



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

**DEPARTMENT OF PSYCHOLOGY**

**Report Submission: 25/06/2026**

**Semester: EVEN**

**Academic Year: 2025–26**

**Venue: Shri Ramachandra  
Meditation Center, Lakshmipura**

**Date: 19/06/2026**

**Time: 10.00AM -3.00PM**

**Duration: 5 hours**

**TYPE OF EVENT: INDUSTRIAL VISIT**

**EVENT NAME: INDUSTRIAL VISIT TO MINDFULNESS MEDITATION CENTER,  
HESARAGHATTA**

**Target Audience: IV Semester MSc Psychology Students**

**Number of Participants: 23**

**Objectives:**

- To provide students with experiential learning on the role of meditation and yoga in promoting psychological well-being and stress management.
- To understand the practical applications of mindfulness, relaxation techniques, and holistic wellness in mental health.
- To expose students to community-based mental health and wellness practices beyond the traditional classroom setting.

**Program Introduction:** The Department of Psychology organized an Industrial Visit to Sri Ramachandra Meditation Centre on 19th June 2026 for the IV Semester M.Sc. Psychology students. A total of 23 students participated in the visit. The programme was designed to provide students with practical exposure to meditation and yoga as complementary approaches to enhancing mental health, emotional well-being, and overall quality of life. The visit was coordinated by Ms. Susan Maria Baby, Assistant Professor, Department of Psychology.

**Theme of the Event:** The industrial visit focused on understanding the significance of meditation and yoga in promoting mental, emotional, and physical well-being. It emphasized the importance of mindfulness practices in stress reduction, emotional regulation, self-awareness, and holistic psychological development.

**Detailed Report:**

The Department of Psychology organized an Industrial Visit to Sri Ramachandra Meditation Centre on 19th June 2026 for the II Semester M.Sc. Psychology students. A total of 23 students participated



in the visit with the objective of gaining practical exposure to holistic approaches for promoting psychological well-being. The visit was designed to help students understand the role of meditation and yoga in enhancing mental health, emotional regulation, and overall quality of life. The programme commenced with a warm welcome by the trainers at the meditation centre, followed by a brief orientation introducing the philosophy, objectives, and activities of the institution.

The trainers explained the importance of maintaining harmony between the mind, body, and emotions through regular mindfulness practices. Students were introduced to the fundamental principles of yoga and meditation and were informed about their growing relevance in managing stress, anxiety, emotional disturbances, and lifestyle-related challenges. The session emphasized how these practices can serve as complementary techniques alongside psychological interventions to promote holistic mental wellness.

A guided yoga session was conducted in which students actively participated in simple stretching exercises, breathing techniques (pranayama), and basic yoga postures aimed at improving flexibility, concentration, and relaxation. The trainers carefully demonstrated each practice and explained its physical as well as psychological benefits. This was followed by a guided meditation session where students were encouraged to focus on mindful breathing, body awareness, and inner calm. The meditation exercise provided students with a firsthand experience of relaxation and mental clarity, enabling them to appreciate the therapeutic value of mindfulness practices.

The trainers also discussed scientific evidence supporting meditation and yoga, highlighting their positive effects on cognitive functioning, emotional regulation, stress reduction, and overall psychological resilience. Students actively interacted with the trainers by asking questions regarding the practical application of these techniques in clinical and everyday settings. They reflected on their own experiences during the session and discussed how such practices could be incorporated into self-care routines as well as psychological interventions.

The industrial visit concluded with an interactive feedback session, during which students shared their learning experiences and expressed appreciation for the opportunity to engage in experiential learning. The visit successfully bridged classroom knowledge with practical application, providing valuable insights into integrative approaches to mental health and reinforcing the importance of holistic wellness in psychological practice.



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**PHOTOS:**



**Yoga being done by students**



**Yoga and Asanas**



**Talk on importance of meditation**



**Students meditating under guidance**



**Group Photo**

**Outcomes:**

- Students gained practical exposure to yoga and meditation as effective techniques for promoting psychological well-being.
- Participants developed a better understanding of mindfulness, relaxation, and stress management strategies.
- The visit enhanced awareness of the relationship between physical health, emotional well-being, and mental health.
- Students experienced the practical application of holistic wellness approaches that complement psychological interventions.
- The programme encouraged students to appreciate the importance of self-care practices for both personal well-being and future professional practice..

**Conclusion:**

The Industrial Visit to Sri Ramachandra Meditation Centre was an enriching and insightful learning experience for the postgraduate psychology students. The visit successfully combined theoretical knowledge with practical exposure, enabling students to understand the value of yoga and meditation in promoting mental health and emotional well-being. Through guided sessions, interactive discussions, and firsthand experience, students gained a deeper appreciation of holistic wellness practices and their relevance to psychological care. Overall, the visit broadened students' perspectives on integrative approaches to mental health and reinforced the importance of incorporating mindfulness and self-care into both personal and professional life.



**Audience Feedback Summary:**

