



DEPARTMENT OF PSYCHOLOGY

Report Submission: 15/05/2026

Semester: EVEN	Academic Year: 2025–26	Venue: Sandhya Kirana Destitute Home
Date: 08/05/2026	Time: 09.00AM - 2.00PM	Duration: 05 hours

TYPE OF EVENT: INDUSTRIAL VISIT
EVENT NAME: VISIT TO SANDHYA KIRANA DESTITUTE HOME

Target Audience: IV Semester BA Psychology	Number of Participants: 14
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Objectives:

1. To understand the importance of stress management in maintaining mental and emotional well-being.
2. To relate theoretical concepts of stress management with real-life situations through interaction and observation at the destitute home.
3. To develop empathy, communication skills, and social responsibility among psychology students through community engagement.

Program Introduction:

The Department of Psychology organized an Industrial Visit on 08th May 2026 at Sandhya Kirana Destitute Home with the theme Stress Management, aimed at providing students with practical exposure to mental health and community care settings. The program was coordinated by Ms. Keerthi P and was attended by 14 students of IV Semester BA Psychology. The visit focused on helping students understand the importance of stress management, emotional well-being, and social responsibility through direct interaction and experiential learning.

Theme of the Event:

The theme of the program, “Stress Management through Community Interaction,” emphasized bridging theoretical knowledge of psychology with practical exposure in a real-life social care setting. The visit aimed to provide students with insights into the emotional and psychological challenges faced by destitute individuals and the importance of stress management in improving mental well-being. It also highlighted the significance of empathy, emotional support, communication, and compassionate care in institutional environments. The program focused on creating awareness about coping strategies, emotional resilience, and positive mental health through meaningful interaction and observation. Additionally, it encouraged students to understand the role of psychological support in enhancing the quality of life of vulnerable populations. The event promoted experiential learning, social responsibility, and the development of interpersonal and counseling-oriented skills among students. Overall, the theme centered on learning through service, empathy, and mental health awareness.



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Detailed Report:

The Department of Psychology organized an Industrial Visit on 08th May 2026 at Sandhya Kirana Destitute Home as part of the Psychology curriculum with the theme “Stress Management through Community Interaction.” The visit was coordinated by Ms. Keerthi P and involved 14 students of IV Semester BA Psychology, who actively participated in various interactive, supportive, and community-oriented activities with the residents of the institution.

Industrial Visits play an important role in helping students bridge theoretical knowledge with practical experience. The visit aimed to provide students with an understanding of the emotional, psychological, and social needs of individuals living in institutional care settings. It also focused on helping students observe the importance of stress management, emotional support, and compassionate interaction in promoting mental well-being.

During the visit, the students engaged with the residents through meaningful and interactive activities. The students prepared handmade greeting cards and distributed them to the residents as a gesture of affection and encouragement. This created a warm and positive atmosphere within the institution. The students also sang songs and interacted closely with the residents, which helped in building rapport and bringing joy and emotional comfort to them. The residents actively participated in the activities and responded with enthusiasm and happiness, making the environment lively and engaging.

As part of the programme, the students also assisted the residents in income-generating activities by helping them make newspaper bags. This activity gave students practical exposure to rehabilitation-oriented and vocational support practices followed in institutional care settings. It also helped students understand the significance of occupational engagement and skill-based activities in reducing stress, promoting self-confidence, and improving emotional well-being among destitute individuals.

The visit provided students with valuable insights into the emotional struggles, coping mechanisms, and daily life experiences of the residents. Through direct interaction and observation, students were able to relate theoretical concepts of stress management and mental health with real-life situations. The experience also enhanced their communication skills, empathy, patience, and sense of social responsibility.

Furthermore, the programme emphasized the importance of community participation, emotional support, and psychological care in improving the quality of life of vulnerable populations. The students gained a deeper understanding of the role of mental health professionals and caregivers in providing emotional assistance and promoting resilience among individuals facing difficult life circumstances.



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Overall, the Industrial Visit to Sandhya Kirana Destitute Home was a meaningful and enriching experience for both the students and the residents. The Department of Psychology expressed sincere gratitude to the management and staff of the institution for their cooperation and support throughout the visit. The programme concluded successfully, providing students with an opportunity to apply their academic learning in a practical setting while contributing positively to the community through service, interaction, and compassionate care.

PHOTOS:



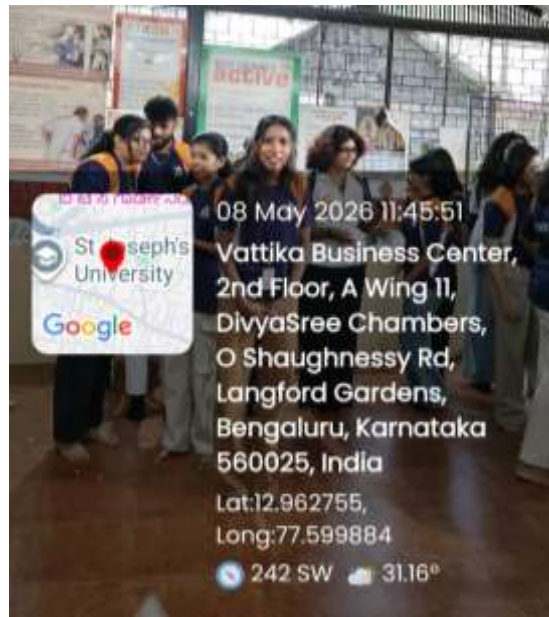
Students attending the Orientation class



Students helping the residents in paper bag making



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Students engaging the residents through interactive group activities such as songs, games



Group photo



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Students giving handmade letters to the residents



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Outcomes:

- Students gained practical understanding of stress management concepts through real-life interaction with the residents of the destitute home.
- The programme enhanced students' skills in communication, empathy, emotional support, and interpersonal interaction within a community care setting.
- Students learned the importance of compassionate care and psychological support in promoting mental and emotional well-being among vulnerable populations.
- The visit fostered social responsibility and community engagement among students through participation in interactive activities and vocational support.
- Residents benefited from positive social interaction, recreational activities like songs, and support in income-generating activities such as newspaper bag making, contributing to their emotional well-being and engagement.

Conclusion:

The Industrial Visit to Sandhya Kirana Destitute Home was a meaningful and enriching experience for the students of IV Semester BA Psychology. The visit provided an opportunity to understand the practical aspects of stress management, emotional well-being, and community mental health through direct interaction with the residents. The activities conducted during the programme, including singing songs, distributing handmade greeting cards, and assisting in newspaper bag making, created a positive and engaging environment for the residents. The experience helped students enhance their empathy, communication skills, and sense of social responsibility while bridging theoretical learning with practical exposure. Overall, the programme was successful in promoting experiential learning, compassionate interaction, and community engagement.

Audience Feedback Summary:

Industrial Visit to Sandhya Kirana Destitute Home

