fear, devastation, loss of appetite, sleep loss, inability to focus.
2. **Depression:** Teenage pregnancy is a high-risk factor for depression. It increases if the baby is premature or having complications. Severe depression can also lead to suicide.

### These factors can lead to:

Mothers feeling unable to bond with their baby, persistent tiredness, anxiety, panic attacks, loss of self-worth, tendencies towards self-harm or the baby, sadness, no longer enjoying the activities she once used to.

Family support and counselling are needed with Psychiatric help to be sought immediately in these conditions.

### Activity:

☞ Dear Facilitator, divide the group into two and hand over one scenario to each group. Give 10 mins to each group to do an in-depth analysis of the situation. Each group will give a 5 minutes presentation followed by open discussion involving all participants.

**Scenario:** A school girl was lured into having sex, without knowing the consequences of it. She becomes pregnant.

### Items to discuss in groups:

1. Discuss what situations/issues may arise following this scenario
2. Debate upon solutions for a) preventing and b) dealing with the consequences.
3. Discuss the consequences faced by the boy/man responsible for the pregnancy in the case above.

### How to avoid teenage pregnancies and family planning?

Educating young boys and men, girls and women on the use of condoms for protected sex to avoid teenage pregnancy and STIs are essential. Young people and adolescents (due to the type of brain development that is still taking place at this age) tend to be driven by impulse, they tend to lack knowledge and tend to practice irresponsible behaviours as their inhibitory responses are not yet fully developed. Young people and adolescents need to be educated around how to take preventive measures, use contraception, protection, and ensure mindful involvement when it comes to decision making pre/post sexual activities.



### What is Family Planning?

Family planning is the practice of controlling the number of children you have and the intervals between their births, particularly by means of contraception or voluntary sterilization.

## Why use family planning (also referred to as contraception)?

1. Mothers and babies are healthier when high-risk pregnancies are avoided.
2. Smaller families mean more money and food for each child.
3. Parents have more time to work and to be with family.
4. Delaying the first or second pregnancy lets younger parents stay in school for longer.

## What contraceptive methods are available to support family planning?

👉 **Note to facilitator:** Please inform the participants about the various contraception and prevention methods as below:

## Contraception methods

1. Female condoms.

2. Combination Pill that has both oestrogen and progestin.

3. Male condoms.

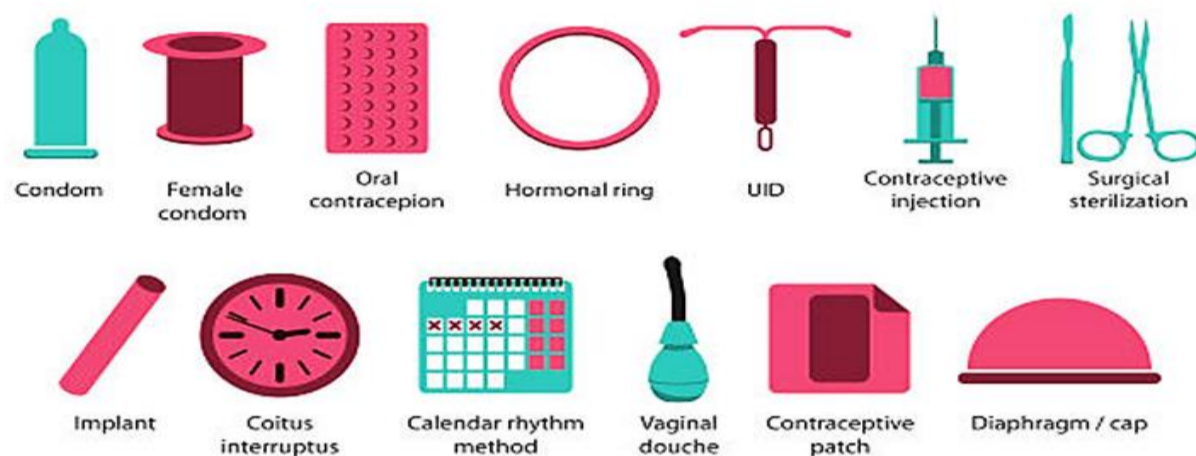
4. Progestin-Only Pill.

5. **IUD:** Intrauterine device (IUD) is a

small coil-like structure made of plastic and copper which is inserted into the uterus.

6. **Diaphragm:** It's a shallow, dome-shaped cup made of silicone which is inserted into the vagina.

7. **Contraceptive Injection:** A contraceptive injection contains the synthetic form of the hormone, progestogen.



## How to care for a young mother?

👉 **Note to Facilitator:** Now you will discuss the care before, during and after pregnancy.

Components of maternal health care:

- Early registration.
- Regular weight check.
- Blood test for anaemia.
- Urine test for protein and sugar, blood pressure.
- One tablet of IFA every day for three months to prevent anaemia and treatment.
- Two doses of Tetanus Toxoid (TT) vaccine.
- Nutrition counselling.
- Counselling of pregnant women.
- Ensuring complete antenatal care (It is also known as prenatal care where a pregnant woman receives medical care through a doctor).
- Making the birth plan and support for safe delivery.
- Ensuring post-partum (after-birth) care and family planning.



Dear facilitator, you will now discuss the importance of diet for teenage pregnant mothers.

- A nutritious diet which is rich in iron, calcium and protein is required. Green leafy vegetables like palak and sarson, fruits, dals, milk, jaggery, eggs, fish, meat, etc are good sources of important nutrients needed to help the baby develop.
- Taboos and restrictions on a pregnant woman's diet, such as not allowing certain vegetables, fruits, milk and ghee, might, in fact, harm her and the baby.
- A pregnant girl/woman should not fast. This deprives her and the growing baby of essential food. Pregnant, adolescent girls are especially likely to be under-nourished and are more likely to suffer problems during delivery. They need extra nutritious food and help for safe delivery at a health facility.



**ABORTION**

Key Message	1) What is abortion? 2) Safe and unsafe abortion. 3) Consequences of unsafe abortion. 4) Care and treatment.
Time	45 mins.

☞ **Note to facilitator:** Read out the following story or let a participant narrate it and then ask the questions. If participants are not able to answer the questions, take their point of view regarding the case study and answer each question in relation to the chapter content. You are about to discuss a very sensitive topic, so discuss it with empathy and sensitivity.

**Case Study:**

My name is Nitesh. I am a 17-year-old boy. When I found out that my girlfriend was pregnant, I had mixed emotions of shock, fear, worry and amazement. But I had to deal with the question whether I want to be a father or not. My girlfriend and I are both minors and we know we are too young to be responsible parents. We decided that the best decision for us was an abortion. A friend recommended a clinic and we went together. Since my girlfriend was a minor she required an adult to sign the consent form. She confided in her aunt because she couldn't talk to her parents and thus she accompanied us to the clinic. The clinic person explained exactly what was going to happen. We had to face a lot of emotions, but I'm proud that I helped my girlfriend through this difficult decision. It was around half a day process. Abortion was completed, and we walked back together.

**Questions:**

1. Do you think this was a wanted or unwanted pregnancy?
2. What do you think were the reasons they decided to seek an abortion?
3. What type of abortion do you think it was?
4. Do you think this was a safe abortion?
5. How do you think the service provided by the clinic staff was?

☞ **Dear facilitator,** you will now discuss the definition of abortion, unwanted pregnancy, reasons and other aspects of abortion.

Abortion is defined as spontaneous or induced termination of pregnancy before the foetus reaches the stage that it can survive on its own. If 100 women are pregnant, around 10-15% of them are likely to abort spontaneously during the first 5 months of pregnancy. This is also called a miscarriage.

**Reasons for spontaneous abortions/miscarriage include:**

- Uterine anomalies.
- Uterine lining abnormalities.
- Infections that can cause high fever like malaria, typhoid, etc.

- Chromosomal abnormalities: a foetus is not compatible with life; it cannot grow beyond a time.

In some countries, abortion is performed in a wide range of circumstances, whereas in other countries abortion is legally restricted (or is allowed in only a few circumstances).

### **What is unintended pregnancy?**

Unintended pregnancy happens due to the unavailability of contraceptive devices, contraceptives not having been used, used incorrectly, or used correctly but failed.

### **Reasons for having abortions:**

1. Unwanted pregnancy.
2. Contraception failure.
3. Coerced or Rape.

Abortion in teenage mothers often leads to health risks, abnormal bleeding, vaginal and ovarian injuries, psychological abnormalities.

### **What is an Induced Abortion?**

An induced abortion is the termination of a pregnancy by the removal or expulsion of an embryo or foetus from the uterus before it can survive on its own.

Abortion is a simple and safe procedure when provided in safe conditions. These include having a qualified doctor, appropriate and sterile equipment, and access to early treatment for any potential complications.

Abortion is more likely to be safe, when it is legal.

### **What is medical abortion?**

A medical abortion is a type of non-surgical abortion in which medication is used to bring about abortion. An oral preparation for medical abortion is commonly referred to as an abortion pill.

### **What is surgical abortion?**

A surgically operated abortion carried out through vacuum aspiration is termed as surgical abortion. It is a procedure wherein instruments are used to evacuate the contents of the uterus. This can be carried out up to 12 weeks (84 days) since the woman's last menstrual period.

### **Where to go for a safe abortion?**

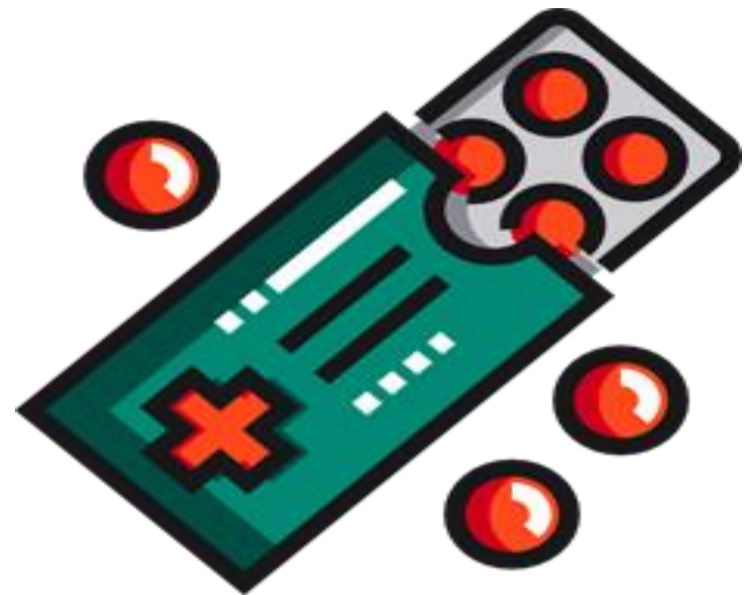
1. Clinic.
2. Gynaecologist.
3. Hospital or medical health facilities.
4. Any government hospital or an approved private MTP centre.
5. The private abortion centre should display a certificate of approval given to it by the local designated authority.

### **Can abortion be Safe or Unsafe?**

- **Safe Abortion:** Performed by a trained and qualified doctor, using all aseptic precautions, standard methods in approved place for providing abortion.

➤ **Unsafe abortion:**

1. Performed by a person lacking the necessary skills, or in an environment lacking minimal medical standards, or both.
2. Includes self-induced abortions under unhygienic conditions which could be life-threatening.
3. Also, includes abortions carried out by a trained person but who lack the necessary standards.
4. Abortion v/s birth control (contraceptive) pills:
  - **Abortion pills:** Only for aborting the pregnancy within a stipulated number of days. The abortion pill is a method of abortion after a pregnancy has occurred.
  - **Contraceptive pills:** Used for preventing pregnancy.



**Points to remember!**

- ❖ Generally, safe abortion has minimal risk. But as every surgery has risks, complications such as infection or retention of tissue, etc. can occur. These can be easily treated by medicines or secondary procedures.
- ❖ The normal menstrual cycle can begin anytime between 4 to 8 weeks following an abortion. Ovulation can occur any time after the procedure, therefore, it is better to avoid sexual activity. If sexual activity is resumed, suitable contraception should be as taken early as possible post-abortion.
- ❖ Safe abortion does not harm future pregnancies, whereas an unsafe abortion can result in chronic diseases/injuries.

**Birth control /contraceptives following an abortion – points to remember:**

- Abortion does not protect from future pregnancies.
- Women's fertility will ordinarily return immediately.
- After a safe abortion, a woman may get pregnant as soon as 11 days later if no contraception is used (contraceptives are advised immediately after abortion).
- Once sexual activity has resumed contraceptives must be used (condoms, pills, etc.) For oral pills or IUCD, women should start these as early as possible.

**Importance of post abortion care:**

- To ensure safety of abortion.
- To enhance her fertility status.
- To address complications that can occur.
- To provide contraceptive care so that only intended pregnancies can happen in future.

**Services included in post abortion care:**

1. Treatment of incomplete and unsafe abortion.
2. Counselling to identify and respond to the emotional and physical health needs of the woman.

3. Contraceptive and family-planning services that will help women prevent future unwanted pregnancies and abortions.
4. Sexual and Reproductive health services.
5. Community and service-provider partnerships to prevent unwanted pregnancies and unsafe abortions.

### Which contraceptive methods can be used after an Abortion?

**Post abortion family planning and contraception:** Family planning counselling can reduce the toll of unsafe abortion and improve the health of women, their partners, and the safety of motherhood. Access to family planning services on time, choice of contraceptive methods will prevent further unwanted pregnancies and unsafe abortions. Information on the availability and correct use of Emergency contraceptive pills is essential. These services should be made available immediately following an abortion.





### Legal situation of abortion in India.

Abortion in India is legal only up to twenty weeks of pregnancy under specific conditions and situations, which are broadly defined as:

- The continuance of the pregnancy would involve a risk to the life of the pregnant woman or of grave injury of physical or mental health, or
- There is a substantial risk that if the child were born, it would suffer from such physical or mental abnormalities as to be seriously handicapped.

Recently, the Supreme Court permitted a rape survivor to terminate her pregnancy at 24 weeks, which is beyond the permissible 20 weeks limit prescribed under the Medical Termination of Pregnancy Act, 1971.

**There are several methods of family planning**

<ol style="list-style-type: none"> <li>1. Barrier Methods</li> <li>2. Hormonal Methods</li> <li>3. IUDs (Intrauterine Devices)</li> <li>4. Natural Methods</li> <li>5. Permanent Methods</li> </ol>	 
	 

**All of these methods (EXCEPT FOR PERMANENT METHODS) can be stopped at ANY time if a woman decides to get pregnant or if she decides to try a different method of family planning**

### Provisions under the Medical Termination of Pregnancy (MTP) Act

#### Which doctors can perform abortion?

A qualified and trained doctor (obstetrician-gynaecologist) is allowed by the law to perform an abortion up to 20 weeks. A MBBS doctor who is trained for conducting MTPs and is registered can perform abortion up to 12 weeks of pregnancy.

**Activity:**

☞ Dear facilitator, please introduce a small true or false session as below for detailed understanding of abortion

**True or False Statements**

1. Abortion for unmarried girls is legal in India.
2. Abortion cannot be performed without the signature of two doctors if the pregnancy is 9 weeks old.
3. Abortion for a minor can be done with the signatures of a guardian in India.
4. A married lady must produce her marriage certificate before abortion in India.
5. Husband's signature is mandatory if his wife plans to abort the baby.
6. Abortion is permitted in India if it poses a health threat to the pregnant woman.
7. Any registered medical practitioners can perform abortion.

**Consent**

- “ONLY HER CONSENT” If she has attained 18 years of age.
- “GUARDIAN CONSENT” If she is under 18 years of age OR above 18 but intellectually challenged (mentally ill).

**Maternal Health services:**

1. Wadia Children and Maternity Hospital Maternity Centre  
Mumbai, Maharashtra, 022- 24146964.
2. Oshiwara Municipal Maternity Home (11) · Government  
Hospital Mumbai, Maharashtra, 022-2678 1443.
3. Palika Maternity Hospital (58) · Government Hospital,  
New Delhi,011-24654902.
4. Aruna Asaf Ali Govt Hospital (64) · Government Hospital New Delhi,011-2396 5532.
5. Bhagirathi Neotia Woman and Child Care Centre, Rawdon Street (136) · Children's Hospital  
Kolkata, West Bengal, 033-4040 5000.

