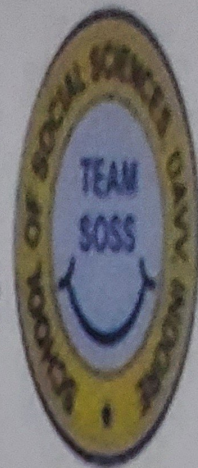




School of Social Sciences
Devi Ahilya Vishwavidyalaya Indore



FIELD VISIT REPORT
B.A. PSYCHOLOGY

SUBMITTED TO-
MRS. JYOTI JOSHI

SUBMITTED BY-
JIGISHA NARULA
B.A. PSYCHOLOGY
5TH SEM
2124920
DA2100422

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I would like to express my gratitude to all the respective faculty and seniors who have contributed to this field report.

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I also extend my thanks to School of Social Sciences, DAV, Indore for providing us with the opportunity to conduct this fieldwork and for their assistance in coordinating our activities.

Finally, I would like to express my appreciation to the community members and participants who generously shared their time and knowledge with us. Their insights and experiences have greatly enriched our understanding of the subject matter and have made this report possible.

INTRODUCTION

The following report consists of three field visits conducted on 4th November at Yugpurushdham, Indore, 20th November at Happy Homes Rehab center, and 27th November at Anurabh center for specially able children.

We arrived at Yugpurushdham at 2.00 p.m. on 4th of November 2023 with 45 students and 2 seniors who assisted us throughout the visit. We aimed at observing the behaviors and conditions of children with different learning disabilities, which consisted of different therapy wings for the children along with hostel facilities for them. It is the only registered organization of the juvenile justice act 2015.

Our second visit was at the Happy Home Rehab center, we arrived there at 10.30 a.m. with 23 students. We aimed at gaining knowledge about the process of de-addiction and treatment of psychotic disorders and mood disorders, which also consisted of different therapy departments as a part of their treatment, along with separate rooms, and yoga and meditation space as a part of treatment.

Our third and final visit was at Anurabh center, we arrived at 11 a.m. Here, we aimed at learning how to inculcate efficiency in special children to be able to fit in to the society and live efficiently. It provides a special schooling system for these children and also services such as their very own café, packaging system, and various training sessions.

SHRI YUGPURUSH DHAM BAUDHIK VIKAS SCHOOL

Date of visit: 4th November 2023

Address of the organization- Shri Yugpurush Dham, Panchkuiya
Road, Indore (M.P.)



About the organization-

Yugpurush dham is a non- government trust where they are working on disability, free education, training and also provide medical support to all age groups for free of cost. They have special educator, psychiatrists, psychologists, physician and they have a team of around 30 members. Around 50-70 children they have who are differently abled, autistic children and also some having intellectual disability.

Dr. Anita Sharma is the principal of shri Swamiparmanand Yugpurushdham Intellectual development center. There are free facilities for home, food and

education for destitutes and handicapped children. Those destitute children from across the state who have no one in this world live here.

These children from different places are like brothers and sisters, who have only one mother. In fact, along the studies in school the name of Dr Anita Sharma is registered in place of on the government records of the children and she's also responsible for their care. Also, she's living with them leaving her real daughters. This has been going on for the last thirteen years. Although, she has been working for destitute children like this for seventeen years, but she was associated with shri Yuggurushdham thirteen years ago.

Objectives

Our main objective to visit the Yuggurush Dham is to learn and understand what mental disability is and what are the challenges we face when dealing with mentally disabled child and also how we can provide them with better education and learning to make them independent and give them a better life. Providing them a safe and loving space, a space which feels like family as and when they are away from their families or need familial affection.

The visit

When we visited the school Dr. Anita Sharma first introduced herself and made us visit all the classes introduced us with the staff and children. The classes were in good condition and have proper ventilation along with proper sitting arrangements for the children.

There were some children who had deterioration in the lower half of the body, some children had muscular dystrophy, some were unable to stand or walk. There were certain children with cerebral palsy, behavioral disorders, MR, HI, ADHD, delayed response and other developmental disorders some of which

consists of a relatively small head whose one of the causes might be early delivery.

Services provided by the centre-

There are various types of learning tools and various therapies such as play therapy, physio therapy, reinforcement, vocational therapy along with other tools. The classes are divided into the following categories-

1. Primary
2. Secondary
3. Vocational
4. Post vocational



One of the things observed was the effectiveness of the positive reinforcement given to the children with physical issues due to their developmental disorders. Some of the children were reinforced by giving money to them like 10rs for their improvement in their motor skills which was assisted by physio therapy as well. These children are given a 10rs for a span of one month for every improved motion which they worked on that particular month, and even if there was little to no progress, they were still reinforced by giving the money which they stated as salary which they themselves earned. The whole centre provided an extremely safe and loving

environment to the children and they actually felt loved as they were either away or abandoned by their parents. We also learned that the organization observed better progress in females than males which they reasoned as their willingness to grow or participate in their activities. It was also observed that a child named Shilpa was provided various therapies after which she showed near to normal behavior and the owner also stated that she could continue to live a normal life if she is adopted or provided a better environment and shaping. Another child who had physical ailments as he had disfigured kind of lower body but was studying in a normal government school nearby as according to his teachers and care takers at the centre he had a sharp mind and would grasp things similar to a normal person. It was also observed that these children even though with learning disabilities had immense warmth and some of the older children were given responsibilities to take care of the little ones, which after observing gave us a realization that these children give as much love as they can and understand the sensitivities of taking care a younger child, of course they were supervised by their caretakers but they were even able to function independently. This is the result of they therapy and various tools provided to these children which indulged these warm emotions in them.

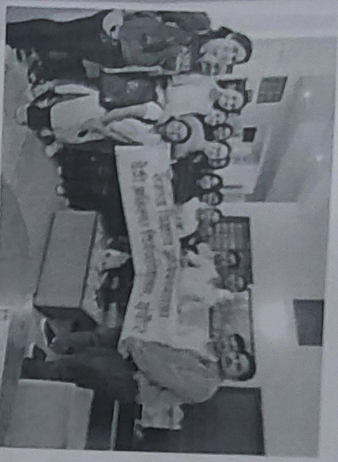
LEARNING OUTCOMES

- We got to know more about the learning disabilities and the challenges these children face in their life.
- By interacting with Dr. Anita Sharma, we got to understand what challenges are their in this field professionally and how hard but peaceful it is to work for these children who are abandoned because of their

- disabilities, because why not work for them, and that they equally deserve to live the normal life which others without disabilities deserve.
- We also learned how to use different techniques along with extreme patience and warmth to improve their life.

HAPPY HOME REHAB CENTRE

DATE OF VISIT - 20th November 2023



ADDRESS OF THE ORGANIZATION- happy home rehab centre, Khandwa Naka, opp. Ram mandir, Indore (M.P.)

ABOUT THE ORGANIZATION-

Happy Home De-Addiction Centre is running under Smart Future Social Welfare Society, Indore. They are working on Alcohol and Drugs De-Addiction to create awareness and treatment of addiction.

They were established in 2014 by Dr. Praveen Shrivastav in Indore with the Vision to provide proper treatment of addiction in society and educate for themselves and their next generation.

OBJECTIVES

The main objective is to learn to give a "Happy Home". As we all know about our present scenario of the society, the addiction of different harmful substances are destroying the society. Therefore, the main concern is to learn

to prevent the society by preventing an individual life from substance abuse so that they can get back on their feet.

THE VISIT

The rehab consists of 30 patients in total, and their target area are mainly addiction patients; alcohol addiction, drugs addiction such as opiod, nicotine replacement, psychiatric patients such as people with personality disorders, schizophrenia, mood disorders, conduct disorders, epilepsy, behavioural issues, and some patients of pornography addiction who showed impulsive sexual behaviours, and also screen addiction.

Services provided by the centre

1. *Admission into the rehab*- the patients are either admitted to the centre voluntarily which means they themselves want to get better and receive treatment, or indirectly admitted through family member's help or the patient is rescued through the rehab members. The patient is enquired and all information is taken about the patient while he/she/ they are kept under observation, depending upon their disorder and severity, they are kept for a period of either 90 days, 120 days or 180 days. A case history about the client is also formed with the help of the patient's immediate family or other trusted source.
2. *Acute care unit*- here the patients are observed for some time. Sometimes the patients are who are intoxicated or are disoriented they are kept under such observation similar to keeping a patient in an ICU. Here the patient is provided a withdrawal management depending upon the severity of symptoms mild, moderate or severe symptoms, and also for delirium trigger in alcohol addicts. The ACU is generally of 15 days and report is based on the observation. After 15 days the withdrawal symptoms might come back which are called as KOTRUCT symptoms.

3. *Behaviour management*- this is mainly provided to psychiatric patients who suffer from hallucinations, delusions due to which they highly use various defence mechanisms that sometimes causes a hassle in the process of treatment. Exposure therapy is one of the tools which they use for initial behaviour management.
4. *Assessment of symptoms*- MSE is formed of the client, along with provisional diagnosis with the help of a psychiatrist. Addiction patients who are highly intoxicated their body reacts physically such as shivering and locomotor activity collapses and brain withdrawals and so they are provided IV like- NS, DNS, OR RL which are certain types of salines.
5. *Client intervention plan*- after the assessment and a plan for their treatment the patient is then shifted to a separate room for treatment where they receive individual and group counselling along with various other therapies. This intervention plan is also showed to the family of the patient.
6. *PSR: PSYCHOSOCIAL REHABILITATION PLAN*- basically for addiction patients. Here the client is given various therapies such as-
 - Art therapy
 - Music therapy
 - Group therapy
 - Psycho education
 - CBT, MIT, REBT, DBT, MED, MIDD for both addiction and psychiatric patient.
7. *Relapse intervention plan*- it includes the after-care process because the termination in such patients is not possible as the cases are life-long. This includes crisis plan and follow up and along with this medication is provided.

LEARNING OUTCOMES

- Gained a first-hand experience of a psycho-social rehabilitation centre.
- Became aware of the functioning of rehabilitation centre.
- Gained knowledge on mental illness, psychiatric disorders, addiction issues, dual diagnosis.
- Learned about stigma and misconceptions about mental illnesses.
- Were successfully able relate to mental illnesses that studied.

ANURABH SPECIAL EDUCATION SCHOOL

DATE OF VISIT- 27th November 2023



ADDRESS OF THE ORGANIZATION- 1st Floor, 43, Kanada Rd, near Vijay Kirana Store, Telephone Nagar, Indore, Madhya Pradesh 452018

ABOUT THE ORGANIZATION-

Arunbah is an Intervention and Research Centre for Children with Special Needs having Neurological and basic cognitive Disorders (Autism, Learning Disability and Mental Retardation). The mission was initiated as a project by "Sri Devi Matoshri Samajik Seva Sansthan" a registered nonprofit organization with concern for the cause "Make Life Better for Differently Able"

OBJECTIVES

- To learn to provide support and integration of individuals with mental challenges into mainstream society through capacity building.
- Research and analyse on reasons for mental disorder by birth. Explore various possibilities, techniques, process and beliefs to undertake possible steps for prevention & cure for problems related to Neurological Disorders like Autism, Learning Disability, ADHD, Mental Retardation, Cerebral Palsy and Spasticity.

THE VISIT

The anurabh centre works in 3 parts-

1. **ARAMBH**- which is the first step to start the treatment. Here they identify what type of disorder the child is going through, and then they go on making the map of the treatment.
2. **INTERVENTION**- here the professionals decide on what type of treatment and education method is required to be given to the child.

- ✓ **ADHYAN**- this also comes under the second step which involves the after-intervention techniques.
- 3. **ATMANIRBHAR**- here the centre aims at making these children independent, by teaching them the basic human needs such as dressing up on their own, fireless cooking, daily money exchange activities, communication and many more, so that they can function on their own and be able to fit in with the society.

SERVICES PROVIDED BY THE CENTRE.

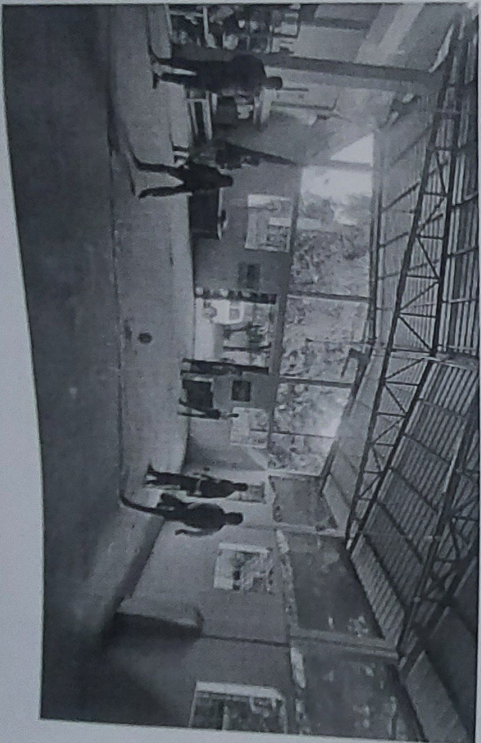
The centre offers 3 vocational training programs for their students which are also a part of the services they provide-

1. **CAFÉ'S SPECIAL**- here they have their very own café, which is assisted by ANURABH centre's students, here they themselves take orders and serve them. The main aim of the café is to teach them fireless cooking and how to be a part of jobs to earn money for their living independently. We also contributed to their café by having a cup of coffee, which the students themselves served to us happily.
2. **AMUL PARLOR**- they have their very own amul parlor which is also assisted by these students, and are also supervised under a care giver.
3. **Nature's special**- the centre packages organic grains and other materials, along with other activities such as paper bag making and sewing. These paper bags are used in their very own café as well as they provide these bags to other places too.

Some of the other services in the form of therapy include-

- ✓ Occupational therapy
- ✓ Vocational training
- ✓ Toilet training

- ✓ Academic learning
- ✓ Routine training



LEARNING OUTCOMES-

- learned how to use different techniques along with extreme patience and warmth to improve their life.
- got to know more about the learning disabilities and the challenges these children face in their life
- got to know that these children can also live independently with little assistance similar to a normal person

CONCLUSION

16

From this field trip we got to know about the learning disabilities, abnormalities and various such disorders that people and children go through. We also learned how to use different behaviour modification techniques to improve their behaviour and teach them new things. We realized that every life on earth no matter how different they are, equally deserve to live and be happy, and that all these people need is only love, care and a little bit of understanding from us to help them get through life. These children need only small things to be happy, the people undergoing abnormalities only need our support and understanding to be able to get through life on the basis of which others judge them. Finally, we deeply understood that these patients only need our acceptance, as through a little bit of hard work and shaping they'll be able to sustain as much as they can with our help, assistance and acceptance

APPENDIX

33

1st visit: Shri Yuggurush Dham (SYD)

(Children with following illnesses,

Cerebral Palsy - Cerebral palsy is a group of conditions that affect movement and posture. It's caused by damage that occurs to the developing brain, most often before birth.

Symptoms appear during infancy or preschool years and vary from very mild to serious. Children with cerebral palsy may have exaggerated reflexes. The arms, legs and trunk may appear floppy. Or they may have stiff muscles, known as spasticity.

ADHD - ADHD is one of the most common neurodevelopmental disorders of childhood. It is usually first diagnosed in childhood and often lasts into adulthood. Children with ADHD may have trouble paying attention, controlling impulsive behaviors (may act without thinking about what the result will be), or be overly active.



Signs and Symptoms

It is normal for children to have trouble focusing and behaving at one time or another. However, children with ADHD do not just grow out of these behaviors. The symptoms continue, can be severe, and can cause difficulty at school, at home, or with friends.

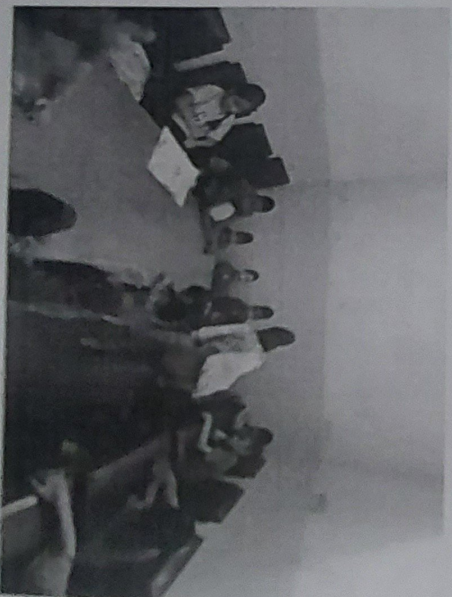
Muscular Dystrophy - Muscular dystrophy is a group of diseases that cause progressive weakness and loss of muscle mass. In muscular dystrophy, abnormal genes (mutations) interfere with the production of proteins needed to form healthy muscle.

There are many kinds of muscular dystrophy. Symptoms of the most common variety begin in childhood, mostly in boys. Other types don't surface until adulthood.

There's no cure for muscular dystrophy. But medications and therapy can help manage symptoms and slow the course of the disease.

Treatment Methods used by caretakers at 'SYD' -

- Positive Reinforcement
- Play Therapy
- Physiotherapy
- Speech and Language Therapy
- Vocational Therapy



2nd visit : Happy Home (HH)



Patients with following illnesses.

Mood Disorder - If you have a mood disorder, your general emotional state or mood is distorted or inconsistent with your circumstances and interferes with your ability to function. You may be extremely sad, empty or irritable (depressed), or you may have periods of depression alternating with being excessively happy (mania).

Schizophrenia - Schizophrenia is a serious mental disorder in which people interpret reality abnormally. Schizophrenia may result in some combination of hallucinations, delusions, and extremely disordered thinking and behavior that impairs daily functioning, and can be disabling.

Personality Disorder - A personality disorder is a mental health condition where people have a lifelong pattern of seeing themselves and reacting to others in ways that cause problems. People with personality disorders often have a hard time understanding emotions and tolerating distress. And they act impulsively. This makes it hard for them to relate to others, causing serious issues, and

affecting their family life, social activities, work and school performance, and overall quality of life.

Addictions - Addiction is a chronic (lifelong) condition that involves compulsive seeking and taking of a substance or performing of an activity despite negative or harmful consequences. Addiction can significantly impact your health, relationships and overall quality of life.

Treatment used by caretakers at 'HH' -

- CBT
- REBT
- MIT
- MED
- DBT
- Art&Music therapy
- Exposure Therapy

3rd vist : Arunabh Special Education School.

Patients with following illnesses.

Down Syndrome - Down syndrome is a genetic disorder caused when abnormal cell division results in an extra full or partial copy of chromosome 21. This extra genetic material causes the developmental changes and physical features of Down syndrome.

Down syndrome varies in severity among individuals, causing lifelong intellectual disability and developmental delays. It's the most common genetic chromosomal disorder and cause of learning disabilities in children. It also commonly causes other medical abnormalities, including heart and gastrointestinal disorders.

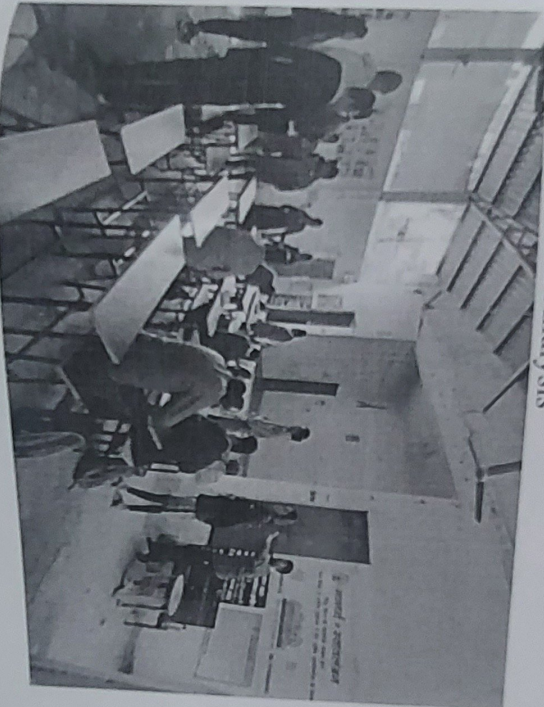
Autism - Autism spectrum disorder is a condition related to brain development that impacts how a person perceives and socializes with others, causing

problems in social interaction and communication. The disorder also includes limited and repetitive patterns of behavior. The term "spectrum" in autism spectrum disorder refers to the wide range of symptoms and severity.

Mental Retardation - Intellectual disability (ID), once called mental retardation, is characterized by below-average intelligence and severity. Skills necessary for day-to-day living. People with intellectual disabilities can and do learn new skills, but they learn them more slowly. There are varying degrees of intellectual disability, from mild to profound. The term "mental retardation" is no longer used, as it's offensive and has a negative tone.

- Occupational Therapy
- Physical Therapy

• Applied Behaviour Analysis



- Group Therapy
- Psycho-education
- Developmental social-pragmatic mode

Handwritten notes:
 Good
 Good
 Good
 3/1/23