

# AMRITA UDAAN

Monthly Newsletter

October 2025

Volume 07 Issue 10



*“If we continuously maintain self-awareness, we will be able to experience peace and happiness.”*  
— Mata Amritanandamayi Devi



# CONTENTS

7 Departmental Activities

---

25 Students' Corner

---

28 Film Review

---

29 Government Schemes and Acts

---

33 *Current Affairs*

---

36 *Internships*

---

39 *MSW Job Opportunities*

---

41 *Alumni Corner*

---

43 *UGC NET*

---

# SCHOOL OF SOCIAL AND BEHAVIOURAL SCIENCES

## DEPARTMENT OF SOCIAL WORK, ARASAMPALAYAM, COIMBATORE.



Dr. Bhavani Rao  
Dean, School of Social and  
Behavioural Sciences



Dr. P Rangasami  
Vice Principal



Dr. V Priya  
Chairperson and  
Assistant Professor



Dr. S Kanagaraj  
Vice Chairperson and  
Assistant Professor



Ambika Balakrishnan  
Field Work Coordinator



Dr. Rajeev  
Ramakrishnan  
Assistant Professor



Dr. Raneesh C  
Assistant Professor



Dr. Dipanjan Bhattacharjee  
Chairperson and  
Assistant Professor



Dr. S A Rajalakshmi  
Assistant Professor



**FACULTY CHIEF EDITOR**  
Dr.S. KANAGARAJ  
ASSISTANT PROFESSOR

## SENIOR TEAM

### *EDITING DEPARTMENT*



Ashwathi V R (II MSW)  
Chief Editor



Vaidehi Saju  
(II MSW)



Gopika K S  
(II MSW)



Diya Rajesh  
(II MSW)

### *DEPARTMENTAL ACTIVITIES*



Malavika K  
(II MSW)



Farhaan Farooqui  
(II BSW)



Nayana K A  
(II MSW)



Navya Sunil  
(II MSW)

### *STUDENTS CORNER*



Suvamna K A  
(II BSW)



Arya A S  
(II MSW)

### *CONTENT CREATORS*



Amrita R Menon  
(II MSW)



Sreelakshmi P  
(II MSW)

### *DESIGNING TEAM*



Lekshmipriya U  
(II MSW)  
Chief Designer



Ramya R  
(II MSW)



Sreenandana B S  
(II MSW)



Swathi S  
(II MSW)

# JUNIOR TEAM

## *EDITING DEPARTMENT*



SHIJO K JOHN  
(I MSW)



Vishnupriya J  
(I MSW)



Achu Elza Roy  
(I MSW)



Aakash K  
(I MSW)

## *DEPARTMENTAL ACTIVITIES*



Joanne Thomas  
(I MSW)



Soumya Dwibedy  
(I PGDCP)



M Sivaneer  
(I MSW)



Sejal Pataskar  
(I MSW)

## *STUDENTS CORNER*



Adithya Ashok  
(I MSW)

## *CONTENT CREATORS*



Sidharth PS  
(I MSW)



Susindhar S  
(I MSW)

## *DESIGNING TEAM*



Lakshmi Sahithi Gondu  
(I MSW)



Rose Maria  
(I MSW)



Niranjana Narendran  
(I MSW)



Uthend K  
(I MSW)

## ABOUT AMRITA UDAAN

Amrita Udaan is the monthly newsletter of the Dept. of Social Work. It is completely managed by the students under the guidance of the Faculty. It mainly covers the departmental activities, articles on various social issues, book review, movie review, drawings, posters, alumni interviews, guidance and solved previous year question papers of UGC-NET. The contents are contributed mainly by the students, alumni and faculty members. It is successfully publishing every month since October 2019.

## SSBS AT A GLANCE

|                 |   |    |
|-----------------|---|----|
| PGDCP           | - | 17 |
| I MSW           | - | 19 |
| II MSW          | - | 46 |
| II BSW          | - | 07 |
| Faculty Members | - | 08 |
| Field Work      |   |    |
| Coordinator     | - | 01 |
| Ph.D scholars   | - | 17 |
| Full time       | - | 03 |
| Part-time       | - | 14 |

# DEPARTMENTAL ACTIVITIES



## ORIENTATION VISIT TO TAARIKAA SCHOOL



During the visit to Taarika School, on 7th October Social work students observed an inclusive and compassionate learning environment created for children with intellectual, developmental, and physical disabilities. The school provides special education classes, life skills training, and multiple therapy services such as speech, occupational, and physical exercises to support each child's unique development.

What stood out was the school's holistic approach—addressing not just educational needs, but also medical, nutritional, and emotional well-being. Hearing aids were provided to children with impairments, and social work students learned that free surgeries had recently been arranged to address health barriers. Midday meals ensured nutritional support for students, many of whom come from economically challenged backgrounds.

Parents were actively involved in counseling sessions, reflecting the organization's commitment to family participation.

Home-based services are also offered for bedridden children, ensuring continuity of care. Vocational and life skills training further help children develop independence and confidence.

Social work students noticed that case histories are collected at admission to understand each child's background and support plan. Teachers and staff demonstrated deep dedication and empathy, applying culturally sensitive methods such as the use of Om mantra in speech therapy and fun exercises to enhance motor and communication skills.



The school also assists families in acquiring government disability certificates (UDID) and works toward greater inclusion through awareness programs and community partnerships. The overall structure of the institution reflects efficient administration and a clear vision focused on empowerment and dignity for every child.

This experience helped trainees to understand the multi-dimensional nature of social work in special education. Observing the interventions and teamwork reinforced my belief that effective care for children

with disabilities requires collaboration between educators, therapists, families, and the wider community. Trainees learned the importance of combining empathy, advocacy, and professional skills to create meaningful change.

The field visit was deeply enriching, highlighting how education, therapy, and compassion intersect to nurture holistic development. It strengthened my perspective as an MSW student to approach disability work with sensitivity, patience, and a commitment to inclusivity and human dignity.



M Sivanees  
(I MSW)

## SERVING WITH PURPOSE: A GLIMPSE INTO PEOPLE'S SERVICE SOCIETY, PALAKKAD

“The purpose of human life is to serve, and to show compassion, and the will to others”, as quoted by Albert Schweitzer, depicts beautifully what the People's Service Society, Palakkad (PSSP) organization stands for and what they aim to achieve. They were visited by the Department of Social and Behavioural Sciences on 09th October, 2025 for a field visit as part of the department's curriculum. The purpose of the visit was to help students understand the practical understanding of social work organizations and to enhance their community-based service activities.



Father Ceejo, who is the Executive Secretary, greeted the students and faculties with a warm welcome and spoke about what the organization does and how they function. The students were intrigued in learning the different departments the organization handled and the kind of activities they conducted for the people. The organization had about 8 Departments – all focused on improving quality of life not just for individuals, but for the community too. They also started 2 new initiatives, which is the Kerala Labour Movement that is focused on providing pensions for homemakers and their families and The Arts and Culture Movement, which has its in-house band called PEOPLE'S BEATS, promoting local culture and creativity. Father Ceejo also spoke on the challenges they faced and how they were able to overcome it despite the unexpected circumstances. This shows the rawness, commitment, dedication and resilience of the organization and how they still continue to serve the community with the same passion and purpose.

Overall, it was clear and evident to the students how important of a role the People's Service Society organization plays, specially in promoting social welfare, empowerment and sustainability. The visit highlighted the organization's unwavering dedication, impact and resilience in acknowledging the needs of the organization.



Joanne Thomas  
( I MSW )



# OBSERVATION VISIT TO JAN SHIKSHAN SANSTHAN

As part of the MSW program's fieldwork orientation, a one-day visit was organized to Jan Shikshan Sansthan (JSS) in Palakkad on 9th October. The primary goal was to observe and understand the functioning of a vocational skills training NGO working for the socio-economically disadvantaged sections of society.

JSS Palakkad operates under the Ministry of Skill Development and Entrepreneurship (MSDE), Government of India. The institution mainly provides vocational and life skills training to school dropouts, women, SC/ST, OBC, minorities, and differently-abled individuals. Training is tailored to help participants achieve self-reliance and improve livelihood prospects.





- The day began with a warm welcome and an introductory meeting with the Director, who explained JSS's mission, objectives, and major achievements.
  - Students were given a guided tour of training centers where courses in tailoring, food processing, electrical repairs, hand embroidery, and computer operations were in progress.
  - Interaction with trainers and beneficiaries made it clear that teaching methods are hands-on and adapted to local needs. Many beneficiaries were women, who expressed hope and happiness about supporting their families.
  - Staff demonstrated their documentation system, showing how trainees' progress and placements are tracked.
- Time was spent observing a real training session for a batch of women learning tailoring. Some participants shared how their training led them to open small home-based businesses.
- Realized the importance of inclusive, grassroots-level engagement for social development.
  - Observed participatory teaching methods that boost trainees' confidence and practical skills.
  - Gained insight into project record-keeping and the importance of documenting progress for monitoring and evaluation.

The orientation visit provided practical exposure to the administration and field activities of JSS Palakkad, showing how vocational education can empower disadvantaged sections of society. As an MSW student, this experience served as both motivation and a guide for future social work practice, emphasizing the need for empathy, resourcefulness, and community-based solutions.



M Sivanees  
(I MSW)

## “EMPOWER YOUR MIND, UNLOCK YOUR POTENTIAL”

The Department of Social Work, Amrita Vishwa Vidyapeetham, in collaboration with ASWAAS (Amrita Social Work Association of Alumni and Students), successfully organized a mental health workshop on October 10th, 2025, coinciding with World Mental Health Day. The event was held from 3:00 PM to 4:50PM at the 1st MSW Classroom.

Dr. K. Kiruthiga, District Psychiatrist for the District Mental Health Programme, Coimbatore, and Consulting Psychiatrist at Natchiyar Mind Care, served as the resource person. As Founder of the Psychiatric & Psychotherapeutic Educational Foundation and Mind Wellness Hub, she brought multifaceted Programme Proceedings

The workshop commenced with anchoring by Gopika (2nd year MSW), followed by a welcome speech by Rose Maria. The session focused centrally on self-awareness as the foundation of mental health and personal growth.



**The Marshmallow Experiment :** Dr. Kiruthiga illustrated delayed gratification and self-control through the Stanford Marshmallow Experiment, helping students understand how self-awareness enables conscious choices aligned with long-term wellbeing.

**The Rat Park Experiment:** This discussion challenged purely chemical explanations of addiction, emphasizing the crucial role of social connection, supportive environments, and community in mental health.

**Types of Thoughts:** Students explored different thought patterns, learning to distinguish between automatic thoughts, cognitive distortions, and rational thinking. Dr. Kiruthiga introduced the cognitive triangle concept and practical tools to monitor and modify internal dialogue.

**JPMR Therapy:** A highlight was the experiential session on Jacobson's Progressive Muscle Relaxation. Dr. Kiruthiga guided participants through systematic tension and release of muscle groups, providing a practical stress-management tool students could practice independently.

The workshop featured active participation with thoughtful questions about academic stress, relationships, and mental health maintenance. Students appreciated the combination of theoretical knowledge and practical application, particularly the experiential JPMR session. Many expressed feeling less alone after hearing Dr. Kiruthiga normalize common mental health challenges faced by young adults.

Amrutha (2nd year MSW) delivered the concluding speech, summarizing key learnings and expressing gratitude to Dr. Kiruthiga, the organizing committee, ASWAAS, and all participants. The workshop successfully raised mental health awareness, provided practical coping strategies, and fostered supportive community dialogue. As future social work professionals, participants gained personal insights and valuable understanding for their practice with clients and communities, reinforcing that mental health is a continuous journey of self-discovery, self-compassion, and growth.



M Sivaneel  
(I MSW)



# STUDENTS ATTENDED THE GRAM SABHA

The students of the Department of Social Work, Amrita Vishwa Vidyapeetham, Coimbatore, along with Dr. S. Kanagaraj, Assistant Professor, and Kirthika P., Ph.D. Scholar, attended the Gram Sabha conducted at Arasampalayam village on October 11, 2025. The Hon'ble Chief Minister of Tamil Nadu, M. K. Stalin, addressed 10,000 Gram Sabha meetings through video conferencing. He highlighted key developmental initiatives, social responsibilities, and encouraged the community to actively engage in grassroots-level governance. Mr. Suryamani, District Childline Supervisor, conducted an awareness session on child rights, highlighting issues such as child marriage and child labour, and emphasizing the importance of collective action to protect children. Following this, Dr. S. Kanagaraj, Assistant Professor, Department of Social Work, Amrita Vishwa Vidyapeetham, spoke about the International Day of the Girl Child and the importance of celebrating it. The students got an opportunity to engage with the community and local governance, gaining valuable insights into participatory rural development.



LekshmiPriya U  
(II MSW)

# ORIENTATION VISIT TO REST

Rural Education and Service Trust (REST) is a community-based organization operating from Coimbatore with active programs in Pollachi Earipatti. Under the leadership of CEO D. Srinivasan and a dedicated team including Ms. Jareena (Head of Rural Vocational Training Centre), Ms. Sharmila (Manager), and Shri. Murugesh (Field Level Coordinator), REST has established itself as a catalyst for rural transformation.

REST's mission centers on empowering marginalized communities, particularly rural women, through participatory development approaches. Their core programs include women empowerment through Self-Help Groups, bank linkage initiatives, vocational training, and comprehensive community development activities. What distinguishes REST is their commitment to building capabilities rather than creating dependencies – embodying the true spirit of social work practice

The core of our visit on 23th October was an intensive orientation session on financial literacy and protection against banking scams. The session addressed urgent contemporary challenges facing SHG members who are increasingly integrated into formal banking systems yet remain vulnerable to digital fraud.

**Digital Banking Threats:** The facilitators explained common scam tactics – fraudsters posing as bank officials, creating panic about “account problems,” and manipulating people into sharing OTPs, PINs, or making unauthorized transfers. Real experiences were shared where women had nearly fallen victim to such schemes.

**Protecting SHG Funds:** The session emphasized that collective savings represent not merely money, but children's education, medical security, and entrepreneurial dreams. Understanding this emotional and practical significance made the protection strategies more meaningful.

**Financial Rights and Empowerment:** A transformative message was repeatedly emphasized – banks serve customers, not vice versa. Members have rights to question, refuse, and demand clarification. This simple awareness visibly shifted the women's confidence.

**Practical Safety Measures:** Never share OTPs or PINs with anyone, independently verify all calls claiming to be from banks, be suspicious of “urgent” requests, and trust collective wisdom when something feels wrong.

**Understanding SHGs:** Social Work Students observed how these groups function as vessels of social capital where economic activities create platforms for broader social transformation, addressing isolation and building solidarity.



**Financial Literacy:** Social Work Students learned that relevant financial literacy isn't about complex investments but about understanding rights, recognizing fraud, reading statements, and having confidence to ask questions – literacy that serves lived reality.

**Banking Scams Awareness:** Social Work Students realized scams don't just steal money; they devastate trust and confidence. REST Trust's preventive education provides both financial and psychological protection.

This orientation at REST Trust demonstrated social work at its most authentic – working with communities rather than on them, addressing contemporary challenges while respecting traditional knowledge, and building capabilities that endure beyond any single intervention. The women who arrived hesitant left empowered, having gained not just information but collective confidence. This is development that transforms, and this is the social work practice that trainees aspire toward.



M Sivaneel  
(I MSW)

# DON BOSCO ANBU ILLAM- JOURNEY OF HOPE AND FAITH

The Department of Social and Behavioural Sciences from Amrita Vishwa Vidyapeetam, visited the Don Bosco Anbu Illam organization on the 24th October, 2025 for a field visit at Ukkadam. The organization works on supporting children who face difficulty situations, specially those who are orphaned, missing, and abandoned on the streets or even marginalized. The purpose of the visit was enlightening the students on the real-life situations such organizations come across, mainly dealing with children and youths below 13years and 20years respectively, and how important interventions play in changing their lives.

Mr. S. Balamurugan, the Manager of Don Bosco Anbu Illam, welcomed the students and faculties and spoke on various works and initiatives the organization engages with. Their main aim is to help children, protect their rights and reunite with them with their families whenever possible. Right from providing shelter, medical support, education to conducting career guidance program, these are the wide range of services Don Bosco Anbu Illam provides. The students were also given the pleasant opportunity to interact with the children and youths at the organization and learn more about their daily lives, routines they follow and how the organization has made a positive impact on them. This exchange of interaction provided a deeper understanding on the realities the children face and the role the staff plays in their rehabilitation and development.

All-in-all, the visit proved to be insightful and enriching experience for the students and faculties and served a better understanding of how committed social organizations work to protect and support vulnerable children. It also taught the importance of compassion, empathy and the power of collective effort in bringing positive change to society.



Joanne Thomas  
(IMSW)



# AN EXPERIENCE WORTH EMBRACING: INSIGHTS FROM KAUMARAM PRASHANTHI ACADEMY



On 28th October, 2025, the Department of Social Sciences and Behavioural Studies visited the Kaumaram Prashanthi Academy, for the purpose of a field visit at Saravanampatti. The academy focuses on providing support to children with different learning needs and developmental challenges. The overall aim of the visit was to educate students on how special institutions like Kaumaram Prashanthi Academy conducts inclusive learning surroundings and provided one-on-one care for children with special needs.

The staff at the academy warmly welcomed the students and provided the outline of what they do and the various methods and activities they incorporate to support the children. They further elaborated on the curriculum they follow, therapy sessions, and learning techniques designed to meet children's abilities and goals. They have children with Autism, ADHD (Attention Deficit Hyperactivity Disorder), Cerebral Palsy and Down Syndrome mainly at their institution. They have activities like yoga class, art class, computer

learning, candle making, soap making and others skill-based activities to enhance coordination, creativity, communication and motivate them to be confident. The students also had the chance to meet and interact with the children and their educators to learn more on their progressing development and challenges they face on a day-to-day basis. They also have a sensory room allotted mainly for children who are autistic, to help improve their concentration and feel relaxed in a calm and supportive environment.

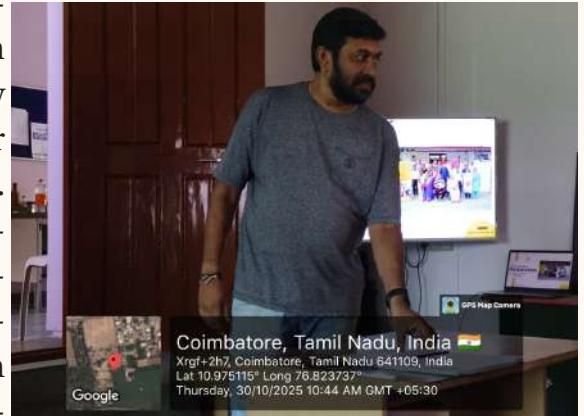
To conclude, the visit proved to be truly an experience for the students to understand how schools and organizations like Kaumaram Prashanthi Academy dedicate their time, affection and care for each child to help them survive in a busy world we live in. They gained valuable experience on the types and kinds of sessions, activities particularly designed for these children and have appreciated the compassion and dedication of the staff that caters to their needs tirelessly.

Joanne Thomas  
(1 MSW)



# CORD - EMPOWERING RURAL COMMUNITIES

Shijo K John warmly welcomed everyone to the program and introduced CORD's inspiring journey in rural development on 30th October. He shared how CORD has been working since 1985 to empower rural communities, especially women, across India. He explained CORD's beautiful approach of treating community members as partners, not just beneficiaries. The organization works in over 972 villages, focusing on women's empowerment through Mahila Mandals, healthcare, education, livelihood support, and natural resource management.



Shijo highlighted how Dr. Kshama Metre founded CORD with a vision of creating self-reliant communities. The organization has received national recognition, including the Padma Shri award for its founder. He emphasized that CORD's strength lies in building local leadership and helping communities solve their own problems.

His welcoming words set an enthusiastic tone for the program, encouraging everyone to learn from CORD's grassroots approach to development.

Mr. Pradeep brought the session to a thoughtful close by thanking everyone who made the program successful. He reflected on the valuable lessons learned about community-driven development and how CORD's work truly makes a difference in people's lives.

He shared how inspiring it was to see an organization that believes in empowering people rather than creating dependency. The stories of women leaders and village communities taking charge of their own development left a lasting impression on everyone present.

Mr. Pradeep connected CORD's approach to social work values, noting how important it is for future social workers to understand participatory development. He encouraged fellow students to carry forward the spirit of empowerment and community participation in their professional careers.

With heartfelt gratitude to the organizers and resource persons, he concluded by expressing hope that this session would motivate everyone to contribute meaningfully to social development work. CORD (Chinmaya Organization for Rural Development) started in 1985 under Dr. Kshama Metre's guidance as part of Chinmaya Mission. Today, it works across multiple states, reaching thousands of families in remote villages.

### What makes CORD special:

- Over 1,173 women's self-help groups creating local leaders
- Healthcare services reaching remote areas
- Education and skill training for youth
- Sustainable livelihood programs
- Awards and recognition for innovative development work

CORD believes that real change comes from within communities. By supporting local initiatives and building people's confidence, they've shown that sustainable development is possible when communities lead their own transformation.



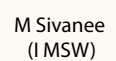
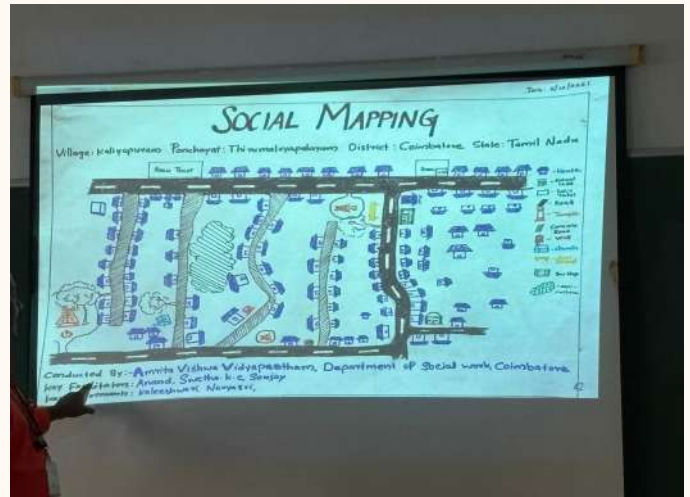
M Sivaneel  
(I MSW)



# WORKSHOP ON PARTICIPATORY RURAL APPRAISAL (PRA): COMMUNITY-DRIVEN RURAL ASSESSMENT AND DEVELOPMENT

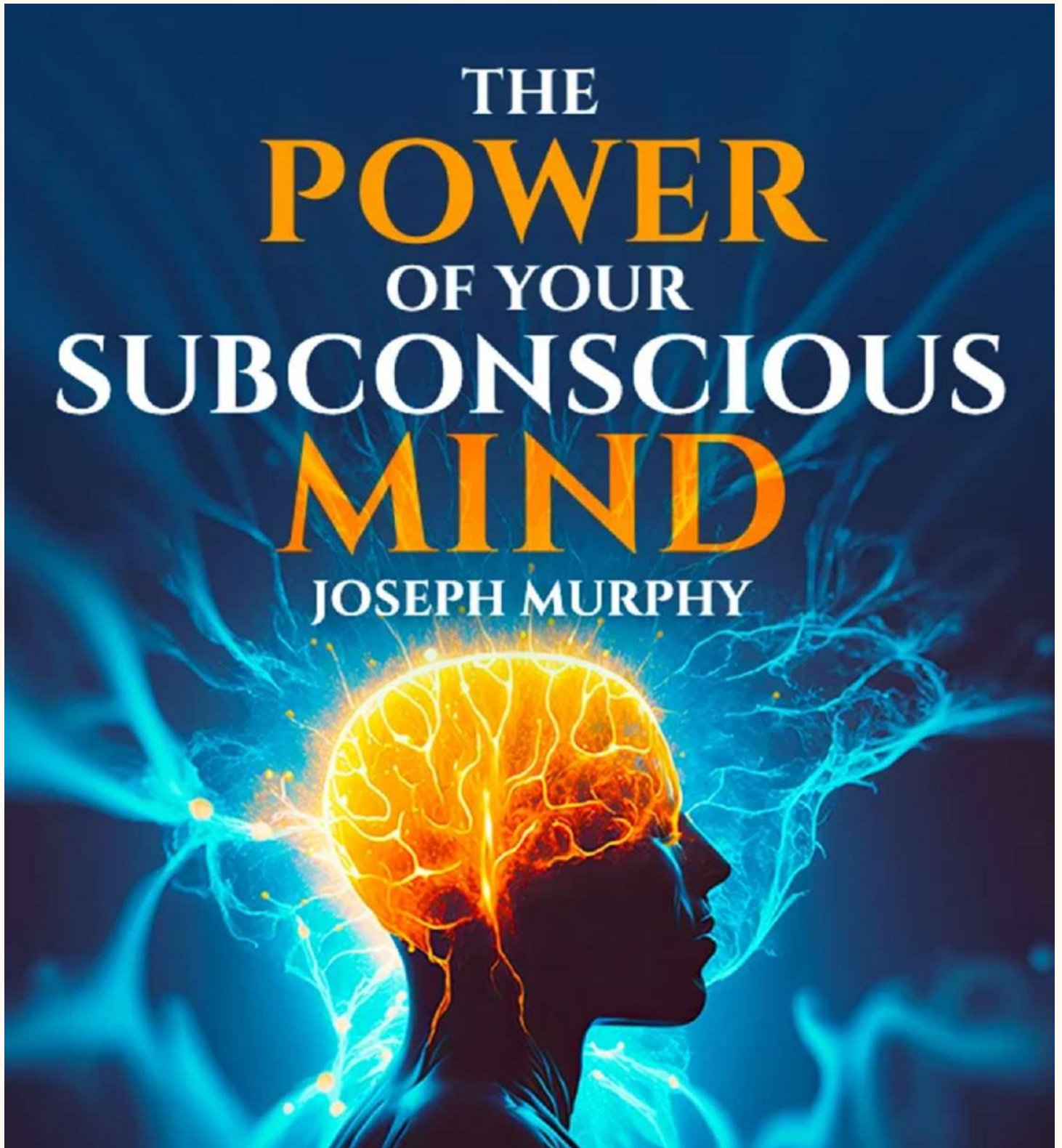
Dr. S. Kanagaraj serves as an Assistant Professor at Amrita Vishwa Vidyapeetham's School of Social and Behavioural Sciences, Coimbatore Campus, and recently facilitated a Workshop on Participatory Rural Appraisal (PRA) for MSW/BSW students held from October 31st to November 1st, 2025. He is recognized for engaging students with approachable and clear communication, ensuring that complex PRA techniques are easy to understand, even for newcomers. His field-oriented mindset emphasizes the importance of stakeholder participation, grassroots empowerment, and practical social work applications, helping students recognize the real-world value of participatory methods. Through evidence-based teaching and structured activities, Dr. Kanagaraj guides learners from problem definition to ethical application, using participatory research tools that elevate community voices.

He demonstrates a commitment to inclusive practice and ethical standards in social work, ensuring all community stakeholders, especially marginalized groups, are heard and respected in PRA exercises. Students appreciate his openness and readiness to mentor beyond the classroom, offering contact information for ongoing support and academic queries. His strengths lie in facilitating participatory methods with practical demonstrations, bridging theory and practice so MSW students gain confidence in organizing rural fieldwork, evaluations, and group activities. Practical takeaways from his workshop center on the value of community empowerment, participatory engagement, and the importance of facilitating respectful group dynamics. Dr. Kanagaraj encourages students to apply PRA techniques in wide-ranging contexts—from SHG assessments to rural development—while maintaining ethical transparency and accountability in their practice. His teaching style and mentorship inspire MSW students to embrace continuous learning, valuing the role of participatory methods in fostering sustainable social development.





# **STUDENTS' CORNER**



# Book Review

Dr. Joseph Murphy's "The Power of Your Subconscious Mind" is one of the foundational texts in the genre of self-improvement, blending spirituality, psychology, and practical exercises. Since its first publication in the 1960s, the book has inspired millions by exploring the profound influence of the subconscious mind on every aspect of human life. Murphy, drawing from decades of experience as a minister and a student of metaphysics, sets out to answer why people's lives differ so greatly—why some find happiness, success, health, and love, while others remain unfulfilled. He firmly maintains that the answer lies in harnessing the untapped potential of the subconscious mind.

The central thesis of this book is simple yet revolutionary: Our habitual thoughts create our circumstances. The subconscious mind, Murphy states, is an obedient servant; it listens and responds to the emotionalized thoughts and beliefs we continuously hold, whether positive or negative. He concludes that anyone can make miraculous changes in health, finances, relationships, and spirituality by learning how to program the subconscious mind—through affirmation, visualization, and prayer.

One of the greatest strengths of the book is its accessibility. Murphy resists using technical jargon, preferring to use plain English and loads of real-life anecdotes. There are many stories of people overcoming illness, poverty, and adversity simply by changing the content of their thinking and utilizing techniques such as "scientific prayer," positive autosuggestion, and visualization. These techniques are given as step-by-step formulae, and for this reason, the book is practical for a wide audience, whatever the prior exposure to psychology or metaphysics.

Murphy bases his teachings in both religious and scientific language, showing parallels between Christianity and Buddhism, even going so far as to mention contemporary psycholo-

gy. He says that the subconscious mind doesn't pertain to just one faith; it can be approached by all since it is a universal law, just like the law of electricity or gravity. It is for this reason that his book has gained wide appeal and maintained popularity.

Despite the strengths of "The Power of Your Subconscious Mind," criticisms still abound. Some readers may find the anecdotes overly anecdotal and the claims of miraculous healings and sudden wealth unsupported by rigorous scientific evidence. By nature, personal testimony is used to inspire and motivate, though it mightn't satisfy the skeptics. Besides, the unbridled optimism at times glosses over complex individual realities such as systemic obstacles or chronic disease that positive thinking alone may not resolve.

Another distinctive characteristic of the book is its repetitive structure: Murphy frequently repeats the same key ideas—thoughts become things, the subconscious obeys belief—which, although reinforcing the message, can feel redundant to some readers. However, for many, this repetition serves as an effective way to internalize the practices and principles he urges.

In short, "The Power of Your Subconscious Mind" remains a classic of self-help literature, not simply because it contains philosophical insight, but also because it contains actionable guidance. It encourages readers to take responsibility for their inner conversations and to trust in the possibility of change—not because of changes in life but through an intentional practice of faith, thankfulness, and positive thinking. Whether one reads Murphy's work wholeheartedly or out of curiosity, one finds in this book tools and perspectives that can stir reflective change and real personal transformation.

Suvarnna K A

Suvarnna K A  
(II BSW)



# MOVIE REVIEW



It's a fantastic movie on romantic relationships. The movie discusses subjects like self-discovery and mental health therapy. Shahrukh Khan is portrayed as an empathetic therapist, and his attractive attitude helps Kiyara through her difficult times. His on-screen chemistry is amazing, and it would be fascinating to see any other actor perform this part. Shahrukh Khan is the ideal candidate for this position. The portrayal of Shahrukh Khan has left a lasting impression on his audience. Zindagi, please prioritize your health. The movie discusses issues including depression and the value of getting help. Because the film depicts these problems in such a realistic manner, many people may identify with them. With its exquisite cinematography and melancholic soundtrack, the filmmaker Gauri Shinde's emotional scenes elevate the whole cinematic experience. Kunal Kapoor is one of the other supporting actors. After watching this film, Ali Zafar and Ira Dubai give excellent performances. Every

young person's dream is to become a doctor. Jahangir Khan's character has tested the audience's heart and inspired them. Jahangir's conversation, "DON'T LET THE PAST BLACKMAIL YOUR PRESENT TO ENJOY YOUR GOOD FUTURE," is especially moving and a potent reminder to not allow the past get in the way of one's pleasure in the present. Alia Bhatt's portrayal of Kaira is quite remarkable. She gives her character nuance and genuineness, which makes Kaira's path of self-discovery and recovery immensely sympathetic and poignant. It will be delightful to see more of his journey in the near future in the form of television shows or films. I would like to write to Gauri Shinde to encourage the release of more films like this one, which are not only entertaining but also educate viewers about mental health and personal development. I would definitely recommend seeing this film.

Arya A S  
(II MSW)



# **SCHEMES AND ACTS**



# ACTS

## THE TELECOMMUNICATIONS ACT OF 2023

The Telecommunications Act of 2023 was enacted to modernize and simplify India's communication regulations, replacing the Indian Telegraph Act of 1885 and the Indian Wireless Telegraphy Act of 1933. It establishes a new legislative framework for managing and regulating all aspects of telecommunications, including mobile networks, internet services, satellite communication, and digital television.



The Act requires government clearance before any individual or corporation may provide telecom services or create a telecom network. It guarantees that the radio spectrum, which is used for wireless communication, is managed effectively, mostly through public auctions, with certain bandwidth reserved for military, emergency management, and public interest. To safeguard users, the Act mandates identification verification for subscribers, with the goal of preventing spam calls, fraud, and cybercrime. It allows the government to temporarily regulate telecom networks in the event of a national emergency or a threat to public safety. It also grants the government the authority to intercept messages or interrupt communication services in critical security situations.

The Act encourages quicker digital expansion by streamlining requirements for laying cables and establishing telecom equipment, hence improving connection even in rural and distant locations. It also imposes severe penalties and fines for noncompliance, network misuse, or unlawful activity. Another distinguishing element is its emphasis on data privacy, security, and user protection. Telecom operators are expected to protect personal information and keep it secret. The Act promotes the development of 5G, satellite internet, and future technologies, assisting India in moving toward a more connected and digitally secure future.

In essence, the Telecommunications Act of 2023 reinforces communication regulations, improves user protection, stimulates technical innovation, and assures that India's telecom sector is transparent, safe, and accountable.

REFERENCE: <https://egazette.gov.in/WriteReadData/2023/250880.pdf>

SHUJO K JOHN  
(I MSW)



# STATE SCHEME

## UNEMPLOYED YOUTH EMPLOYMENT GENERATION PROGRAMME



### DETAILS

The Government of Tamil Nadu, through its Micro, Small and Medium Enterprises (MSME) Department, has launched the Unemployed Youth Employment Generation Programme (UYEGP) to address unemployment challenges, particularly among the educated youth from socially and economically weaker backgrounds. This initiative seeks to encourage self-employment by supporting young individuals to establish their own manufacturing,

service or business enterprises. Under this programme, eligible applicants can avail themselves of loans up to Rs.15 lakhs for manufacturing projects and Rs.5 lakhs for service or trading activities. To further reduce the financial burden, the State Government provides a subsidy of up to 25% of the project cost, subject to a maximum limit of Rs.2.5 lakhs.

### BENEFITS OF THE SCHEME

Under the UYEGP scheme, financial assistance is extended to help youth establish enterprises across various sectors. The State Government's subsidy assistance up to 25% of the total project cost (maximum Rs.2.5 lakhs) helps reduce initial investment pressure. This scheme promotes inclusive growth by enabling access to credit for individuals who might otherwise face difficulties in obtaining loans from financial institutions.

### ELIGIBILITY

Be a permanent resident of Tamil Nadu.

Be between 18 and 35 years of age for the general category, and up to 45 years for special categories.

Have completed at least 8th standard education.

Belong to a family with an annual income not exceeding Rs.5 lakhs.

Contribute 10% of the project cost (for general category) or 5% (for special category).

Complete Entrepreneurship Development Programme (EDP) training, which is mandatory.

Ensure the project cost does not exceed Rs.15 lakhs for manufacturing and Rs.5 lakhs for service or trading activities.

### DOCUMENTS REQUIRED

- Proof of identity (Aadhaar Card, Voter ID)
- PAN Card copy
- Passport-sized photographs

REFERENCES :<https://www.myscheme.gov.in/schemes/uyegp>



Vishnupriya J  
(I MSW)

# CENTRAL SCHEME

## PRADHAN MANTRI KISAN SAMMAN NIDHI

### Details :

The scheme is designed to support landholding farmer families by helping them meet their financial needs for farming and household expenses. It provides money to buy seeds, fertilizers, and other essentials to keep crops healthy and ensure good harvests. Under this scheme, the Central Government gives ₹6,000 every year directly to the bank accounts of eligible farmers through online transfer. However, some people are not eligible as per the rules .

### Benefits :

Financial benefit of Rs.6000 per annum per family payable in three equal instalments of Rs.2000 each, every four months.

### Eligibility :

All landholding farmer's families, which have cultivable land holding in their names are eligible to get benefit under the scheme.

### Exclusions :

The following categories of beneficiaries of higher economic status shall not be eligible for benefit under the scheme:

- Institutional landholders : Any land owned by an institution or organization.
- Farmer families where even one member belongs to any of the groups mentioned below.
- People who hold or have held top government positions, such as:
  - Former or current holders of constitutional posts.
  - Former or current Ministers (both Central and State).
  - Former or current Members of Parliament (Lok Sabha or Rajya Sabha) or Members of State Legislative Assemblies or Councils.
  - Former or current Mayors of Municipal Corporations or Chairpersons of District Panchayats.
- Government employees : All serving or retired officers and staff of Central or State Government offices, departments, public sector companies, and autonomous institutions, including local body employees.

This rule does not apply to Multi-Tasking Staff or Class IV/Group D employees.

Pensioners : Those who receive a pension of ₹10,000 or more every month.

Multi-Tasking Staff or Class IV/Group D pensioners are not included in this restriction.

Income taxpayers : Anyone who paid income tax in the most recent assessment year.

Professionals : Practicing doctors, engineers, lawyers, chartered accountants, and architects who are registered with professional bodies and working in their respective fields.

### Documents Required :

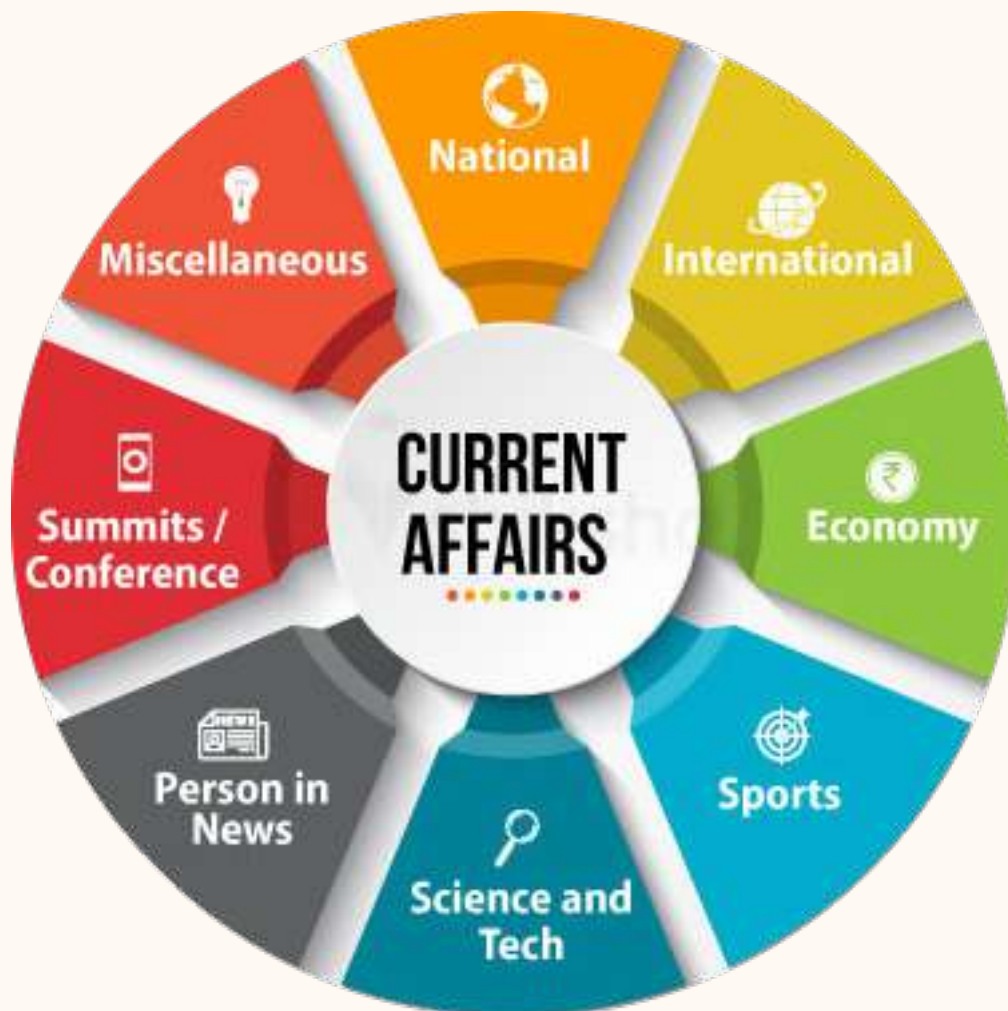
- Aadhaar Card
- Landholding papers
- Savings Bank Account

REFERENCE: <https://www.myscheme.gov.in/schemes/pm-kisan>



Achu Elza Roy  
(I MSW)

# CURRENT AFFAIRS



# OCTOBER 2025

## India Approves Maitri II Antarctic Research Station

India is set to strengthen its Antarctic research with Maitri II, a new ₹2,000 crore research station to be established in eastern Antarctica by January 2029. Led by the National Centre for Polar and Ocean Research (NCPOR) under the Ministry of Earth Sciences, it will be India's fourth Antarctic base after Dakshin Gangotri, Maitri (1989), and Bharati (2012). The new station will replace the aging Maitri base in the Schirmacher Oasis and feature modern, eco-friendly infrastructure powered by solar and wind energy. Maitri II will support advanced studies in climate change, glaciology, and atmospheric science, with facilities for remote and automated data collection.

## Iron Age Site Discovered in Tamil Nadu Excavation



Recent excavations by the Tamil Nadu State Department of Archaeology (TNSDA) at Thirumalapuram in Tenkasi district have uncovered an Iron Age burial site near the

Western Ghats, estimated to date back to the early to mid-third millennium BCE. The site, covering about 35 acres, lies between two seasonal streams near the Kulasegarapereri tank, suggesting its strategic significance for ancient communities. Archaeologists excavated 37 trenches, revealing a stone slab burial chamber with urn burials containing cobblestones. Numerous ceramic artefacts—including white-painted black-and-red ware, red-slipped ware, and black-polished ware—were found, many with symbolic white-painted designs.

## India Sees Historic Surge in Women's Workforce Participation

India has seen a historic rise in women's workforce participation, with the Female Labour Force Participation Rate increasing from 23.3% in 2017-18 to 41.7% in 2023-24. This growth, supported by policies promoting skills, credit access, and formal jobs, positions India as a BRICS leader in gender-inclusive employment. Laws like the Maternity Benefit Act, Sexual Harassment Act, and Social Security Code ensure protection and equality at work. Initiatives such as Mission Shakti and SHe-Box strengthen safety and empowerment. Women now play a vital role in India's

economic transformation, advancing the nation's vision of inclusive development by 2047..

## India's Retail Inflation Falls To Eight-Year Low In September

India's retail inflation dropped to 1.54% in September 2025, the lowest since 2017, mainly due to falling food and fuel prices, bringing it below the RBI's 2% comfort limit. Food inflation declined by 1.4% amid good monsoons, though edible oils remain high at 18.3%. Fuel inflation eased to 1.98%, reducing household costs. Clothing inflation slowed to 2.28%, while housing inflation rose to 4%. With overall inflation cooling, the RBI may consider cutting interest rates in its December policy review to boost growth while sustaining price stability.

## FSSAI Bans 'ORS' Label on Food Products



The Food Safety and Standards Authority of India (FSSAI) has issued a directive banning the use of the term 'ORS' (Oral Rehydration Solution) on food product labels and advertisements.

This decision stems from concerns that the term misleads consumers and violates the Food Safety and Standards Act, 2006. The FSSAI has mandated the immediate removal of the term 'ORS', whether used alone or with prefixes or suffixes, from all food products. This directive also revokes previous permissions issued in July 2022 and February 2024, which had allowed limited use of the term with disclaimers.

### **What is UPI's 'Pay With Mutual Fund' Feature?**

India's Unified Payments Interface (UPI) has introduced a new feature called "Pay with Mutual Fund." This feature enables investors to make real-time payments directly from their liquid mutual fund holdings. It was developed in collaboration with ICICI Prudential Mutual Fund, Bajaj Finserv AMC, and Curie Money. This innovation seamlessly integrates investment and payment functions, transforming mutual funds into transaction-ready assets. During a UPI transaction, the system automatically redeems the required amount from the user's liquid fund, providing instant liquidity without the need for manual transfers. Key advantages of this feature include higher returns (ranging from 6% to 7%), UPI integration, and efficient cash management. Since idle funds remain invested until used, this feature ensures that investors can maximize their returns. India stands as the first country to enable such real-time payments

through a UPI-like interface.

### **New Banking Rules from November 1: Multiple Nominees Allowed for Bank Accounts and Lockers**

The Finance Ministry has announced the enforcement of key provisions under the Banking Laws (Amendment) Act, 2025, effective November 1, 2025, to modernise the nomination process for bank deposits, safe custody articles, and lockers. The Act, notified on April 15, 2025, introduces 19 amendments across major banking laws, including the RBI Act (1934) and Banking Regulation Act (1949), aimed at simplifying procedures and protecting depositor rights. Customers can now nominate up to four individuals for deposit accounts, assigning specific fund percentages to each.

### **India Among World's Top Ten Forest Carbon Sinks: FAO Report**

India, as per the UN FAO's 2025 report titled "Forest Emissions and Removals – Global, Regional and Country Trends 1990–2025," ranks among the world's top ten contributors to global carbon sequestration. This remarkable achievement is evident in India's annual absorption of approximately 150 million tonnes of CO<sub>2</sub> through its forests and tree cover. This accomplishment places India alongside nations like Belarus and behind global leaders such as Russia, China, and the United States. Furthermore, the Global Forest Resources

Assessment (GFRA) 2025 further highlights India's success, ranking it ninth in terms of total forest area and third in annual net forest gain. These remarkable achievements are a testament to the effectiveness of national afforestation and conservation initiatives.

### **Scientists Discover 'Super-Earth' GJ 251 c Just 20 Light-Years Away**



Astronomers have discovered a potentially habitable exoplanet, GJ 251 c, located just 20 light-years from Earth, marking a major step in the search for Earth-like worlds. The planet, classified as a super-Earth, is about four times the mass of Earth and likely has a rocky composition. Its position within the habitable or "Goldilocks" zone of its host star suggests that liquid water could exist on its surface..

REFERENCE: <https://www.gktoday.in/current-affairs/month/current-affairs-november-2023/>



AAKASH K  
(I MSW)

# INTERNSHIP OPPORTUNITIES

## TARE ZAMEEN FOUNDATION

<https://internshala.com/>

**Work from home**

**Start date: Immediately**

**Duration: 1 Month**

**Stipend: 1,500/month**

**Apply by: 5 Nov' 25**

### About the Internship

The Tare Zameen Foundation (TZF), a Delhi-based non-profit founded in 2018, is committed to the upliftment of children, women, and the divyangjan, providing education to unprivileged children, fostering women's empowerment through employment, and running the 'Save Girl Child' campaign.

### Benefits

Certificate

Letter of Recommendation

Flexible work

### Who can apply

Only those candidates can apply who:

1. are available for the work from home job/ internship
2. can start the work from home job/ internship between 6th Oct'25 and 10th Nov'25
3. are available for duration of 1 month
4. have relevant skills and interests

### To Know More and Apply

<https://internshala.com/internship/detail/work-from-home-part-time-fundraising-internship-at-tare-zameen-foundation1759728381>

## NATIONAL SOCIAL IMPACT & CORPORATE MANAGEMENT

**Work from home**

**Start date: Immediately**

**Duration: 6 Weeks**

**Stipend: 1,000 /month**

**Apply by: 13 Nov' 25**

### About the Internship

The organization is offering a paid internship with performance-based incentives of up to ₹10,000, preferably for female candidates. The selected intern will be involved in designing and implementing nationwide social impact initiatives, conducting fundraising and outreach campaigns, and engaging with donors, communities, and partners to build lasting relationships.

### Benefits

Certificate

Letter of Recommendation

### Who can apply

Only those candidates can apply who:

1. are available for the work from home job/ internship
2. can start the work from home job/ internship between 14th Oct'25 and 18th Nov'25
3. are available for duration of 6 weeks
4. have relevant skills and interests

\* Women wanting to start/restart their career can also apply.

### To Know More and Apply

<https://internshala.com/internship/detail/work-from-home-national-social-impact-corporatemanagement-internship-at-sourish-de-cosmopolitan-foundation1760426683>

## NAYEPANKH FOUNDATION NGO

### Work from home

**Start date: Immediately**

**Duration: 1 month**

**Stipend: 1,500 - 10,000 lump sum**

**Apply by: 26 Nov' 25**

### About the Internship

The selected intern will be responsible for reaching out to individuals and communities to generate support and raise funds. They will learn to design, launch, and manage effective crowdfunding campaigns while gaining a deeper understanding of how nonprofit organizations function and create real social impact

### Benefits

Certificate of Completion  
Letter of Recommendation  
Flexible Work Hours

### Who can apply

Only those candidates can apply who:

1. are available for the work from home job/ internship
2. can start the work from home job/ internship between 27th Oct'25 and 1st Dec'25
3. are available for duration of 1 month
4. have relevant skills and interests

### To Know More and Apply

<https://internshala.com/internship/detail/work-from-home-part-time-crowdfunding-internship-atnayepankh-foundation1761541302>

## ODISHA DEVELOPMENT MANAGEMENT PROGRAMME (ODMP)

### Work from home

**Start date: Immediately**

**Duration: 1 Week**

**Stipend: 250 - 2,500 /week**

**Apply by: 26 Nov' 25**

### About the Internship

The organization is seeking passionate and motivated individuals to join as Fundraising & Outreach Interns, offering an opportunity to contribute to a meaningful cause while building skills in fundraising, communication, and nonprofit management. The interns will identify and connect with potential supporters, communicate ODMP's mission and impact, assist in ongoing campaigns, maintain transparent records of contributions, and collaborate with the team to enhance outreach strategies.

### Benefits

Certificate  
Letter of Recommendation

### Who can apply

Only those candidates can apply who:

1. are available for the work from home job/ internship
2. can start the work from home job/ internship between 27th Oct'25 and 1st Dec'25

### To Know More and Apply

<https://internshala.com/internship/detail/work-from-home-part-time-fundraising-outreachinternship-at-odisha-development-management-programme-odmp1761563942>

## SHE CAN FOUNDATION

**Work from home**  
**Start date: Immediately**  
**Duration: 1 Month**  
**Stipend: 1,500/ month**  
**Apply by: 5 Nov' 25**

### About the Internship

Are you looking to join a cutting-edge mission to empower female entrepreneurs and inspire women of all backgrounds to reach their full potential? The She Can Foundation is looking for a virtual charity drive intern to join our mission. This internship program is part of a larger effort to further our mission and give back to the community. You will have the unique opportunity to expand your digital marketing and fundraising skills while helping to empower and inspire women.

### Benefits

Certificate  
 Flexible Work Hours

### Who can apply

Only those candidates can apply who:

1. are available for the work from home job/ internship
2. can start the work from home job/ internship between 29th Oct'25 and 3rd Dec'25
3. are available for duration of 1 month

### To Know More and Apply

<https://internshala.com/internship/detail/work-from-home-part-time-virtual-charity-drive-internship-atshe-can-foundation1761713403>

## NAYEPANKH FOUNDATION

**Work from home**  
**Start date: Immediately**  
**Duration: 1 Month**  
**Stipend: 1,500 - 10,000 lump sum**  
**Apply by: 27 Nov' 25**

### About the Internship

The NayePankh Foundation is looking for a highly motivated Telefundraising Intern to support its mission of raising funds for education and development projects in rural India. The intern will play a key role in promoting the foundation's cause through direct tele-calling and donor engagement.

### Benefits

Certificate  
 Letter of Recommendation

### Who can apply

Only those candidates can apply who:

1. are available for the work from home job/ internship
2. can start the work from home job/ internship between 28th Oct'25 and 2nd Dec'25

### To Know More and Apply

<https://internshala.com/internship/detail/work-from-home-part-time-tele-fund-raising-internship-atnayepankh-foundation1761627889>

Susindhar S  
 (I MSW)



# MSW JOB OPPORTUNITIES

1. Counsellor and Project Coordinator –  
School Mental Health and Psychosocial  
Americares India Foundation  
Location: Mumbai, Maharashtra  
Job ID: [https://www.devnetjobsindia.org/JobDescription.aspx?Job\\_Id=278711](https://www.devnetjobsindia.org/JobDescription.aspx?Job_Id=278711)  
Job email ID: [americaresindia@americares.org](mailto:americaresindia@americares.org)  
Apply by: 29th November 2025

2. Senior Manager-Donor Management &  
Resource Mobilisation  
The Hans Foundation (THF)  
Location: Gurugram, Haryana  
Job ID: [https://www.devnetjobsindia.org/JobDescription.aspx?Job\\_Id=278704](https://www.devnetjobsindia.org/JobDescription.aspx?Job_Id=278704)  
Apply by: 29th November 2025

3. Programme Specialist – Training Coordinator  
Aga Khan Rural Support Programme India  
(AKRSP India)  
Location: Blocks of Surendranagar District,  
Gujarat  
Job ID: [https://www.devnetjobsindia.org/JobDescription.aspx?Job\\_Id=278670](https://www.devnetjobsindia.org/JobDescription.aspx?Job_Id=278670)  
Apply by: 28th November 2025

4. Centre Manager – Skilling & Livelihood  
Smile Foundation  
Location: Lucknow, Uttar Pradesh  
Job ID: [https://www.devnetjobsindia.org/JobDescription.aspx?Job\\_Id=278647](https://www.devnetjobsindia.org/JobDescription.aspx?Job_Id=278647)  
Job email ID: [mutiur.rehman@smilefoundation.email](mailto:mutiur.rehman@smilefoundation.email)  
Apply by: 28th November 2025

5. State Head  
Sterlite EdIndia Foundation (EdIndia)  
Location: Raipur, Chhattisgarh  
Job ID: [https://www.devnetjobsindia.org/JobDescription.aspx?Job\\_Id=278614](https://www.devnetjobsindia.org/JobDescription.aspx?Job_Id=278614)  
Job email ID: [hr@edindia.org.in](mailto:hr@edindia.org.in)  
Apply by: 27th November 2025

6. Program Consultant/State Coordinator -  
Maharashtra | DFCA  
Lung Care Foundation  
Location: Mumbai, Maharashtra  
Job ID: [https://www.devnetjobsindia.org/JobDescription.aspx?Job\\_Id=278570](https://www.devnetjobsindia.org/JobDescription.aspx?Job_Id=278570)  
Job email ID: [hr@LCF.org.in](mailto:hr@LCF.org.in)  
Apply by: 27th November 2025

7. Placement Officer  
Sahyog Care For You  
Location: Delhi, Delhi  
Job ID: [https://www.devnetjobsindia.org/JobDescription.aspx?Job\\_Id=278550](https://www.devnetjobsindia.org/JobDescription.aspx?Job_Id=278550)  
Job email ID: [sahyogcare4u.jobs@gmail.com](mailto:sahyogcare4u.jobs@gmail.com)  
Apply by: 27th November 2025

8. Program Manager  
HelpAge India  
Location: Mumbai, Maharashtra  
Job ID: [https://www.devnetjobsindia.org/JobDescription.aspx?Job\\_Id=278548](https://www.devnetjobsindia.org/JobDescription.aspx?Job_Id=278548)  
Job email ID: [3vbxpigwweie5@helpageindia.zohorecruitmail.com](mailto:3vbxpigwweie5@helpageindia.zohorecruitmail.com)  
Apply by: 27th November 2025

Source: <https://www.devnetjobsindia.org/>

Sidharth PS  
(I MSW)



# IMPORTANT DAYS

## NOVEMBER 2025

| NOVEMBER |     |     |     |     |     |     |
|----------|-----|-----|-----|-----|-----|-----|
| SUN      | MON | TUE | WED | THU | FRI | SAT |
|          |     |     | 1   | 2   | 3   | 4   |
| 5        | 6   | 7   | 8   | 9   | 10  | 11  |
| 12       | 13  | 14  | 15  | 16  | 17  | 18  |
| 19       | 20  | 21  | 22  | 23  | 24  | 25  |
| 26       | 27  | 28  | 29  | 30  |     |     |

Source -

<https://www.calendarr.com/india/calendar-november-2025/>



Sidharth PS  
(I MSW)

- Nov 1 – National Adoption Month
- Nov 2 – All Souls' Day
- Nov 3 – Recreation Day
- Nov 4 – Melbourne Cup
- Nov 5 – Guru Nanak Jayanti
- Nov 5 – World Tsunami Awareness Day
- Nov 5 – Dev Diwali
- Nov 10 – International Accounting Day
- Nov 10 – World Science Day for Peace and Development
- Nov 12 – World Pneumonia Day
- Nov 13 – World Kindness Day
- Nov 14 – Children's Day
- Nov 14 – World Diabetes Day
- Nov 16 – International Day for Tolerance
- Nov 18 – National Entrepreneurs' Day
- Nov 19 – International Men's Day
- Nov 20 – Universal Children's Day
- Nov 21 – World Television Day
- Nov 25 – International Day for the Elimination of Violence Against Women
- Nov 26 – National Milk Day
- Nov 27 – Thanksgiving Day

# ALUMNI CORNER



## Name

**Kavya Rajasekharan Nair**

## Roll number

**CB.SW.P2MSW15003**

## Batch

**2015-2017**

## Mobile number

**9497797391**

## Email address

**kavyarnair994@gmail.com**

## Present Organisation details

**Elizabeth School of London,  
Woodlands House, Cliftonville  
United Kingdom**

## Job title

**Lecturer and Module Leader,  
Registered Social Worker, Wales**

### 1. How was your life at Amrita?

My life at Amrita Vishwa Vidyapeetham, Coimbatore as an MSW student was truly an eye-opening experience, both personally and professionally. Those two years helped me grow as an individual and laid a strong foundation for my career as a social worker. I was fortunate to be surrounded by highly supportive and knowledgeable faculty who guided me at every step. The environment encouraged learning, self-reflection and practical exposure, which helped me understand the real essence of social work.

### 2. What are the key skills that you learned at Amrita that helped your career?

I learned effective communication, counseling and case management skills through fieldwork, rural camping and practical training. The

program also strengthened my research abilities, report writing, presentation skills and project management skills, which is helping me in my current job as a Health and Social Care in the UK. Most importantly, I gained empathy, teamwork and the ability to work with people from diverse backgrounds. These experiences taught me how to connect theory with real-life practice and prepared me to handle professional challenges with confidence and compassion.

### 3. How is the current scope of Social Work?

Social work has a wide and evolving scope. It is no longer limited to charity or welfare. Now it includes roles in health care, mental health, education, community development, human rights and even corporate social responsibility. In countries like the UK, USA, and Canada, social

work is a licensed and well-defined profession. Social workers there have clearer roles, better working conditions, and can even practice clinically in health and mental health settings. I believe the scope of social work in India

is expanding rapidly, but to reach global standards, we need stronger professional recognition, better training and more structured career paths.

#### **4. What message would you like to give to the current MSW students?**

Use your time as a student to truly understand people, communities and the power of empathy. Every class, field visit and interaction is shaping you into a change-maker. Stay passionate, keep learning, and believe in the impact you can create.

#### **5. What are your key responsibilities in the present job?**

My responsibilities include preparing and delivering lectures, designing course materials and assessing student work through assignments and presentations. I also provide academic support and mentorship, helping students develop both theoretical understanding and practical skills needed in the health and social care sector.

#### **6. Who is your inspiration?**

Myself

#### **7. Anything else you would like to share?**

Always feel proud to be an Amritian! To all of you. chase your dreams and never wait for the "right" time to come. Make the most of every opportunity and create your own success story.



## UGC NET QUESTIONS PAPER III SOLVED JANUARY 2017

1. Which one of the following is distinctive characteristic of human society in comparison to animal society ?

- A. Interaction
- B. Culture
- C. Territory
- D. Group life

2. Which one of the following is not included in positive transference ?

- A. Desire for friendship
- B. Desire for help and support
- C. Desire for guidance
- D. Desire for losing trust

3. Who is responsible for starting counselling in social case work ?

- A. Mary Richmond
- B. Bartha Reynold
- C. Hollis
- D. William Reid

4. Perception has always been

- A. Objective
- B. Subjective
- C. Negative
- D. Positive

5. The simultaneous existence of strong feelings of both love and hatredness towards a person, an object or a situation is called

- A. Indifference
- B. Acceptance
- C. Ambivalence
- D. Isolation

6. Which of the following is not a strategy of social action as per Zeltman and Duncan ?

- A. Educational strategy
- B. Economic strategy
- C. Facilitative strategy
- D. Power strategy

7. Toynbee Hall was established by

- A. Cannon Barnett
- B. Gilchrist
- C. Mary Ward
- D. Jane Adams

8. Settlement houses were

- A. Individual-based centres
- B. Group-based centres
- C. Kinship-based centres
- D. Community-based centres

9. National Programme of Nutritional Support to Primary Education (NP-NSPE) was launched in

- A. 1985
- B. 1970
- C. 1975
- D. 1995

10. Null hypothesis, when it is true, it is called

- A. Type I error
- B. Type II error
- C. Type III error
- D. Synthesis.

#### ANSWER KEY

- 1. OPTION B
- 2. OPTION D
- 3. OPTION B
- 4. OPTION B
- 5. OPTION C
- 6. OPTION B
- 7. OPTION A
- 8. OPTION D
- 9. OPTION D
- 10. OPTION A



Susindhar S  
(I MSW)



Amrita School of Social & Behavioural Sciences,  
Amrita Vishwa Vidyapeetham,  
J. P. Nagar, Arasampalayam,  
Myleripalayam (via.),  
Coimbatore - 642 109. Tamil Nadu - INDIA.  
Phone: 0422 - 2619390



msw@amrita.edu , mswudaan@gmail.com,



<https://www.amrita.edu/school/socialwork>



[www.youtube.com/mswamrita](http://www.youtube.com/mswamrita)



[https://instagram.com/amrita\\_msw\\_coimbatore?igshid=MDM4ZDc5MmU=](https://instagram.com/amrita_msw_coimbatore?igshid=MDM4ZDc5MmU=)



[//www.facebook.com/mswamrita](https://www.facebook.com/mswamrita)



<https://www.linkedin.com/company/department-of-social-work-amrita-vishwa-vidyapeetham-coimbatore/>

## SCAN AND FOLLOW US ON



### Disclaimer

This newsletter is intended only for informational purposes. It does not constitute legal advice, and should not be construed as such. It is intended only for spreading information about the departmental activities. It is only meant for internal circulation. The views and facts expressed are not necessarily in the view of Amrita Vishwa Vidyapeetham.