



**I  
G  
N  
O  
U**

**Certificate in Adolescent  
Health and Counselling**

**Assignments  
TMA, CNS AH-001 and  
CNS AH-002 –  
July 2025**

***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 <sup>th</sup> October , 2025*	CNS AH-001	1, 2, 3, 4	CNS AH-001 /TMA-1
30 <sup>th</sup> October, 2025*	CNS AH-002	1, 2, 3, 4	CNS AH-002 /TMA-1

\* Subject to change by the 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 Coordinator**

## **FUNDAMENTALS OF ADOLESCENCE**

**Assignment – CNS AH-001 (Block 1 & 4) (Tutor Marked)**

**Programme Code : CAHC**

**Course Code : CNS AH-001/TMA**

**Maximum Marks – 100**

**Last date of submission: October 30<sup>th</sup>, 2025**

### **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. 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
  - d. Discuss role of teacher/parents to help them. (3+3+2+4+3=15)
- Q2
- a. Define sexuality and discuss various sexual behaviors indulges 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. Describe the following statements :  
Adolescence : A period of changes  
Adolescents : A special group.
  - b. Explain the development stages in adolescence.
  - c. Discuss why it is needed to invest in the health and well being of adolescents. (2+2+3+3=10)
- Q4 Explain male reproductive system and female reproductive system. (5+5=10)

- Q5 a) Discuss secondary sexual characteristics in boys and girls at puberty  
b) Explain how as a parent/teacher you will help the adolescent to tackle with poor body image.

(5+5=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.

(5+5=10)

- Q7 Discuss 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 following aspects of emotional and psychosocial changes among adolescent:  
a. Identity formation  
b. Experimentation: Curiosity and Exploration

(5+5=10)

### **PART-C**

- Q9. Write the short note on following 5X2=10  
a) List any four adolescents development initiatives in India.  
b) The role of school in establishing value system in adolescent.  
c) PND ACT  
d) Type of Gender role.  
e) Gender sensitization.