

Chapter 4

RERPRODUCTIVE HEALTH

ONE MARK QUESTIONS:

1. Expand the abbreviation WHO. (K)
2. Define reproductive health according to WHO. (K)
3. In which year was family planning programme initiated in India? (K)
4. What does RCH stand for? (K)
5. Name the current national programme in operation which is related to reproductive health. (K)
6. Define amniocentesis(K)
7. Name the foetal sex determination test. (K)
8. Why statutory ban on amniocentesis is needed? (A)
9. Mention one negative application of amniocentesis. (A)
10. Expand the abbreviation Central Drug Research Institute (CDRI), Lucknow. (K)
11. What is the statutory marriageable age of males in India? (K)
12. What is the statutory marriageable age of females in India? (K)
13. What is family planning? (K)
14. What are contraceptives? (K)
15. The use of contraceptives has become very essential. Give reason. (A)
16. Name a natural method of contraception. (K)
17. Mention the principle involved in natural method of contraception. (U)
18. What is the advantage of natural method of contraception?(K)
19. What is periodic abstinence. (K)
20. Define withdrawal method of contraception. (K)
21. Define coitus interruptus? (K)
22. "Use of condoms not only prevents conception, but also has additional benefits". Justify with one reason. (A)
23. Avoiding coitus from 10th day to 17th day of menstrual cycle prevents conception. Why? (A)
24. What is lactational amenorrhea? (K)
25. How does lactational amenorrhea become a birth control method?(A)
26. During the period of intense lactation following parturition, chances of conception are nil even after sexual intercourse. Why? (A)
27. How contraceptive barriers prevent conception? (A)
28. What are condoms? (K)
29. Name a popular brand of condom for the male. (K)
30. How do condoms act as effective contraceptive devices? (A)
31. What is the additional benefit of condom apart from being a contraceptive device? (U)
32. What are diaphragms? (K)
33. What are vaults? (K)
34. How do diaphragms, cervical caps and vaults act as contraceptive devices? (A)
35. What is the benefit of using spermicidal creams, jellies and foams along with some of the contraceptive barriers? (U)
36. How can the efficiency of contraceptive barriers be increased? (A)
37. What are Intra Uterine Devices? (K)

38. Expand the abbreviation IUDs. (K)
39. Where are IUDs inserted in the body of woman? (K)
40. Give an example for non-medicated IUDs. (K)
41. Give an example for copper releasing IUDs. (K)
42. Give an example for hormone releasing IUDs. (K)
43. How do copper releasing IUDs prevent conception? (A)
44. Identify a contraceptive device that releases ions to suppress sperm motility and the fertilizing capacity of sperms. (A)
45. Name an IUD that would be recommended to promote the cervix hostility to the sperms. (A)
46. How do hormone releasing IUDs prevent conception? (A)
47. How does LNG-20 act as contraceptive? (A)
48. What are oral contraceptives? (K)
49. What is the hormonal composition of oral contraceptive used by females? (K)
50. Name a non-steroidal oral contraceptive pill. (K)
51. Name 'once-a-week' oral contraceptive pill. (K)
52. What is the hormonal composition of an implant which used as a contraceptive? (K)
53. What is sterilization method of contraception? (K)
54. How do surgical methods prevent conception? (A)
55. Define vasectomy? (K)
56. Name the terminal method of contraception in male. (K)
57. How does vasectomy prevent conception? (A)
58. Define tubectomy? (K)
59. Name the terminal method of contraception in female. (K)
60. How does tubectomy prevent conception? (A)
61. What is the disadvantage of surgical method of contraception? (K)
62. Expand the abbreviation MTP. (K)
63. What is medical termination of pregnancy ? (K)
64. What is induced abortion? (K)
65. When did Government of India legalize MTP? (K)
66. Government of India legalized MTP in 1971 with strict conditions for MTP in our country. Justify giving a reason. (A)
67. Which period of pregnancy is considered as relatively safe for MTPs? (K)
68. What are sexually transmitted diseases? (K)
69. What are venereal diseases? (K)
70. Expand the abbreviation STD. (K)
71. Expand the abbreviation VD. (K)
72. Expand the abbreviation PID. (K)
73. What are reproductive tract infections? (K)
74. Sharing of injection needles by two individuals is not recommended. Why? (A)
75. Define is infertility? (K)
76. Expand the abbreviation IVF-ET. (K)
77. Expand the abbreviation ZIFT. (K)
78. Expand the abbreviation GIFT. (K)
79. Expand the abbreviation IUT. (K)
80. Expand the abbreviation ICSI. (K)

81. Expand the abbreviation IUI. (K)
82. What is In-vitro fertilization? (K)
83. Define in-vivo fertilization. (K)
84. What is Gamete Intra Fallopian Transfer? (K)
85. What is Zygote Intra Fallopian Transfer? (K)
86. What is Intra Cytoplasmic Sperm Injection? (K)
87. Define Intra-uterine insemination. (K)
88. What is artificial insemination? (K)
89. Name the method of obtaining an embryo in the laboratory by direct injection of a sperm into ovum. (K)
90. Which is the correct assisted reproductive technique when male partner fails to inseminate or produces semen with low sperm count in the ejaculates? (U)
91. Semen from the husband or a healthy donor is artificially introduced into the uterus of the female. What is this technique called? (U)
92. Suggest an assisted reproductive technique that can help the couple to have a child where the problem is with the male partner. (A)
93. Suggest an assisted reproductive technique that help the couple to have a child where the problem is with the female partner who cannot conceive. (A)
94. Name a contraceptive device that inhibits ovulation and implantation. (K)
95. Mention one Assisted Reproductive Technology. (K)

TWO MARK QUESTIONS:

1. Mention two objectives of action plans and programmes for reproductive health. (K)
2. Mention two means to create awareness among the people about problems regarding reproductive health. (K)
3. Mention two strategies to promote reproductive health. (K)
4. What are the benefits of introducing sex education in schools? (K)
5. List any two indicators that indicate a reproductively healthy society. (K)
6. Mention any two reasons for population explosion in India. (K)
7. What are contraceptives ? Mention two qualities of an ideal contraceptive. (K)
8. Mention any four characteristics of ideal contraceptives. (K)
9. Mention any two natural methods of contraception. (K)
10. A proper understanding of menstrual cycle can help immensely in family planning. If you agree with the statement, give reasons for your answer. (A)
11. Which days of menstrual cycle are identified as "fertile period" and why? (K)
12. Mention any four devices used as barriers by males and females to prevent conception. (K)
13. Mention two benefits of condoms which are used as contraceptive devices. (U)
14. What are IUDs ? Give any two examples. (K)
15. Mention any two types of IUDs with an example for each. (K)
16. IUDs are ideal contraceptives for females who want to delay pregnancy. Justify with two reasons. (A)
17. Briefly describe the principle of working of IUDs. (U)
18. List any two types of IUDs that are available for human females and state their mode of action.(U)
19. CuT can act as an effective contraceptive. Justify. (A)

20. Explain the contraceptive actions of Multiiload 375. (U)
21. Progestasert can act as an effective contraceptive. Justify. (A)
22. Write the mode of action of oral contraceptives. (U)
23. Why do women use 'Saheli', the oral contraceptive pill as a well accepted method? (A)
24. What are emergency contraceptives? Write their hormonal combination. (K)
25. List one contraceptive method each in males and females with poor reversibility. (K)
26. Differentiate vasectomy from tubectomy. (U)
27. List the possible ill-effects of various contraceptive methods. (K)
28. What is Medical Termination of Pregnancy? Mention the safe period for Medical Termination of Pregnancy. (K)
29. When does medical termination of pregnancy become essential? (U)
30. List any four reproductive tract infections. (K)
31. List any four sexually transmitted diseases. (K)
32. Mention four early symptoms of STD that occur in the genital region. (K)
33. List the complications a person suffers from untreated sexually transmitted diseases. (K)
34. List any two preventive measures of STD. (K)
35. List the modes of transmission of HIV. (K)
36. List the modes of transmission of hepatitis-B infection. (K)
37. Mention the reasons for infertility. (U)
38. List the types of assisted reproductive technologies (ARTs). (K)
39. Suggest any two ARTs that can help the couple to have a child where the problem is with the female partner. (A)
40. Explain the procedure involved in conceiving the baby by test tube baby programme. (U)
41. After successful *in-vitro* fertilization, the fertilized egg begins to divide. Where is this egg transferred before it reaches the 8-celled stage and what is this technique called? (U)
42. Differentiate ZIFT from IUT. (U)
43. Differentiate ZIFT from GIFT. (U)
44. Explain the procedures involved in GIFT and Intra Cytoplasmic Sperm Injection. (U)
45. Name the two regions of female's reproductive system into which the zygote or embryos are transferred in Embryo Transfer technique. (K)
46. Explain Artificial Insemination. (U)
47. Explain the technique that can help a healthy married woman who is unable to produce viable ova but can provide a suitable environment for fertilization and further development and wants to bear a child. (U)
48. Differentiate in-vitro fertilization from in-vivo fertilization. (U)
49. How is ICSI different from ZIFT ? (U)
50. How is ICSI different from GIFT? (U)
51. How is IUI different from ICSI ? (U)
52. How is IUI different from GIFT ? (U)
53. How is IUI different from ZIFT? (U)

THREE MARK QUESTIONS:

1. Mention any three objectives of action plans and programmes for reproductive health. (K)
2. Mention three strategies to promote reproductive health. (K)
3. Mention any three reasons for population explosion in India. (K)

4. List the measures to check the population growth rate. (K)
5. Explain natural methods of contraception. (U)
6. Explain barrier methods of contraception. (U)
7. How does barrier method helps in contraception ? Mention any four devices which are used as barriers by males and females to prevent conception.
8. List the types of intra uterine devices with one example for each. (K)
9. Categorise the following into different kinds of IUDs such as non-medicated, copper releasing or hormone releasing ones. (K)
(a) Progestasert (b) Lippes loop (c) CuT (d) LNG-20 (e) Cu7 (f) Multiload 375
10. Intra uterine devices are ideal contraceptives for females who want to delay pregnancy. Justify with three reasons. (A)
11. What is the chemical composition of oral contraceptives? How do they prevent conception? (U)
12. Name a terminal method to prevent pregnancy in humans. Explain the procedure of the terminal method employed in human male and female. (U)
13. What is Medical Termination of Pregnancy? Mention two reasons for a woman to undergo medical termination of pregnancy. (K)
14. List any six reproductive tract infections. (K)
15. List three principles through which one could be free of STDs. (K)
16. Define venereal disease. Mention any two modes of transmission of HIV or Hepatitis B virus. (K)
17. What are sexually transmitted diseases? Mention four early symptoms of STD that occur in the genital region. (K)
18. Suggest any three ARTs that can help the couple to have a child where the problem is with the male partner. (A)
19. Write a note on the steps involved in the creation of "test tube baby". (U)
20. Explain any three methods employed to assist infertile couples to have children. (A)
21. What are Assisted Reproductive technologies (ARTs)? Explain the role of ZIFT and GIFT as two important ARTs. (U)
22. What do you understand by GIFT, ICSI and AI as Assisted Reproductive Technologies. (K)
23. What do you understand by GIFT, ICSI and IUI as Assisted Reproductive Technologies. (K)
24. What do you understand by GIFT, IUI and AI as Assisted Reproductive Technologies. (K)
25. How ZIFT and GIFT are useful as assisted reproductive technologies to overcome infertility? (A)
26. A healthy couple came to know that both of them are unable to produce functional gametes and should look for an ART (Assisted Reproductive Technique). Name the ART that can be suggested to help them bear a child and explain the procedure involved in it. (A)

FIVE MARK QUESTIONS:

1. Explain five measures that can be taken to build up a socially responsible and reproductively healthy society? (U)
2. Explain any five birth control methods.(U)
3. Explain natural method and sterilization method of contraception. (U)
4. What are IUDs? Mention any two types with an example for each. How do IUDs help in preventing conception? (U)
5. List the types of Intra Uterine Devices with one example each. Explain their mode of action. (U)
6. Explain how oral contraceptives and sterilization help in contraception. (U)
7. With the help of labeled diagrams, explain the surgical methods of contraception in human. (S)

8. What are sexually transmitted diseases ? Mention four early symptoms of STD that occur in the genital region. Mention any four complications of STDs if they are not detected early and treated properly. (K)
9. What are assisted reproductive technologies? How infertility is treated by assisted reproductive technologies? (U)
10. What is infertility? How is infertility treated by assisted reproductive technologies like IVF-ET and ZIFT? (U)
11. What is infertility? How is infertility treated by assisted reproductive technologies like GIFT, ZIFT, AI and ICSI? (U)
12. What is infertility? How is infertility treated by GIFT, ICSI, IUI and AI? (U)
13. Explain the steps involved in *In vitro* fertilization popularly known as 'test tube baby' programme and mention the importance of this IVF programme. (U)
14. What are Assisted Reproductive Technologies? How is infertility treated by IVF – ET and ZIFT? (U)
15. What are Assisted Reproductive Technologies (ARTs)? How is infertility treated by ZIFT, GIFT, ICSI and AI? (U)
16. What are Assisted Reproductive Technologies? How is infertility treated by GIFT, ICSI, IUI and AI? (U)
17. Define the following: (a) Amniocentesis (b) Artificial Insemination (c) Infertility (d) Venereal diseases (e) Assisted Reproductive Technologies (K)
