

REPORT ON EDUCATIONAL VISIT TO SANTVANA PSYCHOLOGICAL WELL-BEING CENTRE, SURAT

Date of Visit: 12 August 2026 (Wednesday)

Students: Semester III – Clinical Embryology

Subject: Infertility Counseling and Ethical Regulation

Venue: Santvana Psychological Well-Being Centre (Child & Adult), 407, Aagam Emporio, Beside GNine Restaurant, Vesu, Surat

Coordinator: Dr. Nehal Shah

Introduction

As a part of the curriculum for the subject “**Infertility Counseling and Ethical Regulation**,” the Semester III students of Clinical Embryology undertook an educational visit to **Santvana Psychological Well-Being Centre, Surat**, on 12 August 2026. The visit was coordinated by **Dr. Nehal Shah** with the objective of providing students with practical exposure to the psychological and counseling aspects involved in infertility and IVF care.

Santvana Psychological Well-Being Centre is a professional psychological care centre providing counselling and psychological services to children, adolescents, adults and families. The centre follows an ethical, confidential and evidence-based approach to psychological care. (Santvana Psychological Well-Being Centre)

Objectives of the Visit

The educational visit was organised to help students:

- Understand the **practical process of psychological counselling** and how a counselling session is structured.
- Develop an understanding of the **emotional and psychological needs of infertility and IVF clients**.
- Observe how a professional counsellor establishes rapport, listens to clients and responds to sensitive concerns.
- Understand the importance of **empathy, confidentiality, non-judgmental communication and ethical conduct** while dealing with clients.
- Develop appropriate **communication and counselling skills** required for their future professional roles in the field of assisted reproductive technology.

Activities Conducted

During the visit, students interacted with **Ms. Poonam Vipani, RCI Registered Clinical Psychologist and Founder of Santvana**, and gained practical insights into counselling practices. (Santvana Psychological Well-Being Centre)

The students were introduced to the basic process of counselling and discussed how psychological concerns can be addressed through professional counselling. Particular emphasis was placed on

understanding clients' emotions, listening without judgment, maintaining professional boundaries and responding sensitively to individuals experiencing stressful or emotionally challenging situations.

An important component of the visit was **role-play activity**. Students actively participated in simulated counselling situations and practised how they could communicate with and handle IVF/infertility clients appropriately. The activity enabled them to understand the difference between simply providing information and providing **empathetic, client-centred support**.

Learning Outcomes

The visit provided students with valuable experiential learning beyond the classroom. They gained a better understanding of the role of counselling in infertility care and recognised that IVF professionals need not only technical knowledge but also **effective interpersonal, communication and emotional-support skills**.

The role-play exercise particularly helped students appreciate the importance of **active listening, empathy, appropriate questioning, confidentiality and ethical communication** while interacting with IVF clients.

Conclusion

The educational visit to Santvana Psychological Well-Being Centre was a meaningful and enriching component of the **Infertility Counseling and Ethical Regulation** curriculum. It successfully connected theoretical concepts with practical counselling experiences and helped students develop greater sensitivity towards the emotional needs of infertility and IVF clients.

The visit was **coordinated by Dr. Nehal Shah** and provided the students with practical exposure that will contribute to their professional preparedness as future Clinical Embryology and Assisted Reproductive Technology professionals.

