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CNS-AH-001

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

Term-End Examination

December, 2022

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

Time : 3 Hours

Maximum Marks : 70

Note : Attempt *all* questions. Attempt all parts of a question at one place.

1. (a) Discuss the meaning of puberty. 2
- (b) Describe the characteristics of adolescence for the following parameters : 2 each
 - (i) Growth spurt
 - (ii) Self discovery
 - (iii) Curiosity and experimentation
 - (iv) Peer influences
- (c) Explain the need to invest in adolescents. 5
2. (a) Discuss primary changes in boys and girls during adolescence. 5

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- (b) Explain secondary sexual characteristics in girls. 5
3. (a) Define reproduction. 2
- (b) Explain external and internal reproductive organs. 4+4
4. (a) Explain the meaning of sexuality. 2
- (b) Discuss the stages of development of sexuality. 4
- (c) Explain the role of teachers in developing healthy sexual attitude. 9
5. Write short notes on any *four* of the following :
- 5×4=20
- (a) Role of teachers in handling poor body image problem among adolescents
- (b) Process of pregnancy
- (c) Menstrual cycle
- (d) Emotional violence/Abuse
- (e) Cognitive changes during early adolescence