

|                                       |                                                                         |              |                  |
|---------------------------------------|-------------------------------------------------------------------------|--------------|------------------|
| Name/Title of the program             | Contraception CME and workshop                                          |              |                  |
| Date and Time                         | 26/09/2023                                                              |              | 9.30AM – 12.30PM |
| Venue                                 | HOSPITAL AUDITORIUM<br>Tagore medical college and hospital              |              |                  |
| Target audience/Stakeholder           | HOD, ALL FACULTIES, PG AND CRMI, general public                         |              |                  |
| Number of Participants                | 110                                                                     |              |                  |
| Program/Event Organized by            | Department of OBG, Tagore medical college and hospital                  |              |                  |
| Resource Persons Name and Topic Taken | Name                                                                    | Designation  | Topic Taken      |
|                                       | Dr. PREMALATHA                                                          | M.B.B.S, M.D | Contraception    |
| Objective of the Program              | To provide beware of symptoms and practical experience<br>Contraception |              |                  |

**Overview:** The contraception awareness and education seminar aimed to provide comprehensive information about various contraceptive methods, their benefits, efficacy, and accessibility. The event sought to empower participants with knowledge to make informed decisions regarding their reproductive health and family planning.

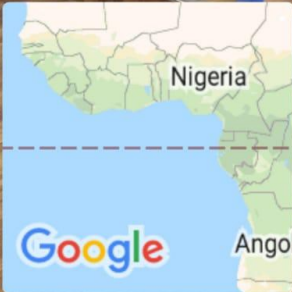
## Key Topics Covered:

1. **Types of Contraceptive Methods:** Presentation and discussion on a range of contraception options including hormonal methods (pills, injections, implants), barrier methods (condoms, diaphragms), intrauterine devices (IUDs), and permanent methods (sterilization).
2. **Effectiveness and Safety:** Detailed explanation of each method's effectiveness in preventing pregnancy, as well as their safety profile and possible side effects.
3. **Benefits Beyond Pregnancy Prevention:** Exploration of additional benefits such as menstrual regulation, management of hormonal imbalances, and protection against sexually transmitted infections (STIs).
4. **Access and Affordability:** Information on where and how to access contraceptive services, including considerations for cost, insurance coverage, and availability in different settings (clinics, pharmacies, community health centers).
5. **Counseling and Decision-Making:** Guidance on how to choose a contraceptive method based on individual health needs, lifestyle, and future family planning goals. Importance of involving healthcare providers in decision-making processes.
6. **Myths and Misconceptions:** Addressing common misconceptions about contraception, promoting evidence-based information to dispel myths and encourage informed choices.
7. **Reproductive Rights and Empowerment:** Discussion on the importance of reproductive rights, including access to contraception as a fundamental aspect of reproductive health and autonomy.

## Outcomes:

- **Increased Awareness:** Enhanced knowledge among participants regarding contraceptive methods, their benefits, and how to access them.
- **Empowerment:** Participants felt empowered to make informed decisions about their reproductive health and family planning.
- **Community Engagement:** Strengthened community dialogue around contraception and reproductive health, reducing stigma and promoting open discussions.
- **Follow-Up Actions:** Identified needs for further education, resources, and support in contraception access and advocacy.

**Conclusion:** The contraception awareness and education seminar successfully equipped participants with valuable knowledge and resources to make informed choices about contraception. By fostering open dialogue and addressing misconceptions, the event contributed to promoting reproductive health and empowering individuals within the community.



**Rathinamangalam, Tamil Nadu, India**

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**Lat 12.861548°**

**Long 80.136378°**

**17/05/22 09:40 AM**

