

Chapter – 3 | Reproductive Health

QUIZ PART-01

1. According to WHO, reproductive health means:
A. Only physical health related to reproduction
B. Total well-being including physical, emotional, behavioural, and social aspects of reproduction
C. Only prevention of diseases
D. Only fertility improvement (B)

Explanation : According to the World Health Organization (WHO), reproductive health includes all aspects of reproduction such as physical, emotional, behavioural, and social health.

2. The World Health Organization (WHO) was established on:
A. April 7, 1948
B. January 1, 1950
C. May 15, 1945
D. July 7, 1960 (A)

Explanation : WHO was established on April 7, 1948, with its headquarters located in Geneva, Switzerland.

3. India was the first country to launch a national programme for achieving total reproductive health in:
A. 1947
B. 1951
C. 1965
D. 1971 (B)

Explanation : India launched the national programme "Family Planning" (Family Welfare) in 1951 to achieve reproductive health as a social goal.

4. The improved programme covering wider reproductive-related areas is known as:
A. National Health Mission (NHM)
B. Reproductive and Child Health Care Programme (RCH)
C. Universal Immunisation Programme
D. Family Protection Programme (B)

Explanation : The improved reproductive health programme currently operates under the name Reproductive and Child Health Care Programme (RCH).

5. Which of the following plays an important role in spreading reproductive health information among young people?
A. Only doctors
B. Parents, teachers, friends, and relatives
C. Only government officers
D. Only media companies (B)

Explanation : Parents, close relatives, teachers, and friends play a major role in providing correct reproductive health information.

6. Sex education in schools should be encouraged because it helps to:
A. Increase myths about reproduction
B. Provide correct information and remove misconceptions
C. Stop emotional development
D. Avoid communication among students (B)

Explanation : Sex education provides proper information about adolescence, reproductive health, safe practices, and helps students avoid myths and misconceptions.

7. Which of the following is included in reproductive health awareness?
A. Only physical exercise
B. Sexually transmitted diseases and safe hygienic sexual practices
C. Only food habits
D. Only environmental protection (B)

Explanation : Reproductive health awareness includes information about reproductive organs, STDs, AIDS, adolescence changes, and safe hygienic sexual practices.

8. Successful implementation of reproductive health action plans requires:
A. Only financial support
B. Strong infrastructure, material support, and professional expertise
C. Only advertisements
D. Only population control (B)

Explanation : Strong infrastructure, material support, and professional expertise are necessary to provide medical assistance and care related to reproductive problems.

9. Amniocentesis is a technique in which:
A. Blood from mother is tested for hormones
B. Amniotic fluid containing foetal cells is analysed
C. Sperm quality is tested
D. Ovulation is monitored (B)

Explanation : In amniocentesis, some amniotic fluid is collected to analyse foetal cells and dissolved substances for detecting genetic disorders.

10. The contraceptive oral pill 'Saheli' was discovered by:
A. Indian Council of Medical Research (ICMR)
B. Central Drug Research Institute (CDRI), Lucknow
C. World Health Organization (WHO)
D. National Institute of Health (B)

Explanation : The non-steroidal contraceptive oral pill Saheli was discovered by the Central Drug Research Institute (CDRI), Lucknow, India.