

**CERTIFICATE IN ADOLESCENT
HEALTH AND COUNSELLING (CAHC)**

Term-End Examination

December, 2024

**CNSAH-001 : FUNDAMENTALS OF
ADOLESCENCE**

Time : 3 Hours

Maximum Marks : 70

Note : (i) Attempt ***all*** questions.

(ii) Attempt all parts of a question at one place.

(iii) Follow word limit as per given below :

*9-12 marks : 1000 words; 6-8 marks :
700 words; 5 marks : 500 words; 3-4
marks : 200 words; 2 marks : 50 words;
1 mark : 30 words*

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1. (a) Explain the meaning of adolescence. 2
 - (b) Explain challenges faced by adolescence related to social development. 6
 - (c) Discuss the need to invest in adolescents. 7

2. (a) Explain the concept of cognitive changes during adolescence. 5
- (b) Describe the cognitive changes during : 5+5
- (i) Early Adolescence
- (ii) Middle Adolescence
3. Explain the myths and misconceptions related to : 5+5=10
- (i) Semen
- (ii) Hymen
4. (a) Explain the meaning of sexuality. 2
- (b) Explain the various sexual behaviours an adolescent may get indulged. 8
5. Write short notes on any **four** of the following : 4×5=20
- (a) Kishori Shakti Yojana
- (b) Five I's of Psychosocial Development
- (c) Personal care during menstruation
- (d) Role of teachers and parents in developing healthy sexual attitude
- (e) Violence and gender
- (f) Mood fluctuation

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