

# AMRITA



# UDAAN

MONTHLY NEWSLETTER

VOLUME 01

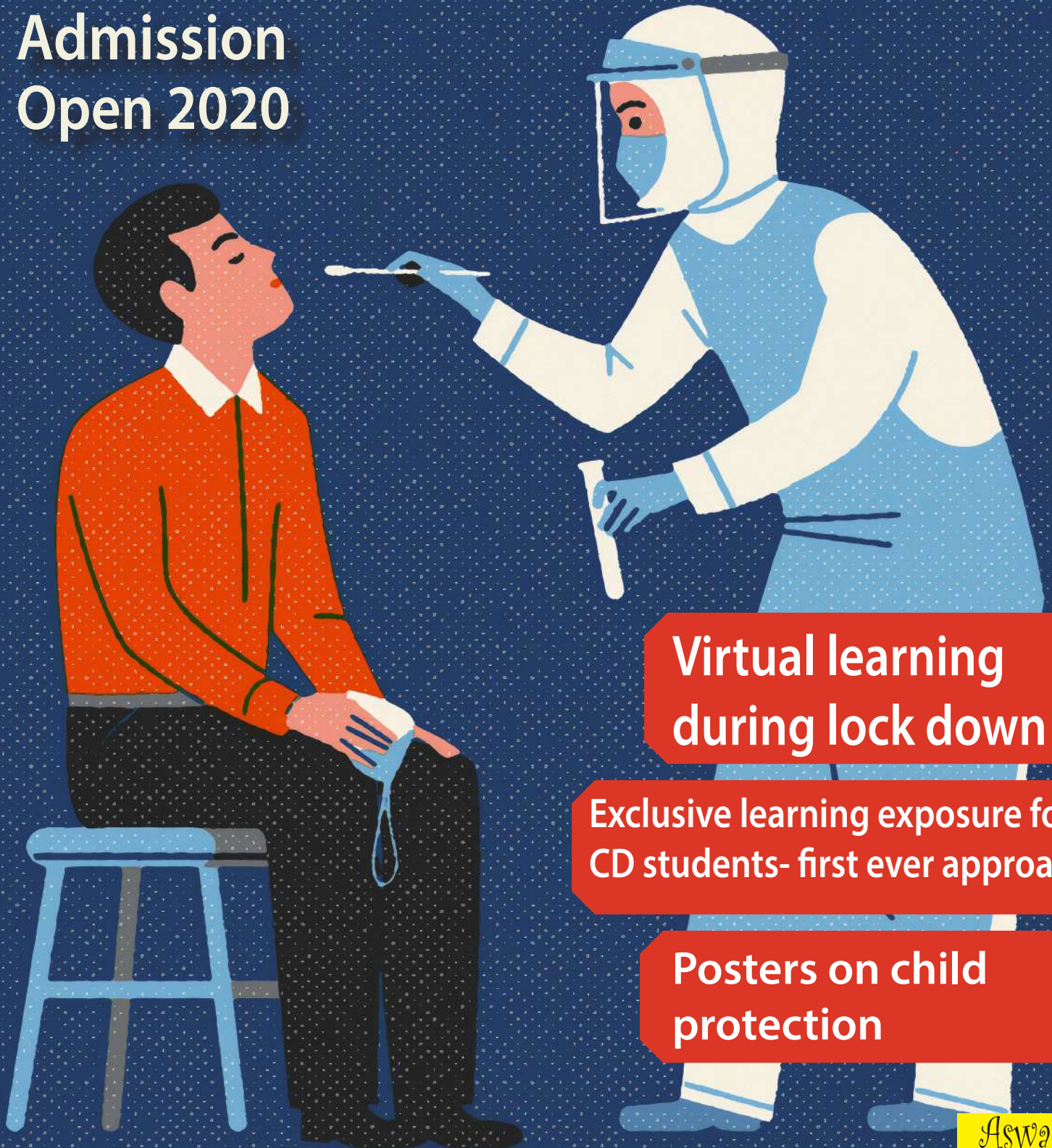
ISSUE 05

MAY 2020

*“Amidst sorrows, the only thing that enlivens us is optimistic faith. Never lose that”- Amma.*



## Admission Open 2020



**Virtual learning  
during lock down**

**Exclusive learning exposure for  
CD students- first ever approach**

**Posters on child  
protection**



Department of Social Work, Coimbatore Campus

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**AMRITA**  
VISHWA VIDYAPEETHAM  
DEEMED TO BE UNIVERSITY

Department of  
Social Work

COIMBATORE CAMPUS



**Institution of Eminence**  
University Grants Commission

ज्ञान-विज्ञान विमुक्तये

# 2020

## ADMISSIONS OPEN

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

# MSW

Specialisation offered :

- Child Rights and Child Protection
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# CURRENT AFFAIRS - MAY 2020

## 1) Indian Army Officer Major Suman Gawani received UN Award

Major Suman Gawani, an Indian Army officer is awarded the prestigious "United Nations Military Gender Advocate of the Year Award" on 29 May 2020. She served as a women peacekeeper with the United Nations Mission in South Sudan (UNMISS) in 2019. She will receive the award from the UN Secretary-General Mr. Antonio Guterres during an online ceremony being organized at the UN Headquarters, New York on the occasion of International Day of United Nations Peacekeepers.



## 2) Finance Minister launches facility of Instant PAN through Aadhaar based e-KYC

Finance Minister Nirmala Sitharaman has officially launched the facility of instant PAN through Aadhaar based e-KYC on 28 May. The facility is in line with the announcement made in the The new facility is now available for those PAN applicants who possess a valid Aadhaar number and have a mobile number registered with Aadhaar. The electronic PAN (e-PAN) is issued to the applicants free of cost.

## 3) ICMR has approved 624 laboratories across India, so far, to conduct COVID-19 tests

Indian Council of Medical Research (ICMR) stated that a total of 1,61,041 (approximately) COVID-19 samples are being tested in 24 hours. With this, the figure for the total number of tests reached 32,42,160 in the country. Approval: • ICMR is continuously scaling up its testing facilities for the COVID-19 by approving government and private laboratories.

## 4) Researchers discovered a new possibility to improve rice productivity

Researchers have identified a region in the genome of a rice,

which seems to have the potential for improving productivity. To meet the demand of the growing population of India and the world, the production of rice needs to increase significantly by about 50% of current productivity. The study was conducted jointly by the Department of Biotechnology's National Institute of Plant Genome Research (DBT-NIPGR), ICAR-Indian Agricultural Research Institute (ICAR-IARI), ICAR-National Rice Research Institute (ICAR-NRRI), Cuttack and University of Delhi South Campus (UDSC).



## 5) Scientists identify 2 bacterial secreted proteins effective in inactivating coronavirus

Researchers from Tsinghua University, China and the University of Connecticut in the US have jointly discovered two bacterial secreted proteins that can effectively inactivate a series of viruses, including the novel coronavirus, dengue, and the HIV.

## 6) CSIR-IIIM, RIL to develop RT-LAMP based test for Coronavirus

CSIR-IIIM, Jammu a constituent laboratory of CSIR signed MoU with Reliance Industries Limited (RIL) to develop and scale-up a new Reverse Transcriptase-Loop Mediated Isothermal Amplification (RT-LAMP) based COVID-19 diagnostic kit.

## 7) Hockey player Balbir Singh Sr passed away in Mohali.

The three-time Olympic gold medal-winning hockey legend Balbir Singh Senior passed away on 25 May due to ill health. He was 95-years old. He is regarded as one of the greatest sportspersons to have represented India.



## 8) WHO announced Human Challenge Trials for Vaccine Development

World Health Organization (WHO) announced that it had selected 8 people out of the several people who step forward to participate in human challenge trials to develop new vaccines for COVID-19.

## 9) UN lists khudol of Manipur as one of top 10 global initiatives to fight COVID-19 pandemic

### demic

The United Nations (UN) has listed Manipur's "khudol" (gift) among the top 10 global initiatives for an inclusive fight against the COVID-19 pandemic. It was listed by the United Nations Secretary-General's Envoy on Youth.

## 10) Abhas Jha appointed by World Bank to Key position on Climate Change, Disaster Management in South Asia

Indian economist Abhas Jha has been appointed by the World Bank to a key position on climate change and disaster management in South Asia. Jha's appointment comes during the time when Cyclone Amphan has badly hit West Bengal, Orissa in India, and Bangladesh. Roles and Duties:

## 11) Gol launched five key initiatives to conserve biodiversity

Government of India launched five key initiatives towards conservation of biodiversity during the occasion of International Day for Biological Diversity 2020. The initiatives were launched by the Union Minister of Environment, Forest and Climate Change Prakash Javadekar.

The five initiatives are:

- One of the initiatives is the Biodiversity Samrakshan Internship Programme. It was launched by the National Biodiversity Authority (NBA) and United Nations Development Programme (UNDP). The programme proposes to engage 20 students with post-graduate degrees for a period of one year through an open, transparent, online competitive process.
- The World Wildlife Fund Mod-

el Conference of Parties (COP), including the younger generation, was launched. It will engage in imprinting humanity towards biodiversity.

- UNEP Campaign on Illegal Trafficking of Endangered Species: Not all Animals Migrate by Choice initiative was launched.
- The Wildlife Crime Control Bureau campaign called Not All Animals Migrate by Choice was launched.
- A Webinar series titled "Biodiversity Conservation and Biological Diversity Act, 2002" was launched.

## 12) Cyclone AMPHAN has developed into a super cyclone in the Bay of Bengal

The India Meteorological Department (IMD) alerted Cyclone "AMPHAN" which has developed into a super cyclone in the Bay of Bengal on 19 May. The intensification of the storm from category I cyclone to category V in less than 18 hours.



## 13) Atma Nirbhar Bharat Abhiyan ranks among biggest in world.

Government of India allocated total spending of Rs.20 lakh crore under "Atma Nirbhar Bharat Abhiyan or Self-reliant India Mission" to fight the COVID-19



pandemic. This is among the largest economic stimulus package announced by nations across the world. The allocated fund is about 10% of India's GDP in 2019-20. With this move, India would rank behind Japan, the US, Sweden, Australia, and Germany.

early hours at 3 am in RR Venkatapuram village, Gopalapatnam Mandal in Visakhapatnam District, Andhra Pradesh on 7 May. Prime Minister of India Narendra Modi chaired a high-level meeting to take stock of the steps being taken in response to the

over 1,000 fell sick because of the alleged gas leak in Andhra Pradesh.

- The plant used raw material styrene which is highly flammable and releases poisonous gas when burnt.



#### 16) Aarogya Setu Interactive Voice Response System implemented

Aarogya Setu IVRS is a toll-free service. The citizens are asked to give a missed call to the number 1921 and they will get a call back requesting for inputs regarding their health. Aarogya Setu Interactive Voice Response System (IVRS) the feature has been implemented in the Aarogya Setu mobile application. The new feature of the app aims to include the citizens with feature phones and landlines under the protection of Aarogya Setu. The service is available across the country.

#### 14) FIFA U-17 Womens World Cup in India to begin in 2021 February.

The FIFA U-17 Women's World Cup has been rescheduled between 17 February and 7 March 2021. The recommendations were made by the FIFA-Confederations COVID-19 Working Group, the Bureau of the FIFA Council.

#### 15) PM reviewed Visakhapatnam Gas Leak Incident.

The incident of Styrene gas leakage occurred in a chemical plant LG Polymers industry in the

Visakhapatnam gas leak incident.

Highlights:

- Styrene gas is toxic in nature. It may cause irritation to the skin, eyes, and causes respiratory problems and other medical conditions.
- The gas leakage affected the surrounding villages namely Narava, B.C Colony, Bapuji Nagar, Kampalapalem, and Krishna Nagar. People who were exposed to the gas faced breathing difficulties, rashes on their bodies, and soar eyes.
- At least 10 people died and

#### 17) International Labour Day is observed on 1 May.

International Labour Day or Worker's day is celebrated on 1 May every year. The day commemorates the Haymarket affair or the Haymarket massacre in Chicago. The day aims to celebrate labourers and the working class. The day promotes international labour associations.



DEEPTHI MENON, I MSW



# Paper Publications

1) Suja. M.K. (2020). **My journey to self-awareness and healing during COVID-19 lockdown.** International Journal of Indian Psychology, 8(2), 149-157. DIP:18.01.218/20200802, DOI:10.25215/0802.218

Received: April 20, 2020; Revision Received: May 15, 2020; Accepted: May 25, 2020 "

<https://ijip.in/articles/my-journey-to-self-awareness-and-healing-during-covid-19-lockdown/>

2) Saleena.M, Suja M.K(2020). **Experiencing Foster Care-happiness and Wellbeing of Institutionalised Children.** Indian Journal of Public Health Research and Development

## Webinar by Mrs.Jincy, Ph d. Scholar

Phd Scholar at Dept of Social Work, Amrita Vishwa Vidyapeetham specialised in medical and psychiatry, under the guidance of Dr.Suja MK.

Work as School councillor at Sacred heart school Kingdom of Bahrain, freelance counsellor, resource person for mental health and suicide prevention.

Conducted webinar on 6.5.2020 On topic Nourishing mental health during covid19

It was an interactive 1 hour face book live among the closed face book group of(M-MME Bahrain) malayalee mothers all over the kingdom of Bahrain. There are 1, 500 members in the group. (1.1k members)





**MALAYALI MUMS MIDDLE EAST**  
KINGDOM OF BAHRAIN  
presents

**NOURISHING MENTAL HEALTH**  
During Covid19

*An interactive Facebook live session with*

**MAY 06, WEDNESDAY**  
**2 PM TO 3PM**  
**BAHRAIN TIME**

**JINCY VV**  
Consultant Counsellor



[www.facebook.com/groups/111245892756960/](http://www.facebook.com/groups/111245892756960/)

*Relevant questions on the subject are welcome*





# DEPARTMENTAL ACTIVITIES

## Virtual Learning During Lockdown

**T**his very lockdown period has brought several drastic changes in all our lives. It has shown both its positive and negative effects on the lives of people all over the world.

Education, being one of the most affected spheres of life hit by this virus, soon took another route to reach its very destination of imparting knowledge. In most of the developed countries online education methods have taken its roots way back but, in a country like India online classes is always a question of possibility. Only a minor portion of the large population can access such online education services.

As we all know online classes have both advantages and disadvantages.

Online classes are always more convenient. It offers flexibility. In times of this present situation online classes bring education right to our homes. It also offers more individual attention. Most importantly, online classes and learning are cost effective or it is less expensive as compared to the traditional way of learning.

As a coin has two sides, online classes and learning has also got its own disadvantages. Online classes make it easier to procrastinate. It may create a sense of isolation. Good internet connectivity is the most important element of online learning. People having improper network connectivity will find it difficult to cope with online classes.



M Kalyani Radhakrishnan  
I MSW

**O**nce when online teaching was seen as a new way of educating, it doesn't seem to interest anymore. Classes don't seem to be classes anymore. Now we have come to realise the need for the existence of educational institutions and its relevance. Even though online teaching has helped in conducting classes and exams during such a pandemic, in the long run it won't be much successful as students might tend to lose interest in learning as they might lose their attention and the scope of fraudulent practises can happen while conducting e-exams'.

**Aishwarya Nair**  
II MSW

**O**nline classes and learning strategies, according to me, are not very professional to the fullest. Seeking the attention of all students is one of the greatest demerits of online learning. Mostly it will not involve students in active listening. But online sessions are always open for reference as it is useful for future references. However, in a country like India, where there are numerous network issues this is always not practical. But considering the present pandemic situation, the only alternative that we have is online classes and e-exams'.

**Kurup Shreeraj Devaraj**  
II MSW



**T**here's no looking back now and saying we don't need or we need online learning. Because it's already here. Online exams, more or less, are not very vastly different from our normal classes. When it comes to its advantages, less resources needed and the fact that people can sit in their comfortable spaces and conduct and participate in the classes are worth mentioning. But the same "resources" are a very big disadvantage to a lot of people, simply called "inaccessibility". Continuous online classes can also cause physical problems. One aspect related to online exams that I feel should be mentioned is that students can be a little more relaxed attending the exams sitting in their comfortable spaces. The pressure is comparatively less than you sitting in a closed room with 4 or 5 panelists'.

**Abhijith K. U**  
II MSW

**D**ue to this very pandemic, continuous education processes are being disturbed all over the world. Online classes are thus an important element in avoiding the breakage of continuous education strategies. But still the question of good network connectivity arises. Also, practical knowledge sessions are difficult to be taught through online classes. For example, the firsthand experience that the social work trainees should receive from the field work'.

**Anjana J R**  
II MSW

**E**ven though a lot of effort was put forward by the teaching faculty to help us learn more effectively in this dire situation, the online classes for me were hard to be engaged in due to the lack of cellular range and internet fluctuations. However, it has made us complete the syllabus effectively'.

**Aruna P.K**  
I MSW

**O**nline classes are useful to the students to get them engaged and also be able to connect with the teacher and classmates during this pandemic situation. Also, online classes are more cost effective compared with the traditional way of teaching. Irrespective of the network issues the students are able to keep in touch with all the faculties and friends. They can make the time available to them more productively, effectively and efficiently to acquire knowledge'.

**Athullya Sebastian**  
I MSW

**T**hat shift from normal mode of teaching and learning to that on the online platform was a particularly uneasy experience with no real preparedness nor expertise and that is the real hurdle that the introduction of online classes posed, and this isn't to say that we could not overcome it. In fact, this proved to be a great experience in working on online platforms efficiently and with ease. One of the better outcomes of this endeavor from the part of the university was to provide this new perspective to the tried and tested form of learning. Online classes breathed fresh air into the platform of learning and this was not to go in vain. The students learned to overcome many challenges during this period and without a doubt adds to his or her overall aptitude'.

**Siddharth Santosh**  
I MSW



# Exclusive learning exposure for Community Development(CD) students; Community Open Setting – First ever approach for CD students

## Introduction:

**H**on'ble Prime Minister Shri Narendra Modi initiated flagship Swachhta Action Plan (SAP) programme in 2014 to make Swachhta a way of life of Indian people and achieve the goal of Swachh Bharat. Amrita Vishwa Vidyapeetham, Coimbatore has been selected as one of the Higher Education Institutions (HEI), Ministry of Human Resource Development, Government of India by Mahatma Gandhi National Council of Rural Education (MGNCRE). Higher Education Institution (HEI) needs to identify two villages in its neighbourhood to implement SAP, Comprehensive Sanitation Management (CSM) activities. Amrita Vishwa Vidyapeetham selected Chinnampathy and Pudupathy, Irula tribal villages to implement Swachhta Action Plan. Dept. of Social Work was given responsibility to carry out the projects. Dr.S.Mahadevan, Deputy Dean assigned Mr.S.Kanagaraj as the nodal officer for SAP activities in these villages.

## Con-current fieldwork:

All 11 Community development students were placed in Chinnampathy & Pudupathy tribal villages for Con-current field work – IV from 19th November, 2019 to 12th March, 2020 on every Tuesdays and Thursdays totally 27 fieldwork days.



Ms.D.Samatha, MGNCRE, MHRD Meeting with Dr.S.Mahadevan, Deputy Dean, Mr.S.Kanagaraj, Nodal officer, Dr.Venkataraman, NSS Co-ordinator and II MSW students seen in the picture



HEI team with the MGNCRE Officer Ms.Samatha



HEI team with Panchayat representatives



The following students and faculty members were involved in the Swachhta Action Plan.  
II MSW (Community Development students), Department of Social Work

S.No	Roll No.	Name of Student
1	CB.SW.P2MSW18006	Ajay Kumar Jha
2	CB.SW.P2MSW18009	AnjanaJayadeviRajpraveen
3	CB.SW.P2MSW18014	BidishaBorgohain
4	CB.SW.P2MSW18016	Hanna C.A.
5	CB.SW.P2MSW18020	KurupShreerajDevaraj
6	CB.SW.P2MSW18023	MuvvaHimaVarsha
7	CB.SW.P2MSW18024	Nair Athulia
8	CB.SW.P2MSW18027	Praveen Kumar P.
9	CB.SW.P2MSW18037	Swageth M.
10	CB.SW.P2MSW18041	Vignesh R.
11	CB.SW.P2MSW18042	Vyshak R.

### Faculty members, Department of Social Work

Mr.S.Kanagaraj, Nodal officer

Mr.T.Sathish Kumar, Faculty

### Depart of Communication - Production and Post-Production Team

Pragadeesh K [CB.MC.P2CMN19012]

Jambukeshwaran[CB.MC.P2CMN19007]

Faculty Guide: Mr.V.S.Binoy

### Documentary video on #missionodf can be viewed in YouTube:

Pudupathy : [https://youtu.be/ nHe7\\_EHqCA](https://youtu.be/nHe7_EHqCA)

Chinnampathy : [https://youtu.be/ nHe7\\_EHqCA](https://youtu.be/nHe7_EHqCA)

### Aim:

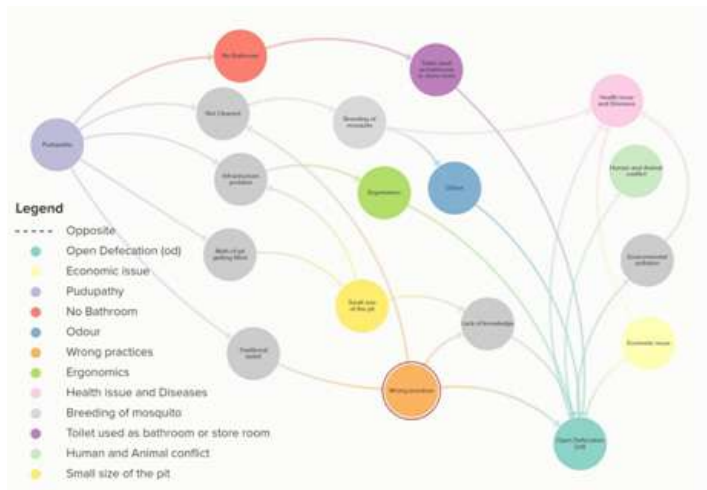
To create Open Defecation Free(ODF) in Pudupathy and Chinnampathy tribal village

### Objectives:

- To sensitise the community on the ill effects of Open Defecation
- To understand various causes and reasons for open defecation
- To create awareness among people on various health effects of open defecation
- To implement suitable social work interventions for ODF
- To provide exposure for fieldwork students on translating theory into practice



Pictogram: System theory map for understanding Open Defecation Issues in Pudupathy Tribal vil-lage.



Source: Created through II MSW CD open setting field experience, 2020

#### Interventions

1. Baseline survey
2. Focus Group Discussion
3. Intervention with the children [Hand washing programme]
4. Participatory Rural Appraisal
5. Friendly Football match
6. Screening of Awareness videos among youth and children
7. Distribution of Sanitation Kit



Community football match at Chinnampathy tribal village



PRA at Chinnampathy Village

#### Outcome:

- Students learned rapport building process
- The intervention conducted among the school children in Pudupathy and Chinnampathy tribal villages have reduced significantly the practice of open defecation which was evident from the school teachers' interaction (Head master's letter attached in the main report)
- Focussed Group Discussion (FGD), health awareness and distribution of sanitation kit has helped in reducing the open defecation among the adults and elders in the community. This was evident through the interaction with the people in the community
- One of the prime objectives in the fieldwork is to translate theory into practice. Students were taught to apply Systems theory to understand the Open defecation issues
- Resource mobilisation – Sanitation kit was distributed to the tribals
- Networking with stakeholders
- Dept. of Communication students worked alongwith MSW students on Production & Post-Production and created a documentary film (video film available in youtube)



Mr.S. KANAGARAJ  
Field coordinator



# A TALK WITH ALUMNI

## 1. Name

Ponnala Sai Yashwanth

## 2. Roll Number

CB.SW.P2MSW13011

## 3. Batch

2013-2015

## 4. Mobile number

8587992689

## 5. Present organization details

Council for Green Revolution

## 6. Job title

Programme Manager



## 7. How was your life at Amrita?

Those were the most beautiful days of my life personally and professionally.

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

Networking and Event Management

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

There is always a great scope for Social Work at any point of time, and it is even more during this Pandemic. The world is in a dire need of Professional Social Workers.

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

Make the best use of time during these 2 years in learning more skills and engaging yourself in all the diverse activities held in and out the campus. Enjoy the campus and be pro active.

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

Project Monitoring, Partnerships, Conduct Trainings and Fund Raising

## 13. Who is/are your inspiration?

Dr. Pravin Patkar, Co-Founder Prerana, Mumbai.

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

Thanks to all my faculty members for your continuous support and guidance. Best wishes to the students of ongoing batches



# STUDENTS CORNER

## Stuck at home? These indoor games will make the quarantine period more interesting

**G**ames can make you relax and take your stress from office work, assignments, and mostly your problems away. They are very entertaining, but still they have their differences that can make the two types of games very special. That is indoor games and outdoor games. During this Lockdown we all are supposed to be in home that's why most of them choose indoor games for spending time with their family members.

Indoor games are usually things that are fun to do even inside the house, halls, rooms, etc. it is

usually the board games, relays, card games and other fun games you can do without getting all sweaty and tired because of the Sun.

Indoor games can be very interesting because it uses our mind to think and find a way to win, even if outdoor games also use our minds to think, our body makes more effort.

Make the best use of this time; play these indoor games and bond with your family. Here I mentioned a few Indoor games and its playing procedures that mostly I am playing with my family members, neighbourhood and also friends.

### DAYAKATTAI



**D**ayakattai is a Tamil dice game played by 2 or 4 people (or multiples) by forming teams. It originated in Tamil Nadu (a southern state of India) and is comparable to another dice game from the country called Pachisi.

Equipment: The game uses a pair of long cuboid dice, called the Dayakattai. These dice go by names such as Daayam and Daala. They are typically made

of brass and have dots punched onto the long faces (1, 2, 3, 0) each player starts with six coins/chips at a 'home' in the center of the game board.

This game increases the decision-making power from childhood according to the situation.

<https://youtu.be/MekFO5LZgl8>



## PALLANGUZH



It is a traditional ancient mancala game played in South India especially Tamil Nadu and Kerala. Later the games were spread to other places including Karnataka and Andhra Pradesh in India as well as, Sri Lanka and Malaysia. The game is played by two players, with a wooden board that has fourteen pits in all (hence the name from the words fourteen pits). There have been several variations in the layout of the pits, one among them being sev-

en pits on each player's side. The pits contain cowrie shells, seeds or small pebbles used as counters. The game ends when one of the players captures all the shells, and is declared as a winner. Enhances coordination, memory, observation skills, mathematics and motor skills.

<https://youtu.be/3oun3JSFuLA>

## Advantages of playing indoor games:

**C**reates happiness, reduces stress: While participating in a game, there is always a good amount of laughter. Laughing together and having fun can keep the seniors happy and healthy. An opportunity to spend time together/ socialize: While growing up we often forget that our parents too are growing old. Often the family members have different schedules which push us in different directions. But playing games (maybe a card game) even for a short while with your elderly loved ones is a perfect way to spend time together. We may not realize the importance but for them it's quality time and a priceless gift. Lowers blood pressure: Laughter helps in produc-

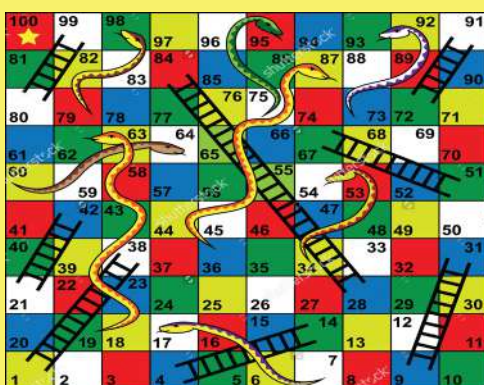
ing endorphins (a chemical that gives the feeling of happiness) and that naturally help muscles to relax and blood to circulate which will evidently lower blood pressure.

Here I mentioned only four games. You all know many indoor games that might be famous in your state, from your ancient people, school day paper games etc... Kindly fill up your leisure times with these kinds of games. Avoid games that are playing in mobiles. Spend time with your family and make a bond with each other. Be safe at home.



-M. DEVI MEENAKSHI, I MSW

## MOKSHA PATAM



**M**oksha Patam or Parama Padam is a dice game from ancient India, popularly known as Snakes and Ladders. It was from India that it spread to the rest of the world. It was a very popular game to be played. Its main purpose was not only entertainment but also to teach morality. The central concept is liberation

from bondage of passions. So the players move from the lower levels of consciousness to higher levels of spiritual enlightenment and finally to Moksha.

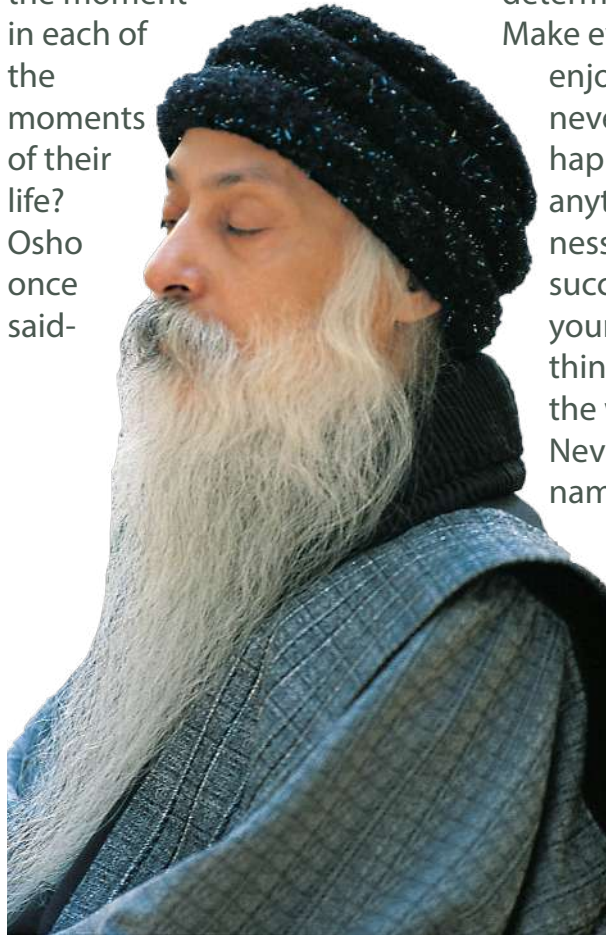
<https://youtu.be/q4dSDxxZlg>



# OSHO and His Way

*Experience life in all possible ways -good-bad, bitter-sweet, dark-light, summer-winter. Experience all the dualities. Don't be afraid of experience, because the more experience you have, the more mature you become. ~ Osho*

**H**as one ever thought of living in the ocean of love? Where everything and anything was done out of love and compassion without any expectations, any limitations. Have you ever tried to enjoy each and everything that you do? Has anyone lived in the moment in each of the moments of their life? Osho once said-



"Life means to flow and to be in motion constantly, we must move constantly to reach the farthest star that is there. But make that journey itself beautiful. Never worry about the destination". Are you going with the flow within? Have you ever accomplished something where you can feel 'this is my fullest. Nothing else remains in me'. Have you

ever paid attention to yourself and what is that you are seeking? Have you ever lost yourself in life and wondered Who Am I? Have you ever tried to look at yourself and smile for how wonderful you were? Have you ever thought that Now is the moment that we all should live? Goals should not determine the end of yourself. Make every moment of your life enjoyable which you would never repent. You will find happiness everywhere and in anything. Your inner happiness is all that matters on how successful you are in being yourself. Do not try to make things right. Understand it as the way it is. Seek freedom. Never create bondages in the name of love. Love should be bonded in freedom not denying freedom. You are not so above and the other is not so below. The masculine and feminine can never be equal. They are unique in their own way. Accept them as they are. Love the differences among yourself.

No one has the right to go above the other. Women are not divine. Man is not divine. Your being is divine. Treat everything around you as life. The flowers, the trees, the plants, the birds, the animals. They are all life. Seek what you love and lead. Even words are tricky things.



-AISHWARYA NAIR, I MSW





On holidays, I used to see my father walking around my home where my mom will accompany him with a bottle of water as well as some necessary bits of help. There is a small vegetation area around our home and he used to spend more than half of his day near to those plants. For me, gardening is planting flowering saplings and the happiness is flowers that smile at me every morning. For him, he used to sit inside the vegetation area and talk with them, eww... Mad? One day I asked him even though he would get two lady's fingers, one papaya, a handful of chilies, some tomatoes, one or two ginger or turmeric and that he anyway has to go to the market for buying the same things, then for what he is doing all these. I expected one 10 mark answer with a raised voice and punch dialogues, but the reply was a grin. Later, anyway I am sitting idle during these days, I thought of helping

my father. The day's agenda was to sow tomato seeds, and he gave me the whole responsibility to look after the sapling. As I am trained in gardening, it was a small task for me and with some ego, I said "it is easy, I will do that". The next day I saw the same land with one or two seeds remaining eaten by chickens and hens. I was literally down and then I sowed another bunch of seeds, that time I fenced the ground with sticks attached with coconut leaves. 2-3 days watered and I was waiting for the first leaf to come out. The next day I saw 8-9 new lives in my piece of land and was happy to see those. Two- three weeks later, they transformed into new saplings and they started to flower. Again, next fine morning it was eaten by small birds. I completely lost hope and I quitted the cultivation. My father said "Birds, beetles, bugs, insects everything is part of the ecosystem, we humans are another form of the living organism. So for their existence, they

need food and water and they will have whatever they get. For them it is their food, for us, their deeds are a menace and spoiling our vegetation. Thus, it's just a matter of "perspectives". In our lives also, there will be people who will try to pull down, for them it will be for their existence but we should consider it as new lessons and learning." From that new energy, I fenced the field again with more protective things, the plant flowered, fruited. Instead of being a business venture, for my pleasure, I started to love vegetation more than gardening. Gratefully, now I know the meaning of his grin to my first and foremost question, and it's not the acres of land without our touch that gives satisfaction or we can't call them as "Mine", but if there is a small land where our smiles, sweats lies and can call them as "MINE!!".

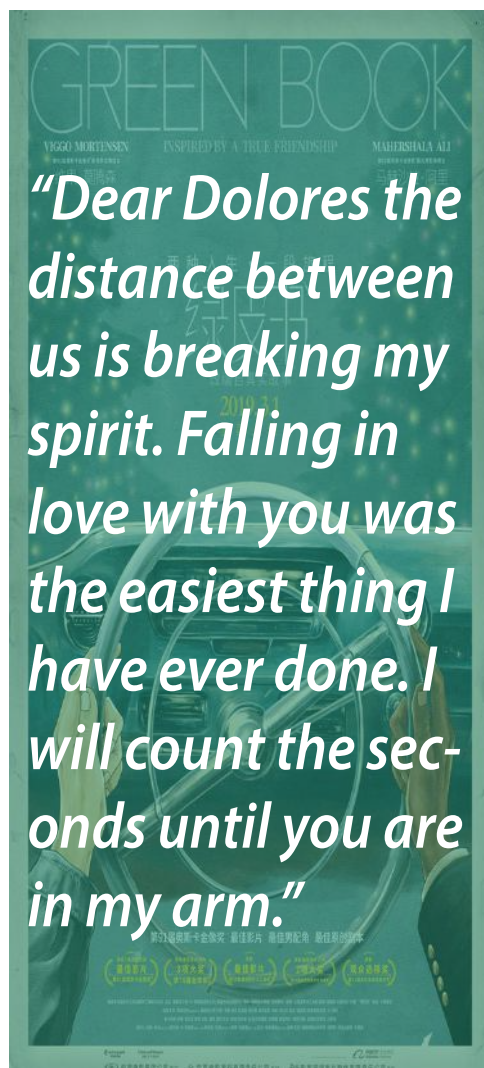
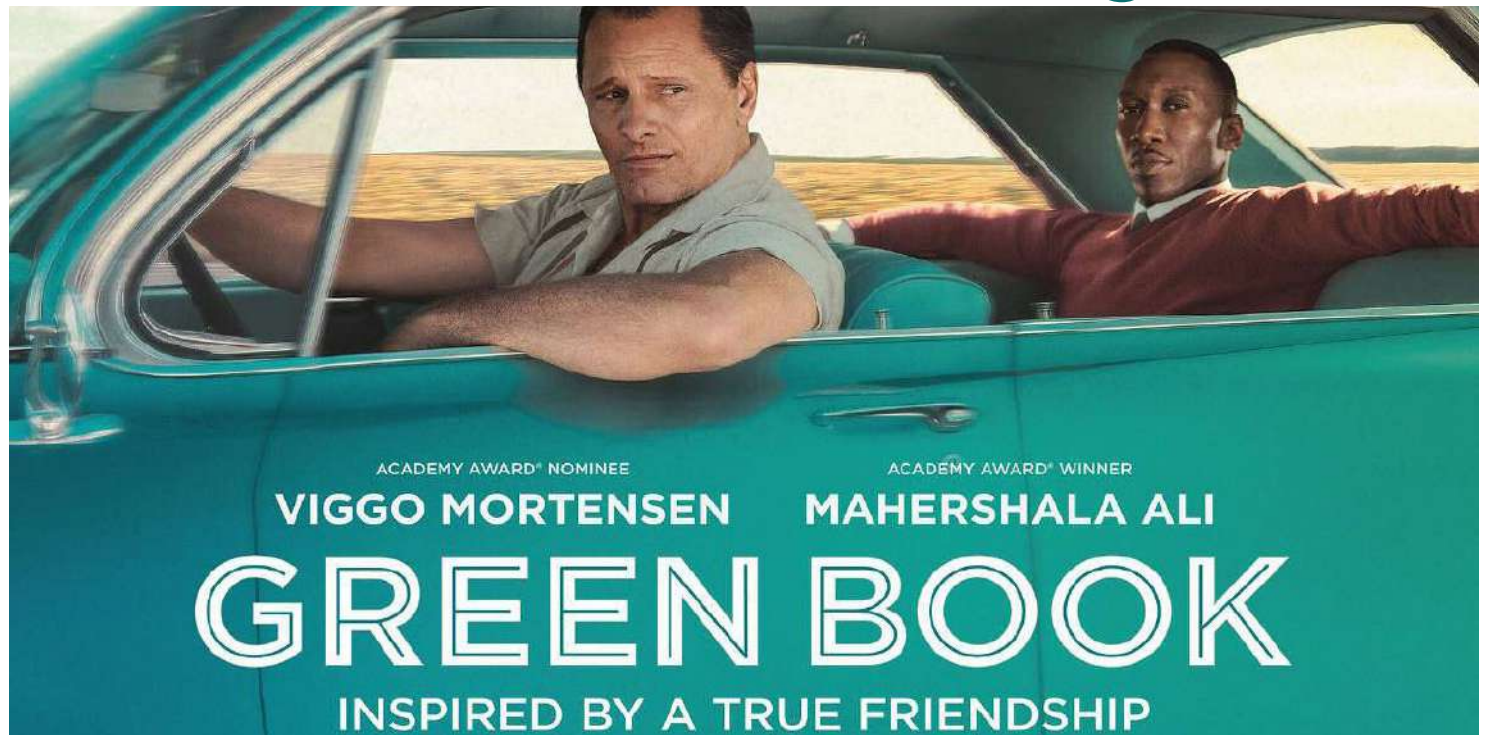


-ATHIRA. T, I MSW





# "A Crowd – Pleaser That's Both Wonderful and Meaningful"



**G**reen Book is the movie that has both critics and audience raving. The film is inspired by the true story of a tour of the Deep South by African American classical and jazz pianist Don Shirley and Italian American bouncer Frank "Tony Lip" Vallelonga who served as Shirley's driver and bodyguard. The movie is about the relationship between two real-life people: Donald Shirley and Tony "Lip" Vallelonga. Don Shirley was born in 1927 in a well-off black family and possessed a firm grasp of both classical and pop music. In the first half of the film, Vallelonga to a certain degree, refers to African Americans as a monolith, giving into certain racial stereotypes, and that they only listen to certain music. The Green Book shows that we have made progress. But, sadly, there is so much more to be done and many of the same issues exist now as they were in the 1960s. Near the end of the movie, the road trip changes Vallelonga's perspective,

it really affected him and changed him. The most heartfelt scene of the movie is where Shirley helps Tony to write letters for his wife "Dolores". Later on with the assistance given by Shirley Tony gradually put a change in the real makeup of the letters, that is Tony put his heart on the page with his letters ..... "Dear Dolores the distance between us is breaking my spirit. Falling in love with you was the easiest thing I have ever done. I will count the seconds until you are in my arm." Green Book is simplistic in its message for examining racism. Here Tony and Dr. Shirley reluctantly teach one another valuable life lessons in the broadest way possible. In our world full of crisis, and hatred for those who don't look or think like us, this film is a breath of fresh air and it also injects up a factor in our mind that is "A good friendship can help you to see things differently."



AISWARYA. T, I MSW





## Oreo Cake

Ingredients:

**Oreo Biscuits – 15**

**Milk – 100 ml**

**Sugar – 5 Tsp.**

**Baking Powder – 1/3 Tsp.**

Add all above ingredients in a blender and blend to make a smooth paste.

Pour the blended 'Oreo Biscuit' paste in a bowl. Set the mould by placing greased butter paper. Pour the cake batter in the mould and Tap to remove air bubbles.

Now place the mould in Pre- heated Pan. (Place the pan on the stove. Add any stand in a pan to avoid direct heat with mould) Bake the cake in the pan for about 30 minutes on low/ medium heat. After 30 minutes, check the cake by inserting a toothpick. If it's clean, then remove the cake from the pan and cool it down to demould. Otherwise, give an extra 5 to 6 minutes to get ready. Demould the cake and cut the slices as you want... Cake is ready to serve.

This is the year  
you're finally  
going to cook  
more and eat  
out less

## Onion Bhaji

Ingredients:

**Onion – 2, thinly sliced**

**Ginger – 1 inch piece, thinly sliced**

**Garlic – 2 cloves, thinly sliced**

**Curry leaves – 5-6**

**Red chilli powder – ½ tsp.**

**Turmeric powder – ½ tsp.**

**Gram flour – 6 tbsp.**

**Rice flour – 3 tbsp.**

**Fennel seeds – ½ tsp.**

**Coriander leaves – one handful, chopped fine**

**Green Chilli – 1, fine chopped**

**Salt to taste**

**Oil to deep fry**

Heat enough oil in a deep-frying pan. Mix (1) together and squeeze between fingers to make the onions soft and dry off any excess water using a kitchen towel.

Mix in (2) and stir well to combine. Add a few drops of water if you feel the mix is not coming together.

Finally mix (3) to the above and stir to coat well. When the oil is hot reduce the heat to medium. Wet your hands with cold water and shape tablespoon sized amounts of the mixture into balls.

Drop into the oil, being careful not to overcrowd the pan, then stir carefully to stop them sticking together or to the bottom of the pan. Cook for about four minutes, turning occasionally, until crisp and golden, then drain on a tissue paper. Crispy Onion Bhaji are ready to serve.



-ATHIRA. E. A, I MSW





# MY QUARANTINE DAYS

**T**hese days I find myself thinking back on all the little memories of my life. Going through childhood pictures and reminiscing those best days of my life and thinking about how quickly time flew. In my childhood, I would eagerly wait for Saturdays and Sundays to go out of home and to play with my best friends (who are still with me to this day). Not sure what we were doing, we would roam around the whole area, playing hide and seek, seven stones etc. Those days will always be precious to me, where I had no worries about what I am or what I was doing. The only thing I cared about was me and my best friends and the playtime with them. Things have changed a lot now, and I wish I could go back to those days.

Today, with us all in quarantine. I feel this is the first time I am taking time for myself for what I want in a long time. The first few days of quarantine, it was hard, but now I am trying to enjoy these days doing things like trying my hands on cooking and preparing my favourite recipes from YouTube, connecting and checking with my friends and the most favourite thing which I loved to do every day is to watch the view of the sunset behind the mountains from my terrace. This feels like home in which I sit with ease, comfort, and self-love. There I feel the tranquillity of solitude. The magnificent view where the sky turns from blue to orange where I could get a glimpse of the sun, mountains, clouds, wind, trees altogether. This is my favourite part of the day, but for the past few days I couldn't see the sunset, rather I'd see dark clouds, the mountains covered with fog and cold breeze hitting my face. This feels like heaven and this is why Nilgiris is called the queen of hills, giving out this heavenly feeling.

On the other hand, being in quarantine with my family has honestly been wonderful and I know, not everyone feels this same way and I'd be lying if I said every single moment has been 100% but I started loving these days spending much quality time with my family who constantly makes me laugh and feel loved every single moment. Part of me doesn't want my new normal life to end and another part of me can't wait for the quarantine to end, to meet my friends and the world to heal and come.



-ARUNA. P. K, I MSW



## MAN THE MANE WITHIN

**Y**ou know how all they talk about the heroes, glorify their display of bravery and say that they have got a lion's heart. I believe we all have a lion inside us; all in search of that little something that will make us roar. That determination, which awakens every time we have to protect our 'pride'. That dignity and grace that vibrate in our silence; a response to all the unpleasant remarks and criticisms that get thrown our way.

It all reminds me of the lion inside me. You know how we get a sense of responsibility that comes with power without anybody telling us? How do we channelize our intentions and our actions? Those times when we just know if we should back off from a conflict, not because of fear but because of prudence? All of it tells me that the lion is still there, silently waiting for the right moment and one day, it will discover its 'little something', its very own territory and the world will hear a thunderous roar and they will know whose territory they stepped on. So tell me, what makes your territory? What does your lion roar for?



-SHRUTHI. K, I MSW



**AATHIRA T.**  
**CB.SW.P2MSW19001**

# WE TOO FACE PROBLEMS..



## LEISURE, RECREATION & CULTURAL ACTIVITIES

## ARTICLE 31

Because of Social Distancing, children are not able to play with other children as well as physical inactivity is increasing among the children



## PROTECTION FROM ABUSE & NEGLECT

## ARTICLE 19

Since children are inside the home for whole 24/7 and parents are focused on their online works, children are getting neglected by thre parents and others.



## PROTECTION FROM SEXUAL EXPLOITATION

## ARTICLE 34

Sexual exploitation rates are increasing because all of them are closed in their homes and the people can sexually abuse the children without any fear of law and even close relatives are becoming main culprits in these cases.



## PROTECTION OF REFUGEE CHILDREN

## ARTICLE 22

Due to lock down and other factors, children of refugee people are mostly affected with lack of essential commodities like food, clothing, and other necessities.



## ACCESS TO APPROPRIATE INFORMATION

## ARTICLE 17

Since children are using internet for long hours, Parents should provide appropriate information and should keep restriction on several other sites which is harmful for their development.

# Posters made by 1 MSW on child rights during COVID-19



There has been a steep rise in crime against women across the country amid restrictions imposed due to the coronavirus outbreak, with the National Commission for Women receiving 587 complaints from March 23 to April 16, out of which 239 are related to domestic violence. According to data shared by the NCW, 123 cases of domestic violence were received between February 27 and March 22. In the last 25 days, the commission received 239 more such complaints.



Some of the Biggest Victims of Domestic Violence are the smallest -UNICEF



# HOW RISING DOMESTIC VIOLENCE CASES AFFECT CHILDREN DURING THE LOCKDOWN PERIOD



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## EFFECTS OF DOMESTIC VIOLENCE ON CHILDREN





# UGC - NET

## JULY 2018 PAPER II SOLVED (71 to 80)

**71. Assertion (A): To be empathetic social workers need not put aside their view point to see things from the other person's point of view.**

**Reason (R): Being sensitive to other person's perspective makes social workers more empathetic.**

**Code:**

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

**72. Assertion (A): Social action leads to social legislation.**

**Reason (R): Existing systematic processes and institution are challenged through social action.**

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

- (1) Both (A) and (R) are correct
- (2) Both (A) and (R) are not correct
- (3) (A) is not correct but (R) is correct
- (4) (A) is correct but (R) is not correct

**73. Assertion (A): Group interaction should be guided for accomplishment of group goals.**

**Reason (R): There is a need for free interaction among group members without any guidance. In the context of these two statements, which one of the following is correct?**

**Code:**

- (1) Both (A) and (R) are correct.
- (2) (A) is correct but (R) is not correct.
- (3) Both (A) and (R) are not correct.
- (4) (A) is not correct but (R) is correct.

**74. Identify the correct sequence of the stages of social movement.**

- (1) emerge, bureaucratised, coalesce, success or

failure, decline.

(2) emerge, coalesce, bureaucratised, success or failure, decline.

(3) emerge, coalesce, success or failure, bureaucratised, decline.

(4) emerge, bureaucratised, decline, coalesce, success or failure.

**75. Identify the correct sequence regarding stages of group formation given by Klein.**

- (1) Orientation, Negotiation, Resistance, Intimacy, Termination
- (2) Negotiation, Resistance, Orientation, Intimacy, Termination
- (3) Orientation, Resistance, Negotiation, Intimacy, Termination
- (4) Resistance, Negotiation, Orientation, Intimacy, Termination

**76. Identify the correct sequence among following steps given by Kirst Ashman and Hull regarding use of strengths perspective in macro practice.**

- (1) Idea, muster support, identify assets, specify goals, implement the plan, neutralise opposition, evaluate progress
- (2) Idea, muster support, specify goals, identify the assets, implement the plan, neutralise opposition, evaluate progress
- (3) Idea, muster support, neutralise the opposition, specify goals, identify assets, implement the plan, evaluate progress
- (4) Idea, neutralise opposition, muster support, specify goals, identify the assets, implement the plan, evaluate progress

**77. Choose the correct sequence of the year of enactment of the following labour legislations in chronological order.**

- (a) Trade Union Act
- (b) Minimum Wages Act



(c) Industrial Disputes Act

(d) Payment of Wages Act

Code:

(1) (a), (b), (c), (d)

(2) (a), (d), (c), (b)

(3) (d), (b), (c), (a)

(4) (b), (c), (a), (d)

**78. Arrange the following popular social movements in the sequence of their genesis year:**

(a) Nirbhaya movement

(b) Chipko movement

(c) Narmada Bachao Andolan

(d) Jan Lokpal

Code:

(1) (a), (b), (c) and (d)

(2) (b), (c), (d) and (a)

(3) (c), (b), (a) and (d)

(4) (d), (b), (c) and (a)

**79. Sequence the following steps of community organisation process:**

(a) Identifying needs

(b) Exploring the resources

(c) Prioritising the needs

(d) Developing programmes

Code:

(1) (a), (b), (c) and (d)

(2) (a), (c), (b) and (d)

(3) (b), (a), (c) and (d)

(4) (c), (b), (a) and (d)

**80. Identify the correct sequence:**

(1) Impairment, disease, disability, handicap

(2) Handicap, disease, impairment, disability

(3) Disease, disability, impairment, handicap

(4) Disease, impairment, disability

## ANSWERS

71) 4

72) 1

73) 2

74) 2

75) 3

76) 1

77) 2

78) 2

79) 2

80) 4



HariKrishnan MG  
I MSW

# Upcoming International days June 2020

1 June

Global Day of Parents

3 June

World Bicycle Day

4 June

International Day of Innocent Children Victims of Aggression

5 June

World Environment Day

7 June

World Food Safety Day

8 June

World Oceans Day

12 June

World Day Against Child Labour

13 June

International Albinism Awareness Day

14 June

World Blood Donor Day

19 June

International Day for the Elimination of Sexual Violence in Conflict

20 June

World Refugee Day

21 June

International Day of Yoga

21 June

International Day of the Celebration of the Solstice

23 June

United Nations Public Service Day

23 June

International Widows' Day

25 June

Day of the Seafarer

26 June

International Day against Drug Abuse and Illicit Trafficking

29 June

International Day of the Tropics

30 June

International Asteroid Day

30 June

International Day of Parliamentarism





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