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R – 6747

Reg. No. :

Name :

Second Semester M.S.W. Degree Examination, April 2023

Disaster Management

SWDM 525 : SELF CARE SKILLS FOR DISASTER SOCIAL WORKERS

(2020 Admission Onwards)

Time : 3 Hours

Max. Marks : 75

SECTION – A

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

1. Mindfulness
2. Empathy
3. Self-reflection
4. Personal self and professional self
5. Self-care
6. Trauma
7. Self-Healing
8. Mal adaptive behaviour
9. Cognitive distortions
10. Burnout

(10 × 2 = 20 Marks)

P.T.O.



SECTION – B

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

11. Why do you think planning for professional development is important?
12. What are the dimensions of health?
13. Discuss few strategies to achieve a balance.
14. What are the roots of trauma?
15. Explain the strategies for practicing mindfulness.
16. What are the benefits of meditation?
17. What are safety skills? Explain
18. What is WASH? Explain its significance.

(5 × 5 = 25 Marks)

SECTION – C

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

19. Write an essay on the key strategies of self-care by a professional social worker dealing with disasters.
20. What are the impacts of trauma on a professional? Explain.
21. What are the life skills? Explain their significance in self-care.
22. What is mental health? Elaborate on the attributes of a mentally healthy person?
23. What are the components of wellbeing and happiness?

(3 × 10 = 30 Marks)

