

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

Term-End Examination

June, 2025

**CNS-AH-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) *Word limit as per marks is : 9-12 marks : **1000** words, 6-8 marks : **700** words, 5 marks : **500** words, 3-4 marks : **200** words, 2 marks : **50** words, 1 mark : **30** words.*

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1. (a) Explain psychological needs and concerns among adolescents. 5

- (b) Discuss the role of teachers to deal with psychological needs. Support your answer with examples. 5
2. (a) Explain issues and concerns related to physical changes among adolescent girls and boys. 7
- (b) Discuss the role of teachers in managing issues and concerns related to physical changes in adolescent girls and boys. 8
3. (a) List the indicators of pregnancy. 2
- (b) Describe the pregnancy test. 3
- (c) Explain the role of the following in preventing adolescent pregnancy : 5+5
- (i) Teachers
- (ii) Parents
4. Explain the life cycle approach for gender role development during the following stages :
- (i) Infancy 4
- (ii) Childhood 4
- (iii) Adulthood 2

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

- (a) National Youth Policy
- (b) Cognitive changes during early adolescence
- (c) Role of peers in establishing value system
- (d) Menstrual cycle
- (e) Myths and misconception regarding sexual abuse of children
- (f) Female foeticide

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