

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

**Term-End Examination
June, 2022**

CNS-AH-001 : FUNDAMENTALS OF ADOLESCENCE

Time : 3 hours

Maximum Marks : 70

Note : (i) Attempt **all** questions.

(ii) Attempt all parts of a question at one place.

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1. Explain the following in relation to adolescents : *5+5=10*
 - (a) Psychological needs and concerns
 - (b) Social needs and concerns

 2. (a) Describe the characteristics of establishing a value system.
(b) Explain the role of family in establishing a value system. *5+10=15*

 3. (a) Explain the menstrual cycle.
(b) Discuss personal care during menstruation. *5+5=10*

4. (a) Explain the meaning of the following terms :
- (i) Gender role
 - (ii) Sexual orientation
- (b) Discuss the role of teachers and parents in developing healthy sexual attitude. $2+2+6=10$
5. Write short notes on any *five* of the following : $5 \times 5 = 25$
- (a) National Programme for Youth Adolescent Development (NPYAD)
 - (b) Role of School in establishing the Value System
 - (c) Experimentation : Curiosity and Exploration
 - (d) Role and Responsibilities of Teachers in Adolescent Pregnancy
 - (e) Violence and Gender
 - (f) Myths and Misconceptions regarding Body Image in Adolescents
 - (g) Identity Formation
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