

Shiksha Classes, Bhandara

Biology

Reproductive Health

- (1.) According to World Health Organisation, a reproductively healthy individual possesses
- (a.) functionally and morphologically normal reproductive organs (b.) normal emotional and behavioural interactions with society
- (c.) total well-being in all aspects of reproductions (d.) all of these
- (2.) Which country commenced the action plans at national level to achieve total reproductive health as a social goal?
- (a.) China (b.) Japan
- (c.) India (d.) Argentina
- (3.) Consider the following statements:
(A) In India, family planning program was initiated in 1982.
(B) Reproductive and Child Health Care (RCH) program is an improved version of family planning programs. Select the correct option.
- (a.) (A) is true, (B) is false (b.) Both (A) and (B) are false
- (c.) (A) is false, (B) is true (d.) Both (A) and (B) are true
- (4.) In what way awareness can be created among people about reproduction related aspects?
(A) Through audio-visual and print media advertisements.
(B) Creating fear among adolescents about sexual practices.
(C) Introduction of sex education at school. Select the most appropriate option.
- (a.) (A), (B) and (C) are correct (b.) (B) and (C) are correct
- (c.) (A) and (B) are correct (d.) (A) and (C) are correct
- (5.) While providing sex education to adolescents at school, which attribute would be least significant?
- (a.) Safe and hygienic sexual practices. (b.) Information about postnatal care of mother and child.
- (c.) Information about STDs and AIDS. (d.) Discouraging children from believing in myths related to sexual practices.
- (6.) RCH programs helps to curb
- (a.) population explosion (b.) female foeticide
- (c.) sex abuse (d.) all of these
- (7.) Statutory ban on amniocentesis helps to check or prevent
- (a.) female foeticides and massive child immunization (b.) sexually transmitted diseases
- (c.) genetic disorders in foetus (d.) all of these

Select the correct option.

- | | A | B | C |
|------|---|---|---|
| (a.) | 3 | 2 | 1 |
| (b.) | 1 | 3 | 2 |
| (c.) | 2 | 1 | 3 |
| (d.) | 3 | 1 | 2 |

(15.) Consider the following statements.

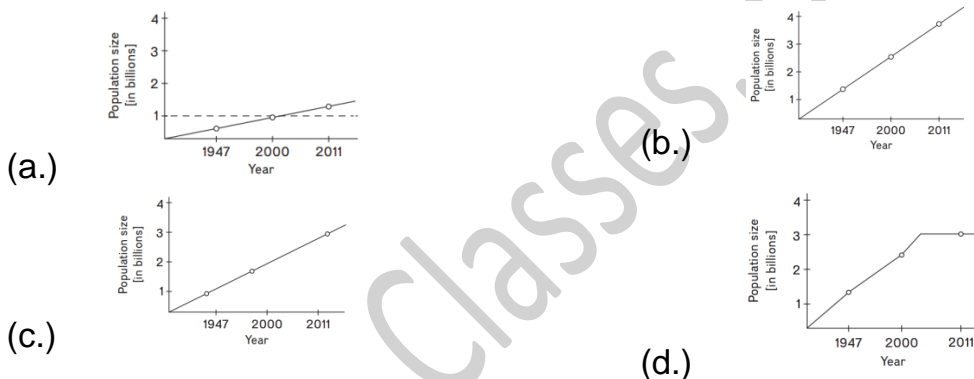
(A) The world population increased significantly in between the years 1900–2000 as compared to the years 2000–2011.

(B) Increased health services had an explosive impact on world's population growth.

Select the correct option.

- | | | | |
|------|-----------------------|------|------------------------|
| (a.) | A is false, B is true | (b.) | Both A and B are true |
| (c.) | A is true, B is false | (d.) | Both A and B are false |

(16.) Which among the following graph represents accurate population growth pattern of India?



(17.) According to the 2011 census report, the population growth rate of India was

- | | | | |
|------|------------------------|------|-----------------------|
| (a.) | more than five percent | (b.) | less than one percent |
| (c.) | less than two percent | (d.) | more than six percent |

(18.) Under what circumstances, the growth of population declines?

(A) Increased number of people in reproductive age.

(B) Decreased infant mortality rate.

(C) Increased maternal mortality rate. Select the most appropriate option.

- | | | | |
|------|---------------------------|------|-------------------------|
| (a.) | (A), (B), (C) are correct | (b.) | (A) and (B) are correct |
| (c.) | Only (C) is correct | (d.) | Only (B) is correct |

(19.) A population with declined infant mortality rate would show

- | | | | |
|------|------------------|------|--------------------|
| (a.) | zero growth | (b.) | increased growth |
| (c.) | decreased growth | (d.) | fluctuating growth |

- (20.)** Which among the following measure can be opted to check the population growth rate?
- (a.) Contraceptives (b.) MTP
(c.) Amniocentesis (d.) ART
- (21.)** Consider the following statements.
(A) 'One child norm' is a threat to population growth rate of India.
(B) Statutory raising of marriageable age of males and females check the population growth rate. Select the correct option.
- (a.) A is true, B is false (b.) Both A and B are true
(c.) A is false, B is true (d.) Both A and B are false
- (22.)** Marriageable age of males and female in India is
- (a.) 18 years (b.) 21 years
(c.) 21 years and 18 years, respectively (d.) 18 years and 21 years, respectively
- (23.)** An ideal contraceptive should have all the listed characteristics, except
- (a.) user friendly (b.) reversible
(c.) easily available (d.) decrease sex drive
- (24.)** Consider the following statements:
(A) Natural method of contraception is a traditional method of prevent pregnancy.
(B) The basic principle of natural method of contraception is to avoid the contact between ovum and sperms. Select the correct option.
- (a.) A is true, B is false (b.) A is false, B is true
(c.) Both A and B are true (d.) Both A and B are false
- (25.)** In periodic abstinence method
- (a.) female has to take contraceptive pills (b.) couple should avoid coitus periodically periodically
(c.) couple should avoid coitus for few (d.) female do not ovulate for few months. months or years
- (26.)** During which period of a typical menstrual cycle of 28 days, coitus should be avoided to prevent conception naturally?
- (a.) 0–5 days, i.e., during menstrual flow (b.) 5–8 days after menstrual flow
(c.) 11–16 days after menstrual flow (d.) 23–26 days after menstrual flow
- (27.)** How does coitus interruptus method is practiced by couples?
- (a.) By avoiding coitus at the time of (b.) By avoiding insemination just before ovulation ejaculation
(c.) By ejaculation semen in the condoms (d.) By avoiding the insertion of penis into the vagina

- (28.)** In lactational amenorrhea, chances of conception are nil during
- (a.) 40 days following parturition (b.) the time till mother breastfeeds her child
- (c.) six months following parturition (d.) the gestational period of female

(29.) Match the following columns.

Column-I (Natural methods of contraception)

Column-II (Characteristics)

(A) Coitus interruptus

(1) Avoid intercourse during ovulation

(B) Lactational amenorrhea

(2) Avoid insemination into vagina

(C) Periodic abstinence

(3) Ovum is not available for fertilisation

Select the correct option.

- | | A | B | C |
|------|---|---|---|
| (a.) | 3 | 1 | 2 |
| (b.) | 1 | 3 | 2 |
| (c.) | 3 | 2 | 1 |
| (d.) | 2 | 3 | 1 |

(30.) Select the incorrect statement.

- (a.) Natural methods of contraception are riskier but reliable. (b.) The act of breastfeeding interrupt ovulation during menstrual cycle.
- (c.) The chances of conception are higher during the ovulation period. (d.) Natural methods of contraception do not interfere with the sexual drive of an individual.

(31.) The barrier method of contraception

(A) can be used by males only

(B) prevents physical meeting of sperm and ovum

(C) are used at the time of coitus Select the most appropriate option.

- (a.) (A) and (C) are correct (b.) (A), (B), (C) are correct
- (c.) (B) and (C) are correct (d.) Only (B) is correct

(32.) Select the incorrect statement regarding condoms.

- (a.) These are made up of thin latex sheath. (b.) These are used to cover penis or cervix.
- (c.) They help the ejaculate to enter uterus but not into fallopian tube. (d.) Nirodh is a popular brand of male condoms.

(33.) Use of condoms can help to prevent

- (a.) AIDS and other STDs (b.) spermatogenesis
- (c.) coitus (d.) all of these

(34.) What is the similarity between vaults and diaphragms?

- (a.) They both prevent ovulation in females. (b.) They are used to cover penis in males.

- (c.) They are used to cover cervix during coitus. (d.) They release copper ions to suppress sperm motility.

(35.) Consider the following statements:

(A) Cervical caps and vaults are not cost effective as they cannot be reused.

(B) Contraceptive efficiency of vaults and cervical caps can be increased by using spermicidal creams along with these barriers. Select the correct option.

- (a.) A is true, B is false (b.) Both A and B are true
(c.) A is false, B is true (d.) Both A and B are false

(36.) Select the correct statement regarding intra uterine devices (IUDs).

- (a.) They are used by females at the time of copulation. (b.) IUDs are inserted in the uterus by doctors.
(c.) IUDs are not reliable contraceptives. (d.) All IUDs release hormones which suppress sperm motility.

(37.) Match the following columns.

Column-I

(A) LNG 20

(B) Lippes loop

(C) Multiload 375

Column-II

(1) Hormone-releasing IUD

(2) Copper releasing IUD

(3) Non medicated IUD

Select the correct option.

- | | A | B | C |
|------|---|---|---|
| (a.) | 2 | 1 | 3 |
| (b.) | 2 | 3 | 1 |
| (c.) | 1 | 2 | 3 |
| (d.) | 1 | 3 | 2 |

(38.) All the listed IUDs release copper ions except

- (a.) LNG 20 (b.) Cu 7
(c.) Cu T (d.) Multiload 375

(39.) What is significance of copper ions in contraception?

- (a.) They delay ovulation in females. (b.) They suppress sperm motility and fertilising capacity of sperms.
(c.) They increase the level of prolactin so as to suppress the activity of LH and FSH. (d.) They decrease the libido and sexual desire of female.

(40.) Select the hormone-releasing Intra-Uterine Devices.

- (a.) Multiload 375, Progestasert (b.) Progestasert, LNG-20
(c.) Lippes Loop, Multiload 375 (d.) Vaults, LNG-20

- (41.)** Which of the following is a correct statement?
- (a.) IUDs suppress gametogenesis (b.) IUDs once inserted need not be replaced
- (c.) IUDs are generally inserted by the user herself (d.) IUDs increase phagocytosis of sperms in the uterus
- (42.)** The hormones used for the purpose of contraception in pills and IUDs are
- (a.) progesterone and estrogen (b.) estrogen and testosterone
- (c.) LH and progesterone (d.) prolactin and testosterone
- (43.)** For the effective results of contraception pills, they should be taken
- (a.) once every month on the day of ovulation (b.) for 21 days daily, followed by a gap of seven days
- (c.) for seven days daily, during the time of ovulation (d.) daily, without any gap
- (44.)** Consider the following statements.
(A) Oral contraceptives inhibit ovulation and implantation to induce contraception.
(B) Menstrual flow does not occur in females after taking oral contraceptives. Select the correct option.
- (a.) A is true, B is false (b.) A is false, B is true
- (c.) Both A and B are false (d.) Both A and B are true
- (45.)** The contraceptive 'saheli'
- (a.) blocks estrogen receptors in the uterus, preventing eggs from getting implanted. (b.) increases the concentration of estrogen and prevents ovulation in females.
- (c.) is an IUD. (d.) is a post-coital contraceptive.
- (46.)** Which of the following statement is incorrect regarding implants?
- (a.) They are used by both males and females. (b.) These are placed under the skin.
- (c.) They contain progestogens or combinations of pills. (d.) They are effective for longer period as compared to pills.
- (47.)** All the listed contraceptives are effective during emergency to avoid pregnancy, except
- (a.) progestasert (b.) progestogen pills
- (c.) vaults (d.) progesterone-estrogen pills
- (48.)** Which of the following contraceptive methods do involve a role of hormone?
- (a.) Barrier method, Lactational amenorrhoea, Pills (b.) CuT, Pills, Emergency contraceptives
- (c.) Pills, Emergency contraceptives, Barrier methods (d.) Lactational amenorrhoea, Pills, Emergency contraceptives

(49.) Consider the following statements.

(A) Emergency contraceptives are taken within 72 hours of coitus to avoid pregnancy.

(B) Sterilisation is the terminal method to prevent any pregnancy as it is irreversible.

Select the correct option.

(a.) A is true, B is false

(b.) Both A and B are true

(c.) A is false, B is true

(d.) Both A and B are false

(50.) Which of the following statement is incorrect?

(a.) Vasectomy is the sterilisation procedure in males.

(b.) Sterilisation method blocks the transport of gametes to prevent conception.

(c.) In tubectomy, fallopian tubes are removed from female body completely.

(d.) After tubectomy, menstrual cycle is not disrupted in females.

Shiksha Classes, Bharidara

ANSWER

(1.)	d	(2.)	c	(3.)	c	(4.)	d	(5.)	b
(6.)	d	(7.)	a	(8.)	c	(9.)	b	(10.)	c
(11.)	d	(12.)	c	(13.)	a	(14.)	c	(15.)	b
(16.)	a	(17.)	c	(18.)	c	(19.)	b	(20.)	a
(21.)	c	(22.)	c	(23.)	d	(24.)	c	(25.)	b
(26.)	c	(27.)	b	(28.)	c	(29.)	d	(30.)	a
(31.)	c	(32.)	c	(33.)	a	(34.)	c	(35.)	c
(36.)	b	(37.)	d	(38.)	a	(39.)	b	(40.)	b
(41.)	d	(42.)	a	(43.)	b	(44.)	a	(45.)	a
(46.)	a	(47.)	c	(48.)	d	(49.)	b	(50.)	c

Shiksha Classes, Bhandara

EXPLANATION

- (1.)** (d) According to WHO, reproductive healthy individuals in a society possess physically and functionally normal reproductive organs alongwith normal emotional and behavioural interactions. Thus, it includes total well-being in all aspects of reproduction, i.e., physical, emotional, behavioural and social.
- (2.)** (c) India was the first country in the world to initiate actions plans and programs at national level so as to achieve reproductive health as a social goal.
- (3.)** (c) In India, family planning programs were imitated in 1951. RCH are improved family planning programs which cover reproduction related aspects and provide facilities and support for the same.
- (4.)** (d) Awareness about sex-related aspects can be created through audio-visual media, introducing sex education at schools, discouraging children to believe in myths and misconceptions related to reproduction and sexual practices, etc.
- (5.)** (b) An adolescent must be taught about various sex related aspects so that they can lead a reproductive healthy life. Information about postnatal care of mother and child is less significant for adolescents while it is of great importance to fertile couple.
- (6.)** (d) RCH programs help to develop socially responsible and healthy society in which individuals are aware of population explosion, sex abuse, sexrelated crime, etc. It enables people to think and take up necessary steps to prevent them.
- (7.)** (a) Statutory ban on amniocentesis helps to prevent female foeticide and massive child immunisation. This technique was initially introduced to determine the genetic or chromosol disorders in foetus.
- (8.)** (c) In amniocentesis, small sample is collected from the amniotic fluid which contains foetal cells and other dissolved substances.
- (9.)** (b) Amniocentesis is used to detect disorders. Malaria is not a genetic disorder.
- (10.)** (c) Amniocentesis is a technique of detecting chromosomal pattern of foetus and it is done during 14–16 weeks of pregnancy. It can be employed to detect the sex and any genetic disorder in developing foetus.
- (11.)** (d) Sex education can be provided to all individuals in different age groups like adolescents, adults, fertile or married couples, etc., at school, college and family planning centers. It covers variety of topics like awareness about safe and hygienic sexual practices, STDs, birth control, care of pregnant women and child, etc.
- (12.)** (c) Amniocentesis was introduced to detect genetic disorders in foetus during early pregnancy so as to determine the survivability of the foetus. Jaundice is not a genetic disorder.
- (13.)** (a) The world population is growing or increasing enormously with each passing year.
- (14.)** (c) A-2, B-1, C-3
- (15.)** (b) Due to better living conditions, increased health services, etc, the mortality rate of population has declined significantly. It has led to increased population growth in between the years 1900– 2000. The population increased from around 2 billion to 6 billion (4 billion increase) in this period. However, between years 2000–2011, population increased from 6 billion to 7.2 billion only (1.2 billion increase).
- (16.)** (a) Graph (a) represents correct population growth pattern of India. In 1947, the population was approximately 350 million which then rose to the billion mark in 2000. In the year 2011, the population of India was 1.2 billion.

- (17.) (c)** The population growth rate of India was less than 2% as per the 2011 census report. At this rate, the population could increase rapidly.
- (18.) (c)** A Population growth rate declines due to increased maternal mortality rate, increased infant mortality rate and decreased number of people in reproductive age. In reverse condition, population growth rate increases.
- (19.) (b)** A population with infant mortality rate would grow enormously.
- (20.) (a)** By using various contraceptive methods, small families can be promoted in society. It can help to check the population growth rate.
- (21.) (c)** 'One Child norm' is nowadays opted by many young, urban and working couples. Such practices are a boon to Indian society as it helps to check population growth rate.
- (22.) (c)** In India, marriageable age of males is 21 years and that of females is 18 years.
- (23.) (d)** An ideal contraceptive should be easily available, user friendly, reversible and should not interfere with the user's sex drive.
- (24.) (c)** Natural method of contraception is the traditional method and it mainly relies on the principle of avoiding any contact between ovum and sperms so as to prevent fertilisation.
- (25.) (b)** In periodic abstinence method, couple avoid coitus or intercourse for a particular period during menstrual cycle, when the chances of conception are highest.
- (26.) (c)** To prevent conception naturally, coitus should be avoided when chances of ovulation are maximum, i.e., on or around day 14 of menstrual cycle. The chances of conception are higher during the period of ovulation, thus this period is called fertile period.
- (27.) (b)** In coitus interrupts method, male withdraws his penis from the vagina just before ejaculation so as to avoid insemination. This method is least reliable to prevent conception as very small amount of sperms are contained in the pre-cum of males.
- (28.) (c)** Lactational amenorrhea is the period of absence of mensuration due to intense lactation following parturition. It lasts for about six months.
- (29.) (d)** A-2, B-3, C-1
- (30.) (a)** Natural methods of contraception are safe as they do not involve any use of medicines, devices, etc., and thus, no side effects are associated with it. However, the chances of failure are high and thus, they are not reliable for contraception.
- (31.) (c)** The barrier method of contraception can be used by both males and females at the time of coitus. These help to prevent the contact of sperms and ovum so as to prevent fertilisation.
- (32.) (c)** Condoms prevent the entry of ejaculate into the vagina/cervix/uterus, i.e., the female reproductive tract during coitus.
- (33.) (a)** Condoms can help to prevent AIDS to some extent as they prevent the direct contact between the semen and vaginal discharge. AIDS is transmitted through the exchange of body fluids like blood, semen, vaginal discharge, etc.
- (34.) (c)** Both vaults and diaphragms are inserted into vagina to cover the cervix in females during coitus. Thus, they prevent the entry of sperm into female reproductive tract.
- (35.) (c)** Vaults, cervical caps and diaphragms are barriers used by females during coitus. These are made up thin rubber and can be reused. Thus, these are cost effective. Their contraceptive efficiency can be increased by using them along with spermicidal creams, jellies, foams, etc.
- (36.) (b)** Intra uterine device (IUDs) are placed in the uterus of females for a particular time, say for months or years. They are effective contraceptive method and are available in varied forms, e.g., hormone-releasing, non-medicated, copper-releasing etc.

(37.) (d) A-1, B-3, C-2

(38.) (a) Cu T, Cu 7 and Multiload 375 are copper releasing IUDs while LNG 20 is hormone releasing IUD.

(39.) (b) Copper ions decreases the motility of sperms and thus, prevent them from fertilising the ovum in females.

(40.) (b) Both progesterate and LNG 20 are hormone releasing IUDs which destroy sperm or prevent implantation.

(41.) (d) IUDs reduce the sperm motility and their fertilising capacity after they enter into the female reproductive tract during coitus. In case fertilisation occurs, IUDs prevent the implantation of zygote in uterus.

(42.) (a) Progesterone alone or the combination of progesterone and estrogen is used in pills and IUDs for the purpose of contraception.

(43.) (b) Pills should be taken daily for 21 days, starting within first five days of menstrual cycle. After a gap of seven days during which menstrual flow occurs, the pattern has to be repeated till the time couple wants to prevent conception.

(44.) (a) Oral contraceptives inhibit ovulation in females but do not interfere with the menstrual flow. Pills are taken for 21 days daily, followed by a gap of seven days. When the intake of pills is stopped on day 21, menstrual flow occur within two to three days. To prevent conception, oral pills also alter the quality of cervical mucus and make it thick so that the motility of sperms decreases within female's reproductive tract and they do not reach the egg. If taken after conception, during the first trimester of pregnancy, oral pills prevent the implantation of zygote in uterus.

(45.) (a) Saheli contains centchroman which is a derivative of estrogen.

(46.) (a) Implants are hormonal preparation of progestogens or combination of progestogens and estrogen. They are placed under the skin of females where they release hormones slowly and thus help to prevent pregnancy.

(47.) (c) Emergency contraceptives contain progestogens or progestogen-estrogen combinations and they can be injected, placed as IUDs or implants.

(48.) (d) Lactational amenorrhea, pills and emergency contraceptive functions are based on the role of hormone. During lactational amenorrhea, prolactin hormone suppresses the secretion of gonadotropins-LH and FSH and thus, menstrual flow do not occur. Pills and emergency contraceptives contain progestogens or combination of progestogens and estrogens. These hormones prevent ovulation, implantation and retard sperm motility.

(49.) (b) Emergency contraceptives, if taken within 72 hours after coitus, unwanted pregnancies can be avoided. Sterilisation or surgical method of contraception is nearly irreversible and thus, it is the terminal method of contraception.

(50.) (c) In tubectomy, a small part of fallopian tube is cut and tied so as to block the passage of ovum from ovary to uterus.

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