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Certificate in Adolescent Health and Counselling

**Assignments
TMA, CNS AH-001 and
CNS AH-002 –
January 2026**

***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 April, 2026*	CNS AH-001	1, 2, 3, 4	CNS AH-001 /TMA-1
30 th April, 2026*	CNS AH-002	1, 2, 3, 4	CNS AH-002 /TMA-1

* Subject to change by University

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 & 4) Tutor Marked

Programme Code : CAHC

Course Code : CNS AH-001

Maximum Marks – 100

Last date of submission: April 30th, 2026

Note: This Assignment has three parts i.e. Part A and B. All questions are compulsory.

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-A

- Q1 a. Describe the physical changes in boys and girls during adolescence.
b. List the factors influencing physical changes in puberty.
c. Explain issues and concerns related to physical changes in adolescents and role of teacher/parents to help them. **(4+4+2+2+3=15)**
- Q2 a. Define sexuality and discuss various sexual behaviors indulged by adolescents.
b. Differentiate sexual orientation with sexual identity.
c. Explain role of teachers and parents to help adolescents for developing healthy sexual attitude. **(5+5+5=15)**

PART-B

- Q3 a. Explain the development stages in adolescents
b. Discuss why it is needed to invest in the health and well being of adolescents. **(5+5=10)**
- Q4 a. Explain the maturation process of male reproductive system.
And female reproductive system.
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 Describe the various concepts of gender, sex and gender role **(10)**
- Q6 a. Discuss in concept of establishing value system and its characteristics.
b. Explain the role of family and school for establishing value system. **(4+3+3=10)**

Q7 Discuss the any five myths and misconception related to adolescent growth 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 Explain the various needs and concerns of adolescence.

(10)

Q.9 Discuss various forms of gender based violence.

(10)