



**DEPARTMENT OF PSYCHOLOGY**

**Report Submission: 29/03/2026**

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<b>Semester:</b> EVEN	<b>Academic Year:</b> 2025–26	<b>Venue:</b> Maarga Mind Care
<b>Date:</b> 26/03/2026	<b>Time:</b> 09.00AM -12.00PM	<b>Duration:</b> 3 hours

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**TYPE OF EVENT: INDUSTRIAL VISIT**

**EVENT NAME: INDUSTRIAL VISIT TO MAARGA MIND CARE**

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<b>Target Audience:</b> 4 <sup>th</sup> Sem M.Sc. Psychology	<b>Number of Participants:</b> 32
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**Objectives:**

- To Familiarize Students with Functioning of Psychiatry Hospital, OPD, IPD and Rehab Services.
- To Observe Clinical Presentation, Diagnosis and Management of Various Psychiatry Conditions.
- To Enhance Ethical Sensitivity and Professional Behaviour in Clinical Settings.

**Program Introduction:** The Department of Psychology organized an Clinical visit programme on 26<sup>st</sup> March 2026, to enhance understanding of psychiatric disorders, assessment procedures, and treatment planning. The entire event was coordinated by Ms. Dhruya Manoj, Assistant Professor and was attended by PG 3<sup>rd</sup> Sem Psychology students.

**Theme of the Event:** The “Clinical visit to maarga mind care” focuses on bridging theoretical knowledge with practical exposure in psychiatric settings. Students will gain insight into assessment, diagnosis, and treatment of various mental health conditions. The theme emphasizes multidisciplinary teamwork, patient-centered care, and ethical clinical practice. It also highlights understanding biopsychosocial factors influencing mental health. The visit promotes observation of therapeutic interventions and rehabilitation services. Students will learn professional communication and rapport building with patients. The program encourages critical thinking and clinical skill development. Overall, the theme centers on experiential learning in real-world psychiatric care.



**Detailed Report:**

The Department of Psychology organized an Clinical visit programme on 26<sup>st</sup> March 2026, to enhance understanding of psychiatric disorders, assessment procedures, and treatment planning. The entire event was coordinated by Ms. Dhrusya Manoj, Assistant Professor and was attended by PG 3<sup>rd</sup> Sem Psychology students

Clinical visits play an important role in bridging the gap between theoretical knowledge and practical application in psychology and mental health professions. During the visit, students were introduced to the functioning of the psychiatry clinic, multidisciplinary team roles, and various services provided to patients. The professionals at the center explained different psychiatric disorders, their clinical features, assessment procedures, and treatment planning. The treatment planning at the clinic focuses on individualized care and evidence-based therapies such as Cognitive Behavioral Therapy (CBT), psychotherapy, and rehabilitation programs designed to promote recovery and improve quality of life. The students also learned about inpatient and outpatient services, crisis intervention, and follow-up care provided to patients.

The clinic follows a holistic and multidisciplinary approach involving psychiatrists, psychologists, therapists, and other mental health professionals working collaboratively to provide comprehensive care. During the interaction session, students actively engaged with the professionals and clarified their doubts regarding diagnosis, treatment planning, and therapeutic approaches. The students gained exposure to various mental health conditions such as depression, anxiety disorders, schizophrenia, bipolar disorder, and substance use disorders. They also learned about ethical considerations, confidentiality, and professional conduct in psychiatric settings. The visit helped students understand the importance of multidisciplinary teamwork and patient-centered care in mental health services.

Overall, the clinical visit to the psychiatry clinic was highly informative and beneficial for PG Psychology students. The Department of Psychology expressed gratitude to the clinic professionals for their support and guidance. The program concluded successfully, providing students with meaningful clinical exposure and enhancing their professional development in the field of clinical psychology.

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**Geo – Tagged PHOTOS:**



**Discussing about Electro Convulsive Therapy with Psychiatrist**



**Clinical Psychologist showing around Psychiatry ICU/Cell**





**ACHARYA INSTITUTE OF GRADUATE STUDIES**  
(NAAC Re-accredited 'A+' and Affiliated to Dr. Manmohan Singh Bengaluru City University)  
Soladevanahalli, Bengaluru-560107

**Discussion by speech therapist, occupational therapist and Art therapist.**



**Showing ECT Room**





### **Discussion with chief psychiatrist**

#### **Outcomes:**

- Students gained practical exposure to various psychiatric disorders, their clinical features, and treatment approaches.
- Students developed understanding of assessment procedures and individualized treatment planning in psychiatric settings.
- Students learned the roles and responsibilities of multidisciplinary mental health professionals and teamwork in patient care.
- Students improved awareness of ethical considerations, confidentiality, and professional conduct in clinical settings.
- Students enhanced their ability to connect theoretical knowledge with real-world clinical practice and mental health services.

#### **Conclusion:**

The clinical visit was a highly informative and enriching experience for PG Psychology students. It successfully bridged the gap between theoretical knowledge and practical exposure by providing firsthand understanding of psychiatric assessment, diagnosis, and treatment planning. Students gained insight into multidisciplinary collaboration, patient-centered care, and ethical practices in mental health settings. The interaction with mental health professionals enhanced students' clinical skills, confidence, and professional development. Overall, the visit achieved its objectives and contributed significantly to the academic and clinical learning of the students.



**Audience Feedback Summary:**

