



"Even though, the sun is far away  
the lotus flowers still bloom in its  
effulgence. In true love,  
there is no distance."

-Amma

## #COVID19 CAMPAIGN

- MSW 2020 Admission open
- Students let their thoughts speak
- UGC - NET
- Current affairs

STAY HOME  
STAY SAFE

V \_ R \_ S

ONLY I and U Can  
BREAK THE CHAIN

#SOCIALDISTANCING



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# CURRENT AFFAIRS - APRIL 2020

## 1) Coronavirus cases state-wise update: India's total cases near 43,000, Maharashtra crosses 12000.

Maharashtra is the hardest hit state with 12974 COVID-19 positive cases, followed by Gujarat that has 5428 cases and Delhi, which has 4549 confirmed cases. The northeastern part of India has largely become COVID-free with five out of eight states being declared coronavirus free. The remaining three states are also slowly moving towards becoming free of the deadly virus.

## 2) DRDO develops Ultraviolet disinfection tower "UV Blaster"

The tower is known as 'UV Blaster' which is a UV based area sanitizer. It is designed and developed by the Laser Science and Technology Centre (LASTEC), a Delhi based premier laboratory of DRDO.

## 3) Environment Ministry clears central vista's new parliament building project.

The Central Vista Committee has also given approval to the new plan that has been opposed by the civil society organisations and the opposition parties. The green signal to the mega project was given with the usual conditions such as environmental responsibility and minimal tree cutting. The Supreme Court had earlier refused to stay the Central Vista Development Project.

## 4) Lock Down improves water quality in the Ganges.

After lock down, the real time monitoring data from the CPCB say that out of 36 monitoring points of the Ganges, 27 are now clean and suitable wildlife and fisheries propagation. The dissolved Oxygen values have reported to have improved in the cities like Varanasi where the pollution peaked. The improvement has been from 6.8 mg/litre as compared to 3.8 mg/litre before lock down.

## 5) Alzheimer Inhibitor developed by Jawaharlal Nehru Centre of Advanced Scientific Research.

Scientists from Jawaharlal Nehru Centre for Advanced Scientific Research (JNCASR) have modified the structure of Berberine into Ber-D to use as an Alzheimer's inhibitor. Berberine is a natural and cheap product similar to curcumin, available commercially.

## 6) Veteran actor Rishi Kapoor passes away.

Veteran actor Rishi Kapoor passed away in Mumbai on 30 April. The actor was admitted to the Sir HN Reliance Foundation Hospital. Rishi was diagnosed with cancer in 2018.

## 7) Over 5 million people were displaced in India in 2019 reports 2020 GRID.

The report highlighted that the displacements were caused due to a combination of increasing hazard intensity, high population exposure, and high levels of social and economic vulnerability. India reported 50,37,000 displacements in 2019. GRID 2020 is the global reference for internal displacement data and analysis. The report is widely used by policy-makers, national governments, UN agencies, international NGOs, journalists, and academics.

## 8) Bollywood actor Irrfan Khan passed away

Bollywood's most beloved stars Irrfan Khan passed away on 29 April 2020. He died at the age of 53. He died due to neuroendocrine tumour, a type of cancer. He was diagnosed with the disease in March 2018. Khan went to the United Kingdom for treatment and had returned to India in 2019.

## 9) Economic decline of 2.7 percent expected in APEC region post-COVID-19 pandemic.

A report by the Asia-Pacific Economic Cooperation (APEC) Secretariat stated that the APEC region is expected to post a 2.7% economic decline in 2020 due to the impact of COVID-19. It also stated that this decline will be the most significant fall since the near-zero growth rate logged in 2009.

## 10) Centre institutes International Financial Services Centres Authority

The Ministry of Finance has established the International Financial Services Centres Authority (IFSCA) through a notification on 27 April.

Highlights: The headquarters of IFSCA will be located in Gandhinagar in Gujarat. IFSCA will regulate all financial services in International Financial Services Centres (IFSCs) in the country

## 11) Jal Shakti Abhiyan began for monsoon

Jal Shakti Abhiyan, under the Ministry of Jal Shakti, has provided various measures to combat the present health crisis. It has also taken several steps to boost the rural economy through its various components. In 2020, amid the COVID-19 emergency, and availability of large labour force in rural areas, the mission began its measures for the impending monsoon.

## 12) King George Medical University became first hospital to successfully launch Plasma Therapy to treat COVID-19 patient.

The King George Medical University in Uttar Pradesh became the first government hospital in the country to successfully launch the plasma therapy treatment for COVID-19 patients. Convalescent plasma Therapy: The method was used in the past to treat diseases such as polio, measles, mumps, 1918 flu epidemic, and in previous outbreaks of respiratory infections namely H1N1 influenza, SARS, and MERS.

## 13) India became third largest military spender in the world

Stockholm International Peace Research Institute (SIPRI) report titled "Trends in World Military Expenditure, 2019" stated that India has become the third-largest military spender in the world, after the US and China.

## 14) NASA reported significant 20-years-low air pollution in Indo-Gangetic Plain amid lockdown

According to the satellite data published by US space agency National Aeronautics and Space Administration (NASA) stated that the air pollution over northern India has dropped to a 20-year-low for this time of the year. The data were retrieved by the Moderate Resolution Imaging Spectroradiometer (MODIS) on NASA's Terra satellite. Report Highlights: The report highlighted that the sensors observed aerosol levels low after the imposition of a nationwide lockdown.

## 15) Sindhu named as I am badminton awareness campaign ambassador

The Badminton World Federation (BWF) named Indian shuttler PV Sindhu as one of the ambassadors for its 'I am badminton' awareness campaign. The "I am badminton campaign" provides a platform for the players to express their love and respect for badminton by advocating and committing to clean and honest play.



DEEPTHI MENON, IAS



# Amrita Social work Student into Covid'19 Action

**Mr.Ajay Kumar Jha, (2018-20 Batch), II MSW of Amrita VishwaVidyaapeetham(Deemed to be University), Coimbatore Campus joined recently in Mithila Gram VikasParishad (MGVP), Bihar as Project Co-ordinator.**

## **About the organisation:**

Mithila Gram VikasParishad (MGVP)

A forum of grassroots activists, NGOs and professionals in Bihar MGVP is a forum of grassroots activists, NGOs and professionals in Bihar. It is a non-profit, non-political and secular organization. It is registered with Department of Registration, Govt. of Bihar under the Societies registration act, 1860 in 1991 (No.529/1990-91) and with Ministry of Home Affairs, Govt. of India under the Foreign (Contribution) Regulation Act, 1976 in 2000 (No. 031170182) and with Income Tax under 12A (No. 73/2004-05). MGVP has a multidisciplinary team with experience in social works, mass media, science and technology and health. MGVP undertake the following programmes for achieving the objectives:

- \* Popularization/ transfer of science and technology.
- \* Development action like education, vocational training, and self-help etc.
- \* Fact-finding, action research, documentation, advocacy.
- \* Awareness campaign and social mobilization.
- \* Humanitarian aid.
- \*Workshop/seminar/meeting and training.

Many of us, while checking our bank accounts and our stocked fridges this week, have felt a moment of gratitude for the economic security nets that we have, that will help us tide over the next 21 days. There are also many who don't have this net, and now do not have the option of stepping out to earn their daily wage health worker and bank staff who have to give them survive daily. So some organisations are reaching out to help the former one.



(Mask distribution by MGVP team to CARE India Family Mr. Naraynjee Choudhary, Ajay Kumar jha, Mr. Baban Prasad, Mr Ganesh Kumar, DMO Darbhanga)

# STUDENTS CORNER



### Major Activities:

The NGO MGVP, has been working with daily wages like daily wage labour, and some members of the schedule community of BIHAR for 30 years now, and also have a presence in district Darbhanga at different block. Founder-president Narayan jee Choudhary is the one serving society in this situation in Bihar for past many years. "Even the people who are living end corner in village. We usually have difficulty convincing the people who live in backward community in different areas of Darbhanga district. Organisation basically focus on deprived community as like MUSAHAR and women from poor family MGVP has been providing a standardised package of Face mask among major spot in Darbhanga district where we have distributed more than 1000 masks, activities were supervised by Mr.Ajay Kumar Jha,project coordinator. It was distributed in different government and normal public like PHC, Police stations, District Medical collage etc. Organisation also distribute mask among CARE India and among more than 300 staffs who are working in in the rural parts of village. Mr.Ajay Kumar Jha and his team is also giving full support with State Health society and they instruct their employees to help PHC Singhwara and Baheri where their 8 clusters coordinator is working. A part of MGVP is distributing mask among needed people like cloning staff Aasha, Anm, Nurse and employees of PHC Singhwara and Baheri. When we all are sitting inside our homes these are some of the real heros who are not in the field but support people as much as possible. During all kind of intervention Mr.Ajay Kumar jha,Project Coordinator MGVP got lots of exposure during the time of mask distribution.He will be implementing lots of planning like distribution of sanitizer in the upcoming days. We would like to thank all donors and NABARD for helping us. The message from our organisation to each individual is that, in this time of disaster we have to support people as much as we can at an individual level and we have to respect all the front line workers who are saving our lives because this is the time where we can come together and fight from this disease.



(Discussion with Block health manger Mr Vijay, Mr. Naraynjee Choudhary including staff member of MGVP regarding Covid\_19)



(Mask distribution done by MGVP Volunteer Mr. Shekhar and constable Rakesh, Vinod to Police.)




(Mask distribution by MGVP for District Vector Born Disease Control office at Darbhanga)



# A Pinch of Yum on Quarantine

This lockdown period has seriously made us standstill and idle. Initial days of this quarantine period was fun and enjoyable because there was a lot of free time, thus I could relax myself. But, when days passed I could understand the real fact hidden in this lockdown period. Only idleness sustained. Thus, I decided to do something productive. Exploring new delicacies was always one of my favorite hobbies. But due to this lockdown I cannot go out for exploring. And then the idea of cooking by myself came in. Understanding the possibility of future scarcity of food material, I decided that I will only use readily available ingredients at home for my cooking experiments. This eventually turned out to be more successful and I came across several innovative ways of cooking few dishes. Thus, I would like to share some of my own recipes that I explored during this lockdown period.

## JACKFRUIT SEED CUTLET- RECIPE




Jackfruit seeds, boiled and crushed- 1 cup  
Potato- 1  
Egg- 1  
Chopped Green Chillies – 2  
Garlic chopped- 1 tsp.  
Curry leaves- few  
Coriander powder- ½ tsp.  
Chilli powder- ½ tsp.  
Garam masala powder- ½ tsp.  
Bread crumbs as required  
Oil for frying  
Salt to taste

Remove the outer and inner skin from the jack fruit seed. Peel the potato and cut them into small pieces. Cook jackfruit seeds and potato and grind in a mixer. Heat oil in a pan, add onions, green chillies, garlic, ginger and curry leaves. Sauté till golden brown. Add the masala powders and salt to taste.

Mix well. Add jackfruit seeds and potato mixture and mix well. Roll these into cutlet shape. Beat an egg in a dish separately. Dip the cutlets in the beaten egg one by one and coat them with bread crumbs. Deep fry in oil. Serve hot as a snack or as a side dish.

## DALGONA COFFEE



Coffee powder- 2 tsp.  
Boiling water- 2 tsp.  
Ice cubes- as required  
Sugar- 2 tsp.  
Cold milk- 2 cup.

In a medium bowl, combine equal amount of sugar, coffee, and hot water. Vigorously whisk until mixture turns silky smooth and shiny, then continue whisking until it thickens and holds its lofty, foamy shape. Fill a glass most of the way full with ice and milk, then dollop and swirl the whipped coffee mixture on top, mixing before drinking, if desired.



Harsha R Nair, I MSW



*"No matter how little money and how few possessions you own, having a dog makes you rich."*

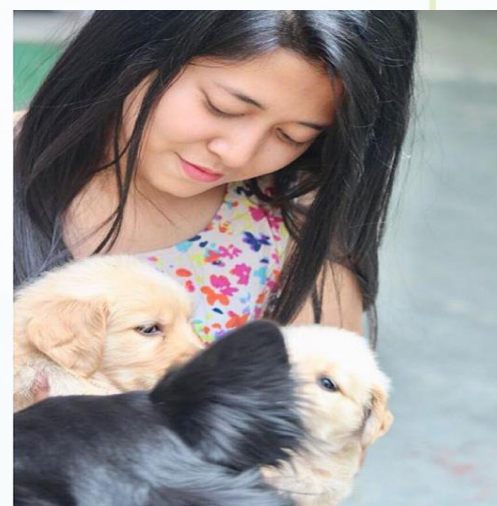
• **Louis Sabin**

**H**ello everyone! I am Bidisha who is quite popularly known as the dog lover amongst her peer groups. Honestly speaking, I love it when people tag me as a 'Dog Mother'; well I am a mother to three beautiful dogs. Spending time with pets you own or do not own can increase your happiness level, reduce your stress and give more relaxation and can help people come out of the loner phase. I am astounded by the fact that dogs contribute so much for our human society by being faithful, giving the best form of friendships, serving the nation and much more, and yet they do not really expect huge rewards but only a few pats, belly rubs and extra cuddles with lots of love.

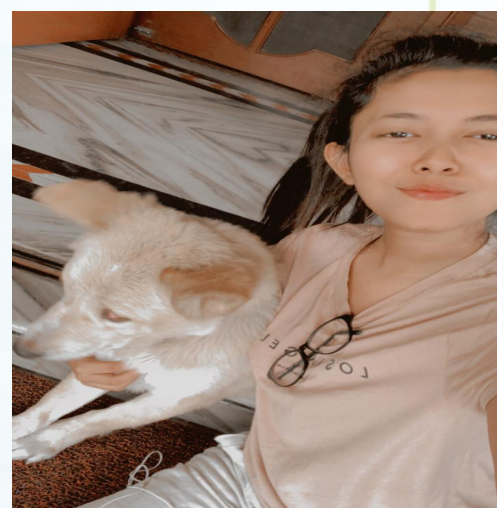
# My Pawsome Quarantine



Considering the outbreak of Coronavirus pandemic, my quarantine period has been very relaxing and interesting as I am being able to invest more of my time with my family and dogs, and I feel great and happy about it! I would usually take my dogs out for an evening walk near my home and play around with them outside in order to keep them healthy and active. Often I also figure out new ways to train my dogs and also I contribute my hands with my younger sister in



giving them a bath. I would love to cite an incident during my quarantine period which holds a very special room in my heart; that is; I helped my female dog during her delivery of eight puppies for the very first time. Frankly speaking, I was quite scared at first when I saw my dog's face, but indeed she did a great job. I was upset for the stray dogs loitering about in the streets without food for days due to the lockdown. So, I extended by heart and my hand in serving one meal to the dogs in Jorhat city for two days with the hope that I could be of some help to them. This kind of service gave me a different kind of satisfaction and happiness which I will continue in the near future.



Sometimes you just have to lay on the floor with your dog, and let all your worries fade away. I hope all of you are having a great quarantine and finding your own happy space.  
#stayhome #staysafe #staypawsitive



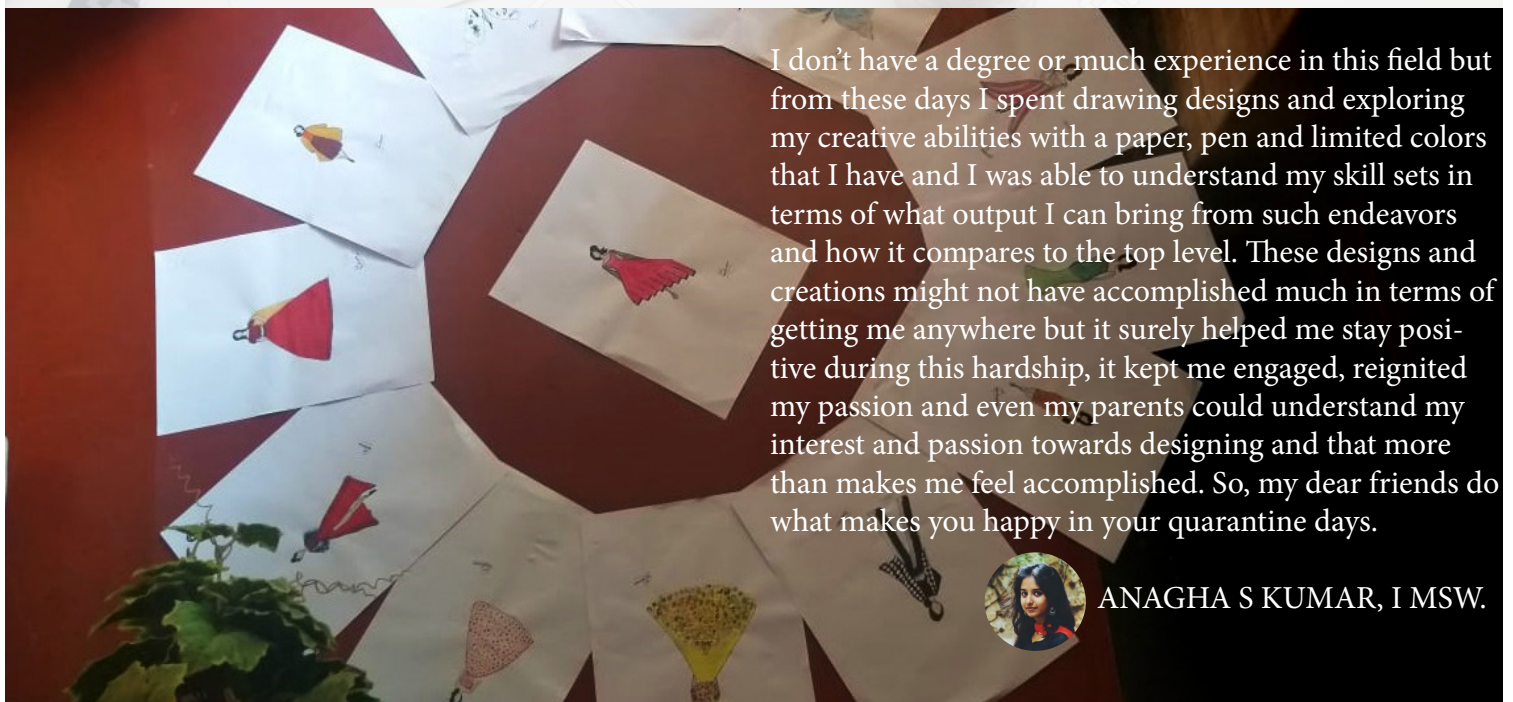
**BIDISHA, II MSW.**





The quarantine has been such a period where no matter how much you try to pass time doing something you still left with loads of time and nothing to do. This is when I thought about exploring my passion, which always existed in me but could not explore it a lot because of various reasons. The quarantine proved to be the right time and opportunity to kindle the spirit for this passion and make most of my time. This is how I turned to fashion designing. Although not on a professional level, I made designs that sprouted in my mind. Although I had this passion in fashion designing from my school days, my parents were never keen on me following the profession as they were skeptical about it and so I had to put a break on my dreams, although not terminating completely. I was never sure how I got into this passion but I always had an idea or choice of the dress I wore, how it should be stitched and designed, perhaps that is the source of my passion. I find pleasure and a sense of accomplishment in designing and fashion and seek to explore it even and more hopefully achieve something of significance in this field. Perhaps one day I can start a boutique or a brand, I am not sure where it will take me but this quarantine has been invaluable to me in reigniting my passion and raising my aspirations.

## FOLLOW YOUR PASSION ON YOUR QUARANTINE DAYS



I don't have a degree or much experience in this field but from these days I spent drawing designs and exploring my creative abilities with a paper, pen and limited colors that I have and I was able to understand my skill sets in terms of what output I can bring from such endeavors and how it compares to the top level. These designs and creations might not have accomplished much in terms of getting me anywhere but it surely helped me stay positive during this hardship, it kept me engaged, reignited my passion and even my parents could understand my interest and passion towards designing and that more than makes me feel accomplished. So, my dear friends do what makes you happy in your quarantine days.

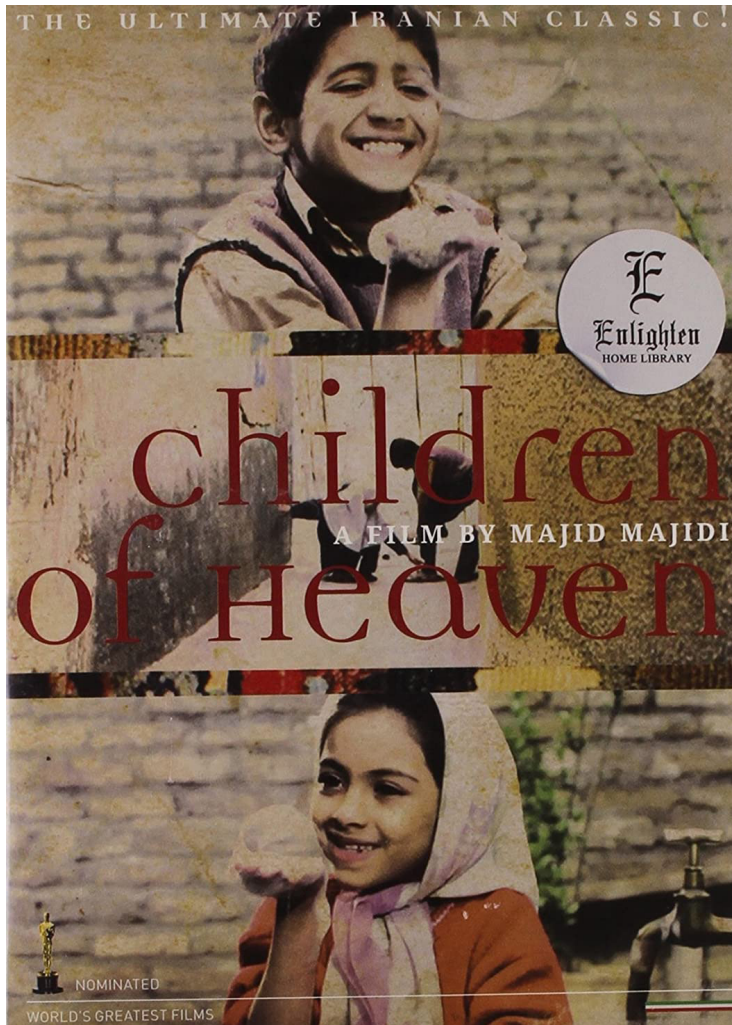


ANAGHA S KUMAR, I MSW.



# CHILDREN OF HEAVEN

– A FILM BY (MAJID MAJIDI)



As there is a saying..... “It’s the little things that matters”  
What is the scale that calculates those things which makes it little and bigger? When did those things which we once believed to be bigger had changed to little? The modern time maestro Majid Majidi directed Iranian movie “Children of Heaven” discusses one of those ‘so called’ little things and helps its audience to revisit our childhood. It questions how much you have understood our loved one’s feelings, did you try to compromise on anything understanding their crisis.

“I’m the flower of this nation and obedient to leader...” is the Iranian country chant same wise the 9-year-old Ali and his sister Zahra are those cute souls which tightens the audience to this masterpiece.

Movie starts with a cobbler repairing Zahra’s shoes and Ali is waiting for it to finish. Returning back home he misses the pair of shoes in front of a vegetable shop which has been miscarried by a blind trash collector. Zahra, who is anxious about her repaired shoes, is broken by seeing the helpless face of Ali. Ali who is well known about the family’s financial crisis is afraid to disclose this to his parents and feverishly writes notes to his sister right under their parent’s noses, through which they decide to share the single pair of shoes for the meantime.

The rest of the movie flows through how the siblings manage to cope up with the limited resources and how they find their lost pair of shoes. The chemistry and affection between the two children are precious, and amid the chaos the movie offers a rare glimpse into the everyday lives of a culture that many perceive as mysterious. Story also proclaims how children are categorized in terms of money and how our bad times lead to tomorrow’s success.

This flick turned out to be the first foreign Oscar nominated picture and has created a huge base of audience for its innocence. The film which was released in 1997 is considered as a classic and the characters are being appreciated worldwide.



HARIKRISHNAN. S, I MSW.



**“Be sure that you are safe and secure”**



KANNAN M



# ENHANCING OUR SPIRITUALITY IN LOCKDOWN SEASON

There is a thirst within all of us, the thirst towards Divinity through our spirituality practiced personally within ourselves and fulfilled through visiting Sacred Places, etc. Unfortunately, this drive of thirst was not originally seen within many of us when it was freely accessible. Now in this pandemic period and dangerous season the world is undergoing this search for Divine and drives for spiritual well-being far more among people as they have sufficient time to think upon Divine entities. Before Corona (BC) being busy in our lives, we used this drive simply to further a career, achieve marks in our milestone, and conquer the world that we need to access that is nothing other than our Spirituality. The moment of happening and experiencing oneness with The Almighty is the moment that we beings become one with the Being. I think during this isolation due to COVID-19; people feel this sense of Spirituality quite a lot. Because neither they can go out and visit their sacred places nor the religious leaders to fulfil the rituals and sacraments. Their

safe haven of home has become a place for finding out in a better way the personal relationship between them and the Almighty, and to root up well in one's own spirituality which connects one with the Almighty. It is because people have become fed up. The reason is because we are divine beings at our very core and none of the things, we usually do in life actually satisfy our deepest human desire that is to be in union with the Divine. Therefore, what will really help us in this quest for truth, quest for meaning and joy in our lives is to spend some time in quiet meditation just focusing on our breath, experiencing literally the beautiful voice of nature, cool breeze, the fabulous sounds of birds and creatures, listening to the wonderful sound of a stream flowing through a forest, forgetting all disturbing thoughts and confusing goals and going all empty so the divine experience can fill us up.

We can also meditate on any of the scriptures or wise sayings, so that, this way our minds are uncluttered and our souls start asking the bigger questions seeking the bigger answers in life. What is also helpful is talking to someone wise like a Guru or a Priest about these Divine or Spiritual things which can help us to quench the thirst of spirituality within ourselves. This awakening of our spirituality will definitely help us to grow consciously in our moral life so that we can lead a very pious yet spirituality ethical lives, centred on our core values and beliefs or teachings of our own beautiful religion after this lockdown period.

AHAM BRAHMASMI.



JERRY GEORGE, I MSW.

## WHAT QUARANTINE TAUGHT US

It was march 16 2020 when we heard the great news that our Prime Minister announced to close down all the educational institutions of the country. With great pleasure and joy, we packed the bag home without knowing what is going to happen. On that Sunday our country was announced for Janata Curfew and later lockdown till 31 march. From that moment it was understood that it is something we should take care of. Today the seventh day of quarantine or else we can say that we successfully completed 1 week of spending time with family. It is too hard for the youth and male members of the family to sit simply at home watching the news which is double magnified than what it is by the channels. For youth nowadays it is quite impossible to live a day without malls, movies or hang outs with friends. But there is a big group who are not at all bothered about all those tensions of quarantine and they are Housewives or our mothers who are not going to work spending their whole life in between the hustle and bustle of the household.

These days I have tried many things to kick my boredom down, but the fact is that all those activities also felt boring very quickly. I don't know why the youth today (including me) is doing only this thing very passionately which is "getting bored by something very fast".

This quarantine taught us many things. That a small virus can standstill the whole earth, animals are far healthier than man, if humans are locked up like animals in zoo earth will be very pleased and it can reduce pollution even ozone layer can come back to normal. Many things can be changed if humans are restricted themselves. This was a period for new learning, so many people come up with new talents it is a result of working on themselves. The time of revelation. After this lock down also, we have to continue this. We should make up and touch up our talents.



NAMITHA RAJEEV, I MSW





"It is not the strongest of the species that survives, nor the most intelligent that survives. It is the one that is the most adaptable to change." As the world fights a relentless battle against the pandemic, each of us is faced with our own daily struggles. With the line between professional/Academic and personal spaces blurring, many of us are finding it increasingly difficult to juggle deadlines with homeschooling, online lectures with household chores, and writing papers with attending to pets.

In Home Quarantine Having no physical classroom space to go to, no face-to-face meetings, no coffee breaks with My Friends, no discussions about a new project, the typical day looks rather bleak, and for many, productivity is dropping to an all-time low. Naturally, we may not be able to make adequate progress on our current project. But this does not mean we cannot use your time productively.

In order to tackle this kind of a situation and become productive and make others to be productive, Me and My Friends started planning about making a short film. As a man who is passionate in Film directing and having some bad experience in creating a shortfilm I was aware that it wouldn't be an easy task. These are tough times. Times we need to think and act collectively. The difference this time being..acting together means staying away from each other. As the world faces one of the greatest challenges of modern times, social distancing and self hygiene is the only way we can contain this pandemic. After making timely discussions with my classmates we got a theme for our short film which was "It's not the time to rest and rust, Time is never locked down, utilise it!".we worked on it and we released our Short film on various social Media platforms.

Although we got positive responses from our faculties, friends and dear ones who had watched that short film, it wasn't an easier task for me creating that short-film, because as a part of our academic work we have to ensure participation of each & every students of my batch and neither we nor our helpers are professional in this field. Due to lock down and availability of limited resources and we are performing in the front of camera our family members also became a part of it by controlling all the things behind the cameras. Finally it became their duty to take a good video shoot as per my direction. Most of the time the video that I had received from my friends and video contents in my imagination became contradictory!! So I put pressure on my friends and their family members for reshooting that footage... and my friends had gone through a number of retakes.

## Life Does Now and Then Meet Enthusiasm

Eventhough the coordinating process was a hard task I enjoyed that process rather than Directing!! Because it involved not only my classmates but also their families. Our collective

hardwork by staying at a distance somehow gave me the video outputs as per my picturisation. Then the next step was Editing. It was my duty to edit all the broken pieces of the videos for that I had gone through various YouTube tutorials and learned editing with limited resources and time that is how our first shortfilm was born.

In this process I have to thank a lot of people. First my friend Aishwarya and her sister they worked a bit harder than others. Even though her sister is not a professional, she did her job amazingly with the camera. Secondly I want to thank to my Friend Hari; basically he is a Lazy boy and I lost all my hopes on him, (already Hari M G dropped it ) but somehow he managed his part. Next, Namitha, Ajoy, Krishna, Jerry, Deepthi etc and I want to thank all my friends their Family members. Last but not the least I want to thank our Varun Sir who ignited this idea in my head.



ARUN JS, 1 MSW



# AJOY EXPLORES LIFE

The four walls that I am surrounded by, the bed that I lie down in, the dawning daylight that is in a hurry to fade back into the sea while I binge on TV shows. The dusky sun who decides to spend some more time basking in the twilight before merging with corals, when I care to pay attention to it. All of this has been the same for the past thirty-three days, but I'm not tired of it yet. I enjoy these moments and look forward to them. Still, there is a bit of uneasiness and an urge, to go outside, to leave the house and do something, not sure what; but something. Is it because of the boredom? or is it because staying inside at home is something that I am supposed to be doing, rather than something that I chose to do? I am willing to bet on the latter.

Today we will talk about simple things, today we will talk about the concept of 'Wanting to do something, and Having to do something'. I would like to start with a story, an experience of mine which occurred to me somewhat two years ago.

I like to wake up early in the morning every day and go for a run. I like the concept of being awakened before the world starts. I like the feeling of running. I like how I feel throughout the day after I run. So, running! was something I've been doing mindlessly for a long time, and this habit hardly ever broke.

Well, that is until one fine day when I decided to go to the grocery store near my house and my neighbor Sherin, saw me returning from the store carrying two packets of noodles and six eggs. Sherin had both a statement and a request to make that day. Her statement was,

"My soul is malignant and rotting. My heart is heavy with the weight of shame. My body is failing me as I have failed in its kind. My penchant for the precious oats has been my undoing. My unquenchable hankering for further nourishment eats away at me even as I speak. This shall be my final day"

Ok, I might have exaggerated a little bit, but the gist of what she said was that she was slightly overweight now,

and she wished to be slightly less overweight in the foreseeable future. And her request to me was that she wanted to join me in the morning when I go for running. I gave it not a second thought and told her to be ready by five-thirty in the morning the very next day and we went running! We ran through the usual path that I would take, but at a slightly slower pace so that she could catch up as well. We ran the next day as well, and the next, and the next....

Things went smoothly for a week or so, but after a while, the warmth of my bed in the morning was getting a little too hard to say goodbye to. This was the moment I started to realize that the line between wanting to do something and having to do something wasn't that too broad! Even when it is with the things that you love! Waking up in the morning started to feel like a chore and I would be lying if I said that I never wished her alarm would flunk one morning so that I could skip running that day, embrace the zeal off my bed and doze off into some extra hours of delight.

But still I went with it because it was for a decent cause and crawled my way through the days that we ran together. Fortunately for me, my days of dread were short-lived, because after two months of our venture, she moved to Ernakulam for her undergraduate degree and our routine of running together finally came to a stop.

On the days that followed after she left, I slept myself happily through the mornings, compensating for the days I had longed to be in bed. I basked in that guilty pleasure for quite a while, but soon after, I started to miss the feeling of running again.

Then one Sunday, I randomly woke up and went for a jog, I did it again Monday, and again on Tuesday. This time, dread gradually began to be replaced by delight and I enjoyed waking up in the morning and running too. This incident happened somewhat two years ago and I haven't given it much thought until now when I started comparing it with my current situation, I had just attributed it to my lack of discipline back then. Well now that I think about it, maybe the concept of 'want and need' is something that should be taken into account a tad bit more; and this, in turn, gives us a couple more maybe's to look at.

Maybe this forced nature of doing something is the reason why some of my friends who had a liking for photography, after taking up the same job as their profession, grew tired of it and eventually went back to their day jobs.

Maybe this is the reason why my friend who had a liking for coding in his free time, after getting hired as a game developer, felt like leaving the job and doing something else.



Maybe this growing lack of enthusiasm towards their dream jobs wasn't because of the monotony of the work like they claimed it to be, or because they were growing less passionate towards their interests as well. Maybe the lack of options, and being caged into doing something that they otherwise did just because they felt like doing, could be the reason.

I am reminded of Mammooty's character C.K Raghavan from the film Munnariyippu. In it, C.K expresses a psychotic idealization of freedom by murdering the Journalist who pressurizes him into writing a book for her. In the film, he defines removing elements that obstruct a person, as freedom.

Although this is an extreme example, this inherent need for options in our lives is maybe what preserves the novelty of the things that we enjoy and look forward to. Perhaps the urge that I get to go out and do something right now while being compelled to sit at home is just a watered-down version of the former as well.

Right now, staring at the same reluctant dusky sun, I'm looking forward to the days when the lockdown is lifted, so that I can stay home at my own accord and be content with it, because then, it will be something that I do because I chose to, not forced to.



**Ajoy Gilbert, I MSW**

## THE QUARANTINE DAYS

Being stuck at home for the foreseeable future was not something many of us envisioned. All out-of-home activities and social interactions have stopped. Now that coronavirus has sent workers and students home, closed businesses and cancelled events, it is very important to create new routines and find meaningful ways to spend our long days at home. The following are some of the tasks/ activities that helped me structure my lockdown days and create a small sense of control.

- Utilizing the power of webinars – Social networks serve as meeting points for public and private exchanges with friends, family, and acquaintances, but also with strangers. Webinars are web seminars or video presentations that allow sharing of knowledge with anyone in the world. Dedicating valuable time to learning new career skills from home.
- Meditate – Meditation and mindfulness helps in staying calm, focus, remain present, and appreciate what we have.
- Stretching out with online yoga classes – Most people believe that yoga is just postures which is not. During lockdown, we may be subjected to a great deal of anxiety and depression which have adverse effects physically and mentally. Online yoga sessions promote physical and mental wellbeing. They transform our day and mindset. It's important to take regular exercise and activities that de-stress.
- Performing household chores. Household chores are a good way to fit exercise into everyday routine. Also, doing these chores by making things with fun makes the house looks more beautiful.
- Reading Books, though not extensively, for engaging myself.

One can never run out of things to do in quarantine. There are plenty of things left to do.

It's no wonder that feelings of restlessness and a desire for life to return to normal are on many of our minds as countries, states and cities shift to indoor living to help spread of COVID-19. One can take this as an opportunity of finding something new to amuse oneself.



**BHANOORI VASU, I MSW.**



# A TALK WITH ALUMNI

- 1. Name** : Amrutha K  
**2. Roll Number** : Cb.sw.p2msw17004  
**3. Batch** : 2017-2019  
**4. Mobile number** : 9446182637  
**5. Present organization details** : L'arche Internationale, Ireland  
**6. Job title** : Social Care Assistant



**7. How was your life at Amrita?**

I was not happy in the beginning, then was much better in middle of the studies and it was awesome at the end of studies because, after leaving Amrita I came to know more about myself, how to deal with any difficulties and to showcase my inner talents and to deal with people more freely as I was a reserved person and feared to face challenges... but my Social Work studies and my Amrita faculties helped a lot to mould me. Them and my friendly parents are the reasons for who i am now. I don't know the rest of the departments of Amrita but our Department is very kind and helpful and seeking for the growth of students every-time.

I am happy and proud to be an alumni.

**8. What are the key skills that you learned at Amrita helped your career?**

Observation skill, Rapport bulding, Coping skill, Listening skill.

**9. How is the current scope of Social Work?**

It is very high because I can assure that now I am working in abroad and can see the scope well. The Social Work and nursing is the most reputed work here.

**10. What message you would like to give for the current MSW students?**

Enjoy your days in Amrita because now you won't understand the value of Amrita. once you pass out definietly will seek a chance to go back to those days and will come to know how the social work studies, our department influenced and impacted on us.

Create memories, enjoy the field works and bring out individual potential in designated organisation/ agency, be a good human and never expect anything back in return and foremost always keep the uniqueness because it is the best quality to boost up your carrier and the personal life.

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

Monitoring, analyzing the medical records, support to inmates and recreation.

**12. Who is your inspiration?**

My parents and the people who faced challenges and difficulties during their hardtimes because these two are the reason who inspired me to be bold and face any challenges in this lifetime.

**13. Any other thing you would like to share?**

If you are seeking this profession just for the scope and high salary, please stop it. Doing with heart and doing for the sake is very different. Satisfaction of your mind is important than the material things because Social Work can be done by anyone but doing it from the bottom of heart can't be done by everyone. So be a helping hand to the people who is in need of service from your heart and learn to keep the smile and positive vibes everywhere you go and in everything you see and experience.



# UGC NET – JULY 2018 PAPER II SOLVED (61 to 70)

61. Are interpersonal skills tangible assets for leadership roles and positions?

- (1) No they have nothing to do with the leadership positions.
- (2) They help people to build stronger relationships, rapport and credibility in any organisation which helps people to get recognition and responsibility and aspire for leadership positions and role
- (3) Interpersonal skill development is a time consuming process
- (4) Interpersonal skill development is not possible with everyone

62. Assertion (A): Social work is often divided into three broad practice categories: Macro, Meso and Micro which address the issues of larger communities, neighbourhoods and individuals respectively.

Reason (R): These three levels of social work practice seems to be watertight compartments.

Code:

- (1) Both (A) and (R) are true
- (2) Both (A) and (R) are false
- (3) (A) is true and (R) is false
- (4) (A) is false and (R) is true

63. Assertion (A): Social stratification means division of society into different strata which involves a hierarchy of social groups.

Reason (R): All societies are stratified either based on caste or class system.

Code:

- (1) (A) and (R) are correct
- (2) (A) and (R) are wrong
- (3) (A) is wrong and (R) is correct
- (4) (A) is correct and (R) is wrong

64. Assertion (A): The Department of Empowerment of Persons with Disabilities has the vision to build an inclusive society.

Reason (R): The Department acts as a nodal agency for matters pertaining to disability and persons with disabilities.

Code:

- (1) (A) and (R) are correct and (R) is the correct explanation of (A).
- (2) (A) and (R) are correct but (R) is not the correct explanation of (A).
- (3) (A) is correct and (R) is wrong.
- (4) (A) is wrong and (R) is correct.

65. Assertion (A): To solve social problems, one must know the causes.

Reason (R): The diagnostic process helps in organizing these causative factors into one whole, thereby making it more meaningful.

Code:

- (1) Both (A) and (R) are true and (R) is the correct explanation of (A).
- (2) Both (A) and (R) are true but (R) is not the correct explanation of (A).
- (3) (A) is true but (R) is false.
- (4) (A) is false but (R) is true.

66. Assertion (A): Decision making process must take cognizance of the policy statement.

Reason (R): Policy is the framework for taking decision.

In the context of the two statements which one of the following is correct?

- (1) Both (A) and (R) are not correct.
- (2) Both (A) and (R) are correct but, (R) is not the correct explanation of (A).
- (3) Both (A) and (R) are correct but (R) is the correct explanation of (A).
- (4) (A) is correct but (R) is wrong.

67. Assertion (A): The Third generation Human Rights are collective rights such as right to development and self-determination.

Reason (R): Community Development needs a human rights based framework if

it is to be successful.

Code:

- (1) (A) and (R) are correct and (R) is the correct explanation of (A).
- (2) (A) and (R) are correct but (R) is not the correct explanation of (A).
- (3) (A) is correct and (R) is wrong.
- (4) (A) is wrong and (R) is correct.

68. Assertion (A): Case worker must take all and every fact that taken together, through logical and inferential reasoning.

Reason (R): Logical reasoning would reveal the client's personality and his/her situation for appropriate action.

Code:

- (1) Both (A) and (R) are true and (R) is the correct explanation of (A).
- (2) Both (A) and (R) are true but (R) is not the correct explanation of (A).
- (3) (A) is true but (R) is false.
- (4) (A) is false but (R) is true.

69. Assertion (A): Diagnosis may be viewed as a fluid, constantly changing assessment of the clients, their problems, life situations and important relationships.

Reason (R): As such diagnosis in social case work is not an ongoing process.

Code:

- (1) Both (A) and (R) are true and (R) is the correct explanation of (A).
- (2) Both (A) and (R) are true but (R) is not the correct explanation of (A).
- (3) (A) is true and (R) is false.
- (4) (A) is false and (R) is true.

70. Assertion (A): Psychosocial study is an ongoing process that involves exploration observation and documentation of both objective and subjective facts from a variety of sources.

Reason (R): Mutual engagement of the worker and the client in the process is essential.

Code:

- (1) Both (A) and (R) are correct but (R) is not the correct explanation of (A).
- (2) Both (A) and (R) are correct and (R) is the correct explanation of (A).
- (3) (A) is true but (R) is false.
- (4) (A) is false but (R) is true.

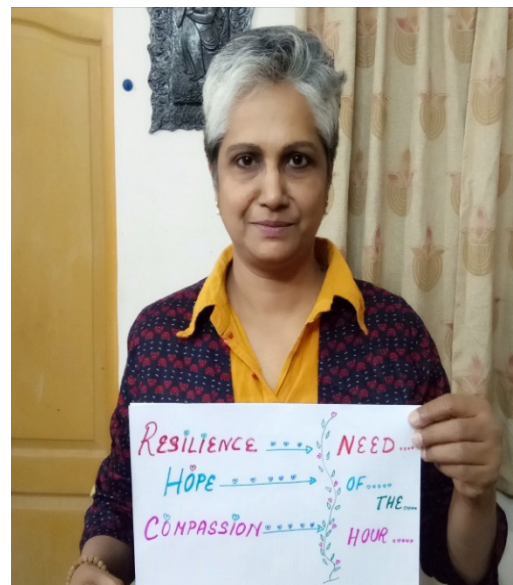
Answers

- 61)2
- 62)3
- 63)1
- 64)1
- 65)1
- 66)3
- 67)1
- 68)1
- 69)3
- 70)2



# COVID CAMPAIGN

**Dr. Suja.M.K - Associate Professor,  
Department of Social Work, Coimbatore**



**Namitha Rajeev**



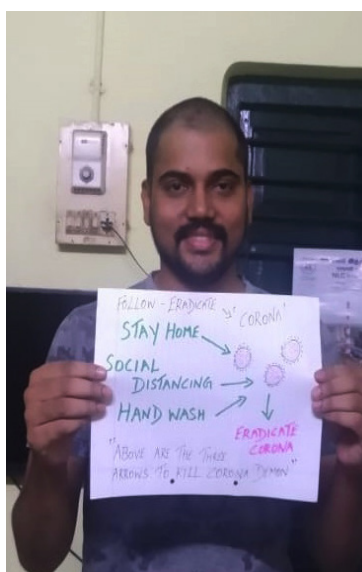
**Harsha R Nair**



**M Kalyani Radhakrishnan**



**Ajoy Gilbert**

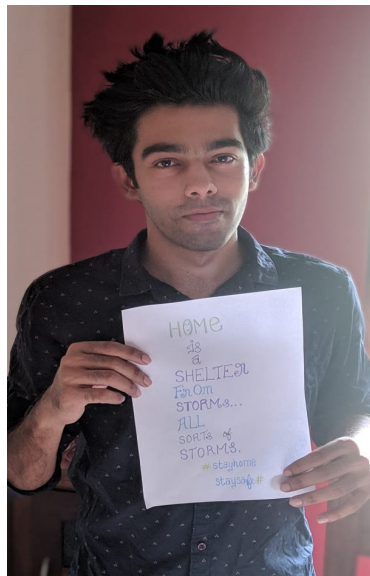


**Nandhaa C**



**Devi Meenakshi M**





**Hari krishnan S**



**Jerry George**



**Athira E A**



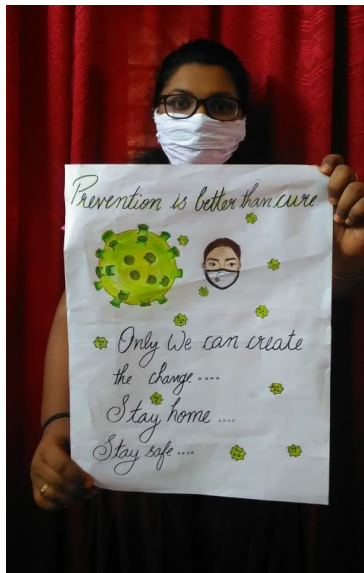
**Abhirami A S**



**Arun JS**



**Deepthi Menon**



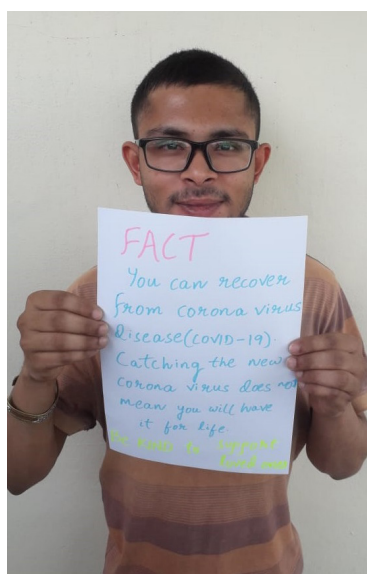
**Seetha Lakshmi A P**



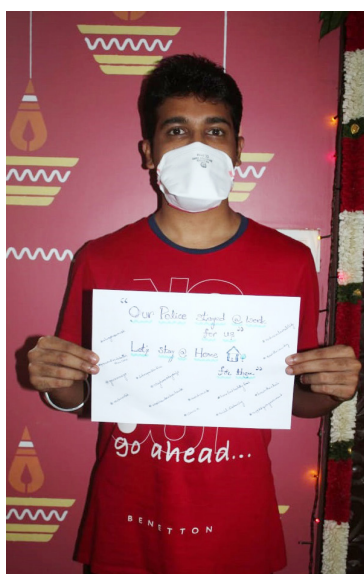
**Arathy Prasad**



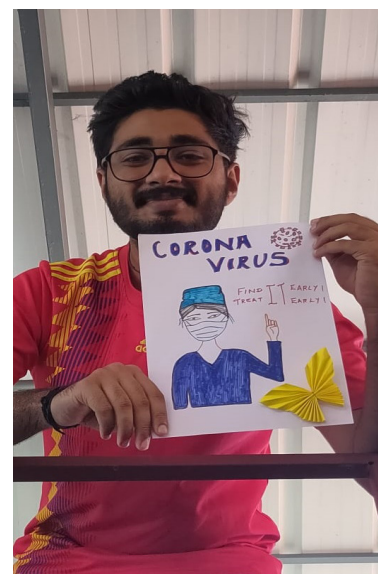
**Sruthi K**



**Bhanoori Vasu**

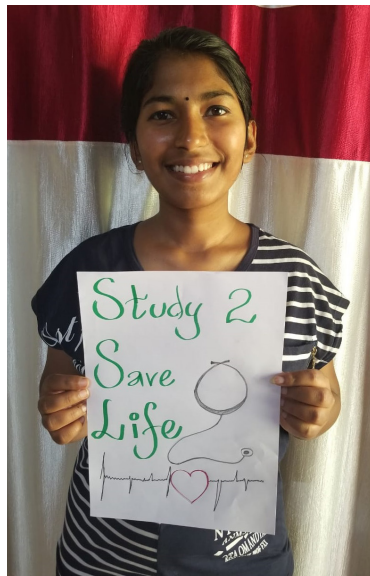


**Y Raghavaditya**

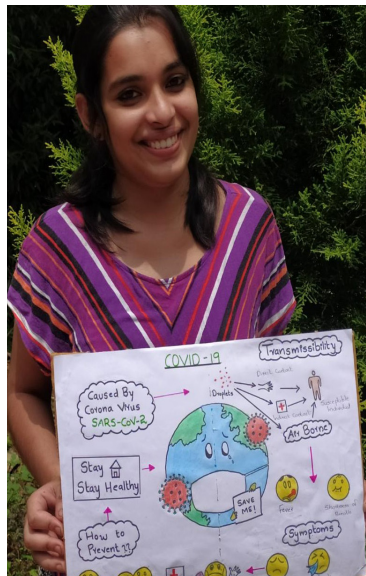


**Harikrishnan M G**

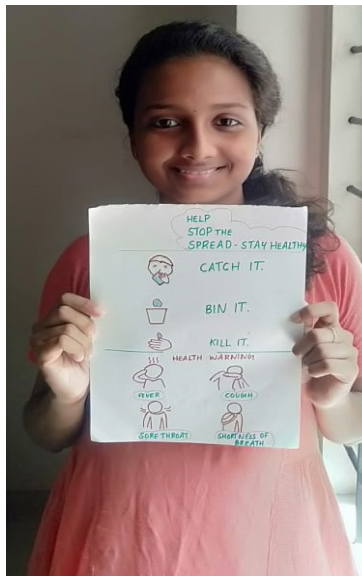




Athullya Sebastian



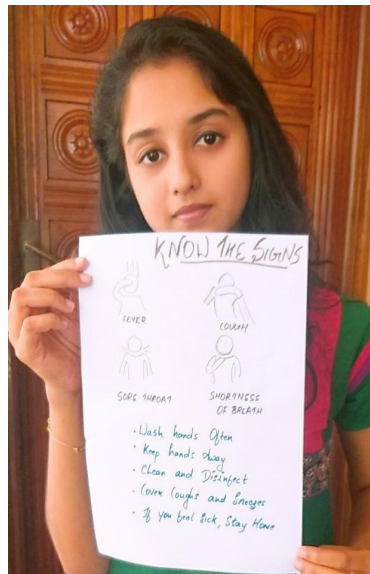
Emin Elsa Mathew



Shweta P



Siddharth Santhosh



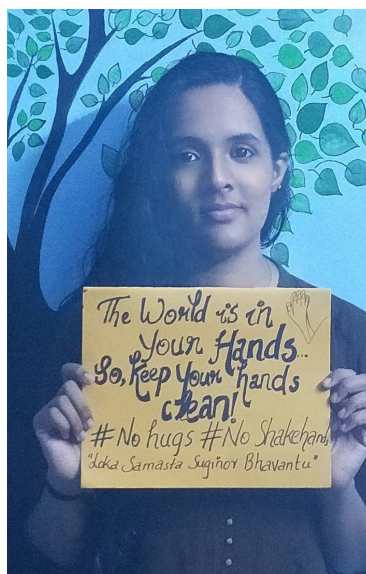
Anagha S Kumar



Aruna P K



Aiswarya T



Krishna Unni



#stayhome #staysafe



# QUARANTINE PHOTOGRAPHY



- Hima Varsha, II MSW



Ravish the beauty of nature during quarantine

- Jerry George, I MSW

## UPCOMING INTERNATIONAL DAYS

1 May - International Labour Day or May Day

3 May - World Laughter Day (first Sunday of May)

4 May - International Firefighter's Day

5 May - World Asthma Day (First Tuesday of May)

7 May - World Athletics Day

7 May - Rabindranath Tagore Jayanti

8 May - World Red Cross Day

10 May - Mother's Day (Second Sunday of May)

11 May - National Technology Day

12 May - International Nurses Day

15 May - International Day of Families

17 May - World Telecommunication Day

17 May - World Hypertension Day

18 May - World AIDS Vaccine Day

21 May - National Anti-Terrorism Day

22 May - International Day for Biological Diversity

25 May - National Memorial Day (last Monday of May)

31 May - Anti-Tobacco Day



# MSW ADMISSIONS 2020 OPEN



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Social Work

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## COLLABORATION

- University at Buffalo - New York for Research & Development projects
- Amrita Center for Child Protection in partner with UNICEF - Chennai
- National Commission for Women - New Delhi
- Department of Social Defence - Chennai
- National Commission for Protection of Child Rights (NCPCR)
- Tamil Nadu State Commission for Protection of Child Rights (TNSCPCR)



**Ms. Janani Arunagiriraj**  
**2012 Graduate**  
**HCL Foundation - Chennai**

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Website: [www. https://www.amrita.edu/school/socialwork](https://www.amrita.edu/school/socialwork)

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