

EXAM-DAY · 90-MIN REVISION CARD

Reproductive Health

Print this · Fold it · Carry to the exam-hall gate · Revise once · Then walk in.

FORMULAS & KEY RESULTS

WHO reproductive health = total well-being (physical + emotional + behavioural + social) of reproduction

RCH = Reproductive and Child Health programme (govt of India)

Natural methods = rhythm + coitus interruptus + lactational amenorrhea (no side effects, low reliability)

Barrier = condoms (Nirodh) + diaphragms + cervical caps + vaults

IUDs = Cu-T, Cu-7, Multiload-375 (copper) ; LNG-20, Progestasert (hormonal) ; Lippes loop (non-medicated)

Saheli = non-steroidal, ONCE-a-WEEK oral pill (CDRI Lucknow)

Surgical sterilisation = vasectomy (♂, vas deferens) + tubectomy (♀, fallopian tube) = terminal

MTP Act 1971 (amended 2021): up to 20 wk / 1 RMP ; 20-24 wk special categories / 2 RMPs

STIs = gonorrhoea, syphilis, herpes, chlamydiasis, genital warts, trichomoniasis, hepatitis-B, HIV/AIDS

ART = IVF (test-tube), ZIFT (zygote→fallopian tube), GIFT (ovum→fallopian tube), ICSI (1 sperm→ovum), AI/IUI

Amniocentesis misuse for sex-selection banned by PCPNDT Act

Infertility = no conception after 1 year of unprotected intercourse; cause may be in either partner

TOP 5 PYQ PATTERNS

1 Classify contraception with examples

3 marks · 90% of years
5 groups + 1 named example + mode of action each.

2 MTP Act provisions and time limits

3 marks · 80% of years
20 wk/1 RMP, 20-24 wk special/2 RMPs + purpose (reduce unsafe abortions).

3 Name STIs + preventive measures

3 marks · 75% of years
4 named STIs + 4 NCERT prevention measures + non-sexual routes.

4 ART techniques (IVF/ZIFT/GIFT/ICSI)

3 marks · 70% of years
Expand abbreviation + state WHERE the gamete/embryo is transferred.

5 Amniocentesis misuse + banning Act

2 marks · 65% of years
Legitimate use vs banned sex-selection; name PCPNDT Act.

90-MIN REVISION FLOW

0-15 min

Define reproductive health (WHO) + the RCH programme objectives. Note population-explosion statistics and the slogan 'Hum Do Hamare Do'.

15-40 min

Master the contraception classification tree: natural, barrier, IUD, oral (Saheli), surgical. Memorise one named example + mode of action per group. Drill the 3-mark topper template.

40-55 min

MTP Act 1971 + 2021 amendment time limits and purpose. Link MTP misuse to amniocentesis + PCPNDT Act. Sketch the legislative timeline strip from memory.

55-72 min

List 8 STIs + 4 prevention measures + non-sexual transmission routes (hepatitis-B, HIV). Note PID, infertility and stillbirth as consequences.

72-85 min

Infertility causes (either partner) + ART techniques: IVF, ZIFT, GIFT, ICSI, AI/IUI. Drill the 'where is it transferred' detail for each.

85-90 min

Final scan of misconceptions: contraception vs abortion, Saheli (weekly/non-steroidal), amniocentesis is legal (only misuse banned), infertility not always the woman.

Confidence, not anxiety. You've practised this all year. Trust your steps. Don't change strategy on exam morning.
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