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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

ISSUES AND CHALLENGES DURING ADOLESCENCE

Assignment – 2 (Block 1& 4) Tutor Marked

Programme Code : CAHC

Course Code : CNS AH-002

Maximum Marks – 100

Last date of submission: April 30th, 2026

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. Define Hygiene
b. List physical and mental dimensions of health
c. Discuss the factors influencing health of adolescents
d. Explain the role of teachers & parents in helping adolescents to develop healthy habits.

(2+5+3+5=15)

- Q2 a. Define Violence and discuss its types.
b. Describe the indicators of violence and enumerate its consequences.
c. Explain role of teacher/parents and society in preventing, controlling and dealing with adolescent violence.

(3+3+2+7=15)

PART-B

- Q3 a. Discuss the process of Communication and its barriers.
b. Describe the listening skills and constructive feedback which you would use for an adolescent.

(4+3+3=10)

- Q4 a. Discuss various scholastic issues of adolescents
b. Describe the techniques used for enhancing memory and study skills.
c. Explain the role of teachers/parents for handling scholastic issues and for helping adolescents to perform well in exams and follow time management.

(2+3+5=10)

- Q5 a. Differentiate between food & nutrition
b. Discuss the importance of nutrition in adolescent boys/girls and various problems related to food habits.
c. Explain the role of teacher/parents for helping adolescents to develop healthy food habits. **(2+3+3+2=10)**
- Q6 a. State the causes and consequence of an unsafe abortion.
b. Explain as teacher/parents, the prevention strategies for avoiding an unsafe abortion **(5+5=10)**
- Q7 a. Explain various strategies for counseling adolescents.
b. Discuss various issues in adolescent counseling and how as a teacher/parents you will handle them. **(5+5=10)**
- Q8 a. Discuss various stressors in adolescents and its consequences.
b. How will you help adolescents to manage them. **(3+3+4=10)**
- Q9. Discuss the following in brief: **(2X5=10)**
- a) Discuss food habits & food fads
 - b) Differentiate between grief & depression
 - c) Enumerate the risks associated with an adolescent pregnancy.
 - d) List alarming signs of sexual harassment
 - e) Discuss emergency contraceptive.