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**Certificate in Adolescent
Health and Counselling**

**Assignments
TMA, CNS AH-001 and
CNS AH-002–
July 2022**

***School of Health Sciences*
Indira Gandhi National Open University
Maidan Garhi, New Delhi - 110068**

Dear Student,

Assignments are compulsory for completing the theory course. Please note that you are required to score 50% marks in the each assignments separately. The assignments carry a weightage of 30% marks towards the final evaluation in theory component and **submission of related assignment is a prerequisite** for appearing in theory term-end examination for respective course. The subject area of assignment and its last date of submission are mentioned below:

Last Date of Submission	Course Code	Blocks Involved	Assignment Code
30 th September, 2022	CNS AH-001	1, 2, 3, 4	CNS AH-001 /TMA-1
30 th October, 2022	CNS AH-002	1, 2, 3, 4	CNS AH-002 /TMA-1

Please take note of the following points before writing your assignment:

- Use only foolscap size paper for writing your responses. **Only hand written assignment** will be accepted. Typed or printed copies of assignment will not be accepted.
- Tie all the pages after numbering them carefully.
- Write the question number with each answer.
- **All the questions are compulsory.**
- Assignment will be evaluated out of 100 marks. Weightage is indicated in against each question.

Suggestions for writing an assignment:

Read the assignment carefully. Scan through the whole material of the course, answers may be linked within the blocks/units and some questions are applied type based on your theory blocks. Draw a rough outline of your answer in your words. Support your answer with examples from your clinical / community experience. Make a logical order. Then write your answer neatly and submit. Give illustrations and tables wherever necessary. **Your may keep a Xerox copy of the answer sheets for future reference.** Do not from print material.

Answer both the assignments in separate sheets. On the first page of the assignment response sheet, write the course code, course title, assignment code, name of your regional centre and date of submission. Your Enrollment no, Name and Full Address should be mentioned in the top right corner of the first page. The first page of your response sheet looks like the format given below:

Please submit the assignment to your Programme In-charge of the Programme Study Centre allotted to you

FUNDAMENTALS OF ADOLESCENCE

Assignment – 1 (Block 1 to 4) Tutor Marked

Programme Code : CAHC

Course Code : CNS AH-001

Maximum Marks – 100

Last date of submission: September 30th, 2022

Note:

This Assignment has three parts i.e. Part A, B and C

Part A consists of two long answer questions. Each question carries 15 marks.

Part B consists of six short answer questions. Each question carries 10 marks.

Part C consists of five very short answer type questions. Each question carries 2 marks.

PART-A

- Q1 a. Discuss the meaning of adolescence;
b. Describe the developmental stages of adolescence;
c. Explain issues and concerns related to physical changes in adolescents and role of teacher/parents to help them. 2+6+3+4=15
- Q2 a. Describe the various concepts of gender and sex and gender role.
b. Differentiate between gender and sex.
c. Describe various forms of gender based violence. 5+5+5=15

PART-B

- Q3 a. Describe the statements:
i) Adolescents: A period of changes
ii) Adolescents: A special group.
b. Discuss why it is needed to invest in the health and well being of adolescents
c. Describe the various policies related to youth, education and health; and 2+2+3+3=10
- Q4 a. List the physical changes occurring in boys and girls; explain the factors responsible for these change
b. Discuss the role of parents for making adolescents to feel comfortable with physical changes happening due to maturation of reproductive organ. 3+3+4=10
- Q5 a. Discuss why it is significance to study about organ of male and female reproductive system for teachers and parents.
b. Draw a picture of male and female reproductive organs with labeling of all organ. 3+3+4=10

- Q6 a. Discuss in concept of establishing value system and its characteristics.
b. List the issues of cognitive developments.
c. Explain the role of family and school for establishing value system.

4+2+4=10

- Q7 Discuss the any five myths and misconception related to adolescent grown and sexuality separately and explain how as a teacher or parents you will help adolescents to know the facts for each myths and misconception.

5+5=10

- Q8 a. State the various cognitive changes that occur during adolescence;

- b. Discuss the various factors that affect establishment of a value system;

5+5=10

PART-C

- Q9. List any four adolescents development in initiatives in India.
Q10 Discuss the role of family in establishing value system in adolescent.
Q11 Discuss PND ACT
Q12 Discuss type of Gender role.
Q13 Discuss gender sensitization.

2X5=10

ISSUES AND CHALLENGES DURING ADOLESCENCE

Assignment – 2 (Block 1 to 4) Tutor Marked

Programme Code : CAHC

Course Code : CNS AH-002

Maximum Marks – 100

Last date of submission: October 30th, 2022

Note:

This Assignment has three parts i.e. Part A, B and C.

Part A consists of two long answer questions. Each question carries 15 marks.

Part B consists of six short answer questions. Each question carries 10 marks.

Part C consists of five very short answer type questions. Each question carries 2 marks.

PART-A

- Q1. a. Discuss various scholastic issues of adolescent
b. Describe the techniques used for enhancing memory and study skills.
c. Explain the role of teachers/parents for handling scholastic issues and for helping adolescents to perform well in exams and follow time management. $2+8+5=15$
- Q2 (a) Discuss the meaning of the following
i) peer
ii) peer influence
iii) peer pressure
b) Explain the positive and negative impact of peer influence.
c) Describe the impact and influence of media on adolescents $2+2+2+5+4=15$

PART-B

- Q3 Describe various generic life skills you may use to help the adolescent 10
- Q4 a. List physical and mental dimensions of health
b. Discuss the factors influencing health of adolescents
c. Explain the role of teachers / parents in helping adolescents to develop healthy habits. $2+4+4=10$
- Q5 a. Differentiate between food & nutrition
b. Discuss the importance of nutrition in adolescent boys/girls and various problems related to food habits.

- c. Explain the role of teacher/parents for helping adolescents to develop healthy food habits. 2+3+3+2=10
- Q6 a. Explain various strategies for counseling adolescent.
b. Discuss various issues in adolescent counseling and how as a teacher/parents you will handle them. 5+5=10
- Q7 a. Discuss various stressors in adolescents and its consequences.
b. How you will help adolescents to manage them. 3+3+4=10
- Q8 a. Define Violence and discuss its types.
b. Describe the indicators of violence and enumerate its consequences.
c. Explain role of teacher/parents and society in preventing, controlling and dealing with adolescent violence. 3+3+4=10

PART-C

- Q9 Discuss maladjustment leading to aggression, indiscipline and bullying
- Q10 Differentiate between grief & depression
- Q11 Enumerate the risks associated with an adolescent pregnancy.
- Q12 List alarming signs of sexual harassment
- Q13 Discuss myths and facts about substance abuse 2X5=10