Last Date of Submission of Assignments to the Study Centre
July 2026 Session - March 31, 2027
January 2027 Session - September 30, 2027

Programme Code: BSW
Course Code: BSWE-004
Total marks: 100

INTRODUCTION TO FAMILY LIFE EDUCATION

ASSIGNMENT

Note: (i) Answer all five questions.

(ii) All questions carry equal marks.

(iii) Answers to questions no. 1 and 2 should not exceed 500 words each.

1. Describe the various types of family planning methods. 20

OR

Explain the functions and purposes of marriage in India. 20

2. Discuss the role of schools and school teachers in sexual health education. 20

OR

Highlight the major challenges that youth face in contemporary society, with relevant examples. 20

3. Answer any **two** of the following in about **250** words each:

a) Discuss the traditional Indian values related to family life education. 10
b) What are the role expectations of men and women within marital relationships? 10
c) Why has the prevalence of divorce increased in contemporary Indian society? 10
d) Briefly describe the family life in the Indian context. 10

4. Answer any **four** of the following questions in about **150** words:

a) Describe briefly the legislative efforts to curtail dowry. 5
b) Write a note on the Special Marriage Act, 1954. 5
c) Discuss the skills acquired in childhood. 5
d) What are the reasons for role conflict? 5
e) Explain the causes of migration. 5
f) List the various implications of responsible parents. 5

5. Write short notes on any **five** of the following in about **100** words each:

a) Family Dynamics 4
b) Abortion 4
c) Personality development 4
d) Inter-caste Marriage 4
e) Adolescence 4
f) Morality 4
g) Hierarchy theory of Maslow 4
h) Planned Parenthood 4

1. Describe the various types of family planning methods. 20

Answer

Family planning means deciding freely and responsibly whether to have children, when to have them and how much time to leave between births. It helps couples protect reproductive health and plan for the needs of their family. Methods differ in their working, effectiveness, duration and suitability. A trained health worker can help a person choose a method after considering age, health, personal preference and future plans for children.

Natural and fertility-awareness methods

These methods do not require contraceptive medicines or devices. The calendar or rhythm method estimates fertile days from menstrual-cycle records. The cervical-mucus and basal-body-temperature methods identify physical signs related to ovulation. Couples avoid intercourse or use protection during fertile days. These methods need careful learning and regular observation. Their effectiveness can fall when periods are irregular or instructions are not followed. Withdrawal is another method, but it is less reliable because sperm may enter the vagina before ejaculation. The lactational amenorrhoea method may give temporary protection for about six months after delivery only when the mother has no return of menstruation and the baby is exclusively or nearly exclusively breastfed. All three conditions must be met.

Barrier methods

Male condoms cover the penis and stop sperm entering the vagina. Internal condoms provide a barrier inside the vagina. Condoms are important because correct and consistent use also reduces the risk of many sexually transmitted infections, including HIV. Diaphragms and cervical caps cover the cervix and are commonly used with spermicide where available. These methods are reversible and used when needed, but success depends upon proper use every time.

Hormonal methods

Oral contraceptive pills contain hormones that mainly prevent ovulation or make fertilisation less likely. Other options include contraceptive injections, implants, patches and vaginal rings, depending on local availability. Some are taken daily, whereas others protect for weeks or years. Hormonal methods are effective when used correctly but can cause side effects and may not suit everyone. Medical advice helps identify contraindications and an appropriate choice.