

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

Term-End Examination

June, 2025

**CNS-AH-002 : ISSUES AND CHALLENGES
DURING ADOLESCENCE**

Time : 3 Hours

Maximum Marks : 70

Note : (i) *Attempt all questions.*

(ii) *Attempt 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) Describe the myths and misconceptions related to nutrition in adolescents. 6
- (b) Differentiate between Bulimia Nervosa and Anorexia Nervosa in adolescents. 2

- (c) Explain how will you support child's recovery from eating disorders. 2
- (d) Describe your role as a teacher in educating the adolescents on nutrition. 5
- 2. (a) Describe the immediate consequences of stress. 3
- (b) Explain the warning signs of Burnout. 5
- (c) Discuss how an adolescent can manage stress by way of self help. 7
- 3. (a) Explain the meaning of Juvenile Delinquency. 2
- (b) Describe the factors that lead children to be delinquent. 4
- (c) Discuss the existing laws to deal with juvenile delinquency. 3
- (d) Describe the role of parents in dealing with adolescent violence. 6
- 4. Describe the creative strategies in counseling the adolescent. Support your answer with examples. 10

[3]

5. Write short notes on any *three* of the following : 3×5=15

- (a) Healthy habits
- (b) Recognition of depression in adolescent
- (c) Causes of early marriage
- (d) Interpersonal relationship
- (e) Identification of learning disability

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