



## NCERT Solutions for Class XII Biology

### Chapter 3 – Reproductive Health

#### 1. What Do You Think is the Significance of Reproductive Health in Society?

- **Ans.** Healthy reproductive organs with normal functions are referred to as reproductive health. Physical, emotional, behavioural, and social elements of reproduction are all included.
- It aids in the prevention of sexually transmitted illnesses such as syphilis, AIDS, and others.
- Educating people about birth control options, prenatal care, postnatal care for the mother and child, the importance of breastfeeding, and equal opportunities for male and female children, among other topics, would address the importance of raising socially conscious, healthy families of the desired size.
- It also aids in the reduction of social ills such as sex abuse and sex-related crimes. This will contribute to the development of a socially responsible and healthy society.

#### 2. Suggest the Aspects of Reproductive Health That Need Special Attention in the Present Scenario.

**Ans.** In the current situation, the following components of reproductive health require special attention:

- Raising public awareness about hygienic sexual practices and sexually transmitted diseases (STDs), available contraceptive options, and so on.



- Providing medical aid and care to those who are experiencing reproductive issues such as pregnancy, delivery, STDs, abortions, contraception, menstruation disorders, infertility, and so on.
- Sex education should be implemented in schools and other organisations. This will help in clearing the doubts and misconceptions based on sex-related topics.
- Facilities such as medical assistance for the patients suffering reproductive health issues should be provided.
- Proper education and guidance related to contraceptive measures or birth control, maternity, reproductive health issues, should be given.

### 3. Is Sex Education Necessary in Schools? Why?

- **Ans.** Yes, sex education in schools is vital to deliver accurate knowledge to young persons to prevent children from believing in myths and having misconceptions about sex-related issues.
- Information on reproductive organs, adolescence and related changes, safe and hygienic sexual behaviours, sexually transmitted diseases (STDs), AIDS, and other topics helps to lead a healthy productive life.

### 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, our country's reproductive health has improved in the last 50 years. The following areas should be improved:

- Increased awareness of sex-related issues.
- Lower mother and newborn mortality rates due to an increase in medically assisted deliveries and improved postnatal care.



- A rise in the number of couples with multiple childrens.
- Decreased rates for unwanted pregnancies and sexually transmitted diseases.
- The number of couples with small families has increased.

### 5. What are the Suggested Reasons for Population Explosion?

**Ans:** The following are some of the theories for population explosion:

- Rapid death rate falls.
- A decrease in the rate of maternal mortality.
- Reduction in newborn mortality.
- The number of people of reproducible age has increased.
- The population's birth rate is rising.

### 6. Is the Use of Contraceptives Justified? Give Reasons.

**Ans:** Contraceptive use is justified because:

- It helps to limit the rapid growth of the human population.
- They do not affect sexual desire or sexual acts.
- They also aid in the prevention of undesired pregnancies.
- The majority of contraceptives also aid in the prevention of STDs.



### 7. Removal of Gonads Cannot Be Considered as a Contraceptive Option. Why?

**Ans:** It is not possible to classify gonadectomy as a contraceptive procedure because it renders a person infertile for the rest of their lives. Also, it will halt the release of a number of critical hormones required for healthy body function. Contraceptive measures are used in order to prevent unwanted pregnancies and to prevent unforeseen but complete removal of gonads can lead to infertility and makes hormonal processes difficult which is crucial for proper functioning of the reproductive system.

### 8. Amniocentesis for Sex Determination is Banned in Our Country. Is This Ban Necessary? Comment.

**Ans:** Yes, the restriction is important since it is being utilized in our country to determine the gender of a kid before birth and subsequently abort if it is a female. Amniocentesis is a prenatal diagnostic technique used for the determination of sex and other metabolic conditions of the developing fetus. This technique was getting misused for unnecessary sex determination before the birth of a child leading to female foeticide. Hence, to stop the malpractices using this method, a ban on Amniocentesis is necessary.

### 9. Suggest Some Methods To Assist Infertile Couples To Have Children.

**Ans:** The following are some strategies for assisting infertile couples in having children:

- **Baby-in-a-tube program:** The ova from the wife/donor (female) and the sperms from the husband/donor (male) are collected and induced to form a zygote in the laboratory under simulated conditions. The zygote created is subsequently put into a typical female's fallopian tube.
- **Gamete Intra Fallopian Transfer (GIFT):** The transfer of an ovum from a donor into the fallopian tube of another female who cannot produce eggs but can offer a fertile environment.



- **Zygote IntraFallopian Transfer(ZIFT):** The egg arrives after the blastomere stage and is transferred to the uterus for further stages.
- **Intracytoplasmic sperm injection (ICSI):** A sperm is injected directly into the ovum.
- **Artificial insemination (AI):** Semen is obtained from the husband or a healthy donor and artificially implanted into the female's vaginal or uterine cavity.

### 10. What are the Measures One Has To Take To Prevent Contracting STDs?

**Ans:** To avoid catching STDs, take the following precautions:

- Avoid intercourse with unknown or many partners.
- When coitus occurs, always use condoms.
- If in doubt, seek the advice of a skilled doctor for early detection and thorough treatment of disease is found.

### 11. State True/False With Explanation

- (a) Abortions Could Happen Spontaneously Too. **(True/False)**
- (b) Infertility is defined as the inability to produce 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 the reproductive health of people. **(True/False)**

**Ans:**



- (a) **True**, abortions can occur spontaneously due to a variety of internal reasons.
- (b) **False**. Infertility is described as a couple's inability to have a child following unprotected sexual cohabitation, and it can be caused by abnormalities/defects in either the male or female or both.
- (c) **False**, Breastfeeding is a natural means of contraception, however, it is only effective for the duration of the lactation period, which lasts six months after parturition.
- (d) **True**, Increasing sex-related understanding gives important information regarding reproductive health.

**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.**

**Ans:**

- (a) Surgical contraception prevents the flow of gametes during sexual activity.
- (b) There is no cure for all sexually transmitted diseases.
- (c) Oral contraceptives are particularly common among metropolitan women.
- (d) The E.T. procedure involves transferring 8 celled embryos into the fallopian tube and more than 8 celled embryos into the uterus.