

INDIRA GANDHI NATIONAL OPEN UNIVERSITY

Maidan Garhi, New Delhi-110 068

School of Education

B. Ed Second Year

(2026-27)

BESE 133 ADOLESCENCE AND FAMILY EDUCATION

Answer the following in about 500 words each:

1. What do you understand by the concept of 'Mental Health'? Discuss the role of parents and teachers in promoting mental health and well-being of adolescents.
2. Describe the cognitive development during adolescence. Illustrate your answer with suitable examples.
3. As a teacher, how do you involve parents and community members to deal with the problems of adolescent students? Describe the activities you would plan for this.