

Reproductive Health: Must-Know Numbers

Class 12 Biology NEET Rapid Recall

Based on NCERT Chapter 3

1951

Family Planning Programme

Note: India was the first country in the world to launch this.

1971

MTP Act Legalised

Note: Intentional/voluntary termination of pregnancy before full term.

1994

PCPNDT Act

Note: The legal teeth against prenatal sex-determination (misuse of amniocentesis).



Quick Tip: Amniocentesis is a legal procedure for detecting genetic disorders. What is banned is its misuse for sex determination.

The Population Trajectory (1900–2011)

World Population

1900: ~2 billion

2000: ~6 billion

2011: 7.2 billion

Indian Population

1947: 350 million

2000: ~1 billion

2011: 1.2 billion

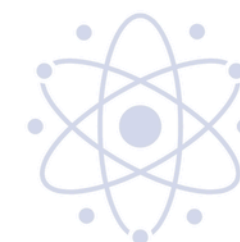


Common Mistake: The 2011 Indian population growth rate was $< 2\%$ per year (i.e., 20/1000/year). Do not confuse percentages with per-thousand rates.



You've Learned the Theory. Let's Test Them Now.

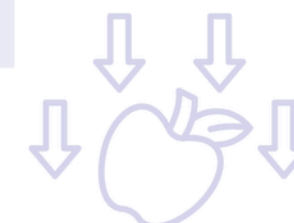
$$E=mc^2$$



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Key Highlights

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- » Get Clear Explanations, Not Just Marks
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Critical Age Brackets

Statutory Marriage Age



Female: 18 Years



Male: 21 Years

STI High-Risk Group

15–24 Years



Note: This is the age group with the highest incidence of Sexually Transmitted Infections (STIs).

The Math of Contraception

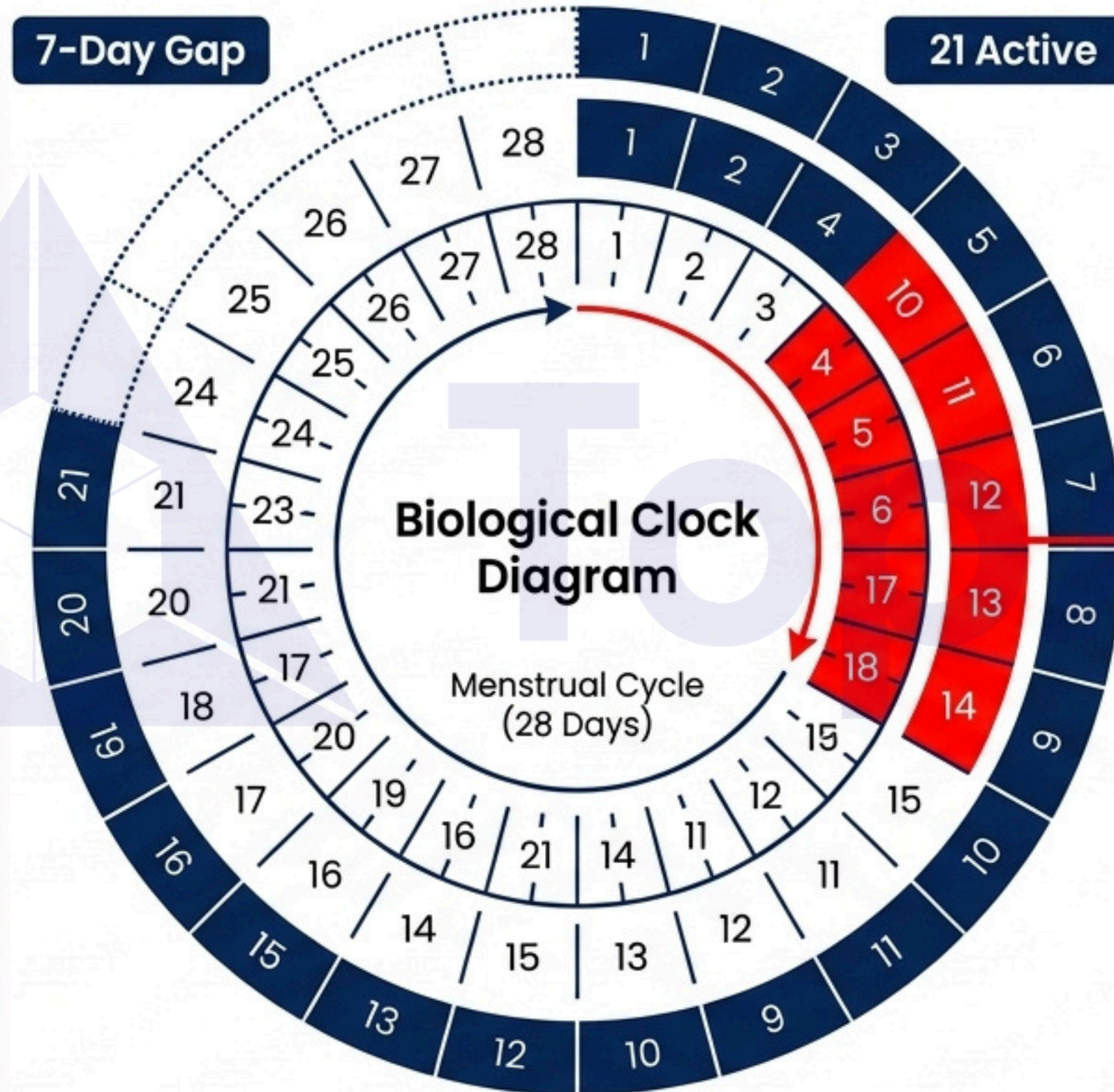
Periodic Abstinence

Days 10–17: The fertile period of the menstrual cycle where fertilisation chances are highest.



Emergency Contraception

72 Hours: Maximum window after coitus to administer progestogens or IUDs.



Oral Pill Regimen

21 Days On, 7 Days Off: Start within first 5 days of cycle, repeat after 7-day gap.

Fertile Window



Lactational Amenorrhea

Max 6 Months: Effective duration of zero ovulation during intense breastfeeding menstrual cycle post-parturition.

Clinical Limits: Time vs. Cells

MTP Limits

≤ 12 Weeks

13–24 Weeks

First trimester
(Relatively safer)

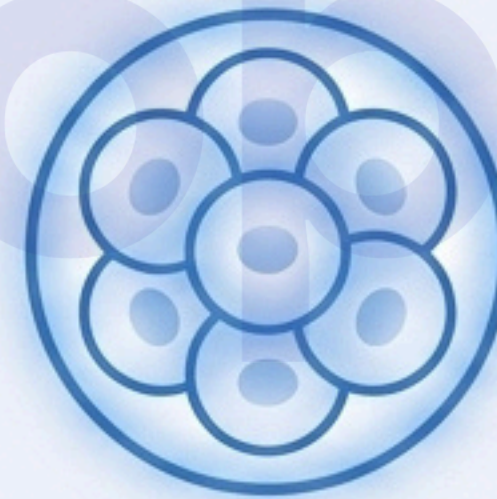
Second trimester
(Much riskier)

**Scale: 45–50 million MTPs
worldwide/year**
(~1/5 of all pregnancies).



ART Limits (In-Vitro)

≤ 8 Blastomeres



ZIFT

(Zygote Intra
Fallopian Transfer)

> 8 Blastomeres



IUT

(Intra Uterine
Transfer)

Direct MCQ Traps



- ✓ **Trap 1:** MTP was legalised in **1971**, but the PCPNDT Act (banning sex-determination) is **1994**. Don't swap them.
- ✓ **Trap 2:** India's 2011 growth rate was **< 2%**, NOT **> 2%**.
- ✓ **Trap 3:** Periodic abstinence relies on avoiding days **10–17**, not the first week of the cycle.
- ✓ **Trap 4:** IUT is strictly for embryos with **> 8 blastomeres**. Anything 8 or below goes to the fallopian tube (ZIFT).
- ✓ **Trap 5:** Lactational amenorrhea is effective for a maximum of **6 months**, not indefinitely.



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