

# 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 graduates.

### Duration

Minimum : Six months Maximum : Two years

### Medium

English

### Total seats

30 Students per Programme Study Centre

### Proposed Programme Fee

Rs. 2000/- per student

### 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 (Pornograph)

#### 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

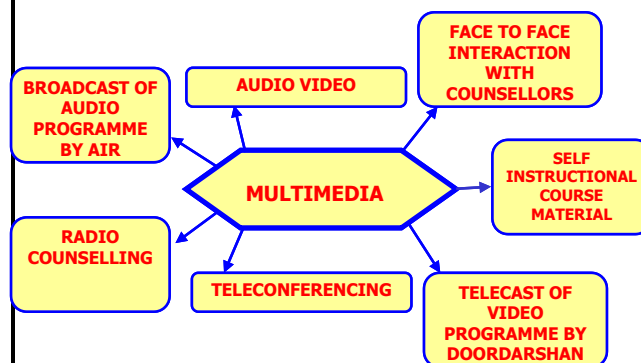
**Activity 1 Selected adolescents problems and the ways to solve them**

**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

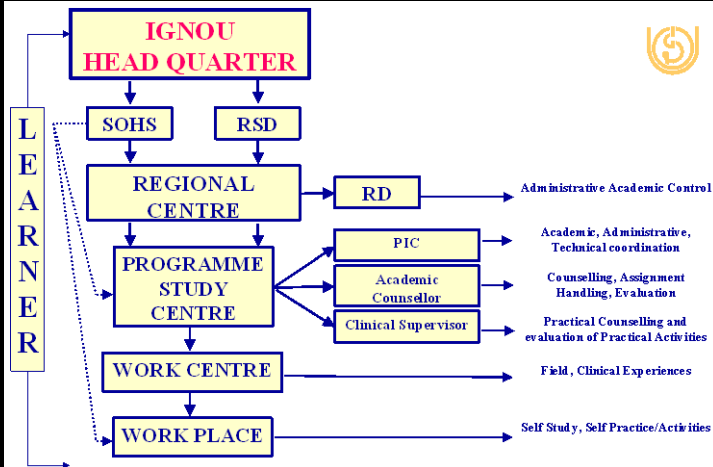
Programme is delivered with multimedia package consisting of print material in the form of blocks, A.V. Aids, teleconferencing, Radio Broadcast, contact sessions at study center , practical sessions. There will be four theory blocks and one practical block.



## IMPLEMENTATION PLAN

Programme will be implemented through a network of study centers located in Schools and NGO's. A team of teachers Academic Counsellors will be trained to take contact sessions at study centers. In this programme 36 hours of face to face counselling for theory course and 6-8 hours for practical contact session are planned.

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## Programme Co-ordinators and E mail

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## EVALUATION

Continuous Evaluation for theory will be through assignments and for practical's through self activities and supervised activities. Summative evaluation for theory will be through Term End Examination and Viva voce will be conducted for Practical Examination.

Evaluation is through term end examination for theory will be June and December every year, assignment to be submitted by student at study centre, practical activities in the form of self activities and case study will be evaluated by academic counsellor.