

**CERTIFICATE IN ADOLESCENT HEALTH  
AND COUNSELLING**

**Term-End Examination**

**June, 2022**

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

*Time : 3 hours*

*Maximum Marks : 70*

**Note :** Attempt **all** questions. Support your answers with examples.

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1. (a) Discuss various food habits and food fads prevalent in adolescents.
- (b) Describe the following disorders related to nutrition among adolescents :  $7+4+4=15$ 
  - (i) Anaemia
  - (ii) Obesity
2. (a) Explain the meaning of adjustment.
- (b) Enumerate the importance of adjustment.
- (c) Discuss the role of teachers/parents in the following :  $2+2+3+3=10$ 
  - (i) Handling adolescent aggression
  - (ii) Dealing with indisciplined adolescent

3. (a) Explain various causes of violence among adolescents.
- (b) Describe the primary and secondary prevention programmes for violence.  $6+9=15$
4. (a) Explain the meaning of the following terms :
- (i) Guidance
- (ii) Counselling
- (b) List the purposes of guidance and counselling.
- (c) Discuss confidentiality and other ethical issues involved in counselling.  $2+2+5+6=15$
5. Write short notes on any **three** of the following :  $3 \times 5 = 15$
- (a) Factors Leading to Substance Abuse
- (b) Teachers Role in Managing Depression and Suicide
- (c) Handling Peer Pressure by Adolescents
- (d) Role of Teachers in Early Marriage and Teenage Pregnancy
- (e) Barriers of Communication
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