AMRITA UDAAN

A LEAP FORWARD

"Pure love transcends the body. It is between hearts. It has nothing to do with bodies."
Mata Amritanandamayi Devi

AMRITA VISHWA VIDYAPEETHAM
DEEMED TO BE UNIVERSITY

Coimbatore Campus
Department of Social Work

ASWAAS
Amrita Social Work Association of Alumi and Students

MONTHLY NEWSLETTER VOLUME 02 ISSUE 08 AUGUST 2020

Department of Social Work, Coimbatore Campus

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MSW Job Openings and Internships

1. Tamil Nadu Slum Clearance Board – PMAY Housing for all Project
Post – Information, education and communication specialist (IEC)
No of post -1 Last date of application – 15-09-2020
Consolidated pay per month – Rs. 50,000- 85,000, 5 -7 year experience
For more details http://www.tnscb.org/recruitment/

2. Akshaya Patra Foundation, Bengaluru, karnataka NGO
One month internship
Full time internship – certificates will be offered after completion of internship.
For more details hr.helpdesk@akshayapatra.org

3. Fellowship program in Jaipur
Full time volunteer position
Salary – INR 15,000 per month
Job description – Teaching Program, where an individual work as Social Teacher in Government schools of India or Poor Slum School.
For more details Contact watsapp - +91-7737336226
mail - ankitbh17@gmail.com

4. Sambhav Foundation , Coimbatore
Position – Women awareness coordinator
Qualification : MSW/MBA or Any degree with community experience and Training Skills.
Applicable for Women Only
Need Immediate joiner
Experience : Minimum two Year in relevant field/ freshers also welcome
For more details Mail id: saleth.r@labournet.in
Contact: 9976284755

Harikrishnan MG
II MSW

CURRENT AFFAIRS AUGUST 2020

1. PUBG and 118 other Mobile Apps Banned by Indian Govt.

The Ministry of Information and Technology on September 2, 2020, banned PUBG and 118 other widely popular Chinese mobile applications. PUBG is an online multiplayer shooting game. As per the statement by the ministry, a total of 118 mobile apps have been banned by the government as they are prejudicial to the integrity, sovereignty, public order, and defence of India.The latest ban by the government will again be a hit for the app industry as the government had earlier banned 59 popular Chinese apps that were hugely popular among the Indian masses. The move can be seen in the light of ongoing tension between China and India in Eastern Ladakh.

2. US won't join WHO-linked global effort to develop, distribute COVID-19 vaccine.

The United States said on September 1, 2020 that it will not work with an international cooperative effort to develop, manufacture and equally distribute COVID-19 Vaccine. The Trump Administration stated that it does not want to be constrained by multilateral groups like the World Health Organization.The United States wants to keep itself out of the international effort to find the COVID-19 vaccine mainly due to the involvement of the World Health Organisation. The decision follow's Trump administration's decision in early June to pull the United States out of WHO, claiming that it required reforms and that it was influenced by China.

3.India's Adani Green ranked as world's No. 1 solar firm.

Indian renewable energy company, Adani Green has been ranked as the world's number 1 solar energy company in terms of capacity. The company is currently the world's top solar developer with around 2.3 GW of operational projects.Adani Green Energy Limited has another 2 GW projects under construction and 8 GW of awarded projects (with contracted PPAs) for a total capacity of 12.3 GW. The solar capacity of the company exceeds the total installed capacity of the United States as of 2019.Adani Group Chairman, Gautam Adani stated on the occasion that the group will further accelerate growth of its clean energy business by building partnerships with global integrated energy players, data center providers and industrialists.

4.Cabinet approves Mission Karmayogi.

Union Cabinet approved Mission Karmayogi for Civil Services Capacity Building during its meeting on September 2, 2020. This was announced during the media briefing on cabinet decisions by Union Minister Prakash Javadekar.Mission Karmayogi is a national programme for civil services capacity building to lay the foundation for the capacity building for civil servants so that they remain entrenched in Indian culture while learning from best practices across the world.
Mission Karmayogi aims to focus on capacity building of individual civil servants as well as institutional capacity building. The mission is being set up to build future ready civil servants, who will have the right attitude, skills and knowledge that will be in line with the vision of New India.The mission will be steered by the Prime Minister's HR council that will consist of several national and international experts, who will convene under the chairmanship of the Prime Minister himself. This was shared by C Chandramouli, Secretary, Department of Personnel & Training.

5.India jumps 4 places to rank 48 on Global Innovation Index 2020.

The Global Innovation Index 2020 released on September 2, 2020, has shown India jumped four places to rank at the 48th position. The index has been compiled by the World Intellectual Property (WIPO) along with INSEAD business school and Cornell University. The Global Innovation Index (GII) presents the latest global innovation trends and the annual innovation ranking of 131 economies. By moving up 4 positions since 2019, India became the third most innovative lower-middle-income economy in the world.

6.Chinese navy becomes world's largest navy, new PLA bases planned to be set up in Indo-Pacific region.

China, home to the world's largest navy, is looking to set up new PLA bases in the Indo-Pacific region. This was revealed by the Pentagon in a detailed report to the US Congress on September 1, 2020. As per Pentagon's report, China is looking to establish PLA facilities at the naval bases of at least 12 nations including Pakistan, Myanmar and Sri Lanka. The report comes amid the COVID-19 pandemic, which was detected first in Wuhan, China in 2019.

7.Appointments Committee of Cabinet approves restructuring of Railway Board, Current Chairman named CEO.

The Cabinet Appointment Panel has approved the appointment of Railway Board Chairman, Vinod Kumar Yadav as the CEO of the board. This move has started the long-pending organizational restructuring of National transporter.In December 2019, the Union Government had approved the restructuring of the Railway Board, which has now been downsized from 8 members to 5.
The restructuring exercise of the organizational structure, beginning with the Rail Board, aims to ensure better efficiency while also avoiding cross-departmental frictions.The restructuring exercise has been carried out broadly on the recommendations of the Bibek Debroy committee on the Indian Railways.The report of the committee presented in 2015 mentioned that the centralized structure and departmentalization of the Indian Railways has been adversely affecting the work-culture of Railways and also narrowing its approach to department-specific goals.

8.G20 Foreign Ministers meeting: Coordinated reopening of borders suggested post COVID pandemic to boost economic recovery

The G20 Foreign ministers agreed during a meeting on September 3, 2020 to seek coordinated reopening of borders following the coronavirus pandemic for the sake of stimulating the economic recovery. The virtual meeting was hosted by Saudi Arabia.The foreign ministers further acknowledged the importance of opening borders, uniting families and promoting measures to allow the economy to thrive in light of the protective measures prescribed given by health organisations and national regulations during the COVID-19 pandemic.

9.Kerala to set up First International Women's Trade Centre in India

Kerala State Government aims to set up India's first International Women's Trade Centre (IWTC), in consonance with the United Nations Sustainable Development Goals (SDGs) at Angamaly. The aim is to accelerate women entrepreneurship.

The Centre will secure gender parity and provide women with a safe place away from home to start new businesses, set up or expand, and get their products marketed globally. It aims to scale up opportunities for MSME Women Entrepreneurs in Kerala organized by the Federation of Indian Chambers of Commerce & Industry (FICCI) Kerala State Council.Resource Enhancement Academy for Career Heights (REACH) is aimed to empower women with the required skills to ensure success in life. It aims to scale up the women-led endeavours through comprehensive support measures. It aims to enhance its competitiveness to tap market opportunities. IWTC will enable women entrepreneurs to come forward and participate in international trade, enjoy greater economic benefits.

10.India's GDP contracts 23.9% in Q1 of 2020-21, worst GDP growth contraction in decades.

India's GDP collapsed by 23.9% in April-June Quarter of FY 2020-21, as per the data of the Union Ministry of Statistics and Programme Implementation. Indian economy posted its worst ever contraction in last four decades due to the COVID-induced slowdown that has hit majorly all the businesses and companies across the world.Indian economy grew at 3.1% in January-March quarter of 2019-20 due to the decline in consumer spending, investments and contraction in exports. And the strict nationwide lockdown, imposed soon after the outbreak of novel Coronavirus in India in March, had stalled economic activities across the country and led to job losses and decline in income.

DEEPTHI MENON, II MSW

Independence Day Celebrations 2020

The 74th Independence Day was celebrated in our Campus on 15th August 2020. Dr. Joshi.C Haran, Department of Mechanical Engineering, Amrita Vishwa Vidyapeetham, Coimbatore, hoisted the National Flag. Sweets were distributed to all after the flag hoisting.

ALUMNI MEET FOR DISCUSSING INPUTS FOR BSW/MSW CURRICULUM

Virtual Alumni Meet
Date: August 13, 2020 (Thursday)
Time: 07.00pm to 08.30pm
Agenda: Discussion on Integrated BSW-MSW program – Curriculum – 2020

Online Platform: Google Meet
https://meet.google.com/wst-vmtu-wxs

Introduction:
Amrita Vishwa Vidyapeetham, Department of Social Work, Coimbatore campus organised Online Alumni meeting on August 13, 2020 (Thursday) Time: 07.00pm to 08.30pm to discuss about the Integrated BSW-MSW program – Curriculum – 2020. The meeting was organised by Mr.S.Kanagaraj, Departmental Alumni Coordinator. Earlier draft curriculum was sent by email to get inputs from the Alumni. Batch coordinators followed up and received their comments. Some feedback was received already before the meeting itself. During the meeting the following comments were received from the alumni participants. It is based on the experience in the present working conditions and suggested these point may be included in the syllabus.

- Fund raising
- Proposal writing
- Logical framework analysis practice
- Practice on proposal making
- Use of social media and social work
- Advocacy in social media
- New concept of Social stock exchange
- Field work report should be monitoring strictly. Report writing and macro perspective application of knowledge
- Field experience in varied sector
- Online internships
- Make good power point presentations
- School social work concept could be added
- separate list of Field work agency could be added for BSW/MSW students
- Dept. can implement Field work evaluation frameworks, competency mapping while students in field work agency
- Disaster management specialisation, good governance, social advocacy, can be added
- Gender should be included as a part of general course starting form BSW (it's important to break our own social conditioning and biases before we enter the field)
- Social work concepts need to be applied in the field work based on which extra credits should be given to those who have completing it
- Understanding gender as a social construct
- Rural and urban development good governance and strengthening of panchayat raj should be added
- Therapy based learning
- Pre disaster and post disaster activity can be added in disaster management
- There are various online platform such as SWAYAM, Coursera, UGC CEC, E-Patshala, Shodhganga, Shodhganghtri, Vidya Mitra. These can be introduced to students
- Students can be exposed UN Women gives free certificate courses
- Third Semester of BSW they should select the specialisation
- Reflective based learning based on the present context
- International exposure of social work can be given importance
- Space for social activism
- Online safety
- Digital citizenship
- More emphasize on CSR
- NGO management
- Learning through activities such as life skills, leadership skills,
- Theatre based and art based therapy for MNP children
- Under advanced data analysis I along with SPSS, open source software like JAMOVI, R, could be taught

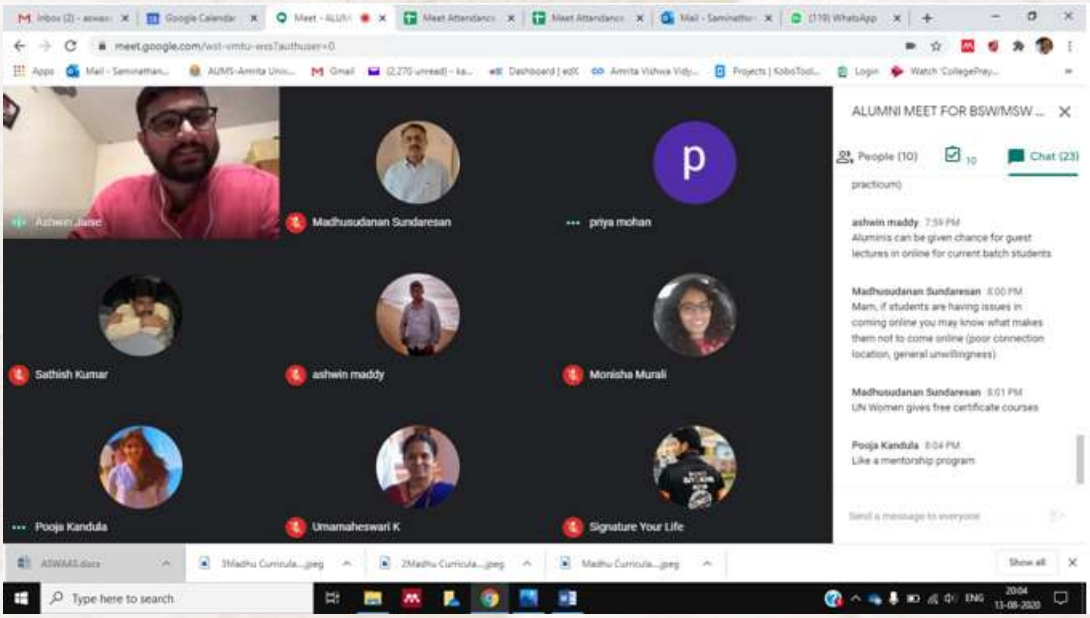
Mr. Umamaheswari K: Thanked for the participation for the inputs
Dr.V. Priya: Thanked all the participants and acknowledged the contributions made by all the alumni. Also invited to interact with the present students through series of webinar by the alumni.

Meeting attendance:

S.No	Name	Batch
1.	Ashwin Jaise	2016-18
2.	Ashwin K	2009-11
3.	Kirthika Senthil	2011-13
4.	Madhusudanan Sundaresan	2010-12
5.	Monisha Murali	2011-13
6.	Navaneeth vijay	2016-18
7.	Pooja Kandula	2011-13
8.	Jishnu Pawan	2016-18
9.	Umamaheswari K	Faculty
10.	Dr.V.Priya	Faculty
11.	Sathish Kumar	Faculty
12.	Kanagaraj S.	Faculty

Meeting attendance link: https://meet.google.com/wst-vmtu-wxs?authuser=0

Conclusion:
Finally Mr. S.Kanagaraj concluded the meeting by thanking all the participants. Outcome of the meeting was really fruitful to enrich the curriculam and integreated of BSW/MSW syllabus. Dept. would like to thank all the participants and special thanks to 2016-2018 Batch MSW students for their valuable inputs.



Guest Lecture Summary Report

International Classification of Diseases (ICD-10) and Diagnostic Statistical Manual of Mental Disorders (DSM-5)

Date	**: August 3rd, 2020**
Time	**: 02:00 PM IST**
Platform	**: Zoom**
Resource Person	**: Ms. Darsana Niranjan (Psychiatric Social Worker, Clinical Psychotherapist, Behavioral Scientist, NLP Practitioner, International Certified Career Coach).**
Moderator	**: Dr.Suja M K, Asso.Prof, Deptartment of SocialWork, AVVP, Cbe**
Student Coordinators	**: Ms. Abhirami.S, Mr. Mr. Ajoy Gilbert, Mr. Raghavaditya Y (II MSW, PMH specialization)**

INTRODUCTION

A lecture on the International Classification of Diseases and Diagnostic and Statistical Manual of Mental Ddisorders was organized by Dr. Suja M.K, Associate Professor, Department of Social Work, Amrita Vishwa Vidyapeetham, Coimbatore. The program was hosted via Zoom and was held on 3rd August 2020, 02.00-03:30 PM IST. The session was attended by 22 participants plus the host. The session was structured in an introduction, presentation followed by Q&A; discussion, and chat-based feedback collection from all participants. The objective of the program was to gain knowledge on the topics ICD-10 and DSM-5.

OVERVIEW AND TOPIC OF DISCUSSION

Ms. Darsana Niranjan opened the session by providing an introduction, purpose, and general information regarding ICD-10 and DSM-5. The presenter explained why was ICD-9 replaced by ICD-10 and how it is being used in various fields. The essential elements of the session involve;

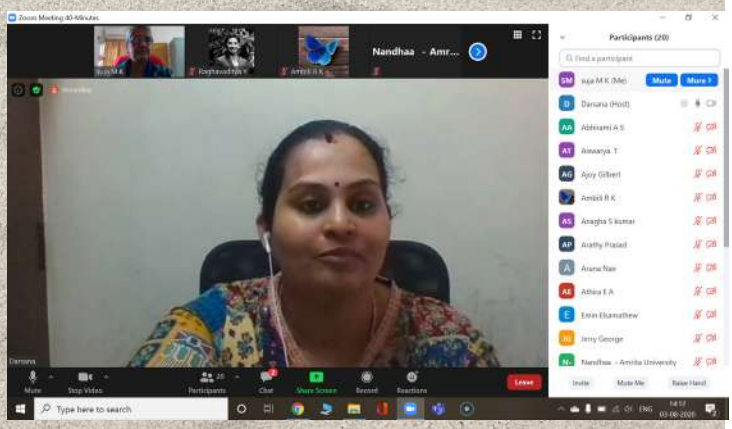
- Definition of Social Work
- Social work services that are provided
- How the social workers assess and provide services such as counselling, crisis intervention and related therapies to the clients, advocating for policies and providing programs to improve the well-being of clients. Social workers also engage in clinical practices and community organization.
- ICD-10 coding of mental disorders
- Definition of a mental disorder
- Difference between Disorder & Disease
- Difference between Signs, Symptoms & Syndrome
- Classification of mental and behavioural disorders in ICD 10
- Case study of a child diagnosed by ADHD and identifying the correct ICD-10-CM codes for treatment plan.
- Limitations of ICD-10
- DSM 5 – An overview
- Difference between ICD-10 and DSM-5
- Discussion on Ms. Darsana's experiences as a Social Worker- Challenges faced and overcome.

CONCLUSION

The session lasted for 1.5 hours and was very informative for the attendees. An activity was conducted in the middle of the session which the attendees enjoyed. The activeness and enthusiasm of the host and the attendees made the session interactive. The session on ICD-10 and DSM-5 helped the attendees to gain knowledge and to understand the concepts thoroughly. It was an exceptional experience for the attendees. I thank Ms. Darshana Niranjan, Dr. Suja M.K and Amrita Vishwa Vidyapeetham for giving us this opportunity to attend such an informative session.

Prepared by
Abhirami S
(Student Coordinator)

Link to recording:
https://drive.google.com/file/d/13h5uK-IEh7UlgVp-m1mKGl14PpaetKmqc/view?usp=sharing



A Virtual Shortfilm - An Attempt by II MSW Students

At the latter end of April, the first-year MSW students took an initiative for spreading awareness about using your time during the lockdown period fruitfully. The only good thing about COVID-19 was that it gave us all a lot of free time, but using this time productively amidst the stress of a pandemic was a daunting task. We hoped to hint our audience at the possibility of expanding their comfort zones through the comfort of their houses, and for this, we borrowed the medium of Short Film.

The technology was there and we had the plan; what mattered now was execution. We discussed a storyline and wrote the scripts accordingly, everyone who acted in the Short Film was only told what their part is and what the scenario that it takes place in, the rest was left to their creativity. The entire video was to be shot on their mobiles, some sought the help of their parents and siblings to handle the camera and the others did it themselves. One week later, all of us had recorded our parts and compiled them together, now the only thing that remained was to edit all the clips together. A black and white theme was used to help create uniformity among the visuals; after all that work our Short Film was ready to be released.

Now five months later, we have received the Certificate of Participation for the "Thanithiru Padamedu" programme hosted by Puthiya Thalaimurai and Thozhamail in partnership with UNICEF for our efforts. We would like to thank all the faculties of the Social Work Department and Varunanvelu Sir for enrolling our Short Film to the contest. We hope that our humble effort was able to ember a spark in at least one person who has viewed it and make them realize that whatever the circumstance might be, the time you spend improving yourself is not time wasted.

Shortfilm link : https://youtu.be/88QGmD6Su_4

Ajoy Gilbert
II MSW

A TALK WITH ALUMNI

01. Name : Sathya D
02. Roll Number : CB207SW011
03. Batch : 2007-09
04. Mobile number : 9942744459
05. Present organization details : Earth Sense Recycle Pvt ltd, Chennai
06. Job title : Program Coordinator

07. How was your life at Amrita?
Amrita campus gave me such a big and peaceful environment. I enjoyed my hostel life with bonding of friendship. Amrita gave very good field work experience as a whole and and as an individual. I worked as a intern in a CORD, Coimbatore and TVS Thirunelveli. These are some mentionable oranganizations where I learnt about social work scope and profession.

08. What are the key skills that you learned at Amrita helped your career?
I had very good and different experience from from field work. Some key skills are:
- Adapting myself and handling the situation.
- Building rapport at grass root level and organisations level.

09 . How is the current scope of Social Work?
Nowadays each organisation is in need of a social worker. Scope of social work profession is increasing day by day. From NGO to corporate so many opportunities are opened now.

10. What message you would like to give for the current MSW students?
Explore your thoughts and knowledge. Be ready to learn from a grass root level. It will helpful you to grow as much u can.

11. What are your key responsibilities in the present job?
I am now working on Electronic waste management project. From school level to corporate level I am creating awareness on e-waste management.

12. Who is/are your inspiration?
- My first inspiration is myself. Acting made me to interact and created awareness through street play and stage plays. That's how I started my social work. Then I decided to study social work as my profession. Interlinked.
- CORD director Dr. Meera Krishnan, is such a dedicative and hard working person I have ever seen.

13. Any other thing you would like to share?
My first job was at Andaman in a micro finance project. Wonderful and mysterious experience made me more strong personally & professionally.

ALUMNI CORNER

Child Rights and COVID-19

Dr.POOJA KANDULA
EMAIL: kpoojareddy@gmail.com

The novel coronavirus disease (COVID-19), declared a global pandemic in March has impacted everyone. It has had a catastrophic effect on the economy as well as social issues.

Experience says that any disaster makes poor and marginalized communities more vulnerable; women and children are the worst affected.

Emergencies like COVID-19 have prevented social workers from visiting villages due to reduced mobility and the lockdown. During the COVID-19 crisis, the attention of social workers has shifted to supporting family livelihoods thus creating a vacuum in child protection mechanisms.

In the last three months we have seen a record rise in vulnerability of children; children have been extremely affected by the social and economic disruptions caused by COVID-19. The pandemic unleashed a perfect storm into the lives of marginalised children. A single disaster can produce a cascading effect that could create an unforeseen chain of secondary or multiple risks. For instance, the recent COVID-19 pandemic caused serious uncertainty to the life, property and livelihood of millions of families. Schools and Anganwadis were the first to close as the world's largest school lunch programme has been disrupted by the pandemic. Thus pushing 115 million children in India to a risk of malnutrition.

We have also noticed the impact of digital partition on children from marginalized communities who were completely distanced from any kind of learning due to lack of digital devices. Available data indicates that only approximately a quarter of households (24%) in India have access to the internet and there is a large rural-urban and gender divide. The learning gap is likely to widen across high, middle and low-income families, as children from economically disadvantaged families cannot access remote learning.

Media has extensively covered issues of children during the pandemic; we have seen articles of children walking for miles to those who have committed suicide due to the lack of access to online education. This pandemic has taken all the efforts put in by child rights workers back in time by over 10 years.

It's time for all child rights social workers to bring their A game forward to ensure the voices of these children are heard as active partners and not just as passive recipients. It is important for us to have a discourse on child rights at the policy level to ensure that rights of children are safeguarded. While we are responding to the pandemic, we also have to establish proper child protection mechanisms to ensure safety of children at times like these.

[1] https://www.newscientist.com/article/2251523-covid-19-lockdown-means-115-million-indian-children-risk-malnutrition/
[1] https://www.livemint.com/news/india/286-million-schoolchildren-in-india-affected-by-covid-19-unicef-11598539409530.html

The Impact of Pandemic on Social Cohesion: The need for rebuilding social capital by replacing the term "Social Distancing" with physical distancing and social integration.

-Mr. K. Jishnu Pawan, MSW, BSc (N).

Introduction:

Amid the outbreak of a pandemic, people around the world are forced to physically distance each other as a measure to prevent the spread of novel coronavirus. The act of physical distancing is globally acclaimed as "Social Distancing", which has created an image of "social isolation" of all people who have been infected by the virus or people who are susceptible of getting the infection. In addition to this, the whole pandemic dilemma has made people to restrict social gatherings and occasional visits to their near and dear that they used to do before the pandemic had taken a toll. Another outcome of this unprecedented event is stigmatization of COVID 19 affected individuals. Altogether there is disruption of normal life due to the impact of pandemic which has deteriorated the traditional social support system which existed among people before the outbreak of coronavirus. Virtual world of social networking has helped us to remain connected during the pandemic, but it has increased our chances of depending too much on technology and has also made us vulnerable of having technology addiction 1 especially in children as amid lock down most of us are restricted to stay at home itself. Hence it is essential to make interventions at social level by rebuilding the social capital through generating awareness about the importance of social integration at the times of crisis like this.

Methodology:

The study will utilize an ex-post facto research design where an effect will be traced that has happened or taken place because of probable causes. Ex-post facto research design uses systematic empirical inquiry and the researcher here does not have direct influence on the independent variable as it is a field based study which tries to systematically discover interactions or relations among variables in real life situations.

Expected Result:

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RAJAGIRI COLLEGE OF SOCIAL SCIENCES.

SOCIAL AND EMOTIONAL LEARNING LIGHTING UP THE WAY FOR CHILDREN IN TODAY'S ERA

AFFILIATION OF AUTHOR:
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INTRODUCTION:

Intelligence Quotient (IQ) is no longer enough required for a complete well being in today's era . Growing research shows that without strong social and emotional intelligence, one is not equipped with all the tools and skills that one requires to succeed in life.

IQ only connects the brain but whereas Emotional and Social Intelligence connects brain with heart . Here the brain and heart of a person meets which make one person into a positive human being . IQ may stay for a shorter period of time and it is beneficial only to the individual but the Emotional and Social Intelligence stays throughout the person's life and is beneficial not only to the individual but also to one's family , to community and to the society as a whole. In today's period the Social and Emotional Intelligence are given more importance at all walks of life and the person with a high level of Emotional and Social Intelligence are highly respected and noticed then the person with more IQ. By connecting these two terms of Emotional and Social Intelligence the term "Social and Emotional Learning(SEL) derived. Through this learning process the importance of Social and Emotional Intelligence can be taught to the people which help them to transform into a positive and healthy human being.

(According to the Collaborative for Academic, Social, and Emotional Learning (CASEL), an organization that works toward integrated social-emotional learning for preschool through high school, "social and emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.")1

(SEL referred to as socio-emotional learning or social-emotional literacy.

People with strong social-emotional skills are better equipped to manage daily challenges, build positive relationships, and make informed decisions. SEL helps students and adults thrive in school and in life. And the skills can be taught and learned from preschool all the way through adulthood.)2

This is more important for the children as they want to know how to manage emotions, solve problems, and get along with others. These kinds of skills have to be developed, and children need to learn them as it will help them to succeed in their life.

(Social and emotional learning brings in the ability to successfully communicate, resolve conflict, interact with others, and manage emotional responses .It helps children to do better in the classroom and in life. Fostering social and emotional well-being is a key component in improving conditions for learning.)3

(CASEL divides social emotional learning into five categories based on their skills as ,

Self-awareness

Self-awareness is being able to recognize and comprehend one's emotions and how they translate into our behaviors. This includes recognizing stress or negative emotions, being aware of one's abilities and weaknesses as well as a "well-grounded sense of self-efficacy and optimism,"

Self-management

Self-management takes self-awareness one step further into the ability to regulate one's feelings and behaviors. This can include controlling anger, handling stress, self-motivation, or persistence through setbacks.

Social awareness

Social awareness looks outward and is about empathizing with others and possessing a willingness to understand and respect the unique experiences, norms, and behaviors of others.

Relationship skills

This section is about creating and maintaining healthy relationships through cooperation, active listening, conflict resolution, and communication.

Responsible decision-making

This final section is about making safe, healthy choices that abide by one's positive and healthy personal moral code and benefit their well-being — and the

well-being of others.)4

CONNECTING SOCIAL AND EMOTIONAL LEARNING WITH MENTAL HEALTH

(Social and emotional learning (SEL) is increasingly recognized as playing a[critical role in the promotion of positive mental health and the prevention of mental health disorders among children and youth)5

"Schools are primarily concerned with education, mental health is essential to learning as well as to social and emotional development. Because of this important interplay between emotional health and school success, schools must be partners in the mental health care of children". This will promote the way for enjoying positive mental health through social and emotional learning . Positive Social and Emotional skills are protective factors for mental health .

(A key focus of SEL is to promote positive development through the fostering of social and emotional skills that form the foundation of mental well-being and success in life. Skills such as understanding and managing emotions and behaviors, solving personal and interpersonal problems, building healthy coping strategies, and developing self-esteem and confidence, help children cope with difficulties and build positive relationships, increasing their resilience so that they are better able to deal with life's challenges.)5

(Mental health is not a static state that exists only within a child, but is also influenced by the interactions between the child and his or her environment. Thus, integrating SEL into teaching practices will not only enhance social and emotional skills in the individual child, but will also help to create safe and supportive environments in which all children feel they belong, reduce the stigma of mental health difficulties, and encourage help-seeking when children need it, promoting mental well-being in all children.)5

Here SEL is very essential for promoting positive mental health for the children at their younger age which stays throughout as their life sustaining skills.

IMPLICATIONS TO THE PRACTITIONERS:

In this area of Social and Emotional Learning (SEL) the social workers as professionals have greater scope to work with and make SEL to reach out to the people. The SEL is the readily available life learning skills which will add value to the life and make the people to lead a meaningful life. These value added skills enhance the quality of life of the people and make everyone understand all living beings are equal in this world as it directly leads the world in non-violence path. As professionals first these social emotional skills are needed to the social workers where they can take it out to the people by availing those skills by themselves.

The school social workers can work by starting to teach the social emotional skills through SEL platform thereby all the children will learn the importance of these skills and practice in their life which will sculpt them into complete human beings with all the essential skills required for happy and worthy living. With SEL they can face all the situations in their life and it will create a positive and healthy relationship with fellow human beings.

As clinical social workers , they can help all the people to have positive mental health as it will enrich and enhance the people's well being.

At the community level the social workers can create awareness on SEL and bring it to peoples practice by making them to imply all the social emotional skills in their daily activities at individual , family and at community base

Social and Emotional Learning(SEL) is the life learning skills which will make the human complete and strong enough to live his life to the fullest in a positive,worthwhile and meaningful way.

CONCLUSION:

Thus Social and Emotional Learning (SEL) is in the spotlight in today's era . It is the life booming value skills for all human beings , especially to the children which will enable them to understand the quality and meaning of positive living all through their life. Through SEL the children can understand themselves first and can cope with all the situations, they can empathize with others , they will be a good decision maker and will lead a quality living. SEL will make the people to face all the challenging and struggleful paths in their life and make them a complete man with all the optimistic skills imbibed in them. Childhood is the base foundation in human life and if it is laid stronger through Social and Emotional Learning(SEL) it will not fall forever as it is made fulfilled with all the skills that are required for a good Well Being.

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KEY WORDS:

Social Intelligence,Emotional Intelligence,Social and Emotional Learning(SEL),Children,Self awareness,Self management,Social awareness,Relationship skills,Responsible decision making.

UGC NET JULY 2016 SOLVED QUESTION PAPER - 1

1. In a Ph.D. thesis which one is the correct sequence for showing the scheme of Chapterisation ?
(1) Survey of related studies, Introduction, Design of the study, Data-Analysis and interpretation, Conclusions and generalisations, suggested further study, References,Appendix
(2) Introduction, Design of study, Data Analysis and Interpretation, Generalizations, Conclusions and Survey of related studies and suggestions for further research,References and Appendix
(3) Introduction, Survey of related studies, Design of study, Data-presentation; analysis & Interpretation, Formulation of generalization & Conclusions, Suggestions for further research, References & Appendix
(4) Survey of related studies, References, Introduction, Design of study, Data analysis and interpretation, Conclusions and generalizations, Suggestions for further research, Appendix

2. Which of the following is not the critical feature of qualitative research ?
(1) Actual settings are the direct source of data.
(2) Data take the forms of words or pictures.
(3) Seeking to establish relationships among measured social facts.
(4) Researcher becomes immersed in the situation, present or past related to the phenomena.

3. A detailed description of methodology of research is required in
(1) Thesis/Dissertation
(2) Symposium/Workshop
(3) Seminar paper/Articles
(4) Conference and Seminar Papers

4. Research ethics has a direct connection more often with which stages of research ?
(1) Defining and delimiting the scope of research.
(2) Problem formulation and reporting of research findings.
(3) Defining the population and deciding the sampling technique for research.
(4) Deciding about statistical techniques and data analysis.

5. Internal and external factors that affect message reception by the students in the classroom are referred to as
(1) feedback
(2) fragmentation
(3) channelisation
(4) noise

6. A teacher in a classroom has immediate control over
(1) the self, selected methods of communication and the message.
(2) the audience, the noise and the reception.
(3) the feedback, the technology and the audience experience.
(4) the communication channel, other communicators, and external factors.

7. What do communicated words carry in a classroom situation ?
(1) Inspiration, controversy and introspection
(2) Diversion, criticism and irrationality
(3) Insipidity, irrationality, and non-acceptance
(4) Power, structure and tradition

8. As a good classroom communicator, you are supposed to know your
(1) audience emotions
(2) silent cues
(3) artful pauses
(4) counter arguments

9. Figure out the components of non-verbal communication in a classroom from the following :
(1) Facial expression, cultural space and seating arrangement
(2) Speed of utterance, feel good factor and acoustics

(3) High sound, physical ambience and teacher-learner distance
(4) Facial expression, kinesics and personal space

10. Which of the following are the basic factors of effective listening ?
(1) Opinionation, stare and glare and interruptions
(2) Aggressive questioning, continuous cues and frequent movement
(3) Me-too-ism, glancing sideways, and offering advice
(4) Acknowledgement of thoughts, reflection, and asking open-ended questions

ANSWERS

1) 3, 2) 3, 3) 1, 4) 2, 5) 4, 6) 1, 7) 4, 8) 3, 9), 10) 4

Harikrishnan MG
II MSW

Let's Paint Our Stars

by Jincy (Phd. Scholor)

Important Days In September

September 05	- International Day Of Charity
	National Teachers Day
September 808	- International Literacy Day
September 10	- International Suicide Prevention Day
September 12	- United Nations Day For South-South Cooperation
September 14	- Hindi Diwas
September 15	- International Day Of Democracy
September 16	- International Day For The Preservation Of The Ozone Layer
September 21	- International Day Of Peace
	World Alzheimer's Day
September 22	- World Rhino Day
September 23	- International Day Of Sign Languages
September 25	- Antyodaya Diwasa
September 26	- International Day For The Total Elimination Of Nuclear Weapons
	World Contraception Day
September 27	- World Tourism Day
September 28	- World Rabies Day
	International Day For The Universal Access To Information
September 29	- World Heart Day
September 30	- International Translation Day

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