



DEPARTMENT OF PSYCHOLOGY

Report Submission: 05/08/2026

Semester: II	Academic Year: 2025-26	Venue: Cloudnine Hospital, Whitefield
Date: 01/07/2026	Time: 02:00 PM-04:30 PM	Duration: 02:30 HRS

TYPE OF EVENT: INDUSTRIAL VISIT

EVENT NAME: MATERNAL, INFANT AND CHILD DEVELOPMENT: A LIFESPAN PERSPECTIVE

Target	Number of	Event
Audience: II Sem M.sc Psy Students	Participants: 20	Coordinator: Ms.Indhushri LM

Objectives:

1. To provide students with first-hand exposure to maternal, neonatal, and child healthcare services and their relevance to human development across the lifespan.
2. To help students understand the practical application of theories of prenatal development, infancy, early childhood, attachment, and parent-child interactions in a clinical setting.
3. To enable students to observe multidisciplinary healthcare practices that contribute to physical, cognitive, emotional, and social development during the early stages of life.

Program introduction:

The Department of Psychology organized an Industrial Visit to Cloudnine Hospital, Whitefield, for the II Semester M.Sc. Psychology students. A total of 20 students participated in the visit. The programme was designed to provide students with practical exposure to maternal, neonatal, and child healthcare services, with a focus on perinatal mental health and multidisciplinary clinical practices. The visit enabled students to understand the integration of psychological care within medical settings, particularly in supporting mothers, infants, and families. The visit was coordinated by Ms. Indhushri LM, Assistant Professor, Department of Psychology.



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Theme of the event:

The industrial visit focused on understanding perinatal, maternal, and child healthcare with special emphasis on mental health care during pregnancy and the postpartum period. It highlighted the role of psychological interventions in addressing multidimensional stress, emotional challenges, and clinical conditions such as postpartum disorders. The visit emphasized the importance of integrated and multidisciplinary approaches in promoting maternal well-being, early child development, parent-infant bonding, and holistic psychological care within medical settings.

Detailed Report:

The Department of Psychology organized an Industrial Visit to Cloudnine Hospital, Whitefield, for the II Semester M.Sc. Psychology students with the objective of gaining practical exposure to perinatal, maternal, and child mental health care. The visit provided students with valuable insights into the role of counselling in fertility and maternal settings, particularly in navigating the multidimensional stress experienced during pregnancy and the postpartum period.

The session began with an overview of perinatal and maternal mental health, highlighting the psychological challenges associated with pregnancy. Students were introduced to various pregnancy-related stressors such as decision-making difficulties, first trimester risks, balancing work and health, overthinking about the future, tokophobia (fear of childbirth), adapting to a new maternal identity, relationship constraints, concerns about being a good mother, body image issues, and societal judgments. These discussions emphasized the emotional complexity of pregnancy and the need for psychological support.

A significant part of the session focused on understanding postpartum mental health conditions. Students learned the distinction between postpartum blues and postpartum depression. Postpartum blues, affecting nearly 70% of mothers, were explained as a transient condition requiring emotional support, whereas postpartum depression (15%) necessitates clinical intervention. Additionally, anxiety and PTSD (13.5%) and puerperal psychosis (1.5%) were discussed, with emphasis on trauma counselling and psychiatric emergency care.

The session further explored interventions for perinatal disorders, including the management of somatic and procedural phobias such as tokophobia, needle phobia, and hospital anxiety using systematic desensitization and guided imagery techniques. Crisis situations such as medical



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termination of pregnancy (MTP) were addressed, with a strong emphasis on understanding grief as a natural and integrative process rather than a pathological condition.

An important insight shared during the visit was that approximately 10% of fathers also experience postpartum depression, which often remains unrecognized due to stigma and diagnostic bias.

Students were also introduced to clinical interventions in NICU and PICU settings, including parental crisis intervention, de-escalation of psychological stress, chronic condition counselling, and promoting early infant bonding through kangaroo care. The importance of early identification of developmental disorders using standardized tools such as M-CHAT and ADOS-2 was discussed, along with pediatric surgical care and counselling for chronic illnesses and rare diseases.

The visit concluded with an understanding of integrated care approaches, including routine screening, clinical formulation, therapy delivery, and crisis response. Overall, the industrial visit provided students with comprehensive clinical exposure and enhanced their understanding of multidisciplinary approaches in maternal and child mental health care.

PHOTOS:



Photo taken before the Start of the Visit near Campus Mart



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Session by Dr. Sujith explaining the services provided for Maternal, Infant Care at Cloudnine



Session by Mrs Madhumitha Bhattacharya on Navigating reproductive Care, Early life and Complex Illnesses



Session by Mrs Madhumitha Bhattacharya on how to Pursue a Career as a psychology graduate in the Maternity Centers.



Group Photo at the end of the event

Outcomes:

1. Students gained practical insights into prenatal, neonatal, and early childhood development as discussed in the Life Span Development course.
2. Students developed a better understanding of the importance of early intervention, parenting practices, and healthcare support in promoting healthy development.



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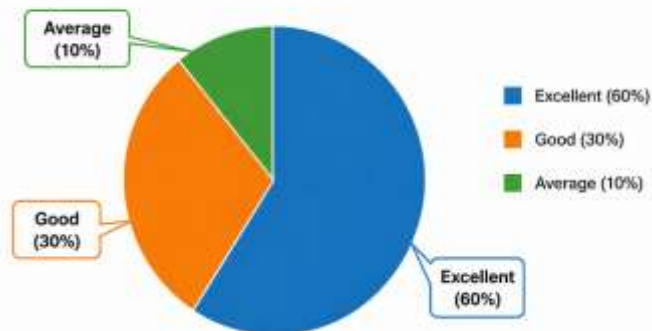
3. Students were able to relate developmental theories and concepts to real-life clinical observations and experiences.

Conclusion:

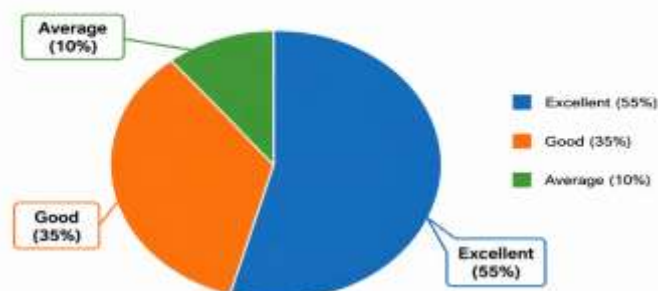
The Industrial Visit to Cloudnine Hospital, Whitefield, was an enriching and insightful learning experience for the postgraduate psychology students. The visit effectively integrated theoretical knowledge with practical clinical exposure, enabling students to understand the complexities of perinatal, maternal, and child mental health care. Through observational learning, interactive discussions, and exposure to multidisciplinary practices, students gained a deeper understanding of psychological interventions in medical settings. The visit also enhanced their awareness of the emotional, cognitive, and social challenges faced by mothers, infants, and families. Overall, the experience broadened students' perspectives on integrated healthcare approaches and reinforced the importance of early intervention, holistic care, and psychological support in maternal and child well-being.

Audience Feedback Summary:

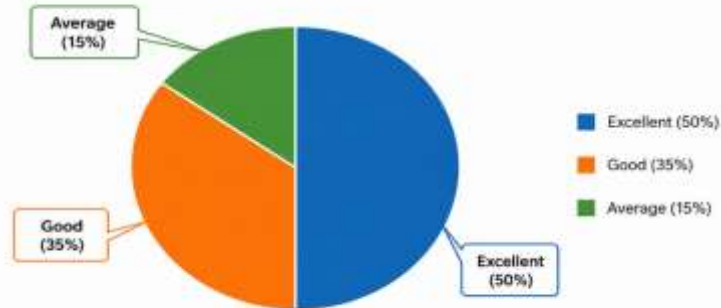
1. How would you rate the knowledge gained regarding Maternal, perinatal and child healthcare services through this clinic visit?



2. How would you rate the usefulness of the session in understanding the psychological aspects of pregnancy, childbirth and parenthood?



3. How would you rate the educational value and learning experience of the clinical visit to Cloudnine?



4. Rate the program
(3 – Average, 4 – Good, 5 – Excellent)

