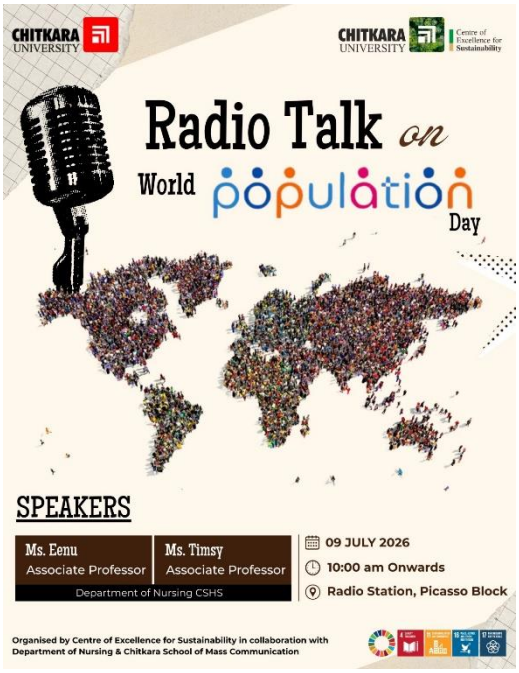
Event Name	Radio Talk on World Population Day
Date	09 July 2026
Venue	Radio Station, Picasso Block
Organizer	Centre of Excellence for Sustainability (CUCES) in collaboration with the Department of Nursing and the Chitkara School of Mass Communication
Speakers	Ms. Eenu and Ms. Timsy, Associate Professors
SDGs Covered	4,11,16 & 17
Duration	1 Hour

Objective

The objective of the Radio Talk on **World Population Day** was to create awareness about the importance of population **stabilization, responsible family planning, reproductive health**, and **sustainable resource utilization**. The session aimed to educate listeners about informed reproductive choices, available contraceptive methods, and Government of India initiatives that support healthier families and sustainable development.



Description

The session was delivered by **Ms. Eenu** and **Ms. Timsy**, Associate Professors from the Department of Nursing, who highlighted the significance of population stabilization in achieving sustainable development. They explained that a balanced population contributes to national growth and economic development, whereas uncontrolled population growth places increasing pressure on **healthcare, education, employment opportunities, housing, food security,** and **natural resources.**

The speakers discussed the importance of family planning and emphasized responsible reproductive health practices that improve the overall quality of life for individuals and families. Various contraceptive methods, including barrier methods, oral contraceptive pills, **intrauterine devices (IUDs),** contraceptive injections, and emergency contraceptives, were

explained in detail, along with the importance of consulting qualified healthcare professionals before making reproductive health decisions.

The discussion also focused on permanent family planning methods, including vasectomy for men and tubectomy (tubal ligation) for women. The experts addressed common myths and misconceptions surrounding these procedures and encouraged informed decision-making based on medical advice and family planning goals.

Furthermore, the speakers highlighted several Government of India initiatives, including Mission Parivar Vikas, the **Family Planning Logistics Management Information System (FPLMIS)**, and services provided under the **National Health Mission (NHM).** These programmes promote awareness, improve access to reproductive healthcare services, provide contraceptive support, strengthen maternal and child healthcare, and encourage responsible parenthood.

The radio talk concluded with a strong message that population stabilization is not merely about controlling numbers but about improving health, ensuring gender equality, empowering families, and promoting the sustainable use of natural resources. Participants and listeners were encouraged to spread awareness about responsible parenthood and reproductive health to contribute towards a healthier and more sustainable society.

Learning Outcomes

- Enhanced awareness about the importance of World Population Day and population stabilization.
- Improved understanding of responsible family planning and reproductive health.
- Increased knowledge of temporary and permanent contraceptive methods.
- Clarified myths and misconceptions related to family planning procedures.
- Familiarized participants with Government of India family welfare and reproductive health programmes.
- Promoted informed decision-making, gender equality, and sustainable development.
- Encouraged community participation in creating awareness about responsible parenthood and healthy family practices.


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