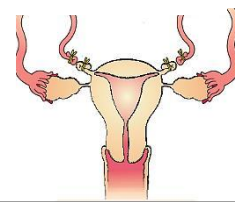


CHAPTER 3

REPRODUCTIVE HEALTH



(A) NCERT QUESTIONS & SOLUTIONS

1. What do you think is the significance of reproductive health in a society?

Ans. In a society if the people are aware of birth control methods to avoid sexually transmitted diseases and the importance of breast-feeding and post-natal care of the mother and baby then the society can have healthy children who are the future citizens of a nation.

2. Suggest the aspects of reproductive health which need to be given special attention in the present scenario?

Ans. Important aspects :

- Counselling and creating awareness among people especially the youth about various aspects of reproductive health such as sexually transmitted diseases, available contraceptive methods, case of pregnant mothers, adolescence etc.
- Providing support and facilities such as medical assistance to people during pregnancy, STIs, abortions, contraceptives, infertility, etc. for building a reproductively healthy society.

3. Is sex education necessary in schools? Why?

[IMP.]

Ans. Yes, sex education is necessary in schools because

- It will provide proper information about reproductive organs, adolescence, safe, hygienic sexual practices and sexually transmitted infection (STIs).
- It will provide right information to avoid myths and misconceptions about sex related queries.

4. Do you think that reproductive health in our country has improved in the past 50 years? If yes, mention some such areas of improvement.

Ans. Yes, the reproductive health has tremendously improved in India in the last 50 years. The areas of improvement are as follows.

- Better awareness about sex related matters.
- Increase number of medically assisted deliveries and better post natal care of child and mother leading to decrease maternal and infant mortality rate.
- Increase numbers of couples with small families.
- Better detection and cure of STIs and overall increased medical facilities for all sex related problems.

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5. What are the suggested reasons for population explosion?

Ans. The suggested reasons of population explosion are :

- (a) rapid decline in death rate.
- (b) decline in maternal mortality rate (MMR)
- (c) decline in infant mortality rate (IMR) and
- (d) increase in number of people in reproductive Age

6. Is the use of contraceptives justified? Give reasons.

Ans. Yes, the use of contraceptives is absolutely justified. The human population is increasing tremendously. Therefore to regulate the population growth by regulating reproduction has become a necessary demand in the present times. Various contraceptive devices have been devised to reduce unwanted pregnancies which help in bringing down the increased birth rate and hence, in checking population explosion.

7. Removal of gonads cannot be considered as a contraceptive option. Why?

Ans. The removal of gonads not only stops the production of gametes but will also stop the secretion of various important hormone which required for body functions. This method is irreversible and thus, cannot be considered as a contraceptive method.

8. Amniocentesis for sex determination is banned in our country. Is this ban necessary? Comment. **[IMP.]**

Ans. Yes, the ban is necessary because amniocentesis is misused for determining the sex of the foetus and then aborting the child if it is a female.

9. Suggest some methods to assist infertile couples to have children.

Ans. The reasons of infertility could be physical, congenital diseases, drugs, immunological and even psychological. Specialized health care units called infertility clinics could help in diagnosis and corrective treatment of some of these disorders. Through special techniques called assisted reproductive technologies (ART), infertile couple could be assisted to have children.

ART includes:

- (i) In vitro fertilisation,
- (ii) Gamete intra fallopian transfer (GIFT),
- (iii) Intra cytoplasmic sperm injection (ICSI), and
- (iv) Artificial insemination (AI).

10. What are the measures one has to take to prevent from contracting STDs? **[IMP.]**

Ans. Sexually transmitted Infection (STIs) get transferred from one individual to the other through sexual contact. Adolescents and young adults are at the greatest risk of acquiring these sexually transmitted diseases. Hence,

- Creating awareness among the adolescents regarding its after-effects can prevent them from contracting STIs.

- The use of contraceptives such as condoms etc. while intercourse can prevent these diseases. f
- Sex with unknown partners or multiple partners should be avoided as they may have such diseases.
- Specialists should be consulted immediately in case of doubt so as to assure early detection and cure of the disease.

11. State True / False with explanation.

- (a) Abortions could happen spontaneously too. **(True / False)**
- (b) Infertility is defined as the inability to produce a viable offspring and is always due to abnormalities/ defects in the female partner. **(True / False)**
- (c) Complete lactation could help as a natural method of contraception. **(True / False)**
- (d) Creating awareness about sex related aspects is an effective method to improve reproductive health of the people. **(True / False)**

- Ans.** (a) **True** - Due to internal factors like incompatibility, abortion could happen spontaneously.
- (b) **False** - Infertility may also be caused due to male partner when sperm count is low or their mobility is less.
- (c) **True** - Lactational amenorrhea is a method of contraception as ovulation does not occur during the period of intense lactation following parturition.
- (d) **True** - Creating awareness about sex related aspects removes the myths and misconceptions about these problems.

12. Correct the following statements:

- (a) **Surgical methods of contraception prevent gamete formation.**
- (b) **All sexually transmitted diseases are completely curable.**
- (c) **Oral pills are very popular contraceptives among the rural women.**
- (d) **In E. T. techniques, embryos are always transferred into the uterus.**

- Ans.** (a) Surgical method of contraception prevents gamete motility.
- (b) All sexually transmitted diseases are curable if they are detected early and treated properly. AIDS is still an incurable disease.
- (c) Oral pills are very popular contraceptives among urban women.
- (d) In embryo transfer technique, 8 celled embryos are transferred into the fallopian tube while more than 8 celled embryos are transferred into the uterus.

(B) PREVIOUS YEAR QUESTIONS

1. Given below are four aspects of Reproductive Health in Column A and their related information in Column B : [CBSE 2023]

Column - A		Column - B	
S. No.	Terms used in Reproductive Health	S. No.	Significant information
(A)	MTP	(i)	Analysing fetal cells from amniotic fluid of the foetus
(B)	Amniocentesis	(ii)	Legalised in 1971
(C)	Saheli	(iii)	Programme initiated in 1951
(D)	Family Planning	(iv)	Non - steroidal oral contraceptive

Select the correct match from the following options :

- (1) (A) - (iv), B - (ii), (C) - (iii), (D) - (i) (2) (A) - (ii), B - (i), (C) - (iv), (D) - (iii)
(3) (A) - (i), B - (iii), (C) - (ii), (D) - (iv) (4) (A) - (ii), B - (i), (C) - (iii), (D) - (iv)

Ans. (2) (A) - (ii), B - (i), (C) - (iv), (D) - (iii)

2. Given below are Column - A with a list of certain Assisted Reproductive Technologies (ART) and in Column - B the procedures followed during ART : [CBSE 2023]

Column - A		Column - B	
S.No.	Names of ART	S.No.	Procedures
(A)	GIFT	(i)	Transfer of ovum from a donor into the fallopian tube of another female.
(B)	ICSI	(ii)	Transfer of semen from the donor into the vagina of the female.
(C)	ZIFT	(iii)	Injecting sperms directly into the ovum.
(D)	IUI	(iv)	Transfer of early embryos into the fallopian tube.

Choose the option where ART correctly matches with the procedure.

- (1) (A) - (i), (B) - (ii), (C) - (iii), (D) - (iv) (2) (A) - (iv), (B) - (i), (C) - (ii), (D) - (iii)
(3) (A) - (iv), (B) - (iii), (C) - (i), (D) - (ii) (4) (A) - (i), (B) - (iii), (C) - (iv), (D) - (ii)

Ans. (4) (A) - (i), (B) - (iii), (C) - (iv), (D) - (ii)

3. Assertion (A): Through Reproductive and Child Health (RCH) programmes in India ; we could bring down the population growth rate.

Reason (R): A rapid increase MMR and IMP were the reasons, along other reasons for this.

[CBSE Term-I 2022]

- (1) Both Assertion and Reason are true and Reason is the correct explanation of Assertion.
(2) Both Assertion and Reason are true but Reason is not the correct explanation of Assertion.
(3) Assertion is true but Reason is false.
(4) Both Assertion and Reason are false.

A is true but Reason is false.

4. **Assertion (A):** Sterilisation methods are generally advised for male/female partner as a method to prevent any more pregnancies.

Reason (R): These techniques are less effective and have high reversibility. [CBSE Term-I 2022]

- (1) Both Assertion and Reason are true and Reason is the correct explanation of Assertion.
- (2) Both Assertion and Reason are true but Reason is not the correct explanation of Assertion.
- (3) Assertion is true but Reason is false.
- (4) Both Assertion and Reason are false.

Ans. (3) Assertion is true but Reason is false.

5. Select the correct option for Human Chorionic Gonadotropin (hCG) released during embryonic development in humans. [CBSE Term-I 2022]

- (i) Helps in maintenance of pregnancy.
- (ii) Leads to rupture of Graafian follicle.
- (iii) Cause strong uterine contraction during childbirth.
- (iv) Brings metabolic changes in the mother.

- (1) (i) and (ii)
- (2) (i) and (iv)
- (3) (ii) and (iii)
- (4) (ii) and (iv)

Ans. (2) (i) and (iv)

6. A specialized procedure to form an embryo in the laboratory in which sperm is directly, injected into the ovum is : [CBSE Term-I 2022]

- (1) IUT
- (2) IUI
- (3) ICSI
- (4) ZIFT

Ans. (3) ICSI

7. Listed below are all reproductive tract infections except [CBSE Term-I 2022]

- (1) Genital herpes
- (2) Filariasis
- (3) Trichomoniasis
- (4) Syphilis

Ans. (2) Filariasis

8. **Assertion (A) :** Determining the sex of an unborn child followed by MTP is an illegal practice.

Reason (R) : Amniocentesis is a practice to test the presence of genetic disorders also.

[CBSE 2023]

- (1) Both Assertion and Reason are true and Reason is the correct explanation of Assertion.
- (2) Both Assertion and Reason are true but Reason is not the correct explanation of Assertion.
- (3) Assertion is true but Reason is false.
- (4) Both Assertion and Reason are false.

Ans. (2) Both Assertion and Reason are true but Reason is not the correct explanation of Assertion.

9. Name and explain a surgical contraceptive method that can be adopted by the male partner of a couple. [CBSE 2023]

Ans. Vasectomy. In vasectomy, a small part of the vas deferens is removed or tied up through a small incision on the scrotum.

10. State the composition and principle of oral pills as a contraceptive measure taking the example of Saheli. [CBSE-IMP Question]

Ans. The composition of oral pills comprises: Either progestogens alone or progestogen – estrogen combination. Saheli is a Non-steroidal preparation. It inhibits ovulation and implantation. It also alters the quality of cervical mucus to prevent/ retard the entry of sperms.

11. (a) IUDs are said to be effective contraceptives. Name any two common d
write the mode of their actions.

(b) When is sterilisation advised to married couples? How is it carried out in a human male and a female, respectively? [CBSE 2020]

Ans. (a) **Hormone releasing IUDs**- It makes the uterus unsuitable for implantation and the cervix hostile to the sperms.

Copper releasing IUDs – Cu ions released suppress sperm motility and the fertilising capacity of sperms.

(b) When a desired family size is attained, and couple don't need any more child then only sterilisation methods are advised.

Sterilisation procedure

(i) **Male**- in male it is called '**vasectomy**'- In vasectomy, a small part of the vas deferens is removed or tied up through a small incision on the scrotum.

(ii) **Female**- in female it is called '**tubectomy**'- In tubectomy, a small part of the fallopian tube is removed or tied up through a small incision in the abdomen or through vagina.

12. Explain one application of each one of the following :

(a) Amniocentesis

(b) Lactational amenorrhea

(c) ZIFT

(d) Prepare a poster for the school programme depicting the objectives of : "**Reproductive and Child Health Care Programme**". [CBSE 2019]

Ans. (a) To detect chromosomal disorders / sex determination (legally banned) / detect genetic disorder.

(b) To prevent pregnancy / means of natural contraception.

(c) To assist an infertile couple to have children by transferring the zygote / early embryo / embryo at eight blastomere stage into fallopian tube.

(d) A poster made on RCH - Any relevant slogan or sketch made should be awarded like e.g. - Hum Do Hamare Do,

- Gender selection and detection is punishable, or (Any other relevant theme)

(C) MULTIPLE CHOICE QUESTIONS

1. What is the full form of WHO?

- (1) Ware House Organization
- (2) War and Health Organization
- (3) World Health Office
- (4) World Health Organization

Ans. (4) World Health Organization

2. What are the various aspects of reproduction covered by WHO?

- (1) Physical, Emotional, Behavioural
- (2) Physical, Emotional, Behavioural, Social
- (3) Physical, Emotional, Gestational, Social
- (4) Physical, Emotional, Social

Ans. (2) Physical, Emotional, Behavioural, Social.

3. Which was the first country in the world to initiate a nationwide programme for reproductive health?

- (1) China
- (2) USA
- (3) India
- (4) Russia

Ans. (3) India

4. The figure indicates which contraceptive device?



- (1) Condom for female
- (2) Condom for male
- (3) Diaphragm
- (4) Cervical cap

Ans. (2) Condom for male

5. The programme of 'Family Planning' was initiated in the year _____.

- (1) 1950
- (2) 1947
- (3) 1949
- (4) 1951

Ans. (4) 1951

6. The reproductive program RCH stands for

- (1) Reproductive and Community Health Care
- (2) Restorative and Communal Health Care
- (3) Reproductive and Child Health Care
- (4) Reproductive and Congenital Health Care

Ans. (3) Reproductive and Child Health Care

7. In context of reproductive health, STIs stands for

- (1) Sexually Terminal Infections
- (2) Sexually Transmitted Infections
- (3) Sexually Transformed Infections
- (4) Sexually Transduced Infections

Ans. (2) Sexually Transmitted Infections

8. The fluid which envelops the developing foetus is called

- (1) Chorionic fluid
- (2) Placental fluid
- (3) Amniotic fluid
- (4) Uterine fluid

Ans. (3) Amniotic fluid

9. Statutory ban has been laid on _____ to check female foeticide.

- (1) Choriocentesis
- (2) Amniocentesis
- (3) Uterocentesis
- (4) Embryocentesis

Ans. (2) Amniocentesis

10. The amniocentesis test is based on _____ to determine the sex of developing foetus.

- (1) External genitalia
- (2) Secondary sexual characters
- (3) Chromosomal pattern
- (4) Embryonic enzymes

Ans. (3) Chromosomal pattern

11. CDRI, Lucknow developed which new female contraceptive?

- (1) 'Sakhi' (2) 'Saheli' (3) 'Saloni' (4) 'Smiti'

Ans. (2) 'Saheli'

12. CDRI stands for

- (1) Contraceptive Drug Research Institute (2) Central District Research Institute
(3) Central Drug Research Institute (4) Central Dermatologic Research Institute

Ans. (3) Central Drug Research Institute

13. The world population was 2000 million in the year

- (1) 1980 (2) 1970 (3) 1960 (4) 1900

Ans. (4) 1900

14. Which IUD is shown in the given figure?



- (1) Lippes loop (2) Progestasert (3) Copper T (4) Multiload-375

Ans. (3) Copper T

15. Coitus interrupts/withdrawal method concerns with

- (1) Withdrawal of penis from vagina before ejaculation
(2) Withdrawal of penis from vagina after ejaculation
(3) Prevention of coitus
(4) Alternate prevention of coitus

Ans. (1) Withdrawal of penis from vagina before ejaculation

16. After parturition, which natural contraception way can be utilized?

- (1) Lactational menorrhoea (2) Lactational amenorrhoea
(3) Lactational deficiency (4) Lactational prevention

Ans. (2) Lactational amenorrhoea

17. In lactational amenorrhoea, which event does not occur in menstrual cycle?

- (1) Menstrual flow (2) Ovulation (3) Follicular phase (4) Luteal phase

Ans. (2) Ovulation

18. Lactational amenorrhoea is effective only up to a maximum of _____ months.

- (1) Two (2) Four (3) Six (4) Eight

Ans. (3) Six

19. _____ is a popular brand of condom for males.

- (1) 'Nishodh' (2) 'Nirodh' (3) 'Nidosh' (4) 'Nirdosh'

Ans. (2) 'Nirodh'

20. Which of the following is not applicable to females for contraception?

- (1) Diaphragms (2) Vasectomy (3) Condoms (4) Cervical caps

A y

(D) ASSERTION – REASON QUESTIONS

 **Directions:** In the following questions, a statement of assertion is followed by a statement of reason. Mark the correct choice as:

- (1) If both Assertion and Reason are true and Reason is the correct explanation of Assertion.
- (2) If both Assertion and Reason are true but Reason is not the correct explanation of Assertion.
- (3) If Assertion is true but Reason is false.
- (4) If both Assertion and Reason are false.

1. **Assertion:** A person should be considered reproductively healthy if they have healthy reproductive organs but are emotionally imbalanced.

Reason: This statement about reproductive health was given by WHO.

Ans (4)

2. **Assertion:** Family planning is an action plan to attain reproductive health among people.

Reason: Improved programmes covering reproduction related areas were propagated by RCH to create awareness among people.

Ans (2)

3. **Assertion:** Reproductive and Child Healthcare Programmes is for reproduction related areas.

Reason: It deals with creating awareness among various reproduction related aspects.

Ans (1)

4. **Assertion :** Introduction of sex education in schools should be encouraged.

Reason : This will encourage children to believe in myths about sex related aspects.

Ans (3)

5. **Assertion:** Natality increases both population density and population size.

Reason: Natality increases the number of individuals in an area by births.

Ans (1)

6. **Assertion:** Zero population growth should be achieved as early as possible to control human population.

Reason: This as requires not two children per couple but a little more.

Ans (1)

7. **Assertion:** Periodic abstinence is a method in which couples avoid from coitus from day 17 to 27 of menstrual cycle.

Reason: It is a very effective method and 100% sure of birth control.

Ans (4)

8. **Assertion:** Syphilis, gonorrhea and AIDS are STIs.

Reason: These diseases are transmitted through sexual intercourse.

Ans (1)

9. **Assertion :** HIV infection can be avoided by use of condoms.

Reason : Condoms secrete anti-viral interferon's.

Ans (3)

10. **Assertion:** STIs are transmitted through sexual intercourse.

Reason: STIs can be prevented by using barrier contraceptives like condoms.

Ans (1)

(E) VERY SHORT ANSWER QUESTIONS

1. Ideal contraceptives for the females who wants to delay pregnancy.

Ans. IUDs

2. Oral pills for females causes

Ans. Inhibit ovulation and implantation

3. Once a-week oral pill is :

Ans. Saheli

4. In emergency which contraceptive methods may be used within 72 hours of coitus.

Ans. IUD & progestogen or progestogen estrogen combination pills.

5. Which contraceptive method are also known as sterilisation?

Ans. Surgical method

6. Sterilisation in male is known as :

Ans. Vasectomy

7. Government of India legalised MTP in.

Ans. 1971

8. MTP is considered relatively safe during.

Ans. First trimester

9. In ZIFT-early embryo is transferred in (upto 8 blastomeres)

Ans. Fallopian tube

10. Full form of ZIFT

Ans. Zygote Intra Fallopian Transfer

11. In IUT, embryos with more than 8 blastomeres are transferred in

Ans. Uterus

12. Full form of GIFT

Ans. Gamete Intra Fallopian Transfer

13. Procedure to form an embryo in the laboratory in which a sperm is directly injected into the cytoplasm of ovum

Ans. ICSI-Intracytoplasmic sperm injection.

(F) SHORT ANSWER QUESTIONS

1. How does 'Saheli' Work like a contraceptive?

Ans. 'Saheli' is a non-steroid oral contraceptive. It contains hormone. It shows following effects -

1. Alter the quality of cervical mucus to prevent or retard entry of sperms into uterus.
2. It prevents implantation.

2. What is copper –T?

Ans. It is an intra uterine device. It is implanted into uterus through vagina by expert doctor or trained nurse. It is T shaped, made of copper. It releases Cu^{++} which decrease the mortality and fertilizing ability of sperms.

3. Name the physical methods of contraceptives.

Ans. They are barriers. They prevent physical association of sperm and ovum. Example are-

1. Condoms

2. Others - Diaphragm, Vaults, Cervical caps.

4. What is infertility? Suggest the methods used for curing the infertility.

Ans. Infertility - When couples are unable to produce children inspite of un protected sexual co-habitation for at least two or more years duration.

- ART = Assisted Reproductive Technologies are used to cure infertility.

- These technologies are-

1. In-vitro fertilisation = IVF

(a) ZIFT (b) IUT

2. In vivo fertilization

3. GIFT

4. ICSI

5. What are the suggested reasons for population explosion?

Ans. The suggested reasons of population explosion are:

(a) Rapid decline in death rate.

Decline in maternal mortality rate (MMR)

Decline in infant mortality rate (IMR) and

(b) Increase in number of people in reproductive age.

6. Our government has intentionally imposed strict conditions for M.T.P. in our country.

Justify giving a reason.

Ans. (i) To prevent female foeticide

(ii) To maintain sex ratio

(iii) To avoid any danger for (young) mother (and foetus)

(G) LONG ANSWER QUESTIONS

1. Reproductive and Child Healthcare (RCH) programmes are currently in operation. One of the major tasks of these programmes is to create awareness amongst people about the wide range of reproduction related aspects. As this is important and essential for building a reproductively healthy society.

(a) "Providing sex education in schools is one of the ways to meet this goal." Give four points in support of your opinion regarding this statement.

(b) List any two 'indicators' that indicate a reproductively healthy society.

Ans. (a) Provide right information to the young so as to discourage children from believing in myths and misconception about sex related aspects. Proper information about reproductive organs- Proper information about adolescence and related changes-Safe hygienic practices STDs/AIDS - Available birth control options – Care of pregnant mothers-Post natal care- Importance of breast feeding - Equal opportunities for male and female child awareness of problems due uncontrolled population growth - Sex abuse - Sex related crimes (Any four)

(b) Better awareness about sex related matters / increase number of assisted deliveries/better post natal care/decrease in IMR (Infant Mortality Rate)/decrease MMR(Maternal Mortality Rate)/increase number of couples with small families/better detection and cure of STDs/ overall increased medical facilities for sex related problems / total well being in all aspects of reproduction/physical - behavioural - social / physically and functionally normal reproductive organs/normal emotional and behavioural interaction among all sex related aspects.

2. (a) Name and explain the mode of action of any two types of IUDs.

(b) List the advantages of using 'Saheli' as a contraceptive.

Ans. (a)

- Non- medicated (e.g. lippes loop), phagocytosis of sperms
- Copper releasing IUDs (CuT, Cu7, Multiload 375), suppress sperm motility/reduces fertilizing capacity of sperm.

Hormone releasing IUDs (Progestasert, LNG – 20), makes uterus unsuitable for implantation/cervix hostile to sperms.

(b) Advantages of Saheli-

(i) Non -steroidal (ii) Once a week (iii) High contraceptive value (iv) Less side effects

3. Name two hormones that are constituents of contraceptive pills. Why do they have high and effective contraceptive value? Name a commonly prescribed non-steroidal oral pill.

Ans. Progesterone-estrogen combination, Progesterone or progesterone are present in contraceptive pills. They inhibit ovulation, implantation and alter quality of cervical mucus to retard entry of sperm. *Saheli* is a commonly prescribed oral pill.

4. (a) Mention the problems that are taken care of by Reproduction and Child Health Care programme.

(b) What is amniocentesis and why there is a statutory ban on it?

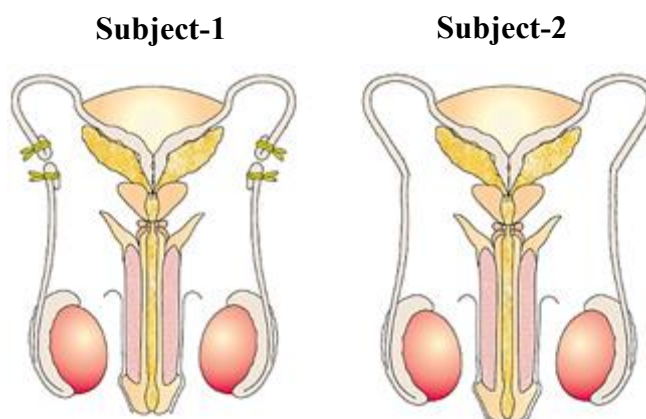
Ans. (a) (i) Uncontrolled population growth (ii) social evil like sex abuse
(iii) sex related crime (iv) STDs.

(b) Foetal sex determination test based on chromosomal pattern in the amniotic fluid/to study chromosomal abnormalities in the foetus, banned to legally check female foeticide.

(H) CASE-STUDY BASED QUESTIONS

1. Study the following and answer the questions given below:

The following is the illustration of male reproductive system. Observe it and give the answer of question that follow:



(i) In subject-1 a small portion of which duct is removed and tied up?

Ans. Vas deferens

(ii) Which subject needs barrier?

Ans. Subject-2

(iii) Subject-1 shows infertility due to?

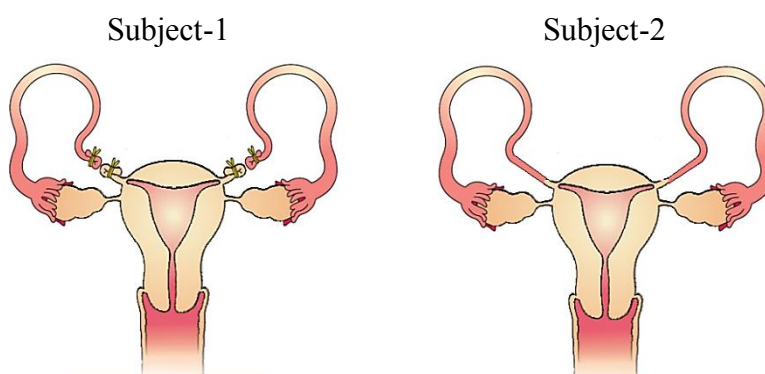
Ans. Vasectomy

(iv) What are the permanent method of family planning?

Ans. Vasectomy, Tubectomy

2. Study the following and answer the questions given below:

The following is the illustration of female reproductive system. Observe it and give the answer of question that follow:



(i) Which part is removed in a subject-1?

Ans. Fallopian tube

(ii) Ovulation occur in which subject?

Ans. Both subject-1 and subject-2

(iii) In which subject does not show menstruation cycle?

Ans. Subject-1

(iv) In which subject fertilization does occurs?

Ans. Subject-2 Only

3. Read the following and answer the questions given below:

Intentional or voluntary termination of pregnancy before full term is called MTP or induced abortion. Nearly 45 to 50 million MTPs are performed in a year all over the world which accounts to 1/5th of the total number of conceived pregnancies in a year. Obviously, MTP has a significant role in decreasing the population though it is not meant for that purpose. Whether to accept /legalise MTP or not is being debated upon in many countries due to emotional, ethical, religious and social issues involved in it. Government of India legalised MTP in 1971 with some strict conditions to avoid its misuse. Such restrictions are all the more important to check indiscriminate and illegal female foeticides which are reported to be high in India.

(i) Expand MTP.

Ans. Medical Termination of Pregnancy

(ii) What is relatively safe duration for MTPs ?

Ans. First trimester, i.e., upto 12 weeks of pregnancy.

(iii) When Government of India legalised MTP with some strict conditions to avoid its misuse?

Ans. 1971

(iv) What is disturbing trend observed related to MTPs?

Ans. The MTPs are performed illegally by unqualified quacks which are not only unsafe but could be fatal too.

(v) Amniocentesis for sex determination is banned in our country. Is this ban necessary? Comment.

Ans. Yes, the ban is necessary because amniocentesis is misused for determining the sex of the foetus and then aborting the child if it is a female.

4. Read the following and answer the questions given below:

India was amongst the first countries in the world to initiate action plans and programmes at a national level to attain total reproductive health as a social goal. These programmes called ‘family planning’ were initiated in 1951 and were periodically assessed over the past decades. Improved programmes covering wider reproduction-related areas are currently in operation under the popular name ‘RCH programmes’. Creating awareness among people about various reproduction related aspects and providing facilities and support for building up a reproductively healthy society are the major tasks under these programmes. With the help of audio-visual and the print-media governmental and non-governmental agencies have taken various steps to create awareness among the people about reproduction-related aspects.

(i) Expand RCH.

Ans. Reproductive and Child Health Care

(ii) Mention the problems that are taken care of by RCH.

Ans. The uncontrolled population growth, social evil like sex abuse, sex related crime and STDs.

**(iii) Prepare a slogan for poster for the school programme depicting the objectives of :
“Reproductive and Child Health Care Programme”.**

Ans. A poster made on RCH - Any relevant slogan or sketch made should be awarded marks e.g. Hum Do Hamare Do, Gender selection and detection is punishable.

(iv) “Providing sex education in schools is one of the ways to meet the goal of RCH”. Give a points in support of your opinion regarding this statement.

Ans. Provide right information to the young so as to discourage children from believing in myths and misconception about sex related aspects.

(v) What do you think is the significance of reproductive health in a society?

Ans. In a society if the people are aware of birth control methods to avoid sexually transmitted diseases and the importance of breast-feeding and post-natal care of the mother and baby, then the society can have healthy children who are the future citizens of a nation.