

No. of Printed Pages : 3

CNSAH-002

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

Term-End Examination

December, 2024

**CNSAH-002 : ISSUES AND CHALLENGES DURING
ADOLESCENCE**

Time : 3 Hours

Maximum Marks : 70

Note : (i) Attempt *all* questions.

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

(iii) Follow the word limit i.e. 2 marks within 50-70 words; 3 marks within 120 words, 5 marks within 500 words.

- | | |
|--|---|
| 1. (a) Define Health and Hygiene. | 2 |
| (b) Describe the measures you will take to make the environment healthy. | 4 |

- (c) Discuss the healthy habits to be adopted in daily life by adolescents. 4
- 2. (a) Explain the meaning of peer influence and peer pressure. 3
- (b) Describe the types of peer pressure. 2
- (c) Discuss how can you as a parent help the adolescent to handle/ideal with peer pressure. 10
- 3. (a) Define the terms HIV and AIDS. 2
- (b) Describe the mode of transmission of HIV/AIDS. 3
- (c) Discuss the preventive strategies for HIV/AIDS. 5
- 4. (a) Define Communication. 2
- (b) Describe main components of effective communication. 8
- (c) Explain the skills to be adopted for sustaining healthy relationship. 5

5. Write short notes on any *four* of the following :

4×5=20

- (a) Learning disability
- (b) Purposes of guidance and counselling
- (c) Role of teacher in handling teenage pregnancy
- (d) Role of teacher in managing depression of a student
- (e) Stressors related to growth in adolescence
- (f) Anaemia in adolescence

× × × × × × ×