

# Reproductive Health

## CHAPTER-3

Q. 1. When was the family planning program started in India?

- (a) 1951
- (b) 1952
- (c) 1961
- (d) 1950

Q. 2. What is amniocentesis?

- (a) Compulsion test
- (b) contraceptive test
- (c) Detection of genetic disorders in the fetus
- (d) Abortion test

(c)

Q. 3. Oral contraceptives are made from the combination of which of the following?

- (a) Progesterone-estrogen
- (b) Vasopressin
- (c) Relaxin
- (d) Oxytocin

(a)

Q. 4. Within how many hours after sex should emergency contraception be taken?

- (a) 48 hours
- (b) 72 hours
- (c) 24 hours
- (d) 96 hours

Q. 5. When was the law made in India to prevent misuse of medical termination of pregnancy?

- (a) 1972
- (b) 1971
- (c) 1970
- (d) 1975

(B)

Q. 6. Which of the following is a sexually transmitted disease?

- (a) Hepatitis-A
- (b) Hepatitis-B
- (c) Both A and B
- (d) none of these

(b)

Q. 7. Breastfeeding amenorrhea method is considered effective for how many months after delivery?

- (a) 24 months
- (b) 12 months
- (c) 6 months
- (d) 3 months

(c)

Q. 8. At present, it is the most accepted method of contraception in India.

- (a) Tubectomy
- (b) diaphragm
- (c) Intrauterine devices
- (d) Cervical cap

Q. 9. In which of the following contraceptive methods hormones play a role?

(a) Pills, emergency contraception, contraceptive methods

(b) Breastfeeding, amenorrhea, pills, emergency contraception

(c) Contraceptive methods, breastfeeding, amenorrhea, pills

(d) Copper-T, pill, emergency contraception

(b)

Q. 10. For couples who want to have a child, this is the best way to have a child.

- (a) test tube baby
- (b) by adoption
- (c) pot fertilization
- (d) Artificial insemination

(B)

11. Choose the correct option for sexually transmitted diseases.

- (A) Gonorrhoea, malaria, genital herpes, herpes
- (B) AIDS, Malaria, Filaria
- (c) Cancer, AIDS, Syphilis
- (d) Gonorrhoea, syphilis, genital herpes

(d)

12. Embryos with more than 16 blastomeres formed by in vitro fertilization are transferred.

- (a) in the skirt
- (b) in the cervix
- (c) in the uterus
- (d) fallopian tube

(c)

13. Sister is-

- (a) Oral contraceptive for women
- (b) Surgical method of sterilization for women
- (c) Surgical method of sterilization in males

(d) Intrauterine device for women

(a)

14. Medical termination of pregnancy (MTP) is considered safe up to how many days?

- (a) 8 weeks
- (b) 12 weeks
- (c) 18 weeks
- (d) 6 weeks

(B)

15. What is the function of copper \$-T\$.

- (a) stopping gastrulation
- (b) stopping fertilization
- (c) preventing mutation
- (d) stopping cleavage

(B)

### Short Answer Questions

Q. 1. According to the World Health Organization (WHO), what is reproductive health?

**Answer:** According WHO, reproductive health means complete health including all aspects of reproduction, i.e. physical, emotional, behavioral and social health.

Q. 2. Which institute discovered the contraceptive called Saheli?

Answer Central Drug Research Institute (CDRI) Lucknow

Q. 3. Write two characteristics of an ideal contraceptive-

Answer (i) Should not hinder the user's libido, motivation and sexual intercourse.

(ii) Should be easily available.

Q. 4. Write the names of natural contraceptive methods.

Answer (i) Periodic abstinence (abstaining from sexual intercourse between the 10th and 17th day of menstruation)

(ii) external ejaculation

(iii) Breastfeeding amenorrhea (chances of pregnancy are zero for 6 months after delivery)

Q. 5. Write the names of barrier contraceptive methods.

Answer: In this method the physical meeting of egg and sperm is prevented. These are as follows. (i) Condom (ii) Diaphragm

(iii) Cervical cap (iv) Vault

Q. 6. What is Intrauterine Device (IUD)?

Answer: These contraceptive devices are inserted into the uterus through the vaginal route. These are of the following types.

(i) Drug-free IUD – Lipase loop

(ii) Copper Splice IUD – Copper Tee, Copper-7, Multiload 375 Copper Tee

(iii) Hormone sparing IUD – Progestasert, LNG-20

Q. 7. How does the intrauterine device Copper-T provide contraception?

Answer: Copper-T releases copper ions into the uterus. These ions reduce the mobility and fertilization ability of sperms.

Let's do it.

Q. 8. Which method is the ideal contraceptive for women who want to delay pregnancy or delay the birth of children?

Answer: I.U. D. Tips

Q. 9. What are the surgical methods of contraception?

Post-surgical methods are also called sterilization. These are of two types.

(i) Vasectomy – In men, the vas deferens are cut and tied.

(ii) Tubectomy – In women, the fallopian tube is cut and tied.

Q. 10. Write about the side effects of contraceptives.

Answer: Side effects of contraceptives - nausea, abdominal pain, bleeding, irregular menstrual cycle etc.

Q. 11. What is Medical Termination of Pregnancy (MTP)?

Answer: Intentional or voluntary termination of pregnancy before the pregnancy is complete is called induced abortion or medical pregnancy termination. Termination of pregnancy done up to 12 weeks of pregnancy is considered safe.

Q. 12. What is called sexually transmitted disease?

Answer: Diseases that are transmitted through sex are collectively called sexually transmitted diseases (STDs). These are also called venereal diseases or genital tract infections.

Q. 13. Write examples of sexually transmitted diseases.

Answer: Gonorrhoea, syphilis, herpes, genital herpes, chlamydia, trichomoniasis, genital warts, hepatitis B and AIDS etc. are examples of major sexually transmitted diseases.

Q. 14. Write two measures to prevent sexually transmitted diseases.

Answer (i) Do not have sexual relations with any unknown person.

(ii) Always use condom during sex.

Q. 15. What is called sterility?

Answer: The condition of not being able to conceive despite having free or unprotected sexual intercourse for two years is called infertility. There can be physical, congenital, medicinal, immunological and psychological reasons for infertility.

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Q. 16. What is Assisted Reproductive Technology (ART)?

Answer: Such special technology which helps an infertile couple to have a child is called assisted reproductive technology.

Q. 17. What is invitro fertilization?

Answer: Fertilization outside the body in almost in-body conditions is called in vitro fertilization.

This method is popularly known as test tube baby programme.

Q. 18. What is ZIFT (Zygote Intra Fallopian Transfer)?

Answer: This is the method of zygote transfer in in vitro fertilization. In these, the zygote or early embryo (up to 8 blastomeres) is transferred into the fallopian tube.

Q. 19. What is Intra Uterine Transfer (IUT)?

Answer: In this method, embryos with more than 8 blastomeres are transferred to the uterus.

Q. 20. What is GIFT?

Answer: GIFT technique is adopted for women who do not produce eggs but can provide a suitable environment for fertilization and embryo development. Under this, fertilization is done by transferring the donor's egg into the fallopian tube.

Q. 21. Write the full name of GIFT-

Answer: Gamete Intra Fallopian Transfer

Q. 22. What is artificial insemination?

Answer: In this technique, sperm is taken from the husband or a healthy donor and artificially inserted either into the woman's vagina or into her uterus.

23. What is population explosion? Write the main reasons for this.

Answer: The increase in population is called population explosion.

Main reasons:-

(i) Decline in mortality rate

(ii) Reduction in maternal mortality rate and infant mortality rate

(iii) Increase in the number of people of reproductive age

24. Write the measures to control population growth rate.

Answer (i) To motivate to adopt contraceptive measures.

(ii) To emphasize the slogan of Hum Do Hamare Do.

(iii) To ensure the age of marriage at 18 years for women and 21 years for men.

25. What is diaphragm and vault? How is it used?

Uttaru Diaphragm and Vault are contraceptives made of rubber. It is used in the female genital tract to cover the cervix before intercourse.

26. What are pills? How does it work as a contraceptive? Please explain.

Answer: This oral contraceptive is progesterone or a combination of progesterone and estrogen. It comes in the form of tablets which are also called pills. These pills are taken daily starting from the first day of the menstrual cycle till the 21st day.

It alters the quality of cervical mucus, preventing ovulation and implantation.

27. How is amniocentesis being misused in India? Answer: There is misuse in determining the sex of the baby through amniotic sac and on

detection of female fetus, MPT is done immediately which is completely illegal.

28. Is sex education necessary in schools? If yes, why?

Answer: Yes, sex education is necessary in schools so that students can get rid of the misconceptions and misconceptions about various aspects of sex. Children get information about reproductive organs, adolescence and its related changes, sexually transmitted diseases etc.

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