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**Certificate in Adolescent
Health and Counselling**

**Assignments
TMA, CNS AH-001 and
CNS AH-002–
January 2024**

***School of Health Sciences*
Indira Gandhi National Open University
Maidan Garhi, New Delhi - 110068**

Dear Student,

Assignments are compulsory for completing the theory course. Please note that you are required to score 50% marks in the each assignments separately. The assignments carry a weightage of 30% marks towards the final evaluation in theory component and **submission of related assignment is a prerequisite** for appearing in theory term-end examination for respective course. The subject area of assignment and its last date of submission are mentioned below:

Last Date of Submission	Course Code	Blocks Involved	Assignment Code
30 th April, 2024	CNS AH-001	1, 2, 3, 4	CNS AH-001 /TMA-1
30 th April, 2024	CNS AH-002	1, 2, 3, 4	CNS AH-002 /TMA-1

Please take note of the following points before writing your assignment:

- Use only foolscap size paper for writing your responses. **Only hand written assignment** will be accepted. Typed or printed copies of assignment will not be accepted.
- Tie all the pages after numbering them carefully.
- Write the question number with each answer.
- **All the questions are compulsory.**
- Assignment will be evaluated out of 100 marks. Weightage is indicated in against each question.

Suggestions for writing an assignment:

Read the assignment carefully. Scan through the whole material of the course, answers may be linked within the blocks/units and some questions are applied type based on your theory blocks. Draw a rough outline of your answer in your words. Support your answer with examples from your clinical / community experience. Make a logical order. Then write your answer neatly and submit. Give illustrations and tables wherever necessary. **Your may keep a Xerox copy of the answer sheets for future reference.** Do not from print material.

Answer both the assignments in separate sheets. On the first page of the assignment response sheet, write the course code, course title, assignment code, name of your regional centre and date of submission. Your Enrollment no, Name and Full Address should be mentioned in the top right corner of the first page. The first page of your response sheet looks like the format given below:

Please submit the assignment to your Programme In-charge of the Programme Study Centre allotted to you or as per direction of programme Coordinator at headquarter available at cahc@ignou.ac.in or laxmi@ignou.ac.in

FUNDAMENTALS OF ADOLESCENCE
Assignment – CNS AH-001 (Block 1 & 4) (Tutor Marked

Programme Code: CAHC
Course Code: CNS AH-001/TMA
Maximum Marks: 100
Last date of submission: April 30th, 2024

Note: This Assignment has two parts i.e. Part A and B

Part A consists of two long answer questions. Each question carries 15 marks.

Part B consists of seven short answer questions. Each question carries 10 marks.

Part-A

1. a) Discuss the various cognitive changes that occur during adolescence;
b) Explain the various factors that affect establishment of a value system;
c) Describe your role as a teacher and parent in helping the adolescent **(5+5+5=15)**

2. a) explain the needs and concerns of adolescents during adolescence.
b) Describe the role of teacher/Parents in relation to needs and concerns adolescents during adolescence. **(8+7=15)**

Part –B

3. a) Discuss the characteristics of adolescence with examples.
b) Describe the developmental stages of adolescence. **(3+7=10)**

4. a) Define the terms sexuality
b) Explain the components of sexuality and factors that shape our sexuality.
c) Discuss your role in inculcating healthy sexual attitudes among adolescents. **(2+3+5=10)**

5. a) Describe the programmes developed by the Govt. of India for the Youth and adolescents.
b) Describing the PNDT Act and its features.
c) Explain role of teachers / parents in prevention of teen pregnancy. **(3+3+4=10)**

6. a) Describe the physical changes occurring in boys and girls.
b) Explain the factors responsible for these changes. **(5+5=10)**

7. a) Explain the maturation of male and female sex changes.
b) List secondary sexual characteristics in boys and girls at puberty and discuss how as a parent/teacher you will help the adolescent to feel comfortable and healthy. **(3+7=10)**

8. a) Differentiate between Masculinity and feminity
b) List various gender based violence and explain your role as parent/ teacher to prevent these violence among adolescence. **(3+2+5=10)**

9. Describe the various aspects of identity formation, hero worship and peer pressure. **(10)**

ISSUES AND CHALLENGES DURING ADOLESCENCE

Assignment – CNS AH-002 (Block 1& 4) Tutor Marked

Programme Code: CAHC

Course Code: CNS AH-002 / TMA

Maximum Marks: 100

Last date of submission: April 30th, 2024

Note: This Assignment has two parts i.e. Part A and B

Part A consists of two long answer questions. Each question carries 15 marks.

Part B consists of seven short answer questions. Each question carries 10 marks.

Part A

1. a) Enumerate commonly abused drugs, their routes of administration and harmful effects
b) Identify myths and facts about substance abuse among adolescents.
c) Describe the prevention and management of substance abuse for adolescents and explain the role of teachers/parents in prevention of substance abuse. **(2+3+5+5=15)**

2. a) Explain how maladjustment leading to aggression, indiscipline and bullying;
b) Describe the role of teachers and Family in Management of adjustment and conduct disorders. **(6+9=15)**

Part –B

3. a) Discuss the alarm signs of sexual harassment
b) Explain the consequence of sexual harassment.
c) Describe role of teachers and parents in preventing sexual harassment. **(3+3+4=10)**
4. Describe various habits, behaviors and practices which need to be followed by adolescents to keep them healthy. **(10)**
5. Describe various nutritional disorders prevalent in the adolescents **(10)**
6. a) Explain the positive and negative impact of peer influence
b) Discuss peer pressure and its management **(4+3+3=10)**
7. a) Discuss various stressors and their effects on the adolescents
b) Describe various ways to manage stress. **(5+5=10)**
8. Explain the use of life skills in everyday life of adolescents. **(10)**
9. a) Describe various counselling skills.
b) Discuss various issues related to adolescent counseling. **(5+5=10)**