

AMRITA UDAAN



A LEAP FORWARD

Monthly Newsletter

June 2021

Volume 03 Issue 06

“Keep the child within alive. A child never tires of hearing the birds sing, never gets bored looking at flowers.”

MATA AMRITANANDMAYI DEVI





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**Mrs.AMBIKA
BALAKRISHNAN**
ADMIN ASSISTANT



AMRITA UDAAN

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FACULTY CHIEF EDITOR

Mr.S. KANAGARAJ
Field coordinator



EDITING DEPARTMENT (HEAD)
DEEPTHI MENON(II MSW)



DEPARTMENTAL ACTIVITIES(HEAD)
M KALYANI
RADHAKRISHNAN(II MSW)



STUDENTS CORNER(HEAD)
AISWARYA T (II MSW)



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RAGHAVADITYA Y(II MSW)



CONTENT CREATORS((HEAD)
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CONTENT CREATORS



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SANDRIMA K K
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DESIGNING TEAM

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 successfully publishing every month from October 2019

- **I MSW - 43**
- **II MSW - 33**
- **Faculty Members - 06**
- **Admin Assistant - 01**
- **Ph.D scholars - 15**
- **Full-time - 02**
- **Part-time - 13**



Farewell
to the creative heads of Amrita Udaan...

AMRITA UDAAN

AMRITA UDAAN

2020 OCTOBER 2020 NOVEMBER 2020 DECEMBER 2020



2020 AUGUST 2020

2020 JULY 2020

2020 JUNE 2020

2020 MAY 2020

2020 APRIL 2020

2020 MARCH 2020

2020 FEBRUARY 2020

2020 JANUARY

OCTOBER 2019 NOVEMBER 2019 DECEMBER 2019

AMRITA UDAAN

AMRITA UDAAN

AMRITA UDAAN- A MEMORABLE JOURNEY (EXPERIENCE SHARING)

Being in Udaan team was an enriching experience for me personally. Udaan is completely an outcome of excellent team work which I'm glad to be a part of. It's only because of the team, we were able to surpass all the initial struggles and develop it into an informative newsletter of today's standard. Although Udaan is a brain child of Kanagaraj sir, we were so blessed to have the support and encouragement from the whole faculties and students of department of Social Work and even from our readers. During the time that I have spent working with the team, I was able to learn and sharpen some of my skills. I'm glad to be one in the pioneer teams of Udaan and that we were able to manifest it beautifully beyond our own expectations. I also wish my juniors good luck with the work which they are already doing.

- DEEPTHI MENON (II MSW)

Being the part of Udaan was truly an amazing experience for me. I developed my skills in writing and formatting different texts by being a part of it. I am very proud for the fact that our team could launch Udaan for the first time in our department. At this point of time I thank Kanagaraj sir for believing in us and giving this opportunity to showcase our skills on it. The working experience that I had in the making of Udaan will always be a memory I'll cherish through out my life

-M KALYANI RADHAKRISHNAN (II MSW)

Working with udaan was a great experience for me. I am a person who stepped in between, when udaan was in a crisis. I was given the proper guidance and orientation from Mr. S. Kanagaraj, who is the back bone of the newsletter. The work is divided between the team and telling about the team I'm speechless. Every team member supported each other and contributed productively with the vision of making the newsletter a success. Working with udaan is not a work for me, but I consider it as an opportunity to learn new skills and to adapt to new roles. I was given the responsibility of taking care of the UGC NET previous year questions column, MSW job and internship opportunities with birthday cards which introduced me to the world of photoshop. At this moment looking at paths we took and the resilience we showed, I'm very much happy. The new udaan team is doing a wonderful job, in a more professional manner and I'm grateful as I had some opportunity to guide them in between. I like to thank all the people who supported me and worked for the betterment of udaan. I wish udaan all the success in the coming years

- HARIKRISHNAN MG (II MSW)



"BEST WISHES TO JUNIOR AMRITA UDAAN TEAM"
-RAGHAVADITYA Y (II MSW)

"Udaan" just as the name suggests it helped in raising my inner self and taking a big flight from the cocoon of my comfort zone. I would like to thank Mr.Kanagaraj sir, our mentor who believed in the team and then supplemented all the fuel and energy required for the smooth progress of the newsletter. It was a great journey with a lot of experiences that helped in widening my network and both identifying my strengths and weak areas. The importance of teamwork was a major part of the success of the Udaan and I'm so grateful to be a part of such an excellent team throughout its journey.

-AISWARYA T (II MSW)

Udaan had given me an opportunity ,not just creating a newsletter, it had involved a lot of team work, struggle ,understanding and much more., More than getting an MSW Degree in hand i was open into another realm of designing and learning new softwares. Something that kept me moving was these words from our respected faculty Mr.kanagaraj sir,"if we have to learn something new ,we should do things which are not known to us" and these words made Udaan and all of our team to explore another side of our hidden capabilities.

- ARUN JS (II MSW)



Farewell to Amrita Udaan Senior Team

"What we call the beginning is often the end. And to make an end is to make a beginning. The end is where we start from." T.S. Eliot

Amrita Udaan newsletter is a successful initiative by the passing out students of social work in Amrita Vishwa Vidyapeetham, Coimbatore. The newsletter literally acted as a platform for students to share knowledge, information and creative outbursts regarding social work even among the faculties. Every month the representatives and team heads of Udaan join together and dedicate their valuable time and effort in bringing out the piece of work. The teamwork enhanced their soft and technical skills, building up an effective person in each of the representatives of Udaan. On 20th of June 2021, a farewell was conducted for senior Udaan team handing over the responsibilities to current first year MSW representatives. The program was done among a few participants including chairperson Dr P Rangasami and Dr V Priya and Mr S Kanagaraj of the Social Work department. Mr S Kanagaraj addressed the gathering. Dr P Rangasami and Dr V Priya extended their appreciative words towards the departing representatives and wished them well for their future endeavours. Mr S Kanagaraj, head of Udaan team, narrated his memories, hurdles and success stories he shared with the team in publishing Udaan. Moreover they nurtured the juniors and it is completely managed by first years. Ms. Aiswarya T, Mr. Harikrishnan M G, Mr. Arun J S, Ms. M Kalyani Radhakrishnan, Mr. Y Raghavaditya and Ms. Deepthi Menon, senior representatives shared their emotional journey and experiences to the participants and wished the predecessors best of luck. Ms Meenakshi D H and Mr Akhil Santhosh extended their gratitude by representing the first year team of Amrita Udaan. A certificate was awarded for their achievement.



WEBINAR ON AWARENESS ON COVID VACCINE

AMRITA | Department of Social Work
VISHWA VIDYAPEETHAM
Coimbatore Campus



lets ask the doctor
"AWARENESS ON COVID VACCINE"

TEAM COMPANIONSHIP
Mr. AKHIL SANTHOSH, Mr. ANANDAPADMANABHAN H., Ms. ANJU BABU, Ms. ANUKRISHNA AJ,
Ms. APARNA MURALEEDHARAN, MS. ASWINI AJAY

INVITES YOU TO JOIN US ON: **14TH JUNE 2021, FROM 3-3.50PM**
VIA MS TEAMS
Faculty incharge Mr.S. KANAGARAJ

RESOURCE PERSON
Dr. CHINJU THOMAS
GENERAL PRACTITIONER
KOTHAMANGALAM, KOCHI

The webinar officially began at 03:00 PM with a video which documents confusions of Covid vaccine. Master of Ceremony was done by Ms. Aswini Ajay, 1st MSW. This was followed by a Welcome Address by Ms. Aparna Muraleedharan, 1st MSW. Ms. Anukrishna AJ, 1st MSW then gave a brief introduction about the Resource Person. The Felicitation Address was given by Mr. S. Kanagaraj, Assistant Professor, Department of Social Work, Amrita Vishwa Vidyapeetham, Coimbatore.

Brief Profile of the Resource Person

Dr. Chinju Thomas finished MBBS in 2016 from Aarupadai Veedu Medical College, Pondicherry. Formerly Worked as Medical Officer (2017-2019) in Taluk Headquarters Govt. Hospital, Perumbavoor (Ernakulam district) and worked as a Resident Medical Officer in Good Shepherd International School, Ooty (2019). Currently working as a General Practitioner in our own consultation room at Kothamanagalam. She provides various services like palliative home care for the disabled in all her available timings and also does online consultation for the needy and she provides her wisdom and knowledge as a health and wellness speaker in various schools and colleges. Then the session was taken over by the resource Person. The major details of the session are as follows:

The resource person initially discussed about Covid 19, its transmission, symptoms and precautions to be taken during quarantine. After that we discussed vaccine efficiency and effectiveness, how they protect us and reasons why everyone should get vaccinated.

Discussed about various vaccines available around the world and three Govt. Approved Vaccines in India and the gap between two doses – Covidshield (84 days' gap), Covaxin (28 days) and Sputnik (28 days). Then discussed the side effects of the vaccine which are mild to moderate & it goes away

within a few days such as swelling at injection site, redness at injection site, headache, fever, joint pain or muscle pain.

For fever we can take: -Paracetamol, Aspirin, Mefenamic Acid and Post vaccination fever stays for 1-2 days. We should consult Doctor if fever persists longer than 2 days after Vaccination. People with pre-existing comorbidities: - heart diseases, high blood pressure, diabetes, cancer, patients on immunotherapy should compulsorily take vaccines as soon as possible. People who have H/O severe allergic reaction/anaphylaxis, people who showed severe side effects with the 1st dose of the vaccine. Allergies to the vaccine components should not take vaccines.

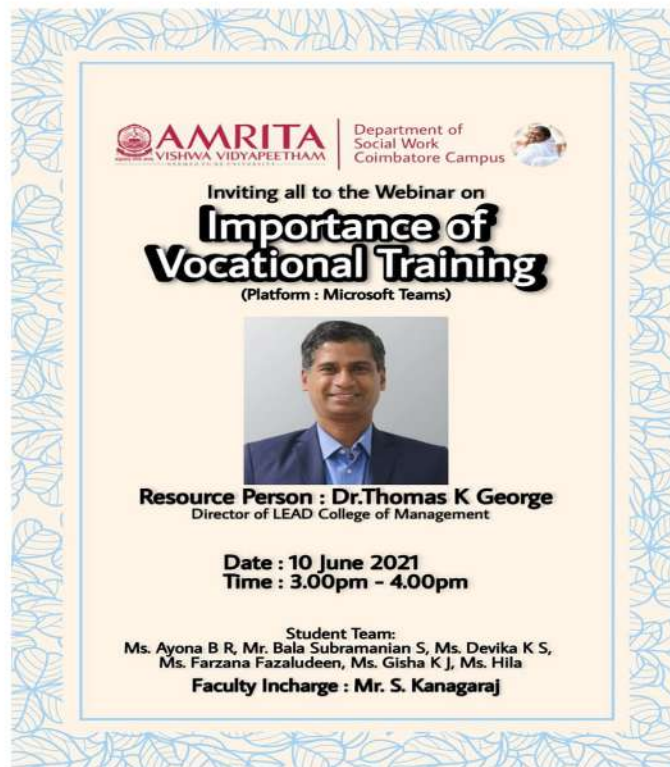
Discussed about registration portal for vaccine and sites which keep updated with news regarding vaccines and Covid updates
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Conclusion

The session of the resource person was followed by a question and answer session where students were asked any questions and queries regarding the session. The students were asked to post their questions in the chat box. The Master of Ceremony read out all the questions and the resource person answered all the questions in the best possible way.

Then an awareness video made by team Companionship was played regarding the importance of vaccines. After that Mr. Anandapadmanabhan H, 1st year MSW student delivered the vote of thanks. All the participants were then asked to fill the feedback forms that were uploaded in the chat box. The webinar ended by 04:10pm

Webinar on “ The Importance of Vocational Training”



The team “Aadhya” of I Msw batch 2020-21 from the department of Social Work, Amrita Vishwa Vidyapeetham, Coimbatore conducted a webinar on the topic “ The Importance of Vocational Training”. The webinar was held on 10 June 2021 at 3.00 pm. It was held online and the venue was Microsoft Teams. The webinar had 36 participants including the resource person and faculty advisor, Mr. S. Kanagaraj.

The resource person who carried out the webinar was Dr. Thomas George K, Director & Chairman, LEAD College of Management, Dhoni, Palakkad. He was honoured with the title of Guinness World Record holder for Longest Business Lesson for a duration of 72 hours. He is a motivational trainer who believes in challenging the conventional school of thoughts and ultimately himself. The team members of Aadhya are Ayona B R, Bala Subramanian, Devika K, Farzana Fazalu-

deen, Gisha K J and Hila S. Mr. Bala and Ms. Gisha worked on the poster design. Ms. Gisha was also in charge of making the feedback form. Ms. Farzana, was given the task of taking down the important points during the webinar and making this report. Ms. Hila S took the leadership of the team and also was the host to the webinar. The webinar began with Ms. Hila inviting Ms. Devika to give the welcome speech. After that the faculty advisor, Mr. S. Kanagaraj, was invited to say a few words. Then the resource person, Dr. Thomas George K, was welcomed and the rest was taken over by him. The webinar was more of an interactive session rather than a session based on facts and information. He began with a quote “We are all born intelligent but our education ruined us”. He explained that we were all very creative in our younger days as we were not put down with restrictions on

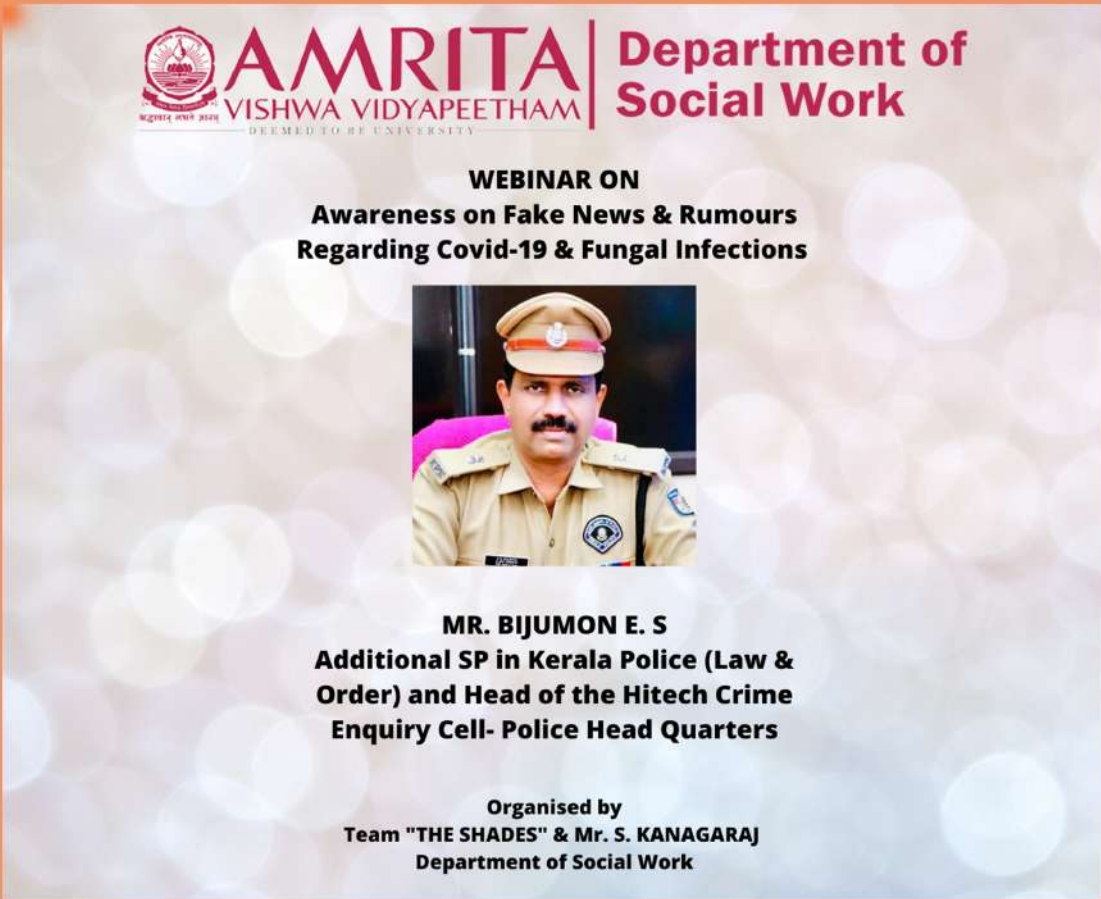
our thinking and creativity. Later, as we grew up all these restrictions impacted the way we think.

He gave an example by telling a story, where a teacher asked his students to draw a line on the blackboard. Some students came and drew a vertical, horizontal and angular line. You can't change the angle he said. The next student came with the chalk and held it parallel and drew. Next took 2 chinks and drew two lines. The teacher said only one line was possible and the student explained that the portion in between the two lines was the line he drew. The next one puts dashes. He explained that it was a single black line, you can't see because its in black and then another boy put a dot saying the line was coming from behind. Thus with this story he was trying to say that " don't teach what thinking is" because we will lose our creativity. Try to encourage the students to use their own thinking and creativity when they do something

The resource person also told another story of a professor who called his student for help one day. The Professor gave the student a barometer and said I want you to measure the height of the building across from them. The student then comes up with various ideas to measure the height of the building using the barometer. The professor doesn't accept any answer he says even though it is in fact possible to calculate the height in the ways the student mentioned. This was because the professor already had an answer in mind so he didn't accept the various creative ideas the student came up with. Thus, with this way of teaching we lose our ability to think. "Dash plus dash equals nine" was the next question posed by Dr. Thomas George K next. In this all the students along with our faculty participated in coming up with various answers to

one single question. By all these stories and questions, Dr. Thomas George K was simply trying to make us understand that whatever the type of teaching we should always encourage the students to think on their own. A question can have different answers based on everyone's own perspective. The students must be enabled to improve on that. He also emphasized that Vocational Training must be more practical and even though we all paused during the pandemic, we must still work on ourselves and do what we want and love. If we want to be active, let's just think. He also told us not to blame our parents for not teaching us anything. Blame ourselves for not pursuing things that we wanted to do. Then he answered the various questions and doubts posed by the participants of the webinar. He bid farewell and concluded the webinar. After that Ms. Hila invited Ms. Ayona to give the vote of thanks. The resource person and the faculty advisor also gave thanks for conducting the webinar and making it all happen. The feedback back form was shared and with that the webinar ended at 3.50 pm.

WEBINAR REPORT ON AWARENESS ON FAKE NEWS AND RUMOURS REGARDING COVID- 19 AND FUNGAL INFECTIONS



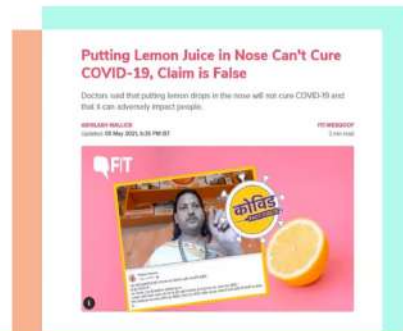
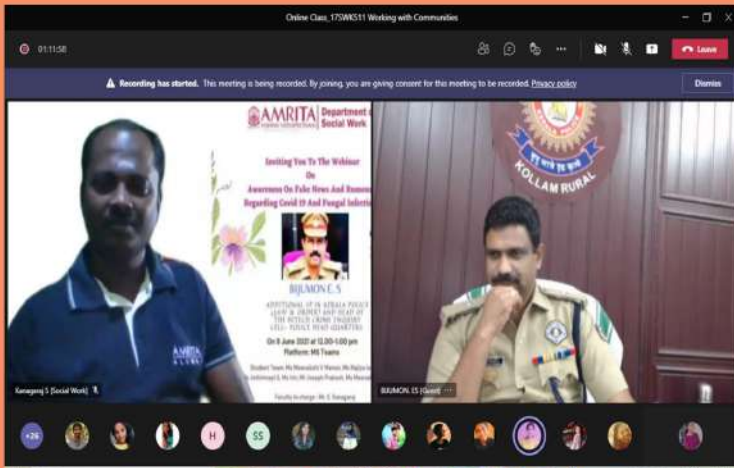
AMRITA | Department of Social Work
VISHWA VIDYAPEETHAM
DEEMED TO BE UNIVERSITY

WEBINAR ON
Awareness on Fake News & Rumours
Regarding Covid-19 & Fungal Infections

MR. BIJUMON E. S
Additional SP in Kerala Police (Law & Order) and Head of the Hitech Crime Enquiry Cell- Police Head Quarters

Organised by
Team "THE SHADES" & Mr. S. KANAGARAJ
Department of Social Work

A webinar on "Awareness on Fake News and Rumours regarding COVID-19 and Fungal Infections" was conducted to develop exposure and organizing skill in first year MSW students initiated by course faculty, Mr. S Kanagaraj as a part of community development curriculum. A team of 6 students opted to conduct the webinar virtually. Likewise, several teams were formed. Team 'The Shades' consisted of Ms Meenakshi V Menon, Ms Najiya Ismail, Ms Jothirmayi S, Ms Irin, Mr Joseph Prakash and Ms Meenakshi D H. The members were dedicated and came up with a perfect organising plan and agenda to conduct the webinar successfully under the guid-



Offences.

- **Section 464 [IPC]:** Making a false document
- **Section 469 [IPC]:** Making a false electronic record for the purpose of defamation.
- **Section 471 [IPC]:** Using a false/ forged electronic record as genuine.
- **499/ 500 [IPC]:** Publishing an imputation intending to harm the reputation of a person.
- **Section 505 [IPC]:** Publishing or circulating rumor or statement which is likely to cause alarm or fear to the public.

Fact Check Portals

- WHO (World Health Organisation) Myth Busters
- Google Fact checking Tool for covid-19
- Press Information Bureau Fact check
- And several local fact check Websites are available.

ance of Mr S Kanagaraj. Mr Bijumon E S, an additional SP in Kerala police (Law and Order), Head of Hi-tech crime enquiry cell- Police Headquarters was the resource person for the webinar. The master of ceremony was Ms Meenakshi V Menon. The webinar commenced with the prayer song by Ms Jothirmayi S. The welcome address and resource person introduction was given by Ms Meenakshi DH and Ms Najia Ismail respectively. Mr S Kanagaraj, class advisor felicitated the gathering. The resource person presented the issues related with the webinar topic. He described ways in which fake news can affect common people and steps to avoid getting victimized by the perpetrators. Initiatives taken by Kerala Police to fight cyber-crimes in Covid-19 Pandemic were explained by the speaker. He exemplified the nuances happening

in the cyber world from the perspective, as a representative of the Law and Order. Participants were given a chance to raise questions and clarify their concerns and issues. He was a felicitous resource person to speak on the topic. The vote of thanks was given by Mr Joseph Prakash at the end of the session. Total of 45 participants including faculty members attended the session. Participants filled out the feedback form and 75% of the feedback was above very good which was a token of appreciation for the organising team to conduct more webinars in near future.

WEBINAR REPORT ON Awareness on Mental Health and Coping During COVID-19

On 7th June, 2021, A webinar was organized by the team "Pravah" from 3.00 PM to 4.00 PM as a part of the group activity given by the Faculty incharge Mr. S Kanagaraj to I MSW students, Amrita Vishwa Vidyapeetham, Coimbatore. The topic of the webinar was "Awareness on Mental Health and Coping during COVID-19". There were 43 participants including the Resource Person, Faculty Incharge and I MSW students. The Resource Person was Afiya M Shafi, licensed clinical psychologist and mental health expert working at Wellness clinic and counseling center, Kozhikode. The webinar began at 3.00 PM with greetings and welcome from Nayana S S (I MSW), the Master of the Ceremony. Then Param Kumar Singh (I MSW) was invited for the welcome address. He extended a warm welcome to the Resource Person, Faculty Incharge and to all the students. After this Nayana gave a brief introduction about the Resource Person, where she mentioned about their academic background and work experiences. After that was done, Faculty Incharge Mr. S Kanagaraj was invited to share his words, where he welcomed Ms. Afiya on behalf of the Department of Social Work and conveyed his pleasure in having the Resource Person for the webinar. After this Nayana invited Ms. Afiya to take over the session. Ms. Afiya began the discussion by highlighting the importance of Mental Health. She explained the issues of Anxiety and depression by categorizing it into physical, emotional and mental characteristics and also other common mental health issues. One of the major areas she focused on was lifestyle management. She explained in detail the importance of managing lifestyle activities to maintain good mental health. She mainly spoke about activities to remain active during stressful times, shed light on healthy diet and sleep hygiene which are crucial in promoting stable mental health. She clearly explained the need of sharing worrisome feelings which will help in lessening the distress. She also focused on how to learn to cope with uncertainties in life, where she elaborately discussed the need to stay positive and hopeful during difficult situations with a few real life examples.

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DEPARTMENT OF SOCIAL WORK
Coimbatore Campus

7 JUNE
3pm - 4pm

Platform
MS teams

WITH
Afiya M Shafi
CLINICAL
PSYCHOLOGIST
AND MENTAL
HEALTH
EXPERT

WEBINAR ON
AWARENESS ON
MENTAL HEALTH AND
COPING DURING COVID-19

POWERED BY THE
TEAM
PRAVAH

MEMBERS:
NAYANA, PARAM,
PRAKASH, ROSHNI,
SAIJANI


FACULTY INCHARGE : MR.S.KANAGARAJ

Finally, she concluded by saying that for moving on in life it is very important to focus on the present rather than lamenting over the past. Then a Question/ Answer session took place in which few students interacted with Ms. Afiya . Finally, Shalini (I MSW) rendered the vote of thanks and thus the webinar came to an end. On the whole the webinar was an extremely informative and thought-provoking session that provided the participants with clear insights.

Webinar on

The Nutritious and Balanced Food Solution-Developing immunity against Covid-19

- Team OJASS, as a part of group activity given by the faculty In charge Mr.S.Kanagaraj of Amrita Vishwa Vidyapeetham ,Coimbatore was organized a webinar on 7th June,2021 on the topic of "The Nutritious and Balanced food solution-Developing immunity against Covid-19". There were 43 participants including the Resource person, Faculty and 1st MSW students. The Resource person was Ms.Vidya T A, Dietitian and Research Assistant in Kerala Agricultural University. The Webinar starts with a prayer song sung by Sreelakshmi Jayaprakash and Welcome from Sandrima k k, the master of the Ceremony. Mr.Shivaratri Avinash was invited for the welcome address and extended a warm welcome to the Resource Person,Faculty and to all the students. After the welcome speech, Sanjay S gave a brief introduction about the Resource person, where mentioned the academic background and experience of the Resource Person.After that Faculty In-charge,Mr.S.Kanagaraj was invited to share his words, where he welcomed




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VISHWA VIDYAPEETHAM | Coimbatore Campus

We invite you to join webinar on

The Nutritious and Balanced food solution - Developing immunity against Covid-19

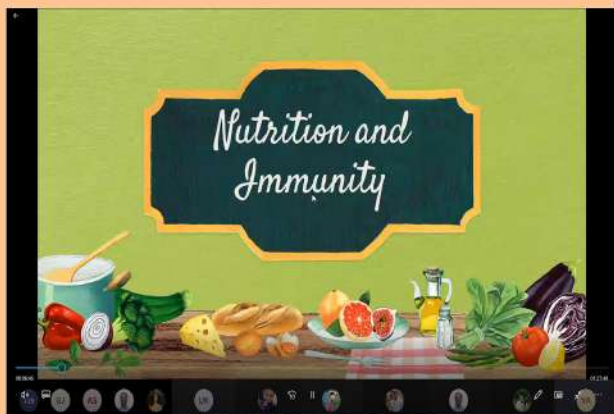
Resource person: MS.Vidya T A
Dietitian, Research Assistant



From: 8:50 AM To 9:40 AM
On 07 June 2021
PLATFORM: MS Teams

Student team: *Mr.Sanjay S, Ms.Sreelakshmi T S, Ms.Sreelakshmi Jayaprakash,
Ms.Sandrima K K, Mr.Shivaratri Avinash*

Faculty Incharge: MR.S.Kanagaraj



the Resource person on behalf of the Department of Social Work. After this Sandrima invites the Resource person to take over the session. Ms.Vidya starts the session with the fundamental question of what is Immunity. She divided the main part of the topic into three parts: what is Immunity and how the immunity system works in the body and how nutrition relates to Immunity health boosting and how to get all the nutrition to the Body. In the webinar, she clearly explained the type of immunity and also the difference between Innate Immunity and Adaptive Immunity. She elaborately discusses the main components of a balanced diet like Carbohydrates, Protein, Fats like and how to maintain a balanced diet. The Resource said that eating a balanced diet is key in maintaining good health and keeping the body in optimum condition. Finally she concluded the webinar, we cannot be assured that one food will fight

against immunity because the studies are still ongoing. Then a Question/Answer session took place in which few students interacted with Ms.Vidya. Finally Sreelakshmi T.s offered the Vote of Thanks and provided a feedback form to the participants of the webinar. The webinar came to an end. Overall the webinar is informative and the topic is relevant in the current situation.

Webinar on Mental Health and Fitness during Covid19.

Introduction: This Webinar was a part of a group activity wherein the Organizing team was to bring in a Resource person, to enlighten the target audience on a relevant topic, and to gain exposure into organizing a webinar. The one conducted by our Team (Skillz) was on the topic "Mental health and fitness during Covid19". The Webinar began at 12:05 P.M. with the Master of Ceremony, Ms. Swetha K C of MSW-I, initiating the session, and Mr. Surya Suresh of MSW-I, giving a warm welcome to the audience present. Followed by that was a brief introduction about the Resource person of the day, Mr. K. Ashwin, given by Mr. Tomin Jose of MSW-I. Mr. S. Kanagaraj also had a few words to say about the guest of the day, as he happened to be an alumni of our department.

A Brief about the Resource Person: Mr. K. Ashwin completed his Masters in Social Work from Amrita Vishwa Vidyapeetham, Coimbatore, in the year 2009-11. He specialized in Community Development and has had the opportunity to conduct Cancer awareness programmes in the Ettimadai Village, assist and take free

tuition, and has been involved in other voluntary services. He also has an HR certification from LIBA, Chennai. He is currently working as a Senior Executive (Administration and Facilities) in Datatracks Services Private Limited. As a very positive and opportunistic person, he has always reached out and responded to all those opportunities that came his way. He is also very much interested in fitness and has molded himself to the person he is today.

Talk by the Resource Person: The session commenced with Mr. Ashwin sharing a quote by Madam Pomfrey, "Thoughts could leave deeper scars than almost anything else". This was to elucidate how Mental health was just as important as its Physical counterpart. He asked two questions, "What is mental health?" and "When is World Mental Health Day celebrated?". His responses to the same were very much a need of the hour. He said how it was important for us to celebrate our mental health everyday, especially during these tough times. Not only are we taking care of ourselves, but we need to care for our family, our community, and those around us. The importance of a venue to express our issues and problems

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Join us Online!
Mental Health and Fitness during COVID-19

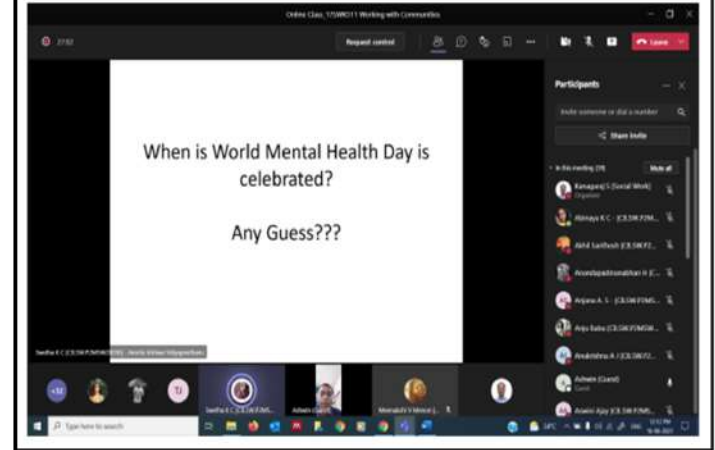
Mr. K. Ashwin
Datatracks and Services Private Limited
(Senior Executive Administration and Facilities)

MSW, Specialized in
Community Development -
Amrita Vishwa Vidyapeetham

Date : 16 June 2021
Time : 12.00pm - 12.50pm
(Platform : Microsoft Teams)

Team Skillz:
Mr. Surya Suresh, Ms. Swetha K C, Mr. Vasanth S,
Mr. Vijayanarayan G, Mr. Tomin Jose

Faculty Incharge : **Mr. S. Kanagaraj**



must be present. One such venue is our family. There should not be any hesitation to share our difficulties, rather we should be made to feel comfortable to share our concerns with them.

Some statistics regarding the prevalence of mental health issues were shared and it showed that a significant part of the Indian population suffer from anxiety and depression. Maharashtra and Tamil Nadu are the states that top the list. Some of the most common mental health issues included: depression, suicidal tendencies, eating disorders, sleeping disorders, isolation, addiction, and feelings of hopelessness. Some remedies to improving our mental health could include listening to music, doing yoga, and engaging in physical activity or exercise.

It was also told how it is very crucial to look after our mental health during Covid19. Some of the ways by which we could do so is by: keeping ourselves informed, following a routine that works for you, minimizing random sources of news, keeping in contact with family and friends, keeping away from drugs and alcohol, reducing the amount of time we spend behind a mobile or computer screen, and helping others in whatever little ways we can.

Followed by that, some personal suggestions were offered so as to improve our attitude towards our health. These included: Not "living" for others, ventilate your problems, do not be afraid to try and start new things, do not give control of your life to others, learn from your mistakes, and lastly, you need to live your life and dreams.

The session then progressed on to fitness and how we can keep ourselves physically and mentally fit. Some tips as to do so include: eating and sleeping on time, not skipping meals, and going to bed early. Knowing that it would be difficult in the beginning, a trick was

shared so as to keep us going. It was how we keep trying to do the same thing for three days first. Then try it on for three weeks, then three months, and eventually, it becomes a part of our daily lives. This can be applied to anything that we want to try and inculcate. We could start with small things, such as walking, running, cycling, core exercises or even those exercises that we like the most to get things started. These activities have a myriad of benefits such keeping yourself motivated and positive, and boosting your immunity (a need of the hour). Lastly, it was explained how both physical and mental health were interconnected and how they are both important for our well-being.

Q/A Section: This is where some of the participants raised questions on how they can adapt activities that suit them so as to maintain fitness and good health. Some of those questions and responses are as follows: "Why is it important to go to bed early and rise early?": This is so that you will feel more energetic throughout the day and also, when you try doing things very early in the morning, the results are mostly always positive. "How can the physically challenged cope with mental stress?": It is usually with the help of those around them. They must create a space for them to express their problems, empathize with them and help them overcome stressors. "The pandemic has brought in this rigid set of patterns that one is restricted to, making it feel like we are living the same day over and over again. When we try to adapt more routines, will it not make our life more rigid? ": It is not exactly a routine, but just ways in which one can make their way of living healthier.

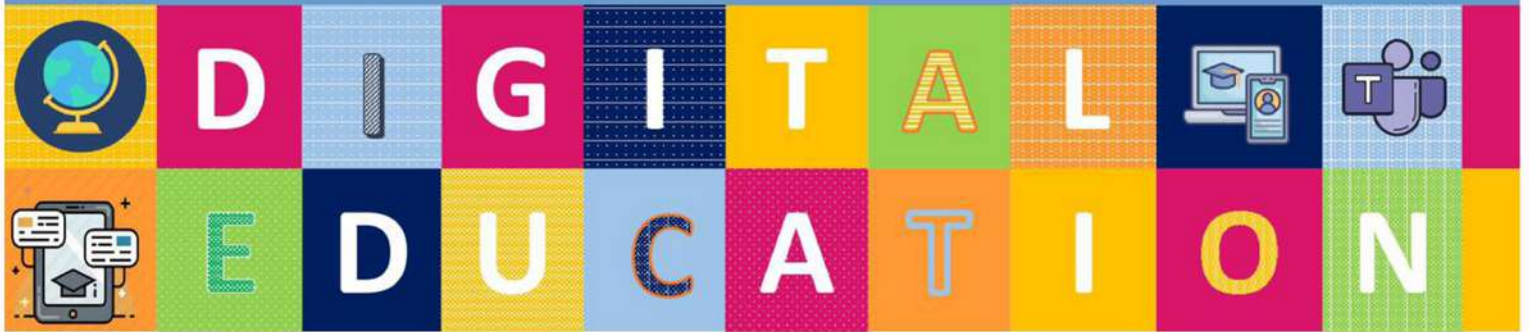
Conclusion: Upon the completion of the content to be discussed and the Q/A session, the webinar came to an end. A link to a Feedback form was provided for the participants to share their views. A vote of thanks was given to the Resource person by Mr. Vasanth S. of MSW-I. The webinar ended at 12:50 A.M.

WEBINAR ON DIGITAL EDUCATION



DEPARTMENT OF SOCIAL WORK COIMBATORE CAMPUS

WEBINAR



THE RESOURCE PERSON



Fr. PS Lenin Antony SJ
DIRECTOR, AADI, Attappady
 Tribal and environmental activist

Phd scholar, MSW from Loyola chennai, MA
 philosophy too from Loyola

10 JUNE 12 PM to 1 PM

ON MICROSOFT TEAMS
 Faculty Incharge: Mr.S.Kanagaraj

Team: Varun T P, Riya Sibi, Anjana A S, Nayantara Kurian, Aswini P V

INTRODUCTION

In This Covid pandemic era, we know that our education system has changed drastically. We can't even compare the situation with any other disaster that happened. Everything has changed in an unbelievable manner. So, We Team Lagom has thought of bringing the changes that has happened in the education system. The very next alternative was 'Digital education'. Education is through Electronic Gadgets using Internet and other services. This webinar is to ensure the awareness about our new educational style among the society-who are not aware of it and to drive them with this change.

Webinar Structure

The webinar was on 10th June at 12 PM to 1 PM on Microsoft Teams Platform. We conducted this webinar for the group activity of our paper Working with Community teaching by Mr. S Kanagaraj. Our Resource Person was Fr PS Lenin Antony SJ, who is the Director of NGO AADI located at Attapadi, he is also a tribal and environmental activist, who pursued MSW & MA from Loyola College, who's a Phd Scholar now.

Team

Varun T P
 Anjana AS
 Riya Sibi
 Nayantara Kurian
 Aswini P V

Leader
 Host
 Welcome Speech
 Vote of thanks
 Poster Designing

Overview and Topic Discussion

He started the PPT by Famous Leader Martin Luther King, jr. Quotes-"Injustice anywhere is a threat to justice everywhere". Then he introduced the features of tribal community. He was concentrating on five major topics related to main topic, it was:

1. tribal Realities
2. The values of Kerala Tribals
3. issues affecting Adivasis of Kerala
4. Jesuits involvement in promoting DIGITAL EDUCATION among the tribals of Kerala
5. Role of social worker in promoting digital education of tribals in national level

He concluded the Webinar by showing 4 Dimensional activities of tribals.

Key Takeaways

Due To Network issue he couldn't complete the class. By this event, we understood a point that on remote areas the network issues are so poor. what we are actually trying to convey, has happened there. It was a huge mistake though it was the reality of so many people. we shared the powerpoint that he has made for the webinar.

Webinar on Inclusive Education & Accessibility


AMRITA | Department of
Social Work
Coimbatore Campus

VISHVA VIDYAPEETHAM

INVITING YOU TO THE WEBINAR ON

Inclusive Education & Accessibility

SUPPORTING CHILDREN WITH DIFFERENCES



Resource Person: Mrs. Kavin Thirumurugan,
Counseling Psychologist & Special Educator

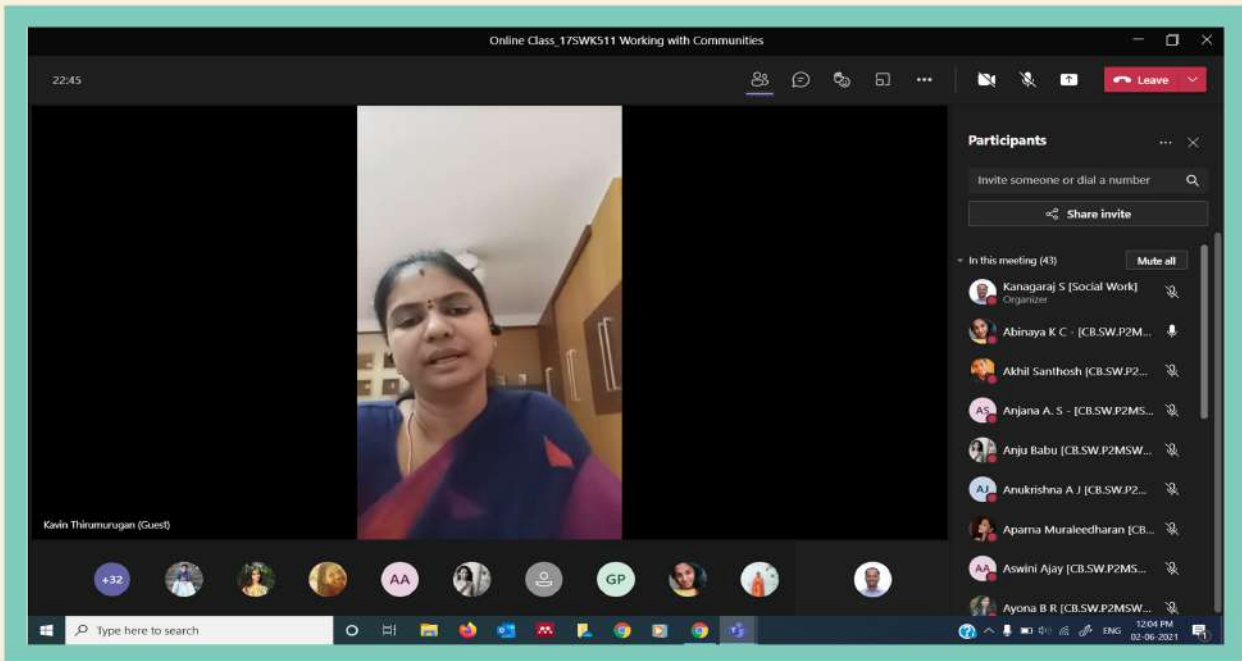
From 12:00-1:00 PM, on 02 June 2021
Platform: MS teams

Student team: Ms.Neha, Ms.Abinaya, Ms.Gouri, Ms.Priya & Ms.Sai Priya
Faculty Incharge: Mr.S.Kanagaraj

The members of team compassion of department of social work conducted an webinar on "Inclusive education and accessibility" for the first and second msw students on 2/6/2021 from 12 pm to 1 pm through MS teams platform.

All students actively participated throughout the webinar. Mrs.Kavin Thirumurugan was the resource person ,counselling psy-

chologist and special educator and the director of Sai Kirupa institutions Thiruppur. Ms .Abinaya started the programme with a warm welcome to all.Programme started at 12.00pm with the prayer. Ms. Gouri delivered the prayer. After prayer Ms. Neha delivered the welcome speech by welcoming the chief guest,class coordinator,other faculties and students. Then the class coordinator Mr.S.Kanagaraj delivered the felicitation ad-



dress.

About inclusive education and accessibility was discussed in this session.

The speaker of the session Mrs. Kavir Thirumurugan presented the keynote address on inclusive education and accessibility. She discussed the basic concepts with the input of students. Mr. Surya, Ms. Ashwini, Ms. Meenakshi and Ms. Abinaya shared their views and doubts about the topic. The major thoughts discussed in the session were when you decide to work for the children in special needs first of all should have basic knowledge about them. Just speaking is very easy when it becomes practice, it is not that much easy. They need a functional academy. We can not teach them with just theories. They need practice more than theories. I take time to learn so we have to give the time for them. We can't just give the shelter that is not the right thing through various activities we can make them productive. By engaging them in various activities we can integrate them into society. She mentioned some of

the activities in which the children of her institution were engaged. They engaged in various kinds of activities like running catering, making products such as sweets and other food products.

Students actively participated in the session. After the lecture session students expressed their doubt for clarification. Ms. Gouri delivered the vote of thanks to the chief guest, class coordinator and for all students who actively participated in the webinar. The webinar was completed at 1 pm.



Activities

Book review

Students Corner

Articles

Movie review

Book review

“Good Will Hunting” – Movie review from the point of a Mental Health Social Worker



Cast : Matt Damon, Ben Affleck

Director: Gus Van Sant

Synopsis: Will Hunting (Matt Damon) has a genius-level IQ but chooses to work as a janitor at MIT. When he solves a difficult graduate-level math problem, his talents are discovered by Professor Gerald Lambeau (Stellan Skarsgard), who decides to help the misguided youth reach his potential. When Will is arrested for attacking a police officer, Professor Lambeau makes a deal to get leniency for him if he will get treatment from therapist Sean Maguire (Robin Williams)

Review:

It must be heart-breaking to be able to appreciate the true genius of a young boy and yet fall just short of it yourself. A man can spend his entire life studying to be a mathematician--and yet watch helplessly while a high school dropout, a janitor, answers to questions the professor is given to see who can be the real mathematician in the coming future. It's also heart-breaking when genius won't recognize himself, and that's the most baffling problem of all in "Good Will Hunting," the smart, involving story of a working-class

The film stars 'Matt Damon' as a janitor at MIT who likes to party and hang around the old neighbourhood but who is not aware of his strengths and capabilities within himself. His reading consists of downloading the contents of whole libraries into his photographic memory with a strong focus. Stellan Skarsgard plays Lambeau, the professor, who offers a prize to any student who can solve a difficult problem. The next morning, the answer is written on a blackboard standing in the hall.

Who claims credit? None of the students does. A few days later, Lambeau catches Will Hunting (Damon) at the board and realizes he's the author--a natural mathematical genius who can intuitively see through the thorniest problems. Lambeau wants to help Will, to get him into school, maybe, or collaborate with him. But before that can take place, Will and some buddies are cruising the old neighbourhood and beat up a guy. Will also hammers on the cops a little and is jailed.

He's a tough nut. He sees nothing wrong with spending his whole life hanging out with his friends, quaffing a few beers. He sees romance in being an honest bricklayer, but none in being a professor of mathematics--maybe because bricklaying is work, and, for him, math isn't. So as a social worker, I understand the role of parents, the group of friends we chose and the role of neighbourhood in a student's life in his growing stage. What happens when you nurture him on the right path, you become a mathematician and when you fail in your job as a parent or as a friend, we are killing the real talent hidden in a person.

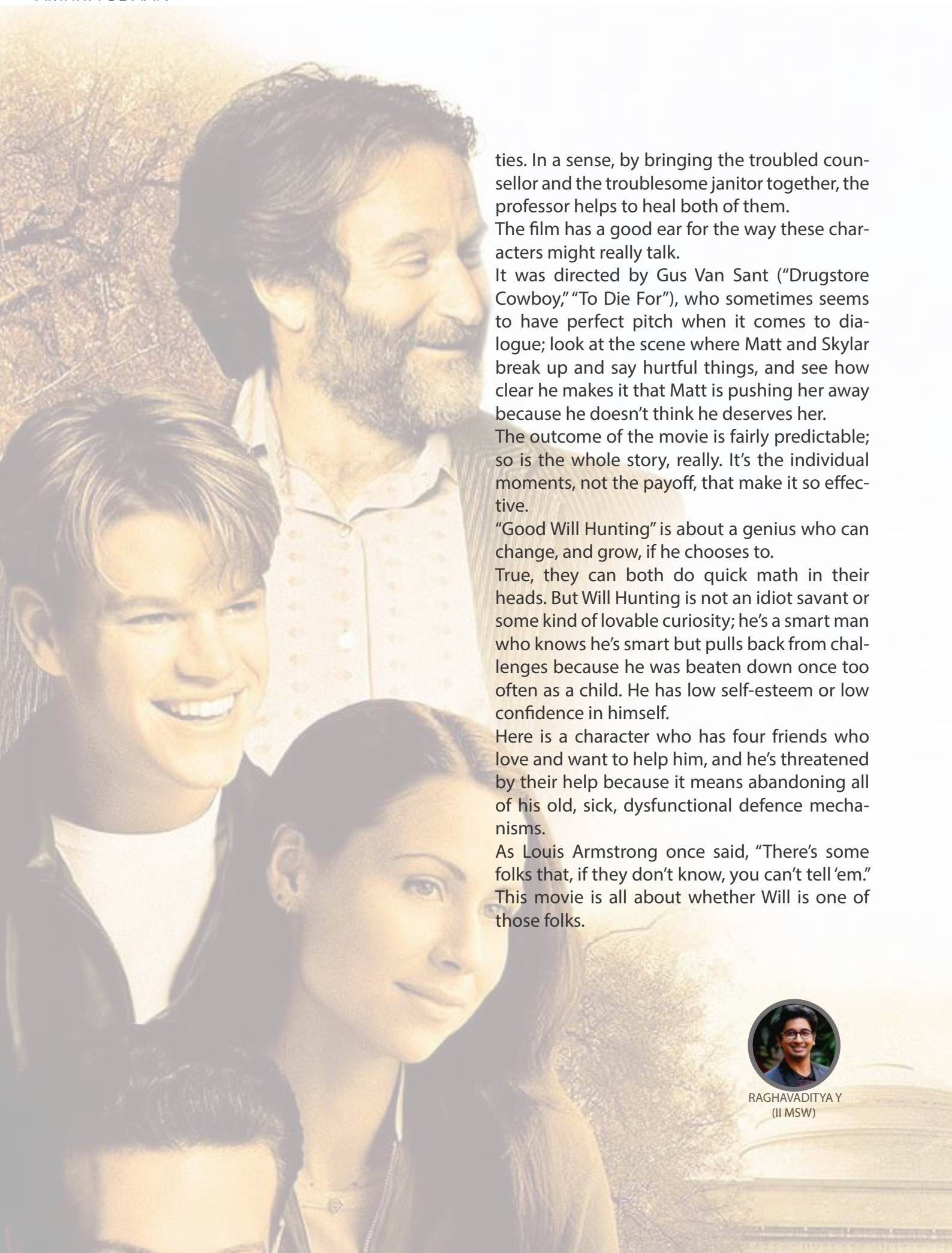
"Good Will Hunting" is the story of how this kid's life edges toward self-destruction and how four people try to haul him back. One is Lambeau, who gets probation for Will with a promise that he'll find him help and counselling.

There is this scene which happens in a night bar where Will's friend goes to a group of girls trying to impress them. But another set of boys come there and try to embarrass this guy just to impress the same girls. Will interfere and answer all their ques-

tions on history along with the name of the book and also the page number. Will still doesn't realise what he's still capable of, what are his strengths but has done this only in order to protect his friend from those boys. He also states that gaining knowledge from books is only for a degree but after you gain that knowledge, analysing it and having your own opinion on it is what matters and makes a student different.

One is Sean McGuire (Robin Williams), Lambeau's college roommate, now a community college professor who has messed up his own life, but is a gifted counsellor. One is Skylar (Minnie Driver), a British student at Harvard, who falls in love with Will and tries to help him. And one is Chuckie (Ben Affleck), Will's friend since childhood, who tells him: "You're sitting on a winning lottery ticket. It would be an insult to us if you're still around here in 20 years." True, but Will doesn't see it that way. His reluctance to embrace the opportunity at MIT is based partly on class pride (it would be betraying his buddies and the old neighbourhood) and partly on old psychic wounds. And it is only through breaking through those scars and sharing some of his own that McGuire, the counsellor, is able to help him. Robin Williams gives one of his best performances as McGuire, especially in a scene where he finally gets the kid to repeat, "It's not my fault." "Good Will Hunting" perhaps found some of its inspiration in the lives of its makers. The movie was co-written by Damon and Affleck, who grew up in Boston, who are childhood friends, and who both took youthful natural talents and used them to find success as actors. It's tempting to find parallels between their lives and the characters--and tempting, too, to watch the scenes between Damon and Driver with the knowledge that they fell in love while making the movie.

The Will Hunting character is so much in the foreground that it's easy to miss a parallel relationship: Lambeau and McGuire also are old friends who have fought because of old angers and insecuri-



ties. In a sense, by bringing the troubled counsellor and the troublesome janitor together, the professor helps to heal both of them.

The film has a good ear for the way these characters might really talk.

It was directed by Gus Van Sant ("Drugstore Cowboy," "To Die For"), who sometimes seems to have perfect pitch when it comes to dialogue; look at the scene where Matt and Skylar break up and say hurtful things, and see how clear he makes it that Matt is pushing her away because he doesn't think he deserves her.

The outcome of the movie is fairly predictable; so is the whole story, really. It's the individual moments, not the payoff, that make it so effective.

"Good Will Hunting" is about a genius who can change, and grow, if he chooses to.

True, they can both do quick math in their heads. But Will Hunting is not an idiot savant or some kind of lovable curiosity; he's a smart man who knows he's smart but pulls back from challenges because he was beaten down once too often as a child. He has low self-esteem or low confidence in himself.

Here is a character who has four friends who love and want to help him, and he's threatened by their help because it means abandoning all of his old, sick, dysfunctional defence mechanisms.

As Louis Armstrong once said, "There's some folks that, if they don't know, you can't tell 'em." This movie is all about whether Will is one of those folks.



RAGHAVADITYA Y
(II MSW)

STUDENTS ARTICLE

TELEKINESIS (Psychokinesis)

Telekinesis has another name Psychokinesis and it's a psychic ability to move or influence a physical system without physical interaction. Several experiments show that there is no proven evidence of this phenomenon.

In my current research, the word psychokinesis was used in 1914 by American author Henry Holt in his book On the Cosmic Relations.

The word Telekinesis a portmanteau of Greek meaning (tele) –"distance" and (kinesis) meaning –"motion".

A Russian Physical Researcher Alexander N Aksakof was first used in 1890.

Psychokinesis and Telekinesis are different- Psychokinesis refers to a mental ability to influence physical systems and objects without the physical energy.

Telekinesis refers to movement or hover of physical objects by mental force without any physical intervention.

In physics –

The telekinesis and psychokinesis break numerous firmly established laws of physics in inverse square law. The psychologist Daniel Wegner has advocated that an introspection illusion contributes to belief in psychokinesis.

Some magicians have successfully boosted some of the specialized abilities of psychokinesis, that means they commonly use object movement, spoon bending levitation and teleportation.

There are several heires psychokinesis abilities throughout the history, Angelique Cottin known as Electric Girl of France. Cotton and her family claimed that she produced

electric emanations that allowed her to move pieces of furniture and scissors across a room.

Alexander Aksakov wrote on a great variety of subjects, the most controversial of which was the nature and history of Russian drinking habits. His articles and essays appear regularly in Day.

In September 2006, a survey on belief in various religious and paranormal topics conducted by phone and mail-in questionnaire selected 1,721 American on their belief in telekinesis. It is possible to influence the world through the mind alone.

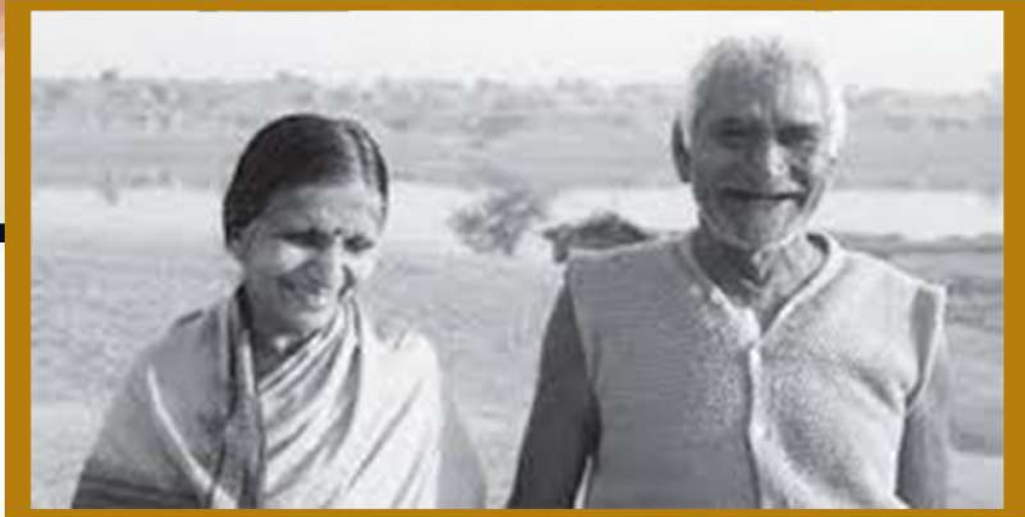
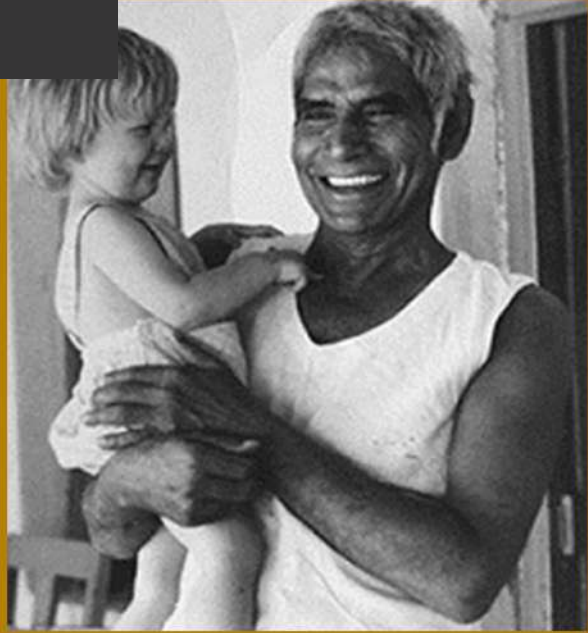
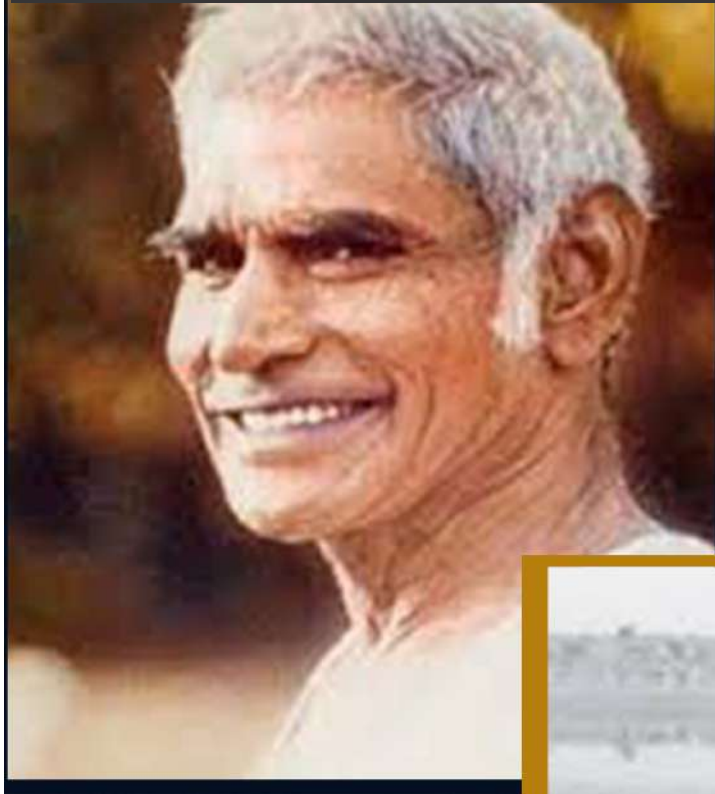
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SREELAKSHMI JAYPRAKASH
(I MSW)

Well-Known Social Worker



BABA AMTE

Murlidhar Devidas Amte famously known as Baba Amte was brought into the world to a wealthy Hindu Brahmin family on the 26th of December 1914 in Hinganghat, Wardha.

As a little youngster, he delighted in every one of the advantages that accompanied his family's abundance. Notwithstanding, at a youthful age he got mindful of the situation of poor people and minimized and regularly felt that he ought to successfully end this treachery.

Once, during Diwali he experienced a visually impaired poor person and discharged his pocket loaded with coins into his asking bowl. The hobo, feeling the weight thought like he was being made an imbecile of and shouted "I am only a beggar

young sir, don't put stones in my bowl", to which the kid reacted "They're coins, not stones. Count them if you wish."

This occurrence left a profound, enduring effect on the kid. The possibility that such hopelessness could exist so near his ideal world hit him hard. He routinely played with the workers' youngsters regardless of his dad's objection. The unbending nature that existed in his dad's reality didn't engage him by any means. He didn't comprehend why individuals made such countless approaches to separate themselves.

He wished to turn into a specialist yet had to turn into an attorney by his dad. He needed his child to deal with the family home. For some time, Baba took to the existence of a charming, affluent youngster quite well. He went through his days horse riding, chasing and messing around on scaffolds and tennis at the neighborhood club. His vehicle was enriched with the hide of the panther he had shot. He was carrying on with an advantageous existence of the

rich and special that solitary the lucky get an opportunity to live.

However, under this luxury, he was fretful. He felt like he should fill a greater need on the planet. He started to help and chip in at every possible opportunity and furthermore got engaged with the opportunity battle. He was profoundly impacted by greats like Tagore, Gandhi and Sane Guruji. He likewise began functioning as a waste transporter to encounter the difficulties they encountered. During this time, he experienced a sight that would change his life perpetually -- "A man in the last stage of leprosy. A rotting mass of human flesh with two holes in place of a nose, without traces of fingers or toes, with worms and sores where there should have been eyes. literally a living corpse."

He fled, unnerved by the disease and of the sight he had seen. He had consistently considered himself being intrepid and trying. The experience with Tulshiram (the uncleanliness distressed man) broke his mental self portrait. Indeed, even as he really focused on the perishing man this dread would not leave him.

"I had never been frightened of anything. Because I fought British tommies to save the honour of an Indian lady, Gandhiji called me 'Abhay Sadhak', a fearless seeker of the truth. When the sweepers of Warora challenged me to clean the gutters, I did so; but the same person quivered in fright when he saw the living corpse of Tulshiram."

For the following half year he lived in the unrelenting desolation of this emergency. He was sure "where there is fear, there is no love, and where there is no love, there is no God." There appeared to be just a single method of beating this issue. He should live and work with the sickness. Baba Amte chose to take up the reason for serv-

ing disease patients for the very explanation that he felt disturbed to be a piece of a general public that was so impartial towards the predicament of such discouraged people. He viewed this lack of care as 'Mental Leprosy' by suitably citing that the most terrifying sickness isn't losing one's appendages, however losing one's solidarity to feel generosity and empathy for other individuals.

Maharogi Sewa Samiti, Warora (Leprosy Service Society) was set up determined to treat sickness patients and for society distressed by mental disease. Baba decided to call this heaven 'Anandwan', signifying 'Forest of Bliss'.

Baba Amte realized that just restoring the illness wasn't sufficient. It was critical to make an independent, useful society made of these misfits. Beginning with agribusiness and extending to different little and medium scale businesses directly from materials to wood work, MSS, Warora has developed into the useful safe house Baba had always wanted.

Set up in 1949 with Rs.14,6 sickness patients and a faltering cow, MSS, Warora has spread its work all over Maharashtra and numerous associations have taken motivation from Baba's work and are working for the oppressed the nation over and surprisingly the whole world. The effect Baba Amte had across the world is tremendous and a spirit like his is an uncommon diamond the world was fortunate to have.

Reference

<https://leprosyhistory.org/testimonies/baba-amte-man-with-a-mission>

<https://anandwan.in/baba-amte-the-journey.html>



BALA SUBRAMANIAN S
(I MSW)

GOVERNMENT SCHEMES AND ACTS

JUVENILE JUSTICE (CARE AND PROTECTION OF CHILDREN) ACT, 2015

The Juvenile Justice Act, 2015 is the major legal framework for the protection, education and well-being of children in India. It was introduced by the Ministry of Women and Child Development and passed in parliament to replace the Juvenile Delinquency Law and the Juvenile Justice (care and protection of children) Act, 2000. The act is arranged into different sections and contains ten chapters that clearly defines and explains the act in a comprehensive manner. The major intention behind its formulation is to consolidate and amend the laws relating to children alleged and found to be in conflict with law and children in need of care and protection. It is applicable to all matters that involves children in conflict with law and children in need of care and protection in India. The act has changed the nomenclature from Juvenile to child and children in conflict with law. It clearly defines orphaned, surrendered and abandoned children and heinous, serious and petty crimes. It provides for an efficient and organized system for the adoption of orphaned, surrendered and abandoned children. It makes it mandatory for all the childcare institutions to be registered. The act gives the Central Adoption Resource Authority a statutory status. It also provides clarity on the powers, functions and responsibilities of the Juvenile Justice Board and the Child Welfare Committee. It also makes the registration of children care institutions mandatory bringing in more transparency and efficiency in the system. An important provision of the act is that it provides for minors in the age group of 16-18 to be treated as adults in the case of heinous crimes. It was brought due to the wide outrage of the Nirbhaya case, in which one of the culprits was a 17-year-old. The major intention behind the inclusion of this provision is to reduce the crimes committed by children in the age group of 16-18. The amendments

brought to this act serves a clarified and well defined structure for the protection, education, security and wellbeing of children. Even though such acts are introduced, there may be problems regarding its implementation, hence a continuous monitoring of its functioning is essential to maintain and improve the efficacy. Moreover, there is a need to ensure that children do not turn to crime at all. For this it must be ensured that children are being nurtured in a safe and secure environment by upholding all their rights and rehabilitation is of utmost importance to avoid children in conflict with the law from becoming future liabilities for society.

REFERENCES

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<https://taraindia.org>



NAYANA SS
(I MSW)

SCHEME

1) Ambedkar Social Innovation & Incubation Mission (ASIIIM)

The ASIIIM was launched by the Ministry of Social Justice and Empowerment and its launched under Venture Capital Fund for SCs.

Venture Capital Fund for SCs

It was launched by the Ministry of Social Justice in 2014-15 with a view of developing entrepreneurship amongst the SC/Divyang youth and to enable them to become 'job-givers'. The Objective of this fund is to provide concessional finance to the entities of the SC entrepreneurs.

The Objective of this mission is to promote entrepreneurship among the SCs Youth with special preference to Divyangs and to support (1,000) innovative ideas till 2024 through a synergic work with the technology Business Incubators (TBIs) set up by Department of Science and Technology. To Support, promote, hand-hold the start-up ideas till they reach commercial stage by providing liberal equity support and to incentivise students with innovative mind-set to take to entrepreneurship with confidence. The Benefit of this scheme is 1,000 SC youth would be identified in the next 4 years with start-up ideas through the Technology Business Incubators (TBIs) in various higher educational Institutions. They will be funded @Rs.30 lakhs in 3 years as equity funding so that they can translate their start-up ideas into commercial ventures. Successful ventures would further quality for ventures funding of up to Rs.5 Crore from the Venture Capital Fund for SCs.

Who is eligible for support under ASIIIM?

Youth who have been identified by the TBIs being prompted by Department of Science & Technology. Youth who are identified for incubation by reputed private TBIs. Students who have been awarded under the Smart India Hackathon or Smart India Hardware Hackathon being conducted by Ministry of Education. Start-Ups nominated and supported by corporates through CSR funds.

2) NIRAMAYA HEALTH INSURANCE SCHEME-KERALA GOVERNMENT

An affordable health insurance scheme for persons with Disabilities covering under National Trust Act, 1999. Through this scheme the beneficiaries can avail an insurance coverage up to 1 lakh and it would be renewed every year. Facility for OPD treatment including the medicines, pathology, diagnostic tests etc. regular medical checkup for non – ailing disabled, Dental preventive dentistry, surgery to prevent further aggravation of disability, non – surgical/hospitalization, corrective surgeries for existing disability, ongoing therapies to reduce the impact of disability related complications, alternative medicine. To enroll in this scheme the beneficiary should pay an amount of Rs.500/- (for APL categories) and Rs.250/- (for BPL categories) as premium amount. For renewing this premium they should pay an amount of Rs.250/- and Rs.50/- respectively. The Government of Kerala discussed this matter seriously and decided to pay their premium amount for enrolling and renewal of Niramaya Insurance Scheme. Through the Department of Social Justice, the State Nodal Agency Centre (SNAC) and Local Level Committees (LLCs) collect applications from Schools, Anganwadis, Kudumbasree, etc and enrol the applicants and renewal is done using the fund given by the State Government.



SANJAY S
(I MSW)

CURRENT AFFAIRS

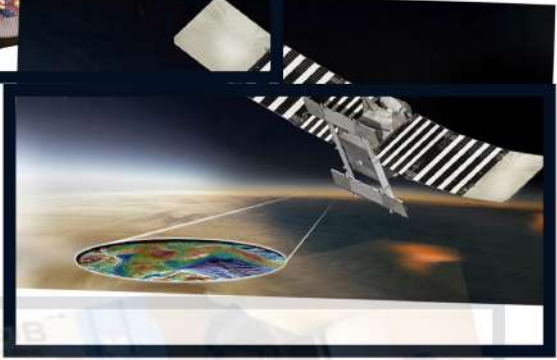
JUNE 2021

1)AmbiTAG

IIT Ropar,Punjab has developed “AmbiTAG”-India’s first indigenous temperature data logger for cold chain management. AmbiTag is a first-of-its-kind IoT device that records real-time ambient temperature during the transportation of perishable products,vaccines and even body organs and blood.That recorded temperature further helps to know whether that particular item transported from anywhere in the world is still usable or perished because of temperature variation.This information is particularly critical for vaccines including Covid-19 vaccine,organs and blood transportation.It is shaped as a USB device.AmbiTag continuously records the temperature of its immediate surroundings from -40 to +80% in any time zone for a full 90 days on a single charge.The device has been developed under technology Innovation Hub-AwaDH(Agriculture and Water Technology Development Hub) and its Startup ScratchNest and is a Govt of India project.

2)Kerala retains top rank in SDG India Index 2020-21

Sustainable development Goals(SDG) India Index 2020-21 was recently released by NITI Aayog.The SDG India Index was developed in collaboration with the Ministry of Statistics and Programme Implementation(-MoSPI),Global Green Growth Institute and United Nations in India.Kerala has retained



the top rank,while Bihar was ranked as the worst performer.It is a primary tool for monitoring progress on the SDGs in India and fosters competitive spirit among the states and UTs.It evaluates progress of states and UTs on social,economics and environmental parameters.This Index has been successful as an advocacy tool to propagate sustainability,resilience and partnerships.

3) Nearly 10,000 children in immediate need of care and protection: Bal Swaraj Portal

According to Bal Swaraj Portal, nearly 10,000 children in India are in immediate need of care and protection. They include children aged between zero and 17 orphaned or abandoned during the Covid-19 pandemic since March 2020.

Bal Swaraj Portal: The portal was created by the National Commission for Protection of Child Rights (NCPCR). The Significance is to developed it as part of its role of a monitoring authority under section 109 of the Juvenile Justice Act, 2015 and to address the growing problem of Children being affected by Covid-19. The objective are online tracking and Real-time monitoring of children who have lost both parents/either of the parents during COVID-19 and are in need of care and protection.

These children are at high risk of being pushed into trafficking and flesh trade. The Commission had already received several complaints of government authorities illegally transferring details of children to private entities and NGOs. These are vulnerable sections of society devastated by COVID-19.

4) NASA selects two missions to the planet Venus

NASA has selected two missions to the planet Venus. The missions are called DAVINCI+ and VERITAS. These will be launched between 2028 and 2030. DAVINCI+ is 'deep Atmosphere Venus Investigation of Noble gases, Chemistry and Imaging'. It is first US-led mission to the planet's atmosphere since 1978 and will try to understand Venus' composition to see how the planet formed and evolved. It is also consists of a descent sphere that will pass through the planet's thick atmosphere and make observations and take measurements of noble gases and other elements. It will also try to return the first high resolution photographs of a geological feature, tesserae that is unique to Venus. The presence of tesserae may suggest that Venus has tectonic plates like Earth. The Second Mission called VERITAS is 'Venus Emissivity, Radio Science, InSAR, Topography and Spectroscopy'. It will map the planet's surface to determine its geologic history and understand the reasons why it developed so differently from Earth.

5) Model Panchayat Citizens Charter

A Model Panchayat Citizens Charter was recently released by the Ministry of Panchayati Raj. It is prepared by Ministry of Panchayati Raj (MoPR) in Collaboration with National Institute of Rural Development and Panchayati Raj (NIRDPR). It is a framework for delivery of the service across the 29 sectors, aligning actions with localised Sustainable Development Goals (SDGs). The aim of this model is to provide services to the people in a time Bound Manner and improving their lives. The Panchayats will utilise this framework to draw up a Citizens Charter and adopt it through a resolution of the Grama Sabha by 15th August 2021. The Panchayats are responsible for delivery of basic services are enshrined under article 243G of the Constitution of India, specially in the areas of Health and Sanitation, Education, Nutrition, Drinking Water.

6) World Environment Day

The World Environment Day was observed on 5th June, 2021. The objective of the day is to Encouraging worldwide awareness and action to protect our environment. The Theme for 2021 is to "REIMAGINE, RECREATE, RESTORE" with focus on ecosystem restoration (to prevent, halt and reverse the degradation of ecosystems on every continent and in every ocean). Every World Environment Day has a different host country, where the official celebrations take place and the host for 2021 is Pakistan. The Prime Minister of India released the "Report of the Expert Committee on Road Map for ethanol blending in India 2020-2025. Government has resolved to meet the target of 20% ethanol blending in petrol by 2025. He also launched the ambitious E-100 pilot project in Pune for the production and distribution of ethanol across the country.



SANJAY S
(I MSW)

FELLOWSHIPS

GLOBAL POLICY, DIPLOMACY, AND SUSTAINABILITY (GPODS) FELLOW -

About the Fellowship – GPODS is an opportunity to learn from 44 + global leaders in public policy, diplomacy, and sustainability and join a lifelong network of Fellows to create a better world. (3 months/3 courses/5 workshops/40+ mentors) a better world

Application Fee: INR 1500

Fellowship Fee: INR 100,000

* Scholarship application considered after complete application and request submission.

Eligibility:

Young & Mid-career, professionals, students.
have basic/good English

Duration – 3 months, starting from August to October 2021

Location – Virtual

Deadline – 15th August 2021

Know more to apply <https://www.gpods.org/fellowship>

CITIZENS FOR PUBLIC LEADERSHIP

About the Fellowship – the fellowship aims to develop public leaders who possess right skills and mindset. Through their programme, they mobilize, engage and educate young citizens to unlock their true potential of a participatory democracy.

Eligibility:

Bachelor's degree in any discipline.

Must be an Indian citizen.

Age limit: 20 to 35.

Duration – 12 months

Location – Mohali Punjab

To Apply – Email id: info@cplindia.org

GERMAN CHANCELLOR FELLOWSHIP

German Chancellor Fellowship

About the Fellowship – The fellowship aims to create leaders of tomorrow. Implement a project idea you have developed yourself. Network with International leaders and find solutions to global issues.

Sponsorship: fellowship grant/language course/stay, travel, health support provided.

Eligibility:

Bachelor's degree in any discipline.

hold Brazilian, Chinese, Indian, Russian, South African or American citizenship

want to conduct independent developed project with a host in Germany

have good English and/or German language

Duration – 12 months

Location – Germany

Deadline – 15th October 2021

Know more to apply - <https://www.humboldt-foundation.de/en/apply/sponsorship-programmes/german-chancellor-fellowship>

BHOO MI COLLEGE

About the Fellowship – the fellowship programme fosters a transformational process that enables fellows to rethink, relook and re-examine perception of education, development and success. It enables them in an immersive, collaborative learning journey and offers spaces to reimagine a sense of future for the planet.

Eligibility:

Bachelor's degree in any discipline.

Good knowledge in English.

Minimum age 21

Duration: 6 months

Location – Bangalore, Karnataka

To Apply – Write to Director Programme: bhoomi-college@gmail.com

Or log onto: www.bhoomicollege.org (for online application).

INDIA CENTRE FOR
DEVELOPMENT AND RIGHTS.

About the Fellowship – The social work fellowship at ICFDR targets to improve the life of children living in slums and also transforms the participants to excellent leaders with futuristic and holistic skills.

Eligibility:

Graduation in any discipline

Skills to analyse psychology of children.

Age limit: 21 to 32

Duration – 12 months

Location – Delhi

To Apply – Email id: fellowship@icfdr.org , Phone: 8800189531

Know more - https://fellowship.icfdr.org/why_be_a_fellow.html

ANTARA FOUNDATION

<https://antarafoundation.org/>

About the Internship – Fellowship gets the opportunity in the field of public health delivery at grassroot level. Fellowship participates in implementation, monitoring the program with community and local government engagement. Many fellowships go for higher studies or start to work as program officers after the fellowship.

Eligibility:

Undergraduate or postgraduate degree holder in any discipline

Know English and Hindi

Ability in report writing, planning and monitoring

Duration – 12 months

Location – Madhya Pradesh, Rajasthan

Deadline to Apply: All round the year

To Apply: Upload CV and cover letter at

<https://www.dropbox.com/request/eQkYxNftU36JO-jUO6ONn>

and drop an email to prerna.gopal@antarafoundation.org



PARAM KUMAR SINGH
(I MSW)

INTERNSHIPS

International Model United Nations

<https://www.internationalmun.org/index.php>

Work from Home

START DATE: October 2021

DURATION: 5 weeks

STIPEND: Yes

APPLY BY: 1st October 2021

About the Internship: Promote IMUN online conferences. Be a brand ambassador for MUN and promote in social media.

Only those candidates can apply who:

1. are available for the work from home job/internship
2. motivated student aiming for Global change

Know more and apply: click the link above

Aashman Foundation

<http://aashmanfoundation.org/>

Work from Home

START DATE: any time

DURATION: 3/6 months or 30/45 days as per Internship roles

STIPEND: Unpaid

APPLY BY: All round the year

About the Internship: Aashman supports single income family widows, child education and women empowerment. As an Intern you will get to learn more in those areas. Departments available: Social Media Marketing, Human Resources, Sales and marketing, Fundraising, Videography, Online event management. The foundation has 16 schools in 11 states across India.

To know more: Visit the site/Email - info@aashmanfoundation.org, Phone - +91-9041035035

United Nations ESCAP

<https://www.unescap.org/>

Work from Home

START DATE:

DURATION: 2-6 Months

STIPEND: Unpaid

APPLY BY: Open now

About the Internship: Under the supervision of a supervisor the Internship is responsible to work on the research project for the implementation of SDGs.

Only those candidates can apply who:

1. Students pursuing PG studies.
2. Have team work, communication and problem-solving skills.
3. Know English and/or French.

Know more and apply at: <https://careers.un.org/lbw/job-detail.aspx?id=156244>

Tesla Internship

<https://www.tesla.com/>

START DATE: As per your convenience

DURATION: 3-12 Months

STIPEND: Paid with relocation costs

APPLY BY: Year-round opportunity

About the internship: Searching for talents with passion to change the world. Career relevant opportunities will be provided.

Only those candidates can apply who:

1. Are studying or completed any degree
2. Willing to work in a technical or non-technical arena as in list of sites.

To know more and apply: visit <https://www.tesla.com/careers/students>

UNICEF

<https://www.unicef.org/careers/>

STIPEND: Paid, fully funded

APPLY BY: Throughout the year

About the internship: Programme offers students and recent graduates the opportunity to gain direct practical experience with UNICEF's work.

Only those candidates can apply who:

1. Be enrolled in graduate or PhD programme
2. Proficient in English, French or Spanish
3. Have no immediate relatives in UNICEF

Choose your location to work: <https://www.unicef.org/careers/where-we-work>

To know more or contact: visit the site or email at internship@unicef.org

World Youth Alliance

<https://www.wya.net/about-wya/>

Work Offline/Online

START DATE: Varies as per region

DURATION: 3 months

APPLY BY: varies as per region

About the internship: Aims to provide young professionals skills and learning experience on WYA core ideas. Mentorship and Training provided. Protect and promote human dignity making a positive impact on society.

To know more and Apply: <https://www.wya.net/get-involved/internship/>

JOB OPPORTUNITIES

MSW

1. Divisional Coordinator Balajee Sewa Sansthan

Location: Dehradun, Uttarakhand

Worker experience: 3 years

Salary: 25000 per month

Email id: hrbalajee@gmail.com

Last date: 8th July 2021

2. Programme Manager Abhivyakti Foundation

Location: Palwal, Haryana

Work Experience: Freshers can apply

Email id: abhivyaktifoundation.org@gamil.com

Last date: 9th July 2021

3. Project Manager Center for Social Responsibility and Leadership

Location: Kolkata and Sivasagar (female only); Jammu, Tripura, Dibrugarh

Work experience: 3-4 years

Email id: csrjobs@gmail.com

(sent cv)

Last date: 15th July 2021

4. Project officer Center for Social Responsibility and Leadership

Location: Guwahati, Jorhat, Tripura, Kolkata, Bangalore and Mumbai

Work experience: 1-3 years

Email id: csrjobs@gmail.com

(sent cv)

Last date: 15th July 2021

5. School Mentor Smile Foundation

Location: Sankanahalli, Karnataka

Worker experience: 4 to 6 years

Salary: 25000 per month

Email id: Jobs@smilefoundationindia.org

Last date: 16th July 2021

6. Program Manager Saral Designs Solution Pvt. Ltd.

Location: Patna, Bihar

Work Experience: 3years

Email id: careers@saraldesigns.in

Last Date: 16th July 2021

7. Lead Implementation (Male) Population Services International

Location: Lucknow, UP

Work Experience: 3-5 years

Email id: careers@pvi.org.in

Last date: 17th July 2021

8. District Facilitator World Vision India

Location: Kolkata, West Bengal

Work experience: 1year

Email id: swati_lakra@wvi.org

Last date: 17th July 2021

9. People Officer Quest Alliance

Location: Ahmedabad, Gujarat

Work Experience: 3-5years

Website: <http://www.questalliance.net/>

Last date: 17th July 2021

10. Master of Social Work Child Vision Foundation

Location: Chembur, Mumbai, Maharashtra

Worker experience: 2-5 years

Salary: 15000 to 20000 per month

Email id: hr@childvisionfoundation.org

11. Care Manager Anvayaa

Location: Hyderabad, Telangana

Work experience: 1 years



ASWINI AJAY
(I MSW)

1st July

Doctor's Day, National CA Day

2nd July

World Sports Journalists Day

3rd July

International Plastic Bag Free Day

4th July

International Day of Cooperatives

6th July

World Zoonoses Day

11th July

World Population Day

15th July

World Youth Skills Day

17th July

World Day for International Criminal Justice

18th July

International Nelson Mandela Day

20th July

World Chess Day

23rd July

National Broadcasting Day

24th July

Income Tax Day

28th July

World Hepatitis Day

29th July

International Tiger Day

30th July

International Day of Friendship

31st July

World Ranger Day.



July

important days

ALUMNI CORNER

Name
Prabhulladas R
Roll Number
CB.SW.P2 MSW10010

Batch
2010-2012

Mobile number
09746074080

Email address
prafumswpkd@gmail.com

Present organization details
District Child Protection Unit, Palakkad

Job title
Protection officer - Institutional Care



How was your life at Amrita?

Extraordinary

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

Convergence and Planning

How is the current scope of Social Work?

In the field of child protection , disability, mental health areas needs competitive professionals.

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

Update your knowledge both Theoretical and Practical, gain minimum knowledge of everything in connection with your core area.

What are your key responsibilities in the present job?

1. Plan , Prepare, Execute need based proposals and projects for the welfare of children's and family.
2. Registration, Monitoring, Evaluation and Enquiries

in connection with grant in aid of child care institutions as per various acts, policies and guidelines.

3. Conducts training programs, convergence meetings, awareness classes and camps for public ,govt. Departments, stakeholders etc ...

4. Develop IEC

5. Rescue , Rehabilitation and Repatriation of Missing children.

6. Conducts enquiries , inspections , visit institutions in connection with child rights violations...effectively.

Who is/are your inspiration?

My dream ...

Any other thing you would like to share?

Stay safe all ...follow the rules and regulations of present scenario...live and let live ...

UGC NET (JULY 2018)

SOLVED QUESTION PAPER (PAPER-2)

1. The concept of 'felt needs' is related to:

- (1) Social group work
- (2) Social case work
- (3) Social action
- (4) Community organisation

2. 'Evaluation of self-based on reflection or social comparison' is known as:

- (1) Self-esteem
- (2) Self-awareness
- (3) Self-security
- (4) Self-confidence

3. The process of mutual influence between worker and client is called:

- (1) Relationship
- (2) Understanding
- (3) Reflexiveness
- (4) Rapport

4. Which among the following is observed as International Day for Natural Disaster Reduction?

- (1) 13th September
- (2) 13th October
- (3) 13th November
- (4) 13th December

5. Which one of the following is not a model of Social Group work?

- (1) Social goal model
- (2) Remedial model
- (3) Functional model
- (4) Reciprocal model

6. Developing of feelings/attitude opposite to the anxiety is:

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

7. Which one of the following is the type of dream mechanism?

- (1) Sublimation
- (2) Symbolization
- (3) Rationalisation
- (4) Repression

8. The principle of specific objective is a principle of _____.

- (1) Social case work
- (2) Social group work
- (3) Community organisation
- (4) Social Welfare Administration

9. Which among the following is not a model in Urban Structure?

- (1) Sector model
- (2) Concentric Zone Model
- (3) Social inclusive exclusive model
- (4) Multiple nuclei model

10. 'Sansad Adarsh Gram Yojana' (SAGY) was launched in commemoration of the birth anniversary of:

- (1) Sri. Deendhayal Upadhyaya
- (2) Sri. Jayaprakash Narayan
- (3) Sri. Atal Bihari Vajpayee
- (4) Mahatma Gandhi

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



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Instagram : Amrita Dept of SocialWork
Subscribe at : www.youtube.com/mswamrita

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