

AMRITA UDAAN



A LEAP FORWARD

MONTHLY NEWSLETTER

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MARCH 2020

A message from
Amma
regarding
COVID -19

- MSW 2020 Admission open
- Turning bottles into art pieces
- Farewell 2020



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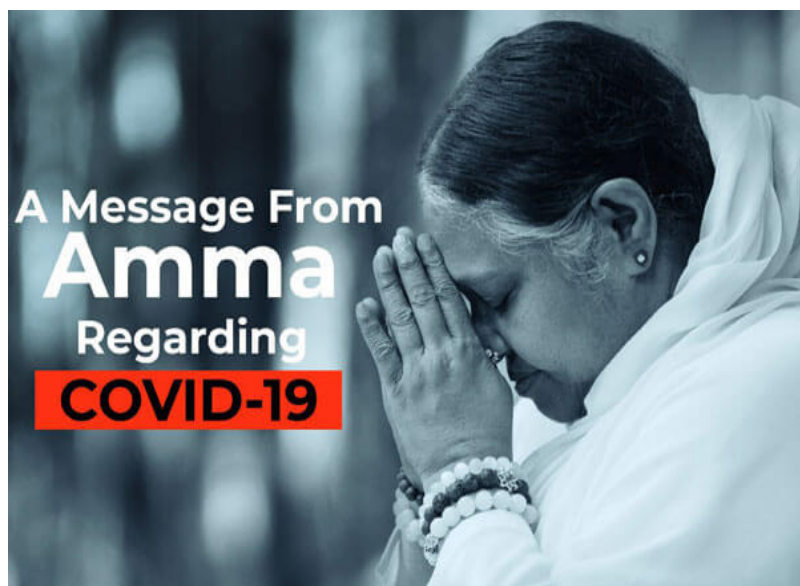
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Pray sincerely and practice due diligence & caution against Coronavirus

Amma knows my children are all living in fear of Coronavirus. Amma is thinking of all of you and praying for you. This is a time when you have to exercise extreme caution and alertness. It is the time to respond with courage, self-control and unity. Amma knows that my children are all afraid, but fear is not helpful now. What is needed is caution and alertness. Courage is the primary thing. With courage, you can overcome anything. So, abandon fear and gather courage. The antiviral that can kill this virus is courage. Courage is our mind's antivirus. If you befriend Dhairya Lakshmi [the Goddess of Courage], you will gain the strength to face and overcome anything.



My children should strictly follow all the instructions and directions given by their government and law-enforcement officials. At the same time, pray intensely, with a melting heart, for God's grace. Our grandmothers used to say, "Take the medicine and chant the mantra at the same time." Similarly, in this circumstance, both our diligent effort and God's grace are equally needed. Every citizen should exercise the same amount of Sradha [attention and alertness] as a soldier serving on the battle line. My children, pray for the souls of those who have passed on and for the peace of mind of their families.

Three years ago, Amma felt an impending disaster looming ahead in 2020. Two years ago, Amma developed the "White Flower Meditation for World Peace & Divine Grace" to alleviate this. In it, it is said that what is coming cannot be completely averted and we will have to experience some of its effects. Amma has explained this meditation technique, and we have been practising it for the past two years, benefiting the world. Children, Amma requests everyone to regularly practice this meditation once or twice a day for the benefit of the entire world.

Everything exists in the form of waves or vibrations. In the

last century, the French designed the Concorde—a jet that can fly at supersonic speeds. Its sonic boom was so powerful that its shockwaves damaged buildings. Similarly, the sound of a song is transmitted in waves or vibrations. Everything exists in the form of waves or vibrations. The type of vibration generated by anger is different from that generated by a mother showing affection for her child, which is again different from that generated by love, and different again from that generated by lust. With the vibration of our prayer along with our diligent effort, it may be possible to resist the virus. Prayer with Sankalpam [deep intention] does have an effect.

There is a rhythm to everything in creation—an undeniable relationship between the entire universe and every living creature within it. The universe is like a vast interconnected network. Imagine four people holding the four corners of a net. If it is shaken in one place, the vibration is felt throughout.

Similarly, whether we are aware of it or not, all of our actions reverberate throughout creation—whether performed as an individual or as a group. That is why Amma repeatedly says, we are not individual islands but links of a common chain. Therefore, don't wait for others to change before you do. You can create change the outside by changing yourself inside, even if others do not. Suppose a person living on the 10th floor of a building sees the ground floor on fire and hears a person staying there calling to him for help. If he says, "It's the ground floor that's on fire. It's your problem. Why should I worry about it?" it would be complete foolishness. The fire on the ground floor will soon rise upwards. In a similar way, someone else's problem today will become our problem tomorrow.

Similarly, when the virus first surfaced in China, all of us thought it was China's problem, not ours. Eventually, didn't it turn out to be our problem? The question is not whether they controlled the disease or not, but how we tackle it. If we are alert and exercise caution and diligence, we will be able to protect ourselves and prevent the disease from spreading. What should my children do? Imagine if we break our leg. We may have to stay in our room—sometimes for two to six months. We won't think of this as a burden because we know it is necessary in order for our leg to heal. Similarly, the isolation, sanitation and extreme caution we have to practice now will help us gain strength to fight the virus. Those who have contracted the virus shouldn't be afraid. Just adhere to the quarantine and ensure that you do not spread it to others. Stay in your room. Similarly, if you develop any symp-

toms, inform the proper authorities and seek help.

There are currently 3,000 people living in Amritapuri Ashram. There are people from many nations as well as Indians living here. In the ashram, we are strictly adhering to the government's regulations and not allowing anyone to come inside. Even if someone who lives here goes out, they are not allowed to return for many days. These rules were put by the government, and we have complied. These 3,000 people here have to be protected as well. That is why this rule was put into place.

During this time, Amma is receiving her children who have not left the ashram. This is the one time in a year when the ashram residents get a chance to share all their issues with Amma. Amma calls each person and listens to their problems of the year. Usually every year, Amma sets aside about 25 days for this. Following all the government guidelines, Amma comes out for daily meditation and prayer. The rest of the time is set aside for listening to the problems of the residents.

In India, both the Central and the Kerala State Governments have been very alert and proactive in addressing the pandemic. That is why we have been able to resist it at least this much. Let us pray sincerely and practice due diligence and caution so that it is contained and doesn't spread further. Let us protect and save ourselves. We ourselves are the light or darkness in our own path. We ourselves are the thorns or flowers on our path.

There is always a limit to human effort. However carefully we may drive, a careless driver can crash into us. For anything to bear its intended result, the factor of grace is needed. A proper effort is needed first. But for it to succeed, we require Grace. Prayer is essential to receive this grace.

Now my children have understood that our life is only in the present moment. Even our next breath is not in our hands. Our real lifespan is determined by how well we use the present moment. Because that is where our life abides. Amma always says that my children have to know themselves. Know yourself and pray for the world with wakefulness, enthusiasm and peace. Each day sit in your room for some time and chant the mantra Om Lokah Samastah Sukhino Bhavantu. That is a good practice during these times.

**Om Lokah Samastah Sukhino Bhavantu |
Om shanti shanti shanti |**

Finally, Amma has no words to express her profound appreciation and gratitude for the dedicated health workers all over the world who are caring for those affected by this virus. She simply bows down before their selflessness and attitude of service.

May grace bless all my children.

— Amma



"One of the greatest turning points of my life was the opportunity to study in Amrita. These two years in Amrita have gifted me several positive changes both in my personal and professional life. Each and every bad experience has taught me new lessons. All these achievements have made me stronger. It is true that we are not born to a perfect society. But being a Social Worker, I am looking forward to eradicating this imperfection of the present society. Life in Amrita has made me explore all possible ways for the same."



Muhazin K.M
2nd MSW

FAREWELL 2020

1st MSW students of the department conducted a farewell party to the 2nd MSW students (2018-2020 Batch) passing out this year on 4th March 2020. The party was organized in the 1st MSW classroom at 3pm.

The outgoing students showed up, dressed in their finery. The young ladies glowed in fuchsia – colored sarees whereas gentlemen carried themselves smartly in elegant formals. The batch was received by the 1st MSW students.

The event started with the special address of Dr. P. Rangasami, Chairman, Department of Social Work, Amrita Vishwa Vidyapeetham, Coimbatore. Later, Dr. Suja M.K, Associate Professor, addressed the gathering. Following, Dr. V. Priya, Asst. Professor, Mrs. Umamaheswari, Mr. S. Kanagaraj, Mr.T. Satishkumar and Mr. V.S. Varunanvelu also shared their experiences that they had with the batch.

The party began with several games and activities organized. Some of the students were given the task of performing certain fun activities. It was followed by captivating dance performances and musical events by the 1st MSW students dedicated to the outgoing students.

The main event of the day was 'Experience sharing' by the outgoing students. For this all the students were randomly called and were requested to share their experiences on the life they had at Amrita.

"The farewell is the day where college life officially gets over. During this special day the juniors gave us a great party. They made their most effort to do this. It was a very special and happy occasion. The programs arranged were very innovative and we all enjoyed it a lot.

These two years of our MSW program paved our way to explore the different dimensions of Social Work as a profession. Interacting with people and getting to know more about the problems have given us an opportunity to explore what the people's needs are.

The opportunity to study here, guided by our well-equipped faculties, each one of us has been able to mold oneself in our best way possible"



Aiswarya .T
2nd MSW



Chairperson's Farewell Dinner Party for the II MSW Students

Dr.P.Rangasami, Chairperson, Department Of Social Work, Amrita Vishwa Vidyapeetham, Coimbatore hosted a farewell dinner party to all II MSW students on 26th February 2020 at FSD restaurant, Walayar. All the faculty members and students enjoyed the evening by sharing their memories.



CURRENT AFFAIRS -MARCH 2020

1.The Assam State Disaster Management Authority launched an Upgraded State COVID-19 Control Room in Guwahati, Assam on 31 March. The aim is to render uninterrupted service to the people during the lockdown due to the COVID-19 outbreak.

2.BP Kaunungo is reappointed as the deputy governor of Reserve Bank of India (RBI). The Appointments Committee of Cabinet (ACC) approved the extension of Kanungo's term as RBI deputy Governor by one year. It will be effective from 3 April, when his 3-year tenure comes to an end.

3.The National Institute of Mental Health in Bangalore in collaboration with all other institutes has initiated the move to provide guidance to people in the darkest hour.The government of India launched a toll-free helpline number for people who may face any mental health issues due to the nationwide lockdown to contain the spread of coronavirus. It was launched by the National Institute of Mental Health and Neuro-Sciences (NIMHANS), Bangalore.

Helpline:

People can dial the toll-free helpline number, 08046110007, to discuss any behavioural issues.

4.The Prime Minister's Office (PMO) constituted 10 different high-level committees on 29 March. The committee will suggest measures to ramp up healthcare, put the economy back on track, reduce the problems faced by the people post 21-day lockdown imposed to contain the coronavirus pandemic.

5.Tokyo Olympics organizers are planning to host the Tokyo 2020 Summer Olympics in July 2021. The event was delayed due to the coronavirus. The Tokyo Organising Committee is planning to begin the events from 23 July 2021. The day was suggested by Tokyo Governor Yuriko Koike. The plan to host it in July 2021 comes as the International Olympic Committee (IOC) had decided to move the games to be held in northern Sapporo city, Japan instead of Tokyo.

6.The US Food and Drug Administration (USFDA) approved Convalescent plasma is the method to treat people who are critically ill with COVID-19. Convalescent plasma refers to the plasma extracted from those who are recovering from coronavirus (COVID-19). To run the process the doctors must get approval over the telephone.

7.The Reserve Bank of India (RBI) stated that the schemes for the merger of 10 state-run banks into four lenders will come into force from 1 April. RBI also stated that the branches of merging banks will operate as of the banks in which the banks have been amalgamated. The banks sought to defer the merger schemes of lenders due to the lockdown triggered by coronavirus outbreak.

8.International Monetary Fund (IMF) chief Kristalina Georgieva announced that the global economy is now in a recession due to coronavirus. It has been made clear that the world countries have entered a recession. A rebound in 2021 can happen, only if the virus is contained and prevent liquidity problems from becoming a solvency issue. IMF stated that over 80 countries have already have requested emergency aid to contain coronavirus.

9.Japanese government funding agency JICA signed Rs.15,295 crore agreement with the Indian government for three mega rail infrastructure projects.
Aim: The agreement aims to cope up with the increase in freight transport demand in India by constructing new dedicated freight railway system between Delhi and Mumbai. The agreement will provide long-term low-cost loans for development projects to various countries.

10.The Indian Railways have prepared a prototype of train coaches that can be used as isolation units for COVID-19 patients. The move is to face challenges that might be caused due to the outbreak of Coronavirus. Highlights: Initially, 10 coaches will be converted into isolation units for those affected by COVID- 19. There are 17 zones in Indian Railways.

11.An article published in the Financial Times stated that the Coronavirus lockdown has affected India's supply chain. The country's farmers are not certain if they should harvest

crops as the rural markets are close and there is no way to transport their supplies to the urban markets.Urban consumers are facing challenges due to the lack of supplies that has resulted in a rise in the prices of essential commodities.

12.India is set to begin antibody tests for the coronavirus to confirm whether a person had previously been infected with the virus. The move is expected to help understand the epidemiology of COVID-19 in the country. Highlights: The antibody test is named as "serological test".

13.Defence Research and Development Organisation (DRDO) has prepared four different items ready to be deployed in the war against Corona as a result of a focused approach. DRDO's efforts: The four different items prepared by DRDO are Hand sanitizer, Ventilators, N99 masks, Body Suits.

14.The Ministry of Health and Family Welfare issued a directive that restricts the sale and distribution of hydroxychloroquine. The drug has been declared an essential drug to treat the COVID-19 patients.

15.The United States has invoked the Defense Production Act on 27 March 2020. The rarely used Act was invoked to direct General Motors to manufacture ventilators that are needed to combat COVID-19. President Donald Trump earlier criticized the company for slow-walking production.President Trump also appointed trade advisor Peter Navarro to coordinate the government's efforts to purchase and distribute emergency medical supplies, including ventilators and protective equipment for health care workers.

16.China is planning to launch a Long March-5B carrier rocket, an experimental spacecraft, without a crew in April 2020. The mission is a part of a broader spaceflight program to shuttle astronauts to its future space station. The new-generation spacecraft has been scheduled to launch China's largest carrier rocket from the southern island province of Hainan.

17.Indian Army has launched an initiative christened 'Operation Namaste' to extend all possible assistance to the government in containing the spread of coronavirus. The operation was launched by Army Chief General Manoj Mukund Naravane on 27 March. Operation Namaste: Under the operation, the Indian Army has issued several directives to all its bases to insulate the force from the coronavirus.

18.Indian football captain Sunil Chhetri has been picked among 28 players for the world governing body FIFA's campaign to combat the COVID-19 pandemic. He has been selected along with Lionel Messi, Philip Lahm, Iker Casillas, and Carles Puyol.

19.Sameer Aggarwal is appointed as CEO of Walmart India. Aggarwal appointment will come into effect from 1 April.

20.Agharkar Research Institute (ARI) Scientists have developed a biofortified durum wheat variety MACS 4028. The new wheat variety shows high protein content for 14.7%.

21.The Government of India is to launch CoWin-20 to curb the community spread of coronavirus. CoWin-20 is a new smartphone app that aims to track individuals by their smartphone locations. The app will be made soon and will be available widely across India. CoWin-20: The Indian government aims to trace the personal travel histories of individuals through CoWin-20.

22.The Census 2021 which was scheduled to be conducted in two phases has been postponed by the Government of India due to the outbreak of COVID-19 pandemic. The updation of National Population Register (NPR) will be done along with the Phase I of Census 2021 in all the States/Union Territories, except Assam.

23.A report from China stated that a man died from Hantavirus. He was from China's Yunnan province. Hantaviruses are a family of viruses that are transmitted mainly by rodents. It can show varied disease syndrome in people. The name varies differ in various regions. In America, it is known as "New World" hantaviruses, and in Europe and Asia, it is known as "Old World" hantaviruses.

24. Food and Agriculture Organization (FAO) of the United Nations reported that Peatlands can play a crucial role in regulating the global climate by acting as carbon sinks. The report was authored by 35 experts. The report recommended countries to restore and manage the Peatland ecosystems as these lands are facing degradation. Peatlands cover only 3% of Earth's surface.

25. Mylab Discovery Solutions Pvt Ltd, a Pune-based molecular diagnostics company, has developed the first made-in-India test kit for COVID-19. The kit was developed in a record period of six weeks. Mylab PathoDetect COVID-19 Qualitative PCR kit received commercial approval from the Indian Food and Drug Administration (FDA)/Central Drugs Standard Control Organisation (CDSCO). The cost of a single kit is Rs.80,000.

26. International Advanced Centre for Powder Metallurgy & New Materials (ARCI) developed ultrafast laser surface texturing technology. The technology can improve the fuel efficiency of internal combustion engines.

27. Saudi Arabia proposed to convene a virtual G20 Leaders' Summit on 26 March. Saudi Arabia is to advance a coordinated response to the COVID-19 pandemic and its human and economic implications. Saudi Arabia holds the chair. King Salman Bin Abdulaziz Al Saud will chair Summit.

28. Reliance Industries Limited (RIL) established India's first COVID-19 dedicated hospital in Mumbai, Maharashtra. The 100-bedded Covid-19 centre is located at Seven Hills Hospital, Mumbai. COVID-19 dedicated Hospital: The hospital was established by Sir HN Reliance Foundation Hospital in collaboration with the Brihanmumbai Municipal Corporation (BMC).

29. World Tuberculosis (TB) Day is observed on 24 March. The aim is to raise public awareness about the devastating health, social, and economic consequences of TB, and to step up efforts to end the global TB epidemic. Theme: The theme of the 2020 World Tuberculosis Day is "It's time." The theme aims to scale up access to prevention and treatment, build accountability, ensure sufficient and sustainable financing including for research, promote an end to stigma and discrimination.

30. International Day for the Right to the Truth Concerning Gross Human Rights Violations and for the Dignity of Victims is observed on 24 March. The day pays tribute to those who have devoted their lives to and lost their lives in the struggle to promote and protect human rights for all. History: The day is observed to pay tribute to the memory of Monsignor Óscar Arnulfo Romero.

31. The South Asia Association of Regional Cooperation (SAARC) Disaster Management Centre has launched a website for information related to the COVID-19 pandemic in the region. Website: SAARC has launched the website, www.covid19-sdmc.org, in aid to the pandemic.

32. The World Meteorological day is observed on 23 March. The day is celebrated by the World Meteorological Organization. The day marks the establishment of the World Meteorological Organization. Theme: The theme of the 2020 World Meteorological day is "Climate and Water." The theme focus on climate change for the year 2020 is "Count Every Drop, Every Drop Counts."

33. Ministry of Finance reported that more than Rs.20,466.94 crores of loans had been sanctioned under Stand Up India Scheme to over 91,000 accounts up to 10 March 2020. Stand Up India Scheme was launched by the Government of India on 5 April 2016 by the Prime Minister Narendra Modi. The main objective of the Stand Up India Scheme is to promote entrepreneurship among the scheduled caste (SC), scheduled tribes (ST), and women by loaning money to start a new business.

34. Columbia researchers have discovered 17 new planets by combing through data gathered by NASA's Kepler space telescope. The planets include a potentially habitable Earth-sized world. The researchers looked for planets, especially those lying in the potentially habitable "Goldilocks Zone" of their stars, where liquid water could exist on a rocky planet's surface. Over 16 new planets were discovered.

UPCOMING INTERNATIONAL DAYS

2 April

World Autism Awareness Day (A/RES/62/139)

4 April

International Day for Mine Awareness and Assistance in Mine Action (A/RES/60/97)

5 April

International Day of Conscience (A/RES/73/329)

6 April

International Day of Sport for Development and Peace (A/RES/67/296)

7 April

International Day of Reflection on the 1994 Genocide against the Tutsi in Rwanda (A/72/49 (Vol. III) p.186 and A/RES/58/234)

7 April

World Health Day [WHO] (WHA/A.2/Res.35)

12 April

International Day of Human Space Flight (A/RES/65/271)

14 April

World Chagas Disease Day [WHO]

20 April

Chinese Language Day (Chinese)

21 April

World Creativity and Innovation Day (A/RES/71/284)

22 April

International Mother Earth Day (A/RES/63/278)

23 April

World Book and Copyright Day (UNESCO 28 C/Resolution 3.18)

23 April

English Language Day

23 April

Spanish Language Day (Spanish)

23 April (fourth Thursday of April)

International Girls in ICT Day [ITU]

24 April

International Day of Multilateralism and Diplomacy for Peace (A/RES/73/127)

25 April

World Malaria Day [WHO]

26 April

World Intellectual Property Day [WIPO]

28 April

World Day for Safety and Health at Work

30 April

International Jazz Day (UNESCO 36 C/Resolution 39)

**“As it appeared
to be in
the BBC news, levels of air
pollutants and warming
gases over some cities
and regions are showing
significant drops as
coronavirus impacts work and
travel”**

What if humans are viruses to this earth and corona is the vaccine? (opinion).

I'm sure, some of you who are reading this right now would have come across this quote (title) in any of your social media platforms and would have ignored or shared the post, liked or dropped a 'wow' or have made it a WhatsApp status like me. Well, I came across this interesting thought way back when the coronavirus started spreading like a wildfire and had begun to take a toll on almost all institutions created by humans. Initially, when I saw this above saying, it only ignited a spark of enthusiasm in me, which one usually experiences while seeing a 'twist' in a story which we all looked at as normal like any other story, but as days progressed, this quote seems to be true looking at the present status of our other fellow living beings on earth and the resources which are supposed to be shared together. As I write this, I know the whole world is being severely affected with COVID-19 from all the angles and levels, the global cases have surpassed 1 Million, in India cases have crossed 2000, thousands have already left their lives, there is moaning and suffering everywhere and it's indeed a tough time now as well as ahead. But it will be pointless of all this suffering when we humans don't take back a lesson home for a better world. This is the compelling factor for me to pen down my views at least now, so that as a budding social worker I can facilitate the readers to think into these aspects too if they haven't started yet.

In order to make the above statements more sensible, let me brief some of the positive impacts corona had on the globe as I assume that we all are already aware of the endless negative impacts it had and going to have in the coming days.

As it appeared to be in the BBC news, levels of air pollutants and warming gases over some cities and regions are showing significant drops as coronavirus impacts work and travel. Researchers in New York told the BBC their early results showed carbon monoxide mainly from cars had been reduced by nearly 50% compared with last year. Emissions of the planet-heating gas CO₂ have also fallen sharply. But there are warnings levels could rise rapidly after the pandemic. An analysis carried out for the climate website Carbon Brief suggested there had been a 25% drop in energy use and emissions in China over a two week period. This is likely to lead to an overall fall of about 1% in China's carbon emissions this year, experts believe.

Both China and Northern Italy have also recorded significant falls in nitrogen dioxide, which is related to reduced car journeys and industrial activity. The gas is a serious air pollutant and also indirectly contributes to the warming of the planet.

With aviation grinding to a halt and millions of people working from home, a range of emissions across many countries are likely following the same downward path. While people working from home will likely increase the use of home heating and electricity, the curbing of commuting and the general slowdown in economies will likely have an impact on overall emissions.

Pollution and greenhouse gas emissions have fallen across continents as countries try to contain the spread of the new coronavirus.

The fact that the other living beings are enjoying their freedom more than ever before and returning back to their natural ecosystems itself shows there is a correction while we say the whole world has come to a standstill. Perhaps, it would be more appropriate to say, the whole world lived, created and ruled by humans have come to a standstill due to COVID-19 considering the fact that this virus has only infected and affected humans not any other living being on earth.

Thus, from the above reports it doesn't seem wrong to blame the humans that we humans seemed to be the odd ones supposed to be so intelligent but turns out to be so ignorant enough to dig their own grave to be precise or leaving earth to have no other way than to implement its laws of natural selection to select the fittest among human race.

I would never agree to the fact that one should go through suffering in order to have an enlightenment rather, the suffering one has undergone is eased if one arises with a lesson that can save oneself from the worst times that one may encounter in the future. COVID-19 as it costs the lives of thousands of our fellow humans, it leaves behind a very important lesson and a choice for us that is, to have a sustainable living on the planet or to get swept off forever. Humans are bestowed with the highest intelligence of all the beings created on this planet, thus it is our choice, the wise choice of each one of us in the present that is going to save all of humanity in the coming years. As COVID-19 transforms from a mere pandemic to a social condition it proves that it's only humans who are responsible to heal our planet by healing our diseased minds.

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-DEEPTHI MENON, 1ST MSW

STUDENTS CORNER

FACING COVID-19

Counting on the fact of the Pandemic such as the COVID-19 spreads within humans while indulging in a mass crowd and unwanted socializing and physical contacts, the Novel Coronavirus (COVID-19) is none other than an intangible disaster which directly hits the population without collateral impact and losses just like SARS of 2003 and H1N1 of 2009 which claimed the reason of death in hundred thousands of people.

There have been some generic measures by the Govt of India which includes Ministry of AYUSH and Ministry of Health in collaboration with all the state governments to reduce the impact of COVID-19 plaguing around the globe. The tackling of such disasters could be thought of only when there is a success in finding the antibodies for the virus. Until such situation, it is just the facing stage for the country's government which is preparing for the worst come worst scenario by increasing the availability of screening, testing, facilities, increasing the number of treatment facilities and making sure such scenarios never occur for the country through Lockdown with the assistance of law enforcement in order to reduce the movement of people, by implementation of curfew. This virus which has a 4 stage of transmissions nominally the stage being:

- One-Imported cases
- Two- Individual/Local Transmission
- Three- Community Level Transmission
- Four- Epidemic Stage

India till date of 29th Mar 2020 falls in the category of stage 2 transmission of disease and currently is. The first two stages of spread is where the things are in control, and are regulated through various preventive measures for containment of the pandemic by the help of Locking down the country. The last two stages are the uncontrollable ones where the virus spread is beyond the control and are to be forbidden for the sake of humanity and existence to continue, as we know the country doesn't afford the last two stages of spread so do the government, the Law enforcements of center and all the states are in surveillance and initiates strict actions on violators of the lockdown and therefore is estimated to have a positive decrease in spreading of virus up to 62% as per the predictions of ICMR in case of a successful lockdown.



-SIDARTH. P, 1st MSW.

HUMAN RELATIONSHIP

Human relationship generally means relationship between people.

Human beings, no matter if introvert or extrovert, they cannot live without associating and acquainting themselves with others. These species scientifically called as "Homo sapiens" are special creatures that looked for relationship at all times. They maintained their good and best relationship with their families and relatives. But over a period of time this relationship with their families, relatives, and their communities were transformed. And they made a platform called as "Virtual World".

The "Virtual World" caused severe and drastic changes in the normal functioning of the Homo sapiens. It affected them so severely. Father raping daughters, mother killing their own child, children killing their parents. Nowadays we all are familiar with all these cases, people no longer could understand their relatives, families and communities. People looked to see pleasing things in this "Virtual World".

But today people are struck back home with their families due to the outbreak of CoronaVirus. This time, think of how far you had gone from your family, your own blood and bring yourself back to them.

Limit the "Virtual World" use, engage with your families, understand the love and joy in reality. Try to discover how amazing people inside the same roof is, when you are at home. Utilize this time period and turn this time as time of blessing.



-ARATHY PRASAD, 1st MSW.



IMPORTANCE OF HUMAN RELATIONSHIP

The problems that are present in society are because of disturbances or negative relationships by humans with three level environments (family, groups [formal groups, office, college] or community). The human relationship determines the behaviour, attitude, communication pattern of human beings with their environment. It supports them for physical, mental and social well-being. It also determines their peacefulness and success in day to day activities in the workplace, school and colleges. It plays an important role in the mental health of a person.

The more support and positive relationship a person have with his/her environment the more it reflects on the good mental health of that person. It affects their growth, physically, economically and socially.

The positive human relationships are needed for every human being from childhood to elderly stage, as it helps in growth, development, socialization and to lead a peaceful and successful life. The social workers have to focus on individual relationships with family, formal groups and in community. This can mitigate individual problems, such as intra and inter personal problems.

The individual problems are the root cause of the origin of social problems. If one can manage the problems in an efficient way, the problems in the society can be reduced. On this "social workers day" (March 17), with the theme

"IMPORTANCE OF HUMAN RELATIONSHIP" we try to work with people, to reduce the intra and inter personal problems and to inculcate the self-capability, self-confidence, person to person positive cohesion, unity and brotherhood in the community.



-C. NANDHAA, 1ST MSW.

The COVID-19 awareness session from the Chairperson

The Corona virus that originated from China and got widespread among the nations around the world leading to the death of several thousands, literally makes the whole world static. There is no reason to fear, but following the necessary precautions makes sense. Due to increased concern, on 13th March 2020, Dr. P. Rangasammi, Chairperson, Department of Social Work, Amrita Vishwa Vidyapeetham, Ettimadai addressed the 1st MSW student's about the steps that are to be taken to prevent the spread of the killer virus. In the session the method of hand washing was illustrated and the importance of wearing mask in public was explained to the social work trainees. As a social worker, he insisted that we should be mentally and physically strong in facing the Pandemic. The session starts at 4.00 pm and last till 4.45pm.

Turning bottles into art pieces



-SEETHALAKSHMI, 1ST MSW.

"According to my opinion the people who buy this type of art not only find the works attractive for its artistic value but also gives the material a second life"



Bottle art is a piece of art which is a recycling artwork, also a creative work that's made from discarded materials that once had another purpose. Some call it junk art even though it doesn't necessarily have to be junk. The heart of this kind of art is about repurposing and reusing materials.

Bottle art is a vast subject and there are a lot of ways to decorate and paint the bottle. Bottle art is a great way to add some creative interior décor that's unique and tailored to our own taste, creativity and imagination. In bottle art mainly glass bottles of wine or alcohol are used. Let's look into the environmental benefits of Bottle art, for instance it contributes to extending the life of so called waste materials and by reducing the amount of waste generated. According to my opinion the people who buy this type of art not only find the works attractive for its artistic value but also gives the material a second life. This raises the awareness in society regarding the importance of recycling and it also raises the challenge in creating the work bringing an importance to environmental benefit.



The encouragement for my idea regarding this work was given by my parents, they are the real backbone for this idea. They really worked as garbage workers, wherever they saw the bottles they stopped the vehicle and collected the bottles. Sacks of expensive bottles were brought home and the cleaning process were done by my parents, and the only work left for me is to give it a second life. As an artist many questions arise in my mind when I get a bottle in my hand, What am I supposed to do? Will it be creative? What are the materials to be used? Is it expensive? Will the work done by me be 100% according to my imagination? Will the work bring an environmental benefit?.....



51. Which one of the following is not the basis of community?

- (1) Common locality
- (2) Community sentiment
- (3) Common political ideology
- (4) Common way of life

52. A man refused to marry within his own village, this reflects as:

- (1) Endogamy
- (2) Exogamy
- (3) Varna
- (4) Gotra

53. Who is considered as a father of Demography?

- (1) Adam Smith
- (2) T.R. Malthus
- (3) David Hume
- (4) Achille Guillard

54. Median can be located by which of the following?

- (1) Frequency Polygon
- (2) Ogive curve
- (3) Frequency curve
- (4) Histogram

55. Standard deviation is always calculated from:

- (a) Mean
- (b) Median
- (c) Mode

Find the correct answer from the code given below:

- (1) (a) and (b) only
- (2) (a) and (c) only
- (3) (a), (b) and (c)
- (4) (a) only

56. Avoiding anxiety is related to:

- (1) Reaction formation
- (2) Confession
- (3) Consultation
- (4) Isolation

Read the passage below and answer questions (57 – 61) that follow based on your understanding of the passage.

Interpersonal skills are generally referred to as the social skills one requires to effectively communicate with others. These include delegation, persuasion, attentive listening, leadership, and reflection, verbal and nonverbal communication. Interpersonal skills as the word suggests are most often used in any given organization to measure a person's capability to correspond and convey information through social communication and interactions. In a conflict situation good interpersonal skills play a pivotal role, as they can help to alleviate the problem at hand. Interpersonal skills are developed with the interaction individuals have with family members, attending school, socializing with peer groups etc. Good interpersonal skills can aid in the reduction of stress, improving of social standing, augmenting intimacy, resolving arguments, increasing understanding and spreading of joy and good cheer all around. Some examples of interpersonal skills include communication skills i.e. both listening and speaking effectively. Assertive skills include expression of thoughts without violating other people's rights. A two-way communication is of prime importance in developing good interpersonal skills. Listening skills form a vital part in the basis of interpersonal skills. One needs to pay close attention and hear as to what the other person is saying. He can then only process the information being relayed, decipher it and formulate a cogent response. The next most important element is called negotiation. This type of skill is fundamental for business communication. It literally means that a person has the ability to discuss the matter at hand and then reach an agreement in a professional way.. Effective communication forms the basis of everything in life, be it business or personal relationships. It is seen that those who are lacking in interpersonal skills are more in-

competent, less qualified and therefore less attractive personality wise. They are not cut out to be leaders and will never be able to make progress as a consequence. Interpersonal skills are like tangible assets that can help people build stronger relationships, rapport and credibility in any organisation. Furthermore they can help in the attainment of respectability and recognition amongst peers, and not only that good interpersonal skills can influence and motivate people to aspire for leadership positions. A person with good interpersonal skills would naturally have more charisma and therefore he would be able to earn more financial rewards as compared with someone who lacks such skills.

57. How interpersonal skills as social skills are used for effective functioning of an organisation?

- (1) It facilitates to impose discipline.
- (2) It helps an organisation to effectively correspond and convey information through social communication and interactions.
- (3) To develop a better understanding among people.
- (4) To expedite the work in the organisation.

58. What are the benefits of good interpersonal skills?

- (1) It creates friendly atmosphere in an organisation.
- (2) It encourages the employees to perform their duties in a better way.
- (3) It helps in reduction of stress, improving of social standing, augmenting intimacy, resolving arguments and increasing understanding in the organization.
- (4) It gives more profits to the organisation.

59. How interpersonal skills are developed?

- (1) It can be developed by having lot of patience.
- (2) It is learnt through practice.
- (3) A typical personality is required to develop interpersonal skills.
- (4) Interpersonal skills are developed with the interaction individual have with family members, attending school, socializing with peer groups etc.

60. How does listening skills help developing interpersonal skills?

- (1) One needs to pay close attention and hear as to what other person is saying. He can then only process the information, decipher it and formulate a cogent response.
- (2) Listening skills are different from interpersonal skills.
- (3) One should not listen bad things for developing interpersonal skills.
- (4) Listening everything is a difficult exercise.

- 51.(3)
- 52.(2)
- 53.(2)
- 54.(2)
- 55.(4)
- 56.(4)
- 57.(2)
- 58.(3)
- 59.(4)
- 60.(1)

A TALK WITH ALUMNI

Name : Sowdeswari.D
Roll Number : CB.SW.P2MSW17026
Batch : 2017-2019
Mobile number : 9600469619
Present organization : Bharathiar University, Coimbatore
Job title : First year-UGC-NET JRF Doctoral fellow



How was your life at Amrita?

Each and every day in amirta gave me a good,new,cherishing, adventuourous,wider learning experience. My dream of joining MSW came true in amirta days by coming out and looking at this world in a wider view.

What are the key skills that you learned at Amrita helped your carrier?

Report building,active listening,networking documenting.

How is the current scope of Social Work?

In the present world social work has the greatest scope for solving the social problem and isuse which arise day by day in the socity

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

First of all I heartily congratulate all the current MSW students for choosing great and most need full profession for the people in today's society. In the social work profession first we should understand the need for studying this subject and equip the knowledge based on our specialization.

What are your key responsibilities in the present job?

As I am doing my first year Ph.D,my key responsibiltes for this present degree is to do my research on the most needfull social problem on the interventional basis.

Who is your inspiration?

Helen Keller - the motivational women, social activists who fought her life in the colourless and soundless world

Any other think you would like to share?

One of the correct and greatest decision which I made in my life is choosing MSW in Amirta which give me new, independent exposure in the society .all the field works gave me wings to fly independently for looking out for various social issues around the society. as the social worker I would proudly say that I will work for the people by helping them to help themselves .

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COLLABORATION

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



Ms. Janani Arunagiriraj
2012 Graduate
HCL Foundation - Chennai

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