

BIOLOGY • CLASS 12

3

CHAPTER

Reproductive Health

CHAPTER NOTES



REPRODUCTIVE HEALTH: COMPLETE WELL-BEING

☆ DEFINITION

“Reproductive health means total well-being in all aspects of reproduction – not only healthy organs and normal functions.”



☆ WHY IT MATTERS

- safe adolescence and correct knowledge
- healthy pregnancy, childbirth and postnatal care
- prevention and early care of sexually transmitted infections
- planned pregnancies and healthy families



1. PHYSICAL

healthy reproductive organs and functions



2. EMOTIONAL

a healthy and balanced state of mind



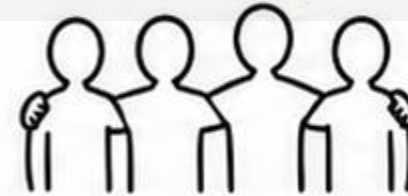
3. BEHAVIOURAL

responsible actions and choices



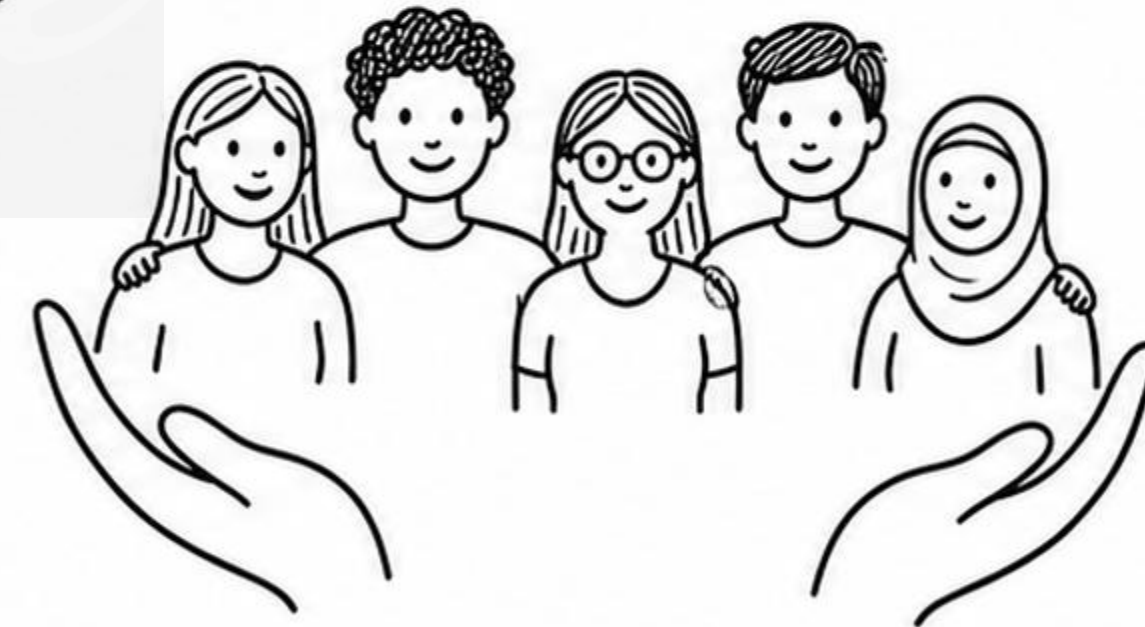
4. SOCIAL

respectful, safe and supportive relationships



☆ REPRODUCTIVELY HEALTHY SOCIETY

“People have normal reproductive functions and informed, responsible and respectful interactions in sex-related matters.”



☆ CENTRAL IDEA



Healthy
body

+



Informed
mind

+



Responsible
behaviour

+



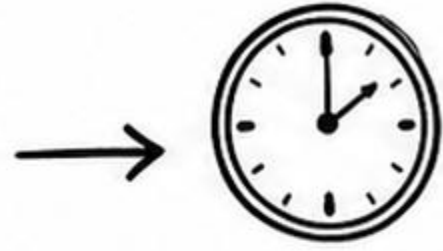
Supportive
society

REPRODUCTIVE & CHILD HEALTH (RCH) PROGRAMMES



BEGINNING

India began national family-planning programmes in 1951.



Over time, the programme widened beyond birth control.

BROADER RCH APPROACH

Reproductive and Child Health Care (RCH) programmes cover many reproduction-related needs.



TWO MAJOR TASKS



1. **AWARENESS** – provide correct, age-appropriate information

2. **SERVICES & SUPPORT** – build facilities for prevention, care and treatment



MAIN GOALS

- a reproductively healthy society
- safe pregnancy, delivery and postnatal care
- healthy mothers, children and families
- informed and responsible reproductive choices

WHO HELPS?



Government agencies



non-governmental organisations



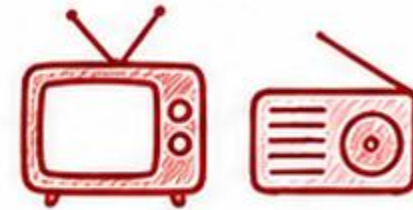
health professionals



parents and relatives



teachers and friends



print and audio-visual media

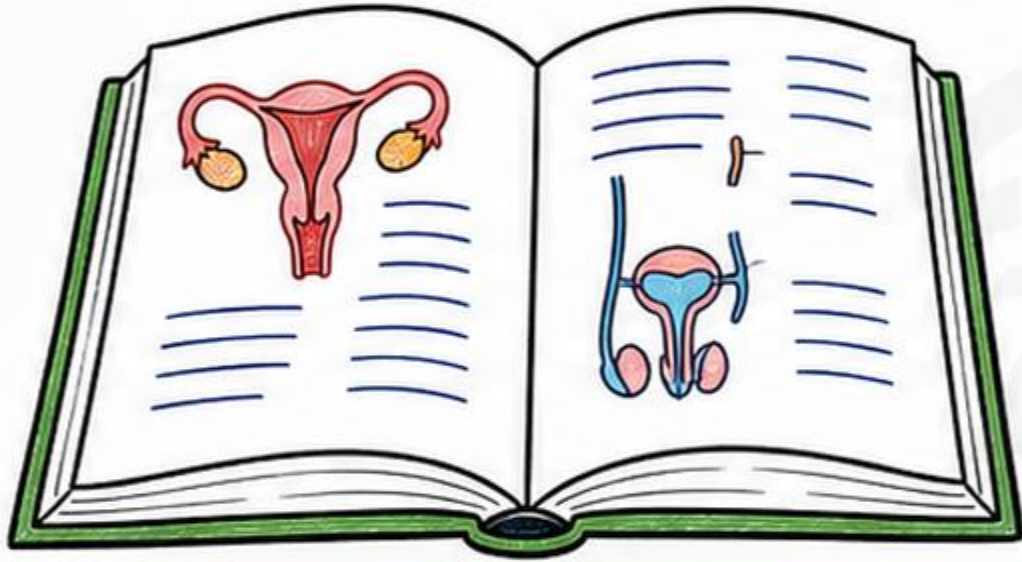


CORRECT INFORMATION + ACCESSIBLE HEALTH CARE → HEALTHIER FAMILIES AND SOCIETY

AWARENESS, SEX EDUCATION & SOCIAL RESPONSIBILITY

WHY SEX EDUCATION?

Correct, age-appropriate information replaces myths and misconceptions with scientific facts.



YOUNG PEOPLE SHOULD LEARN ABOUT

- reproductive organs
- adolescence and related changes
- safe and hygienic sexual practices
- sexually transmitted infections and HIV/AIDS
- available birth-control options



FAMILY AND COMMUNITY AWARENESS

- care of pregnant mothers
- postnatal care of mother and child
- importance of breastfeeding
- equal opportunities for male and female children
- healthy families of desired size



SOCIAL RESPONSIBILITY

Awareness helps people prevent sexual abuse, sex-related crimes and problems linked with uncontrolled population growth.



MYTH



CORRECT INFORMATION



SAFE, RESPONSIBLE CHOICE



WHERE TO SEEK HELP

Parents, trusted relatives, teachers, trained counsellors and qualified health professionals.



RCH SERVICES & SUPPORT

STRONG FOUNDATION

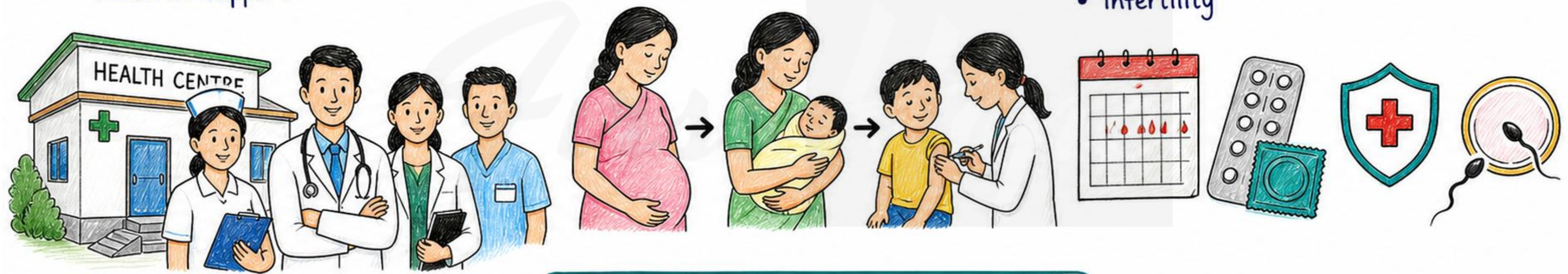
- health infrastructure
- trained professional expertise
- medicines, equipment and material support

CARE THROUGH LIFE

- pregnancy and safe delivery
- postnatal care of mother and child
- child immunisation

PROBLEMS ADDRESSED

- menstrual problems
- contraception and unwanted pregnancy
- sexually transmitted infections
- infertility



CONTINUOUS IMPROVEMENT

Research, better techniques and new strategies make prevention, diagnosis and care more effective.



FACILITIES



+

TRAINED PEOPLE



+

MATERIAL SUPPORT



TIMELY, EFFECTIVE CARE



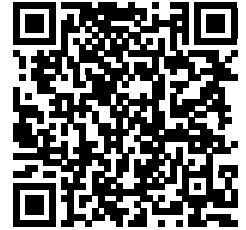


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