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CNSAH-002

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

Term-End Examination

December, 2025

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

Time : 3 Hours

Maximum Marks : 70

Note : *Attempt all questions. Attempt all parts of a question at one place. Follow the word limit as given :*

1-2 marks within 20-40 words, 3-4 marks within 50-90 words, 5-6 marks within 100-200 words, 7-10 marks within 300-800 words.

1. Explain the following :

(a) Balanced nutrition for adolescent boys

- (b) Balanced nutrition for adolescent girls
- (c) Prevention of anaemia in adolescents
2+4+4=10
2. (a) Explain the meaning of peer leader.
- (b) List the qualities of a good peer leader.
- (c) Describe the role of a peer leader in problem solving. 2+4+4=10
3. (a) Explain the meaning of stress.
- (b) Describe the factors causing stress (Stressors).
- (c) Role of parents and teachers in helping the adolescent during stress. 2+3+5=10
4. (a) List the risk factors for HIV/AIDS and STIs during adolescent period.
- (b) Describe preventive strategies for HIV/AIDS and STIs adolescents can adopt. 3+7=10
5. Describe the following life skills with examples :
- (a) Critical thinking *Or* Creative thinking
- (b) Problem solving *Or* Decision making skills 5+5=10

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6. Write short notes on any *four* of the following : 4×5=20

- (a) Factors leading to substance abuse among adolescents
- (b) Role of teacher and family in management of conduct disorders
- (c) Causes of sexual harassment of adolescents
- (d) Ill effects of early marriage
- (e) Areas of counselling for adolescents
- (f) Role of teacher in scholastic issues

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