

BIOLOGY • CLASS 12

3

CHAPTER

Reproductive Health

NCERT SOLUTIONS



EXERCISE SOLUTIONS: QUESTIONS 1-2

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

Answer: Reproductive health means physical, emotional, behavioural and social well-being in matters related to reproduction.

- Supports healthy relationships and responsible reproductive decisions.
- Helps prevent sexually transmitted infections and unwanted pregnancies.
- Improves maternal and child health and reduces avoidable deaths.
- Promotes gender equality and the well-being of families and society.

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

Answer:

- Accurate education about puberty, reproductive organs and safe sexual practices.
- Prevention, early diagnosis and treatment of sexually transmitted infections.
- Access to contraception, pregnancy care, safe delivery and post-natal care.
- Infertility services, breastfeeding support and child immunisation.
- Prevention of sexual abuse, sex discrimination and sex-selective practices.

EXERCISE SOLUTIONS: QUESTIONS 3-4

3. Is sex education necessary in schools? Why?

Answer: Yes. Age-appropriate, scientifically accurate sex education is necessary because it:

- Explains puberty, reproductive organs and related changes.
- Replaces myths and misconceptions with correct information.
- Builds awareness of hygiene, sexually transmitted infections and prevention of unwanted pregnancies.
- Helps students recognise abuse, respect personal boundaries and make responsible decisions.

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.

Answer: Yes. The chapter identifies these areas of improvement:

- Greater awareness of reproductive health.
- More medically assisted deliveries and better post-natal care.
- Reduced maternal and infant mortality.
- Greater acceptance of family planning and smaller families.
- Better detection and treatment of infections, infertility care and medical facilities.

EXERCISE SOLUTIONS: QUESTIONS 5-6

5. What are the suggested reasons for population explosion?

Answer:

- Rapid decline in the death rate.
- Reduced maternal mortality rate and infant mortality rate.
- Improved health care and living conditions, increasing survival.
- More people reaching reproductive age, while birth rates remain relatively high.

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

Answer: Yes. Voluntary, informed use of contraceptives is justified because it:

- Prevents unintended pregnancies.
- Allows couples to delay pregnancy and space children.
- Helps families choose their desired family size and reduces rapid population growth.
- Reduces health risks associated with closely spaced pregnancies.
- Condoms also reduce the risk of many sexually transmitted infections.

Choice of a suitable method should be made with qualified medical guidance.

EXERCISE SOLUTIONS: QUESTIONS 7-8

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

Answer: The testes and ovaries produce both gametes and essential sex hormones. Removing them causes permanent infertility and loss of hormone production, affecting normal body functions. It is therefore not an appropriate routine contraceptive method.

Vasectomy and tubectomy block gamete transport; they do not remove the gonads or normally stop sex-hormone secretion.

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

Answer: Yes. The ban is necessary to prevent misuse of prenatal diagnosis for sex selection and sex-selective abortion. It helps protect girls from discrimination and prevents a distorted sex ratio.

Amniocentesis can have legitimate medical uses, such as diagnosing certain genetic or chromosomal disorders. Its use for sex determination is prohibited; medically indicated diagnosis under the law is not the same as sex selection.



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