

EDUCATIONAL FIELD TRIP BY THE PSYCHOLOGY DEPARTMENT

The Department of Psychology organised an educational field trip for the second year and final year psychology students to Sanjay Centre for Special Education, Bogda- Vasco, Kripa Integrated De-addiction Centre, Anjuna and COOJ Mental Health Foundation, Bastora on 4th October 2022. Thirty-seven students were accompanied by two faculties from psychology department, Ms. Cedila Pereira e Gomes and Mr. Brito Costa. The first visit was to Sanjay school for special children, where the multi-disciplinary team which consisted of special educators, speech therapist, occupational therapist, physiotherapist and dance therapist interacted with the students. The special educators of Sanjay school briefed the students about the different disabilities of the students such as hearing impaired, learning disabled, intellectually disabled and slow learners and the different activities and initiatives undertaken for the children. There was class to class interaction with the teachers and students of the school. The students are divided into pre-primary, primary, secondary pre-vocational, vocational and care group. The different handicrafts and craftwork made by the vocational students were also displayed. The grading and assessment process of the children and criteria for promotion to the next class was also explained to the students.

Kripa Integrated De-addiction Centre in Anjuna was the second place visited by the students. Kripa's program features detoxification, rehabilitation, after care and extended care if required. This rehabilitation program features a holistic approach, 12 step as well as yoga therapy, work therapy and a structured group atmosphere. The Centre's counsellors, Mr. Isidore Correia gave an overview of the centre, how it was formed and its role in the recovery of alcohol and drug addicts. He also spoke in depth about addiction and its physical, social psychological consequences on the patient and his family. He further spoke about the treatment and recovery process which includes detoxification and rehabilitation and highlighted the effects of alcohol addiction. Mr. Menino Marcelo, a counsellor at the Centre shared his personal life story with the students. This was followed by a question-and-answer session wherein the students interacted with the counsellors. Then, the students were taken around the premises of the Centre.

The last visit was to COOJ Mental Health Foundation, Bastora co-founded by Dr. Peter Castelino, a psychiatrist by profession. Ms. Neetha Mascarenhas, co-ordinator for the rehabilitation program addressed the students about the aims of the organisation and how they help the patients suffering from various psychological problems. She also spoke about the counselling facilities and suicide helpline started by COOJ. This was followed by a question & answer session. It was indeed a great learning enriching and memorable experience for the students.



Anjuna, Goa, India

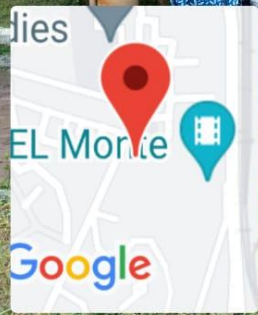
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