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Report on NGO Visit – Visthar Academy of Culture and Contemporary Studies

The Head Mrs. Evangeline Rajkumari, Department of Sociology organised an NGO Visit – Visthar Academy of Culture and Contemporary Studies for I , II & III BA Sociology students, 1 Staff and 30 Students actively participated in the NGO Visit on 3rd October 2025. The visit aimed to provide students with a deeper understanding of cultural studies, environmental consciousness, and creative expression through interactive sessions. The program was coordinated by Ms Serene Ann, Academic Coordinator at Visthar, and designed to give students a blend of theoretical knowledge.

The Orientation Program facilitated by Dr. Amitha Santiago Director, the overview of Visthar's mission, emphasising sustainable living, inclusivity, and socio-cultural awareness. The Resource Person Prof. Jiju Philip's workshop focused Communication on the intersections of contemporary culture, ethics, and social responsibility. Students gained valuable insights into how cultural studies inform everyday social practices and policy frameworks.

The Resource Person Psychologist Dheeksha Rabindra Counselling for Social Work encouraged students to express empathy towards other human beings by following active listening. She guided the students through an activity for experiential knowledge gain, which included listening without judgment and identifying the emotions of the speaker.

In the Paper Unit session, Mr Stephen guided students through sustainable paper-making techniques. This hands-on activity reinforced the principles of environmental stewardship and responsible consumption, key themes aligning with the academy's ethos.

Throughout the day, students displayed keen enthusiasm and curiosity. They actively participated in discussions, posed reflective questions, and engaged in team-based creative exercises. Many students expressed appreciation for the interdisciplinary approach adopted by the facilitators, which combined theory, creativity, and environmental awareness.

During the doodle workshop and nature walk, students demonstrated collaborative spirit and attentiveness to ecological details. The visit fostered a sense of social consciousness, encouraging learners to connect classroom concepts with real-world applications.

The NGO visit to Visthar Academy proved to be an enriching educational experience. It offered students a holistic perspective on culture, sustainability, and creativity within the framework of sociological study. The blend of academic input, artistic expression, and environmental interaction contributed significantly to their overall learning.

