"A One word solution for almost all the problems, the world is facing today is "compassion"

MATA AMRITANANDMAYI DEVI

CONTENTS

JANUARY 2021

Department of Social Work

Dr.V.PRIYA
ASSISTANT PROFESSOR

Dr.K.UMAMAHESWARI
ASSISTANT PROFESSOR

Mr.S.KANAGARAJ
FIELD CO-ORDINATOR

Dr.P.RANGASAMI
CHAIRPERSON

Mr.T.SATHISKUMAR
FIELD CO-ORDINATOR

Mr.V.S.VARUNANVELU
FACULTY ASSSOCIATE

Mrs.AMBIKA BALAKRISHNAN
ADMIN ASSISTANT

OUR TEAM

FACULTY CHIEF EDITOR
Mr.S. KANAGARAJ
Field coordinator

STUDENT CHIEF EDITOR
DEEPTHI MENON
II MSW

CONTENT CREATOR
M KALYANI RADHAKRISHNAN
II MSW

CONTENT CREATOR
AISWARYA T
II MSW

SHUTTERBUG CREDITS
RAGHAVADITYA Y
II MSW

CONTENT CREATOR
HARIKRISHNAN MG
II MSW

DESIGN
ARUN JS
II MSW

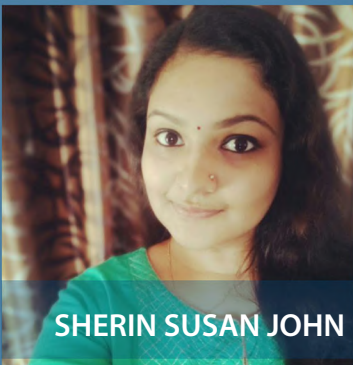# JUNIOR AMRITA UDAAN TEAM(I MSW)

EDITING DEPARTMENT

MEENAKSHI D H (HEAD)

SANJAY S

SHERIN SUSAN JOHN

STUDENTS CORNER

AKHIL SANTHOSH(HEAD)

SREELAKHSMI T S

DEPARTMENTAL ACTIVITIES

HILA(HEAD)

JOSEPH PRAKASH

PRAKATHI RAMAKRISHNAN

CONTENT CREATORS

PARAM KUMAR SINGH(HEAD)

SREELAKSHMI JAYAPRAKASH

DESIGNING TEAM

ANJU BABU(HEAD)

SANDRIMA K K

ABOUT AMRITA UDAAN

Amrita Udaan is a monthly newsletter of Dept. of Social Work. It is completely managed by the students under the guidance of the Faculty. Mainly it covers the departmental activities, articles on various social issues, book review, movie review, drawings, posters, alumni interviews, guidance and solved previous year question papers of CBSE-NET. The contents are contributed mainly by the students, alumni and faculty members. It is sucessully publishing every month from October 2019

- I MSW – 46
- II MSW – 33
- Faculty Members – 06
- Admin Assistant – 01
- Ph.D scholars – 16
- Full-time – 03
- Part-time – 13

DEPARTMENTAL ACTIVITIES

WEBINAR

"How to UNLOCK your Real Potential in the LOCKDOWN with Yash Tiwari"

Topic: How to unlock your real potential in the lock-down

Resource Person: Mr. Yash Tiwari, 19-year-old Global Youth Mentor, and author of "PANDEMIC 2020 -Rife of the Virus"

Date: 30 December 2020

Time: 02:00 PM

Platform: Microsoft Teams

Number of Participants: 53

The event officially began at 02:00 pm with a prayer song by Ms. Aswini Ajay, 1st MSW student. Ms. Abhinaya K C, 1 MSW student was the Master of Ceremony. Welcome Address was given by Ms. Sherin Susan John of 1st MSW, following that, the Felicitation Address was given by Mr.T.Sathishkumar, Field work Coordinator, Department of Social Work, Amrita Vishwa Vidhyapeetham, Coimbatore. Then Ms. Meenakshi V Menon, 1 MSW student gave a brief introduction about the Resource Person.

Brief Introduction About the Resource Person

Yash Tiwari, 19 Years Old, Has Delivered 5 TED Talks and A Josh Talk, is an International Youth Mentor, Mental Health Awareness Advocate, an award winning author of two books, A public speaker, a youth influencer, with his critically acclaimed debut novel "A Celebration In Tribulation" written at the age of 16. He recently has also authored PANDEMIC 2020 - Rife of The Virus - World's First Fiction Novel on The ongoing coronavirus outbreak, for which he has received the "India Book of Records" as well as the "ASIA BOOK OF RECORDS" International award for being the "Youngest Author To Write A Fiction Novel On COVID19."

He delivered a talk at the United Nation 75 Anniversary International Youth Day Celebration (2020) organized by the UN Volunteers from Nigeria, alongside speakers from Iraq, Congo, Australia etc. Yash has delivered five TED Talks at the world-renowned platform of TEDx, all by the age of 18. He delivered a Josh Talk, which has amassed more than 400,000 views in a brief period of time.

He has been awarded as the "Young Author of the Year 2020" by T.I.A, awarded among the "Top 100 Inspiring Authors of India by The Indian Awaz", awarded with "Author Of The Year" award by NE8x, "Youth Leader Award" and "Top 100 Influential People Of India" Award Winner by the HUM Foundation, nominee for "Best Debut Author" award by IC-MDR, and also awarded with Global Young Leader Fellowship and TCC REX Karmaveer Chakra Award by iCOGNO in association with United Nations. Yash has also been a part of the United Nations 75 Years Anniversary World Peace Global Initiative.

He is working at My Captain as a Mentor, a The

Climbers and IIM Bangalore incubated and United Nations recognized company, where he teaches youngsters from all walks of life. He has also delivered Master Class Modules on the platform of speaking, a brilliant social platform featuring renowned thought-leaders in the country inspiring the masses of more than 1.2 billion population on various topics important for the country. Some of the leading speakers include Shashi Tharoor, Suhel Seth, Bear Grylls, Richa Chadha, etc. The platform will be benefiting and guiding employees who are twice or thrice older than his age around the world Mentor at Expertron, World's First AI Platform with Video Bots of Experts where he is on a panel of experts who are alumni of IITs, IIMs, NITs, Amity University, Jain University, etc

The 1hr 15min session was an interview/moderation-based session. The questions were asked by the master of ceremony Ms. Abhinaya. And the resource person answered every question in detail and

1: (Meenakshi D H): First thing's first - Now that we're getting back to normality after the lockdowns, with what ideology should the young, budding students of Amrita Vishwa Vidyapeetham be beginning their academic and creative journeys with?

Answer: We need to understand what kind of ideology we need to have when we are getting back to the normal. I don't believe that we are going back to the exact kind of normality as we had before the Covid -19 outbreak. So, what kind of ideology are the students that are starting their academic journey at Amrita Vishwa Vidyapeetham or even the students that are around the world? So according to me, the most important aspect of the normalised ideology and modernised ideology after this coronavirus outbreak should be that of curiosity. The curiosity of what possibly can be. That curiosity about numerous possibilities of what we are surrounded by. That's the one thing that I will suggest to all the young budding students over here is a curiosity driven ideology. Secondly, A will to explore, U need to have a will or intention to explore the highs and lows. You shouldn't be exploring or focusing on the greatest highs of your life. You should be able to explore the good and bad, light and dark, of life then only you will be able to navigate through. The last and the most important ideology that you must have in your life is self-faith. Until and unless you don't have faith in yourself, your ideology, and if you do not have faith in what you believe in you will not be able to go any further. Firstly, Curiosity, Secondly, that will to explore, Thirdly the self- faith is the ideology that every student should be beginning their academics

with.

2: (Abhinaya): Each of the individuals in the session has a distinct and unique set of strengths and Potentials that they can utilize. But how do they actually realize that? How can they introspect what they're strong at or passionate about?

Answer: I believe no matter how a person is, every individual in the world does have some or the other strength. Best way to realize your latent strength and your latent potential is Step one; to start by realizing your inclinations in life, your passions in life. For example, I remember that at the age of 16 before I started writing my first novel I had no idea about the fact that I do have the strength to write the story or I will become an author of a best-selling novel or an International youth mentor like I am and addressing you all. I have never in my wildest imagination thought about public speaking or writing that I have right now. But it started with a basic inclination that I had in I just thought or I felt passionate about creating a story that is coming up in my mind. So, I started writing my debut novel that is titled "A Celebration in Tribulation". Slowly and gradually working on this project in the process of allowing my inclination to flourish, I realized this is not something that I want to do as a hobby or a time pass. But this is something that I actually have a set of skills for. This is something that I can professionally work in because I have the strength for it. So, it all started with a basic step of giving into my inclination just once.

Step two; is about forgetting the right inclination and the wrong inclination. Because, as human beings, all of us are tempted about good things as well as bad things. You should filter out the bad inclination in the very beginning itself that you are able to invest your time in the right ones. Now the step three, is the most important one and the most difficult one as well. Giving your inclination a chance, giving your inclination an effort. It is not about thinking of all that you want to or thinking of all that you are passionate about. It is also about taking out time to do those things. Because until or unless you don't do that at least ones in your life you will never be able to realize your potential in it. It is not just about success or failure, even if you fail at least you will be able to learn something. At least you will be able to spend your time on something that you are passionate about.

3: (Abhinaya): A lot of students have dreams about different things; they are happy if they are able to achieve it but failure upsets them. What do you think is the most realistic approach to dreaming or aiming for difficult/complex goals?

Answer: Dreaming is something each and every one

does. It is about dreaming of goals, dreaming of aims in your life. A dream can come in mind whenever or wherever. I believe a dream does not work because you dream in the right manner. The only reason why you feel like you failed at something or your dreams doesn't come true is because you were not dreaming about the goal. You were just dreaming about the specific journeys that lead up to those goals. You should be dreaming about the goal. I would like to cite an example, in our country the students from science stream, majority of them are only and only focused about cracking IIT or IIM and spend years preparing for it. But rather than just preparing for IIT and IIM they should be more focused on becoming a quality engineer or great administrator. I'm a firm believer that if it does not flourish or as beautiful as you imagined then it is not the end of everything you still have to go forward. You have to keep walking forward and you have to keep your head high.

4: (Abhinaya): In your journey of becoming a public Speaker and Writer at this young age, moreover, a re-solved individual, what role did your mental health play? What would you recommend to our students on how to be more aware and thoughtful about their mental health?

Answer: Mental health is the foundation. Anything that a person does is dependent on their mental health. Mind of a person is exactly like the CPU of a computer. Human body for the basics of activity does depend on the mind as well. If your mental health is not in good health that will reflect on your work. During this Covid-19 outbreak I got the priority to keep my mental health positive. That was the reason I was able to finish so much work. Whether it's about the book that I wrote "Pandemic 2020" or it's about the international talks that I delivered was possible because I kept my mind in a good space. Sometimes even when you have resources, you have support from your family you feel demotivated. And that is why your mind needs to be taken care of. The mental health of a person is as important as any physical part of your body. I believe optimism acts like a fuel for a positive mind.

5: (Abhinaya): Often communication skills become the barrier to the accurate representation of our thoughts. Students and Fresher's often experience this challenge in their professional and personal lives. What would you suggest to them to confront this dilemma?

Answer: In the globalizing world of today, if you are not a good communicator it can be a troubling phase for you to get things done to work profession-ally or even to ace in your life. How does one become a good communicator? This rule that I have come up

with can help each and every one of you in strength-ening their communication skills. And that rule is what I like to call is a "rule of four C's". Content, Clarity, Connectivity, Confidence. If we bring Shashi Tharoor and ask him to talk about a topic that he has no idea about in most probability even a good communica-tor like him would also impact your mind, because nothing beats the content. Clarity is not just about the idea that you have in your mind it is also about the way that you are speaking. A person becomes a good communicator with 50 percentage of content and 50 percentage of orality. Basically, connectivity depends more on the audience rather than on you. Age group of audience matters while you are com-municating you can't talk to an audience who are in their 40s like how to talk with a student who is in their 20s. Lack of confidence will become a lack of your own assurance in what you are speaking. It will also reflect the way you are speaking and the way you're connecting.

6: (Abhinaya): By the age of 18, you've been invit-ed to deliver Talks at Platforms as big as TEDx and Josh, and have managed your professional career as an International Youth Mentor and an Author very well alongside your academic obligations. What is the mantra? How can our young students also fol-low their creative passions while maintaining their academic works?

Answer: Becoming successful in your life does not depend on you doing 20 certain things or 30 cer-tain things at the same time. But instead of that you should focus on something that is worth. First of all, prioritization is the key. Prioritize the things that you really need to work upon, prioritize the things that are truly going to enhance the real potential in you. The next step is analysing the big picture and the small picture. Big picture is about those things that you can do later on as well which do not depend on time. But those pictures that you cannot wait for or an opportunity that you cannot have a second chance if you missed it right away. They are the one that lies in the smaller picture. After prioritizing your goals and aims in life try to figure out what you have to get done right now in the smaller picture and what you can do in the bigger picture. Slowly and gradually as you start prioritizing the goal in the smaller picture and bigger picture categorization you will also be able to strike a balance between the two.

7: (Abhinaya): The year 2020 has not ended up to be kind for millions of youngsters, businesses, and dreams. People are facing challenges in pursuing their goals and the struggling economy and sensi-tive mental and physical health are becoming hin-drances in achieving one's objective. You've recently

written the world's first novel on the novel coronavirus, "Pandemic 2020, Rife of the Virus" on and during the pandemic. What advice would you give to the thriving and aspiring minds who feel stuck at the moment because of the COVID19, or those who might have suffered a lot many losses?

Answer: Coronavirus is like a dark tunnel with a bright end for me. Just keep looking forward towards the bright end. Optimism is something that is necessary. Not because optimism can act as the vaccine for Covid -19 but it can act as a booster. Optimism can help you in looking forward, pushing forward, to keep your head high, keep your passions and ambitions energized, keep yourself energized and keep you ahead in life. Looking on the bright end, like the opportunities that we have. I have written my second novel which is not just based on the corona virus but also about the life of people during the Covid-19 lockdown. Looking into the opportunities is also a suggestion for the people who are unmotivated during the pandemic. Focus on finding the opportunities in disguise. Not just for right now but even for future whenever you are caught up in some dark turmoil in your life individually and the people around you are not even aware of it try to keep your face towards the sun rather than hiding away from the light of it

8: (Abhinaya): All the young individuals in this session aspire for success in their academic, and career-based journeys ahead. But what does success really mean in one's life? Is there anything such as "meaningfully successful", or is it just about achieving milestones?

Answer: Being successful is not just about achieving the milestone in your life. It's also about influencing the people around you and it is also not about a lot of people. Even if you are able to impact and help and work and contribute towards the 10 or 20 people community that you are part of or even your 4 people family. If you are contributing towards the people that are around you through your success that is what is actually considered meaningful success.Success should never satisfy you. Your success should leave you thirsty, it should keep you driven. Because once you feel like you have achieved everything that is where you stop growing. You will start shrinking. Try to envision of what you are supposed to do tomorrow

9: (Abhinaya): What does it take to find a speciality in young years, now that our young Retractors are entering a professional phase in their lives?

Answer: Young years are not about finding a speciality. Young years should be invested in exploring about yourself. Explore in various fields, endeavours, professional, creative fields. Identify your real potential as u can. Explore as much as you can so you can identify what are the top five or top ten things that you have a set of strengths for, secondly even if you are focused on finding a specialty IN younger years, I would suggest you to find a specialty in a particular field rather than finding a specialty regarding a particular work. Focus more on identifying the untrodden roads, identifying your own inner depths. So, explore as much as you can and specialize a little later in your life.

10: (Abhinaya): In the end, what would be your last bit of advice on what the Retractors and youngsters, all alike, are still lacking that they need to work upon in order to "Unlock A Better Self" during this tough phase?

Answer: The message that I want to convey is we need to focus on and we need to work upon more of the word that is within us rather than just focusing on and just working on the world around us. Should focus on our own self than focusing on the issues around us. We should contribute to the world around us but at the same time we should work on our own self also because only you will be able to contribute better to this world. If you do not know who you are, if you do not know how you can contribute to the world then how will you be able to contribute to the world? So, first focus on your inner strength, inner depth, inner potential on your own weaknesses. as well so that you can tackle them. And then worry about the world theme. So, firstly focus on the world within you. Focus on how you truly make a change personally on an individual level then go on to do something in that field. Secondly don't just think of the problem that the world is surrounded by and also focus on the beauty of this world.

CONCLUSION

With this the resource person has concluded the session. And at 3:15 the chat box was open to the students to ask questions. The Master of Ceremony read out the questions. The resource person also shared his social media platforms so that the students can ask their questions to him directly and can feel free to contact him in future

After the question answer session Vote of thanks was delivered by Sanjay S of 1st MSW. The feedback form was shared with the students in the chat box and the students were asked to fill in and the session officially ended by 03:30 pm.

.

.

SANDRIMA K K(I MSW)

STUDENTS

CORNER

BOOK REVIEW

The Secret

-Rhonda Byrne

Rhonda Byrne is an Australian television writer and producer. She began her journey with the creation of The Secret film viewed by millions across the planet. She followed with

The Secret book; a worldwide best seller available in 50 languages with over 25 million copies in print. In January of 2007, Rhonda appeared on the Oprah Winfrey show with four teachers from The Secret film. In May of 2007, Rhonda Byrne was recognized as one of the world's most influential people in TIME magazine's The TIME 100:

Her new Thought book The Secret is based on law of attraction. She wrote several sequels to the book, including The Power, The Magic and Hero, as well as books that relate to The Secret. She has been on her own journey of discovery, she explains with simplicity the law that is governing all lives, and offers the knowledge of how to create intentionally and effortlessly a joyful life.
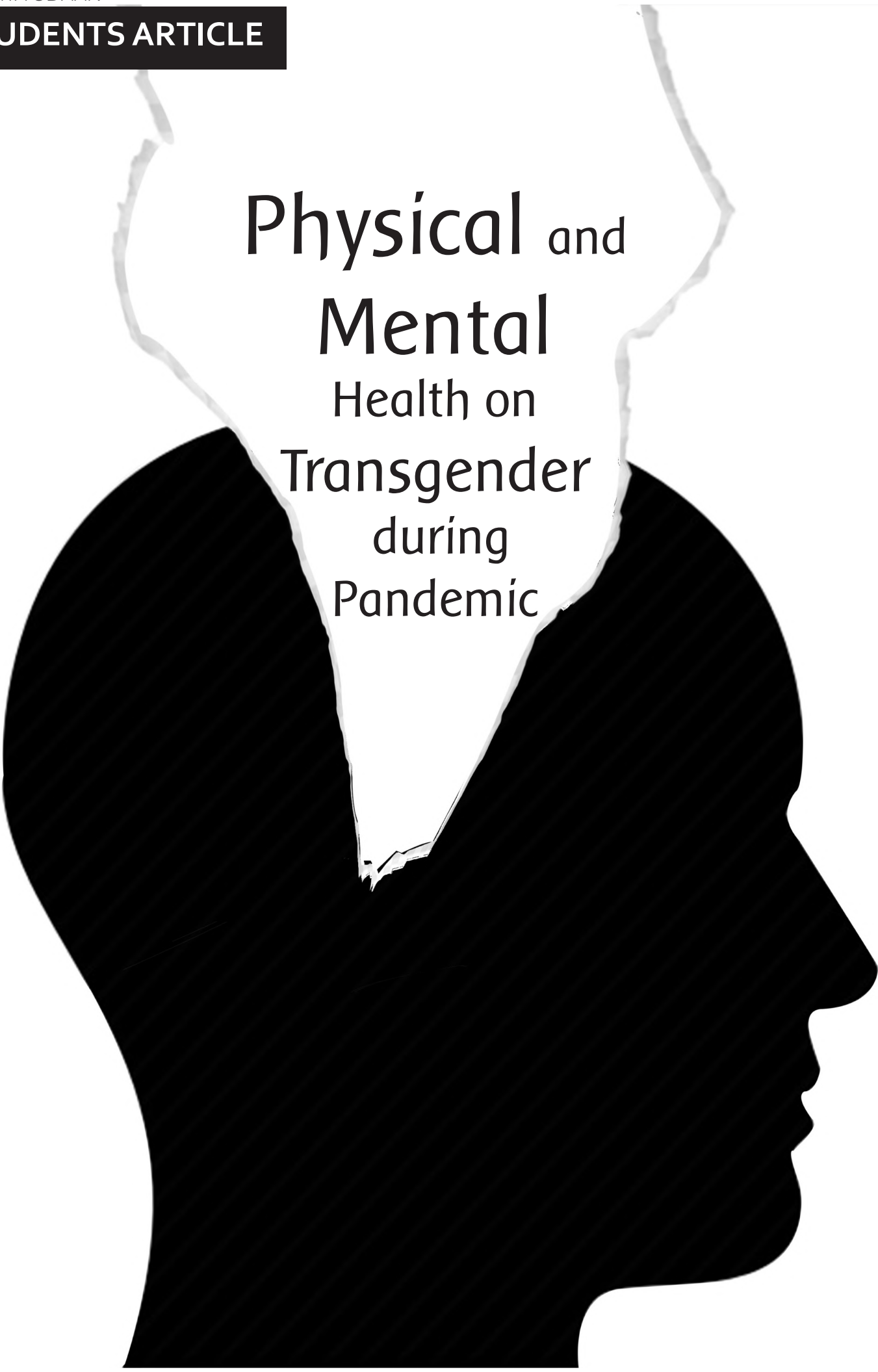
The secret is an interesting life changing book written in the celebration of The Secret's 10th anniversary; through these she had shared her ten life changing insights she had experienced. The content of the book is the law of attraction, it's a process where we get anything in life just by constantly thinking about it. There are three steps as per this book, first is to ask that we should ask about things that we want in life, before asking we want to be clear about what we want, and we should constantly think about what we want. The second thing we have to believe we could get the thing that we want and this book says that behaves like we had actually received it. And the third step is to receive, feel it that we received it just no. Be grateful so that the universe will give you what you want. These ten insights expand on the knowledge already contained in this book, if studies repeatedly and carefully practiced, they will make manifesting our desires easier than ever before, eliminate struggles and suffering, and above all will give us the opportunity to reach a level of peace and joy we might have felt before. Twenty-four amazing teachers are featured in this book.

"When you want to attract a relationship make sure your thoughts, words, and surroundings don't contradict your desires". This book contains The Secret teacher's words, and it also contains miraculous stories of The Secret in action. This book teaches us to be open minded about every possibility that can happen in our life, just by manifestation and changing our thoughts. She has shared every easy path, tips, and shortcuts that she has learned so that we can live the life of our dreams. The language of the book is very casual and easy. Throughout the period when I was reading the book, I was unconsciously nodding my head in approval of the theories discussed, realising how true and appropriate each of them is. I would totally suggest this book to everyone whether you are generally a positive person or if you constantly have negative thoughts about life, this book would definitely help you have a different perspective on life itself, and not only about your life but also yourself. Byrne emphasizes that thoughts are magnetic and have frequency which leads us to the law of attraction which can make everything possible. If you read this book you won't get disappointed and it can be used by elders, old age people as well as children. All in all, it is a must read in order to discover oneself, understand one's true needs and desires, improve one's life in every possible aspect and make the most of the power which resides within oneself.

GISHA K J (I MSW)

Physical and Mental
Health on
Transgender
during
Pandemic

Social attitudes to transgender persons and other gender minorities vary around the world, and in many cultures, prejudices, and social stigma are common. Even after a legal deliverance from oppression, albeit with limitations, the unique social, economic, political and physiological challenges faced by the transgender community still exist and it got exacerbated during this pandemic propelled lockdown. All these together are causing immense psychological and physical challenges among the 4.8 lakh transgender community living in the country. They are deprived of their basic rights, self-dignity, bodily autonomy, and healthcare leading to significant negative health status. Extremely during COVID-19, these communities are being exacerbated and compounded by experiences and stressors specific to their marginalized social identities. The fear of being stigmatized and ridiculed by healthcare professionals discourages them from using healthcare services which are now leaving them at increased risk of not being tested or treated for COVID-19, which impacts the mental and physical health of transgender community.

Many transgender people in India lack education and are excluded from society, which forces them into acute poverty and leaves them dependent on sex work or begging. As a result, they are now at increased risk of contracting COVID-19 because they are spending time in public places, cannot practice physical distancing and isolation, or recommended hand washing practices. In India many in this community already have serious healthcare challenges related to HIV and now transgender children and older transgender persons who are at greater risk of the coronavirus infections are feeling extremely vulnerable given the lack of healthcare facilities available to them. Financial insecurity due to loss of livelihood can cause severe mental stress. There is negligible social security to handle crisis situations as most of them do not have any ID to get government benefits, for they either are migrants or runaways. Poverty, hunger, and deprivation were bound to follow. As the pandemic is accelerating the rate of joblessness in the country, more transgender persons are likely to be thrown out of their livelihood. This would increase the chances of domestic abuse within the household due to their economic disempowerment.

Seema, a transgender community member residing in West Bengal exhibits her concern about coronavirus isolation wards saying, "If someone from our community gets infected, we will be quarantined at male or female wards against our choice of gender identity". Rakhal, another transgender community member pointed out that "not only the infected trans person will have to deal with the physical and emotional trauma of being infected by the virus, in addition, will also have to undergo dirty looks from the healthcare providers along with fellow patients. It is better to die instead of going into the isolation ward for treatment". As these quotes illustrate, a COVID-19 positive transgender person might encounter two-fold discrimination and intolerance, firstly because of their gender identity, then because of their COVID-19 positive status, which will expose them to violence and hate crimes. Their past experiences with the healthcare system might drive transgender community members feel insecure to meet doctors and treatments.

"As the world comes together, India's transgender community fights COVID-19 alone." This structurally discriminated group has been rendered even more marginalized under the double jolt of the disease and social distancing. At least one transgender person has died from the virus and many more are suffering from starvation. The indifference from the Union government and most state governments towards the queer community over medical facilities and relief during the pandemic makes them feel more helpless. The real fear is increasing stigmatization as a community.

NAYANTHARA KURIAN(I MSW)

The stray dog

I choose this title for my article because I know when I mention anything about strays I get attention. In our everyday life, we see many stray or community animals on the road around us. They are everywhere. We do not even bother to look behind how they are doing. Sometimes we can find them searching for food, coming behind us so that we can pet them. We can find all sorts of stray animals in the street. One may be friendly, one may not. One can come behind us or chase us. Ultimately it's all up to the human being on how we treat them. Some people are very friendly while some shoo them away, some people are very scared even to look at them while some throw stones at them. even some people mind their own business and move on.

The real question is are they really a threat to humankind?. Is it a crime to feed or protect the strays?. As human beings, it is our duty to protect our environment and our fellow beings. Stray animals are part of our community and if we can not do anything for their welfare at least we can leave them alone instead of harming them. As days go by, the number of animal cruelty cases are shockingly increasing. The main victims of these are dogs and cats because they are mostly connected and live close by to humans. There were recent events of a pet dog tied behind a car and dragged in Kerala which grabbed media attention. But many cases go unreported. People poison animals to get rid of them, some brutally hit them, some people kill the babies at birth or throw them away from their mum so that they don't survive. The main reason behind these cruel acts is because people think that too many strays in a locality is a curse and if not find a proper solution why not kill them. The reason for stray animals to be in a locality is because they mark it as their territory and they have a primary source of food in that area. I totally agree with the fact that children and aged people will find it very difficult to manage them because of their lack of strength and vulnerability. And some dogs
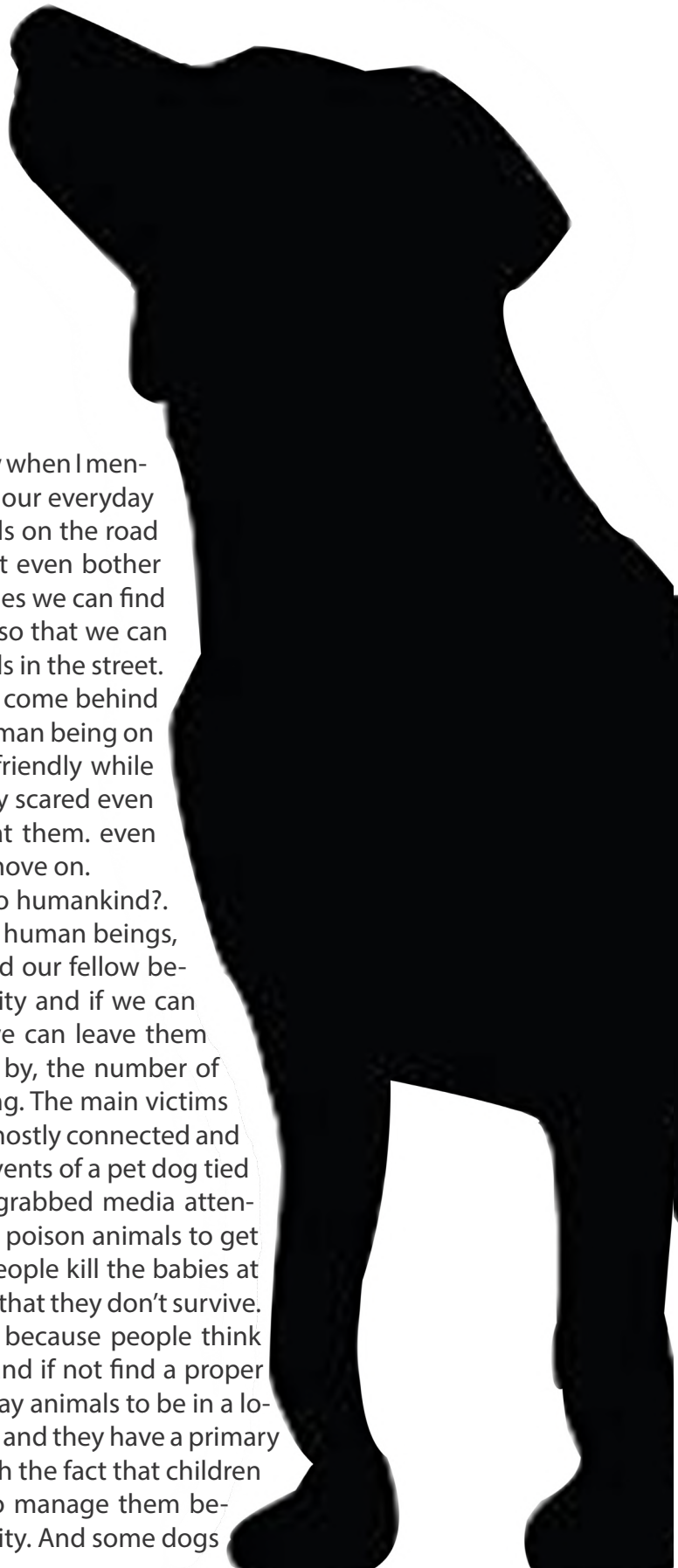
are very aggressive and tend to bite people. But why kill them? Why take a life if there are other alternatives. Nowadays there are many NGOs and Training academy's who provide training for stray animals in a locality so that instead of a curse they protect them. These people train the dogs to not run behind cars or bikes and cause accidents, jump at children but instead guard them and protect them. In the case of aggressive dogs, they take into boarding facilities and train to calm their aggressiveness and make them more socialized. There are Animal Birth Control programs done by our government to reduce the birth rates.

So what are all the steps that we can do to protect them or if you think that you want to do something good to them? The answer is very simple. Follow these steps and be the life-changer for at least one animal.

1. When you find an injured animal - Contact the nearby Ngo and pass this information with proper GPS location, photos, or videos of the injured animal. It's best advised to try and stay there until the help arrives or at least share a local contact where they can contact you for rescue if you are not available. But always remember to explain everything in detail without panicking as even tiny information can help save a life.

If you want to feed stray animals - Try to feed the animals at a fixed time and in a fixed place. Do not keep the food in the sand . By doing so you will hurt the animal unknowingly. After consuming sand continuously mixed with food it can lead to stomach and digestive problems. Try to keep the food in a food bowl or at least a paper away from a busy road and where people tend to gather. Try to give them food which is good for their health. Do not break the chain of feed as these animals will keep you as the primary source of food and if you break the feed they might starve.

3. If you find an abandoned animal in the street - First of all do not abandon your pet. They are your lifetime commitment. If you can't keep them or look after them, then don't get one. By abandoning your pet, you are pushing your pet to harsh conditions which they will not survive because of a lack of survival sense. A home animal loses its instinct of street survival as they are domesticated in early life. So if you see an abandoned pet, try calling a rescue service and help them rehabilitate.

4. Abandoned puppies and kittens - if you see abandoned puppies or kittens, first confirm that they are completely abandoned and their mom is not around. After confirmation tries to take them to a vet and foster them. If they are healthy, try asking your friends and family if they can adopt one or share their image on social media which invites adopters. If nothing works out contact the persons who are engaged in this field.

5. Animal Cruelty - if you come across animal cruelty cases like a guy brutally hitting the animal, completely exposing the animal to extreme conditions, starving the animal, etc... First, try to gather proper evidence regarding the same. Do not confront people directly. Handover the details to the authority and do a follow-up on the case.

I hope these few tips are helpful for at least a few of you. Always remember that the small steps we take can change a life forever, and the satisfaction we get from that is the biggest reward that we get after we know that at least we did something.

MEENAKSHI V MENION (I MSW)

MOVIE REVIEW

A Beautiful
Mind

"A Beautiful Mind" biographical drama film is an accurate portrayal of schizophrenia by Ron Howard, from a screenplay written by Akiva Goldsman. In part based on the biography "A Beautiful Mind" by Sylvia Nasar. A beautiful mind is kind of one of the first things that people think about when they hear schizophrenia because it's a really well-known film that was made in 2001 about a famous person, John Nash, who was living with schizophrenia. Now John Nash is a famous American Mathematician who became famous for his work around game theory. He went to school in the 1950s, and so that's when the film is kind of set in. And it kind of takes you on the journey of him being diagnosed with schizophrenia and then living with it and still trying to make his life work in a meaningful way with the diagnosis.

The movie focuses on Nash's struggle with paranoid schizophrenia during the 1940s and 1950s. While the film takes a couple of sensational freedoms with its portrayal of schizophrenia, it additionally gives a genuinely precise depiction of the illness. The viewers can follow a timeline of John Nash's life from when he entered graduate school at Princeton to study mathematics as the early symptoms of schizophrenia begin to appear and continue into the later parts of his life such as when he won the Nobel Prize while still dealing with his disability. As the timeline progresses, so does the schizophrenia which is made worse by John's supposed work pertaining to the military.

In this movie there was a scene of his spoiler alert, hallucinations that we haven't really understood yet are a hallucination. He was interacting with his hallucination like it's a real person, likes it really there. The hallucination or delusion was like it's really looking for him and it's a kind of positive influence checking in on his self-care and like if he is eaten or if he sleeps. The beginning of the movie helps establish John as a mysterious genius who seems to be introverted but progresses to show how his schizophrenia impacts him. The movie begins with John introducing himself to other math graduate students, where he tries to make jokes with good intentions but ends up offending other students and left. He also offends the other graduate students by calling their work unoriginal and talking about how he will come with an "original" idea and solve it. After this confrontation, he heads back to his room, where he meets his roommate, Charles who is supposedly a graduate student studying English. This is the first time that John's schizophrenic delusions become apparent to the audience as his room is made for one person.

Nash's schizophrenia sets in when he is in his early 20's, and this is the typical age for when the symptoms of schizophrenia begin to manifest in people, however, the symptoms did not begin for Nash until he was in his early 30's. Although his symptoms started late, they are still within the accepted range of when the onset of schizophrenia can begin, which helps portray the accuracy of the disability. The movie also takes advantage of symptoms such as delusions, reduced speaking/ "flat affect", and various cognitive symptoms such as poor executive functioning but these are all valid and common symptoms of schizophrenia as we know it (National Institute of Mental Health). These symptoms are put into effect in the beginning of the movie when Charles appears and also when John is talking to the other graduate students, although the cognitive symptoms do not appear until other key scenes in the movie. He does not speak a lot and when he does it is not with a lot of emotion, which can be attributed to the onset of his disability. However, although the symptoms are accurate, John never had delusions figures such as Charles, he suffered mostly from auditory delusions. Overall, the beginning helps accurately introduce several key attributes of schizophrenia while also attempting to keep an accurate storyline.

Symptoms typically begin in early adulthood for males and often involve a significant stressor, such as beginning graduate courses at Princeton University. The film brings Nash's paranoid delusions to life through the character of William Parcher, a fictional agent for the United States Department of Defense. Nash becomes fixated on his missions, which ultimately leads to hospitalization and psychiatric treatment. The psychosocial consequences the illness has on Nash's career and family are also a reality for many patients suffering from severe mental illness. The film highlights another important component of mental health treatment, medication adverse effects. Nash begins treatment with antipsychotic medication and experiences sedation and sexual dysfunction. He complains he is unable to think clearly and develop new areas for research, which causes him to self-discontinue his medication. After some time off the antipsychotic, his delusions return and he decompensates. While the film does an impressive job of communicating many common components of paranoid schizophrenia, there are a few inaccuracies or dramatizations. For example, the film depicts Nash's hallucinations as complex visual hallucinations, which is uncommon and most often reported as auditory hallucinations. The last scenes show the kind of quick progression of his life as he gets older and it ends with him being an esteemed professor at the university and he is taking courses and stuff too. At last, it ends with him receiving the Nobel Prize for his work on Game theory. And also a kind of progression takes place. The people living with schizophrenia have some kind of social awkwardness whether it's because they are interacting with ultimate stimuli in the mind or because it's just been harder for them to connect with other people. The depiction of paranoia was accurate.

ARATHY PRASAD (II MSW)

Well-Known Social Worker

Kailash Satyarthi

pleted an undergraduate degree in electrical engineering at Samrat Ashok Technological Institute in Vidisha [then affiliated to the University of Bhopal, (now Barkatullah University) and a post-graduate degree in high-voltage engineering.

Kailash founded Bachpan Bachao Andolan (Save Childhood Movement) in 1980 as the first people's movement for social justice, equity, education, and peace for all children in India. His interventions have transformed the lives of thousands of children working in carpet weaving, bangle making, the firecracker industry, etc. In 2007 the Global March Against Child Labour under Kailash's leadership convened the South Asian March Against Child Trafficking for forced labor, which created unprecedented awareness on the issue of trafficking of children. for forced labor.

Kailash Satyarthi has received the Parliamentarians for Global Action (PGA) Defender of Democracy Award; the Robert F Kennedy Human Rights Award (USA); the Medal of the Italian Senate; and the Friedrich Ebert Stiftung Human Rights Award (Germany), In 2014, Kailash Satyarthi was awarded the Nobel Peace Prize jointly with Malala Yousafzai for their struggle against the suppression of children and young people and for the right of all children to education

Reference

NobelPrize.org.2021.TheNobelPeace-Prize2014. <https://www.nobelprize.org/prizes/peace/2014/satyarthi/facts/>

En.m.wikipedia.org.2021. KailashSatyarthi. <https://en.m.wikipedia.org/wiki/Kailash_Satyarthi>

Kailash Satyarthi (born 11 January 1954) is an Indian social reformer who campaigned against child labor in India and advocated the universal right to education. In 2014, he was the co-recipient of the Nobel Peace Prize, along with Malala Yousafzai, "for their struggle against the suppression of children and young people and for the right of all children to education." He is the founder of multiple social activist organizations, including, Bachpan Bachao Andolan, Global March Against Child Labour, Global Campaign for Education and Kailash Satyarthi Children's Foundation.

Satyarthi was born in Vidisha, a small town in the Indian state of Madhya Pradesh into a middle-class Hindu family. He is the youngest among four brothers and a sister in his family. Satyarthi was significantly affected by the lack of school access for all children and his experiences with poverty in his youth. He made efforts when young to try to change these inequalities. Satyarthi completed his education in Vidisha. He attended Government Boys Higher Secondary School in Vidisha, and com-

NEHA MARIYA(I MSW)

The Citizenship
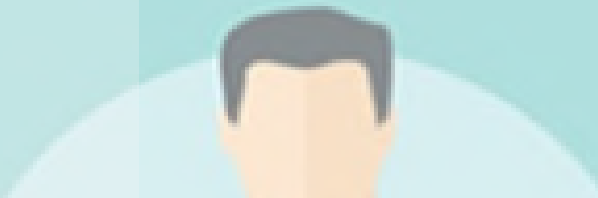
GOVERNMENT SCHEMES AND ACTS

Act, 1955

Eklavya Model Residential Schools
To provide quality education in tribal areas

The Citizenship

Act, 1955

The conferment of a person as a citizen of India is governed by the Part II of the Constitution of India (Articles 5 to 11). A comprehensive law dealing with citizenship was passed by Parliament in the year 1955 in accordance with the powers vested in it by article 11 of The Constitution of India. The Citizenship Act 1955 lays down rules for the acquisition and determination of Indian citizenship. Enacted in 1955, this act also enables people who were once citizens of India but are now citizens of another country, among others, to apply for an Overseas Citizen of India Card.

The provisions of the act broadly divided into three parts, acquisition, termination and supplemental provisions. The act provides mainly 5 modes of acquiring the citizenship of India:
1. By birth: A person born in India after 26th January 1950 would-be citizen of India except those of children of diplomats and enemy aliens cannot be citizens of India by birth. The grant of citizenship under this clause is subject to changes according to amendments in place at that time.
2. By Descent: Any person born after 26th January 1950 would-be citizen of India by descent if his father or mother is a citizen at the time of birth.

3.By registration: The Central Government may, on an application, register as a citizen of India under section 5 of the Citizenship Act 1955 any person, if s/he belongs to any of the following categories
a person of Indian origin who is ordinarily resident in India and who have been so resident for the last 6 months immediately before making an application for registration.
 a person of Indian origin who is ordinarily resident in any country or place outside undivided India.
·a person who is married to a citizen of India
·a person of full age and capacity whose parents are registered as citizens of India.
 a minor child of persons who are citizens of India
·a person of full age and capacity who has been registered as an overseas citizen of India for five year
 person of a Commonwealth country would have the status of a Commonwealth citizen in India

4. By naturalization: Citizenship of India by naturalisation can be acquired by a foreigner who is ordinarily resident in India for 12 years (throughout the period of 12 months immediately preceding the date of application and for 11 years in the aggregate of 14 years preceding the 12 months) and other qualifications as specified in Section 6(1) of the Citizenship Act, 1955.
5. By incorporation of territory. If any territory becomes part of India, the Government of India could specify the conditions for them becoming citizens.

Loss of Citizenship in India

The Citizenship Act of 1955 deals with the loss of citizenship also in addition to acquisition. Accordingly, it is carried by the following means:
1. By renunciation: Renunciation is covered in Section 8 of the Citizenship Act 1955. Any person who has made a declaration stating his willingness to renounce citizenship shall cease to be the citizen of India.
2. By termination: Termination is covered in Section

ACT

9 of the Citizenship Act, 1955. If a person voluntarily or knowingly becomes a citizen of any foreign country.
3. By deprivation.

Amendments in Citizenship Act

1. The Citizenship (Amendment) Act of 1986: The 1986 amendment stipulates that in order to be a citizen of India, one of the parents had to be an Indian citizen during the time of birth. This act specifically deals with the citizenship of the state of Assam. It mentions those illegal migrants to get citizenship to need to be registered with the Indian consulate in the prescribed format.
2. The Citizenship (Amendment) Act of 1992: According to this Act any person born outside India is considered a citizen of India by virtue of Citizenship by Descent if either of the parents was a citizen at the time of his birth.
3. The Citizenship (Amendment) Act of 2003: This Act introduces several provisions for overseas citizens regarding their registration, rights in India etc. The 2003 amendment introduced the notion of "illegal immigrants" and also mandated the Government of India to conduct a National Register of Citizens (NRC). Enacted under the then Prime Minister Atal Bihari Vajpayee, the amendment inserted Section 14A that provided for conducting headcount of Indian citizens and preparation of the NRC.
4. The Citizenship (Amendment) Act of 2005: This Act is based on the recommendations of the Parliamentary Standing Committee on Home Affairs. To accommodate the growing overseas Indian population, at the turn of the millennium, the parliament introduced the concepts of Person of Indian Origin (PIO) and Overseas Citizen of India (OCI). They were granted certain limited citizenship rights through an amendment made in 2005. It provides for dual citizenship to PIO of 16 countries.
5. Citizenship (Amendment) Act, 2015: The 2015 amendment introduced the concept of an 'Overseas Citizen of India Cardholder' (an "OCC") that essentially replaced and merged OCIs and PIOs. The merging of the two schemes provided PIO cardholders the benefits extended to OCIs, such as visa-free travel to India, rights of residency and participation in business and educational activities in the country.

6. The 2019 Citizenship Amendment Act provides for a path to citizenship for religiously persecuted minorities, namely Hindus, Sikhs, Buddhists, Jains, Parsis and Christians, from Afghanistan, Bangladesh and Pakistan, who faced "persecution or fear of persecution" in their countries and entered India on or before 31 December 2014. The Act was passed by both the houses of Parliament by 11 December 2019. The law does not grant such eligibility to Muslims from those three countries, all of which are Muslim-majority countries. The act was the first time that religion had been overtly used as a criterion for citizenship under Indian law.

References:
India legal: All you need to know about the Citizenship Act, 1955
Amendments of Citizenship Act.

ASWIN AJAYI(I MSW)

SCHEMES

Eklavya Model Residential Schools
To provide quality education in tribal areas

जन सूचना पोर्टल-2019
सशक्त नागरिक, खुशहाल राजस्थान
चयन करें / Click Here

OBJECTIVE:

To provide quality middle and high-level education to Scheduled Tribe(ST) students in remote areas,and to enable them to avail of reservation in high and professional educational courses and as jobs in government and public and private sectors. The scheme is to have access to the best opportunities in education at par with the non-ST population.

ADOPTED STRATEGY:

Comprehensive physical, mental and socially relevant development of all students enrolled in each and every EMRS. It focuses differently on the educational support to be made available to those in Standards XI to X, so that their distinctive needs can be met. Support the construction of infrastructure that provides education, physical, environmental and cultural needs of students' lives. Support the annual running expenses in a manner that offers reasonable remuneration to the staff and upkeep of the facilities.

FEATURES:

All blocks with more than 50% ST population and at least 20,000 Tribal population will have Eklavya Model Residential School(EMRS) by 2022 including 12 Eklavya Model Day Boarding School(EMDBS). EMDBS will be established wherever the density of ST population is higher in identified sub-districts/Blocks(90% or more). They are at par with the Jawahar Navodaya Vidyalayas (Schools aimed at providing high quality education to all students irrespective of their socio-economic backgrounds). These schools will have special facilities for preserving local art and culture besides providing training in sports and skill development. It has been decided to set up an Autonomous Society under the Ministry of Tribal Affairs similar to Navodaya Vidyalaya Samiti to run the EMRSs.

2)Jan Soochna Portal (JSP)-RAJASTHAN

The Portal was developed by the Department of Information Technology and Communication(DoIT&C) in collaboration with civil society and other stakeholders. It is the first of its kind system in the country and has information about 23 government schemes and services from 13 departments on a single platform. The portal provides explanation of the schemes and real time information on beneficiaries,authorities in charge, progress etc which the public can access with on their computers, mobiles or kiosks installed in villages. The initiative is inspired by the spirit of section 4(2) of Right to Information Act, 2005 i.e. Proactive Disclosure of Information". The Department of Information Technology will serve as the nodal department for the development,operationalization and maintenance of the JSP.

SANJAY S(I MSW)

CURRENT

FSSAI slashes limit for trans fat levels in foods

The Food Safety and Standards Authority of India (FSSAI) has capped the amount of trans fatty acids (TFA) in oils and fats to 3% for 2021 and 2% by 2022 from the current permissible limit of 5% through an amendment to the Food Safety and Standards (Prohibition and Restriction on Sales) Regulations. The revised regulation applies to edible refined oils, vanaspati (partially hydrogenated oils), margarine, bakery shortenings and other mediums of cooking such as vegetable fat spreads and mixed fat spreads. Trans fats are associated with an increased risk of heart attacks and death from coronary heart disease. According to the World Health Organization, approximately 5.4 lakh deaths take place each year globally because of the intake of industrially produced trans fatty acids. The WHO has also called for the global elimination of trans fats by 2023.

Faceless tax scheme

The government's faceless tax assessment scheme has managed to deliver about 24,000 final orders since its introduction in August 2020. In the Union Budget 2019, the Finance Minister proposed the introduction of a scheme of faceless e-assessment. It is an attempt to remove individual tax officials' discretion and potential harassment for income tax payers. The scheme allows for appropriate cases where a certain hearing is necessary, so then after following protocols, a hearing is given. The main objective is to remove physical interaction as much as possible.

Integrated Weapons System Design Centre

Indian vice-president recently inaugurated the Integrated Weapons System Design Centre at DRDO's Dr.A P J Abdul Kalam Missile complex in Hyderabad. The Integrated Weapon System Design facility is said to enhance the capability in design and development of command and control system for surface-to-air missile(SAM) system and ballistic missile defence(BMD) systems. Centre will give a thrust to the overall system design and evaluation methodology for state-of-the-art missile systems and will help in improving the performance of missiles. The Vice-president inaugurated a new missile technology exposition and seminar hall on the campus. The exposition will display missile technologies and weapon systems and the centre will be the backbone for outreach activities.

## Publication of Notice of Marriage Not Mandatory

The Allahabad High Court has ruled that the provision of publication of notice of intended marriage under the Special Marriage Act,1954 is not mandatory.

The court said making such publication mandatory "would invade the fundamental rights of liberty and privacy, including within its sphere the freedom to choose for marriage without interference from state and non-state actors, of the persons concerned". While giving notice under section 5 of the Act,it shall be optional for the parties to the intended marriage to make a request in writing to the marriage officer to publish or not to publish a notice under sections 6 and follow the procedure of objections as prescribed under the act.In case the parties do not make such a request,the officer "shall not publish any such notice or entertain objections to the intended marriage and proceed with the solemnisation of the marriage".

India's First Indigenously Designed & Developed Driverless Metro Car

Defence Minister unveiled India's First Indigenous-

AFFAIRS
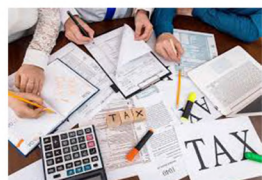
ly Designed & Developed Driverless Metro Car recently.State of the art 'Driverless Metro Car' for Mumbai Metropolitan Region Development (MMRDA) was unveiled at a function held at BEML's Bangalore Complex. MMRDA project has 63% indigenous content which will enhance to 75% in next two to three years.The Aerospace Assembly Hanger and first indigenously manufactured Tatra Cabin by BEML were also unveiled.

PM to launch Pan India Rollout of COVID-19 Vaccination drive

Indian Prime Minister will launch the pan India rollout of COVID-19 vaccination drive on 16th January, 2021. This will be the world's largest vaccination program covering the entire length

and breadth of the country. A total of 3006 session sites across all states and UTs will be virtually connected during the launch. Around 100 beneficiaries will be vaccinated at each session site on the inaugural day. This vaccination programme is based on the principle of priority groups to be vaccinated. Health Care Workers, both in government and private sectors including ICDS workers, will receive the vaccine during this phase. The vaccination programme will use Co-WIN, which will facilitate real time information of vaccine stocks,storage temperature and individualized tracking of beneficiaries for COVID-19 vaccine. The digital platform will assist programme managers across all levels while conducting vaccination sessions. COW-IN is an online digital platform developed by the Union Ministry of Health and Family Welfare

Framework For Telemedicine Use In Management of Cancer,Diabetes,Cardiovascular Disease and Stroke In India

Recently,Union Health Minister released the framework for Telemedicine use in Management of Cancer, Diabetes,Cardiovascular Disease and Stroke in India.Telemedicine with its components of tele-consultation,tele-monitoring ,tele-triage can be integrated to build continuum of care model for major Non Communicable Diseases(NCDs).The increasing burden of NCDs in India requires multi pronged interventions that can address promotive,preventive,curative,rehabilitative aspects of NCD care and management. Telemedicine can bridge and link all these aspects.It can be adapted and used by medical practitioners from primary to tertiary health care level in India, through the national teleconsultation network and other similar platforms.

Smart Anti-Airfield Weapon(SAAW)

DRDO successfully conducted captive and release trial of indigenously developed Smart Anti-Airfield Weapon(SAAW) from Hawk-I of Hindustan Aeronautics Limited(HAL) Off the Odisha Coast.The smart weapon was successfully test fired from Hawk-MK132 OF HAL.This was the 9th successful mission of SAAW conducted by DRDO till now.Indigenously designed and developed by:DRDO. This is 125kg class smart weapon,capable of engaging ground enemy airfield assets such as radars,bunkers,taxi tracks and runways etc.up to a weight as range of 100 kms.The high precision guided bomb is light weight as compared to weapon system of the same class.
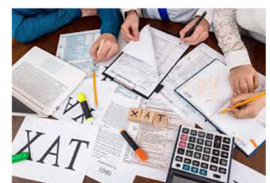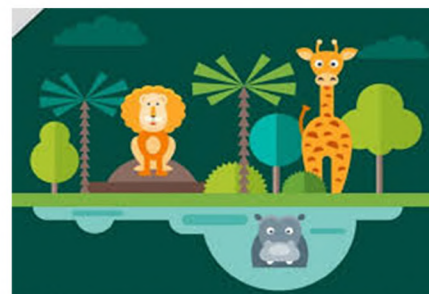
India at UN high table

India has entered the United Nations Security Council (UNSC) as a non-permanent member and it will stay on the council for two years. India has served in the UN Security Council seven times previously. In 1950-51, India presided over the adoption of resolutions calling for cessation of hostilities during the Korean War and for assistance to the Republic of Korea. In 1972-73, India pushed strongly for admission of Bangladesh into the UN. The resolution was not adopted because of a veto by a permanent member.In 1977-78, India was a strong voice for Africa in the UNSC and spoke against apartheid. Then External Affairs Minister Atal Bihari Vajpayee spoke in UNSC for Namibia's independence in 1978.In 1984-85, India was a leading voice in UNSC for resolution of conflicts in the Middle East, especially Palestine and Lebanon. In 2011-2012, India was a strong vice for developing world, peacekeeping, counter-terrorism and Africa. India chaired the UNSC 1373 Committee concerning Counter-Terrorism, the 1566 Working Group concerning threat to international peace and security by terrorist acts, and Security Council 751/1907 Committee concerning Somalia and Eritrea. New Delhi has said it is essential that the Security Council is expanded in both the permanent and non-permanent categories. It says India is eminently suited for permanent UNSC membership by any objective criteria, such as population, territorial size, GDP, economic potential, civilisational legacy, cultural diversity, political system and past and ongoing contributions to UN activities especially to UN peacekeeping operations.

5G and India

The Department of Telecommunications (DoT) has sought inputs from Telcos and other industry experts on the sale and use of radio frequency spectrum over the next 10 years, including the 5G bands. 5G is the next generation of mobile broadband that will eventually replace, or at least augment 4G LTE connection. 5G offers exponentially faster download and upload speeds. 5G will deliver multi-Gbps peak rates, ultra-low latency, massive capacity, and a more uniform user experience. All the three private telecom players, Reliance Jio Infocomm, Bharti Airtel and Vi have been urging the DoT to lay out a clear road map of spectrum allocation and 5G frequency bands, so that they would be able to plan the roll out of their services accordingly. One big hurdle, however, is the lack of flow of cash and adequate capital with at least two of the three players, namely Bharti Airtel and Vodafone Idea. On the other hand, Reliance Jio plans to launch an indigenously built 5G network for the country as early as the second half of this year. More than governments, global telecom companies have started building 5G networks and rolling it out to their customers on a trial basis. In countries like the US, companies such as AT&T, T-Mobile, and Verizon have taken the lead when it comes to rolling out commercial 5G for their users. India's National Digital Communications Policy 2018 highlights the importance of 5G when it states that the convergence of a cluster of revolutionary technologies including 5G, the cloud, Internet of Things (IoT) and data analytics, along with a growing start-up community, promise to accelerate and deepen its digital engagement, opening up a new horizon of opportunities.

National Girl Child Day

India celebrates National Girl Child Day, an initiative of the Ministry of Women and Child Development, every year on January 24. The objective is to raise awareness on the issue of declining Child Sex Ratio (CSR). The celebrations will also mark the anniversary of Beti Bachao, Beti Padhao (BBBP) scheme.Punjab has announced January 2021 to be the "month of the girl child". The scheme Dheeiyan Di Lohri has also been launched. Launched in January, 2015 at Panipat in Haryana. All India Expansion of BBBP covering all 640 districts (as per Census 2011) was launched at Jhunjhunu, Rajasthan on 8th March 2018. It is a tri-ministerial effort of Ministries of Women and Child Development, Health & Family Welfare and Human Resource Development. It is a Central Sector Scheme with 100% financial assistance for District level component and the fund are directly released to the DC/DM's account for smooth operation of the Scheme. Main Objective of the scheme is to address the declining Child Sex Ratio (CSR) and related issues of empowerment of women over a life-cycle continuum. The specific objectives of the scheme include preventing gender biased sex selective elimination; ensuring survival and protection of the girl child and ensuring education and participation of the girl child.As per the Ministry of Health, the sex ratio at birth is showing promising trends of improvement and has improved by 16 points from 918 (2014-15) to 934 (2019-20). Health percentage of first trimester Antenatal Care (ANC) has shown an improving trend from 61 per cent in 2014-15 to 71 per cent in 2019-20. The education gross enrolment ratio of girls in the schools at the secondary level has also improved from 77.45 per cent (2014-15) to 81.32 per cent (2018-19-provisional figures)

SANJAY S(I MSW)   SHERIN SUSAN JOHN(I MSW)

Internship diaries...

II MSW Students Fieldwork Details

Name	Roll No	Organisation Name
Aathira T	CB.SW.P2MSW19001	Foundation for Social health, Thrissur
Abhirami A S	CB.SW.P2MSW19002	Community health centre, Thiruvananthapuram
Aiswarya. T	CB.SW.P2MSW19003	Amrita Institute of Medical Sciences, Kochi
Ajoy Gilbert	CB.SW.P2MSW19004	Santhwana Institute of Counselling and Psychotherapy, Ernakulam
Anagha S Kumar	CB.SW.P2MSW19005	MANOMITRA, Palakkad
Arathy Prasad	CB.SW.P2MSW19006	Mehac Foundation, Kochi
ARUN JS	CB.SW.P2MSW19007	Don Bosco Snehabhavanam, Kochi
Aruna.P.K	CB.SW.P2MSW19008	MANOMITRA, Palakkad
ATHIRA E A	CB.SW.P2MSW19009	Mehac Foundation, Kochi
Athullya Sebastian	CB.SW.P2MSW19010	Bishop Vayalil Medical Centre, Idukki
Bhanoori Vasu	CB.SW.P2MSW19011	WWF India, Hyderabad
Deepthi Menon	CB.SW.P2MSW19012	Edappal Grama Panchayat (office), Malappuram District
M. Devi Meenakshi	CB.SW.P2MSW19013	Child Welfare Committee (District government office in Coimbatore, Tamil Nadu)
Emin Elsa Mathew	CB.SW.P2MSW19014	Mehac foundation,Kochi
Hari Krishnan S	CB.SW.P2MSW19015	Don Bosco Sneha Bhavan, Cochin
Harikrishnan M G	CB.SW.P2MSW19016	Don Bosco Sneha Bhavan, Cochin
Harsha R Nair	CB.SW.P2MSW19017	Vazhoor Panchayath, Kottayam
Jerry George	CB.SW.P2MSW19018	Santhwana Institute of Counselling and Psychotherapy, Ernakulam
Kannan M	CB.SW.P2MSW19019	MS Chellamuthu trust & research foundation, Madurai
Krishna Unni	CB.SW.P2MSW19020	District Women and Child Development, Ernakulam
M Kalyani Radhakrishnan	CB.SW.P2MSW19021	District Women and Child Development, Ernakulam
Nafeesathul Misriya	CB.SW.P2MSW19022	MAHIMA Counselling & Psychotherapy Centre, Valappad
Namitha Rajeev	CB.SW.P2MSW19023	Sevakiran Charitable Society, Kothamangalam
C. Nandhaa	CB.SW.P2MSW19024	Department of Psychiatry, Rajah Muthiah Medical College,
Nikhitha Prasanth K.P	CB.SW.P2MSW19025	Childline, Kasaragod
Raghav Senthil	CB.SW.P2MSW19026	Block Development Office (Udhagai), Nilgiri District
Renjima.R	CB.SW.P2MSW19027	Manomithra Psychiatric Care & Counselling Centre, Palakkad
Seetha Lakshmi. A.P	CB.SW.P2MSW19028	Dhanalakshmi Hospital, Kannur
Siddharth P	CB.SW.P2MSW19029	Gleneagles Global Health City, Chennai
Siddharth Santhosh	CB.SW.P2MSW19030	Santhwana Institute of Counselling and Psychotherapy, Ernakulam
Sruthi K	CB.SW.P2MSW19031	Mehac Foundation, Kochi
Swetha.P	CB.SW.P2MSW19032	Amrita Institute of Medical Sciences, Kochi
Raghavaditya Y.	CB.SW.P2MSW19033	WWF - World Wide Fund for Nature, Coimbatore

NAME   :   C.NANDHAA
ORGANISATION : Department of Psychiatry, Rajah Muthiah Medical College, Annamalai University, Annamalai   Nagar,C.Kothangudi, Tamil Nadu

" A 31 year old female graduate, living along with his daughter who is 13 years of age, abandoned by spouse, in law's and parents,came to the Outpatient unit for the problem of sleeplessness for about 5 days.

Then, as a Psychiatric Social Work trainee, I started talking with her about the presenting complaints, the cause and consequence of sleeplessness. She told me that her spouse and parents abandoned her before 10 years and she was living individually,

she is in fear about the future of her child, unable to meet needs because of low income.

She is planning to move to Chennai the next day with her child to seek job opportunities. She came here to consult whether she was having any mental health issues.

I listened to her actively, with full attention to her, with eye to eye contact. Observed her non verbal communication, body gestures. She was emotionally affected by her situation and lack of social support and economic crisis is the main cause of her sleeplessness.I made her understand about her situation, that because of the psycho social factors she was unable to have peaceful sleep.

I provided education about issues of Girl Children and women in present society, the unsafe conditions prevailing in all sectors for women.,I facilitate her to decide on certain solutions that we discussed.

1. Referring her to One Stop Centre in Cuddalore District, where she can get all sorts of help from Professionals. As she is a woman, it will be convenient for her to open up to a woman freely and can get help for medical, psychological, police as well as

legal support.

2. Referring her to Private organisations, where she can get help from Professionals.

3. Referring to her companies or shops where she can get a job with a considerable salary.

The decision was given to her and the client decided to get help from the One Stop Centre.

The contact address of the agency has been given to the client. The agency professionals were contacted and information regarding the client was given to them and requested for guidance.

The client left the hospital with confidence and satisfaction. The follow up was carried out after one week. She said that they provided counselling and they guided her for a job with a considerable salary and supported her in all ways.

 By this the Psychiatric Social Work trainee is able to gain experience in counselling, psycho Education, practicing principles, techniques and skills required for the profession".

C Nandhaa
IIMSW

NAME　　　　　: RAGHAVADTHIYA Y.
ORGANISATION : WWF - World Wide Fund for Nature, Coimbatore

WWF – Coimbatore has been working in Satyamangalam forests in the area of environment conservation.

Satyamanagalam forests have a lot of 'Lantana' growth which spreads across the major portion of the forests.

WWF has been working in this area and has done a lot of research

As part of my internship, I was instructed to work on analyzing the data collected from Sathyamangalam (77

Villages in Core & Buffer area) on understanding the present level of awareness among different age groups on

"I was also asked to do the review of the literature and observe if any similar research has been done before
   and also research related to the environment awareness.

I was also asked to go through various environmental magazines and E-NGOs annual reports to understand
their strategies and what kind of work they have been doing in the conservation of the environment.

Then I had done the interpretations and helped the team in writing the report on a strategic plan for imple-

mentation of Environment Education which will help in creating an impact among the community.

Also design an effective strategy for the conduct of environmental awareness programs among various groups

within the local communities in and around Sathyamangalam.

I understood that the data collected from various target groups mainly focused on three aspects i.e., Atti-
tude-Knowledge-Participation."

Raghavadthiya Y.
IIMSW

NAME   :   HARIKRISHNAN M.G
                     ARUN J S
                     HARIKRISHNAN S
ORGANISATION :   Don Bosco Snehabhavanam, Kochi

The social work trainees got the opportunity to organise a skill development program on cookie making for the children of Don Bosco Sneha Bhavan, palluruthy, kochi on 20th January 2021. It was a CSR project of IBS technologies. In the program10 children were chosen and were given training by Mr. Gireesh who is a leading chef of Zuri Resorts, Kumarakom . As Don Bosco Sneha Bhavan is a shelter home for the children in need of care and protection, which includes orphans, street children, children who have family problems etc, this program aims at making such children self-reliant and make them equipped to live a normal life as others. They also got future plans to start a cafe adjacent to the organization so that the cookies and other products can be easily marketed. We were given the complete freedom to choose the most appropriate trainer for the event and to make the necessary arrangements for the smooth conduct of the program. The children were given hands-on training in baking 5 different types of cookies which includes vanilla cookie, choco chip cookie, coconut cookie, masala cookie and mustard cookie. The children were very excited to learn the process and were successful in their objective. The training was a one day event and the program ended at 5 in the evening. Two days later the children were able to make the cookies on their own which shows the effectiveness of the program. The social work trainees had an impeccable experience by conducting such a program, we also made a good video documentary of the event, which had got great appreciation from the organization

-Harikrishnan M G, Arun J S, Harikrishnan S.

IIMSW

NAME   : SIDDHARTH P
ORGANISATION : Gleneagles Global Health City, Chennai

.

"Given a chance in training as an intern in Gleneagles Global Health City for a month, duration provided an enormous opportunity for me to explore the diversity of the patients and their varying crisi. It turns out the patients reaching the facility are in the most perilous situation of their health. Being associated with the Department of Hepatology and Department of Nephrology under the Coordinators of the respective departments the bystanders of the patients are the most hard hit with trauma of their next of kin. There are cases where there is a lethargy within patients in both the departments due to negligence on a very low degree of health habits and mistaken with a mythical assumption of having abundant supply of organs to transplant which resulted in piling up of patients. To consolidate the experience the training helps in developing patience in counselling the attenders to guide the donors, dependants and the patients about the whereabouts of the procedures to be undergone was a vital source of professional experience gained."

-Siddharth P

llnd MSW

NAME   : AATHIRA T
ORGANISATION : Foundation for Social health, Thrissur

KAVAL PROJECT

Problems children face at various levels are beyond their coping. This will induce multiple stressors among children wherein they adopt wrong ways of coping, which will be manifested as behaviour problems and ends up in the child coming into conflict with law.

I interned at 'Foundation for social health' NGO based at Thrissur, but I worked under the "KAVAL" project.

KAVAL is an innovative program implemented by the Government of Kerala through the Department of Women and Child Development with technical support from Dept. of Psychiatric Social Work, NIMHANS, Bengaluru. A systematic and structured methodology is developed in the state to support children in conflict with law thereby reducing the potential danger of being labelled and isolated from society. This reduces the chances of the child being absorbed to antisocial gangs and causing potential harm to society. Identifying children at high risk at a young age and supporting them by providing holistic care through psychosocial intervention would help children to keep away from unlawful activities.

KAVAL is a community based approach to reach out to children in bail and provide psychosocial interventions through trained social work professionals in NGOs by entering into a working partnership with the Non-Governmental organisations. The psychosocial care model was developed and implemented through a five tier approach comprising:

Sensitization of stakeholders

Stakeholders resource building through training of the trainers program

Staff resource building through hand holding training

Implementation of the program at individual, family school and community level

Referral

Moreover as an intern, I was a part of the project for the past 1 month. Since the project mainly focuses on the CCLs, the important principle that has to be maintained is "Confidentiality". Labelling children as CCL itself was against the project because it will defame the children. Thus, photograph reporting was totally against the project norms and rules.

The works I have done there involves:

Social Case work

One child will be selected according to the intensity of the problem they are facing and the case work along with a sort of counselling had been given.

Social Group work

The project demands group work with the children, to understand their past, present and how they wish their future would be.

Research

A quantitative research conducted on "A study on Socio-economic status of the CCLs" was conducted.

Visits to Children's Home and JJB

Every Friday and Saturday, the trainee has to visit JJB for understanding and to report the case procedures of the children.

 Home Visits

Trainees has to go to houses of children, to understand their family background,

etc. through one-on-one interaction with families.

Administrative works

Documentation of NGO activities and filing of documents as a part of NGO staff was also done.

Group work documentation

The documentation mainly involves entering about their instances in life and the emotions connecting those. The group work mainly deals with emotional scaling with life situations, family portraits drawing, clay modelling etc. The intention of group work is to identify the child's mental and emotional state of being.

 2 Day training camp on "Life skills Training"

To provide Life skills training for children in conflict with law (CCL) under 'KAVAL' project. To make them aware about 10 life skills through group work Activities.

Aathira T
IInd MSW

INTERNSHIPS

Educate India Campaign

INDIA Redefined
http://indiaredefined.org/
Work from Home
START DATE: Immediately
DURATION: 4 Months
STIPEND: Unpaid
APPLY BY: 2 Feb' 21
About the Internship: Help in organizing vocational training workshops, Imparting computer usage and literacy to underprivileged people, Providing free tuition to children of illiterate parents.
Only those candidates can apply who:
1. are available for the work from home job/internship
2. can start the work from home job/internship between 18th Jan'21 and 22nd Feb'21
3. are available for duration of 4 months

Green India

INDIA Redefined
http://indiaredefined.org/
Work from Home
START DATE: Immediately
DURATION: 2 Weeks
STIPEND: Unpaid
APPLY BY: 2 Feb' 21
About the Internship: Get involved in all projects & activities promoting greenery, environment sustainability, pollution reduction, etc.
Only those candidates can apply who:
• are available for the part time job/internship
can start the work from home job/internship between 18th Jan'21 and 22nd Feb'21
• are available for duration of 2 weeks

Clean India

INDIA Redefined
http://indiaredefined.org/
Work from Home
START DATE: Immediately
DURATION: 2 Months
STIPEND: Unpaid
APPLY BY: 2 Feb' 21
About the Internship: Group Cleaning of uncleared garbage at public places, motivating the local slum dwellers to participate, Zoo clean up.
Only those candidates can apply who:
1. are available for the work from home job/internship
2. can start the work from home job/internship between 18th Jan'21 and 22nd Feb'21
3. are available for duration of 2 months

Shreshtha Bharat Foundation

http://sbfindia.co.in/
Work from Home
START DATE: Immediately
DURATION:1 Month
STIPEND: Unpaid
APPLY BY: 2 Feb' 21
About the internship:
Contact NGO for collaboration, Perform Volunteering activities, campaign and raising funds.
Only those candidates can apply who:
1. are available for the work from home job/internship
2. can start the work from home job/internship between 19th Jan'21 and 23rd Feb'21
3. are available for duration of 1 month

Youth Empowerment Foundation

https://www.yefindia.org/intern-search/
Work from Home
START DATE: Immediately
DURATION: 1 Month
STIPEND: Unpaid
APPLY BY: 2 Feb' 21
About the internship: Perform Volunteering and promotional activities, raising funds.
Internship opportunities are available for university students.
Only those candidates can apply who:
1. are available for the work from home job/internship
2. can start the work from home job/internship between 19th Jan'21 and 23rd Feb'21
3.are available for duration of 1 month

Badlav Seva Samiti (NGO)

https://badlavsevasamiti.org/
Work from Home
START DATE: Immediately
DURATION: 1 Month
STIPEND: 1000 /month + Incentives
APPLY BY: 1 Feb' 21
About the internship: Promoting NGO initiatives, raising funds and campaigns.
Only those candidates can apply who:
1. are available for the work from home job/internship
2. can start the work from home job/internship between 18th Jan'21 and 22nd Feb'21
3. are available for duration of 1 month

Goonj Grassroots Fellowship 2021-22

https://goonj.org/
Location: Delhi, Bhilai, Bihar, Rajasthan, Maharashtra
START DATE: 1 Jan - 31 Jan' 21
DURATION: Not Provided
STIPEND: 10000 /month
APPLY BY: Not Provided

About the internship: Goonj Grassroot Fellowship is a year-long program, where fellows will be working in various areas by engaging with the communities on ground.
Only those candidates can apply who:
1. are available for full time (in-office) internship
2. have relevant skills and interests

Draft Craft International

Mumbai, Maharashtra
http://www.draftcraft.org/

About the internship: Assisting in DraftCraft's key women/ gender rights projects, conducting research, gathering information and writing reports, Making field visits as and when required.
Only those candidates can apply who: • are available for full time (in-office) internship • are available for duration of 2 weeks
Email: join@draftcraft.in

UNDP India

https://www.in.undp.org/content/india/en/home/jobs.html

About the internship: UNDP provides opportunities for a small group of outstanding university students to undertake an internship at the UNDP office in India. Internships run for a minimum of 6 weeks to a maximum of 6 months. Please indicate your area of interest in the subject line of your application. Only shortlisted candidates will be contacted.

How to Apply: Apply directly through the official site selecting the appropriate Internship listed as per your online.

PLAN India

https://www.planindia.org/get-involved/work-with-us/internship/
About the internship: *to abide by our Safeguarding Children and Young People Policy to protect children from any harm and abuse*Willing to promote rights of girls & children to learn, lead , decide & thrive*Committed to contribute to the community on their own free will without expectations of monetary rewards.
Who can apply:
*Any student who has a requirement of internship in the course curriculum can apply for Internship along with a letter from college.
* Ideally minimum of 15 days and maximum of 6 months or as per project /programme need.
Drop your updated resume highlighting your interest area, skill set, duration and location to Volunteers.Intern@planindia.org"

PARAM KUMAR SINGH
(I MSW)

MSW JOB OPPORTUNITIES

1.Kalsun Groups
Chennai

Post- public relation officer
Fresher's can also apply
Email id – hr.kalsungroups@gmail.com
Consolidated pay per year- 100,000.00- 250,00.00/-

2. Piramal swasthya
Jharkhand

Post- counselor for mobile medical unit
Pay per month- 13000/-
Experience – 1 year in counseling

3. National institute of immunohematology [NIIH]

Mumbai, maharashtra
Vacancies- 13
Post - medical social worker [MTS]
Website- https://www.niih.org.in
Pay per month- 36000/-

4.Prism manpower services
Navi, Mumbai
Post - social worker social activist
Pay per year - 2 lac - 3 lac
Mail id - prismmanpower@gmail.com

5. SURGUJA DISTRICT

Vacancies - 1
Post - social worker
Website - https://surguja.gov.in
Pay per month -480000/-

6.Labour India Collage

Pala, Kottayam
Post -professor
Experience - 1 year
Pay per month- 20000/- 35000/-

7.Srishti innovative

Thiruvananthapuram
Post- social worker
Pay per month- 10000/-
Website- www.srishti.com

SREELAKSHMI JAYPRAKASH
(I MSW)

February 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Indian coast guard day	2 World wetland day	3	4 World cancer day	5	6 International day of zero tolerance to female genital mutilation
7	8	9	10 World pulses day	11 World unani day	12 National productivity day	13 World radio day
14 International mother language day	15 World thinking day	16	17 Central excise day	18	19	20 World day of social justice
21 World NGO day	22	23	24	25	26	27

ALUMNI CORNER

Name
Raghavan T V N

Roll Number
CB. SW. P2MSW10011

Batch
2010-2012

Mobile number
09176048189

Email address
raghavan.tvn@gmail.com

Present organization details
DSV Air & SEA LOGISTICS

Job title
Asst. Manager

How was your life at Amrita?
The life at Amrita was just awesome. Memories from Amrita are always in my thoughts. Learnt a lot, understood about Life. We enjoyed a lot, had more fun, built our contacts which still persist. I can never forget those two years in my life. Missing those a days a lot.

What are the key skills that you learned at Amrita helped your career?
I got a great opportunity to present papers, took seminars in Amirta which still helps me in my profession. We learnt how to mingle with people and society.

How is the current scope of Social Work?
The current scope is very good in India and we have got many opportunities.

What message you would like to give for the current MSW students?
Decide your specialisation, fix your field, learn about the field well, experience will gain everything that you require. Never have money or salary in your mind while you start your career.

What are your key responsibilities in the present job?
I am into taxation and payroll. Taking care of indirect taxation and payroll of the company. I am a part time counselor and practicing counselling.

Who is/are your inspiration?
My inspiration is Dr. Sowndaram of Amrita who taught me a lot.

Any other thing you would like to share?
Have fun, Learn well

UGC NET (DECEMBER 2014)
SOLVED QUESTION PAPER (PAPER-2)

1. The Life Model (Ecological) of social work practice is best associated with
(A) Walter Friedlander
(B) Mary Richmond
(C) Carel B. Germain
(D) Florence Hollis

2. Contradictory demands of the same role is termed as
(A) Role strain
(B) Role playing
(C) Role conflict
(D) Role twisting

3. Dementia is a
(A) Neuro-Psychiatric problem
(B) Mental health problem
(C) Dermatological problem
(D) Cardio-vascular problem

4. Social activist and Magsaysay award winner Mr. Deep Joshi is best associated with
(A) Tribal Welfare
(B) Child Welfare
(C) Family Welfare
(D) Youth Welfare

5. To evaluate another culture according to the standards of one's own culture is
(A) Material culture
(B) Ethnocentrism
(C) Non-material culture
(D) Xenocentrism

6. Which one is not the assumption of social case work ?
(A) Every human being is to be respected
(B) Every human being can change
(C) Every human being has some work
(D) Every human being is an artist

7. According to Durkheim "Human agency" is constrained by
(A) Political process
(B) Social structure
(C) Economic resources
(D) Agency of other actors

8. Reproductive and Child Health Programme (RCH) in India was launched in year
(A) 1997
(B) 2001
(C) 2003
(D) 2006

9. GDI stands for _____
(A) Growth Development Index
(B) Gender Development Index
(C) Growth related Development Index
(D) Gender related Development Index

10. Which of the following is not a correct match?
(A) Functional Model – Jessie Taft
(B) Problem-solving Model - Perlman
(C) Client-centred Therapy – Carl Rogers
(D) Reality Therapy – William J. Red

Answer: 1. (C), 2. (A), 3. (A), 4. (A), 5. (B), 6. (D), 7. (B), 8. (A), 9. (D), 10. (D)

PARAM KUMAR SINGH
(I MSW)

Contact:
Dept. of Social Work
Amrita Vishwa Vidyapeetham
Amrita Nagar (P.O)
Coimbatore - 641 112. Tamil Nadu-INDIA
Email: msw@amrita.edu , mswudaan@gmail.com,
Website: https://www.amrita.edu/school/socialwork
Like us at facebook https://www.facebook.com/mswamrita
Instagram : Amrita Dept of SocialWork
Subscribe at : www.youtube.com/mswamrita

Disclaimer