

CERT-A-1001

CAE-01

**CERTIFICATE PROGRAMME
EXAMINATION – JULY, 2024.**

Adolescence Education

UNDERSTANDING ADOLESCENCE

Time : 3 hours

Maximum marks : 70

SECTION A — (3 × 3 = 9 marks)

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

1. Highlight the major systems of human body.
2. What are the major psychological changes that happens during adolescence?
3. Discuss the social and media influence in behaviour during adolescence.
4. Discuss the social development characteristics that can be seen in adolescence.
5. Mention the advantages of practicing yoga for wellness of mind and body.

SECTION B — ($3 \times 7 = 21$ marks)

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

6. Mention the parts of the brain and its basic functions.
7. Analyze why understanding about reproductive system is important during adolescence.
8. How changes in physical appearance and internal changes in the body influence adolescent behaviour.
9. What is meant by psycho-socio transition and how does it impact adolescent development.
10. Write a note on emotional balance and adjustment behaviour of adolescent children.

SECTION C — ($4 \times 10 = 40$ marks)

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

11. Explain the functions and coordination among any three human body organs.
12. Discuss the changes and characteristics during the different phases of adolescence.

13. Present a brief account on the psychological development of adolescents.
 14. Write a detailed note on the sexual behaviour of adolescents and the environmental influences that defines it.
 15. Elucidate Piaget's theory on formal operational stage in the context of cognitive development.
 16. Write short notes on Anxiety disorders, Eating disorders and Mood disorders.
 17. Explain the importance of emotional and spiritual development during adolescence.
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CERT-A-1028

CAE-02

**CERTIFICATE PROGRAMME
EXAMINATION – JULY, 2024.**

ADOLESCENCE EDUCATION

Time : 3 hours

Maximum marks : 70

PART A — ($3 \times 3 = 9$ marks)

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

All questions carry equal marks

1. How adolescence education creates an understanding about an individual's dimensions of development?
2. What is meant by Peer Education? Mention its advantages.
3. Define: Mental Health and Mental Hygiene.
4. List any five life skills and define each of it.
5. Highlight the importance of parent's role during adolescence.

PART B — ($3 \times 7 = 21$ marks)

Answer any THREE questions out of Five
questions in 200 words

All questions carry equal marks

6. Enumerate the guiding principles of adolescence education in the life context.
7. Discuss the challenges in integrating sex and reproduction areas in the school curriculum.
8. Explain any two types of mental disorders and mention the remedies for it.
9. Define: Emotional Intelligence. Why Emotional intelligence plays a vital role in Adolescent development.
10. Justify the role of students in facilitation of adolescence education at home.

PART C — ($4 \times 10 = 40$ marks)

Answer any FOUR questions out of Seven
questions in 500 words

11. Mention the objectives of adolescence education. Discuss the strategies of integrating adolescence education in the college curriculum.
12. Elucidate the major challenges in the implementation of adolescence education as a separate subject discipline.

13. Explain the role of guidance and counselling facilitators in disseminating sex and reproduction health (SRH).
 14. Highlight the means of adjustment improvement among adolescents by peer activities, field work and play-way method.
 15. Analyze how Yoga serves as a means of simple exercise, relaxation techniques and a way of spiritual life.
 16. Describe the role of NGOs in the facilitation of adolescence education in the society.
 17. Discuss the present status of implementation and practice of adolescence education at the school and college level.
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CERT-A-1051

CAE-03

**CERTIFICATE PROGRAMME
EXAMINATION - JULY, 2024.**

**PRACTICUM IN TEACHING-LEARNING OF
ADOLESCENCE EDUCATION**

Time : 3 hours

Maximum marks : 70

PART A — ($3 \times 3 = 9$ marks)

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

All questions carry equal marks.

1. Discuss the functions of any two human systems by mentioning its parts.
2. Why understanding of the reproductive system is important during adolescence?
3. List the physiological changes that happens during adolescence.
4. What is the need for emotional development during adolescent stage?
5. Enumerate the current status of adolescence education in schools.

PART B — ($3 \times 7 = 21$ marks)

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

All questions carry equal marks.

6. Present a brief sketch of Human Brain and highlight its functions by mentioning its various parts.
7. Discuss the problems that children face during their adolescence in the home and school environment.
8. How body image and physical appearance influence behaviour in adolescent children.
9. Why adolescence is referred as a period of storm and stress?
10. Discuss how relaxation techniques is useful for emotional development.

PART C — ($4 \times 10 = 40$ marks)

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

All questions carry equal marks.

11. Write a detailed note on the simple exercises, relaxation techniques and methods of practicing meditation in the classroom environment.

12. Highlight the major psychological disorders, present the problem characteristics and suggest remedies for each disorder in specific.
13. Examine the significance and relevance of adolescence education in the present day context. Do we still need to concentrate on adolescence education?
14. Discuss how conduct of group discussion on peer group education contributes to the understanding of sex and reproduction health rights (SRH).
15. Define: Mental Health and Mental hygiene. Highlight the measures to be taken to promote mental health in schools.
16. Analyze how to assess adjustment behaviour among different peer group in schools.
17. Justify the need for emotional and spiritual development and how Yoga helps in this.
