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**Certificate in Adolescent  
Health and Counselling**

**Assignments  
TMA, CNS AH-001 and  
CNS AH-002 –  
July 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 <sup>th</sup> October, 2024	CNS AH-001	1, 2, 3, 4	CNS AH-001 /TMA-1
30 <sup>th</sup> October, 2024	CNS AH-002	1, 2, 3, 4	CNS AH-002 /TMA-1

Please take not 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**

# FUNDAMENTALS OF ADOLESCENCE

## Assignment – 1 (Block 1 & 4) (Tutor Marked)

Programme Code : CAHC

Course Code : CNS AH-001

Maximum Marks – 100

Last date of submission: 30<sup>th</sup> October, 2024

### Note:

This Assignment has three parts i.e. Part A, B and C

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

- Q1 a. Explain the concept of Physical Changes. Describe the physical changes in boys and girls during adolescence.
- b. List the factors influencing physical changes in puberty.
- c. Explain issues and concerns related to physical changes in adolescents and role of teacher/parents to help them. **(4+4+2+2+3=15)**
- Q2 a. Define sexuality and discuss various sexual behaviors indulges by adolescents.
- b. Differentiate sexual orientation with sexual identity.
- c. Explain role of teachers and parents to help adolescents for developing healthy sexual attitude. **(5+5+5=15)**

### PART – B

- Q3 a. Describe the statements: Adolescents: A period of changes  
Adolescents: A special group.
- b. Explain the development stages in adolescents
- c. Discuss why it is needed to invest in the health and well being of adolescents. **(2+2+3+3=10)**
- Q4 a. Explain the maturation process of male reproductive system.  
and female reproductive system.
- b. Discuss the role of parents for making adolescents to feel comfortable with physical changes happening due to maturation of reproductive organ. **(4+4+2=10)**

- Q5 a. Discuss why it is significance to study about organ of male and female reproductive system for teachers and parents.  
b. Draw a picture of male and female reproductive organs with labeling of all organ.  
**(3+3+4=10)**
- Q6 a. Discuss in concept of establishing value system and its characteristics.  
b. List the issues of cognitive developments.  
c. Explain the role of family and school for establishing value system.  
**(4+2+4=10)**
- Q7 Discuss the any five myths and misconception related to adolescent grown and sexuality separately and explain how as a teacher or parents you will help adolescents to know the facts for each myths and misconception.  
**(5+5=10)**
- Q8 a. Explain the needs and concerns of adolescence.  
b. Describe the role of teacher for needs and concern of adolescence.  
**(5+5=10)**
- Q9. Write short note on the followings:
- i. Adolescents development initiatives in India.
  - ii. Discuss the role of school in establishing value system in adolescent.
  - iii. Discuss PND ACT
  - iv. Discuss type of Gender role.
  - v. Discuss gender sensitization.  
**(2X5=10)**

# ISSUES AND CHALLENGES DURING ADOLESCENCE

## Assignment – 2 (Block 1& 4) Tutor Marked

Programme Code : CAHC

Course Code : CNS AH-002

Maximum Marks – 100

Last date of submission: 30<sup>th</sup> October, 2024

### Note:

This Assignment has three parts i.e. Part A, B and C.

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

- Q1 a. Define Hygiene  
b. List physical and mental dimensions of health  
c. Discuss the factors influencing health of adolescents  
d. Explain the role of teachers & parents in helping adolescents to develop healthy habits.  
(2+5+3+5=15)
- Q2 a. Define Violence and discuss its types.  
b. Describe the indicators of violence and enumerate its consequences.  
c. Explain role of teacher/parents and society in preventing, controlling and dealing with adolescent violence.  
(3+3+2+7=15)

### PART – B

- Q3 a. Discuss the process of Communication and its barriers.  
b. Describe the listening skills and constructive feedback which you would use for an adolescent.  
(4+3+3=10)
- Q4 a. Discuss various scholastic issues of adolescent  
b. Describe the techniques used for enhancing memory and study skills.  
c. Explain the role of teachers/parents for landing scholastic issues and for helping adolescents to perform well in exams and follow time management.  
(2+3+5=10)
- Q5 a. Differentiate between food & nutrition  
b. Discuss the importance of nutrition in adolescent boys/girls and various problems related to food habits.

c. Explain the role of teacher/parents for helping adolescents to develop healthy food habits. **(2+3+3+2=10)**

Q6 a. State the causes and consequence of an unsafe abortion.

b. Explain as teacher/parents, the prevention strategies for avoiding an unsafe abortion **(5+5=10)**

Q7 a. Explain various strategies for counseling adolescent.

b. Discuss various issues in adolescent counseling and how as a teacher/parents you will handle them. **(5+5=10)**

Q8 a. Discuss various stressors in adolescents and its consequences.

b. How you will help adolescents to manage them. **(3+3+4=10)**

Q9. Write short note on the followings:

i. Discuss food habits & food fads

ii. Differentiate between grief & depression

iii. Enumerate the risks associated with an adolescent pregnancy.

iv. List alarming signs of sexual harassment

v. Discuss emergency contraceptive. **(2X5=10)**