

Q1. Which of the following methods of contraception is a natural method?

- A. Condom
- B. Lactational amenorrhea
- C. Copper-T
- D. Oral pills

Answer: B

Explanation: Lactational amenorrhea is a temporary natural method of contraception effective during intense breastfeeding.

Q2. Which contraceptive method prevents entry of sperm into the female reproductive tract?

- A. IUDs
- B. Oral contraceptive pills
- C. Condom
- D. Implants

Answer: C

Explanation: Condoms act as physical barriers and prevent sperm from entering the vagina.

Q3. Which of the following STDs is not caused by a bacterium?

- A. Syphilis
- B. Gonorrhea
- C. Genital herpes
- D. Chlamydia

Answer: C

Explanation: Genital herpes is caused by the Herpes Simplex Virus (HSV), not a bacterium.

Q4. Which of the following is a permanent method of birth control?

- A. IUCD
- B. Condom
- C. Vasectomy
- D. Coitus interruptus

Answer: C

Explanation: Vasectomy is a permanent surgical method in males involving cutting and sealing of the vas deferens.

Q5. Which of the following statements about IUDs is incorrect?

- A. They are inserted in the uterus
- B. They increase phagocytosis of sperm
- C. Copper ions suppress sperm motility
- D. They prevent ovulation

Answer: D

Explanation: IUDs act locally in the uterus; they do not inhibit ovulation.

Q6. Match the following:

Column I

Column II

- | | |
|-------------|-------------------------|
| A. Saheli | i. Copper releasing IUD |
| B. Norplant | ii. Non-steroidal pill |
| C. Copper-T | iii. Hormonal implant |

Options:

- A. A-ii, B-iii, C-i
- B. A-i, B-iii, C-ii
- C. A-iii, B-ii, C-i
- D. A-ii, B-i, C-iii

Answer: A

Explanation:

Saheli: Non-steroidal weekly pill

Norplant: Hormonal implant

Copper-T: Copper-based IUD

Q7. Which of the following is a symptom of syphilis?

- A. Fluid-filled blisters on genitals
- B. Painful urination
- C. Chancre on genitals
- D. Swollen lymph nodes only

Answer: C

Explanation: A hard painless sore (chancre) is the first sign of syphilis.

Q8. Which of these government programs is related to reproductive health?

- A. Ayushman Bharat
- B. RCH
- C. Midday Meal Scheme
- D. PM-KISAN

Answer: B

Explanation: The Reproductive and Child Health (RCH) program focuses on improving reproductive health.

Q9. Which of the following is an advantage of condoms?

- A. They are irreversible
- B. They cause hormonal imbalance
- C. They prevent STDs
- D. They are surgically implanted

Answer: C

Explanation: Condoms provide protection from both pregnancy and sexually transmitted infections.

Q10. Oral contraceptive pills prevent pregnancy mainly by:

- A. Preventing fertilisation
- B. Preventing ovulation
- C. Killing sperm
- D. Disrupting implantation

Answer: B

Explanation: Oral pills primarily inhibit ovulation by altering hormone levels.

Q11. Assertion (A): Cu-T is an effective contraceptive.

Reason (R): It inhibits ovulation and fertilisation.

- A. Both A and R are true and R explains A
- B. Both A and R are true but R does not explain A
- C. A is true, R is false
- D. Both A and R are false

Answer: C

Explanation: Cu-T is effective, but it works by interfering with sperm motility and preventing implantation—not ovulation.

Q12. Which of the following STD-causing organisms is protozoan?

- A. *Treponema pallidum*
- B. *Trichomonas vaginalis*
- C. *Neisseria gonorrhoeae*
- D. Herpes Simplex Virus

Answer: B

Explanation: *Trichomonas vaginalis* is a protozoan parasite that causes trichomoniasis.

Q13. Medical Termination of Pregnancy (MTP) is legal in India under:

- A. Under any condition
- B. Up to 12 weeks only, unconditionally
- C. Specified conditions up to 24 weeks
- D. Only if mother is married

Answer: C

Explanation: MTP is legal in India under specific conditions, extended up to 24 weeks in certain cases.

Q14. In females, tubal ligation involves:

- A. Cutting the fallopian tubes
- B. Cutting the uterus
- C. Removing ovaries
- D. Tying urinary bladder

Answer: A

Explanation: Tubal ligation is a permanent method in females where the fallopian tubes are cut or tied.

Q15. Which of the following is not an objective of reproductive health?

- A. Preventing STDs
- B. Promoting birth control
- C. Improving maternal health
- D. Increasing population growth

Answer: D

Explanation: Reproductive health programs aim to control, not increase population growth.

Q16. Which of the following does not help in reducing population growth?

- A. Sex education
- B. Awareness about contraceptives
- C. Incentives for sterilisation
- D. Early marriage

Answer: D

Explanation: Early marriage leads to early and increased reproduction, contributing to population growth.

Q17. Saheli differs from other contraceptive pills because:

- A. It contains copper ions
- B. It is non-hormonal and once-a-week pill
- C. It increases progesterone levels
- D. It is an implant

Answer: B

Explanation: Saheli is a non-steroidal and weekly oral contraceptive developed by CDRI, Lucknow.

Q18. Which of the following STDs can be cured completely?

- A. Herpes
- B. HIV/AIDS
- C. Syphilis
- D. Genital warts

Answer: C

Explanation: Syphilis is caused by *Treponema pallidum* and can be cured using antibiotics if detected early.

Q19. Match the following:

Column I

Column II

- | | |
|--------------|--------------------------|
| A. Vasectomy | i. Implant under skin |
| B. Norplant | ii. Barrier method |
| C. Condom | iii. Vas deferens cut |
| D. Copper-T | iv. Prevent implantation |

Options:

- A. A-iii, B-i, C-ii, D-iv
- B. A-i, B-ii, C-iii, D-iv
- C. A-ii, B-iii, C-i, D-iv
- D. A-iv, B-i, C-ii, D-iii

Answer: A

Explanation:

Vasectomy: Vas deferens cut

Norplant: Implant under skin

Condom: Barrier method

Copper-T: Prevents implantation

Q20. Statement-I: Condoms are effective in preventing both pregnancy and STDs.

Statement-II: Condoms are made from latex and are used by males only.

- A. Both statements are true
- B. Statement-I is true, Statement-II is false
- C. Both statements are false
- D. Statement-I is false, Statement-II is true

Answer: A

Explanation: Both statements are correct. Male condoms are latex-based and protect from pregnancy & STDs.

Q21. Which of the following diseases is not sexually transmitted?

- A. Gonorrhea
- B. AIDS
- C. Syphilis
- D. Typhoid

Answer: D

Explanation: Typhoid is a waterborne bacterial disease, not an STD.

Q22. Assertion (A): IUDs are effective contraceptive methods.

Reason (R): They act by inhibiting implantation and releasing copper ions that suppress sperm motility.

- A. A and R are true, and R explains A
- B. A and R are true, but R does not explain A
- C. A is true, R is false
- D. Both A and R are false

Answer: A

Explanation: IUDs work by creating an unsuitable uterine environment and releasing copper ions.

Q23. Which of the following is considered a social issue in reproductive health?

- A. Use of contraceptives
- B. Early puberty
- C. Infertility
- D. Female foeticide

Answer: D

Explanation: Female foeticide is an unethical practice and a major social concern.

Q24. Which statement is incorrect about MTP (Medical Termination of Pregnancy)?

- A. It is allowed under certain conditions
- B. It helps in controlling population
- C. It is completely risk-free
- D. It must be done under medical supervision

Answer: C

Explanation: MTP can involve risks like hemorrhage or infection and must be performed safely under supervision.

Q25. A couple is unable to conceive even after 2 years of unprotected intercourse. The condition is known as:

- A. Impotency
- B. Infertility
- C. Sterilisation
- D. Contraception

Answer: B

Explanation: Infertility is the inability to conceive despite regular unprotected sexual activity.

Q26. Which of the following is a non-barrier temporary contraceptive method?

- A. Condom
- B. Copper-T
- C. Oral pills
- D. Diaphragm

Answer: C

Explanation: Oral pills are hormonal methods that prevent ovulation, not physical barriers.

Q27. The major goal of the RCH program is:

- A. Promoting late marriages
- B. Controlling abortions
- C. Improving reproductive and child health
- D. Increasing fertility rate

Answer: C

Explanation: RCH (Reproductive and Child Health) aims to improve maternal and child care and awareness.

Q28. Which of the following is a surgical method of contraception for females?

- A. Vasectomy
- B. Tubectomy
- C. Saheli
- D. Copper-T

Answer: B

Explanation: Tubectomy is a surgical procedure for females where fallopian tubes are blocked.

Q29. Assertion (A): Contraceptive use can reduce the incidence of STDs.

Reason (R): All contraceptive methods kill pathogenic microbes.

- A. A and R are true, and R explains A
- B. A is true, R is false
- C. A is false, R is true
- D. Both A and R are false

Answer: B

Explanation: Only barrier methods like condoms reduce STD risk; most do not kill microbes.

Q30. Which hormone(s) are typically present in combined oral contraceptive pills?

- A. FSH and LH
- B. Estrogen and progesterone
- C. Progesterone only
- D. GnRH and hCG

Answer: B

Explanation: Combined pills contain synthetic estrogen and progesterone to inhibit ovulation.

Q31. Match the contraceptive methods with their characteristics:

Column I

Column II

- | | |
|--------------|------------------------------------|
| A. Saheli | i. Non-steroidal, weekly oral pill |
| B. Diaphragm | ii. Cervical barrier method |
| C. Copper-T | iii. Prevents implantation |
| D. Vasectomy | iv. Male sterilisation |

Options:

- A. A-i, B-ii, C-iii, D-iv
- B. A-ii, B-i, C-iv, D-iii
- C. A-iv, B-iii, C-ii, D-i
- D. A-i, B-iii, C-ii, D-iv

Answer: A

Explanation: Each item is correctly matched with its mechanism and type.

Q32. Which of the following statements is correct about lactational amenorrhea?

- A. It is a permanent method of contraception
- B. It is effective only if menstruation has resumed
- C. It is effective only during intense breastfeeding (up to 6 months)
- D. It involves administration of progesterone

Answer: C

Explanation: Lactational amenorrhea works due to natural inhibition of ovulation during continuous breastfeeding.

Q33. Assertion (A): Use of copper-releasing IUDs increases phagocytosis of sperm.

Reason (R): Copper ions released by IUDs suppress sperm motility and fertilizing capacity.

- A. A and R are true; R explains A
- B. A and R are true; R does not explain A
- C. A is true; R is false

D. Both A and R are false

Answer: A

Explanation: Copper enhances phagocytosis of sperms and inhibits their motility, reducing chances of fertilization.

Q34. Identify the incorrect pair:

- A. Vasectomy – Male sterilisation
- B. Diaphragm – Inserted into uterus
- C. Copper-T – Prevents implantation
- D. Norplant – Hormonal implant

Answer: B

Explanation: Diaphragm is inserted into the vagina, not uterus. It's a cervical barrier method.

Q35. The term “infertility” refers to:

- A. Inability to produce viable gametes
- B. Inability to conceive after 1 year of unprotected sex
- C. Failure to produce enough hormones
- D. Irregular menstrual cycles

Answer: B

Explanation: Infertility is defined as the failure to conceive after 1–2 years of regular, unprotected intercourse.

Q36. Which of the following is not a component of Reproductive and Child Healthcare (RCH) programme?

- A. Contraceptive counseling
- B. Antenatal care
- C. In-vitro fertilisation clinics
- D. Providing iodine supplements

Answer: D

Explanation: Iodine supplementation is part of nutrition programs, not RCH.

Q37. Choose the correct statement:

- A. Condom is an IUD
- B. Copper-T is a barrier contraceptive
- C. Tubectomy is done in males
- D. Saheli is a non-steroidal contraceptive pill

Answer: D

Explanation: Saheli is the only non-steroidal, weekly oral pill developed in India.

Q38. In IVF (In vitro fertilisation):

- A. Zygote is fertilized inside the body
- B. Gametes are directly implanted into uterus
- C. Fusion of gametes occurs outside the body
- D. Zygote is injected into the testis

Answer: C

Explanation: IVF involves fusion of gametes in lab conditions, then the embryo is transferred to the uterus.

Q39. Which of the following helps in preventing both pregnancy and STDs?

- A. Oral pills
- B. Copper-T
- C. Diaphragm
- D. Male condom

Answer: D

Explanation: Condoms act as physical barriers and also prevent transmission of sexually transmitted infections.

Q40. Statement-I: ICSI is used when the male partner produces very few live sperms.

Statement-II: In ICSI, a sperm is directly injected into the cytoplasm of the ovum.

- A. Both statements are true
- B. Only Statement-I is true
- C. Only Statement-II is true
- D. Both statements are false

Answer: A

Explanation: Intra-Cytoplasmic Sperm Injection (ICSI) is an advanced ART for male infertility.

Q41. Which of the following is a hormone-releasing IUD?

- A. Multiload-375
- B. LNG-20
- C. Lippes loop
- D. Copper-T

Answer: B

Explanation: LNG-20 is a hormone-releasing intrauterine device that releases levonorgestrel.

Q42. Which STD may progress to AIDS if left untreated?

- A. Herpes
- B. Gonorrhea
- C. Syphilis
- D. HIV infection

Answer: D

Explanation: HIV is the virus that leads to AIDS. Others are curable and bacterial/viral infections.

Q43. In GIFT (Gamete Intra-Fallopian Transfer), which of the following is transferred into the fallopian tube?

- A. Ovum
- B. Zygote
- C. Both gametes
- D. Embryo

Answer: C

Explanation: In GIFT, both sperm and ovum are transferred directly into the fallopian tube for fertilisation.

Q44. Assertion (A): MTP should be performed under qualified medical supervision.

Reason (R): Unsafe abortions can cause serious health complications and even death.

- A. A and R are true; R explains A
- B. A and R are true; R does not explain A
- C. A is true; R is false
- D. Both A and R are false

Answer: A

Explanation: Unsafe abortion practices can be fatal; hence MTP must be medically regulated.

Q45. Which of the following techniques is best suited for couples where the female partner is unable to produce ovum?

- A. GIFT
- B. ZIFT
- C. Artificial insemination
- D. Oocyte donation with IVF

Answer: D

Explanation: Oocyte (egg) donation followed by IVF is the solution when the female can't produce viable ova.