



**Mentor Guru**

**Class 12 – Biology**

## **Chapter 3 – Reproductive Health**

### **Very Short types question with answer**

**Q.1. What is reproductive health?**

**A.1.** Reproductive health refers to the physical, mental and social well-being of an individual in all matters related to the reproductive system, its functions and processes.

**Q.2. Comment on child health care and the reproductive programmes run by the government for the improvement of an individual's reproductive health.**

**A.2.** The reproductive and child healthcare programme was started in October 1997. It was established with the objective of reducing the maternal, infant and child mortality rates. It was established to make people aware of the healthy reproductive practices, the benefits of family planning, and the use of contraceptives.

**Q.3. Suggest methods to check the present population growth rate in India.**

**A.3.** The present population rate in India can be checked by the following ways:

- By promoting the use of contraceptives.
- By providing complete knowledge about the benefits of family planning.
- Couples with small families should be provided with incentives.
- By making people aware of the cons of uncontrolled population rise.
- By increasing the age of marriage for boys and girls to 21 years and 18 years respectively.

**Q.4. What are sexually transmitted diseases? Why are they considered self-invited diseases?**

**A.4.** Sexually transmitted diseases are those that are transmitted through sexual intercourse. HIV, Gonorrhoea are some of the sexually transmitted

diseases. These are said to be self-invited because people fall prey to these diseases by

- Having sex with unknown or multiple partners.
- Not using protection during coitus.
- Ignoring the symptoms of the disease.

**Q.5. Which reproduction related aspects, should be taught at the school level?**

**A.5.** The following reproduction related aspects should be taught at the school level:

- Proper information should be provided regarding the reproductive organs, hygienic sexual practices, and sexually transmitted diseases.
- Problems arising due to population increase, sex abuse, etc.
- Educating them about birth control measures.
- Postnatal care of mother and child, the significance of breastfeeding, care during pregnancy.

**Q.6. What is the main objective of “Assisted Reproductive Technology” programme?**

**A.6.** The main aim of the “Assisted Reproductive Technology” programme is to assist the infertile couples with special techniques such as in-vitro fertilization, intracytoplasmic sperm injection, etc., that can help them bear a child.

**Q.7. How does the estrogen-progesterone combination act as a contraceptive measure?**

**A.7.** The estrogen-progesterone combination is used in the contraceptive pills to inhibit the ovulation and implantation. They are taken by females in the form of injections or as implants below the epidermal layer. These are equally effective as the pills but induce longer effects.

**Q.8. Why should strict conditions be followed during the medical termination of pregnancy procedures?**

**A.8.** Strict conditions should be followed :

- To prevent illegal female foeticide.
- To protect individuals from fatal MTP practices.

**Q.9. Why are the males whose testes fail to descend to the scrotum considered infertile?**

**A.9.** The testes are temperature sensitive. If they fail to descend in the scrotum before puberty, they will not produce sperms. Hence the male will be infertile.

**Q.10. Lactational amenorrhea is a contraceptive method. List two advantages.**

**A.10.** Following are the two advantages:

- A breastfeeding mother does not ovulate. So the chances of conceiving are equal to none.
- No pills will be required as a birth control measure; hence, no side-effects.

**Q.11. What are the components of Reproductive Health?**

**A.11.** The three essential components of reproductive health are as follows:

1. Sexual health.
2. Family planning.
3. Maternal health.

**Q.12. What is Amniocentesis Test?**

**A.12.** The medical test or a procedure mainly used for the determination of sex of an unborn baby through analyzing the chromosomal content of the amniotic fluid surrounding the fetus is called the amniocentesis test.

**Q.13. What are the common health issues associated with reproductive health?**

**A.13.** The most common health issues associated with reproductive health are as follows:

1. Dismorphism.
2. Overpopulation.
3. Sexually Transmitted Diseases.
4. Poor health of both the mother and her baby.
5. Early marriages before attaining puberty.
6. An increased mortality rate of both mother and Infants.

**Q.14. What is the significance of Reproductive Health?**

**A.14.**According to the WHO- World Health Organisation, the Reproductive health refers to the physical, mental and social well-being of an individual in all matters related to the reproductive system, its functions and processes. Listed below are the significance or the main objectives behind the reproductive health.

1. It educates every youth about sexual and reproductive health.
2. It creates awareness among adolescents about safe sexual practices.
3. It helps in preventing sexually transmitted infections, including HIV/AIDS.
4. It protects both the mother and the child from infectious diseases and to deliver a healthy baby.
5. It provides complete knowledge about the early pregnancy, infertility, birth control methods, pregnancy, post-childbirth care of the baby and mother, etc.

**Q.15.What is the significance of Reproductive Health?**

**A.15.**Sexually transmitted disease- STDs are infectious diseases, which are transmitted through sexual contact with an infected person. AIDS, Gonorrhoea, genital herpes, hepatitis-B, syphilis, and warts, are few commonly known Sexually transmitted diseases.

Mentor Guru