

**CERT-C-1004**

**CAE-01**

**CERTIFICATE PROGRAMME ON  
EXAMINATION — FEBRUARY, 2023.**

**Adolescence Education**

**UNDERSTANDING ADOLESCENCE**

Time : 3 hours

Maximum marks : 70

**PART A — (3 × 3 = 9 marks)**

Answer any **THREE** questions out of Five questions  
in 100 words. All questions carry equal marks.

1. Discuss on Human Muscular System.
2. Define Adolescence.
3. What is the meaning of Puberty?
4. Write short note on treatment of Alcohol Abuse
5. Define 'Stress'

PART B — (3 × 7 = 21 marks)

Answer any THREE questions out of Five questions  
in 200 words. All questions carry equal marks.

6. Write the roles and function of Hormones in the Testis and Ovaries.
7. Explain the Peer pressure and Emotional changes of Adolescence.
8. Discuss the role of Health Psychology. List out the dimensions.
9. List out the Mental Health boosting foods.
10. Write short note on Emotional Disorders.

PART C — (4 × 10 = 40 marks)

Answer any FOUR questions out of Seven questions  
in 500 words. All questions carry equal marks.

11. Draw the structure of Female Reproductive System and write the functions.
12. Explain and the importance of Adolescence Education. Role of family in resisting substance use.
13. What are the functions of Male Reproductive system, explain with suitable diagram.

14. Discuss the physical hormonal changes of Secondary sexual characteristics among Adolescents.
  15. Explain Piaget's theory on Stages of Cognitive Development.
  16. 'Socio – emotional development among Adolescents'. Explain in detail.
  17. Discuss the procedure of Mindfulness of Meditation.
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**CERT-C-1005**

**CAE-02**

**CERTIFICATE PROGRAMME  
EXAMINATION — FEBRUARY, 2023.**

**ADOLESCENCE EDUCATION**

Time : 3 hours

Maximum marks : 70

**PART A — (3 × 3 = 9 marks)**

Answer any **THREE** questions out of Five questions  
in 100 words.

All questions carry equal marks.

1. Write the meaning and definition of Adolescence.
2. Discuss Peer Pressure.
3. Define Emotion.
4. Define Emotional Intelligence.
5. Write short note on “Advocacy.”

PART B — (3 × 7 = 21 marks)

Answer any THREE questions out of Five questions  
in 200 words.

All questions carry equal marks.

6. Explain of Adolescence Education.
7. List out the Teaching Strategies of Sex and Reproductive Health.
8. How to build Emotional Intelligence skills among students? Explain.
9. Discuss the role of Master, Nodal and Peer Trainers in the treatment for Mental Disorder.
10. Explain any five core life skills.

PART C — (4 × 10 = 40 marks)

Answer any FOUR questions out of Seven questions  
in 500 words.

All questions carry equal marks.

11. “Adolescence Education is essential for schools today.” - Comment.
12. Explain the Role of Schools in Guidance.

13. How to develop Emotional Intelligence through Self Management Exercises. Explain.
  14. How to practice relaxation techniques among Adolescence. Discuss.
  15. Narrate the role and functions of Peer Facilitator.
  16. Discuss the role of teachers as facilitator in Adolescence Education.
  17. What are the methods of identifying maladjusted students? Explain the treatment procedures.
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**CERT-C-1006**

**CAE-03**

**CERTIFICATE PROGRAMME  
EXAMINATION — FEBRUARY, 2023.**

**Adolescence Education**

**PRACTICUM IN ADOLESCENCE EDUCATION**

Time : 3 hours

Maximum marks : 70

**PART A — (3 × 3 = 9 marks)**

Answer any **THREE** questions out of five questions  
in 100 words.

All questions carry equal marks.

1. Draw the diagram of Human Body Systems.
2. Draw the diagram of Male Reproductive System.
3. Draw the diagram of Female Reproductive System.
4. List out the characteristics of Adolescents in school.
5. List out the issues of Adolescents in school.

PART B — (3 × 7 = 21 marks)

Answer any THREE questions out of Five questions  
in 200 words.

All questions carry equal marks.

6. Why Adolescents fear about their future? Explain.
7. Write short note on Behavioural changes of Adolescents.
8. How do you council Adolescents to cope up the Physical development? Explain.
9. How do you council Adolescents to cope up the Psychological development? Explain.
10. How do you identify and guide Psychological disorder among Adolescents?

PART C — (4 × 10 = 40 marks)

Answer any FOUR questions out of Seven questions  
in 500 words.

All questions carry equal marks.

11. Explain the importance of Mental Health of Adolescents.
12. Emotional Intelligence is essential for Adolescents. Justify with evidences.



13. How to conduct Webinar on practice of meditation in a School? Explain.
  14. Breathing Exercise is Relaxation Exercise – Comment.
  15. How will you create Awareness on Substance Misuse among Adolescents. Discuss.
  16. How to create Awareness on Social Media Misuse among Adolescents. Explain.
  17. “Conduction of Yoga in class”. Discuss.
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