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CNS-AH-001

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

Term-End Examination

June, 2024

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

Time : 3 Hours

Maximum Marks : 70

Note : (i) *Attempt all questions.*

(ii) *Attempt all parts of a question in sequence.*

(iii) *Support your answer with examples.*

(iv) *Answer the questions as per the following details : Question carrying 5 marks 150-200 words, 10 marks 350-400 words.*

1. (a) Describe the needs and concerns of adolescents in relation to growth and development. 5+5=10
- (b) Discuss the role of teachers/parents related to needs and concerns of adolescence.

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2. Describe the factors influencing physical changes during puberty in the following :

5+5=10

(a) Boys

(b) Girls

3. (a) Explain the meaning of the following :

(i) Menstruation

(ii) Menarche

(b) Describe the menstrual cycle and draw diagram.

2+2+4+2=10

4. Describe the various sexual behaviours indulged in by adolescent girls and boys. 10

5. Explain the following aspects of emotional change among adolescents : 5+5=10

(a) Identity formation

(b) Experimentation

6. Write short notes on any *four* of the following :

4×5=20

(a) National programme for youth adolescent development.

(b) Need to invest in adolescents.

(c) Role of parents during emotional and psychosocial changes in adolescents.

(d) Care of newborn.

(e) Gender based violence

(f) Myths related to masturbation

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