

NCERT Solutions for Class 12 Biology

Chapter 3 – Reproductive Health

3.1

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

Ans. Sound reproductive systems with usual operations are generally called reproductive health. Physical, emotional, behavioral, and social reproduction factors are being added here.

- This can invariably help in the elimination of sexually transmitted diseases like syphilis, AIDS, and deadly illnesses into your body.
- Creating awareness among people regarding birth control choices and prenatal/postnatal wellness for the mother and newborn child. Meanwhile, the necessity of breastfeeding by creating equal chances for male and female infants, among other discussions, can deliberately deal with the need to build socially aware, healthy families of the proper demographic range.
- Additionally, it helps to lessen societal evils like sexual harassment and offenses associated with sexuality. This might encourage the growth of an idealistic and culturally conscious community.

3.2

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

Ans: The various aspects of the reproductive ecosystem need particular consideration in the present context:

- Increasing the general understanding of accessible contraceptive alternatives, healthy reproductive habits, especially sexually transmitted diseases (STDs).
- Offering medical assistance and treatment for individuals dealing with reproductive problems, including being infertile, irregular periods, surgical abortions, birth control, pregnancies, deliveries, and sexually transmitted diseases.
- Schools and other educational institutions ought to introduce sex instruction.
- This will assist in dispelling misunderstandings and uncertainties about sex-related subjects.
- Resources like medical support for people with issues regarding reproduction ought to be offered.

- It's important to provide appropriate information and guidance on pregnancy, sexual wellness, and hormonal contraception or prophylactic techniques.

3.3

Is sex education necessary in schools? Why?

Ans: Absolutely! Sexual literacy in schools is essential for providing young people with proper information and preventing them from developing misunderstandings and indulging in stereotypes regarding issues associated with sex. A happy, satisfying existence is facilitated by knowledge of sexually transmitted infections (STDs), HIV/AIDS, sanitary & secure sexual practices, puberty, and the evolution of reproductive systems, among other subjects.

3.4

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: Indeed, for the past 50 years, there has been progress in our nation's reproductive wellness. Improvements should be made in these specific areas:

- Heightened consciousness of concerns pertaining to sexuality.
- Reduced incidence of maternal and neonatal death as a result of more clinically supported births and better postpartum treatment.
- An increase in the proportion of families with more than one kid.
- Infections transmitted through sexual activity and unplanned pregnancy have dropped.
- Partners bearing tiny families have become more prevalent.

3.5

What are the suggested reasons for population explosion?

Ans: Some ideas on addressing the population surge include the ones that follow:

- The rate of mortality is rapidly declining.
- A reduction in maternal death rates.
- Decrease in the death rate of newborns.
- The population of reproductive maturity has grown.
- The number of babies born in the overall population is increasing.

3.6

Is the use of contraceptives justified? Give reasons.

Ans: The implementation of contraceptives is justifiable,

- Since it slows down the world's population's fast rise.
- Sexual activities and sexual urges are unaffected by them.
- Additionally, they assist with avoiding unplanned pregnancies.
- Most forms of birth control also help avoid sexually transmitted diseases.

3.7

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

Ans: Since gonad removal leaves an individual impotent for the remainder of their existence, it cannot be considered a form of contraception activity. Additionally, it could halt the ejection of several essential hormonal substances needed for normal bodily functions. Although contraceptive methods are meant to avoid unintended and unexpected births, total gonad ablation can result in infertility and complicate hormonal techniques, which are essential for the genital system to operate.

3.8

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

Ans: Indeed, the limitation is significant because it has been employed in our nation to identify a child's gender beforehand to delivery. This is to avoid the pregnancy termination if the child is female. A prenatal screening procedure called amniocentesis is carried out to identify the gender of the growing fetus as well as additional metabolic abnormalities. Female foeticide resulted from the overuse of this technology for needless gender selection before childbirth. Therefore, an exemption on amniocentesis is required to prevent negligence that uses this technique.

3.9

Suggest some methods to assist infertile couples to have children.

Ans: Below are some crucial factors that can help infertile couples during the process of getting pregnant:

- The Baby-in-a-Tube Method involves gathering the sperm that comes from the husband/donor (for males) & the ova coming from the wife/donor (for females) using mimicked lab conditions that encourage the formation of an embryo or zygote. The resulting zygote is then inserted into the fallopian canal of a normal female.

- The process of transferring an ovum regarding a donor inside the fallopian tube (FT) in a female who is unable to generate eggs nevertheless can provide an appropriate setting is known as gamete intrafallopian transfer (GIFT).
- Zygote Intrafallopian Transfer (ZIFT) is a place where the fertilized egg is sent to the uterus for additional phases shortly upon reaching the blastomere phase.
- The direct infusion of a sperm into a female ovum is known as intracytoplasmic sperm injection (ICSI).
- Artificial Insemination (AI) is the female's uterus or the genital area being surgically filled with semen that has been extracted from the partner or donor who is in good health.

3.10

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

Ans: To refrain from contracting STDs, you must need to abide by the mandatory precautions:

- Avoid having sex involving a lot of or unfamiliar companions.
- Use lubricant condoms at all instances where the coitus process happens.
- For earlier illness identification and comprehensive therapy. Whenever in doubt, identify a qualified physician.

3.11

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, abortions can occur spontaneously for a variety of internal factors.

(b) False. Infertility is the incapacity of a couple to conceive a child as a result of unprotected sexual cohabitation. It can be caused by abnormalities or defects in either the male or female, or

both.

(c) False, Breastfeeding is a natural method of contraception; however, it is only effective for the six months following parturition, which is the lactation period.

(d) True, the growing comprehension of sex-related issues provides critical information about reproductive health.

3.12

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 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.