



ST FRANCIS DE SALES COLLEGE

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A FRANSALIAN INSTITUTE OF HIGHER LEARNING

REPORT ON FIELD VISIT: ORIENTATION ON COUNSELLING CENTERS

Title	Report on Field visit: Orientation on Counselling Centers
Date of Event	December 21, 2023
Time of the event	10:00 am to 12:00pm
Department/Association	Dept. of Psychology, Postgraduate Centre
Venue	TREDA Counselling Center, Bengaluru
Number of participants	24
Target Audience	M.Sc. Psychology Students

Place of visit/ details of Industrial Visit place (if applicable):	TREDA Counselling Center, Bengaluru
Event Coordinator	Ms. Trishala M

Report:

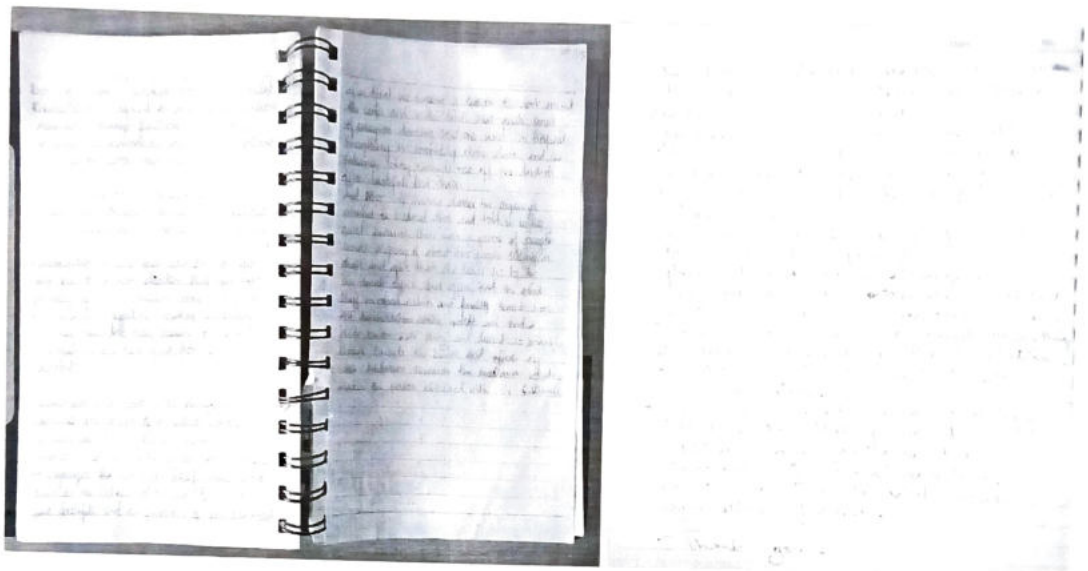
M.Sc psychology students were taken on a field visit for TREDA- Counselling Centre and De-Addiction Centre. TREDA stands for Treatment Rehabilitation and Education of Drug abuse. It is a non-profit organization involved in supporting and improving the quality of life of uneducated and financially vulnerable 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. This was 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.

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.

Supporting Documents:

Sample of Reports by Students:



Geo-tagged Photos:





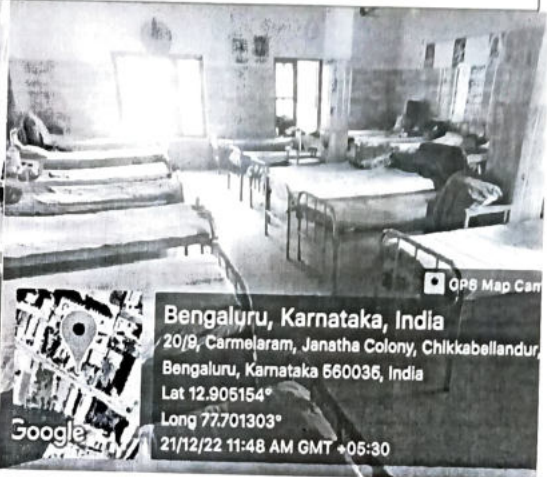
Bengaluru, Karnataka, India
 #33/2, Sarjapur - Marathahalli Rd, Carmelaram, Janatha Colony, Doddakannelli, Bengaluru, Karnataka 560035, India
 Lat 12.905154°
 Long 77.701189°
 21/12/22 10:58 AM GMT +05:30



Bengaluru, Karnataka, India
 #33/2, Sarjapur - Marathahalli Rd, Carmelaram, Janatha Colony, Doddakannelli, Bengaluru, Karnataka 560035, India
 Lat 12.905154°
 Long 77.70119°
 21/12/22 10:34 AM GMT +05:30



Bengaluru, Karnataka, India
 20/9, Carmelaram, Janatha Colony, Chikkabellandur, Bengaluru, Karnataka 560035, India
 Lat 12.905154°
 Long 77.701303°
 21/12/22 11:48 AM GMT +05:30



Bengaluru, Karnataka, India
 20/9, Carmelaram, Janatha Colony, Chikkabellandur, Bengaluru, Karnataka 560035, India
 Lat 12.905154°
 Long 77.701303°
 21/12/22 11:48 AM GMT +05:30



Bengaluru, Karnataka, India
 EMPIRE STATE, SJR PALAZZA CITY, Chikkakannelli, Bengaluru, Karnataka 560035, India
 Lat 12.904632°
 Long 77.698527°
 21/12/22 11:54 AM GMT +05:30



Bengaluru, Karnataka, India
 C-201, PUJA NAVARATHNA, Sarjapur Main Rd, Doddakannelli, Bengaluru, Karnataka 560035, India
 Lat 12.905198°
 Long 77.698962°
 21/12/22 11:59 AM GMT +05:30



Bengaluru, Karnataka, India
 #33/2, Sarjapur - Marathahalli Rd, Carmelaram, Janatha Colony, Doddakannelli, Bengaluru, Karnataka 560035, India
 Lat 12.905154°
 Long 77.70119°
 21/12/22 11:07 AM GMT +05:30



Bengaluru, Karnataka, India
 #33/2, Sarjapur - Marathahalli Rd, Carmelaram, Janatha Colony, Doddakannelli, Bengaluru, Karnataka 560035, India
 Lat 12.905089°
 Long 77.701152°
 21/12/22 12:08 PM GMT +05:30

Mail Communication:

19/03, 7:23 PM

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



Mamatha K <mamathak_psy@sfcollege.in>

Request for Orientation Visit on 21.12.2022

2 messages

Mamatha K <mamathak_psy@sfcollege.in>
To: TREDA BANGALORE <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

TREDA BANGALORE <tredacounsellingcentre@gmail.com>
To: Mamatha K <mamathak_psy@sfcollege.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]

Regards,
Gaana Reddy GS
Organisational Supervisor and Psychologist
TREDA

Report Prepared by:

Trishala. M
Asst. Professor
Dept. of Psychology
Postgraduate Centre

Report Verified by:


Dr. Mamatha K
Head, Dept. of Psychology

Report Approved by:
(IQAC Coordinator)



Mamatha K <mamathak_psy@sfscollege.in>

Request for Orientation Visit on 21.12.2022

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Dept. of Psychology

Postgraduate Centre

St Francis de Sales College

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[Quoted text hidden]

--
Regards,

Gaana Reddy GS

Organisational Supervisor and Psychologist

TREDAC

HEAD

Department of Psychology

PG Centre

St. Francis de Sales College

Bengaluru - 560100



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Department of Psychology
Postgraduate Centre

FIELD VISIT-TREDA (21.12.2023)

Attendance sheet

SL. NO	NAME	SIGNATURE
1.	ANJANA SHAJI	
2.	VINCY VERONICA T	
3.	SHALINI M	
4.	NAFIYA FATHIMA M	
5.	BAPTIST MILTON G	
6.	VAISHNAVI A	
7.	DEEKSHA K N	
8.	SOWJANYA ADIGA	
9.	ANCY ALEXANDER	
10.	AASHIN KELOTH	
11.	LEKSHMI RAJESH NAIR	
12.	BACHAN BAGSINGH	
13.	MERCY SM	
14.	CHANDINI M	
15.	JAYASHREE R	
16.	SHALINI	
17.	ALWIN RAJ	

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



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A FRANSALIAN INSTITUTE OF HIGHER LEARNING

**Dept. of Psychology
Postgraduate center**

organized

Field Visit to

TREDA

Orientation on Counselling

On December 21, 2022

10 am onwards





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A FRANSALIAN INSTITUTE OF HIGHER LEARNING

Dept. of Psychology
Postgraduate Centre

Declaration

For file number **6.5K-** "*Industrial Visit/Field Visit/Field Project*" there is no data available for this file for the Academic Year 2019-2020.

For file number **6.5 K-** "*Industrial Visit/Field Visit/Field Project*" there is no data available for this file for the Academic Year 2020-2021.

For file number **6.5 K-** "*Industrial Visit/Field Visit/Field Project*" there is no data available for this file for the Academic Year 2021-2022.