

## Field visit details:

**Total number: 06**

**Staff In-charge:** Ms. Ashwini H

**Date:** 6/1/2024

**Program:** Field visit to RUDSET

Rural development and self-employment training institute is a place where the persons who are unemployed can learn skills for starting their own company or self-employment business. The students of HR in psychology visited the center to know about the working and accomplishments of the center. The visit was on 06-01-2024 at 10:00 AM. The brief orientation was given by ANUSUYA who was the senior faculty member of MSW department. She started by giving the brief history of the establishment which was on 1982 July 15 by Dharmadhikari Dr D Veerendra Heggade. This was supported by joint banks of syndicate and Canara. To provide the loan facility after the training course is completed. This is a registered institution under the society's registration act of 1992.

Branches are located in 17 states with 590 branches all over India currently. It is a non-profit organization, with a 41-year run since establishment. Mainly 4 categories of training are given on agriculture, service oriented, manufacturing and general EDP. The candidate should know the basic skill of what he wants to learn. The attendance of the people is maintained by management record system. This is a short duration course of 3-6 months. It has an employment generation rate of 75%. A maximum of 35 candidates is chosen for the course. And finally, 25-35 programs are run in a year. It was a fruitful session with the video clips of those who are successful by studying in this institute.



**Staff In-charge:** Ms. Ashwini S Shetty

**Date:** 11/1/2024

**Programme:** Sri Sai Nikethana Ashrama, Daigoli, Manjeshwara Department of PG studies & Research in Psychology organized one day field visit to Sri Sai Nikethana Ashrama, Daigoli, Manjeshwara on 11-01-2024. The visit included orientation of organization, interaction with the residents and extension activity by our students to all the residents. The beneficiaries of the program were II MSc psychology students.



**Staff In-charge:** Dr. Maheshbabu N

**Date:** 11/1/2024

**Programme:** Field visit SDM Mangala Jyoti Integrated School Vamanjoor and Better Life Charitable Trust''

The purpose of this visit was to gather information, get practical knowledge about how special schools work and the training programs provided for specially-abled children and to understand the functioning of an NGO. The following sections outline the key findings and observations made during the field visit:

### **Objective and Location:**

The field visit aimed to see the special children's school in 'SDM Mangala Jyoti Integrated School Vamanjoor', and to learn about the palliative care provided in the 'Better Life Charitable Trust', Mannagudda, Mangalore, for the old age. The specific objectives of the visit included

### **Overview:**

We reached the SDM Mangala Jyoti School at 9.50 and orientation of the school was given to us. A vote of thanks was given to conclude the session and we were taken on a tour



around the school, where we saw paediatric therapy sessions, speech therapy sessions, and so on.

Later we visited an NGO – ‘Better Life Charitable Trust’. It's a palliative care centre. Dr Jerry, Head of the NGO gave us an orientation as to how the NGO functions. We took a from the NGO at 12.45 pm.



**Programme:** Field Visit to Coimbatore

**Staff In-charge:** Ms. Sindhu V

**Date:** 10<sup>th</sup> and 11<sup>th</sup> June, 2024

### **Day 1**

We reached Coimbatore at 10:20Am and we checked into the rooms. The first place that we visited for the day was to Botanical Garden and we took some photographs and learned about many tresses and its species. The second field visit destination for the day was to NGO named Don Basco Anbu Illam. There we had an orientation session about the organization, their working. The organization is specially focuses on children, and they rescue the children and rehabilitate them. Then we were taken around the NGO to understand its infrastructure. We were given time to interact with the resident. Started in 1991, it is a registered society (under the Government of Tamil Nadu, Societies Registration Act 27 of 1975. The charism and mission of Don Bosco ‘Anbullam’ is to work for the youth, especially those who are poor and abandoned.

Apart from academic education, these children are trained in Children’s Parliament to develop leadership, collective decision-making, and realization of their rights and responsibilities. Animation are given to them for their psycho-social development along with other skill trainings like, singing, music, scout, computer and cultural and sports competitions. At least 40 street children are being rescued and are educated in a year with free accommodation, food, healthcare, recreation and moral education.

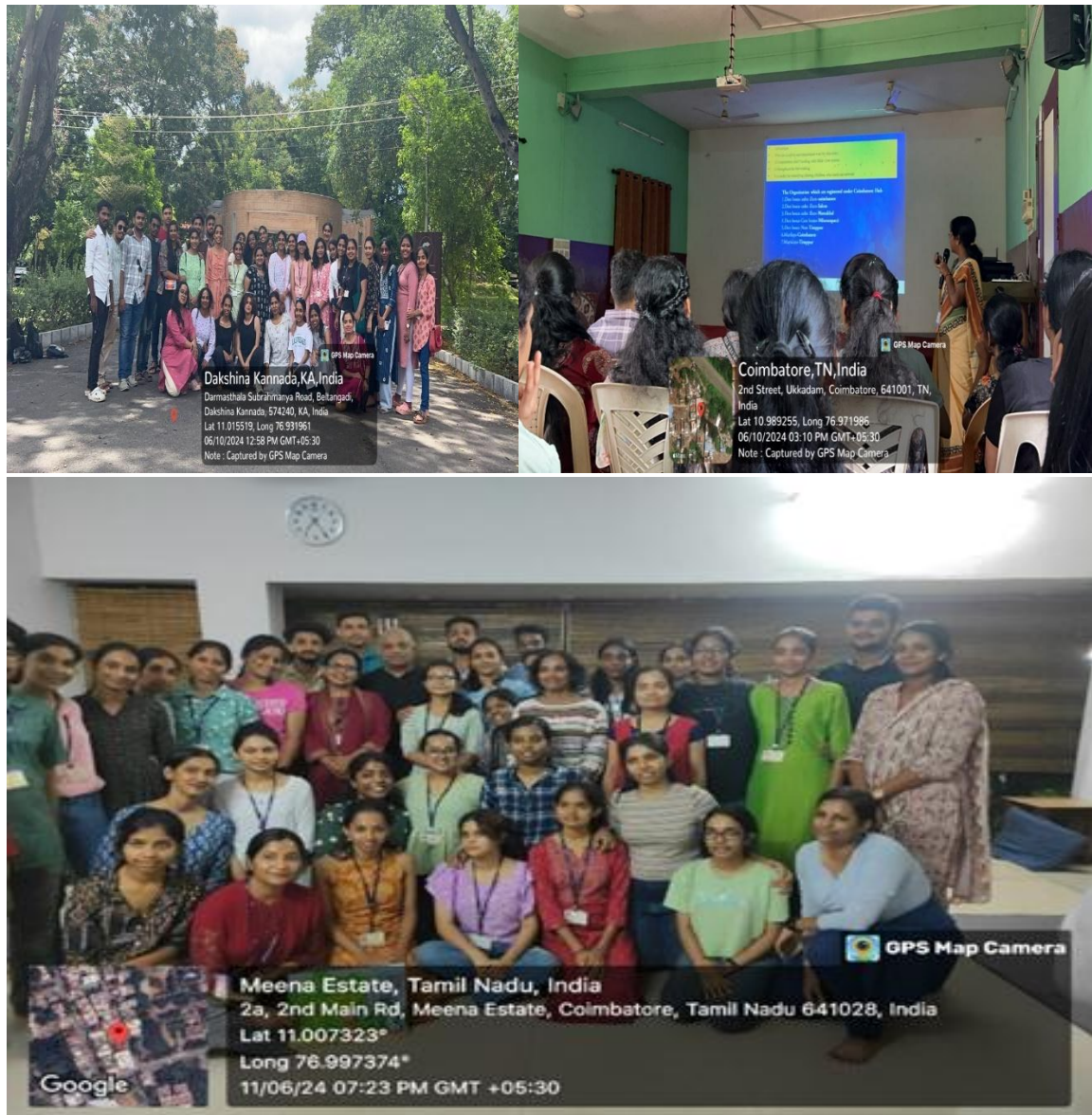
Then we visited Isha Foundation and I at 7.30pm watched the light show on Adi Yogi Statue which was a memorable and mesmerizing one in my life. After the show and returned back to the place we stayed. The Isha Foundation is a nonprofit, spiritual organization that was founded in 1992 near Coimbatore, Tamil Nadu, by Sadhguru. It hosts the Isha Yoga Centre, which offers yoga programs under the name Isha Yoga. The foundation is run “almost entirely” by volunteers. According to Sadhguru, the word Isha means “the formless divine.

### **Day 2**

The second day of the field visit was exciting and we checked out of the room at \*:00am and we went to the field visit place for the day was Pavithram and met Mr. Prasad Naveen and Ms. Sivapriya Madeswaran. Beyond the titles of Psychotherapist and facilitator since Prasad Naveen embodies a vibrant tapestry of skills and passions. He guides us individuals on their path to self-mastery, weaving together his expertise in Psychology, Mandala and Bajans, and a deep love for adventure and awareness building. They speak about body armor, Psychodrama, exorcism, trance, grief, self-development techniques such as



confidence, non-judgmental, finding spirit Animal activity They also demonstrated two psychodramas. After the session we returned to our college and the trip overall give many new insights about psychodrama, mandalas, bhajas etc.



**Programme:** District Prison Mangalore and District Co-operative Milk Producers' Societies' Union Limited

**Staff Incharge:** Ms. Ashwini H.

**Date:** 4<sup>th</sup> June, 2024

A field visit was organised by the Department of PG Studies and Research in Psychology, SDM Post Graduate Center Ujire, on June 4, 2024, Tuesday, to Mangalore for II MSc Psychology students.

The field consisted of two places: District Prison Mangalore and Dakshina Kannada District Co-Operative Milk Producers Union Limited.

### **1. District Prison Mangalore**

The students of II MSc Psychology first visited District Prison Mangalore and gave a de-addiction-related program to inmates over there. Faculty members, of Psychology department Mrs. Ashwini H. and Mrs. Ashwini Shetty, accompanied the students. Everyone reached the place around 10:15 a.m. After security checking, Denis, Counselor, District Prison Mangalore, took everyone to the program hall. With the purpose of creating awareness, students gave a talk regarding de-addiction. The program also included skit, mono-act and entertaining elements such as dance and songs. The program took around 30 minutes as a whole, and it came out well. The officer asked to give the program in the future as well. After the program B.T. Obaleshappa, Jailor Superintendent for the District Jail in Mangalore, gave an orientation regarding the place, inmate routine, facilities, and challenges. He also gave information regarding the addiction cases and the importance of the awareness program there. S. S. Vannal, Jailor and Denis, Counselor of Prison were also present. Later, students asked their queries and clarified their doubts. Next, they showed the male and female cells. Ms. Swathi and Ms. Bharathi Nayak is in charge of female inmates, interacted with students and gave information regarding their work and challenges over there. They also clarified the doubts of students. Overall visit was very informative and productive; it helped students see and understand the importance of a psychologist, counsellor, and awareness program for inmates of the prison.

### **2. Dakshina Kannada District Co-operative Milk Producers' Societies' Union Limited**

After the prison visit students also visited Dakshina Kannada District Co-Operative Milk Producers Union Ltd, Mangalore. It is one of the leading milk unions in the state of

Karnataka. They produce various dairy products like milk packaging, ghee, butter, buttermilk, lassi, biscuits, and various sweets from milk. They produce and pack these products to sell to consumers. They have their production units in the Mangalore and Udupi districts of Karnataka. In the production unit, they have types of machinery to produce and pack the products and also cold storage systems to store the products for a long period of time. They also have transportation facilities to move products to various dealers and reach consumers. Students saw the process of packing milk, ghee, buttermilk, and various sweets from milk. The paneer production, the flavoured milk packing, and the storage unit. The students got an overall idea about the unit of production and packaging of milk and milk products.



**Place: Agri leaf Export LTD**  
**Date: 11<sup>th</sup> June, 2024**



The Department of PG Studies & Research in Psychology organized a field visit to Agri leaf Export LTD, Barangaya Compound, Nidle on 11th June 2024. The visit aimed to understand the marketing field and challenges faced by the HRM in rural areas. The field visit was coordinated by Ms Ashwini H, Assistant Professor. 12 students of II MSc Psychology marketing specialization benefitted from the programme

