



ACHARYA INSTITUTE OF GRADUATE STUDIES

(NAAC Re-accredited 'A+' and Affiliated to Bengaluru City University)

Soladevanahalli, Bengaluru-560107

DEPARTMENT OF PSYCHOLOGY

Report Submission: 18/05/2026

Semester	EVEN	Academic	2025–26	Venue:	CAAPAR
		Year:			Doddakammanahalli
Date:	17/04/2026	Time:	10.00AM - 12.00PM	Duration:	2 hours

TYPE OF EVENT: INDUSTRIAL VISIT

EVENT NAME: VISIT TO CAAPAR

Target Audience: 2nd Sem M.Sc. Psychology Students

Number of Participants: 21

Objectives:

- To provide students with exposure to psychological assessments, developmental screening, and diagnostic procedures used for children with autism spectrum disorder and related developmental conditions.
- To familiarize students with multidisciplinary treatment approaches including behavioral therapy, occupational therapy, speech therapy, and parent training programs used in clinical settings.
- To help students develop clinical observation skills, case conceptualization abilities, and understanding of ethical practices in real-world mental health settings.

Program Introduction: The Department of Psychology is organising a clinical visit to CAPAAR, Bangalore, on 17th April to provide 2nd Sem M.Sc. Psychology students with practical exposure to clinical settings. The programme aimed to bridge the gap between theoretical knowledge and real-world clinical practice.

Theme of the Event: “Bridging Academic Knowledge with Clinical Practice in Developmental and Rehabilitation Psychology”

The clinical visit to CAPAAR, Bangalore, focused on providing students with practical exposure to multidisciplinary assessment and intervention for children with autism and developmental disorders. CAPAAR is an integrated therapeutic centre offering services such as autism intervention, speech therapy, occupational therapy, and behavioral management through a multidisciplinary team.



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Detailed Report:

The Department of Psychology organized an Industrial visit programme on 17th April 2026, The entire event was coordinated by Ms. Dhrusya Manoj, Assistant Professor and was attended by PG 2nd Sem Psychology students

It was part of their practical training and field exposure. The primary objective of the visit was to provide students with firsthand experience of working in a multidisciplinary rehabilitation setting and to bridge the gap between theoretical knowledge and clinical practice. The centre focuses on assessment, intervention, and rehabilitation of individuals with developmental and psychological disorders, offering services through a team of psychologists, therapists, and special educators.

During the visit, students were oriented to the functioning of the institution, including intake procedures, case history taking, and psychological assessment methods. They observed various therapeutic interventions such as behavior therapy, speech therapy, and occupational therapy, which are commonly used in rehabilitation settings. The multidisciplinary approach adopted in such centres, where psychologists collaborate with psychiatrists, therapists, and social workers, was emphasized as an essential component of effective mental health care.

Students also gained insights into individualized treatment planning, family involvement in therapy, and the importance of early intervention in developmental disorders. Interaction with professionals provided clarity on ethical considerations, documentation, and clinical decision-making. The visit enhanced students' understanding of real-world clinical challenges, patient management, and rehabilitation strategies.

Overall, the clinical visit to CAAPAR was a valuable learning experience that enriched the students' clinical skills, improved observational abilities, and prepared them for future roles as mental health professionals. It highlighted the importance of practical exposure in developing competence, empathy, and professionalism in the field of clinical psychology.



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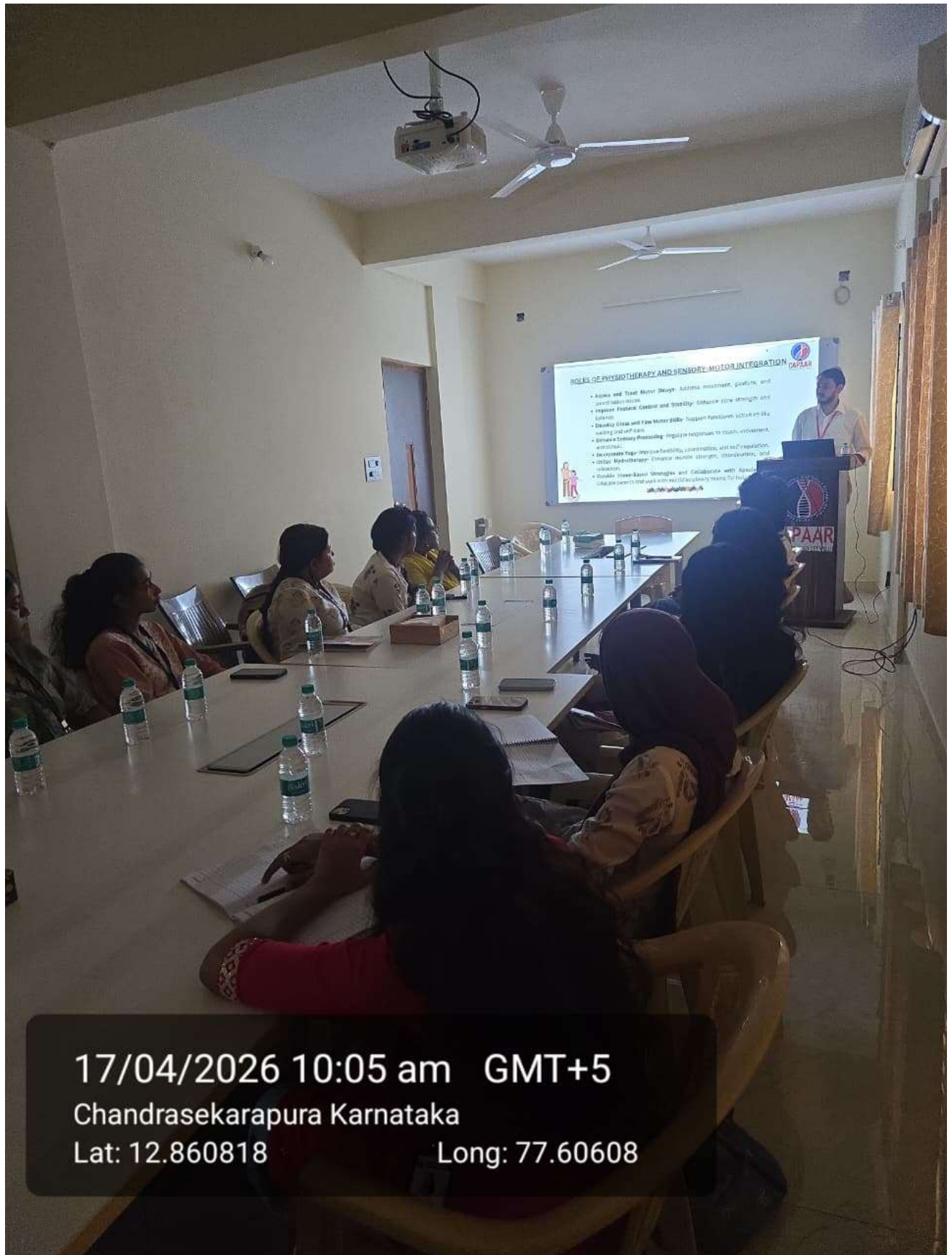
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PHOTOS:



PHOTO WITH CAAPAR TEAM



17/04/2026 10:05 am GMT+5

Chandrasekarapura Karnataka

Lat: 12.860818

Long: 77.60608

DISCUSSION WITH CLINICAL PSYCHOLOGIST



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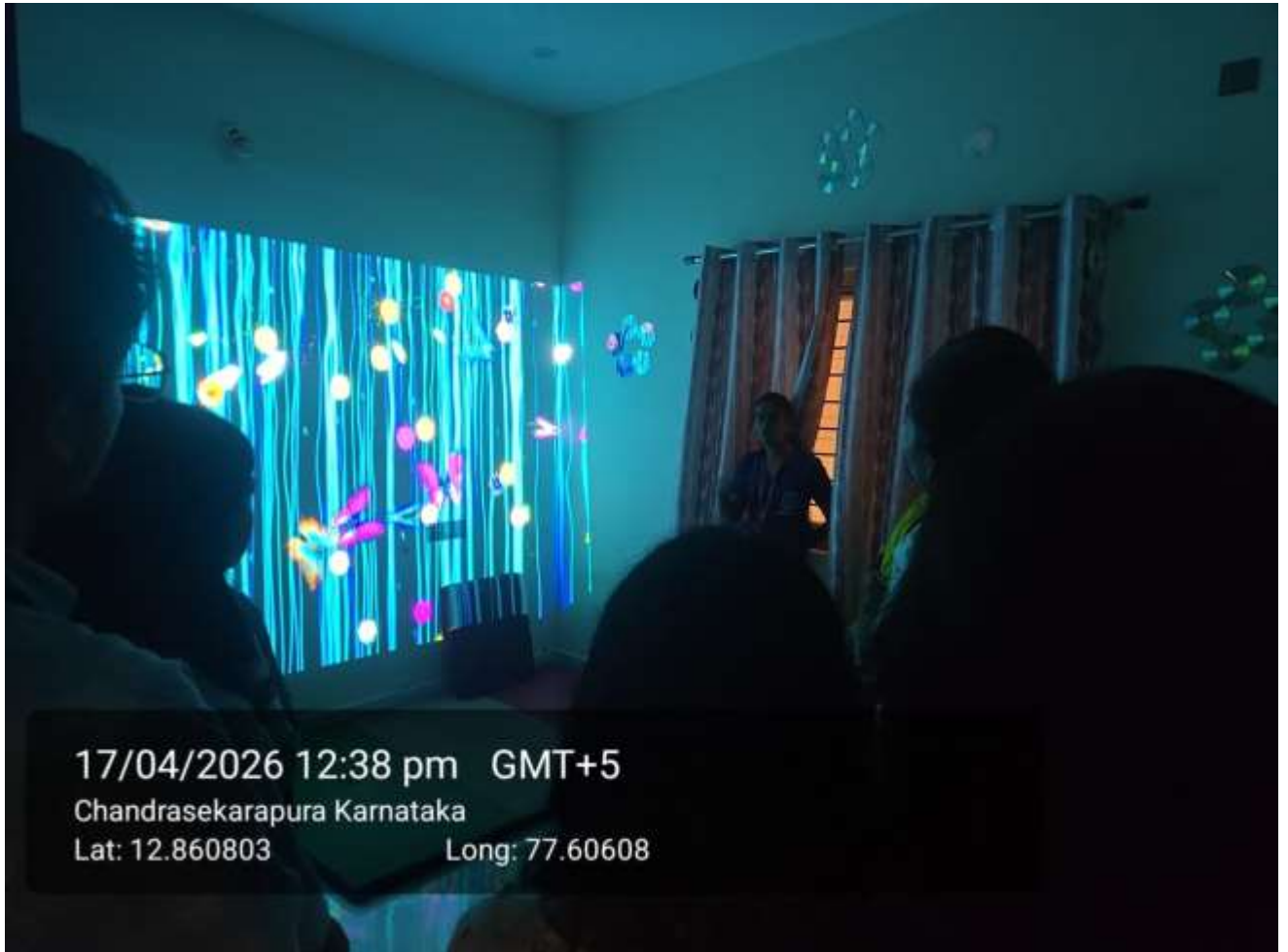
INTRODUCING MATERIALS IN PLAY THERAPY ROOM



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EXPERIENCING SENSORY ROOM



HANDLING CHILDREN IN PLAY THERAPY SETTING.

Outcomes:

- Developed practical understanding of multidisciplinary mental health care, where psychologists work along with psychiatrists, therapists, and social workers for holistic treatment
- Enhanced skills in clinical observation and assessment, including case history taking, behavioural analysis, and exposure to real client interactions
- Gained insight into various therapeutic interventions such as behavior therapy, speech therapy, and rehabilitation techniques used in clinical settings
- Improved knowledge about individualized treatment planning and rehabilitation, emphasizing the importance of tailored interventions and continuity of care
- Strengthened professional competencies including ethical practice, communication skills, and readiness for clinical training, bridging the gap between theory and practice

Conclusion:

The clinical visit to CAAPAR, Bangalore was a valuable experiential learning opportunity for students. It helped in bridging the gap between theoretical knowledge and real-life clinical practice. Students gained insight into multidisciplinary rehabilitation, where professionals work together for



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holistic care. The visit improved understanding of assessment, intervention, and individualized treatment planning. It also enhanced professional skills like observation, communication, and ethical awareness.

Overall, the visit strengthened students' readiness for future roles in clinical psychology and rehabilitation settings.

Audience Feedback Summary:

