

AMRITA UDAAN



A LEAP FORWARD

Monthly Newsletter

MARCH 2022

Volume 04 Issue 03

“While carrying responsibilities, never forget to smile.”
— Amma (Mata Amritanandamayi Devi)



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MARCH 2022

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DEPARTMENTAL ACTIVITIES



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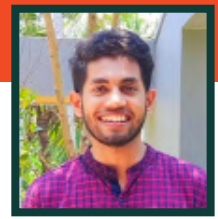


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DEPARTMENTAL ACTIVITIES

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ANUSHREE M KRISHNAN
(I MSW)

ABOUT AMRITA UDAAN

Amrita Udaan is the monthly newsletter of the Dept. of Social Work. It is completely managed by the students under the guidance of the Faculty. It mainly 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 UGC-NET. The contents are contributed mainly by the students, alumni and faculty members. It is successfully publishing every month from October 2019.

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Webinar on 'Community Mental Health during the Pandemic'



AMRITA VISHVA VIDYAPEETHAM Department of Social Work Coimbatore Campus

LIVE WEBINAR
On the Topic:
Community Mental Health during the pandemic

Speaker:
Dr. Manoj Kumar
Psychiatrist,
Clinical Director of MHAT

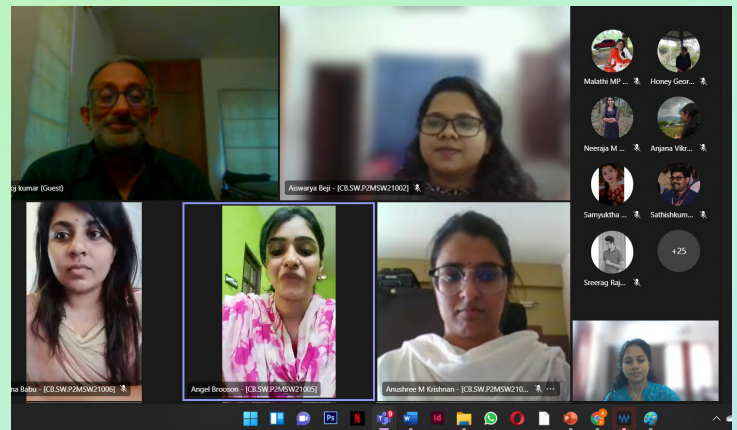
Student Team : Scarlett
Abhirami Shaj
Aishwarya Beji
Alka D
Anjana Babu
Angel Brooson
Anushree M Krishnan

Faculty in Charge
Dr. S Kanagaraj

4th March 2022 FRIDAY
11:30 am - 1:10 pm IST

Via M S Teams

Date: 04/03/2022 (Saturday)
Platform: Microsoft Teams
Time: 11:30 A.M to 12:30 pm
Number of Participants: 38
Resource Person: Dr. Manoj Kumar



On the 4th of March, at 11:30 AM, the group Scarlett conducted a webinar on the topic 'Community Mental Health during the Pandemic'. The speaker invited to the session was Dr. Manoj Kumar. The Webinar was initiated by course faculty, Dr. S Kanagaraj as part of the Community Development curriculum. Team Scarlett of 1st year MSW conducted this webinar. The team consisted of Ms. Abhirami Shaj, Ms. Aishwarya Beji, Ms. Alka D, Ms. Angel Brooson, Ms. Anjana Babu, Ms. Anushree M Krishnan. The program started with the prayer and followed by the welcome speech. Mr. T Sathishkumar felicitated the guest speaker and encouraged the students with his words and mentioned how webinars could help in community organisation and social work. The resource person, Dr. Manoj Kumar, was then introduced by the students. He is the director and founder of Mental Health Action Trust (MHAT). The organisation provides mental health care to the underprivileged sections in Kerala by adopting a unique model that engages a local community. For his contribution to mental health, Dr Manoj Kumar was awarded the prestigious Ashoka award.

After his introduction, Dr. Manoj Kumar started the session about 'Community Mental Health in the Pandemic', but first, he spoke of his organisation. Since its establishment thirteen years ago, the organisation has helped about 6000 clients. Targeted towards the extremely underprivileged, services are provided free of cost and made as understandable as possible. Treatment includes not only medication but also psy-

cho social intervention, rehabilitation, and livelihood generation. Dr. Manoj Kumar spoke of the prevalence of mental health issues before the pandemic. Mental health issues were worse amongst the differently-abled and women, which include genetic, environmental and nutritional problems.

The topic was then brought to how the pandemic brought about new fears due to social isolation, fear of disease and loss of family. Dr. Manoj also mentioned how mental health problems were now being openly spoken about, compared to before. He followed it up with a discussion about the development and working of the trust. The trust made sure to include decentralisation, volunteering, task sharing, and technology. These are incorporated with video conferencing, data base, mobile app and generation of e-prescriptions. Coping with the COVID pandemic, clients were taken care of via online sessions. Regulations for mental health during the pandemic include being kept well informed, regulating screen time and social media as well as having a routine. Dr Manoj, concluded the session by providing general recommendations on the pandemic. It was followed by the question answer session in which a few students raised questions and their queries were answered by the speaker. The session was then officially closed with the vote of thanks.



AISHWARYA BEJI
(1 MSW)

Webinar on 'NGO Sector Today: Aspirations and Reality'



Department of Social Work
Coimbatore Campus



A live webinar

NGO SECTOR TODAY: ASPIRATIONS AND REALITY

Saturday
5th MARCH 2022
10AM- 11AM
Via MS Teams

Student Team:
Honey George
Hridhi S Shibu
Meenakshi Jayaprakash
Megha Narayanan
Malathi MP
Nayana I

Faculty in Charge :
DR. S. KANAGARAJ

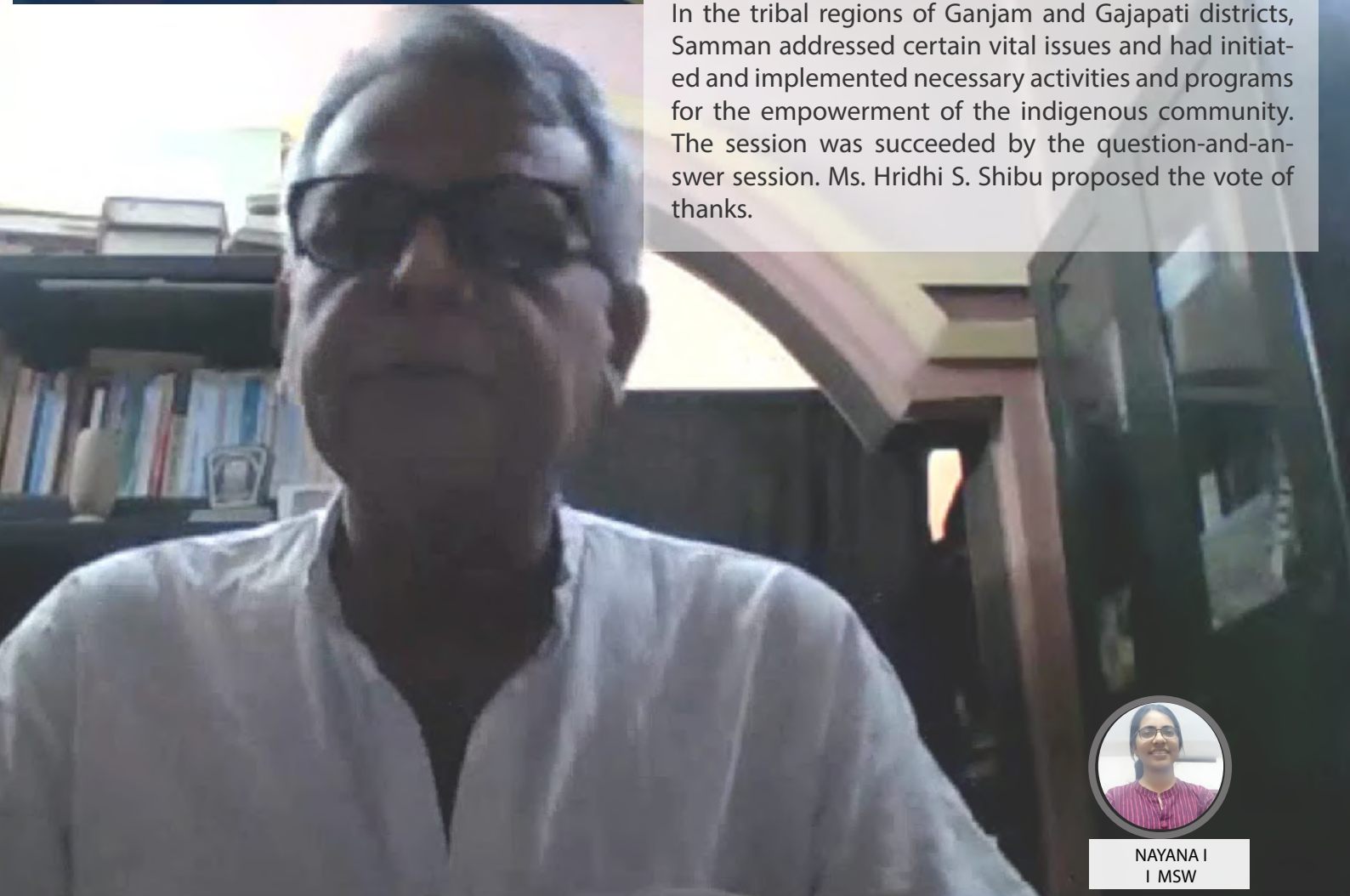


Speaker :
Sailendra Narayana Pattnayak
Tribal Rights Activist

On the 5th of March, 2022 a webinar was conducted on the topic "NGO Sector Today: Aspirations and Reality" by the team 'Hexagon' whose members were Ms. Honey George, Ms. Hridhi S. Shibu, Ms. Meenakshi Jayaprakash, Ms. Megha Narayanan, Mrs. Malathi M.P. and Ms. Nayana I. Dr. S. Kanagaraj was the Faculty Coordinator of the programme. The resource person invited was Mr. Sailendra Pattnayak, a Tribal Rights Activist who is also a Gandhian. The programme was conducted for an hour from 10 am via Microsoft Teams.

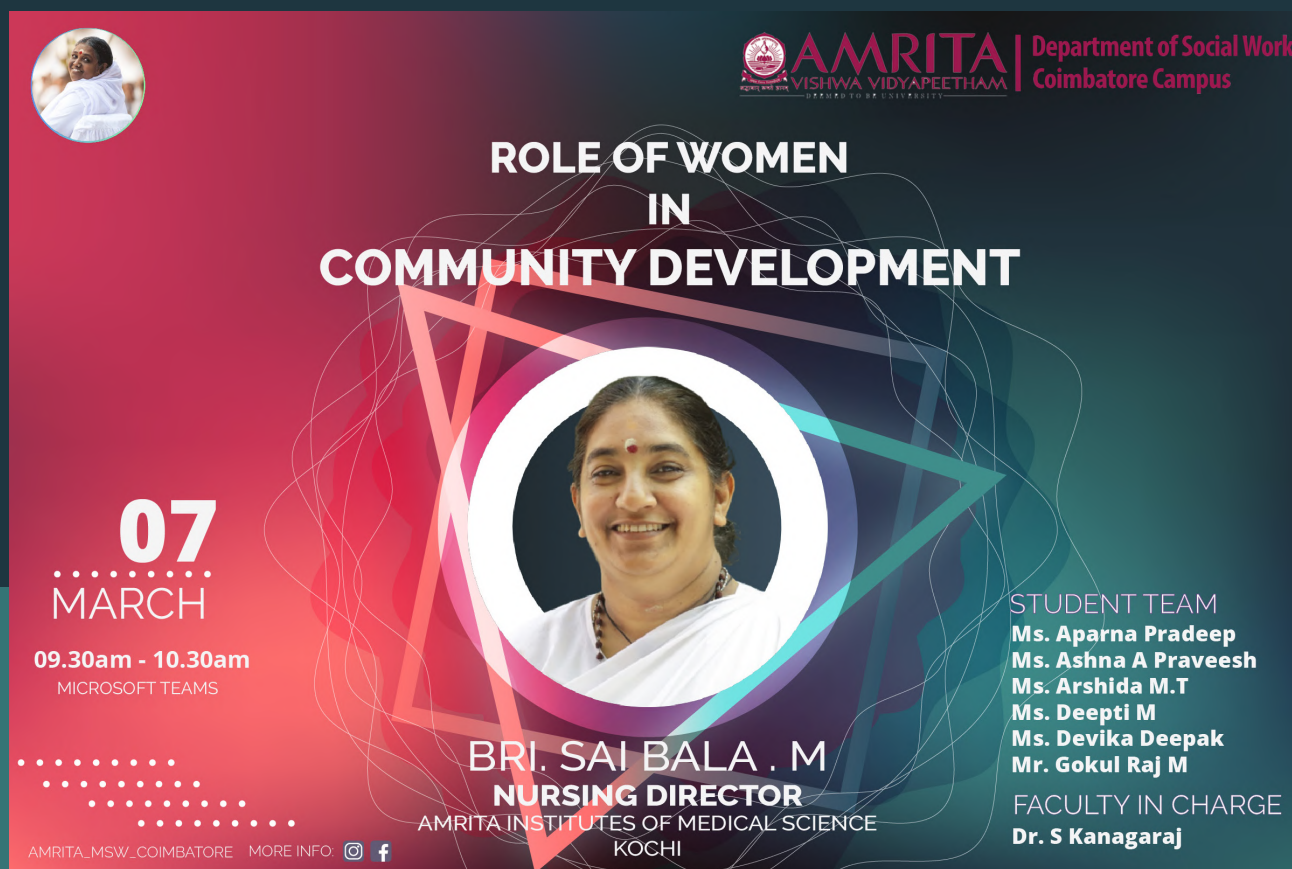
The Master of the Ceremony was Ms. Nayana I who officially declared the beginning of the programme. Mrs. Malathi M.P. was invited for prayer followed by the welcome address by Ms. Nayana I. The felicitation address was given by Dr. K. Umamaheshwari, Assistant Professor of the Department of Social Work. Introduction about the resource person was given by Ms. Meenakshi Jayaprakash after which the resource person was handed over the platform.

Mr. Pattnayak is a Founder Member Secretary of Samman, a leading organisation of Southern-Odisha between 1985 to 2012. He has shouldered many responsibilities. In the tribal regions of Ganjam and Gajapati districts, Samman addressed certain vital issues and had initiated and implemented necessary activities and programs for the empowerment of the indigenous community. The session was succeeded by the question-and-answer session. Ms. Hridhi S. Shibu proposed the vote of thanks.



NAYANA I
I MSW

Webinar on 'Role of Women in Community Development'



ROLE OF WOMEN IN COMMUNITY DEVELOPMENT

07 MARCH
09.30am - 10.30am
MICROSOFT TEAMS

BRI. SAI BALA . M
NURSING DIRECTOR
AMRITA INSTITUTES OF MEDICAL SCIENCE
KOCHI

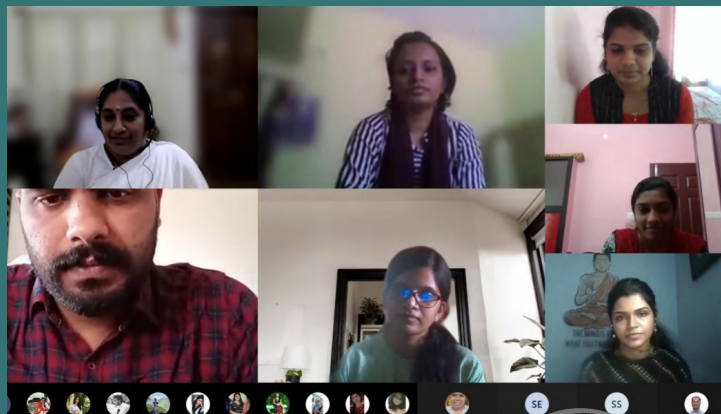
STUDENT TEAM
Ms. Aparna Pradeep
Ms. Ashna A Praveesh
Ms. Arshida M.T
Ms. Deepti M
Ms. Devika Deepak
Mr. Gokul Raj M

FACULTY IN CHARGE
Dr. S Kanagaraj

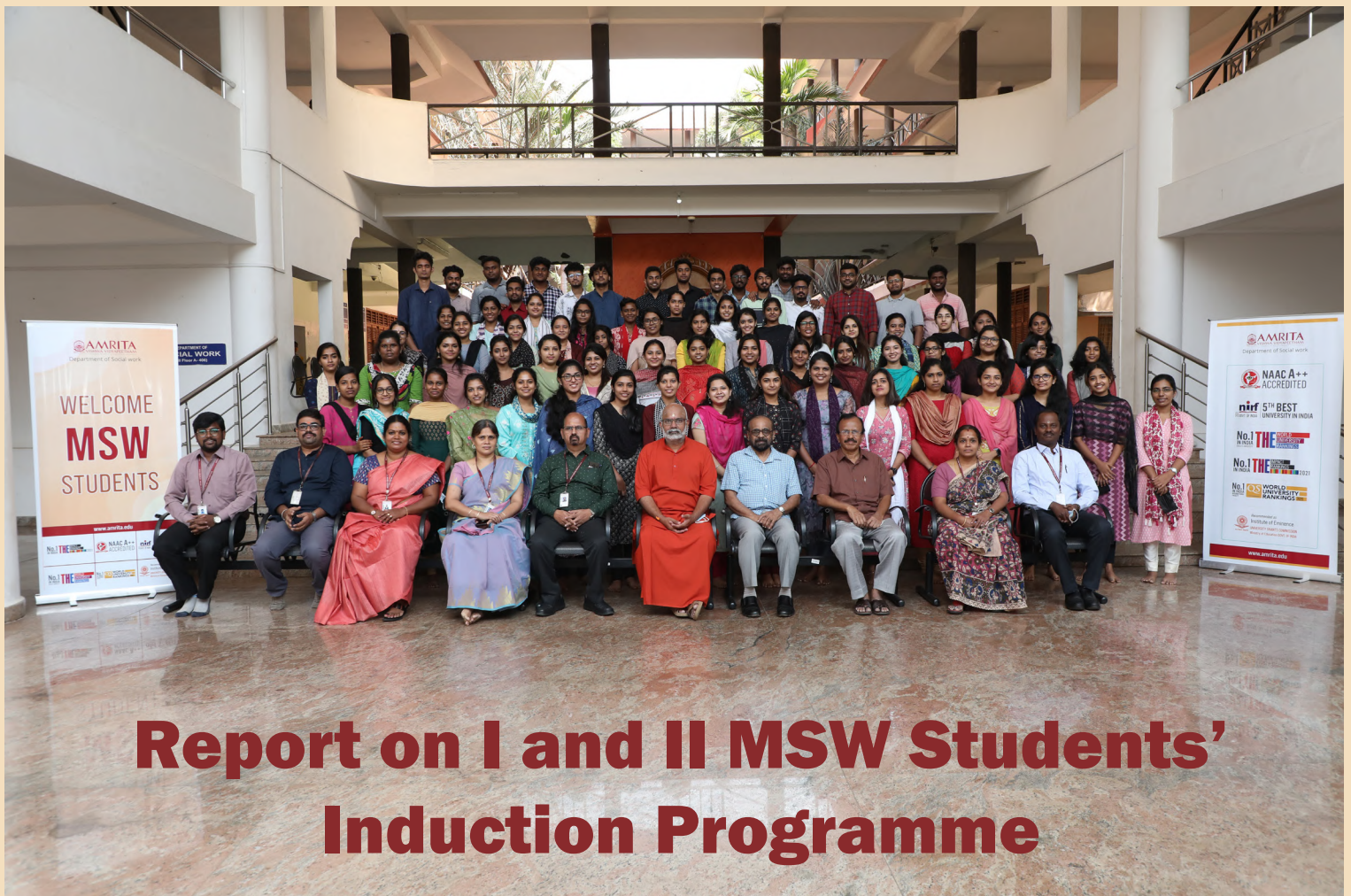
AMRITA_MSW_COIMBATORE MORE INFO: @ f

On 07th March 2022, a webinar on 'Role of women in community development' was conducted to provide exposure and develop organising skill in 1st year MSW students initiated by course faculty, Dr. S Kanagaraj as a part of community development curriculum. Team Spotlight, which consisted of Ms. Aparna Pradeep, Ms. Ashna A Praveesh, Ms. Arshida M.T, Ms. Deepti M, Ms. Devika Deepak, Mr. Gokul Raj M, conducted this virtual webinar. The members were dedicated and came up with a perfect organising plan and agenda to conduct the webinar successfully under the guidance of Dr. S Kanagaraj. Bri. Sai Bala M, Nursing director of Amrita Institutes of Medical Science, Kochi was the resource person for the webinar. The master of ceremony was Ms Aparna Pradeep. The webinar commenced with a prayer song by Ms Arshida M.T. The welcome address and resource person introduction was given by Ms. Ashna A Praveesh and Ms. Deepti M respectively. Dr. S Kanagaraj felicitated the gathering. The resource person started the session by explaining the role of women in the community from her experiences in her family. She exemplified her experiences of childhood and about her life journey also. She took the webinar as an interactive session. Participants were given a chance

to raise questions and clarify their concerns and issues. The vote of thanks was given by Ms Devika Deepak at the end of the session. A total of 38 participants including faculty members attended the session. Participants filled out the feedback form and 85% of the feedback was above very good which was a token of appreciation for the organising team to conduct more webinars in near future.



APARNA PRADEEP
(I MSW)



Report on I and II MSW Students' Induction Programme

After a prolonged period of attending online classes due to the pandemic, the students were able to come to the campus as the classes turned face-to-face. A magnificent induction ceremony was conducted by the Department of Social Work to welcome all the students of the department to the campus. The event was conducted on 10th March 2022, in the Communication Lab at 9: 00 A.M. Swami Ajamritanandapuri, Dr. S. Gurudoss and Dr. J. Paranjothi Ramalingam were the guests who graced the occasion. Dr. P. Rangasami, Chairperson of the Department of Social Work, delivered the welcome address. The inaugural address was by Mr. V. S. Varunanvelu, Assistant Professor of the Department of Social Work.



Swami Ajamritanandapuri Addressing the gathering.



Swami Ajamritanandapuri lighting the lamp.



Cheif Guest , Dr. Gurudoss sharing his valuable input.



Guest of Honor, Dr. J. Paranjothi Ramalingam gracing the occasion.

Swami Ajamritanandapuri is a senior monk who has played key roles in various social welfare activities of Amritanandamayi Math. He spoke from his experience about how a responsible social worker should be. It was indeed a great opportunity for the students to see the stalwarts like Dr. J. Paranjyoti Ramalingam and Dr. Gurudoss whose efforts played a pivotal role in the efficient functioning of the Department of Social Work at Amrita Vishwa Vidyapeetham, Coimbatore. The vote of thanks was proposed by Dr. S Kanagaraj, Assistant Professor of the Department of Social Work. The students were distributed refreshments after the programme and a group photo was taken of all students and members of faculty.



Dr. P. Rangasami, Chairperson of the Department of Social Work, delivering the welcome address



NAYANA I
I MSW

Report on Field Visit to Tribal Research Centre at Nilgiri, Tamil Nadu



On 12th March 2022, Department of Social Work, Amrita Vishwa Vidyapeetham, Coimbatore, organised a field exposure trip to Tribal Research Centre, Nilgiri district, for the 1st year MSW students as a part of the student induction programme. The Tribal Research Centre acts as an integral part of the planned development of the indigenous community. The district of Nilgiri has a presence of six Particularly Vulnerable Tribal Groups identified by the Government of India like Todas, Kotas, Irulas, Kurumbas, Paniyans and Kattunayikars. They have inhabited the place since ages in Nilgiri mountain range of Western Ghats.

The Tribal Research Centre at Nilgiri district is one of the oldest of the fourteen Tribal Research institutes in India. The relevance of Tribal Research Centre is very much identified as 'Tribal Excellence Institute'

for the welfare of the thirty-six Scheduled Tribes of Tamil Nadu.

During the visit, 35 1st year students were accompanied by Mr. V S Varunanvelu, class advisor and Assistant Professor, Department of Social Work, and Mrs. Ambika B, Secretary, Department of Social Work.

On visiting the Tribal Museum, Mr. Varunanvelu gave the students a detailed description about the tribes' varied culture, food habits, festivals, architectural brilliance, customs, rituals and traditions with the help of videos shown related to all the tribes in Nilgiri. The field trip gave the students a glimpse into the various approaches and interventions that the social workers are to be aware of and that are to be adopted while working for the empowerment of the tribal community.



Screening of documentaries at Tribal Research Centre.

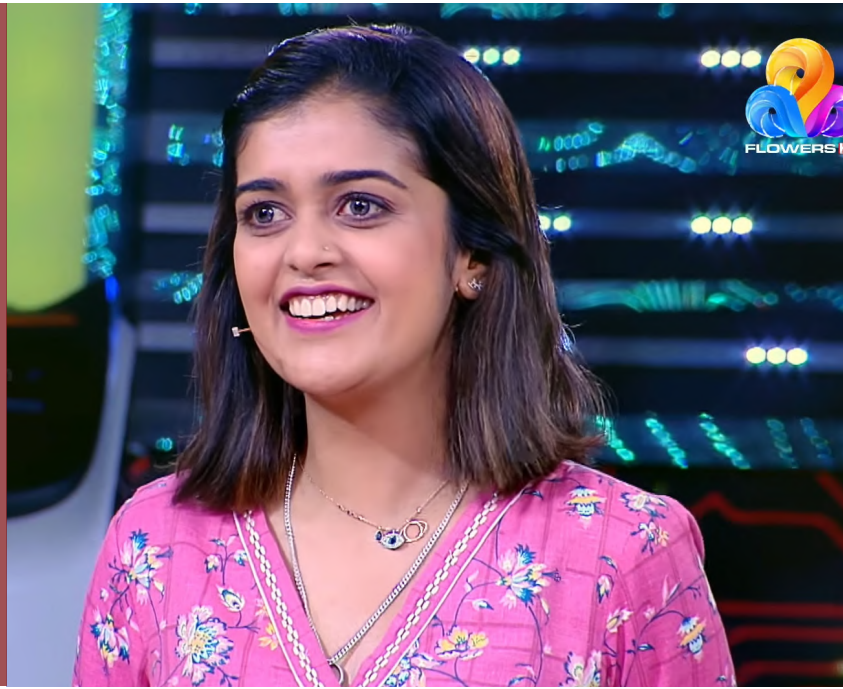


1 MSW students at Government Botanical Garden, Ooty



NAYANA
I MSW

Report on Hila's participation in Flower's Oru Kodi-a television show



Hila, 2nd year MSW student, participated in a popular television game-show Flowers Oru Kodi. It aired on a Malayalam entertainment pay channel named Flowers TV on 14th March, 2022. She played well and could win a sum of INR 20,000 as the prize money. Her selection to the show itself is considered a huge recognition. Those people who are considered real change-makers, may be by their creativity, fame or positive attitude from all walks of life are only allowed to participate in the show. Her participation was an acknowledgement of her talent and was indeed a proud moment for the Department of Social Work at Amrita Vishwa Vidyapeetham, Coimbatore.



Hila at the show 'Oru Kodi' on Flowers TV

NAYANA
I MSW



Report on 'Alumni Interaction'

The Department of Social Work, Amrita Vishwa Vidyapeetham, along with the Amrita Social Work Association of Alumni and Students (ASWAAS), conducted an alumni interaction for the benefit of the students on 15th March 2022, between 2:00 pm to 3:30 pm. Mr. Arun J S, Mr. Harikrishnan M J, Mr. Jerry George, and Ms. M Kalyani Radhakrishnan of 2019-21 batch were the alumni invited.

The event started at 2:00 pm with all the faculty members and students. Ms. Najiya I of II MSW was the host of the event. Ms. Neeraja M S of I MSW started the program by prayer. Dr. P. Rangasami, Chairperson of the Department of Social Work, was assigned to give the felicitation. Dr. S Gurudoss, visiting faculty of the

Department of Social Work, delivered the introductory speech. Ms. Sandrima K of II MSW welcomed the guests and introduced them to the students. Mr. Arun J S is currently a fellow at India Fellow Leadership Programme and is the founder and CEO of Aaha foundation. He was one of the founding members of the Social Work Department's monthly newsletter UDAAN and was actively involved in ASWAAS during his academic period. Mr. Harikrishnan M G is a trainer at Youth 4 Jobs, Trivandrum. He was one of the founding members of UDAAN as a content creator. Ms. M Kalyani Radhakrishnan is a trainer at Youth 4 Jobs, Coimbatore Central. She was one of the founding members of UDAAN. She was also the vice-president of ASWAAS



From left to right, delivery of the address: Dr. P. Rangasami, Dr. Gurudoss, Dr. S. Kanagaraj

during her academic period. Mr. Jerry George is currently working as a child social worker at Don Bosco Welfare Centre Society's 'Snehabhavan' project. All of the alumni shared their experiences. The first to speak was Mr. Harikrishnan M G. He stressed on the importance of campus life, taking up opportunities and building networks – from within the campus as a start. He was followed by Ms. Kalyani Radhakrishnan who spoke of her fieldwork experience, exposure received and the difference between social work and social service. She concluded her speech by stressing on the importance of multi-tasking in the field of social work. She was followed by Mr. Jerry George who mentioned the value of the faculty and their resourcefulness. He proceeded to share his experience with virtual classes and stressed the importance of commitment and dedication in one's life. He concluded his speech by mentioning his cherished memories



From left: Harikrishnan M. G and Kalyani Radhakrishnan.



From left: Jerry George and Arun J.S.

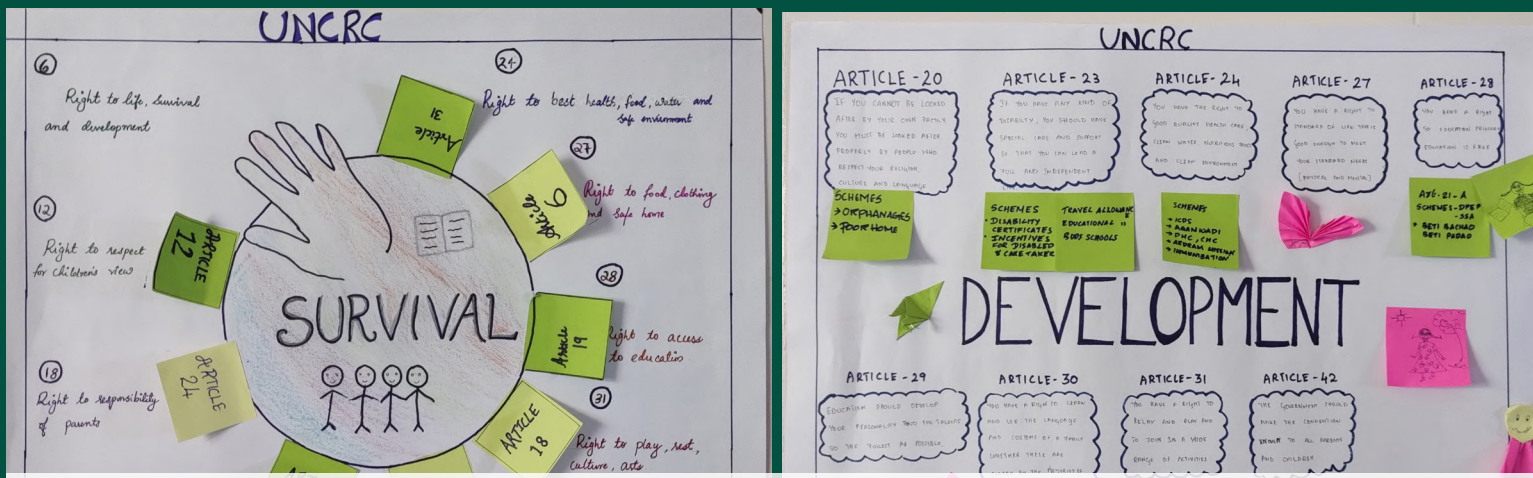
of his academic period. After that, Mr. Arun J.S was invited to share his experience. He shared a PowerPoint presentation with the students and talked about his fellowship journey. He concluded his speech by sharing his future plans.

After the session there was a question-and-answer session as informed at the start of the session. The event was officially closed with a vote of thanks delivered by Ms. Nayana I of I MSW. She thanked the alumni members for the fruitful session. She also thanked the faculty members and students, especially the ASWAAS team, for conducting the informative session. Later, the students shared their feedback through the provided Google form.



GOKUL RAJ
(I MSW)

Report on Poster-Making on various articles of UNCRC



On 17th March 2022, a poster making workshop was organised by Mr.V S Varunanvelu for 1st year MSW students as part of 17SWK512 - Introduction to Child Rights and Child Protection course.

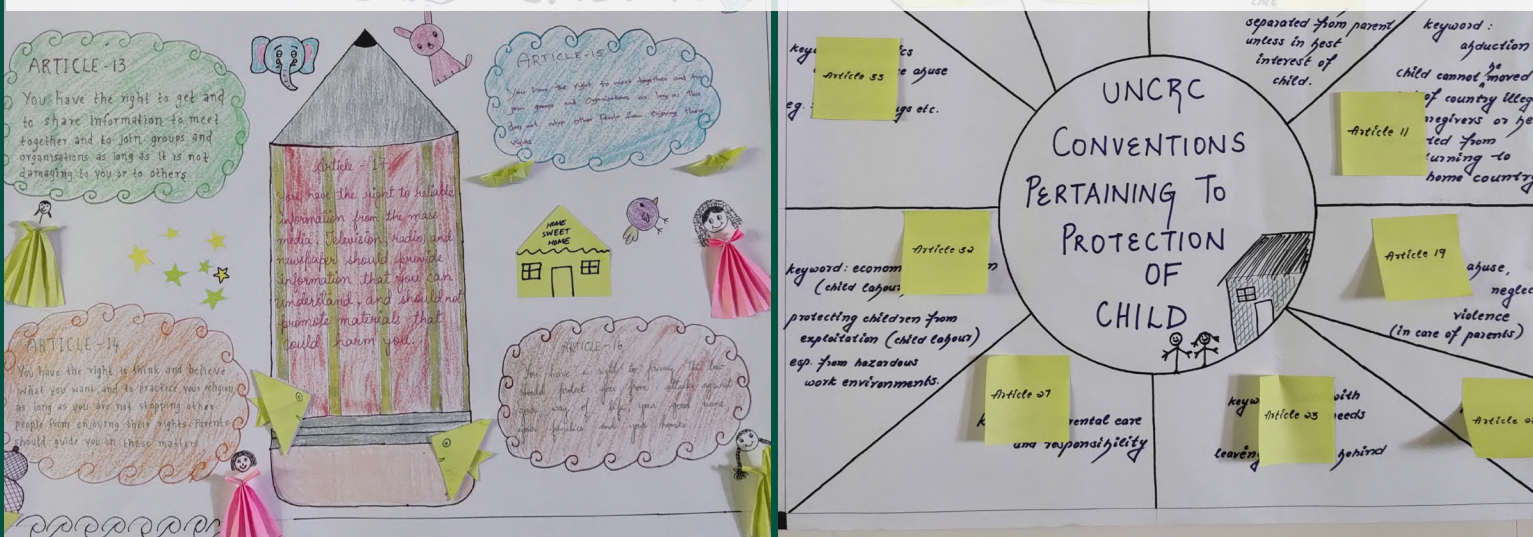
The poster-making session was conducted in order to help the students of MSW 1st year to get acquainted with various articles of the United Nations Convention on the Rights of the Child. The UNCRC comprises of four main pillars –

- the right to survival,
- the right to development,
- the right to protection, and
- the right to participation

These rights are based on the non-discrimination principle and all actions must be in accordance with the best interest of children.

The session was organised in the classroom where the students were grouped into four groups and were given each Right to be explained. Students prepared their posters using chart papers and other items like coloured papers and pens for decorating the chart paper with creative ideas.

The groups took their turn to present their posters. All the four groups came up with beautiful layouts that clearly explained the four pillars of UNCRC. After the posters were presented in the class, they were put up on the classroom wall for future reference and easy learning.



WORKSHOP REPORT ON 'THE ESSENTIALS OF COGNITIVE BEHAVIOUR THERAPY'



5
DAY

Workshop on the Essentials of Cognitive Behaviour Therapy

Resource person : **Dr. S. Gurudoss**
Visiting Professor & Consultant - CBT
Dept. of Social Work
Amrita Vishwa Vidyapeetham
Coimbatore

22nd to 26th March 2022

Topic - The Essentials of Cognitive Behaviour Therapy

Resource persons - Dr. S Gurudoss and Mr. Selvaganesh

Date - 22/03/2022 to 26/03/2022

Time - 9.30 AM TO 4 PM

Venue - AB1-Acharya Hall E-learning studio



Dr. Sasangan Ramanathan, Dean of the faculty of Engineering, Amrita Vishwa Vidyapeetham Coimbatore, inaugurated the workshop

The Department of Social Work, Amrita Vishwa Vidyapeetham organised a five-day workshop on 'The Essentials of Cognitive Behaviour Therapy'. The 5 day workshop was conducted from 22nd March to 26th March. Dr. Sasangan Ramanathan, Dean of the faculty of Engineering, Amrita Vishwa Vidyapeetham Coimbatore, inaugurated the workshop and delivered the Presidential address. He emphasised the importance of understanding human problems and the application of Cognitive Behaviour Therapy in daily life. Dr. P. Rangasami, Chairperson, Department of Social Work, introduced the resource persons, Dr. S. Gurudoss, visiting professor and CBT consultant, and Mr. Selvaganesh, executive director, iINOBLE Infoway Pvt. Ltd. Coimbatore. He also stressed the importance of Cognitive Behaviour Therapy in the current scenario.



Dr. Gurudoss addressing the class of II MSW.

The workshop primarily focussed on creating an understanding of the principles, process, and application of Cognitive Behaviour Therapy in real life situations. This workshop intended to enrich the knowledge of the students on the various approaches in Psychology and the application of various techniques in problem solving. The session on the first day led to an understanding of the thought process, identifying unintentional and automatic thoughts. Activities were conducted to help the participants identify the concept of life situations and automatic thoughts. A live demonstration was done by the resource person both as a therapist and a client that helped the participants in understanding the technique adopted in the counselling process. The second day of the workshop was focussed on creating an understanding on the core approaches used in counselling such as Behaviourism, Psycho-Social approach and Humanistic approach and the advan-



tages of the Humanistic approach over the others. ABC analysis in the context of CBT, dysfunctional and functional thoughts and the process of changing core beliefs were also discussed.

The third day focussed entirely on the importance of Digital Counselling expedited by Mr. Selvaganesh. The resource person highlighted the various digital platforms existing in India for digital counselling. The advantages and disadvantages of Digital Counselling means such as video counselling, voice calls, chats, video and audio sessions were also discussed. The fourth day of the workshop was devoted to identifying automatic thoughts and core beliefs. Activities to identify Hot cognitions and automatic thoughts were conducted.

On the fifth day, the resource person gave inputs on the importance of meditation and mindfulness as an intervention for problem solving. He demonstrated the process of meditation by involving the participants. The resource person

guided a student and demonstrated Muscular relaxation technique which helped the participants to understand the process better. Dr. C S Sowndaram, Student Counsellor enlightened the participants on the other techniques in Cognitive behaviour Therapy such as Journaling, Home Work, Grade Exposure, Systematic Desensitisation, etc. The workshop ended with a valedictory programme presided by Dr. Ramesh Kumar, Head Department of Mechanical Engineering, Amrita Vishwa Vidyapeetham, Coimbatore. Dr. Priya V, assistant professor, Department of Social Work, thanked the resource person and the participants for the success of the workshop. Mr. Surya Suresh, Ms. Jothirmayi S, Ms. Anju Babu, Ms. Aswini Ajay prepared the module and actively engaged in organising the Workshop.



II MSW students at the conclusion of the workshop.



STUDENTS' **CORNER**

STUDENTS' ARTICLE

ROLE OF NGOs IN INDIA'S DEVELOPMENT

Non-Government organisations (NGOs) are the groups or institutions or organisations that are not reducible to the administrative grasp and work on 'non-profit' basis with the principles like social equality, altruism and human development as their foundations. In India at present there are nearly 25,000 NGOs spread across various parts of the country. Social service has been associated with India since ancient times. It is said that even Mahatma Gandhi after attaining independence wanted the Indian National Congress to be transformed into a public service organisation. Although such a proposal was rejected, later many of staunch Gandhi followers did set up a large number of voluntary organisations across various parts of the country to carry off the constructive works on Gandhian principles. However, the real and identified registration and formation of NGOs emerged in India from the early 1970s. Immediately after their formal inception, NGOs received a greater thrust from the Government in more than one way.

The GOI during the sixth Five Year Plan (FYP) with its famous "GARIBI HATAO" slogan did recognize the importance of NGOs in the development process of India. In the seventh FYP, it gave a task of developing "self-reliance communities" to NGOs for promoting rural development. Later in the eighth FYP, the government sought to promote a nationwide network of NGOs. In its ninth FYP, it envisaged the primary role of promoting PPPs in the country. The tenth FYP envisaged the need and importance of NGOs in developing the agricultural sector by promoting awareness among the farmers about various modern farm techniques and government initiatives for their benefit. Moreover, the government has also been promoting the development of NGOs through financial aid and assistance programmes.

NGOs with the support given by the government have been accelerating their development activities by taking up specific issues like poverty alleviation, child rights, caste stigma and discrimination, women rights, child labor, rural development, water and sanitation, environmental issues etc. In the last two decades the role of NGOs have become proactive in the



social sector development. NGOs have played a crucial role in sending the school dropouts back to the school especially in rural areas thus upholding the Right to Education. NGOs have also met with huge success in the health sector development programmes like Leprosy Eradication Programme and programs on eliminating tuberculosis and malaria.

The most highlighted success of NGOs could be seen in their achievement in influencing the government to bring out various development-oriented policies and laws. Few of such laws and policies include: Right to Information, Integrated Child Development Scheme (ICDS), Integrated Child Protection Scheme (ICPS), MN-REGA, Juvenile Justice, Nirmal Gram Initiative, Rashtriya Swasthya Bima Yojana (RSBY), various policies on women development, forest and environment development, anti-trafficking, etc.



ARSHIDA MT
(1 MSW)

SPARKS OF PHOENIX

NAJWA ZEBIAN



Sparks of Phoenix is a book of poetry by Canadian Lebanese poet Najwa Zebian. It is the third book of poetry released by her.

The book revolves around the theme of healing from pain. Divided into six sections: Falling, Burning to Ashes, Sparks of Phoenix, Rising, Soaring, and A New Chapter - they are portrayed as the six phases of healing.

The poems and prose are written in Zebian's signature style, brimming with empathy, vulnerability and softness. They are easy to understand and comprehend. Every section has an arc of its own, beautifully completed. The words are simple yet hold a lot of meaning. The verses in the book are proof to the statement "Words have power." A must read for everyone, youngsters and adults alike.



MEENAKSHI JAYAPRAKASH
(I MSW)

WELL KNOWN SOCIAL WORKER

Gandhi's Successor- Vinoba Bhave

Vinayak Narahari, also known as Vinoba Bhave, (11 September 1895 – 15 November 1982) was an Indian advocate of non-violence and human rights. Often called Acharya, he is best known for the Bhoodan Movement. He is considered the National Teacher of India and the spiritual successor of Mahatma Gandhi. He was an eminent philosopher.

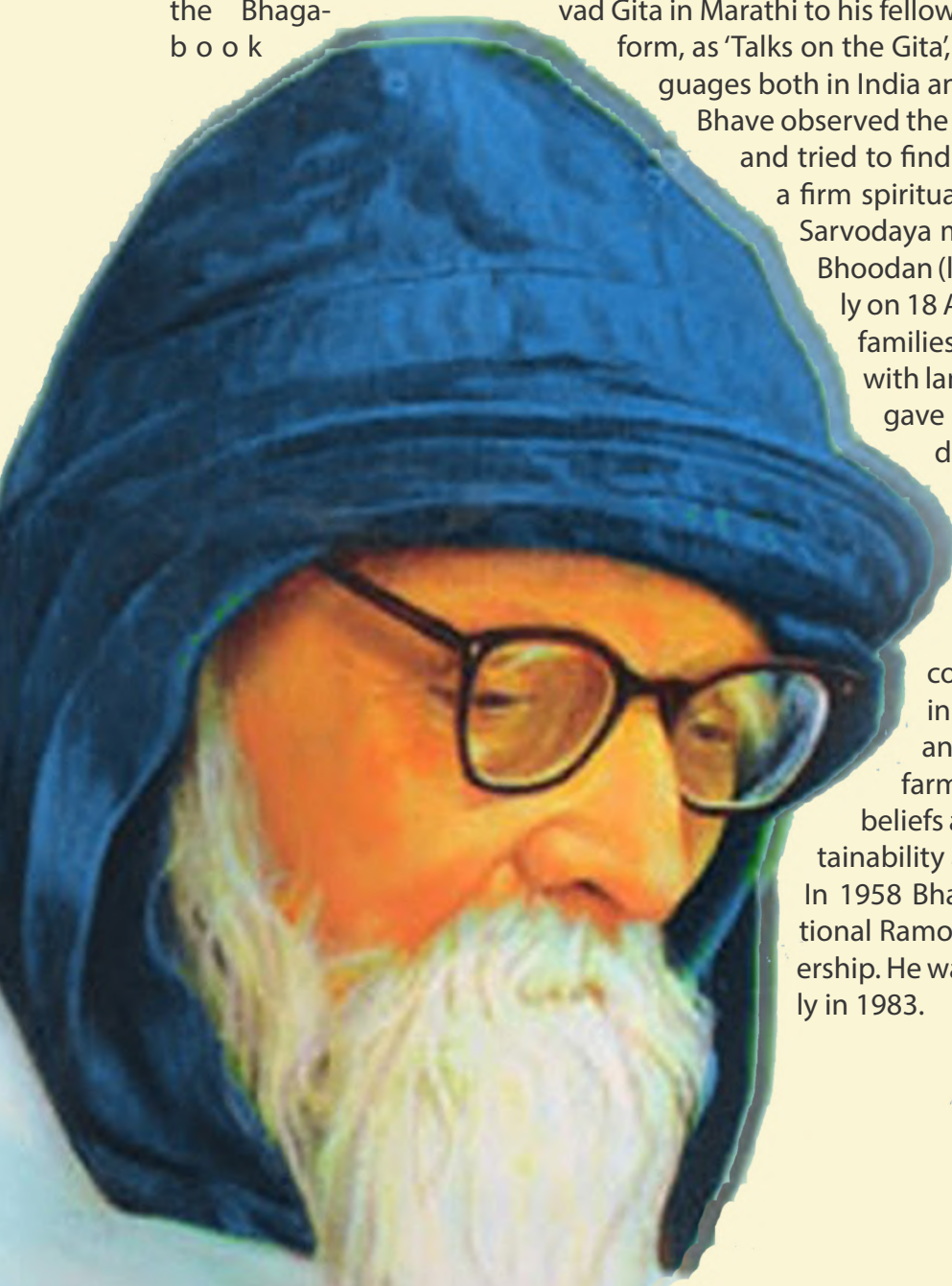
A report in the newspapers about Gandhi's speech at the newly founded Banaras Hindu University attracted Bhave's attention. He wrote a letter to Gandhi and after an exchange of letters, Gandhi advised Bhave to come for a personal meeting at Kochrab Ashram in Ahmedabad. Bhave participated with keen interest in the activities at Gandhi's ashram, like teaching, studying, spinning and improving the life of the community.

He was associated with Mahatma Gandhi in the Indian independence movement. He stayed for some time at Gandhi's Sabarmati ashram in a cottage that was named after him, 'Vinoba Kutir'. He gave talks on the Bhagavad Gita in Marathi to his fellow ashramites. These were later published in book form, as 'Talks on the Gita', and it has been translated into many languages both in India and elsewhere.

Bhave observed the life of the average Indian living in a village and tried to find solutions for the problems he faced with a firm spiritual foundation. This formed the core of his Sarvodaya movement. Another example of this is the Bhoodan (land gift) movement started at Pochampally on 18 April 1951, after interacting with 80 Harijan families. He walked all across India asking people with land to consider him one of their sons and so gave him one-sixth of their land which he then distributed to landless poor. Non-violence and compassion are a hallmark of his philosophy, he also campaigned against the slaughtering of cows.

The Brahma Vidya Mandir is one of the ashrams that Bhave created. It is a small community for women that was created in order for them to become self-sufficient and non-violent in a community. This group farms to get their own food, and uses Gandhi's beliefs about food production, which include sustainability and social justice, as a guide.

In 1958 Bhave was the first recipient of the international Ramon Magsaysay Award for Community Leadership. He was awarded the Bharat Ratna posthumously in 1983.



SHIVANI M
(I MSW)

WELL KNOWN NGO



Hope Community Village is a child care institution located in Kanjikuzhy, in the district of Alappuzha, Kerala. It was started by John Veitch, a British businessman whose coir business reached success in Alappuzha. He founded the Hope Community Village in the outskirts of Alappuzha district. Associating his friends back home in the UK, he founded Hope Community Village UK to organise goodwill and resources to support and maintain the program of Hope Community Village in Kerala.

It is one of three child care institutions of its kind in the state of Kerala. The village houses vulnerable children from different backgrounds, mostly abandoned children.

The village has six homes. Each home houses one mother and eight children. Usually only children above the age of five are admitted to the village. They are taken care of by a 'mother'. The mother is a woman who is either unmarried above the age of forty, widowed or has no more duties to her family (preferred). There is a mother's home for retired mothers in the village where one retired mother currently resides at the moment. As of now, the village currently has fifty-eight children.



Meetings held for the mothers, children and the staff on a regular basis at regular intervals of time. Every decision taken is often made in the best interest of the child. Children are encouraged to learn and grow as much as they can. Here, it is essential that each child should have at least five skills. The skills include communication, computer knowledge, cycling, swimming and any one additional skill.

Another interesting aspect of this child care institution is the fact that the institution follows the Sustainable Development Goals put forth by the United Nations. Actions taken are often aimed at upholding the SDG's.

Contact details:

Email: info@hopekerala.org

Contact number: +91 478-2861898/+91 8547191898

Address: Vanaswargam - Kalathiveedu Rd, Kanjikuzhy, Cherthala, Kerala 688523

Website: <https://hopekerala.org/>



MEENAKSHI JAYAPRAKASH
(I MSW)



SCHEMES & ACT

Bonded Labour System (Abolition) Act, 1976

Bonded labour is a form of slavery in which a person and his successors are made to work for a creditor against lending of a loan, in case of failure of repayment, until the loan is repaid. Bonded labour is associated with rural economies where farmers from economically disadvantaged communities are bound to work for the landlords who exploit them. There is no defined time period when it comes to the period of bondage. The agreement of bonded labour results in loss of freedom.

The provisions in law prohibiting bonded labour are found in the form of various Acts and regulations. The main Act prohibiting it is the Bonded Labor System (Abolition) Act, 1976. It is an extension of Article 23 (Fundamental Rights) of Indian Constitution prohibiting forced labour. The Act came into force on 25 October, 1975. It has been established with an objective to provide for the abolition of the bonded labour system and prevent economic and physical exploitation of the weaker sections. Before the formulation of the Act, the efforts to fight bonded labour were only at region-

al level with legislation Acts found in states like Bihar, Orissa, Madras and Rajasthan.

According to the act, bonded labour is strictly abolished and any agreement related to the same has been made void. Every labourer is free from the liability to pay debt and is discharged of all obligations to render bonded labour. No creditor can accept payment against extinguished debt. If the creditor took any property under the system, the same has to be restored to the possessor from whom it was seized. Property of the bonded labourer is to be freed from mortgage.

The progress of the act has included both success and failure. The Act has managed to bring about many changes to the system of bonded labour in the country, but more is yet to be done. It requires strong vigilance and taking necessary steps to ensure that the system of bonded labour is curbed.



MEENAKSHI JAYAPRAKASH
(I MSW)

SCHEMES

Nai Roshni Scheme

Started in 2012-13, Nai Roshni is a Leadership Development Programme for women belonging to minority communities in the age group of 18 to 65 years.

The objective of the scheme is to empower and instil confidence among minority women, including their neighbours from other communities living in the same village/locality, by providing knowledge, tools and techniques for interacting with Government systems, banks and other institutions at all levels. It is run with the help of NGOs, Civil societies and Government Institutions all over the country.

It includes various training modules like Leadership of women, Educational Programmes, Health and Hygiene, Swachh Bharat, Financial Literacy, Life Skills, Legal Rights of Women, Digital Literacy and Advocacy for Social and behavioural change.

Women and children are always the worst sufferers in a poverty-stricken family and need support. Empowering women, especially mothers, is even more important as it is in homes that she nourishes, nurtures and moulds the character of her offspring.

It helps embolden minority women to move out of the confines of their home and community and assume leadership roles and assert their rights, collectively or individually, in accessing services, facilities, skills, and opportunities besides claiming their due share of development benefits of the Government for improving their lives and living conditions.

Muslim, Sikh, Christian, Buddhist, Zoroastrian (Parsi) and Jain women notified under Section 2 (c) of the National Commission for Minorities Act, 1992 come under the target group. However, to further increase the strength of the mosaic of plurality in society and bring about solidarity and unity through their own efforts to improve their lot, the scheme permits a mix of women from non-minority communities not exceeding 25% of a project proposal.

Goa Ashraya Adhar Scheme

The state government of Goa has launched 'Ashraya Adhar Scheme' to help the Scheduled Tribe (ST) community by providing financial assistance for repair and renovation of their house. Under this scheme, up to Rs. 5,00,000 shall be advanced as financial assistance in the form of loan at 2% per annum.

Any person belonging to Scheduled Tribe Community and having his house (which shall also include munducial house) either owned individually or jointly will be eligible for financial assistance under this scheme.

In case the house is owned jointly and there are different units of the family in the same house residing separately, each such unit will be eligible for financial support under this scheme. The age of the applicant should not be more than 55 years as on the date of loan application. However, the age of the applicant is relaxed up to 58 years in case the applicant is an employee of State/ Central Government/ Government Corporation/ Board or aided Institute.

The loan amount shall be advanced in two instalments after submission of required documents complete in all respects.

Rs. 3,75,000/- immediately after sanctioning the loan.

Rs. 1,25,000/- on utilisation of the first instalment.

Loanee shall commence the actual work within 03 months from the date of sanctioned amount released.

The 2nd instalment to be released on submission of utilisation bills and on the basis of physical verification / inspection carried out by the officer of the Corporation.

The loan shall be repaid in 120 equated monthly instalments within a period of 10 years with a moratorium period of three months.



UDITI JAIN
(I MSW)

CURRENT AFFAIRS

1. **National Tuberculosis Prevalence Survey:** According to the newly released National Tuberculosis Prevalence Survey 2019-2021, the highest incidents of pulmonary tuberculosis cases across the country were recorded in Delhi with the lowest being in Kerala. After six decades, this survey has been conducted and was released by the Union Health Ministry to mark World TB Day. (March 24)

2. **Kerala: Identification of New Marine Species-**A new Carangid species has been identified by the Central Marine Fisheries Research Institute (CMFRI) from the Indian coast of Kerala. This newly identified fish belongs to the group named 'queen fish'. In the Indian ocean there are more than sixty species of carangids. Out of them, four belong to the 'Queen Fish' group and the newly identified fish is number five. Across the globe, three queen fishes are extinct due to a lot of reasons like climate change, overfishing, etc.

3. **2021 World Air Quality Report-** In 2021, air pollution continued to reach unhealthy levels according to a report on World Air Quality which was prepared by "IQAir" a Swiss organisation. Also, for the fourth year running, New Delhi remained to be the most polluted capital city in the world. 35 Indian cities have been listed by the index under the worst air quality tag for 2021. According to this report, not a single country from around the globe managed to meet the air quality standard of WHO in 2021.

4. **International Day for the Elimination of Racial Discrimination-** On 21st March 2022, the International Day for the Elimination of Racial Discrimination has been observed. This day is observed annually across the globe. In 1960, on this day, at a peaceful demonstration against the apartheid pass laws in South Africa the police opened fire which resulted in 69 deaths, and 180 injuries. In 1966, the international community was asked by the United Nations General Assembly (UNGA) to increase its efforts to eliminate racial discrimination. In 1979, UNGA adopted a number of activities to be undertaken to combat racism. UNGA decided that a week of solidarity against racism would be organised annually starting from 21st March. "VOICES FOR ACTION AGAINST RACISM" is the theme for this year.

5. **'Meri Policy Mere Haath' campaign-** 'Meri Policy Mere Haath' campaign was launched in Hassan, Karnataka. 'Meri Policy Mere Haath' campaign is part of the Pradhan Mantri Fasal Bima Yojana. The campaign is aimed at motivating all farmers in the country to insure their crops. Under this program, every farmer who has taken insurance under the Pradhan Mantri Fasal Bima Yojana (PMFBY) will get the policy documents at their doorstep.

6. **India's Largest Reclining Statue of Lord Buddha-** The largest reclining statue of Lord Buddha in India is being built in Bodhi Gaya, Bihar. India's Buddhist pilgrimage

circuit is being proactively revived and Bodh Gaya is an integral part of it. Hence, the site of Gautam Buddha's enlightenment will soon be home to his largest reclining statue.

7. 'Desh ke Mentor' Programme -The Desh ke Mentor programme was launched in October 2021 by the state government of Delhi. This programme was launched with the aim of connecting students who are studying in classes 9 to 11 with voluntary mentors. The idea of this programme was that young mentors will be able to guide students regarding matters related to career options, higher education, higher education entrance exams preparation, and dealing with pressure.

8. 100% Electrification of Konkan Railways-The Konkan Railway Corporation has finished electrification of its entire 741-kilometre route that stretches from Roha, Maharashtra to Thokur, Karnataka. By December 2023, the Indian Railways have plans for 100 percent electrification of its broad-gauge network. This electrification of the 741-kilometre stretch will bring about savings of fuel amounting to Rs 150 crore. It will also reduce the dependence on diesel along with ensuring pollution-free, seamless operations.

9. AICTE Internship Opportunities -Over 1 lakh internship opportunities have been launched by Union education min-

ister Dharmendra Pradhan through the All India Council for Technical Education (AICTE) internship portal. The internship opportunities have been announced with the aim of enhancing the students' employability skills. Technical students, as well as higher education students studying under the University Grants Commission (UGC), would be able to take part in the AICTE internship opportunities.

10. National Education Society for Tribal Students -National Education Society for Tribal Students (NESTS) is an autonomous organisation that was established under the Ministry of Tribal Affairs (MoTA). On 2nd April 2022, this organisation will be celebrating its fourth Foundation Day. NESTS and the Ministry of Tribal Affairs have set up targets to complete the construction of a total of 452 new schools and the pending 67 schools under its old scheme by the year 2025.



MALATHI M P
(I MSW)

INTERNSHIP

INNO COMMUNITY DEVELOPMENT ORGANISATION

Inno Community Development Organisation

<https://internshala.com>

Location: Chennai, Coimbatore

START DATE: Immediately

DURATION: 6 months

STIPEND: 10000/month

APPLY BY: 08/04/2022

About the Internship: Inno Community Development Organisation is a non-governmental organisation (NGO) that focuses on community development in China, India, Thailand, Cambodia, and Vietnam. The selected interns will get an opportunity to handle the operation of the helpline for workers in the Tamil Nadu region, provide online support for counselling, deliver research papers and blog articles, and so on.

Benefits:-

Certificate

Letter of Recommendation

Flexible working hours

Informal dress code

5 days a week

Only those candidates can apply who:

1. are available for full time (in-office) internship between 25/03/2022 and 29/04/2022

2. are available for a duration of 6 months

3. are from or open to relocate to Chennai, Coimbatore and neighbouring cities

To know more & apply: <https://internshala.com/internship/detail/social-work-internship-in-chennai-coimbatore-at-inno-community-development-organization1648174830>

INAMIGOS FOUNDATION

<https://internshala.com>

Work from Home

START DATE: Immediately

DURATION: 3 weeks

STIPEND: 1000-5000/week

APPLY BY: 28/04/2022

About the Internship : InAmigos Foundation is a non-profit organisation to promote arts, commerce, sports, and protection of the environment. The selected interns will get an opportunity to motivate and support society.

Benefits:-

Certificate

Letter of Recommendation

Flexible working hours

Only those candidates can apply who:

1. are available for the work from home internship between 24/03/2022 and 28/04/2022

2. are available for duration of 3 weeks

To know more & apply: <https://internshala.com/internship/detail/community-influencing-work-from-home-job-internship-at-inamigos-foundation1647746523>

BHARTI FOUNDATION

<https://internshala.com>

Location: Bathinda, Dumka

START DATE: Immediately

DURATION: 3 months

STIPEND: 6000/week

APPLY BY: 07/04/2022

About the Internship : Bharti Foundation is the philanthropic arm of Bharti Enterprises. It implements and supports programs in the field of primary, elementary, senior secondary, and higher education. The selected interns will get an opportunity to visit designated schools and support with need-based interventions, support in research activities etc.

Benefits:-

Certificate

Only those candidates can apply who:

1. are available for full time (in-office) internship between 24/03/2022 and 28/04/2022

2. are available for duration of 3 months

To know more & apply: <https://internshala.com/internship/detail/rural-development-internship-in-bathinda-dumka-at-bharti-foundation1648097553>

PLANET HOPE ASIA FOUNDATION

<https://internshala.com>
 Location: Bangalore
 START DATE: Immediately
 DURATION: 1 month
 STIPEND: Unpaid
 APPLY BY: 08/04/2022

About the Internship : Planet Hope Asia fights poverty and creates opportunities for children, youth, and women in India by working in three main sectors: empowerment, education, and community development. The se-

lected interns will get an opportunity to visit communities and conduct an awareness program, conducting tuition classes for underprivileged children and so on.

Benefits:-

Certificate

Letter of Recommendation

5 days a week

Only those candidates can apply who:

1. are available for full time (in-office) internship between 24/03/2022 and 28/04/2022

2. are available for duration of 1 month

To know more & apply: <https://internshala.com/internship/detail/social-work-internship-in-bangalore-at-planet-hope-asia-foundation1648115222>

SPARSH EDUCATIONAL AND HEALTHCARE SOCIETY

<https://internshala.com>
 Location: Odisha
 START DATE: Immediately
 DURATION: 1 month
 STIPEND: Unpaid
 APPLY BY: 07/04/2022

About the Internship : Sparsh Educational & Health Care Society is a non-governmental organisation working in the field of education, vocational education, skill development, looking for a social media influencer

Benefits:-

Certificate

Letter of Recommendation

Flexible working hours

5 days a week

Only those candidates can apply who:

1. are available for part time job/internship between 07/03/2022 and 11/04/2022

2. are available for duration of 1 month

To know more & apply: <https://internshala.com/internship/detail/volunteering-part-time-job-internship-at-odisha-in-sparsh-educational-healthcare-so>

SHINING TOMMOROW FOUNDATION

ciety1648065727

<https://internshala.com>
 Work From Home
 START DATE: Immediately
 DURATION: 2 months
 STIPEND: Unpaid
 APPLY BY : 06/04/2022

About the internship: Shining Tomorrow Foundation is an NGO to build productive relationships and make a positive impact in the community thus helping to target multiple problems at the same time.

Benefits: -

Certificate

Letter of Recommendation

Flexible working hours

Only those candidates can apply who:

1. are available for the work in office internship between 22/03/2022 and 26/04/2022

2. are available for duration of 2 months

To know more & apply : <https://internshala.com/internship/detail/social-research-work-from-home-job-internship-at-shining-tomorrow-foundation1647960440>



PARVATHY R
(I MSW)

JOB OPPORTUNITIES

1. Program Manager

The Medics
Location: Odisha
Apply by: 24 Apr 2022
Experience: Minimum 1 to 3 year experience in Health Sector
Salary: 15000 (Monthly)
Email ID: themedicsfsw2@gmail.com

2. Team Leader /Community

Worker
Helping Youth Foundation
Location: Banda, Uttar Pradesh
Salary: 6000
Email id: culture.jjm@gmail.com
Apply by: 25 Apr 2022

3. Children Village Manager

Brighter Future Development Trust
Location: Vizianagaram, Andhra Pradesh
Experience: 5 years of experience in the related field.
Email id: brighterfutureindia@gmail.com
Apply by: 24 Apr 2022

4. Program Manager

Noida Deaf Society
Location: Noida, Uttar Pradesh
Work Experience: 8 to 9 years of experience
Email id: sugandha@noidadeafsociety.org
Apply by: 29 Apr 2022

5. Officer: Networking and Campaign

Jesuit Research and Development Society (JRDS)
Location: Delhi
Experience: 7 - 10 Years
Salary: 45000/-pm based on prior experience and qualification of the candidate.
Email id: espprogramofficer@gmail.com
Apply by: 15 Apr 2022

6. Assistant Project Coordinator

Shivam Jan Swasthya Evam Sarwangin Vikasa Kendra
Location: Patna, Bihar
Work Experience: minimum 1-2 years
Salary: 12,000 – 15,000/- PM
Email Id: ngoshivam@gmail.com
Apply by: 23 Apr 2022

7. Programme Manager

Arunodaya Sarveshwari Lok Kalyan Samiti
Location: Burhanpur, Madhya Pradesh
Experience: Minimum 1 to 3 year experience in social Work
Salary: 15000 (Monthly)
Email ID: arunodaya_94@yahoo.co.in
Apply by: 12 Apr 2022

8. Development Organiser (Social/Livelihood)

Aga Khan Rural Support Programme (India)
Location: Dhule, Maharashtra
Experience: 2 to 3 years of grass root experience in rural development.
Remuneration: Rs 20,000.00 to 25,000.00
Apply by: 29 Apr 2022

9. Female Programme Officer

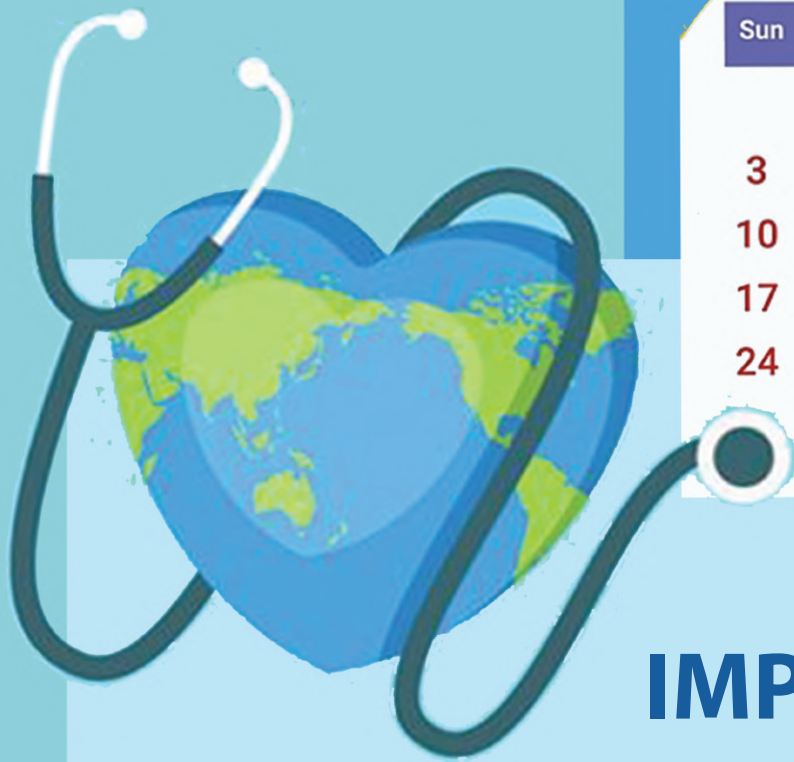
Jeevodaya Society
Location: Itarsi, Madhya Pradesh
Work Experience: Minimum 5 Years working experience.
Email id: jobs.jeevodaya@gmail.com
Apply by: 22 Apr 2022

10. Policy Advocate Hasiru Dala

Location: Bangalore, Karnataka
Salary / Package: CTC will be as per experience and the skills.
Email id: anu@hasirudala.in
Apply by: 21 Apr 2022



DEEPTI M
(I MSW)



April 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

IMPORTANT DATES

1 April - Orissa Day, Prevention of Blindness week

2 April - World Autism Awareness Day

4 April - International Day for Mine Awareness

5 April - National Maritime Day

7 April - World Health Day

10 April - World Homoeopathy Day

11 April - National Safe Motherhood Day, National Pet Day

13 April - Jallianwala Bagh Massacre Day (1919)

17 April - World Haemophilia Day

18 April - World Heritage Day

21 April - National Civil Service Day, Secretaries's Day

22 April - World Earth Day

23 April - World Book and Copyright Day

24 April - National Panchayati Day

25 April - World Malaria Day

26 April - World Intellectual Property Day

28 April - World Day for Safety and

Health at Work, World Veterinary Day

ALUMNI CORNER

Name

Kousik V

Roll number

CB207SW003

Batch

2007-2009

Mobile number

9894488163

Email address

kovsik@gmail.com

Present Organisation Details

L&T Infotech, Chennai

Job Title

Senior Executive



How was your life at Amrita?

Since I was in the first batch, each and every moment is memorable, I learned a lot and the journey was like a dream.

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

Communication, planning, and execution.

How is the current scope of Social Work?

There are many scope in CSR, funding organisations, research organisations and many government projects are recruiting social workers.

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

Explore new things and learn as much as possible.

What are your key responsibilities in the present job?

Candidate Engagement, Technology Recruitment, Stakeholder Management and Recruiting Mid Level and senior level assignments.

Who is/are your inspiration(s)?

Kanagaraj, Rajaram, Nachiappan.

Any other thing you would like to share?

Best wishes to all the junior budding social workers. I would like to be part of the initiatives taken by the department for sharing my experience or any other support to the department.

UGC NET (JUNE 2009) SOLVED QUESTION PAPER (PAPER – 1)

1. Which one of the following is not an indicator of social development of a country?
 - a. Infant mortality rate
 - b. Average life span
 - c. Incidence of litigation in the courts
 - d. Literacy rate
2. The Child Marriage Restrain Act was enacted in the year
 - a. 1929
 - b. 1930
 - c. 1931
 - d. 1932
3. The best example of verbal communication skills is
 - a. Good vocabulary
 - b. Competence in oral presentations
 - c. Fluent speech
 - d. Participate in training and research
4. 'Mongolism' is the type of
 - a. Geographical division of land
 - b. Topographical structure
 - c. Mental retardation
 - d. A religious sect
5. The Rio Earth Summit of 1992 dealt with the theme
 - a. Sustainable development
 - b. Climate change
 - c. Poverty reduction
 - d. Agricultural development
6. What is Anuloma marriage?
 - a. Higher caste man marrying lower caste woman
 - b. Higher caste woman marrying lower caste man
 - c. Lower caste man marrying higher caste woman
 - d. Lower caste woman marrying higher caste man
7. The National Commission for Women was established in the year
 - a. 1957
 - b. 1986
 - c. 2001
 - d. 1992
8. Kaka Kalelkar was associated with
 - a. Scheduled Caste Commission
 - b. Scheduled Tribe Commission
 - c. Backward Classes Commission
 - d. Minorities Commission
9. Cognitive needs of human beings are the needs
 - a. to develop abilities
 - b. for symmetry, order and beauty
 - c. for security and freedom from attack
 - d. to know, to understand and to explore
10. 'Learned helplessness' is a concept based on
 - a. Unconditional positive learning
 - b. Social learning theory
 - c. Hypothetical constructs
 - d. Psychoanalytic approach

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



PARVATHY R
(I MSW)



Contact:
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Like us at facebook <https://www.facebook.com/mswamrita>
Instagram : Amrita Dept of SocialWork
Subscribe at : www.youtube.com/mswamrita

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