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M – 6016

Reg. No. :

Name :

Second Semester M.S.W. Degree Examination, March 2022

Disaster Management

SWDM 525 : SELF CARE SKILLS FOR DISASTER SOCIAL WORKERS

(2020 Admission)

Time : 3 Hours

Max. Marks : 75

PART – A

Answer **all** questions in not more than **50** words. **Each** question carries **2** marks.

1. Self-reflection
2. Philosophy of life
3. Personal development
4. Creative thinking
5. Work-Life balance
6. Nutrition
7. Trauma
8. Maladaptive Behaviour
9. Professional development
10. Self care

(10 × 2 = 20 Marks)

P.T.O.

PART – B

Answer any **five** of the following in not more than **300** words. **Each** question carries **5** marks.

11. Discuss the importance of self-awareness to maintain emotional stability.
12. Find out the attributes of social workers to involve in disaster management.
13. How can individuals plan for personal development?
14. How can one develop and follow critical thinking in life?
15. How is decision making crucial in disaster situation?
16. How can one be helped cope up with stress and emotion? Illustrate with examples.
17. Discuss the importance of Nutrition and exercise for health and wellbeing.
18. Discuss the role of meditation to maintain health.

(5 × 5 = 25 Marks)

PART – C

Answer any **three** of the following in not more than **850** words. **Each** question carries **10** marks.

19. How can critical thinking be applied in emergency management?
20. “Healing plays a major role in individual’s health” – substantiate.
21. Describe the clustering of the WHO life skills – 4 H Quadrants model.
22. Find out the role of social workers in Disaster Management.
23. What constitutes a normal distress response after exposure to a traumatic stressor?

(3 × 10 = 30 Marks)