



Name of the Department: Psychology
1.3.4- Details of Field Visit
Name of the Programme: B.SC (NEP)
Year: 2023

REPORT

Janardhana Temple Anganwadi Kendra

Faculty In-charge: Dr. Sudheer KV
Facilitator: Ms. Sumathi, Ms. Swathi and Mr. Kushalappa
Date: 4 January, 2023
Time: 9:15 AM to 12:15 PM

Objective of the visit: The visit was organized as a part of their curriculum which focuses on child development. Its purpose was to expose the students to an environment surrounded by children in order to get a more hands-on experience in their subject.

About the visit: On the 4th of November, 2023, the psychology students of 3rd year B.A. and B.Sc. visited the Janardhana Temple Anganwadi Kendra, Ujire, Dharmasthala. They were accompanied by Mr. Sudheer K. V., Assistant Professor, Dept. of Psychology. The program began at 9:30 AM with an introduction from the Head Teacher, Ms. Sumathi.

The Anganwadi was founded in 1975 to prevent death of pregnant women and feticide. It currently consists of 15 students ranging from 3 to 6 years of age, and 2 staff, Mrs. Meenakshi and Ms. Padmavathi.

The anganwadi is run by the joint effort of The Government and society. Swings, slides present outside and other decorative materials are gifted by society and previous students of the anganwadi. The walls of the Anganwadi are covered in informative posters on 43 different topics like transportation, communication, entertainment, festivals, places of worship, coins and notes, fairs, months, weeks, solar systems, directions, colours, wild and domestic animals, family, neighbourhood, village, occupations, etc. These posters are organized in a weekly system where each section is to be taught in their designated weeks adding up to 4 topics per month. There are educational posters about prohibition of child marriage, child labour and importance of child



health. The space is also surrounded by drawings of the students, toys which included hula-hoop and a model of a house, and various study materials.

The routine begins with a series of claps followed by prayer. The children then sing rhymes in English, Hindi and Kannada, and answer GK questions. Attendance of the students is taken. There are dedicated sessions for speech, drawing and storytelling. The children also have a designated nap-time and play-time. The purpose of these activities is to prepare the children for their further education. The skills learnt in the children's stay are grasping, letter practicing, language and speaking, and copy writing. The children are taught using demonstrations. There are models of insects (like spiders and caterpillars) used in storytelling. If the real-life models aren't available at shops, the staff will make their own to help children understand the materials easily.

The staff observe the children for any signs and symptoms (such as difficulty in learning or less interactive) of mental illness. If found, the parents will be notified and the child will be taken to the nearby government hospital for a check-up.

The anganwadi offers milk, grains, rice and chikki on Mondays, Wednesdays and Fridays. Egg and peanuts are added to the menu on Tuesdays and Thursdays. Double serving is provided for severely underweight children. There is a height and weight measuring scale. The staff should maintain digital records on attendance, height, weight and BMI. The government gives out 21 rps. worth of vegetarian and non-vegetarian food daily for staff and pregnant women. Pushti (a mixture of cereals and grains) is provided to 3-6 old year kids.

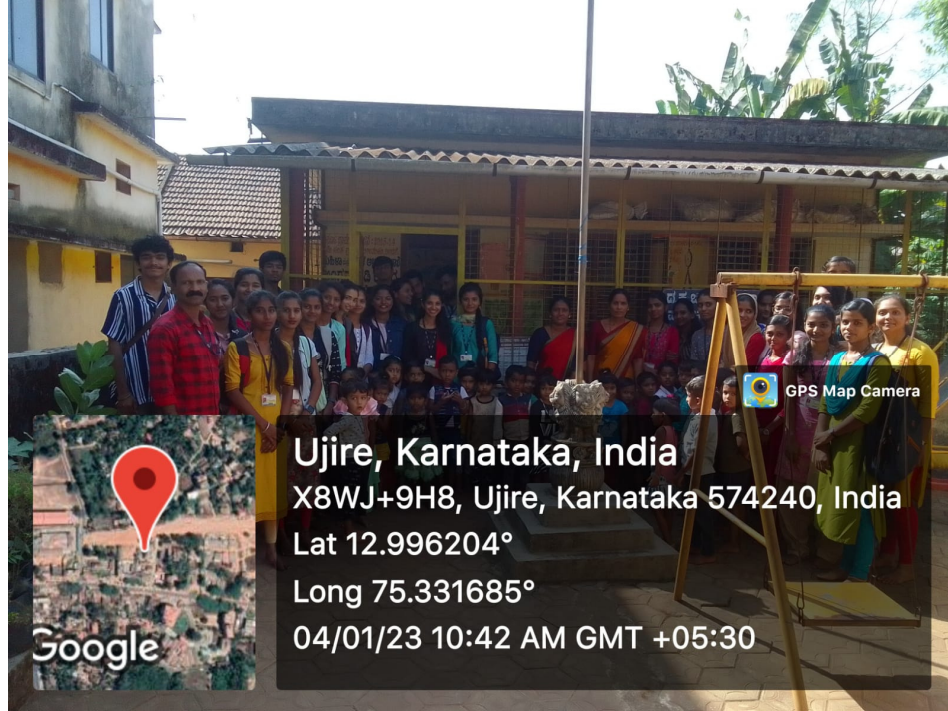
The staff is under heavy work pressure. They provide polio vaccine to kids, training to young girls to spread awareness on topics like teen pregnancy and child marriage, camps and workshops for parents, medical check-ups, food and baby shower for pregnant women. They have to visit pregnant women twice every month, and the mothers soon after birth to teach them about breastfeeding, vaccines, and the dos and don'ts of raising kids. They are also assigned various duties during election. There are several committees among the staff to prevent child labour, child marriage, domestic abuse, and make arrangements for runaways and orphans. There are 41 records to be maintained in total. The students also heard the heartfelt story of Mrs. Meenakshi. She educated the students on how she manages to handle the workload.

Outcome of the visit: Overall, this was an enlightening experience for the students. The children were very active and the students had a fun time



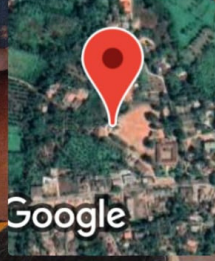
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interacting with them. The staff was very welcoming. They presented the students with necessary information about the anganwadi along with answering the students' queries. It was beneficial for the psychology students as it provided an in-depth, practical knowledge on child psychology which will be applicable for them in their career.





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Name of the Department: Psychology

1.3.4- Details of Field Visit

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REPORT

Sri Dharmasthala Manjunatheshwara Yoga and Nature Cure Hospital

Objective of the visit: The visit was organized as a part of the students' curriculum which focuses on the foundations of psychology. The visit was organized to learn more about the different departments of the hospital and how they help patients with different issues.

About the visit: On the 12th of January, 2023, the psychology students of 1st year BA and BSc visited the SDM Yoga and Nature Hospital in Shantivana, Dharmasthala. The students visited the different blocks of the site and observed the general wards, the water treatment ward called the "Jala" (for males), deals with water treatment and massage features. The male general ward is called the "Adithya". After visiting the general wards, the students visited the special ward. This included the acupuncture room. Acupuncture is a form of alternative medicine and a component of traditional Chinese medicine in which thin needles are inserted into the body. Next, they visited the diet department. Under this department, there are two types of diet therapies, raw diet and sathwik diet. Raw diet food therapy involves mainly unprocessed whole plant based organic foods. Sathwik diet includes the boiled foods that are easier to digest. The main aim of this department is to supply healthy, nutritious & well-balanced food for the sadhakas. The kind of diet pattern followed in the hospital is Eliminative diet – juice fasting, Soothing diet – fruit diet, Constructive – boiled diet. Next the students visited the Female Treatment Section which focuses on providing face packs, water treatment, massages, PCOD treatment and also helps with obesity and weight reduction.

The staff accompanying the students, Dr. Naga Chaitanya and Dr. Disha, also took the students to the different yoga halls ('Tejas Yoga Hall', etc.) at the



hospital. To make the trip more efficient, the students split into two groups and continued the visit. They were then taken to the Foot Reflexology (also known as ‘Anuvartan’) treatment site. Reflexology (zone therapy) is an alternative medical practice involving the application of pressure to specific points on the feet, ears, and hands. The hospital has a foot reflexology path designed to massage and stimulate acupressure points on the soles of the feet, which are connected to various energy meridians of the body. The path consists of hot water, cold water, coarse rocks, smooth rocks, coarse sand and fine sand, all of which contribute towards the stimulation of internal organs as well as to balance the inner energy of our body. The facility also offers hydrotherapeutic treatments such as jacuzzi, jet spray, hip bath, etc.

Next, the students were taken to the department of physiotherapy. Treatments like exercise therapy, Interferential therapy (IFT), Ultrasound, Accutens, Neuromuscular Electrical Stimulation (NMES), Pulsed diathermy and Shock wave are offered under this department. They also got to observe the different accommodations at the site including the ‘Kuteeras’ (Huts). The facility also offers cottages that are treated like mini houses, where almost all the treatments are done inside the cottage to give the patient a home like feel. The hospital also has its own herbal garden where they grow herbs like brahmi leaves, wheat grass, turmeric, etc., that are used for freshly prepared juices and herbal medicine supplements used for treatment at the various departments. Next to the herbal garden, there is the block named ‘Rushyashrenga’, that accommodates various research blocks, clinical biochemistry labs, and yoga halls. Most importantly, the hospital has many consultation rooms.

The best part of the whole experience was the ambience and the calm nature of the hospital. As the visit was planned so early in the morning, the site was very restful, serene and undisturbed. It was a great start to everyone’s morning.

Outcome of the visit: The visit was overall an educational and informative as it thought them about various aspects of natural medicines. Learning more about the



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various consultation rooms was very beneficial for the psychology students as they offer counselling to the patients through certified psychologists.





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