

World Contraception Day Report

Date: 26th September

Observed Worldwide

Organized by: KALYAN COLLEGE OF NURSING, RAJURA

Venue: multipurpose hall

Introduction

World Contraception Day is observed every year on 26th September to raise awareness about contraception and enable young people to make informed choices regarding their sexual and reproductive health. The day emphasizes the importance of family planning in preventing unintended pregnancies and promoting maternal and child health.

History

World Contraception Day was first launched in 2007 by a coalition of international family planning organizations. It is supported by organizations such as the World Health Organization (WHO) and the United Nations Population Fund (UNFPA). The initiative aims to improve awareness and education about safe and effective contraceptive methods worldwide.

Objectives

To increase awareness about different contraceptive methods.

To reduce unintended pregnancies.

To promote reproductive health rights.

To encourage responsible decision-making among youth.

To reduce maternal and infant mortality rates.

Theme: “A choice for All, freedom to plan , power to choose. “

Importance

Contraception helps in:

Preventing unwanted pregnancies.

Spacing births for better maternal and child health.

Reducing the risk of unsafe abortions.

Empowering women to pursue education and career goals.

Controlling population growth.

Types of Contraceptive Methods

Natural Methods – Rhythm method, withdrawal method.

Barrier Methods – Condoms (male & female).

Hormonal Methods – Oral contraceptive pills, injections, implants.

Intrauterine Devices (IUDs) – Copper-T.

Permanent Methods – Tubectomy and vasectomy.

Activities Conducted on This Day

Health awareness programs and seminars.

School and college health talk



