

A Demographic Profile of the People of Jammu and Kashmir

5. Family Planning

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ABSTRACT In the present study an attempt has been made to appraise women's knowledge of contraceptive methods and also the usage of family planning methods among caste and tribal groups of Jammu and Kashmir. Knowledge of contraceptive methods is widespread among all population groups, particularly the permanent methods. However, usage of contraceptives is not that widespread. Among all the methods, the most commonly used are the permanent methods especially tubectomy. This is followed by IUDs.

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