Family planning has attracted global attention due to its relevance to population growth and development issues. Family planning services have ability to improve the quality of the life of people and their economic welfare. India is the second largest country in case of population and started its family planning programmes from 1950 but still these programmes have met with only marginal success. The present study assesses family planning awareness and the practice of contraceptives among the rural people of tehsil Hiranagar of district Kathua. Primary survey was conducted randomly from different villages of 624 respondents included 300 females and 324 male respondents during the month of May 2018 to July 2018. The findings revealed that education and income had significant relationship with family size, illiteracy and poverty. Lack of education and low income level are responsible for lack of family planning awareness among rural people. The investigation also revealed that government should take more solid steps for the family planning awareness at grassroots level in the study areas.

Keywords: Awareness, Contraceptives, Family Planning & Education