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T – 6500

Reg. No. :

Name :

Second Semester M.S.W. Degree Examination, September 2024

Disaster Management

SWDM 525 : SELF CARE SKILLS FOR DISASTER SOCIAL WORKERS

(2020 Admission Onwards)

Time : 3 Hours

Max. Marks : 75

PART – A

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

1. Critical thinking
2. Nonverbal communication
3. Meditation
4. Relationship management
5. Positive regard
6. Anxiety
7. WASH
8. Self-reflection
9. Self-healing
10. Stress

(10 × 2 = 20 Marks)

P.T.O.



PART – B

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

11. What are the attributes of a healthy professional?
12. What is mental health? Elaborate on the components.
13. What are life skills? Explain.
14. How can trauma impact the professional social worker?
15. Write a note on the various aspects of self-care.
16. Explain the elements that enhance happiness in a human being
17. What is maladaptive behaviour? Explain with examples.
18. What is empathy? How do you practice it? Explain with an example.

(5 × 5 = 25 Marks)

PART – C

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

19. What is mindfulness? Elaborate on the strategies for practicing mindfulness.
20. How can meditation help a professional social worker working in Disaster Management?
21. What is health? Explain the major dimensions of health that a social worker has to consider in maintaining self-care.
22. Why do you think safety skills are important? Explain some of the safety skills.
23. Write an essay on the significance of self-care in professional life.

(3 × 10 = 30 Marks)

