

REPORT ON HEALTH EDUCATION AND AWARENESS SESSION ON WORLD POPULATION DAY

Date: 13 July 2026

Place: Manalurpettai Primary Health Centre, Manalurpettai

No. Of. Participants : 28

Introduction:

Under the guidance of **Dr. Balaji A., Professor and Head of the Department of Community Medicine**, Health Education and Awareness Programme was conducted on the occasion of **World Population Day** at Manalurpettai Primary Health Centre, Manalurpettai. The programme aimed to create awareness among the public regarding population-related issues, family planning, maternal and child health, and the importance of population stabilization for sustainable development.

Participant Profile

A total of 28 beneficiaries attending the Primary Health Centre actively participated in the programme and interacted throughout the session.

Organizing Team

The programme was conducted by:

- **Dr. Pavithra M**, Assistant Professor
- **Postgraduates:** Dr. Vidhya, Dr. Sindhuja, Dr. Sandhya
- **Health Inspector:** Mr. Deiveegan
- **Medical Social Worker:** Mr. Kulandhai Yesu Raja
- **CRMIs** from the Department of Community Medicine

Objectives of the Programme

- To create awareness about World Population Day and its significance.
- To educate the public regarding population stabilization.
- To promote the benefits of small family norms.
- To increase awareness about family planning services.
- To emphasize the importance of birth spacing and maternal-child health.
- To create awareness regarding female foeticide and gender equality.

Introduction to World Population Day

The session began with an introduction to World Population Day and its global significance by **Dr. Pavithra. M.** Participants were informed about the rapid growth of population and its impact on health, education, employment, housing, and natural resources. The need for responsible parenthood and sustainable population growth was highlighted.



Role Play

A role play was performed by the **CRMIs** to effectively communicate the importance of family planning, birth spacing, and responsible family size. The activity helped participants to understand the social, economic, and health benefits of informed reproductive choices through an engaging and interactive approach. Roleplay was concluded with discussion by **Dr. Pavithra.M.** The discussed topics are as follows,

Importance of Population Stabilization

The concept of population stabilization was explained in detail. Participants were educated about how controlled population growth contributes to improved quality of life, better healthcare services, economic development, and optimal utilization of available resources. The importance of community participation in achieving population stabilization goals was emphasized.



Benefits of Small Family Norms

The advantages of maintaining a small family were discussed. The session highlighted that small family norms contribute to better maternal and child health, improved educational opportunities, enhanced economic stability, and a higher standard of living. Participants were encouraged to adopt informed family planning practices for the welfare of their families.

Available Family Planning Services

Information regarding various family planning services available through government health facilities was provided. Temporary and permanent contraceptive methods, counselling services, and free family welfare services available at Primary Health Centres were explained. Participants were encouraged to utilize these services for planned and healthy families.



Importance of Birth Spacing

The significance of adequate birth spacing was emphasized. Participants were informed that maintaining appropriate intervals between pregnancies improves maternal health, reduces

pregnancy-related complications, and supports the healthy growth and development of children. Various methods available for achieving birth spacing were discussed.

Female Foeticide

Awareness was created regarding the harmful consequences of female foeticide. Participants were educated about gender equality, the value of the girl child, and the legal provisions against sex-selective practices. The importance of promoting respect and equal opportunities for girls was stressed.

Incentives for Family Planning

The audience was informed about various government incentives by Postgraduates **Dr. Vidhya, Dr. Sandhya and Dr.Sindhuja** and welfare schemes available for eligible beneficiaries adopting family planning methods. The benefits of these schemes in promoting family welfare and population stabilization were discussed.



Pledge taking

Pledge was taken at the end of the programme which emphasized the importance of adopting the small family norm, ensuring healthy birth spacing, respecting women's reproductive rights, prevention of female foeticide and disseminating accurate information on family welfare services within the community.





Outcome of the Programme

- Participants gained improved knowledge regarding population stabilization and family planning.
- Awareness about small family norms and birth spacing was enhanced.
- Understanding of maternal and child health services improved.
- Participants became aware of the adverse effects of female foeticide and the importance of gender equality.
- The public showed interest in utilizing available family planning services.

Conclusion

The programme concluded with an interactive question-and-answer session. Participants actively clarified their doubts regarding family planning methods, birth spacing, maternal health services, and government welfare schemes. Appropriate guidance and information were provided by the organizing team.