

# AMRITA



# UDAAN

MONTHLY NEWSLETTER

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JUNE 2020

LECTURE  
HALL

*"Surrender and living in the present are one and the same."*  
-- Mata Amritanandamayi Devi



**Admissions  
Open 2020**

**Alumni Meet Report**

**MSW Students and Faculty receive  
certificates from IIRS/ ISRO**

**Block placement  
Experiences of II MSW**

*Aswaas*

Amrita Social Work  
Association of Alumni and Students



# Department of Social Work, Coimbatore Campus

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# OUR DEPARTMENT



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I MSW



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**YES, WE DID IT!**

Amrita Ranked

**4<sup>th</sup>**

Best University in India  
by NIRF, MHRD, Government of India.

**nirf** NATIONAL INSTITUTIONAL RANKING FRAMEWORK

We express our heartfelt gratitude to all the students, parents, faculty, alumni, collaborators & well wishers, who've made this possible.

**AMRITA**  
VISHWA VIDYAPEETHAM  
FOUNDED BY SR. UNIVERSITY

AMRITAPURI | BENGALURU | CHENNAI | COIMBATORE | KOCHI | MYSORE

Amrita Ranked

**125<sup>th</sup>**

best in Times Higher Education Asia Rankings 2020

**PROUD AGAIN!**

We extend our sincerest appreciation to everyone who have made this possible!

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## COVID -19 PANDEMIC UPDATES

as on 9.07.2020

*Global Situation*

**11,669,259 - confirmed cases**

**539,906 - deaths**

COUNTRY	CONFIRMED CASES	DEATHS
USA	29,23,432	1,29,963
BRAZIL	16,68,589	66,741
INDIA	767,296	21,129
RUSSIAN FEDERATION	700,792	10,667
PERU	309,278	10,952
CHILE	303,083	6,573
UK	286,353	44,391
MEXICO	268,008	32,014
SPAIN	252,130	28,392
IRAN	248,379	12,084
ITALY	241,956	34,899
PAKISTAN	240,848	4,983

source : <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>



## 1) PM Modi launches Atmanirbhar Bharat App Innovation Challenge.

The innovation challenge aims at encouraging tech & startup communities to create world-class Made in India Apps. Under the challenge, innovators are invited to develop apps in eight categories. The App innovation challenge has been launched in the combined partnership of the Ministry of Electronics & IT and Atal Innovation Mission-Niti Aayog.



## 2) Sports Ministry to launch Target Opium Podium Scheme for Junior Athletes.

The Union Minister of Youth Affairs and Sports Kiren Rijiju on July 3 announced that the government will launch Target Opium Podium Scheme (TOPS) for the junior athletes. The scheme will groom the junior athletes for 2024 and 2028 Olympics.

## 3) ISRO's Mars Orbiter captures image of largest moon of Mars

ISRO's Mars Orbiter Mission (MOM) has captured the image of 'Phobos', the largest and closest moon of Mars. The image was captured by Mars Colour Camera (MCC) aboard Mom on July 1, 2020 when the Mars orbiter was around 7,200 km from Mars and 4,200 km from Phobos.



## 4) COVID-19 vaccine by Zydus Cadila gets DGCI approval for human clinical trials.

Drugs Controller General of India (DGCI) has given its approval for the human clinical trials to the indigenously developed COVID-19 vaccine by Hyderabad based Zydus Cadila Healthcare Ltd. The approval process was fast-tracked because of the recommendation by the subject expert committee on COVID-19 who pointed out the emergency and the ongoing unmet medical need amid the pandemic.

## 5) Ace Choreographer Saroj Khan Passes Away at the Age of 71 due to Cardiac Arrest.



## 6) India's foreign exchange reserves are the 5th largest in the world.

India's foreign exchange reserves, which currently stand at more than USD 500 billion, are the fifth largest in the world after China, Japan, Switzerland and Russia, as per the International Monetary Fund. India's foreign exchange reserves are equivalent to almost one fifth of the country's gross domestic product. They are considered to be enough to cover 13 months of imports. This is extremely significant for the nation, especially in the wake of the Coronavirus pandemic, which had a major impact on the Indian economy along with the world.

## 7) Bharat Biotech-ICMR collaborates to launch COVID vaccine by August 15.



Bharat Biotech International Limited (BBIL) and Indian Council for Medical Research (ICMR) can now launch the indigenous Covaxin vaccine by August 15, 2020. ICMR and BBIL will be jointly working for the preclinical as well as the clinical development of this vaccine. In an official statement, General Balram Bhargava, ICMR Director stated that ICMR aims to launch the COVID-19 vaccine for public health use by August 15 after the completion of all the clinical trials. He added that Bharat Biotech has been working expeditiously to meet the target.



### 8)Kerala announces “Dream Kerala Project” for expats who lost jobs due to COVID-19.

The state government of Kerala on July 2, 2020 decided to roll out the “Dream Kerala Project” to tap the potential and experience of those returning from foreign nations and other states after losing their jobs due to the COVID-19 pandemic. The decision was taken during a cabinet meeting chaired by Chief Minister Pinarayi Vijayan on July 2, 2020.

### 9)Pulitzer Winner Siddhartha Mukherjee and Prof. Raj Chetty named among ‘2020 Great Immigrants’ Honorees.

Siddhartha Mukherjee and Prof. Raj Chetty have been named among the ‘2020 Great Immigrants’ honourees by the Carnegie Corporation of New York. The

two renowned Indian-Americans who have been contributing towards the efforts of mitigating the COVID health crisis have been honoured by the prestigious American Foundation ahead of the United States Independence Day Commemoration 2020. Siddhartha Mukherjee is a Pulitzer winning author and oncologist and Raj Chetty is a Professor of Economics at Harvard University. They both are known for their valuable contribution to their respective fields.



### 10)Indra Mani Pandey appointed as India’s Permanent Representative to the United Nations, Geneva.

Indra Mani Pandey has been appointed as the next Permanent Representative/Ambassador of India to the United Nations, Geneva. Mr. Indra Mani Pandey is a 1990 batch Indian Foreign Service Officer. He will succeed Rajiv K Chander by becoming a permanent representative to the UN in Geneva. Mr. Pandey currently has been serving as an additional secretary in the Ministry of External Affairs (MEA). As per the Ministry, Mr. Pandey is expected to take up his new position in the United Nations shortly.

### 11)Australian PM launches mega-billion 10-year defence plan amid rising tension in Indo-Pacific.

Australian Prime Minister Scott

Morrison launched a 270 billion Australian dollar worth 10-year defence plan on July 1, 2020. Under the massive defence plan, Australia will invest in land, sea and air-based long-range and hypersonic strike missiles. While announcing the mega plan, the Australian PM stated that tensions are rising across the Indo-Pacific over territorial claims and referred to the recent violent clash between India and China in Eastern Ladakh and tension across the South China Sea and East China Sea.

### 12)Delhi CM inaugurates India’s first Plasma Bank.

Delhi Chief Minister Arvind Kejriwal inaugurated India’s first ‘Plasma Bank’ through a video conference on July 2, 2020. The plasma bank has been set up for the treatment of COVID-19 patients at the Institute of Liver and Biliary Sciences in Delhi. The Delhi Government had announced its intention to set up the unique plasma bank on June 29. The Delhi CM had issued an appeal to all recovered COVID-19 patients to come forward and donate their plasma in the bank to help in the treatment of other coronavirus patients.



### 13)The World Bank sanctions USD 400 mn for rejuvenating Ganga.

The World Bank announced on June 29 that it has extended its support for the Government of India's program to rejuvenate the Ganga river with USD 400 million (about Rs. 300 Crore). As per the bank, the assistance will help them stem pollution in the river. World Bank releases a statement mentioning that the assistance will help in strengthening the management of the river basin which is home to some 500 million people. The bank has been helping the government's efforts for the project since 2011 through the ongoing National Ganga River Basin Project. It helped in setting up the National Mission for Clean Ganga (NMCG) as the nodal agency to manage the river.



### 14)India's 'MyGov Corona Helpdesk' bags two international awards at CogX2020.

'MyGov Corona Helpdesk', which is Artificial Intelligence (AI) enabled, has won two international awards at CogX2020. The Helpdesk was awarded at Global Leadership Summit and Festival of AI & Emerging Technology, in London. The helpdesk aims at providing timely updates to help citizens in clearing their queries regarding the COVID-19 pandemic. As per the statement,

the two awards were won by the technical partner of MyGov, Jio Haptik Technologies Ltd. MyGov Corona helpdesk has won the awards under the 'People's Choice COVID-19 Overall Winner' and 'Best innovation for COVID-19 Society' categories. CogX2020 is a prestigious Global leadership Summit and Festival of Artificial Intelligence and Emerging technology which is held annually in London.

### 15)India bans 59 Chinese mobile apps including TikTok, WeChat, Cam Scanner.

India has banned 59 Chinese mobile apps that are prejudicial to sovereignty and integrity of India, Defence of India, security of state and public order. The ban was imposed by the Ministry of Information Technology by invoking its power under section 69A of the Information Technology Act.

The Ministry has decided to block 59 Chinese apps in the view of the emergent nature of threats since the information available revealed that they are engaged in activities that are prejudicial to the sovereignty and integrity of India, defence of India, security of state and public order.



DEEPTHI MENON, I MSW





# A TALK WITH ALUMNI

**01. Name** : Kirthika.P  
**02. Roll Number** : CB.SW.P2MSW13007  
**03. Batch** : 2011-13  
**04. Mobile number** : 9629139990  
**05. Email** : kirthikasenthilkt@gmail.com  
**06. Present organization details** : Integrated Child Development Services (ICDS)  
**07. Job title** : Block Project Assistant (BPA)



## 08. How was your life at Amrita?

Life at Amrita was an amazing experience. It has groomed me as a person with good skills and improved profile.

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

Rapport building, Organizing events, Communication and Networking skills

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

Social work always has a good scope because it's helping individuals to help themselves. There are lot of individuals in the community in need of empathetic understanding and moral support.

## 11. What message you would like to give for the current MSW students?

MSW is not a degree to be obtained from the classroom. It is the implementation of classroom learning into the field. We should work wholeheartedly in the field to attain full satisfaction. The word hesitation should not be in our dictionary. Interest and involvement are the two skills very much required for social workers.

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

Monitoring and evaluation of the activities of Anganwadi Centres at block level. Verifying the services received by the beneficiaries in the community through Anganwadi Centres.

## 13. Who is/are your inspiration?

Savithribai Phule - who worked and contributed for making women educated and empowered

## 14. Any other thing you would like to share?

My life after MSW has brought in many changes. I have learned to be independent. Few skills like decision making, adjustment, documentation, etc have not only helped me to improve my career as well as to be good human being. My thoughts about the beliefs in society have changed. Helping people to help themselves is a gifted profession.



# FACULTY CORNER

## RAYS OF HOPE- IN TIMES OF TURBULENCE & UNCERTAINTY

**Dr. Suja.M.K.**  
**Associate Professor**  
**Department of Social Work**  
**Amrita Vishwa Vidyapeetham,**  
**Coimbatore Campus**  
**Tamil Nadu , India.**



We are passing through tough times. Times that we have never undergone before. New to our generation. This pandemic has created something unusual for all of us. The things we took for granted are no longer to be. Tea with friends, Picnics, travel.....all are a distant dream now.

We are mammals and we long for touch and warmth. This is denied to us which is making us grieve. Grief is not only for big things, grief is also for the loss of small and most often precious things that money cannot buy. The pat on a shoulder, the squeeze of a hand, a peck on the cheek, hugs, pinching a friend and the list goes on. Grief and over thinking has led to rise in stress and anxiety world over. Stress is the response to a threat in a situation. Anxiety is our reaction to stress.

Each one of us is on an island by self or with family. Lack of routine creates lethargy and it leads to loss of self identity and worth. So there is an urgent need to create a routine and stick to it. Every day. Starting as simple as making your bed lifts your mood. Do your morning activities. Get dressed. These send signals to your brain that you are in work mode.

I would like to share some simple tips to help us regulate Anxiety and Stress which is a result of uncertainty this Pandemic has brought with it.

Remember this is not medical advice nor a substitute for the prescription medications that you may be taking.

**Breathe regularly and deeply:** Breath is life itself. The better we breathe the better we feel because of the flow of oxygen to the heart and to all parts of the body. Google on how to breathe right. Just take a couple of deep breaths every hour to relax and calm the brain stem which is responsible for our anxious state. **Colour Breathing** helps to calm the mind. Blues and greens are said to be the most calming colours. It is done by imagining to breathe in and out the colour of your choice. You could Google this for practicing. Here is a useful link for you to follow. <https://www.colourtherapy-healing.com/colour-therapy/colour-and-breathing>

**Self Compassion:** It is another way to calm us down. Treat yourself as you would treat your best friend in a difficult situation. Many times we are very cruel to ourselves. We treat ourselves badly. Have self compassion for yourself and for your anxious self. Researchers say writing a very compassionate letter to yourself does wonders to calm anxiety. So pen your thoughts.

**Thoughts:** They are just thoughts. Treat them like visitors. If you let them stay in your head, you are in for trouble. It leads to over thinking and paves the way for stress and anxiety. There is a pattern in our thoughts. Use the "STOP" technique which is very famous to control negative thoughts. When negative thoughts come up, say loudly "STOP" and then think of some good thoughts. If you have people around, you say it mentally. With practice you can overcome your negative thinking to a great extent. Emotions are real, thoughts are



learned, hence can be unlearned with practice.

**5 thinking hats:** This technique controls the vicious cycle of over thinking that leads to Anxiety. This is a Technique of Self Soothing by Rachel Ramos. You need to sit down in a chair and be comfortable. Breathe a few times. Look at 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell and tell 1 good thing about yourself. Try it. Here is the link: <http://affinitymagazine.us/2017/01/16/time-to-put-on-your-5-thinking-hats-with-this-new-coping-mechanism/>

**Sensation Charades:** Hold things in your hands and feel it: Pebbles, stone, pillow, pen, clay..... anything you can get hold of. Close your eyes. Feel the texture, shape, weight or anything related to what you are holding. Feeling and concentrating on the item in your hand moves your mind away from anxiety.

**Rhythm to settle body:** Use sounds like chants and prayer, Move your body in rhythm like Rocking in a chair, sitting in a swing, slow body movements to soft music. All these give you energy release and help to calm your body which is generally on a high alert due to anxiety.

**Palette Cleansing:** When we eat something with bad taste we eat something good to get off the bad taste. That's called Palette Cleansing. We could cleanse our palettes after the News hour. Media is flooded with news of the Pandemic. There are facts and then again there are myths. When you believe myths and ruminate, your mental health goes for a toss. We need to learn to Regulate News. What we already want to know, we know already. Hence no point in getting ourselves worked up for things that are not in our control. Hence it is better not to watch news after 6pm. After Covid19 news watch something good like a cartoon or a funny clip so that it takes your mind off the negativity. Palette cleansing helps us regulate anxiety that comes up due to too much bad news.

**Connect e- Socially:** Have e-lunch/coffee with a friend(s). Try having lunch, dinner or tea with a friend or in a group. Connect via video chat and enjoy. It's a new routine for me now. You can e-meet your schoolmates/college mates, e- Connect with distant family members. It really brightens up your day to e-connect. You carry that experience and it brings you happiness. It's not Social distancing but physical distancing. Distance physically

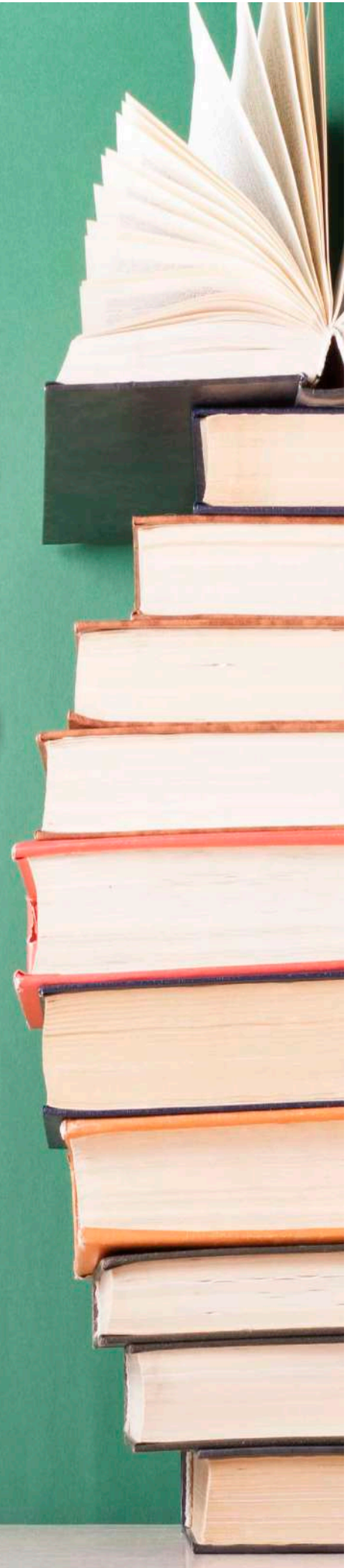
connects E- Socially.

**Savoring:** While talking of experiences, mental health professionals all over the world believe that experience brings lasting happiness than material things. When you buy a new car you are so happy. But as time goes by the "WOW" feeling rubs off. But when you remember the holiday you had with your family/friends, it always brings the experience along. You feel happy to relive and talk about it. So savor good experiences. Savoring is about remembering good experiences, anticipating new experiences and noticing good things like the breeze on your face, the smell of a rose, taste of coffee in your mouth. All these experiences increase our happiness, which in turn regulates stress.

**Hygiene practices:** Perhaps you hear it daily. But it is one of the most important aspects to keep the disease at bay. Follow protocols strictly. Wearing a mask, Washing hands with soap, use of sanitizers, maintaining physical distancing etc. Google for the right way to do each of these things. I have been noticing people wear masks for their chins. How inappropriate. We use our fingers to push the mask up in front of our nose. It's a strict no.. no.. Front of the mask should never be touched as it can transfer the germs from your hand to your nose and face. Always remove it from the sides. To conclude I would say that we need to negotiate peace with our stress/anxiety. Don't fight it or manage it. Managing becomes a cognitive or intellectual process which involves lots of brain work. This can again shoot up anxiety. Regulating anxiety and stress is the best method of dealing with it. Accepting our anxious self and regulating it through various practices. A few are mentioned above. Breathe.....Breathe....Breathe....Be in the present... Be Mindful....Savor....Enjoy and be grateful for the little things...Use Small Strategies...Big Strategies tend to fail. Pathways have to be created and PRACTICED...Practice...Practice.... Practice.....is the only way to overcome stress and anxiety. Treat yourself with Self-Compassion. A big salute to our Frontliners who keep us safe. Remember, though we can't hold hands right now we are all in this together. E hugs to all of you out there. Stay happy. Stay Safe.



# Students Corner





# So Dense So the Friction

**A**wfully being in a scary reality which the planet has not even dreamt of despite having experienced six different pandemics since the outbreak of Spanish Flu pandemic and the COVID-19 being the eighth warning shot, still the nature doesn't afford to show mercy, the profile of this killer virus which the world resists had signs of evolution from counterpart of human beings. So dry isn't it? Not pouring much into the current issue, the best thing a person can do while distancing is to self-realize or frankly use this hurdle as an opportunity for knowing the self. There is a saying, "If a capitalist is given a death sentence, he will sell you ropes." The act of exploitation and human breeding leads to new types of pandemics which is the lesson to be taken for humans, to breed is to be a secondary importance. As of now more than breeding human beings, breeding of the flora is more important. The fact humans should realize is the atmosphere is way purer than the pre pandemic period. Following the miracles like:

Delhi was a highly polluted metropolis with AQI(Air Quality Index) above 200 which is deemed unsafe and now the AQI is below 20 when the people experienced a blue sky after decades and a metallic voice of the birds.

Hubbali, the branch of River Ganga flowing through Kolkata experienced the sight of Dolphins which is a generational event.

Increase in the number of Flamingos in Navi Mumbai numbering in ten thousands.

Ganges flowing through Haridwar is fit for drinking.

Counting the above facts the human beings should realize the sixth sense and should make it operational to bring back the concept of co-existence which once we were into. The pandemic gifts the people with a rejuvenated land mass which humans can preserve and encourage or move in regressive reverse.



**-SIDDHARTH PADMANABHAN, I MSW.**



**Dolphins spotted near Kolkata ghats**



**The number of flamingos increased in Mumbai**



**Ganga fit for drinking in Haridwar**



**Improvement in air quality**



# MEMORIES, AN ETERNAL BOND

**“you are never the victim of your past,  
in fact you are the survivor of it.”**

**M**emories are something that hold a very critical role in a person's life. Of Course we all live in the present and are constantly engaged in our daily routines, caught up in the busy schedule that most workspace offers. We are always so busy that we rarely even have time to think about the future albeit reminisce on our past. Now this is a thought that has been poking my mind ever since the lockdown happened and we have been left with voluminous time with nothing significant to do. Memories are great, that is if they are links to something sweet or valuable from the past, they will bring a smile upon your face or leave you with a longing for those gone days but as with everything else memories can also have another side, a deeper more darker side one which we often try to avoid consciously. Now we can never possibly choose what kind of memories to make or keep, no matter how you try to create good moments and live in happiness there will always be some things beyond our control and that is when gloomy memories are born. So are these bad memories ever significant to us?

Memories as such are never bad for us whether they be positive or negative, memories are memories, they serve as a reminder of our own past, the paths we walked, the decisions we made, people who came and went and those who stayed, all are engraved deep in our memories for us to look at and remember how it all felt and maybe ponder how things would have turned out if we made different choices. Regretting the past is never a healthy attitude but having memories that show you your mistakes and its consequences can be beneficial if directed towards a better cause. Sometimes you may have the thought that if you can truly erase your memories and be free from the shackles of the past, then you could become what you seek to be or lead a better life. First of all, memories can never be disposed of as such and secondly, they should not be. Very often a sore memory makes you appreciate what you have right now, to truly appreciate what has changed for the better.

One thing that we never realize is that you are never the victim of your past, in fact you are the survivor of it. No matter what has happened in your past you have only become stronger from it. from the memories of falling of a bike and bruising your ankle to that time you felt really embarrassed after doing something stupid and those moments of sheer sorrow where you broke down forgetting everything, all those memories have shaped you it has moulded your character and helped in your development. Forgetting and moving on is never easy but that is exactly what makes it a rewarding process. Memories are every bit a part of you since it is a portal to your past, the only way to explore what you were, how you treated others and how they treated you. The one thing about life is that we can choose not to remember but we will never be able to forget, that is what makes us all human beings that is why we grow up holding on to our past at every stage and drawing upon the memories to take ourselves forward.



-SIDHARTH SANTHOSH, I MSW.



*"Capturing various images on your lens can sometimes be a hobby but to me it always provided a sense of fulfillment. Every time I open my camera lens to capture something I always feel why it is so beautiful...!"*

# The Artsy Lens

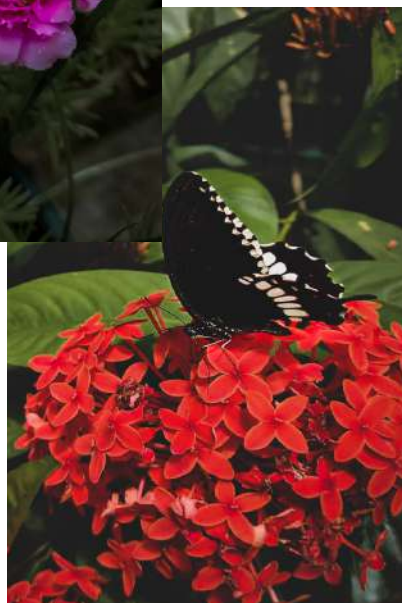
**W**e are all protected and governed by nature. A healthy environment provides nutrients that flow up the food chain, from plants to animals, to provide energy. By preserving nature, the planet and all its inhabitants are guaranteed a constant supply of clean water and fresh air. We also rely on them for numerous other goods and services for our health, happiness and prosperity.

We should protect nature because earth is our home and we have to love it and care for it. If we take care of it, nothing will be damaged and many people, animals, and plants could live better. Global warming and extinction will not happen when we worry about our planet earth and take care of it.

But we very often go against nature. "It's really important for social workers to educate ourselves to understand the basics of environment and nature so that we can educate others."



**- Anagha S kumar**  
**I MSW**



*The colours, the shadows and all the details pop up. Quarantine has given me the time and opportunity to expand my experience in photography and for that I feel contented.*





# BLOCK PLACEMENT EXPERIENCES OF II MSW

## SAUKHYAM REUSABLE PADS

Saukhyam Reusable Pads is a project which comes under Amrita SeRve. When the Amritanandamayi Math adopted remote village clusters in 20 states of India in 2013, with the goal to transform them into role models of sustainable development, the foundation was laid for the pads project. The main emphasis is on spreading awareness about menstruation and working toward sustainable menstruation. The pads which are made in Saukhyam are made from cloth and banana fibre. Saukhyam Reusable Pads were honoured with the Most Innovative Product Award (2016) by the National Institute of Rural Development, India. The project was launched at the UN Climate Change Conference (2018) in Poland for its sustainable financing mechanism. In 2020, the Saukhyam team was recognized as the Social Enterprise of the Year for its “exceptional impact, clarity and growth of work dedicated to furthering the UN Sustainable Development Goals” from the Women for India and Social Founder Network coalition. The trainees were given the task to handle the social media platforms such as Facebook and Instagram. The trainees main focus was on generating awareness on sustainable menstruation. The trainees had to generate content for the social media on a weekly basis of 2 posts per week and the content can be posted in the ways on posters, videos etc. On World Menstrual Hygiene day, the trainees supported the Red dot challenge which was initiated by UNICEF which aims at busting myths and promoting facts on menstrual hygiene, collectively inspiring all—men, boys, women and girls to candidly talk about menstruation. In the challenge the trainees started spreading awareness on social media on red dot challenge and motivated people to participate on the same in their social media platforms. The trainees also got an opportunity to be a part of Menstrual Movie Mela which was conducted through a webinar conducted by Sustainable Menstruation Tamil Nadu. The next activity which included was studying the existing apps related to menstruation and help in developing a unique app for Saukhyam. The main focus would be on awareness generation and sustainable menstruation. The trainees are also given an opportunity to conduct webinars in the upcoming days.

- **Aishwarya Nair, Nair Athulia, Priyanka S, Vasudha V, II MSW.**



## Feedback

'Being able to work in a project that is needed at this hour has always been my interest. I had always been striving to break the stigma associated with menstruation and the need to educate people irrespective on gender or age on what menstruation is and what needs to be done. When everyone is born out of it, one needs to understand it as a process of creation or nourishment which gives life rather than feeling ashamed of it or making others feeling ashamed of the process. Saukhyam is a wonderful initiation which focuses on sustainable menstruation by providing awareness on menstrual health and use of reusable banana fiber cloth pads'



**-Aishwarya Nair**

'Being a social work trainee I feel great to work for one of the major problems women are facing because of the use of chemical sanitary pads and help them to promote the use of eco-friendly pads and also be a part of sustainable menstruation'.



**-Nair Athulia**

'My experience as a trainee taught me to be a professional. This is related to creative and public administration. I have accumulated various experiences and wider knowledge through activities and tasks which had been assigned to me'



**-Priyanka S**

'I got an opportunity to do block placement in Saukhyam Reusable Pads. It helped to explore various technical aspects, improve creativity, get knowledge regarding benefits of reusable pads and sustainable menstruation/a



**-Vasudha V**

## Avitis Institute of Medical Sciences

I'm currently doing my block placements in Avitis Institute of Medical Sciences where I work in patient care services under Mr. Shelly mammen. Being someone new to this field, Avitis is providing me the maximum exposure to improve my skills as a budding medical social worker. Getting to understand the working condition and about different departments and doctors are very important while working in a hospital setting, where I'm lucky enough that I'm exposed to all the major departments in Avitis wherein I'm getting orientation by different doctors which will definitely help me in my future endeavours.



**- AARABHI CHAKRAPANI - II MSW**

## Youth4jobs

In the month of April I started working for Youth4jobs. They are mainly focusing on up-skilling, training and placements for youth who are having disabilities. I was first assigned with work of creating contents for the online training then I also helped the team in mobilizing candidates and also speaking with many huge corporates regarding placements. Working in this organization has taught me to do multiple activities and not sticking with one single work. Social work is a multiple tasking job where this organization has helped me to develop my skills in all aspects of it.



**- AMRITA MENON R - II MSW**



## Amrita CREATE (Amrita Centre for Research in Analytics, Technologies and Education)

I started my block placement from 23rd of May 2020.

This fieldwork was carried out with the following objectives and goals which we had to follow to understand about the organization. I interned in an organization called Amrita CREATE (Amrita Centre for Research in Analytics, Technologies and Education). The Amrita Centre for Research in Analytics, Technologies and Education (Amrita CREATE) is an educational technology initiative pioneered by Amrita Vishwa Vidyapeetham. Amrita CREATE is meeting the research challenge to determine the features and applications which can lead to such types of phased transformation through educational technologies.

It aims to improve the quality of education using innovative solutions that integrate research and practice. The learning starts from the orientation given by the staff of Amrita Vishwa Vidyapeetham, Amritapuri, Kollam, Kerala. Ms. Radhika and Mr. George explained about the work that is happening in organization and also provided a platform for discussing on the topics such as:

- Dropouts in tribal areas in the state of Rajasthan, Orissa, Madhya Pradesh, Andhra Pradesh, Kerala.
- Mobile Internet Safety awareness with connection to human trafficking in tribal areas of Chattisgarh.
- Substance abuse in tribal areas of Chattisgarh.

Amrita CREATE for the time period of month gave me an innovative way to approach a community for enabling the education system possible through various initiatives. Being a part of this has helped me to learn the advantages and disadvantages that are happening in the change of education system. How to improve and sort the negativities is one of the ways to make everything possible.

**-SWAGETH. M, – II MSW.**



I started my Internship on 25-05-2020 at Amrita Center for Research in Analytics, Technology & Education (Amrita CREATE) so they gave me two tasks. First is practical part and second is theory part. In practical part, task is to take online class for Coimbatore, Madukkarai block, Pichanur Panchayat, Nandi kovil area government school students. Trainees will take an online class for two

sets of students one is 7,8,9 standard students another one is 10,11,12 students. From the student side they requested us to take English grammar and spoken English classes (Basic). In Theory part, the task is to do a Literature survey. Organise all findings with references in an Excel sheet with Link, Author name, Name of Publication and brief summary of the finding (if it is a paper from Google Scholar, then we can put the abstract) so my topic is school dropouts in tribal areas in the states of Rajasthan, Orissa, Madhya

Pradesh, Chhattisgarh, Jharkhand, Andhra, Kerala. I feel proud that even in the lockdown situation I am doing my internship well and safe. I wish to thank the department of Social Work for giving me the opportunity and their support for me to do an internship at Amrita CREATE. Stay home Stay safe.

**-VIGNESH.R, II MSW.**





## Ramky foundation at Hyderabad

**M**y block placement in Ramky foundation at Hyderabad has started from 15th June 2020. I selected this particular organization for my block placement as their thrust areas match with my area of interest and specialization, which is Community Development. During the initial days, I was oriented by Mr. Govindarajulu regarding the organizational activities. I was asked to list out the issues prevailing in our society with the knowledge that I had acquired during my concurrent field work. Later, I selected an issue and started doing mini-research under the guidance of Mr. Govindarajulu, on the topic, "A Study on 'Behavioral Patterns of Individuals Living in Slums' with special reference to Open Defecation, Personal hygiene & Management". In the upcoming days, I am planning on getting trained in the aspect of writing project proposals and visiting Waste management sites to know about the activities done by Ramky Foundation for the welfare of rag pickers. I am happy to tell you that doing an internship at Ramky will surely enhance my skill sets and will help me to gain the knowledge regarding the new concepts involved in community development. In future these skill sets will assist me in my professional career while working with other community development organizations.

**Name of the student** : Himavarsha. M  
**Roll Number** : CB.SW.P2MSW18023  
**Batch Number** : 2018 - 2020  
**Name of the Organization** : Ramky Foundation  
**Place of the Organization** : Hyderabad  
**Period of Block Placement** : 15th - 30th June 2020

### Key responsibilities:-

My key responsibilities during the internship period at Ramky are researcher, facilitator & content writer.



## Sai Krushna Vidya Mandir School at Bangalore

**A** small write up on my 'Block Placement' I was placed in Sai Krushna Vidya Mandir School at Bangalore. The placement was started on 12th of June, 2020. I found this organization apt for doing placement because it's related to community development specialization. As of now the situation is worse everywhere so I was doing my block placement from home. From the very beginning Mr. Ananth coordinated with the trainees regarding the work to be done, such as editing the videos which were made by teachers or volunteers for teaching the students. They asked me to add initial slides and also the school logo in the video. After that they started assigning classes for each and everyone so that work can be done more quickly and without duplication. Weekly once I have to attend the group meeting in which we have to give feedback regarding the video and the work that we are doing. They will also give inputs for increasing the ability and video perfection. New ideas and inputs are very informative. It's an open platform where I can learn and work together.



**Name of the student** : Hanna C A  
**Roll Number** : CB.SW.P2MSW18016  
**Batch** : 2018 – 2020  
**Name of the organization** : Sai Krushna Vidya Mandir  
**Place of the organization** : Bangalore  
**Period of Block Placement** : 15th June 2020 to 15th July 2020

### Key responsibility:-

My key responsibilities during the internship period at Sai Krushna Vidya Mandir School are facilitator, educator and guide



# Digital block placement at Youth4Jobs in COVID-19 era

**Y**outh4Jobs focuses on educating and employing persons with disabilities. It is driven by the fact that a job to one member of the family sustainably takes the whole family out of poverty. The Y4J team is a blend of professionals drawn from diverse backgrounds all joined together with a desire to make a difference in disabled lives. The Group represents inclusion and diversity. Out of the 185 strong team, 15 percent with disabilities and 30-40 percent are young women. Full of ideas and enthusiasm, 70% of the team is under 35 years old. Over the years the team capacity has been built to understand different stakeholders – community, companies, educators and government.

There are various programmes initiated by Y4J team and I am currently working under a program called 'COLLEGE CONNECT' as Management Executive Trainee in Trichy district.

Youth4Jobs works with educational institutions to assess ability & position disabled trained youth in employment. Around the same time, our team is working to build an inclusive eco-sphere to facilitate the recruitment of disabled people into higher education. The College Connect program is an ambitious program that evaluates and empowers educated youths with disability. We work with colleges in delivering career development training and preparing them for their employment with leading companies in the industry. In a groundbreaking way, a Y4J team is established in the college / University to consider their needs and help create an inclusive eco-sphere. The team provides colleges and employers with information and resources to understand disability and the skills that the disabled bring to labour markets. Started in 2017, the initiative connects colleges to employers through the Youth4Jobs network, ensuring jobs for students with disabilities and enhancing colleges placements at the same time.

**My main role is to,**

- Mobilization of PWDs ( Persons with Disability) youth from Colleges
- Identifying appropriate Jobs for Trained Youth
- Expanding the network of Partnership with Colleges and Corporate.

Its almost 3 months working with the Y4J team virtually, and I'd say I obtained technical experience flexibly. The team's hierarchical system is non-traditional and they have made me very comfortable to contribute. Y4J team made me change my view of an organization. The support I got from my team has given me so much confidence that I have been able to successfully complete the webinar sessions for the top institutions of the different states of India. Due to COVID-19 pandemic, the real-time experience is not possible for now and I hope through digitally I can contribute more to PWDs through Youth4jobs network.

**Name** : D. Sarukeerthana  
**Roll number** : CB.SW.P2MSW18030  
**Organisation:** Youth4Jobs, TamilNadu  
**Period** : April 18 2020 - Present





# Block Placement in Ramky foundation

, Bidisha Borgohain from 2nd MSW started by block placement from 15th June, 2020 to 30th June, 2020 in Ramky Foundation, Hyderabad. It is been a great pleasure for me to be doing my block placement in Ramky, as I am being able to furnish my interested area in the field of research under Corporate Social Responsibility (CSR). Currently, I am doing a research study on the topic: "A study on Identifying Alternative livelihoods for the farmers in Hyderabad city, Telangana, India." So far, members of Ramky under CSR department are being amazingly supportive towards me, and guiding me throughout my block placement period in aspects of my interested area. Considering the outbreak of COVID-19 Pandemic, I am not able to explore more in the direct field due to safety purpose, but instead I am getting an opportunity to learn more about the desk work in the office. In the future, Ramky is planning on engaging me to attend a class on Waste Management and Drafting of Project Proposal. The span of 15 days gave me a platform to have a wonderful learning experience in the field of CSR. If my future holds an opportunity for me to work with Ramky Foundation, I would gladly contribute my hands in the services of Ramky.

<b>Name of the student</b>	<b>: Bidisha Borgohain</b>
<b>Roll number</b>	<b>: CB.SW.P2MSW18014</b>
<b>Batch</b>	<b>: 2018 – 2020</b>
<b>Name of the organisation</b>	<b>: Ramky Foundation, Hyderabad</b>
<b>Period of block placement</b>	<b>: 15th June, 2020 to 30th June, 2020</b>

## Key responsibilities:

These are few of my key responsibilities in Ramky Foundation:

- Responsibility of a Researcher.
- Responsibility of a Communicator.
- Responsibility of a Facilitator.
- Responsibility of a Content Writer.





# Webinar on “Yoga at home and Yoga with Family to battle COVID’19”.

On International Yoga Day, 21st June, Dr.Suja.M.K, Department of Social Work, Amrita Vishwa Vidyapeetham, Coimbatore organised a Webinar on “Yoga at home and Yoga with Family to battle COVID’19”.

The resource person for the webinar was Mr. Ashwin Mathew, PhD Scholar, life Skills Trainer and Health and Wellness Practitioner, and Dr. Suja.M.K, Associate Professor, Department of Social Work, Amrita Vishwa Vidyapeetham, Coimbatore, Mental Health Practitioner and Trainer.

COVID’19 has changed people’s lives and that the vaccine has not been developed yet. This webinar was aimed at providing insights on building immunity to fight against COVID’19 and to stay healthy. The webinar mainly focused on several breathing exercises that could help in controlling anxiety and related problems. Also, the session covered areas like certain other physical exercises and also on Om Chanting.




**INTERNATIONAL DAY OF YOGA CELEBRATIONS**

ORGANIZED BY DEPARTMENT OF SOCIAL WORK

**WEBINAR “YOGA AT HOME AND WITH FAMILY TO BATTLE COVID 19.”**

**RESOURCE PERSONS** Date : 21 June 2020, Sunday

<b>Ashwin Mathew</b> PhD Scholar, Life Skill Trainer, Health and Wellness Coach.	<b>Dr. Suja M.K</b> Associate Professor, Mental health Practitioner and Trainer	<b>Time</b> 4:00 - 5:00 PM Mumbai, Kolkata, New Delhi
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GOOGLE MEET LINK : <https://meet.google.com/jab-spzw-iuw>

 **AMRITA** VISHWA VIDYAPEETHAM  
DEEMED TO BE UNIVERSITY  
COIMBATORE CAMPUS | Department of Social Work



M KALYANI RADHAKRISHNAN  
I MSW



# Webinar on "Introduction to Quantitative Research Methods"

National level webinar on "Introduction to Quantitative Research Methods" conducted on June 28, 2020 through Google Meet online platform (<https://meet.google.com/ufw-wfac-ant>). It was organised jointly by Department of Social Work & ASWAAS (Amrita Social Work Association of Alumni and Students). Dr. Madhusudanan S (2010-12, 04th Batch), Alumni, Department of Social Work, Amrita Vishwa Vidyapeetham, Coimbatore Campus served as the resource person for the webinar.

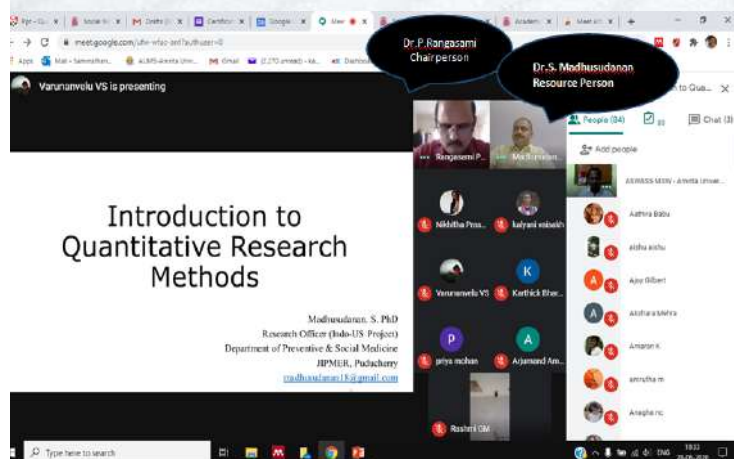
## About the Resource Person:

Awarded Doctorate from Pondicherry University in June 2019 with prestigious UGC-JRF fellowship. Presently working as Research Officer, Indo-US TB Project (TB-LION), Department of Preventive & Social Medicine, JIPMER, Puducherry. Interested in the areas of Disability & Social Work, Public Health & Social Work Research.

## Address by Dr.P.Rangasami, Chairperson

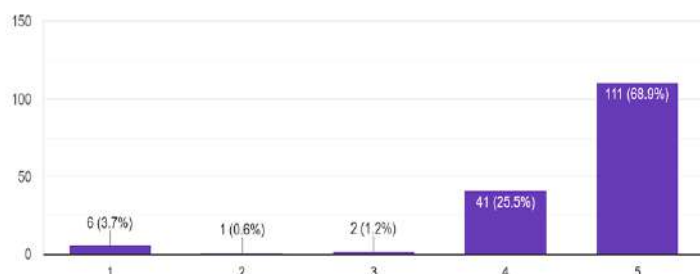
Dr.P.Rangasami welcome all the participants for the webinar and thanked the resource person who was

## Screenshot of the webinar:



## Results of the overall feedback given by the participants (Rating on 5 point rating)

Overall Feed back of the Webinar  
161 responses



also alumnus of the dept. He shared his memories with all the participants.

## Introduction of the resource person by Ms.M Kalyani Radhakrishnan, I MSW

Ms. M Kalyani Radhakrishnan, I MSW also the AS-WAAS - students' association Vice President introduced the resource person.

## Session by Dr. S. Madhusudanan

The resource person discussed the following topics briefly

1. Research process
2. Terminologies
3. Differences in research strategies
4. Research Designs
5. Variables
6. Hypothesis
7. Sampling technique
8. Methods of data collection
9. Levels of Measurement
10. Validity & Reliability
11. Statistical Test & Quantitative Analysis (Soft ware)
12. Research Ethics

Though the time duration was very low but he was able to cover required topics within the time.

After the session the following questions were asked by the participants in the chat box and all questions were clarified by the resource person

## Conclusion:

The webinar was concluded with the vote of thanks by Mr.S.Kanagaraj, organiser and Departmental Alumni Co-ordinator. Overall around 131 participants across country attended and certificates were distributed to all of them. The webinar was highly informative and all the participants expressed their gratitude for the webinar. All the participants requested to keep additional timing and series of webinar on Research methods. The webinar benefited many young researchers on research methodology.



Mr.S. KANAGARAJ  
Field coordinator



**Amrita Vishwa Vidyapeetham**  
**Department of Social Work**  
**Coimbatore – 641112**

## ALUMNI MEET REPORT

### Virtual Alumni Meet

**Date: June 11, 2020, Time: 06.00pm to 07.30pm**

**Online Platform: Zoom**

**Meeting ID: 871 726 5222**

**Password: svk**

<https://zoom.us/j/8717265222?pwd=K1g3d-05DVk9JcGILNnp0M0ZVcUNXQT09>

### Introduction:

Dept. of Social Work's online alumni meeting was conducted on June 11, 2020 through Zoom app. Mr.S.Kanagaraj welcomed the participants and explained about the current strength of the alumni which is about 275 including the current I & II MSW students. Also the various possible actions which can be taken up by the alumni such as conducting webinar for the present students, sharing job opportunities among other alumni, contribution to MSW Curriculum development, suggested to create batch wise coordinators, providing internship opportunities for the current students. After that Dr.Pooja Kandula (2011-13, 5th Batch) facilitated the meeting and invited everyone to introduce themselves and share their present conditions during COVID'19 and social work opportunities after COVID'19.

### Dr. Madhusudanan S (2010-12, 04th Batch)

He explained about his current situations and how the current pandemic creates issues in the social work profession. Suggested to create skills sets of the alumni to share among the other friends

### Dr. Mirshad Rahman T M (2010-12, 04th Batch)

Introduced and shared many ideas to strengthen the alumni such as sharing and more connectedness in the aspects for better job and other opportunities. He also contributed internship organisations for the current students. Following are the

major feedback given by him about the meeting.

1. Job opportunities to be shared in ASWAAS FB page
2. Shared our work experience amidst COVID times, job market prospect discussed.
3. Using Alumni skill sets for students.
4. Batch wise coordinator for communication purposes
5. Online internship were discussed
6. Next month Sunday was planned for another meeting, as many could not join.

### Suggestions

1. As like in all Webinars, the Introduction session was very active and slowly one by one became inactive and off their camera and mute. It's usual nowadays.
2. The host should plan to incorporate all the members' equal participation.
3. Not all were active. Hope the next meeting will be well planned (Technical and content)

### Mr. Raghavan T V N (2010-12, 04th Batch)

He explained about the psycho social importance and its scope in the social work profession

### Mr.Vishnu Venugopal (2012 – 14, 6th Batch)

He suggested that the aspirants going abroad should do degree courses instead of Diploma courses. He also suggested if any students needed to go abroad may be given guidance on how to proceed.

### Mr.Joseph Thomas (2007 – 09, 1st Batch)

He explained about the wide scope available in the social work profession. Continuous interaction may be planned for better interaction among alumni for better benefits.

### Ms.Nithya Rajesh (2017-19, 11th batch)

She joined from the United Kingdom(UK) where she is doing a course. She was happy to see the alumni network activities and contribute in the future.

### Mr.Harihara Pandian C (2018-20, 12th batch)

He is currently in the second year MSW and he wanted to know the scope of Physical and mental health specialisation. It was answered by Mr. Raghavan T V N (2010-12, 04th Batch). He suggested taking up some courses on counselling.



**Mr. Abhijith K U (2018-20, 12th batch)**

He is the representative of the present II MSW. He expressed his happiness to see the alumni and getting future support in a better way.

### Batch wise Co-ordinators

Batch No.	Year	Batch Co-ordinator
1	2007-09	Mr.S.Kanagaraj
2	2008-10	Mr.Sathishkumar T
3	2009-11	Mr.Ashwin K.
4	2010-12	Dr.Madhusudanan S
5	2011-13	Dr.Pooja Kandula
6	2012-14	Ms.Janani A.
7	2013-15	Mr.Ponnala Sai Yashwanth
8	2014-16	Mr.Varunanvelu V. S.
9	2015-17	Mrs.Saranya J.
10	2016-18	Mr.Jishnu Pawan K
11	2017-19	Ms.Gayathri P

**Key outcome:**

- Batch co-ordinator has been selected for smooth co-ordination
- Decided to conduct webinar on various topics
- Google form will be created to collect the data base of the alumni and skill sets for further development (Google form for collecting data base: <https://forms.gle/fm9mRmPkPMuvaaYq9>)
- Next meeting shall be conducted on Sunday for everyone to be present.
- Exclusive theme wise discussion shall be finalised in further meetings.

**Screenshot of the Alumni Zoom Meeting:****Conclusion**

Finally Mr.S.Kanagaraj thanked each and every person for participating in the event, around 40 alumni, Faculty members Mrs.K.Uma maheswari, Mr.T.Sathish Kumar participated in the meeting. All of them expressed their support in the future.



Mr.S. KANAGARAJ  
Field coordinator



# MSW Students and Faculty receive certificates from IIRS/ISRO

**D**epartment of Social Work, Coimbatore Campus, Amrita Vishwa Vidyapeetham is registered institute to co-ordinate online classes from Indian Institute of Remote Sensing / ISRO's outreach programmes. Online course on Basic Principles of Remote Sensing Technology (9011) was conducted from April 13th to April 25th 2020. Whole day e-class was there during these period and the students attended remotely from their own places. Around 23 registered for the course including two alumni. Online exam was conducted for the course on June 03, 2020 for one hour with 50 questions. After the results 18 students cleared the exam and received the certificates on June 26, 2020. Mr.S.Kanagaraj is designated as outreach coordinator for IIRS/ISRO outreach programme. Received co-ordinator certificate and institute's certificate for coordinating the online course. The following are the students and faculty list received certificates.

S.No.	Registration Number	Name
1	202090110105439	Mr. Abhijith K U
2	202090110105230	Ms. Aiswarya T
3	202090110107244	Ms. Arathy Prasad
4	202090110107062	Ms. ATHIRA E A
5	202090110102774	Mr. Bhanoori Vasu
6	202090110108917	Ms. BIDISHA BORGOHAIN
7	202090110105854	Ms. Emin Elsa Mathew
8	202090110105074	Mr. Harikrishnan M G
9	202090110105739	Mr. Harikrishnan S
10	202090110105068	Mr. Kanagaraj S
11	202090110102716	Ms. Muvva Hima Varsha
12	202090110102755	Ms. Nair Athulia
13	202090110108468	Mr. Raghav S
14	202090110105390	Ms. Sivapriya V
15	202090110106273	Ms. Sruthi K
16	202090110105254	Ms. Swetha P
17	202090110104990	Mr. Varunanvelu VS
18	202090110105372	Mr. Vignesh R

## Some of the participant's feedback

"The overall session was good. The learning experience was good. The mode of teaching and the presentation helped in gaining the theoretical and the practical knowledge on the basic principles of Remote Sensing. Thank you for the session and wish to be part of more such sessions.

Ms. Nair Athulia  
II MSW

Thanks for guiding us in this situation and I utilised this lock down in useful way by attending this course. It will greatly help me in my carrier.

Mr. Vignesh R  
II MSW

Thanks for the opportunity and co-ordination. This domain of knowledge will help in social work.

Mr.Varunan Velu  
Faculty Associate

The online course on the basic principles of remote sensing technology conducted by ISRO/IIRS was very much beneficial for me, as the course provides me with the basic ideas of remote sensing technology. Before, as a B.Tech graduate and as an MSW PG student I had only vague knowledge about the technology and the course gave more exposure to know about how the system works and the various elements associated with it. My personal desire is as a social worker, we should also have some technical knowledge, which will help us in our professional life. So overall it was a great experience and I'm looking forward for more courses in future. I also thank Amrita Vishwa Vidyapeetham and our coordinator Mr.S. Kanagaraj sir for providing the opportunity to us.

-  
Harikrishnan M G  
I MSW



This is the first time I have attended a class in this field and wondered how effective it would be. It was very effective and therefore I would definitely be interested in attending other classes like this. I gain more knowledge about remote sensing and GIS. I learned so many things that I did not know. Thank you very much sir for arranging this online course for us. Hope this kind of classes available in the future also.

Ms. Arathy Prasad  
I MSW

### Institute's certificate



### Co-ordinator's certificate



### Ms. Bidisha Borgohain with the certificate



### Ms. Muvva Hima Varsha with the certificate



Mr.S. KANAGARAJ  
Field coordinator



# UGC - NET JULY 2018

## PAPER II SOLVED (81 to 90)

**81. Arrange the following important days observed in a chronological order in a calendar year:**

- (1) World Tuberculosis Day, World Kidney Day, World Cancer Day and World Disabled Day
- (2) World Cancer Day, World Kidney Day, World Tuberculosis Day and World Disabled Day
- (3) World Disabled Day, World Tuberculosis Day, World Cancer Day and World Kidney Day
- (4) World Cancer Day, World Disabled Day, World Kidney Day and World Tuberculosis Day

**82. Identify the correct sequence regarding stages of social case work.**

- (1) Study, intake, social diagnosis, treatment, termination, evaluation
- (2) Intake, study, social diagnosis, treatment, evaluation, termination
- (3) Intake, study, social diagnosis, treatment, termination and evaluation
- (4) Study, social diagnosis, intake, treatment, termination, evaluation

**83. Of the following which one is a correct sequence:**

- (1) Coding, classification, tabulation, editing
- (2) Classification, coding, editing, tabulation
- (3) Editing, coding, classification, tabulation
- (4) Tabulation, classification, coding, editing

**84. Arrange the process of communication in sequence.**

- (1) Encoding, decoding, recipient, channel
- (2) Channel, encoding, recipient, decoding
- (3) Channel, decoding, recipient, encoding
- (4) Encoding, channel, recipient, decoding

**85. Match List-I and List-II and choose the correct answer from the code given.**

**List-I**

- (a) Arya Samaj
- (b) Prarthana Samaj
- (c) Theosophical Society
- (d) Young Bengal Movement

**List-II**

- (i) Madame H.P. Blavatsky
- (ii) Suddhi movement
- (iii) Henry Vivian Derozio
- (iv) Atmaram Pandurang

**Code:**

- (a) (b) (c) (d)
- (1) (i) (iii) (ii) (iv)
- (2) (ii) (iv) (i) (iii)
- (3) (iii) (ii) (iv) (i)
- (4) (iv) (i) (iii) (ii)

**86. Match List-I and List-II and choose the correct answer from the code given below:**

**List-I (Practice Theories)**

- (a) Psychodynamic Theory
- (b) Behavioural Theory
- (c) Person-centred Theory
- (d) Cognitive-Behavioural Theory

**List-II (Focus on Improvement of Social Functioning by)**

- (i) Increasing self understanding and feelings of self worth
- (ii) Assisting client to learn more realistic and positive, ways of perceiving, thinking about and interpreting their life experiences
- (iii) Helping individuals to understand better their inner thoughts and conflicting feelings
- (iv) Helping individuals to learn new behaviours and eliminate trouble some ways

**Code:**

- (a) (b) (c) (d)
- (1) (iv) (ii) (i) (iii)
- (2) (iv) (iii) (ii) (i)
- (3) (i) (ii) (iii) (iv)
- (4) (iii) (iv) (i) (ii)



**87. Match List-I and List-II and choose the correct answer from the code given below:**

List-I (Focus of social work perspective)      List-II (Perspective)

- (a) Focus on several levels of investigation  
 (b) Focus on the 'person in environment' context of a practice situation  
 (c) Focus on the dynamic interplay of biological and social systems  
 (d) Focus on the problems and effects of discrimination  
 (i) The Eco-system Perspective  
 (ii) The Generalist Perspective  
 (iii) The Ethnic-sensitive Perspective  
 (iv) The General Systems Perspective

Code:

- (a) (b) (c) (d)  
 (1) (ii) (i) (iv) (iii)  
 (2) (i) (ii) (iii) (iv)  
 (3) (iv) (iii) (ii) (i)  
 (4) (iii) (iv) (ii) (i)

**88. Match List-I and List-II and choose the correct answer from the code given below:**

List-I      List-II

- (a) Resident at wife's place  
 (b) Resident at husband's place  
 (c) Resident of native place  
 (d) Resident at different place because they are forced to leave their native country  
 (i) Patrilocal  
 (ii) Matrilocal  
 (iii) Refugees  
 (iv) Son's of soil

Code:

- (a) (b) (c) (d)  
 (1) (i) (ii) (iii) (iv)  
 (2) (iv) (iii) (ii) (i)  
 (3) (ii) (i) (iv) (iii)  
 (4) (i) (iii) (iv) (ii)

**89. Match List - I and List - II and choose the correct answer from the code given below:**

List - I (Concepts)      List - II (Proponents)

- (a) Social Distance Scale  
 (b) White Collar Crime  
 (c) Dominant Caste  
 (d) Little Community  
 (i) Sutherland  
 (ii) E.S. Bogardus  
 (iii) Robert Redfield  
 (iv) M.N. Srinivas

Code:

- (a) (b) (c) (d)  
 (1) (ii) (i) (iv) (iii)  
 (2) (i) (ii) (iii) (iv)  
 (3) (iv) (iii) (ii) (i)  
 (4) (iv) (ii) (iii) (i)

**90. Match List - I and List - II and choose the correct answer from the code given below:**

List - I (Activities)      List - II (Concepts)

- (a) Mobilising gross-roots organisations  
 (b) Changing basic values in society  
 (c) Mass solutions to mass problems  
 (d) Development of whole society  
 (i) Social reform  
 (ii) Social advocacy  
 (iii) Social action  
 (iv) Sarvodaya

Code:

- (a) (b) (c) (d)  
 (1) (i) (ii) (iii) (iv)  
 (2) (ii) (i) (iii) (iv)  
 (3) (iv) (iii) (ii) (i)  
 (4) (iii) (ii) (i) (iv)

**Answers :**

- 81) 2,**  
**82) 2,**  
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## Important days in the month of July

01 July	- National Doctor's Day - National postal workers day
02 July	- World UFO Day
06 July	- World Zoonoses Day
11 July	- World Population Day
17 July	- World Day for International Justice
26 July	- Kargil Vijay Diwas
26 July	- National Parent's Day
28 July	- World Nature Conservation Day - World Hepatitis Day
29 July	- International Tiger Day



**Hari Krishnan MG**  
I MSW





**AMRITA**  
VISHWA VIDYAPEETHAM

Department of  
Social Work

COIMBATORE CAMPUS



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ज्ञान-विज्ञान विमुक्तये

# 2020

## ADMISSIONS OPEN

**WE PREPARE YOU TO HELP  
PEOPLE TO HELP THEMSELVES**

# MSW

**Specialisation offered :**

- Child Rights and Child Protection
- Community Development
- Physical and Mental Health (M&P)

**APPLY NOW**  
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