

## **REPORT-2010-11**

L'Esprit, the Psychology Association of Kamala Nehru College is a very active association, organizing various seminars and activities for its students. The academic year 2010-11 started with an informal orientation program for the freshers . This was followed by screening of “A Beautiful Mind” to educate the students about schizophrenia and increase its awareness.

Every year the department organizes some certificate course to add value to the degree in psychology. This year the students were offered a course in 'Cognitive Behaviour Therapy' . It was conducted by mental health professionals i.e. psychologists and psychiatrists , from Department of Mental Health and Behavioral Sciences, Max Healthcare under the guidance of Dr. Samir Parikh (Chief Consultant Psychiatrist).

In December,2010 an interactive and participative session was conducted by Sanjivini-Society for Mental Health. The main speakers were Ms. Arvinder J. Singh (Psychotherapist), Mr. Kirti Jamwal (Head of the Rehabilitation Center) and Ms, Madhu who talked about their services at Sanjivini and spread awareness on various mental and emotional health issues.

The department had its annual fest “Psychogenesis” in January 2011. The annual newsletter “Unhinged” was released. The fest continued with a panel discussion on Hypnosis: A Therapeutic Technique conducted by Mrs. Simrita Chaudhary-Clinical Hypnotherapist Coordinator, Mind and Body Centre, VIMHANS, Dr. Anshu Kumar-Practising Hypnotherapist and Ms. Hala Hussain-Clinical Psychologist, Max Hospital). This was followed by various competitive activities for the students. We received a great participation from other colleges and departments. Attractive cash prizes were given. The event was a huge success.

The students were visited by Mr. Craig Hines from the Adler School of Psychology in February 2011 for an informative session on education in U.S.A, emphasizing on application process, courses offered, eligibility and the scope of psychology.

An educational trip to Dehradun was organized for the final year students in March 2011. The students visited RAPHAEL- a non profitable charitable institution that extends rehabilitation facilities for leprosy patients;special educational opportunities for children with intellectual and physical disabilities and those with learning disabilities. It was an insightful experience for the students ..

Apart from the above,the students have been attending workshops and participating in various academic and competitive activities in other colleges.