

Certificate in Adolescent Health and Counselling

Certificate *in* *Adolescent Health and* *Counselling*



Information Brochure



School of Health Sciences
Indira Gandhi National Open University
Maidan Garhi, New Delhi - 110068

INDIRA GANDHI NATIONAL OPEN UNIVERSITY

Indira Gandhi National Open University (IGNOU) was established in September, 1985 by an Act of Parliament with a view to democratize education so that it covers large segments of population, vocations and professions. It has achieved significant results in providing access to higher education to a large number of students across the length and breadth of the country. The Primary emphasis is on innovation, flexibility and cost effectiveness. It has national jurisdiction and has the authority to provide degree, diplomas and certificates all over the country. The Commonwealth of Learning conferred the honour of "Centre of Excellence in Distance Education" on it in 1993 for producing high quality course materials.

SCHOOL OF HEALTH SCIENCES

The School of Health Sciences was set up in 1991 with the objective of augmenting educational avenues and providing in-service training to medical, nursing, paramedical and allied personnel through the distance education mode.

The School is pioneer in developing innovative competency based programmes in various disciplines of Health Sciences. Hands-on training is provided through diversified approaches of a network of medical colleges, nursing colleges, district level hospitals and community health centres and NGO's. School has also developed socially useful programs

The main functions of the school are as follows:-

- Planning, developing and launching of degree, diploma and certificate level programmes/course for various categories of health professionals.
- Health related awareness courses for the general public
- Conducting research on health related Issues

Certificate in Adolescent Health and Counselling(CAHC)

Certificate in Adolescent Health and Counselling

Certificate programme for Adolescent Health and counselling is a 6 months programme of 14 credits. (Theory 12 credits, practicals 2 credits). The programme is for teachers who are teaching in primary, middle, secondary and higher secondary school or any graduate. This programme has been developed to prepare teachers and parents to help adolescents to develop healthy life style.

Objectives:

The programme will enable the learners to;

- Strengthen their knowledge in understanding needs and concern of adolescent.
- Build knowledge on physical cognitive, emotional and psychological changes in adolescent.
- Develop skills in handling challenges related to adolescents.
- Identify their role in life skills education and counselling of adolescent.

Target Group

Teacher who are teaching in primary, middle, secondary & higher secondary school or any graduates.

Duration

Minimum : **Six** months Maximum : **Two** years

Medium

English

Proposed Programme Fee

Rs. 2000*/- per student
(*Subject to Change)

Programme Design

The programme consists of 14 credits (12 credits in theory and 2 credits in practical) and has Two Theory and one Practical course as given below:

Programme Design

Theory Course – 1 Fundamentals of Adolescence (CNSAH-001)

Block – 1 Adolescence- An overview

Unit – 1 Introduction to Adolescence
Unit – 2 Needs and Concerns of Adolescents
Unit – 3 Policies and programme

Block – 2 Growth and Developmental During Adolescence

Unit – 1 Physical Changes in Boys and Girls
Unit – 2 Cognitive Changes
Unit – 3 Emotional and Psychosocial Changes

Block – 3 Reproductive and Sexual Changes.

Unit – 1 Structure and Functions of Male Reproductive Organ (Changes)
Unit – 2 Structure and Functions of Female Reproductive Organ (Changes)
Unit – 3 Pregnancy

Block – 4 Adolescent Sexuality.

Unit – 1 Sex and Sexuality
Unit – 2 Gender
Unit – 3 Myths and Misconception Related to Sex and Sexuality

Theory Course – 2 Issues & Challenges during Adolescence (CNSAH-002)

Block -1 Health issues of Adolescents

Unit – 1 Health and Hygiene (Including Menstrual Hygiene)
Unit – 2 Nutrition
Unit – 3 Substance Abuse

Block - 2 Psychosocial Issues of Adolescence

Unit – 1 Adjustment and Conduct
Unit – 2 Peer Influence
Unit – 3 Stress
Unit – 4 Depression and Suicide
Unit – 5 Media Influence

Block - 3 Reproductive &Sexual Health Issues

Unit – 1 RTI/STI And HIV & AIDS
Unit – 2 Sexual Harassment /violence
Unit - 3 Early marriage & Teenage pregnancy
Unit - 4 Unsafe Abortion & Contraception

Block - 4 Teachers Role and responsibilities for Adolescents

Unit – 1 Life Skills (Personality development)
Unit - 2 Communicating with Adolescents
Unit – 3 Guidance and Counselling
Unit – 4 Counselling strategies and skills
Unit – 5 Scholastic Issues (Career Plan)

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Practical Course

Title of the course: Practical Manual on Adolescent Health (CNS AHL - 001)

Practical – 1 Health Assessment of Adolescents

Practical – 2 The Assessment of Specific Problems in Adolescents.

Practical - 3 Problems Solving / Counselling With Adolescents

Practical – 4 Case Study

In Practical – 1

Activity 1 Assessment of issues and concerns of the developmental stages

Activity 2 Helping the students to do Self assessment for self esteem

Activity 3 Assessing interpersonal relationship

Activity 4 Psychosocial assessment

Activity 5 Assessment for Emotional factor

Activity 6 Assessment for cognitive development

In Practical – 2

Activity 1 Assessment of adolescent for depression

Activity 2 Assessment of adolescent for any suicidal ideation

Activity 3 Assessment of adolescent for the Post traumatic Stress Disorders

Activity 4 Assessment of adolescent for the Phobic Disorders

Activity 5 Assessment of adolescent for the Sexual Abuse & Harassment

Activity 6 Assessment of adolescent for the Substance Abuse Disorders

Activity 7 Assessment of adolescent for the Eating Disorders

In Practical– 3

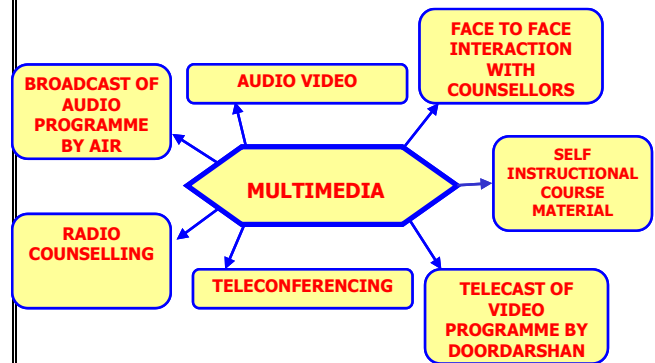
Activity 1 Selected adolescents problems and the ways to solve them

Activity 2 Classify the problems faced by at least 10 adolescents and tabulate the measures required to solve their problems. Identify the best suited measure among adolescents.

In Practical – 4 Preparation of Case Study

PROGRAMME PACKAGE

Programme is delivered with multimedia package consisting of print material in the form of blocks available in PDF soft copy, A.V. Aids, teleconferencing, Radio Broadcast, contact sessions at study center , practical sessions. There will be four theory blocks and one practical block.



IMPLEMENTATION PLAN

CAHC Programme of SOHS, re-launched from January 2021 session through Web Enabled Academic Support (WEAS) from from the school on pilot basis.

Theory and practical contact sessions will be through virtual mode.

Students support is being provided through Whatsapp group and Email (cahc@ignou.ac.in).

Students submit scanned copies of their hand written theory assignments at google classroom.

Link shared with students through Email and Whatsapp Group.

In this programme 36 hours of counselling for theory course and 6-8 hours for practical contact session are planned.

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EVALUATION

For Theory Courses:

For theory courses, evaluation comprises three aspects:

1. Self-evaluation check your progress exercises (non-credit) within each unit of study material.
2. Continuous evaluation through assignments (Tutor Marked). In the final results all the assignments carry 30 percent weightage . Assignment to be submitted by student at study centre,
3. Summative evaluation for theory will be through university Term End Examination.Offline Term end examination for theory will be June and December every year.
4. Term-End Examination for each course with a weightage of 70%.
5. In order to successfully complete a theory course, the student must obtain at least '50%' in each assignment separately and '50%' in the Term-End Examination (TEE) separately in each course.

For Practical the Evaluation consists as two aspects:

1) Continuous Evaluation for practical's through self activities and supervised activities.

Practical self activities (as per guidelines given in manual) student need to complete the files and submit at study centre.

As supervised practical activity Student need to prepare a case study on selected Adolescent as per the guidelines given in section 4.6 and need to submit case study file and do presentation.

Self and Supervised activity will be evaluated by academic counselor.

Note: Students are required to do the presentation of the case study in your programme study centre in front of peer group (through virtual mode). Preparation of case study and presentation carries 100 marks.

2) Continuous assessment during field work will carry 50 percent weightage (25 percent for self-activities and 25 percent for supervised activities). Students are required to score 50 percent marks in self-activities and 50 percent marks in supervised activities separately.

3) Final Practical Examination will carry 50 percent weightage which will be conducted through virtual mode by internal and external examiner in the subject. Students are required to score 50 percent marks separately in the final practical examination to be declared successful.

Programme Co-ordinators and E mail

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