



Event Name– Education Visit To Asha Dham Ashram

Date: 30th July, 2026

Time: 11:30 AM

Venue: Venkateshwar College of Nursing, Udaipur

Organized by: Venkateshwar College of Nursing, Umarda

Introduction

As part of the institution's commitment to providing holistic nursing education and promoting compassionate mental healthcare, an educational visit to Asha Dham Ashram, Udaipur, was organized for nursing students. The visit aimed to provide practical exposure to psychiatric rehabilitation, psychosocial care, and community-based mental health services. Asha Dham Ashram is a rescue and rehabilitation centre that provides shelter, medical care, and rehabilitation services to destitute individuals, including persons with mental illness, disabilities, and elderly people. The ashram has been serving vulnerable populations since 1997.

Objectives

- To provide firsthand exposure to the care and rehabilitation of persons with mental illness.
- To understand the role of multidisciplinary teams in psychiatric rehabilitation.
- To observe psychosocial interventions and rehabilitation activities.
- To develop empathy, compassion, and professional attitudes toward individuals with mental health disorders.
- To strengthen students' understanding of community mental health nursing.

Event Highlights

The visit commenced with a warm welcome by the management and staff of Asha Dham Ashram. Students were introduced to the history, mission, and objectives of the organization. The resource persons explained the admission process, rehabilitation strategies, and the comprehensive care provided to residents with psychiatric illnesses and other disabilities.

During the visit, students observed various aspects of patient care, including:

- Residential facilities and therapeutic environment.
- Medication management and routine nursing care.
- Personal hygiene and nutritional support.
- Recreational and occupational therapy activities.
- Counselling and psychosocial rehabilitation services.
- Family reintegration and community rehabilitation initiatives.

Students interacted with the nursing staff, caregivers, and rehabilitation team to understand the challenges involved in caring for persons with chronic mental illness. The visit also highlighted the importance of dignity, respect, and human rights in mental healthcare.

Faculty members facilitated reflective discussions throughout the visit, encouraging students to connect theoretical knowledge with practical experiences in psychiatric nursing.

Learning Outcomes

The educational visit enabled students to:

- Gain practical insight into psychiatric rehabilitation services.
- Understand the importance of holistic and patient-centred mental healthcare.
- Appreciate the role of empathy, patience, and effective communication in psychiatric nursing.
- Recognize the significance of community support and rehabilitation in improving the quality of life of mentally ill individuals.
- Enhance their confidence in delivering compassionate mental health nursing care.

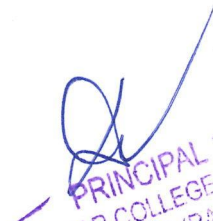
Sumit Mathur
COORDINATOR
IQ
SAI TIRUPATHI
UDAIPUR

[Signature]
PRINCIPAL
VENKATESHWAR COLLEGE OF NURSING
UDAIPUR (RAJ.)

The visit to Asha Dham Psychiatric Ashram proved to be an enriching learning experience for the nursing students. It broadened their understanding of psychiatric rehabilitation and reinforced the values of empathy, compassion, and professional responsibility. The exposure to real-life mental healthcare settings strengthened their clinical learning and prepared them to provide quality mental health services in diverse healthcare environments.

Acknowledgement

The institution expresses its sincere gratitude to the management, nursing staff, and rehabilitation team of Asha Dham Ashram, Udaipur, for their warm hospitality, valuable guidance, and informative interaction with the students. Appreciation is also extended to the principal, faculty members, and students for their active participation and cooperation, which contributed to the successful completion of the educational visit.


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PRINCIPAL



No. VCN/UDR/2026/266

Date : 23/07/2026

To,
The In charge
Asha Dham Ashram
Udaipur.

Subject: Permission to visit Asha Dham Ashram

Respected Sir/Madam,

This is to request you to permit our B.Sc. Nursing Vth Semester students [65] of Venkateshwar College of Nursing, Umarda along with 03 Faculty members to visit Asha Dham Ashram.

The objectives of the visit are as follows:

1. To know more the Asha Dham Ashram Activities
2. To know about the Admission and Discharge process.
3. To know which are the types of people shelter is provided to.
4. To gain information about De- addiction services and therapies provided.
5. To gain more detail knowledge about psychiatry patients their admission, discharge, care and treatment.
6. To know more about Rescue and rehabilitation of Destitute and Disabled.
7. To know about holistic care and recreation activities.

The proposed date and time for the visit is **24th July 2026 [Friday] at 10:30 am.**
Kindly confirm the date and time or suggest an alternative date as per your convenience.


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Thanking you,
Yours sincerely

Mrs Maheshwari Patel
5th Sem Class coordinator
Mob. No:8320684973



VENKTESHWAR COLLEGE OF NURSING

Umarda, Udaipur

CIRCULAR

Date: 24/07/2026

Subject: Educational Visit to Asha Dham Psychiatric Ashram, Udaipur

All B.Sc. Nursing 5th Semester students are hereby informed that an **Educational Visit to Asha Dham Psychiatric Ashram, Udaipur** has been organized by the Department of Mental Health Nursing to enhance students' practical knowledge and understanding of psychiatric rehabilitation and community mental health services.

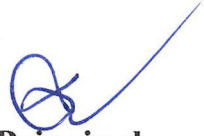
The visit aims to provide students with firsthand exposure to the care, rehabilitation, and psychosocial support provided to individuals with mental illness. Students will have the opportunity to observe the functioning of the rehabilitation centre, interact with healthcare professionals, and understand the multidisciplinary approach to mental health care.

Programme Details:

- **Venue:** Asha Dham Psychiatric Ashram, Udaipur
- **Date:** 30/07/2026
- **Reporting Time:** 11:30AM
- **Departure Time:** 11:00AM

All students are directed to participate actively and make the best use of this educational opportunity.

Note: - Permission to visit was on 24th July but due to Monsoon Crisis, Visit postponed to 30th July, 2026.


Principal

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VENKTESHWAR COLLEGE OF NURSING

((Established by the Rajasthan State Legislative Assembly and as per Sec. 2(f) of UGC Act 1956.)

Ambua Road, Village Umarda Th. Girwa, Udaipur (Raj.) 313015

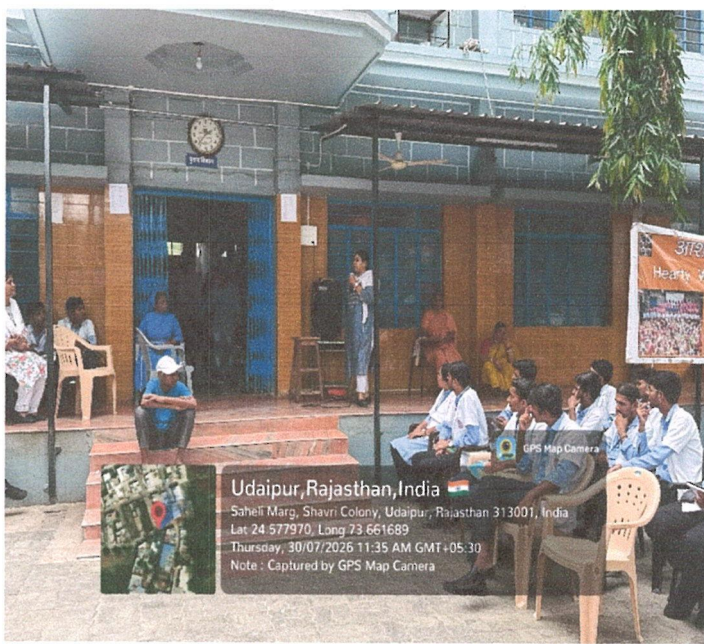
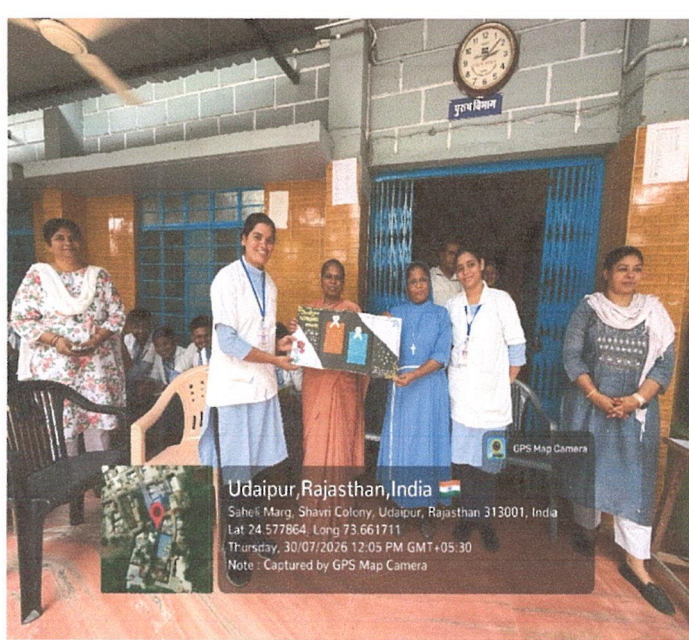
Attendance List

Name of Institute: Venkteshwar College of Nursing
 Name of Event: Educational visit Name of Coordinator: Maheeswari Patel
 Venue: Asha Dham Ashrau Date: 30/7/26

S.No.	Name of Participate	Signature
1	SHIVAM YADAV	Shivam yadav
2	HET PATEL	Het
3	DEEPAK MEHTA	Deepak
4	Dinesh Meena	Dinesh
5	Dimple choudhary	Dimple
6	SHODHA MEENA	SHODHA
7	MAMTA YADAV	Mamta
8	Shivani Yadav	Shivani Yadav
9	Rajmondani Yadav	Rajmondani
10	Angela Rawal	Angela Rawal
11	Aarti Joshi	Aarti
12	Shah Jahnavi N.	Jahnavi
13	Varsha Sharma	Varsha
14	Nitesh Singh	Nitesh
15	Kanta Patel	Kanta
16	Rekha Kumari Tabiyat	Rekha
17	Ranjana Chavri	Ranjana
18	Prakash Das	Prakash
19	Chiranjeev Mehta	Chiranjeev
20	Hansraj Singh	Hansraj
21	Anil kumar	Anil
22	Khushbu Rawat	Khushbu
23	Harshika Patel	Harshika
24	Rajendra Kumar	Rajendra
25	Parmar Shripal	Parmar
27	Anshu Kahl	Anshu
28	Arvind Kumar.	Arvind
29	Sameer Khan	Sameer Khan
30	Brishesh Singh	Brishesh Singh
31	Vikas Raikar	Vikas
34	Kishan Singh	Kishan
35	Vijay Kumar Baij	Vijay
36	Yash Sir	Yash

Authorized signatory

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