



# ST FRANCIS DE SALES COLLEGE

Permanently Affiliated to Bangalore University || AICTE Approved Electronic City, Bengaluru - 100

Reaccredited by NAAC with 'B++' Grade || Recognised under section 2(f) & 12(b) of the UGC Act || An ISO 9001: 2015 Certified Institution

## A FRANSALIAN INSTITUTE OF HIGHER LEARNING

### REPORT ON FIELD WORK: ORIENTATION ON COUNSELLING CENTERS

<b>Title</b>	Report on Field visit: Orientation on Counselling Centers
<b>Date of Event</b>	December 21, 2022
<b>Time of the event</b>	10:00 am to 12:00pm
<b>Department/Association</b>	Dept. of Psychology, Postgraduate Centre
<b>Venue</b>	TREDA Counselling Center, Bengaluru
<b>Number of participants</b>	24
<b>Target Audience</b>	M.Sc. Psychology Students

<b>Place of visit</b>	TREDA Counselling Center, Bengaluru
<b>Event Coordinator</b>	Ms. Trishala M

**Objective:** A remarkable opportunity for students to understand how a de-addiction center functions and to gain knowledge on various methods used in the treatment process.

#### Report:

M.Sc psychology students were taken on a field visit for TREDA- Counselling Centre and De-Addiction Centre. TREDA stands for Treatment Rehabilitation and Education of Drug abuse. It is a non-profit organization involved in supporting and improving the quality of life of uneducated and financially vulnerable people afflicted with substance addiction in rural and urban areas. They provide counselling and treatment for alcohol addiction, drug addiction, and smoking addiction. Along with this, they are involved in wig donation to cancer patients, conducting free medical camps, zero hunger, educational financial support for children, and promoting ecological wellbeing. On arrival to the centre, Ms. Gaana Reddy G.S, Psychologist and Community Welfare Officer of TREDA greeted everyone warmly. Initially, a brief description of the organization, its





history, mission, and purpose was informed. Followed by an orientation regarding the concept of addiction, its types, and how addiction is a family disease. Students were familiarised with the concept of rehabilitation and how the organization uses various strategies to help patients overcome addiction. Students were also imparted with how relapse occurs and the contributory causes for it. A discussion with recent cases (without revealing the personal details of the client) was also conducted to help students understand these concepts and issues better. The center also follows an aftercare measure where discharged patients are given a visit often to check on their recovery and well-being. This orientation and description took place for an hour. Before taking the students for the centre tour, they were strictly told to not have any interaction with patients and not to share personal information with them. After imparting these precautionary measures students were taken around the center showing the counselling centre for in-house addicts, recreational room, group counselling hall, staff nurse office, beds, and rooms of patients, and finally the administration office.

The tour around the center gave insight to students regarding how a professional rehabilitation center operates. They gained an understanding of the concepts of rehabilitation, addiction, socio-cultural factors surrounding addiction, the concept of relapse, and the mental wellbeing of patients in a rehabilitation center. The orientation was interactive as students were exposed to real incidents encountered by the organization, and how some patients can become aggressive, and violent at times. The tour was the highlight of this field visit and students became aware of the functioning of these centers, and the necessity of physicians, psychiatrists, psychologists, social workers, and staff nurses for a rehabilitation center. This visit was an eye-opener for the students regarding the rehabilitation of addicts.

**Outcome:** The tour was the highlight of this field visit and students became aware of the functioning of these centers, and the necessity of physicians, psychiatrists, psychologists, social workers, and staff nurses for a rehabilitation center. This visit was an eye-opener for the students regarding the rehabilitation of addicts.

  
**HEAD**  
Department of Humanities  
St. Francis de Sales College  
Bengaluru - 560 100.

  
**PRINCIPAL**  
St. Francis de Sales College  
Electronics City Post, Bangalore - 560 100.



1/9/23, 7:23 PM

St Francis de Sales College Mail - Request for Orientation Visit on 21.12.2022



Mamatha K <mamathak\_psy@sfscollege.in>

## Request for Orientation Visit on 21.12.2022

2 messages

Mamatha K <mamathak\_psy@sfscollege.in>  
To: TREDABANGALORE <tredacounsellingcentre@gmail.com>

Tue, Dec 20, 2022 at 9:52 AM

Dear Gaana,

In continuation with the telephonic conversation we had, I hereby request for an **Orientation Visit** to our MSc Psychology Students on **21.12.2022**. This would help in contributing to the knowledge bank of our students. Kindly Oblige.

No. of Students: 20  
No. of Faculty: 03  
Orientation Time: 10.30 am to 12.30 pm.

Thank You

Regards,  
Dr Mamatha K  
Asst. Professor  
Dept. of Psychology  
Postgraduate Centre  
St Francis de Sales College

TREDABANGALORE <tredacounsellingcentre@gmail.com>  
To: Mamatha K <mamathak\_psy@sfscollege.in>

Tue, Dec 20, 2022 at 10:15 AM

Greetings of the day.  
Thank you for your email.  
We will be happy to hold the orientation for your students on 21/12/22.  
Please note that this will also be chargeable.

[Quoted text hidden]

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Regards,  
Gaana Reddy GS  
Organisational Supervisor and Psychologist  
TREDABANGALORE

*P. Ga*  
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Department of Humanities  
St. Francis de Sales College  
Bengaluru - 560 100.







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Department of Psychology  
Postgraduate Centre

FIELD VISIT-TREDA (21.12.2023)

Attendance sheet

SL. NO	NAME	SIGNATURE
1.	ANJANA SHAJI	Anjana
2.	VINCY VERONICA T	V. Vinay
3.	SHALINI M	Shalini
4.	NAFIYA FATHIMA M	Deena
5.	BAPTIST MILTON G	Milton G
6.	VAISHNAVI A	Vaishnavi. A
7.	DEEKSHI K N	Deeksha
8.	SOWJANYA ADIGA	Sowjanya
9.	ANCY ALEXANDER	Ancy
10.	AASHIN KELOTH	Aashin
11.	LEKSHMI RAJESH NAIR	Lekshmi
12.	BACHAN BAGSINGH	Bachan
13.	MERCY SM	Mercy
14.	CHANDINI M	Chandini
15.	JAYASHREE R	Jayashree
16.	SHALINI	Shalini
17.	ALWIN RAJ	Alwin Raj



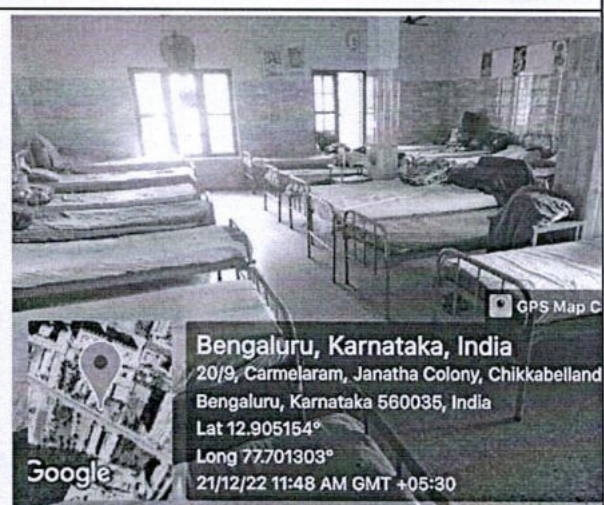
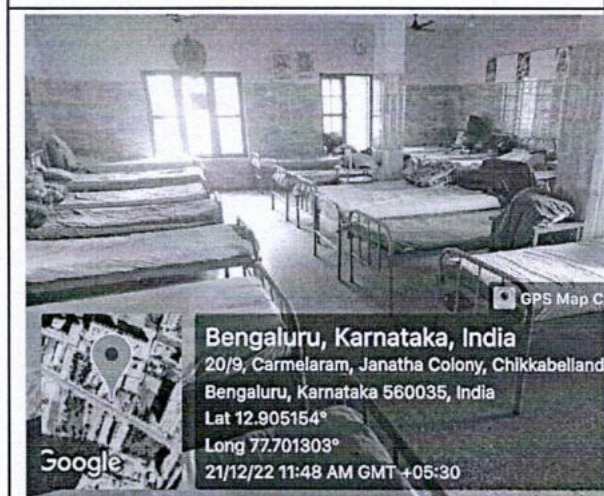
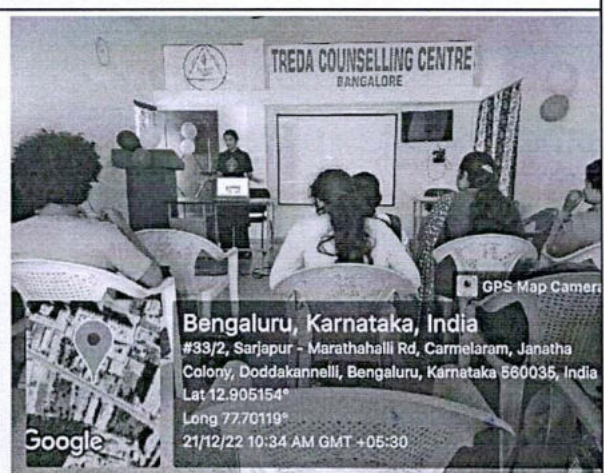
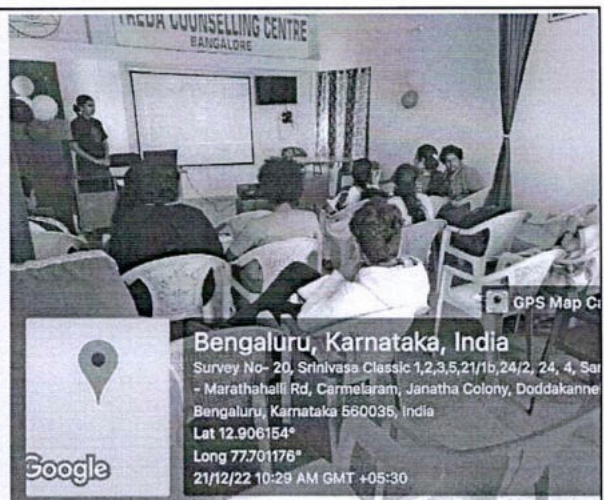
18.	VIMI J NERSHNI	<i>Vimi J. Nershni</i>
19.	SAHIL GEORGE KUJUR	<i>Sahil George Kujur</i>

*R. b a*  
**HEAD**  
 Department of Humanities  
 St. Francis de Sales College  
 Bengaluru - 560 100.





## Geo-tagged Photos:



R. fa  
HEAD  
Department of Health  
St. Francis de Sales College  
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