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CNSAH-001

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

**Term-End Examination
December, 2025**

CNSAH-001 : Fundamentals of Adolescence

Time : 3 Hours

Maximum Marks : 70

Note : *Attempt all questions. Attempt all parts of a question at one place. Follow the word limit : 2 marks within 50–70 words, 3 marks within 120 words, 5 marks within 500 words.*

1. (a) Explain the meaning of term adolescence. 2
- (b) Describe the following characteristics during adolescence with examples : 8
 - (i) Self Discovery
 - (ii) Desire for Independence
 - (iii) Egocentric
 - (iv) Emotionally Unstable

2. (a) Discuss the factors affecting physical changes during puberty in boys. 6
- (b) Describe the issues and concerns related to physical changes in boys. 4
3. (a) Describe the stages of development of sexuality. 5
- (b) Discuss the myths and mis-conceptions related to body image during adolescence. 5
4. Explain the following with examples :
5+5=10
- (a) Gender Role
- (b) Violence and Gender
5. (a) Describe the psychosocial changes during adolescence. 5
- (b) Discuss the issues related to psychosocial changes during adolescence. 5
6. Write short notes on any *four* of the following : 4×5=20
- (a) Need to invest in adolescents

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- (b) National Youth Policy
- (c) Menstrual Cycle
- (d) Secondary sexual characteristics in girls
- (e) Process of pregnancy
- (f) Role of a teacher in prevention of adolescent pregnancy

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