

No. of Printed Pages : 3

**CNSAH-001**

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

**Term-End Examination**

**June, 2026**

**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 i.e. 2 marks within 50-70 words, 3 marks within 120 words, 5 marks within 500 words.*

---

---

1. (a) List physical changes in adolescent girls.
- (b) Enlist physical changes in adolescent boys.

(c) Explain the following characteristics during adolescence with examples :

(i) Curiosity and Experimentation

(ii) Peer Influence

(iii) Idealism and Confrontation

2+2+2+2+2

2. (a) Explain the concept of cognitive changes during adolescence.

(b) Describe the cognitive changes during early adolescence. 5+5

3. (a) Explain the role of family in establishing value system.

(b) Discuss the role of school in establishing value system. 5+5

4. (a) Describe the various sexual behaviours indulged by adolescents during adolescence period.

(b) Discuss the role of parents and teachers in developing sexual orientation. 5+5

5. (a) Discuss the myths and mis-conceptions related to breast among adolescent girls.
- (b) Describe the myths and mis-conceptions related to semen among adolescent boys. 5+5
6. Write short notes on any *four* of the following : 4×5=20
- (a) Challenges related to social development during adolescence.
- (b) Kishori Shakti Yojana.
- (c) Myths and facts related to menstruation.
- (d) Care of mother during pregnancy.
- (e) Role of parents for prevention of adolescent pregnancy.
- (f) Signs of confirmation of pregnancy and pregnancy test.

× × × × ×