



## VISIT TO VIMHANS

**Date – 6<sup>th</sup> May 2015**

**Timings – School Hours (8.00 am-1.00pm)**

**Organised by – Psychology Department**

*“Have you ever been at sea in a dense fog, when it seemed as if a tangible white darkness shut you in and the great ship, tense and anxious, groped her way toward the shore with plummet and sounding-line, and you waited with beating heart for something to happen? I was like that ship before my education began, only I was without compass or sounding line, and no way of knowing how near the harbour was. “Light! Give me light!” was the wordless cry of my soul, and the light of love shone on me in that very hour.” – Hellen Keller*

Our school is a firm believer that practical learning is just as important as academic learning. There are many rewards that come along with practical learning. Some of these are – an immediate sense of satisfaction and accomplishment, developing an attitude of self-dependency, inculcating humanitarian values, improving social relations, feeling more connected to your choice of profession or career, developing self-confidence etc. Practical knowledge and theoretical knowledge are both important phases of learning. A perfect and harmonious combination of these is necessary for holistic learning.

A trip to VIMHANS had been organised by the psychology department keeping the same intent in mind. It was carried out within the school hours i.e. from 8.00 am to 1.00 pm.

On reaching, our school was given a warm and hearty welcome. The students were briefed on the objectives and all the finer points right before a thorough tour of the hospital itself. The students were divided into 3 groups and were kindly guided by 3 apprentices. The complete tour of the hospital itself was an enlightening experience. The students were made familiar with the hospital environment. It was a sensitizing experience imbibing empathy for humanity among the students. The students met various psychologists and therapists working in the hospital who shared their valuable knowledge about various subject matters of psychology, including the Rehab Services, ECT, Day Care for elders and children, Art Therapy, Music Therapy, Occupational Therapy etc.

After the tour of the hospital, the students gathered back in the conference hall awaiting the scheduled orientation/workshop. The workshop was carried out by Dr. Simriti Chaudhry, a renowned clinical hypnotherapist. It was an extremely informative session regarding Hypnotherapy, a sparsely known and often misunderstood topic. Many preconceived notions and stereotypes about the subject were broken during the course of this session.

As much as the students were thoroughly engrossed, the session ended on a really illuminating note, despite many protests! The students were left craving for more. Unfortunately as all good things must come to an end, the visit came to an end. The trip resulted in the students having a lot of fodder for their thoughts and were incredibly moved and inspired.