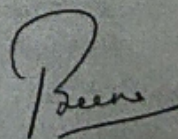


Social Work Response to Examination Stress

Beena Antony Reji



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ISBN: 978-93-5128-180-1

Price: ₹ 890

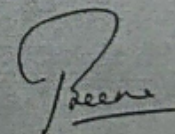
First Published, 2016

Published by



Kalpaz Publications
C-30, Satyawati Nagar,
Delhi - 110052
E-mail: kalpaz@hotmail.com
Ph.: 9212142040

Printed at: G Print Process, Delhi



Cataloging in Publication Data—DK
Courtesy: D.K. Agencies (P) Ltd. <docinfo@dkagencies.com>

Reji, Beena Antony, author.
Social work response to examination stress / Beena Antony Reji.
pages cm
Includes bibliographical references.
ISBN 9789351281801

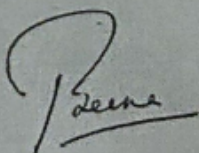
1. Social service—India—Delhi—Psychological aspects. 2. Examinations—India—Delhi—Psychological aspects. 3. Students—India—Delhi—Psychology. 4. Stress (Psychology)—India—Delhi. I. Title.

LB1117.R45 2016

DDC 370.15095456 23

FIGHTING HIV/AIDS: THE GRACIOUS WAY

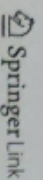
Edited by
Bishnu Mohan Dash



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NEW DELHI - 110002 (India)

12/3/21, 9:08 PM

Dying in Peace: Advance Care Planning and Implications for Social Work Practice in India | SpringerLink



Dying in Peace: Advance Care Planning and Implications for Social Work Practice in India

Social Work Education, Research and Practice pp 259-273 | Cite as

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Chapter

First Online: 14 January 2021

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Abstract

This research-based paper focuses on the dying phase in older persons. Death is an inevitable event in life, which can be very fearful and painful for individuals and family members. Preparation to death is important but it is avoided universally. There is a need to face, confront and prepare for death just like society prepares for all life events and happenings. It is important to manage the dying stage of older persons in our families and communities. The preparation to death in this paper is in the context of—how do we medically and socially prepare for the “End of Life” situation. It is important to plan for death; this planning is also called ‘advance care planning’. This planning can help avoid unnecessary hospitalization. Even in the hospital, we can avoid unnecessary over medication, which is seen to lead to needless pain and prolonged suffering. This hospitalization and overmedication do not prolong life itself, rather prolongs the death and agony at the time of death. Advanced care planning in the case of older persons helps them to die in a dignified and peaceful manner in the presence of their loved ones and not alone in intensive care unit (ICU) heavily sedated and strapped to insensitive life supporting machines. This qualitative research paper looks into the upcoming trend of planning one’s own death with family and medical professionals. The primary data was collected by interviews conducted with older persons and doctors in Delhi, India. Thematic analysis was used to understand the emerging patterns from the data collected. This study would be of interest to social workers and other professionals working with older persons or terminally ill patients.

Keywords

Older persons Death Advance care planning Living will Dying stage



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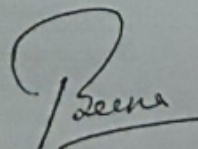
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First Published 2016

ISBN: 978-81-7658-083-0

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Printed in India

Published by B.S. Uppal for M/s Uppal Publishing House, 23 Ansari Road, Darya Ganj, New Delhi and Typeset by M/s Priyanka Graphics, New Delhi and Printed at Mudrak, Delhi-110091

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Preparing Grassroots Para-Medicals Through HIV Medic

Beena Antony Reji

Introduction

The HIV Medic is an initiative of Prof. Gracious Thomas of Indira Gandhi National Open University (IGNOU) and Dr Chinkholal Thangsing of AIDS Healthcare Foundation (AHF, India Chapter) for the beneficiaries in India. IGNOU is a Central Government University offering large number of programmes and courses across the country and about 29 overseas centres in different countries. Dr. Thomas initiated courses in HIV/AIDS in IGNOU since 1990s. His HIV/AIDS awareness and education campaign began with the mailing of a chain of letters to kith and kin and friends and acquaintances all over the world, publication of a brochure that narrated the basics of HIV, publication of a colourful folder on "HIV Prevention guide for students" that reached out to over a million readers each year, followed by the development of excellent set of Open and Distance Learning print, audio and video programmes on HIV/AIDS for students pursuing various programmes of study from Certificate to Doctoral Degree from IGNOU. HIV Medic is a three month Certificate programme offered by IGNOU in collaboration with AHF for grassroots para-medicals. This collaborative programme had its beginning when an MoU was signed on in July 2008 at American Centre, American Embassy in New Delhi and the first group of 30 graduated on June 8.

