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CNS-AH-001

**CERTIFICATE IN ADOLESCENT
HEALTH AND COUNSELLING
(CAHC)**

Term-End Examination

December, 2023

**CNS-AH-001 : FUNDAMENTALS OF
ADOLESCENCE**

Time : 3 Hours

Maximum Marks : 70

Note : (i) *Attempt all questions.*

(ii) *Attempt all parts of a question in sequence.*

(iii) *Support answer with examples.*

(iv) *Answer to questions as per the following details : question carrying 5 marks, 150-200 words, 10 marks 350-400 words.*

P. T. O.

1. (a) Differentiate between adolescence and puberty. 2+2
- (b) List the physical changes in adolescent boys. 3
- (c) List the physical changes in adolescent girls. 3
2. Explain the psychological needs and concerns during adolescence. 10
3. (a) Describe the characteristics of establishing value system. 5
- (b) Discuss the role of family in establishing values system among adolescents. 5
4. (a) List the signs indicating pregnancy. 2
- (b) Explain the pregnancy test for confirming pregnancy. 3
- (c) Discuss the role of parents in presenting adolescent pregnancy. 5
5. Describe the following :
 - (i) Sexual orientation 5
 - (ii) Sexual Identity 5

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6. Write short notes of any *four* of the following :

4×5=20

- (a) Moral and spiritual challenges of adolescence.
- (b) Role of parents during physical change of adolescent.
- (c) Role of parents and teachers during menarche.
- (d) Care of mother during pregnancy.
- (e) Gender role.
- (f) Myths related to sexuality.