

awareness, contraception, and the technologies that treat infertility

What reproductive health means *

- total well-being, physical, emotional, behavioural, and social, in every aspect of reproduction, **not just the absence of disease**
- a nation works towards it through Reproductive and Child Health Care (RCH) programmes: awareness, medical facilities, support
- covers a wide span: reproductive anatomy, safe and hygienic practice, contraception, pre- and post-natal care, and more

Population stabilization

- rapid population growth works against reproductive-health goals, straining medical, nutritional, and educational resources
- steps taken: wider contraceptive access, raising the **legal age of marriage** (21 male, 18 female), incentives for smaller families, school-level reproductive education

Contraceptive methods, by type

Natural

no device, no hormones: relies on avoiding the fertile window or the absence of sperm in the vagina

Barrier

physically blocks sperm from reaching the egg: condoms, diaphragms, cervical caps

IUDs

intra-uterine devices, placed in the uterus by a doctor: Copper-T and hormone-releasing types

Oral pills

small daily doses of hormones, mainly block ovulation

Injectables / implants

hormonal, given by injection or placed under the skin, longer-acting than a daily pill

Surgical

vasectomy or tubectomy, meant to be permanent

Sorting them by mechanism

Contraception



four branches, one per mechanism: physical block, hormone, local device, permanent cut. Natural methods use none of them.

