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Class 12 Biology CH-3: Reproductive Health

by Brijnandan | neetbiologynotes.in

Topics Covered:

- 📌 Birth Control Methods
- 📌 STDs - Bacterial vs Viral
- 📌 Infertility & Test Tube Baby
- 📌 MTP Act + Population Control

1 Page Revision Chart Included

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1. REPRODUCTIVE HEALTH - MEANING

- *WHO Definition:* Total well-being in all aspects of reproduction - physical, emotional, behavioral and social
- *India 1951:* First country to start "Family Planning" program
- *Revised 1997:* "Reproductive and Child Health Care Programme" RCH
- *Goal:* Healthy mothers, healthy babies, population control

2. MAJOR PROBLEMS & GOVERNMENT STRATEGIES

Problems: Maternal & infant mortality, STDs, Abortion, Population explosion, Teenage pregnancy

Strategies:

1. *Better awareness* - Sex education in schools, Media campaigns
2. *Improved healthcare* - Prenatal, postnatal care, Vaccination
3. *Amniocentesis* - Detect genetic disorders. Banned for sex determination
4. *Medical assistance* - ART, Counseling

3. POPULATION EXPLOSION & BIRTH CONTROL

Reasons: Decline in MMR, IMR + Increase in lifespan + Better healthcare

Slogan: "Hum do hamare do"

CONTRACEPTIVE METHODS:

A. Natural: Periodic abstinence, Coitus interruptus, Lactational amenorrhea - No side effects

B. Barrier: Condoms - Male & Female, Diaphragms, Cervical caps, Spermicides. _Only method for STD protection_

C. IUDs: Copper T, LNG-20, Multiload-375. Released Cu^{2+} ions. Spermicidal

D. Oral Pills: Saheli - Centchroman, Mala-D - Estrogen + Progestogen. Inhibit ovulation

E. Injectables & Implants: Progestogens only. Long term

F. Surgical: Vasectomy - Male. Tubectomy - Female. Permanent & Most effective

4. MEDICAL TERMINATION OF PREGNANCY MTP

- *Legal:* Upto 20 weeks of pregnancy by registered medical practitioner

- *Reasons:* Unwanted pregnancy, Rape, Failure of contraceptive, Health risk

- *Illegal:* Sex determination and female foeticide. PNDT Act

- *Note:* Unsafe MTP can cause complications

5. SEXUALLY TRANSMITTED DISEASES STDs

Also called: VD - Venereal Diseases

Bacterial: Gonorrhea, Syphilis, Chlamydiasis - Can be cured

Viral: HIV-AIDS, Hepatitis-B, Genital herpes, Genital warts - Incurable

Symptoms: Itching, fluid discharge, sores, warts in genital region

Prevention: Avoid sex with unknown partners, Use condoms, Early detection

6. INFERTILITY & ART - ASSISTED REPRODUCTIVE TECHNOLOGIES

Infertility: Couple unable to conceive after 1 year of unprotected sex

Reasons: Physical, congenital, drugs, immunological, psychological

ART Techniques:

1. *IVF-ET:* Test tube baby. Fertilization in lab → Embryo transfer

2. *ZIFT:* Zygote Intrafallopian Transfer

3. *IUT:* Intra Uterine Transfer - Embryo >8 blastomere

4. *GIFT:* Gamete Intrafallopian Transfer

5. *ICSI:* Intra Cytoplasmic Sperm Injection

6. *AI:* Artificial Insemination - AIH, AID

7. *Surrogacy*

7. NEET HIGH YIELD POINTS 100

- *Saheli:* Non-steroidal oral contraceptive. Once a week. CDRI Lucknow

- *Copper T:* Releases Cu^{2+} ions. Phagocytosis of sperm

- *Amniocentesis:* Detect Down syndrome, Hemophilia + Sex
- *MTP:* Legal upto 20 weeks
- *World's first test tube baby:* Louise Brown
- *RCH:* Reproductive and Child Health Care Programme

8. IMPORTANT MCQs FOR PRACTICE

- Q1.** World's first test tube baby? *Ans: Louise Brown*
- Q2.** Most effective contraceptive method? *Ans: Surgical methods*
- Q3.** Saheli was developed by? *Ans: CDRI Lucknow*
- Q4.** Which is not an STD? *Ans: Typhoid*
- Q5.** ZIFT means? *Ans: Zygote Intrafallopian Transfer*
- Q6.** Copper T acts as? *Ans: Spermicidal*

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