

**STELLA MARIS COLLEGE (AUTONOMOUS) CHENNAI – 86**  
**(For candidates admitted during the academic year 2011 –2012)**

**SUBJECT CODE: 11SW/ME/BI63**

**B.S.W. DEGREE EXAMINATION APRIL 2014**  
**SOCIAL WORK**  
**SIXTH SEMESTER**

**COURSE : MAJOR ELECTIVE**  
**PAPER : BASIC INTERVENTION TECHNIQUES SOCIAL WORK PRACTICE**  
**TIME : 3 HOURS** **MAX. MARKS: 100**

**SECTION – A**

**ANSWER ALL THE QUESTIONS. EACH ANSWER NOT TO EXCEED 50**  
**WORDS: (10x3=30)**

1. What are the skills of Basic Intervention?
2. List the basic interviewing skills.
3. List any 3 recreational activities with children.
4. What is negotiation?
5. How is networking useful in Social Work?
6. What is confrontation?
7. List the importance of Mediation.
8. Mention any 3 interventions with women.
9. What do you mean by advocacy?
10. Mention the uses of communication.

**SECTION – B**

**ANSWER ANY FIVE QUESTIONS. EACH ANSWER NOT TO EXCEED 300**  
**WORDS: (5x6=30)**

11. What are the advantages of being systematic during intervention?
12. How does review and evaluation help in the practice of social work?
13. Why is decision making considered as an important skill?
14. Differentiate networking and mediation skills.
15. Write a note on confrontation with examples.
16. Briefly explain about PRA.
17. 'Empowerment of women is very essential in today's scenario' Justify .

**SECTION – C**

**ANSWER ANY TWO QUESTIONS. EACH ANSWER NOT TO EXCEED 1200 WORDS: (2x20=40)**

18. Explain the philosophy of Social Work and the core values of the profession.
19. Describe the relevance of intervention techniques for an individual, family, group and community.
20. `Communication and social work practice are inseparable`. Justify and elaborate on uses of AV and innovative media in communication.
21. Discuss the steps involved in problem-solving process with reference to an individual and a group?.

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**STELLA MARIS COLLEGE (AUTONOMOUS) CHENNAI 600 086**  
**(For candidates admitted during the academic year 2011 – 12 & thereafter)**

**SUBJECT CODE : 11SN/GE/SM34**

**B.A./B.V.A./B. Sc./B.Com./B.C.A./B.S.W. DEGREE EXAMINATION, NOVEMBER 2014**

**COURSE : GENERAL ELECTIVE**  
**PAPER : STRESS MANAGEMENT IN ANCIENT SNASKRIT WORKS**  
**TIME : 3 HOURS** **MAX. MARKS: 100**

**SECTION-A**

**I Answer any ten questions:**

**10x2=20**

1. What is Stress? What are Stressors?
2. What is Astanga Yoga?
3. How many are energy chakras? Enlist them.
4. What is Parvathasana? Explain its benefits.
5. Define: Ayurveda
6. What are stress busters? Give any two examples.
7. What are 'Dhi', 'Dhrti' and 'Smrti'?
8. Define: Yoga
9. How can one achieve physical health according to Bhagavad Gita?
10. What are psycho-physiological Ayurvedic principles that affect our health?
11. Write a short note on Dinacharya.
12. What are four A's to manage Stress?

**II Fill up the blank using correct option given below:**

**20x1=20**

13. Svadhastana is located at -----  
a) Kidneys                      b) Ovaries & Testes                      c) Liver
14. Adrenal gland is related to ----- Chakra  
a) Manipura                      b) Sahasrara                      c) Muladhara
15. ----- Veda is related to Health science  
a) Atharva                      b) Ayur                      c) Sama
16. Pranayama is an exercise to control -----  
a) Natural urges                      b) Mind                      c) Breath
17. Sahasrara corresponds to ----- Chakra  
a) Crown                      b) Heart                      c) Throat
18. Blue colour governs the ----- Chakra  
a) Muladhara                      b) Svadhastana                      c) Vishuddhi
19. Anahata is represented by ----- colour  
a) Blue                      b) Violet                      c) Green
20. Pituitary gland is governed by ----- Chakra  
a) Ajna                      b) Manipura                      c) Muladhara
21. Patanjali formulated -----  
a) Yajna                      b) Yoga                      c) Yaga
22. Dinacharya means -----  
a) Evening routine                      b) Mid-day routine                      c) Daily routine
23. Sleeping too much or too little is a ----- symptom  
a) Behavioral                      b) Cognitive                      c) Emotional

24. Stress always produce----- impact  
 a) Positive                      b) Negative                      c) Positive and Negative
25. Vata's humor related to -----  
 a) Phlegm                      b) Wind                      c) Bile
26. Astanga yoga has ----- parts  
 a) 10                      b) 8                      c) 9
27. Padahasthasana involves-----  
 a) Feet and Hand                      b) Ears and Eyes                      c) Throat and Nose
28. 'Krodha' means -----  
 a) Kindness                      b) Anger                      c) Laughter
29. Pitta means-----  
 a) Wind                      b) Phlegm                      c) Bile
30. Vata personalities prefer ----- as pets  
 a) Canine                      b) Avian                      c) Feline
31. Inability to concentrate is a ----- symptom of stress  
 a) Cognitive                      b) Behavioral                      c) Physical
32. Flight or Fleet or Freeze is a----- response  
 a) Physical                      b) Psychological                      c) Stress

### SECTION-B

Answer (**any three**) questions:

3x10=30

33. What are natural methods prescribed by ancient Sanskrit scriptures to manage Stress?
34. 'Astanga yoga' – Describe in detail the effects of such practice on stress management.
35. What does Bhagavad Gita advocate on Physical, Mental and Intellectual health?
36. What are energy Chakras of human body? Give an account of the respective endocrine gland functions.
37. Enlist the four types of symptoms of stress overload.

### SECTION-C

Answer (**any two**) questions:

2x15=30

38. 'Food has direct impact on health' -Justify in Ayurvedic point of view.
39. "Imbalance in three humors causes health complaints" Substantiate
40. Describe in detail the Daily routine prescribed for healthy living in Ancient scriptures.
41. Write short notes on (any three) i) Six Doshas ii) Anger and its influence iii) Effects of chronic stress iv) Pranayama and its benefits

