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CNSAH-001

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

Term-End Examination

June, 2023

**CNSAH-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.*

1. (a) Define Youth.
- (b) Discuss the following characteristics of adolescence :
 - (i) Physical appearance decides self-image.
 - (ii) Desire for independence and prove their identity.
 - (iii) Egocentrism.
 - (iv) Desire to be considered as an asset.
- (c) Explain the challenges related to psycho-sexual development. 1+2+2+2+2+6=15

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2. Describe issues and concerns related to physical changes among adolescents. 10

3. (a) Discuss the meaning of menarche.
(b) Explain personal care to be followed during menstruation.
(c) Describe myths and facts related to menstruation. 2+5+3=10

4. (a) Explain sexual orientation and sexual identity.
(b) Discuss the difference between sex and gender. 4+4+7=15

5. Write short notes on any *four* of the following :
 - (a) Challenges related to physical development.
 - (b) Role of family in establishing value system
 - (c) Secondary sexual characteristics
 - (d) Masculinity and Feminity
 - (e) Tips to deal with mood swings 5×4=20

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