

**Awareness Among Women Towards Aspects of Family Planning
in Kullu District of Himachal Pradesh**

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ABSTRACT The present study was undertaken to know the extent of awareness among married women towards aspects of family planning. A total of 150 married women were randomly selected from two blocks of Kullu district of Himachal Pradesh. Data was collected through self-structured interview schedule. It was found that majority of respondents had knowledge and awareness about various aspects of family planning. Women were the major users of contraceptives as contrary to men. Oral pills were the most used family planning method followed by use of loops.