

**CERTIFICATE IN ADOLESCENT  
HEALTH AND  
COUNSELLING (CAHC)  
Term-End Examination  
June, 2023**

**CNS-AH-002 : ISSUES AND CHALLENGES  
DURING ADOLESCENCE**

*Time : 3 Hours*

*Maximum Marks : 70*

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

(ii) *Support your answer with example.*

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1. (a) Define health and hygiene.
- (b) Discuss the dimensions of health.
- (c) Describe various ways to keep environment healthy. 2+5+8=15
2. (a) Explain the impact of media on adolescents.
- (b) Describe the ways of handling negative media influence by adolescents.
- (c) Discuss the role of parents and teacher in handling impact of media on adolescents.

5+6+4=15

**P. T. O.**

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3. (a) Define AIDS and explain its modes of transmission.
- (b) Describe the preventive strategies for HIV/AIDS.
- (c) Discuss the role of a teacher in creating awareness about AIDS among adolescents.

$2+2+8+3=15$

4. (a) Explain do's and don'ts in communication with adolescents.
- (b) Discuss the skills required by teachers to be an effective communicator.
- (c) Enlist the tips that you would follow for effective listening.

$4+6+5=15$

5. Write short notes on any *two* of the following :
- (a) Risk factors associated with substance abuse
- (b) Stressors in adolescents
- (c) Risks associated with teenage pregnancy
- (d) Importance of career planning

$2 \times 5 = 10$