

## **MPSW STUDY TOUR REPORT**

**Date: 04/11/2025 – 06/11/2025**

**Place: Mysore**

**College: St Aloysius (deemed to be university)**

### **DAY 1 REPORT**

**(04/11/2025 – 05/11/2025)**

Our team gathered in front of the University campus to begin our study tour on the 4th of November 2025 at 9:40 p.m. After a meaningful prayer, we commenced our journey towards Mysore. We reached Chamundi Hills at 3:50 a.m. on the 5th of November and proceeded to the viewpoint by 4:30 a.m., where the students enjoyed the peaceful early morning atmosphere and the breathtaking view of the entire Mysore city. By 6:00 a.m., we arrived at our place of accommodation, Pushpashram. After refreshing ourselves and having breakfast, we prepared for our first institutional visit.

Our first stop was Aashiana, an organisation dedicated to supporting children with developmental challenges such as Autism, ADHD, Down Syndrome, Cerebral Palsy, and multiple disabilities. The session began with an introduction by the coordinator, Ms. Masuba, who explained the history and objectives of the institution. Aashiana was established on June 10, 2010, initially to serve children with autism, and later expanded its services to include all children with developmental difficulties. The institution currently supports 32 children and provides a wide range of services including special education, speech therapy, physiotherapy, occupational therapy, and parental training. One of the key strengths of Aashiana is its Individual Lesson Plan (ILP) for each child, revised every three months based on the child's progress. The central focus of the institution is to help children develop independence and confidence in their daily activities.

The team was introduced to the staff working in various departments. Sumaya, the counsellor, explained different disorders such as Autism Spectrum Disorder, Cerebral Palsy, ADHD, Down Syndrome, and other chronic developmental conditions, along with the behavioural symptoms and challenges faced by children and their families. The speech therapist, Ms. Masuba,

provided an overview of speech and language therapy, its beneficiaries, importance, and the techniques used in intervention. Following this, the physiotherapist, Amreen, discussed the role of physiotherapy in improving mobility, muscle coordination, and overall physical development. The vocational trainer then described how children are taught basic skills, coordination, and daily living activities through a structured training routine.



After the sessions, the children of Aashiana presented a dance performance coordinated by Ms. Aleena Leo. The students thoroughly enjoyed the cultural programme and appreciated the efforts of both the children and the staff. The team then visited various classrooms and therapy rooms, where they observed different activities and training sessions. The visit concluded with a photo session, and by 12:30 p.m., we departed from Aashiana.

By 2:15 p.m., we reached **Asha Kiran Hospital**, an institution established in 1997 to provide treatment, care, and rehabilitation for persons living with HIV. The session began with a brief introduction to the services offered. The staff explained the reasons behind the rising number of HIV cases among adolescents and discussed the psychological stages individuals typically experience after diagnosis—fear, denial, bargaining, and acceptance. They also highlighted gender differences in HIV prevalence, suicidal tendencies among affected individuals, coping strategies, and the importance of awareness regarding the infection. The concept of the ELISA test, along with the origins and transmission routes of HIV/AIDS, was explained in detail. This was followed by an interactive question-and-answer session during which students clarified

their doubts. The session concluded with a vote of thanks by Ms. Anu Sebastian. After visiting various departments and observing the services provided, we had a group photo session.

At 4:10 p.m., we proceeded to Brindavan Gardens, where we spent time exploring the premises and enjoying the musical fountain. By 7:00 p.m., we began our journey back to the accommodation and reached our rooms by 8:15 p.m.



## **DAY 2 REPORT (06/11/2025)**

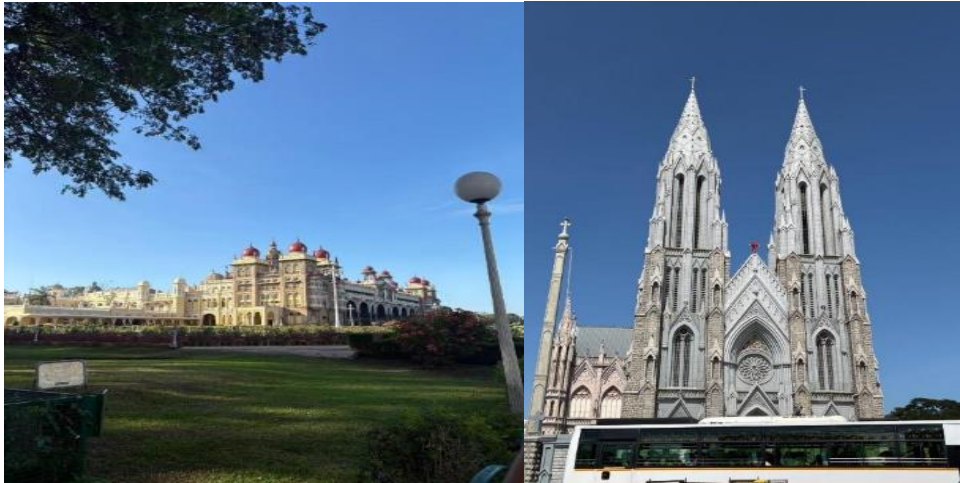
On the second day, we arrived at Srinidhi By 10:00 a.m. which is a de-addiction centre supporting alcohol dependent individuals. The visit began with an interactive session led by Mr. Veeraraj, a member of Alcoholics Anonymous. He shared his personal recovery journey, the challenges he faced during addiction, and the role of support groups in achieving sobriety. He explained the principles guiding Alcoholics Anonymous and highlighted the emotional and psychological struggles experienced by individual's dependent on alcohol. His story offered valuable insights into the importance of self-awareness, discipline, and supportive environments in the recovery process.



This was followed by an engaging session with psychiatrist Dr. Vasudha. She discussed various human emotions—sadness, anger, happiness, love, and frustration—and explained how substances used can alter emotional responses. She also addressed mobile addiction and demonstrated how to monitor screen time using mobile settings. Additionally, she elaborated on the functioning of Alcoholics Anonymous and emphasized the role of counselling and psychiatric support in rehabilitation. The founders of Ashiana later shared their own experiences with addiction and described how their personal journeys motivated them to establish the centre as a means to help others facing similar challenges. The session concluded with a vote of thanks delivered by Ms. Shashwati.

After leaving Ashiana, the group visited St. Philomena's Church, where we spent time appreciating its architectural beauty and serene atmosphere. Lunch was served at 1:30 p.m. Later in the afternoon, we visited Mysore Palace and the exhibition grounds, where the students

explored and learned about the cultural and historical significance of the site. By 8:30 p.m., we returned to the accommodation, had dinner at 9:00 p.m., and by 10:00 p.m., we began our journey back to Mangalore. On the morning of 7th November 2025, at 5:00 a.m., we reached Mangalore safely, marking the end of our two-day field exposure programme.



### **Tour Takeaways:**

The two-day study tour offered a meaningful and enriching learning experience for all the students. Visits to institutions such as Aashiana, Asha Kiran, and Srinidhi provided valuable practical exposure to areas including developmental disabilities, HIV care, mental health, addiction recovery, and various therapeutic interventions. Interactions with counsellors, therapists, psychiatrists, and rehabilitation professionals deepened our understanding of the multi-disciplinary approaches essential in social work practice. The tour not only strengthened academic knowledge but also fostered empathy, awareness, and the professional competence required to work effectively in the field of social work.