

CAFE/DAFE

Assignments-2026

- 1. Certificate in HIV and Family Education (CAFE)**
- 2. Diploma in HIV and Family Education (DAFE)**



**School of Social Work,
Indira Gandhi National Open University, Maidan Garhi, New Delhi – 110068**

Schedule for Assignments Submission:2026

Dear Learner,

We hope that you have gone through the Programme Guide of CAFE and DAFE carefully. We have explained there that it is important to complete the assignments within the stipulated time to become eligible to appear for the term-end examination of IGNOU. All the assignments of CAFE and DAFE are Tutor Marked Assignments (TMAs) and are part of the continuous evaluation process. The assignments for CAFE and DAFE programmes will be the same for all courses. You will find that separate assignments have been provided to you for BFE-101, BFE-102, BFEE 101, BFEE 102, BFEE 103 and BFEE 104 (for students registered for January 2026 and July 2026).

Before you write the assignments, read the instructions provided in the Programme Guide and go through the course materials carefully. Please read the instructions pertaining to assignments before you start writing your answers. If you have any doubt or problems pertaining to the courses and assignments, contact the concerned academic counsellor at your Study Centre. You are requested to go through the course materials first and then prepare the assignment response following the instructions. Your responses should not be a verbatim reproduction of the textual materials/blocks provided for self-learning purposes. **Assignments are to be hand written and duly signed.** Please submit your assignment responses at the Study Centre allotted to you before the due date as mentioned in the IGNOU home page and obtain a receipt for the same.

You are expected to keep a copy each for any future reference/use.

Visit www.ignou.ac.in regularly for updates related to assignment submission.

Wish you all the best to complete the assignments within the above given time frame.

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BASICS OF FAMILY EDUCATION

Course Code: BFE-102

Maximum Marks: 100

1. Answer any **two** of the following questions in about **500** words each.

i.	Explain the basic concepts of sexual health education, including the role of sexuality in human life and family formation.	20
ii.	Discuss the objectives of sexual health education and explain its relevance in modern society.	20
iii.	Explain the importance of sexual health education and analyse the role of home, school, and media in providing it.	20
iv.	Describe the male or female reproductive system and its functioning, including the role of hormones and physical changes during adolescence.	20
v.	Explain the process of adolescence and growing up, highlighting physical, psychological, and social changes.	20

2. Answer any **three** of the following questions in about **250** words each.

i.	Distinguish between sexual pleasure and sexual fulfilment.	10
ii.	Explain the difference between attraction and love in human relationships.	10
iii.	Describe the conceptual framework of sexual health education.	10
iv.	Explain the broad objectives of sexual health education in shaping responsible behaviour among youth.	10
v.	Describe the physiological changes during adolescence in males or females.	10

3. Write short notes on any **five** of the following questions in about **150** words each.

i.	Role of hormones in human growth and development	6
ii.	Role of peers in influencing adolescent behaviour	6
iii.	Importance of communication in sexual health education.	6
iv.	Function of endocrine glands in regulating reproductive processes	6
v.	Different motivations in sexual behaviour	6
vi.	Myths and misconceptions in shaping attitudes towards sexuality	6
vii.	Distinction between biological sex and gender identity	6