

## **Educating Adolescent Girls and Young Women on Family Life Education Issues with the Use of Communication Aids in a Village of Uttrakhand**

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**ABSTRACT** Present research is an experimental development in Udhansinghnagar district of Uttrakhand in India to educate adolescent girls and young women on family life education issues through the use of communication aids. Gender equality and equity improvement of reproductive health, betterment of quality of life in the family, promotion of education and health facilities and moderation of population distribution process as key contributors to population stabilization. These are the element which the National Population Education Programme in India has been focusing with a view to helping the nation attain its demographic and developmental goals. The qualitative research has been done, taking total sample of 50 female respondents (25 married and 25 unmarried). To assess the pre and post knowledge and opinion regarding family life issues, interview schedule was used for both the respondents separately. Charts, Posters, Flash cards, Video films, Focus group discussion, Slogans and Role play were used to educate both married and unmarried respondents regarding family life issues. Finding concluded that there is remarkable positive change in their attitude regarding gender discrimination, Family planning information and nutritional and reproductive health of mother and child after experimentation through family life education through the use of communication aids. It can be concluded that if proper use of communication aids is carried out in such education sessions or capacity building trainings for the women of rural area, programme can be more effective and easy to learn. It is recommended that Village worker at village level should be trained in such a way that they will be able to communicate effectively with the village people regarding family life issues.