

STUDY TOUR REPORT 2025, MYSURU, KARNATAKA

MASTERS OF SOCIAL WORK: SEMESTER III

FACULTY OF SOCIAL WORK

ST ALOYSIUS (DEEMED TO BE UNIVERSITY)



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TABLE CONTENT

1. Introduction

2. Aim of the study tour

3. Significance of the study tour

4. Objective of the study tour

5. Organization profile and Field Observation

6. Observation learning and outcome

7. Student Review

8. Conclusion

9. Sight seeing

10. Annexure

DECLARATION

I, Aurilia Marthong, Reg. No. 24210115, a student of III Semester, St Aloysius (Deemed to be University), Mangaluru, hereby declare that this report titled “Study Tour Documentation – Visit to NGOs in Mysuru, Karnataka” is a true and original record of the field visit undertaken by me as part of my academic programme.

The information presented here is based on my personal observations and interactions during the visit, prepared under the guidance of the faculty.

Signature: _____

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Semester: III Semester

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ACKNOWLEDGEMENT

I express my heartfelt gratitude to St Aloysius (Deemed to be University), Mangaluru, for organizing the educational study tour to Mysuru, Karnataka, as part of the academic curriculum. This tour provided me with an invaluable opportunity to observe, learn, and understand the real-world functioning of social organizations and their contributions to community development.

I wish to extend my sincere thanks to Rev. Dr. Praveen Martis SJ, Principal of St Aloysius (Deemed to be University), for his constant encouragement and support in promoting experiential learning.

My deep appreciation goes to our faculty coordinator Dr. Shwetha Rasquinha, for their guidance, supervision, and continuous motivation throughout the study tour and report preparation.

I also extend my gratitude to the management and staff of the following organizations for their warm hospitality and valuable interactions during our visit:

- MYKAPS (Myrada Kaveri Pradeshika Samsthe), Mysuru
- Shakthidhama Women Rehabilitation Centre, Mysuru
- Rural Literacy and Health Programme (RLHP), Mysuru

Their cooperation, insights, and commitment to social development have deeply inspired me and enriched my understanding of community service.

Finally, I thank all my classmates and fellow students for their teamwork, support, and shared enthusiasm, which made the study tour a memorable and meaningful learning experience.

Signature: _____

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1. INTRODUCTION

A study tour plays an essential role in complementing classroom learning through practical exposure. It allows students to observe, analyze, and understand how social welfare programs operate in real settings.

The study tour to Mysuru, Karnataka, was organized to expose students to the operations of three reputed non-governmental organizations (NGOs) that are significantly contributing to social development and empowerment in Karnataka. The three NGOs visited were:

1. MYKAPS (Myrada Kaveri Pradeshika Samsthe)
2. Shakthidhama Women Rehabilitation Centre
3. Rural Literacy and Health Programme (RLHP), Mysuru

These organizations work across different social domains such as rural development, women's rehabilitation, literacy, and health awareness. The visit aimed to help students understand their organizational structure, functioning, and impact on the community.

2. AIM OF THE STUDY TOUR

The main aim of the study tour was to provide students with practical exposure to the operations and programs of NGOs, enhancing their understanding of social development, community participation, and empowerment strategies.

3. SIGNIFICANCE OF THE STUDY TOUR

- Bridges the gap between theoretical knowledge and field reality.
- Enhances understanding of social, economic, and health issues at the grassroots level.
- Provides insights into project planning, execution, and evaluation by NGOs.
- Develops awareness, empathy, and social responsibility among students.
- Encourages critical thinking and learning from best practices in community development.

4. OBJECTIVES OF THE STUDY TOUR

- To gain practical exposure to the functioning and management of NGOs.
- To understand various development projects, strategies, and implementation methods.
- To observe the process of community participation in social change.
- To analyze the challenges faced by NGOs in achieving their mission.
- To interact with professionals and beneficiaries to understand real-world developmental work.
- To bridge the gap between academic theory and practical experience in the field of social development.

5. NGO PROFILES AND FIELD OBSERVATIONS

A. MYKAPS (Myrada Kaveri Pradeshika Samsthe)

Location: Mysuru District, Karnataka

Established: 1988

Parent Organization: MYRADA (Mysore Resettlement and Development Agency)

VISION

To empower rural communities to become self-reliant, sustainable, and capable of managing their own development processes.

Mission

To promote participatory development through institution-building, livelihood promotion, natural resource management, and capacity development.

Objectives

- Strengthen Self-Help Groups (SHGs) and federations for community development.
- Encourage sustainable agriculture and watershed management.
- Improve rural livelihoods through micro-enterprise and skill training.
- Build local leadership for participatory governance.

Major Projects

1. Watershed Development Programmes – soil and water conservation, afforestation, and sustainable agriculture.
2. Self-Help Group (SHG) Promotion – especially for rural women, farmers, and youth.
3. Livelihood and Micro-Enterprise Development Projects.
4. Natural Resource Management and Rural Infrastructure Projects.

Implementation Strategies

- Use of Participatory Rural Appraisal (PRA) methods for community planning.
- Capacity building through continuous training and workshops.
- Collaboration with government departments and international donors.
- Monitoring and evaluation through participatory review meetings.

Impact

- Increased rural income through improved agricultural productivity.
- Empowered women through financial inclusion and SHG networks.
- Enhanced awareness about environmental conservation and water management.
- Strengthened community institutions leading to sustainable self-governance.

Challenges

- Sustaining motivation among community members after project withdrawal.
- Funding constraints for new and expansion projects.
- Need for constant capacity building in evolving technologies.

Key Achievements

- Formation of thousands of active SHGs and watershed associations.
- Recognition as a leading participatory development model in Karnataka.
- Successful collaboration with NABARD, World Bank, and state government.

Outcome

MYKAPS has transformed rural areas by promoting sustainable livelihoods, community ownership, and participatory planning, creating empowered villages capable of managing their own development.

B. Shakthidhama Women Rehabilitation Centre

Location: Mysuru, Karnataka

Established By: Dr. Malashree (Actress) and Karnataka Police Department

Vision

To create a compassionate, safe, and empowering environment for women survivors of exploitation, violence, and abandonment.

Mission

To rehabilitate women in distress by offering shelter, counseling, skill training, and reintegration into society with dignity and independence.

Objectives

- To provide shelter and protection for destitute women and girls.
- To offer psychological counseling and legal assistance.
- To train women in vocational skills for sustainable livelihoods.
- To create public awareness about women's rights and social justice.

Major Projects

1. Women Rehabilitation Programme – shelter, counseling, and protection.
2. Skill Training Centre – tailoring, handicrafts, computer training, and beautician courses.
3. Education Support – for children of rehabilitated women.
4. Health and Nutrition Programme – regular medical check-ups and wellness sessions.

Implementation Strategies

- Collaboration with government departments and local police for case referrals.
- Partnership with NGOs and industries for vocational placement.
- Continuous psychological and emotional support from trained counselors.
- Holistic rehabilitation including skill, health, and legal empowerment.

Impact

- Hundreds of women have been rehabilitated and integrated into mainstream society.

- Economic independence and confidence restored among survivors.
- Increased public awareness on gender equality and women's safety.

Challenges

- Reintegration difficulties due to social stigma and discrimination.
- Need for continuous funding to sustain training and rehabilitation facilities.

Key Achievements

- Recognized as one of the most trusted rehabilitation centers in Karnataka.
- Many women have become trainers and entrepreneurs after rehabilitation.

Outcome

Shakthidhama is a model of compassion and empowerment, providing not just shelter but also the tools for women to rebuild their lives with dignity, strength, and independence.

C. Rural Literacy and Health Programme (RLHP), Mysuru

Location: Mysuru, Karnataka

Established: 1984

Type: Non-Profit, Voluntary Organization

Vision

To create a just, healthy, and educated society where every individual—especially women and children—can live with dignity and equality.

Mission

To empower slum dwellers, women, and children by promoting education, health awareness, social justice, and community participation.

Objectives

- To enhance literacy and education among marginalized and slum populations.
- To promote community health, hygiene, and sanitation awareness.

- To advocate for child rights, protection, and development.
- To empower women through self-help groups and leadership training.

Major Projects

1. Child Rights and Protection Programme.
2. Health and Sanitation Awareness Campaigns.
3. Informal Education Centres for Slum Children.
4. Women Empowerment and Self-Help Groups Formation.

Implementation Strategies

- Community-based participatory approach.
- Conducting door-to-door awareness campaigns on health and education.
- Collaborating with schools, hospitals, and local bodies.
- Encouraging volunteerism and youth involvement in outreach programs.

Observation Note

During the visit, students did not observe a residential shelter facility at RLHP. The organization primarily focuses on community outreach, education, and awareness-based programs, conducted within slum areas and local communities rather than maintaining permanent shelters.

Impact

- Improved literacy levels and awareness in Mysuru's slum areas.
- Empowered women through SHGs and leadership training.
- Reduced school dropout rates and child labor.
- Enhanced hygiene practices and health consciousness among residents.

Challenges

- Limited funding and resources to expand outreach.
- Poverty and social barriers among slum residents that slow progress.

Key Achievements

- Recognition by UNICEF and state government for child rights advocacy.
- Over 30 years of consistent service in slum development and health promotion.

Outcome

RLHP continues to make a remarkable difference in the lives of underprivileged communities through education, empowerment, and health initiatives, promoting self-reliance and social equality.

5.1. Question and Answer Session

At each NGO, interactive Q&A sessions were conducted. Students engaged with organization heads and staff on topics like project funding, monitoring, volunteer involvement, sustainability, and the emotional challenges of social work.

Staff members shared practical experiences about mobilizing communities, managing limited resources, and maintaining motivation in difficult situations. Students appreciated the openness and willingness of the NGO personnel to share their expertise.

5.2. Vote of Thanks

The students expressed their heartfelt gratitude to all the organizations for their warm hospitality and valuable learning experience during the study tour.

At MYKAPS (Myrada Kaveri Pradeshika Samsthe), Ms. Ibadapbiang K. Lyngdoh conveyed the vote of thanks on behalf of the students, appreciating the team for their informative session on rural development and community participation.

At Shakthidhama Women Rehabilitation Centre, Ms. Elsa Tiffany Lamare expressed gratitude to the staff for their inspiring work in supporting and empowering women in need.

At Rural Literacy and Health Programme (RLHP), Ms. Rimanka Suchen offered thanks to the organization for their efforts in promoting literacy, child rights, and health awareness among underprivileged communities.

The students also extended their sincere appreciation to the faculty coordinators and the Department of Social Work, St Aloysius (Deemed to be University), Mangaluru, for organizing the tour and guiding them throughout the learning experience.

The study tour provided meaningful exposure and motivated the students to continue their journey in social work with greater dedication and empathy.

5.3. Presentation of Memento

As a token of respect and appreciation, students presented mementos to the directors of the respective NGOs. This gesture symbolized gratitude for their dedication, service, and the learning experience they provided.

6. Observation, Learning, and Outcome

Observations

Students observed that all three NGOs worked toward empowerment and social transformation through participatory and community-based approaches.

- At MYKAPS, strong community institutions and SHGs were seen as the backbone of rural development.
- At Shakthidhama, holistic rehabilitation focused on psychological healing and economic empowerment.
- At RLHP, awareness-based education and health promotion in slum areas were core strengths.

Each NGO demonstrated professionalism, empathy, and commitment to sustainable social change.

Learning

Students learned how NGOs bridge the gap between government policies and grassroots needs.

They understood the process of project planning, funding, implementation, and evaluation.

Exposure to field realities enhanced their understanding of gender, poverty, and social equity.

The visit developed students' communication, teamwork, and observation skills.

Students gained ethical awareness and empathy toward vulnerable groups.

Outcome

Academic Outcome: Enhanced understanding of development theories through real-life application.

Professional Outcome: Improved field research skills, data collection methods, and NGO management knowledge.

Social Outcome: Increased empathy, social responsibility, and awareness of community service.

Institutional Outcome: Strengthened partnerships between academia and social organizations for internships and future collaborations.

Overall, the study tour transformed students' perspectives on social work, instilling a sense of purpose, responsibility, and awareness about grassroots realities.

7. STUDENTS REVIEW

“The tour was an enriching experience. Visiting various NGOs and learning their functions and management provided me hands-on insight that complemented our classroom learning. Mysore's captivating attractions, delectable local cuisine, pleasant weather and warm hospitality was truly a memorable experience”.

By Rimanka suchen

“During the study tour , while visiting the three different organisations MYKAPS, RLHP, and Shaktidhama gave me a deeper understanding of community development and rehabilitation work. I was impressed by their commitment to social change and the impact of their initiatives on people's lives.

Every work and activity undertaken has encouraged me to work better in the future”.

By Wida Pohlynjar

“The Mysore trip was a wonderful blend of learning and togetherness. From the inspiring organizations we explored to the moments we shared as a group while sightseeing, every part of it felt memorable and heartwarming”

By Elza Tiffany Lamare

“A truly enriching experience that boosted our learning, exposure, and team bonding”.

By Shruti Raj Gowda

“I had a wonderful time watching all the theoretical learning put into practice. It was inspiring to see and understand how each organisation functions and how they steer their way past hurdles. I was able to witness the true essence of social work”.

By Neeradha Sheen

“My study tour to Mysore was highly enriching. The NGO visits offered meaningful insights into the functioning of short stay homes and shelter homes, greatly enhancing my understanding. Overall, it was a rewarding experience that provided significant exposure”.

By Lucy Mery Syiemiong

“The study tour to Mysore was an enriching and memorable learning experience in which it allows the Social work students to gain practical knowledge beyond the classroom.

Through this trip the Social work students visited the 3 ngos that is MYKAPS, SHAKTHIDHAMA and RLHP in which they participate in interactive sessions, and the students get to interact with the professionals and get insight about the initiatives that are working for the community”.

By Ibadapbiang K Lyngdoh

8. Conclusion

The study tour to Mysuru was an enriching educational experience.

Through visits to MYKAPS, Shakthidhama, and RLHP, students gained invaluable exposure to real-world social issues and the tireless work of NGOs in addressing them.

The field experience complemented academic learning and nurtured empathy, leadership, and social awareness among students.

The tour reinforced that true development arises not merely from financial aid but through participation, empowerment, compassion, and community ownership.

This study tour will remain a memorable milestone in the students' academic journey, motivating them to actively contribute toward building a more equitable and humane society.

9. Sightseeing Details – Study Tour to Mysore, Karnataka

Date	Place Visited	Description
08/11/2025	Musical Fountain (Brindavan Gardens)	A popular evening attraction where colorful lights and water jets move in rhythm with music. Located beside the Krishnarajasagara Dam, it offers a mesmerizing view after sunset.
09/11/2025	St. Philomena's Church	One of the largest churches in India, built in Gothic style and dedicated to St. Philomena. Known for its tall twin spires and stained-glass windows depicting the life of Christ.
09/11/2025	Chamundi Hills	A sacred hill housing the Chamundeshwari Temple, dedicated to Goddess Chamundi. Offers a panoramic view of Mysore city and has the famous Nandi (bull) statue on the way up.
09/11/2025	Sand Museum	India's first sand museum showcasing more than 150 sculptures made entirely from sand, depicting cultural, historical, and religious themes.
09/11/2025	Mysore Palace	The iconic royal residence of the Wodeyar dynasty, known for its Indo-Saracenic architecture, intricate interiors, and illumination with thousands of lights on Sundays and festivals.
10/11/2025	Wax Museum (Melody World)	A unique museum displaying over 100 life-size wax statues and musical instruments, depicting musical traditions from around the world.
10/11/2025	Payana Vintage Car Museum	A private collection of vintage and classic cars, bikes, and transport memorabilia. It reflects India's automobile history and innovation over the decades.

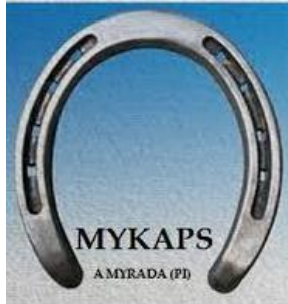
10. Annexure



Study Tour 2025: Strengthening academic learning through observation, engagement, and experiential exposure

Logos of Agencies –

1. MYKAPS (Myrada Kaveri Pradeshika Samsthe)



2. Shakthidhama Women Rehabilitation Centre



3. Rural Literacy and Health Programme (RLHP)



Dr Shwetha Rasquinha
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