

Anthropo-Demographic Study Among The Caste and Tribal Group of Central Himalayas: 5. Family Planing

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ABSTRACT In this paper an attempt is made to appraise women's knowledge of contraceptive methods and also the usage of family planning methods among the Kumauni caste groups and Bhotia tribal groups. Knowledge of contraceptive methods is widespread among all population group, 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.