

00781

**CERTIFICATE IN ADOLESCENT  
HEALTH AND COUNSELLING**

**Term-End Examination**

**December, 2012**

**CNS-AH-001/002 : FUNDAMENTAL OF  
ADOLESCENCE AND ISSUES AND CHALLENGES  
DURING ADOLESCENCE**

*Time : 3 hours*

*Maximum Marks : 70*

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*Note : Attempt **all** questions. Support your answer with examples.*

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1. (a) Define and explain the meaning of adolescence as given by WHO.  $2+2+2+2+2=10$   
(b) Discuss the physical and sexual changes in boys and girls.
  
2. Define the terms masculinity and femininity. Explain the myths and misconception related to adolescent growth in reference to body changes.  $1+1+8=10$
  
3. Explain the meaning of Life Skills. List the life skills. Discuss about any two of life skills in detail. Support your answer with examples.  $1\frac{1}{2}+2\frac{1}{2}+3+3=10$

4. Discuss on *any two* of the following : **2x5=10**
- (a) Role of a teacher on needs and concerns of adolescents.
  - (b) Role of a teacher in identification and management of signs of depression and suicide in adolescent.
  - (c) Importance of peer education for adolescent empowerment.
5. Write short notes on *any six* of the following : **6x5=30**
- (a) Explain substance abuse and risk factors associated with substance abuse.
  - (b) Issues which trouble the boys related to physical growth.
  - (c) Bulimia Nervosa and Anorexia nervosa
  - (d) Causes of sexual harassment amongst adolescent.
  - (e) Do's and Dont's in communicating with adolescence.
  - (f) Role and responsibilities of parent in preventing adolescent pregnancy.
  - (g) Psychosocial changes in adolescent and related issues.
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