



NCERT SOLUTIONS

CHAPTER - 4

REPRODUCTIVE HEALTH

BIOLOGY CLASS 12

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Q1. What do you think is the significance of reproductive health in a society?

Answer: Reproductive health in a society is significant because the people are aware of:

- (i) birth control methods and advantages of small family,
- (ii) sexually transmitted diseases and methods to avoid them,
- (iii) importance breastfeeding and postnatal care of the mother and baby and
- (iv) equal opportunities for the male and female children.

Q2. Suggest the aspects of reproductive health which need to be given special attention in the present scenario.

Answer: Reproductive health is the total well being in all aspects of reproduction. The aspects which have to be given special attention in the present scenarios are

- 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, STDs, abortions, contraceptives, infertility, etc. for building a reproductively healthy society

Q3. Is sex education necessary in schools? Why?

Answer: Yes, sex education is necessary in school. Because introduction of sex education in school encourage to provide the right or correct information to the young peoples so as to discourage children from believing in myths & having misconceptions about sex related aspects. Proper information about reproductive organs, safe & hygienic sexual practices, STD's etc. would help people, those in the adolescent age group to lead a healthy reproductive life. In many countries, sexual education raises much contentious debate. Chief among the controversial points is whether covering child sexuality is valuable or detrimental; the use of birth control such as condoms and hormonal contraception, and the impact of such use on pregnancy, outside marriage, teenage pregnancy, and the transmission of STDs. Increasing support for abstinence – only sex education by conservative groups has been one of the primary causes of the controversies.

Q4. Do you think that reproductive health in our country has improved in the past 50 years? If yes, mention some such areas of improvement

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

- Massive child immunization programme, which has led to a decrease in the infant mortality rate.
- Maternal and infant mortality rate, which has decreased drastically due to better postnatal care.
- Family planning, which has motivated people to have smaller families.
- Use of contraceptives, which has resulted in a decrease in the rate of sexually transmitted diseases and unwanted pregnancies.

Q5. What are the suggested reasons for population explosion?

Answer: The human population is increasing day by day, leading to population explosion. It is because of the following reasons:

- Increased health facilities along with better living conditions had an explosive impact on the growth of population.
- Decline in Death rate

- Decline in Maternal Mortality Rate
- Decline in Infant Mortality Rate
- Increase in the number of people in the reproductive age.

Q6. Is the use of contraceptives justified ? Give reasons.

Answer: Yes, the use of contraceptives is absolutely justified. The human population is increasing tremendously. Therefore, to regulate 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.

Q7. Removal of gonads cannot be considered as a contraceptive option. Why?

Answer: Contraceptive devices are used to prevent unwanted pregnancy and to prevent the spreading of STDs. There are many methods, such as natural, barrier, oral, and surgical methods, that prevent unwanted pregnancy. However, the complete removal of gonads cannot be a contraceptive option because it will lead to infertility and unavailability of certain hormones that are required for normal functioning of accessory reproductive parts. Therefore, only those contraceptive methods can be used that prevent the chances of fertilization rather than making the person infertile forever.

Q8. Amniocentesis for sex determination is banned? in our country. Is this ban necessary? Comment.

Answer: Since Amniocentesis is misused to find out the sex of the foetus leading to female foeticides, it is necessary. It is the prenatal diagnostic technique that helps to find out chromosomal (genetic) disorders, metabolic disorders of the foetus; in extreme cases where the foetus is found to be suffering from an incurable disorder Medical Termination of Pregnancy (MTP) is banned. The solution to the problem is not ' passing more laws, such as banning sex determination ultrasounds but raising the social & economic status of women.

Q9. Suggest some methods to assist infertile couples to have children.

Answer: ART (Assisted Reproductive Technologies) is a term that describes several different methods used to help infertile couples. ART involves removing eggs from a woman's body, mixing them with sperm in the laboratory and putting the embryos back into a woman's body.

Success rates vary depending on many factors. Something that affects the success rate of ART includes age of the partners, reason for infertility, type of ART, if the egg is fresh or frozen. Various methods are now available to help such couples are — in vitro fertilization, gamete intra fallopian transfer, intracytoplasmic sperm injection & artificial insemination.

- **In vitro fertilization:** Patient's egg & her partner's sperm are collected & mixed together in a laboratory to achieve fertilization outside the body. The embryo produced may then be transferred into the female patient. It is commonly known as the test tube baby programme.
- **Gamete Intra Fallopian Transfer (GIFT):** A procedure in which eggs are retrieved from a woman, mixed with sperm & immediately replaced in one or other of the women's fallopian tubes so that they fertilize inside the body (in vivo).
- **Intracytoplasmic Sperm Injection (ICSI):** In this method, sperm & eggs are retrieved from both the parents. A single sperm is injected directly into an egg, then the fertilized egg is implanted into the woman's uterus.

- **Artificial insemination:** In this technique, the semen is collected either from husband or a healthy donor & is artificially introduced either into the vagina or into the uterus of the female (IUI-Intrauterine insemination).

10. What are the measures one has to take to prevent contracting STDs?

Answer: The measures one has to take to prevent contracting STDs are:

- Avoiding sex with unknown partner /multiple partners.
- Always use condoms during intercourse.
- In case of doubt, go to a medical professional for early detection and get complete treatment if diagnosed with disease.
- Education & counselling of persons at risk on ways to adopt safer sexual behaviour.

Q11. 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)

Answer:

(a) True. Due to internal factors like incompatibility, abortion could happen spontaneously.

(b) False, It is due to abnormalities/defects in either male or female or both the partners.

(c) True, but it is limited to a period up to six months after 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 rural women.

(d) In E.T. techniques, embryos are always transferred into the uterus.

Answer:

(a) Surgical methods of contraception prevent the flow of gamete during intercourse.

(b) Some of the 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 educated urban women.

(d) In E.T. techniques, embryos with 8 blastomeres are transferred into the fallopian tube and more than 8 blastomeres are transferred into the uterus.

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