

Chapter 4 - Reproductive Health

1. Reproductive health means well-being of physical, emotional, behavioural and social aspects of human reproduction.
2. Reproductive health programmes were first of all introduced in our country eg. family planning, Reproductive & child Health Care (RCHC)
3. It is the need of the day to create awareness among adolescents, people of all ages for safe, hygienic and healthy sexual practice.
4. Indian government have been trying to include sex education at high school level in the curriculum.
5. Information should be given to general masses, about sexually transmitted diseases (STDs) such as AIDS.
6. Family health programmes also include pre-natal and post-natal care of child and mother.
7. Judicious use of amniocentesis should be done but it should not be used to know the sex of the foetus.
8. Government have banned the use of amniocentesis for knowing the sex of foetus, just to prevent female foeticide.

9. In India, Medical Termination of Pregnancy (MTP) is legalised.
10. Sexually Transmitted Diseases (STDs) - infections through intercourse or transfer of disease caused by sexual intercourse.
11. Pelvic inflammatory Diseases (PID) include still birth, infertility etc.
12. Infertility means inability to conceive or produce children even after 2 years of unprotected sexual intercourse.
13. Infertility can be tackled by Assisted Reproductive Technologies (ART).
14. ARTs are in vitro fertilisation (IVF), Embryo transfer (ET), Zygote Intra Fallopian Transfer (ZIFT), Intra Uterine Transfer (IUT), Gamete Intra - Fallopian Transfer (GIFT).
15. Permanent - methods of family planning are Tubectomy - in females
Vasectomy - in males.