

## AN EDUCATIONAL TOUR REPORT

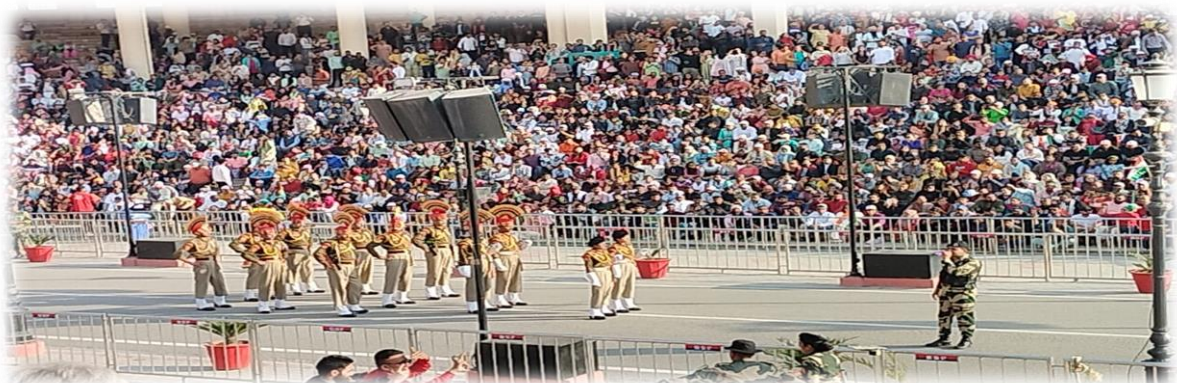
A 3 days educational trip was organised by SGRRIM & HS, College of nursing, Patel Nagar Dehradun, for the students of Basic B.Sc. Nursing 4th year. This program was headed by Principal Mrs. G. Ramalakshmi and guided by Mr. Renjith Thomas (Associate Professor, CHN Department) and Ms. Rebecca Priti (Associate Professor, OBG Department), Mrs. Varsha Mary Nsg tutor, Mrs. Sapna Chudary along with Ms. Bethel Disuza (M.Sc. Nursing 2nd year). The trip was organised to Amritsar, Punjab because of its various traditional and educational heritage.



### **DAY -1**

**Date- 14 February 2023**

All the students accompanied by the respective faculties reached Amritsar, Punjab by train at 8:00 a.m. on 14th Feb 2023. First destination visited was **WAGAH BORDER** which was nearly 32 kms away from Amritsar. We all reached Wagah border for the daily highlight “**Beating the retreat ceremony**” which was held in the evening at around 4:15pm. The ceremony took 45 minutes wherein soldiers from both the countries marched in perfect drill, going through the steps of bringing down their respective national flags. It is both a symbol

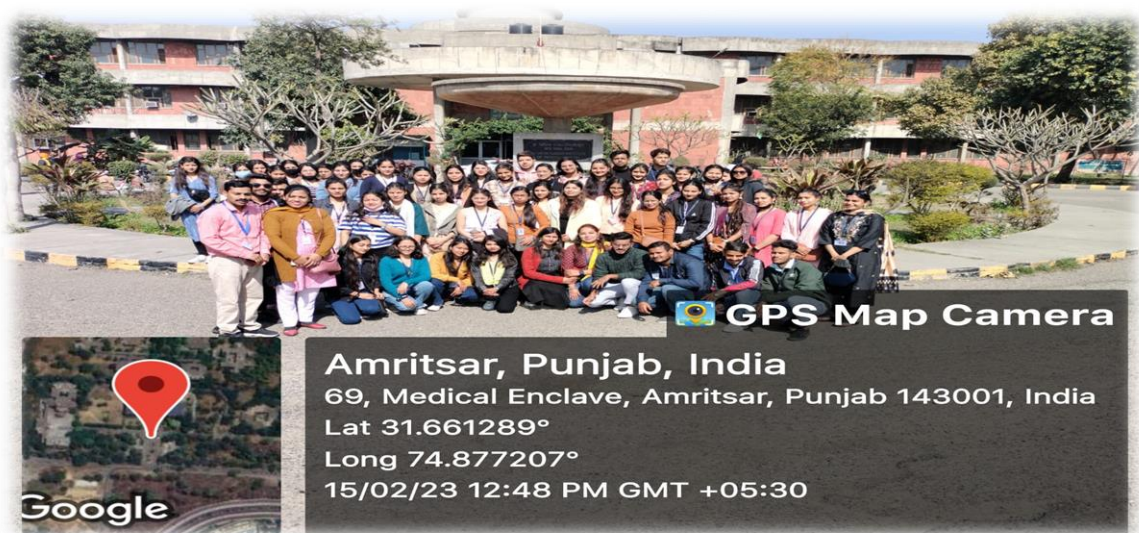


of the two countries' rivalry and a display of brotherhood & co-operation between the two nations. We felt immense joy and pride both at the same time standing on the Wagah-Attari border. It was both knowledgeable and inspirational experience for all of us. After closing ceremony, we came back to Amritsar at our resting rooms with hearts filled with love for our nation.

## **DAY -2**

**Date- 15 February 2023**

With a fresh new morning we all went to visit **DR. VIDYASAGAR INSTITUTE OF MENTAL HEALTH (Psychiatric Hospital)** in order to gain broader experience of new cases of mental condition, expand knowledge about various mental disorders. It was a great experience for all the students. A teacher from their institution guided us all and showed us



the infrastructure and other facilities of mental hospital.

"Mental health...is not a destination, but a process."

Infrastructure of mental health hospital included all these areas

- 1- Lobby
- 2- Acute male ward
- 3- Acute female ward
- 4- Chronic male ward.
- 5- Chronic female ward

Other facilities for patients included

- Canteen
- Dining hall



- Recreation hall
- Laundry area
- Activity room
- Lawns
- Therapy rooms

We felt immense pleasure to attend such inspiring place which connected us to the reality of life.

Our next visit on the same day was in a nearby fun place - **SADDA PIND**

Sadda Pind is a Punjabi Culture Living Village Museum spread across 12 acres of land. It gave us a chance to experience authentic culture, colours and flavours of Punjab in one place. We hired bus through Shri Maan Singh bus service who dropped us at Sadda Pind after our hospital visits to refresh our minds.



Activities at Sadda Pind included

- Cultural themes of Punjab
- Village areas
- Dressing of Punjab
- Food stuff of Punjab
- Games and fun rides

Overall, the place admired beauty of Punjabi culture and ethnicity of Punjabi people, all of us were refreshed after a long 4-5 hour visit in Sadda Pind and after this we headed back to the hotel where we stayed.

### **DAY - 3**

**Date- 16 February 2023**

Visit to **THE GOLDEN TEMPLE AND JALLIANWALA BAGH**

As our last day commenced, we visited the famous house of worship "**Sri Harmandir Sahib**" "**Golden Temple**" that drenched all our fatigue and stress. It was a moment of peace and love for God for all the people.

Next half day we spent in Jallianwala Bagh a place of massacre and sacrifice. Jallianwala Bagh is a historic garden and a Memorial of National importance where we saw many



historical buildings and had a great experience at different galleries of the Bagh which showed small movies about all the incidences which took place at Jallianwala Bagh.

We finished our trip with a small visit to the local markets and looking for lots of souvenirs.

Altogether it was a memorable educational trip. At last, we headed back to Dehradun with lots of beautiful memories from Amritsar.

Submitted By:

Class Co-ordinator