

00463

**CERTIFICATE IN ADOLESCENT
HEALTH AND COUNSELLING**

Term-End Examination

June, 2014

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

Time : 3 hours

Maximum Marks : 70

Note : (i) Attempt *all* questions.

(ii) Support your answers with examples.

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1. (a) Describe the importance of balanced nutrition in adolescence. 5+5+5=15
(b) Explain food habits and food fads amongst adolescents.
(c) Discuss the role of a teacher in advising about nutrition.

 2. (a) Explain the meaning of adjustment. 3+7+5=15
(b) Explain any seven healthy coping mechanisms used by adolescents.
(c) Discuss the role of a teacher in effectively dealing of bullying.

 3. (a) Define violence in adolescents. 2+4+9=15
(b) Explain types of violence used by adolescents.
(c) Discuss role of teachers and parents in controlling and dealing with adolescent violence.

4. (a) Define guidance and counselling and list its purposes. $2+2+5+6=15$
(b) Discuss attributes of a counsellor.
5. Write short notes about **two** of the followings :
(a) Factors influencing health $2 \times 5 = 10$
(b) Peer education-an emerging paradigm
(c) Consequences of sexual harassment amongst adolescents
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