

Chhang zing lutuk avanga harsatna thlang thei te :



- Naupang lutuk a Fa neih (<18yrs)
- Chhang zing lutuk a fa neih
- Fa neih tam lutuk
- Upa lutuk a fa neih

*Chhungkaw hlim leh hrisel tak nei
turin Chhungkaw Ruahmanna fel
tak siam rawh*



Reproductive & Child Health
National Health Mission

Health & Family Welfare Dept., Mizoram



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Family Planning



Reproductive & Child Health
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WHO chuan nau neih inkarah kum 2-3 inkar tal a tla tur a ni a ti.

I naupai dan tur a ruahmanna i siam dawn chuan i pasal ti ti pui la, fa i neih duh zat leh i neih hun tur te ruahman ang che.

Heng Indanna chi hrang hrang te hi a thlawn vekin sawrkar damdawi inah te Sub Centre ah te leh vengtin a Asha te hnen atangin a lak theih a ni:

1) Condom:



Condom hian Naupai tur a ven bakah Sex atanga natna inkaichhawn theih natna chi hrang hrang HIV tiamin a veng a ni.



2) IUCD-

Heng Copper T-380 A leh Copper T-375 hi chhul chhunga dah chi a ni a, a thlawnin damdawi inah leh sub centre ah te a dah tir theih a. A hnua kal leh ngai lovin nau neih zawh veleh emaw nau chhiat/tih tlak zawhah Cu-T hi a dahtir theih nghal bawk a ni

3) Injectable MPA :



Indanna thla 3 dan a inchiu chi a ni a, nau neih hnu kar 6 atanga lak tan theih a ni a nau hnute pelo tan kar 4 atanga lak tan theih a ni. Lak tawp atanga thla 4-7 thlengin he indanna hian hna la thawkin naupai lehna lakah a veng thei a ni.

4) Combined Oral Contraceptives:

Nitina ei chi a ni a,nau neih hnu thla 6 atanga ei tan theih a ni. He indanna hian chi bawm cancer, chhul hamda cancer , thisen tlakchhamna lakah a veng thei a ni.



5) Centchroman /Chhaya:

Kar 1 a vawi 1 ei chi a ni a, lak tantirh thla 3 chhung chu kar khatah vawi 2 ei tur a ni. Nau neih atanga kar 6 na atangin a ei tan theih a ni. Non Hormonal anih avangin side effect a tlem em em a . A chunga kan sawi COC, Inj MPA la theilo tan indanna tha tak a ni.



6) Emergency Contraceptives Pill:

Hei hi indanna dang hman theihnghilh emaw hman laia a chhiat palh emaw,remtihna tello a hmeichhia sex hmanpui te in nau pai lohna tura hman chi a ni. Sex hman atanga darkar 72 chhunga ei tur a ni.



Nishchay- Pregnancy Test Kit

Nau pai leh pai loh enna a ni a, Doctor ngai kher lova mahni a test theih a ni.

- Zing zun far hnih lek far a, rawng pahnih a in rin chuan nau i pai tihna a ni.
- Pakhat chauh in rin a awm chuan nau i pai lo tihna.
- Engmah in rin a awm loh chuan test nawn a ngai tihna a ni

Chhangkhat tawka fa neih hi nu leh nau hriselna a ni.

Indanna hman hian a tum ber chu fa neih tlem ni lovin Nu leh Nau hriselna a ni.

Mahni duh ang nge indanna hman tur a ni a, tihpalh vang ni hauh lovin tum lawkna ngeiin fa i nei dawn nia.

Hrisel taka fa i duh ang zata tam nei thei turin indanna hmang rawh.

A chunga kan sawi tak ang khian indanna chi hrang hrangte hi awlsam te in a thlawn vekin ASHA te hnenah te Health Worker te hnenah te leh sawrkar damdawi inah a lak theih a, Condom hi condom box atang a lak theih dawn bawk a ni.

