



VISIT TO VIMHANS

Date : 13th April 2023
Timings : school hours (8am to 2pm)
Organized by : Psychology Department Venue: VIMHANS
Attended by : Class XII students

ITL firmly upholds practical and experiential learning. These experiences help develop self-confidence, increase the ability to immediately apply knowledge, build communication skills and lend a hand to make students more connected to their careers and future professions.

Acknowledging the same idea, a visit to VIMHANS had been organized by the Psychology department of ITL on the 13th of April 2023 during the school hours.

Upon arrival, our school was welcomed pleasantly. The students were informed of the agendas and objectives before a tour of the hospital itself. The entire tour was an enriching experience and the students were taken to various departments like the Mind-Body Room, General Wards, High-Risk Wards, Self-Help Groups, Child Psychology Room, Play Therapy Room and much more. There were provisions such as an indoor gymnasium and salon to provide easy access to relaxation and exercise equipment. Through this, the students became familiar with psychology as a subject and a feeling of sensitivity was promoted among them. The orientation intended to inform the students upon the concept of Rehabilitation.

The students then got the opportunity to interact with psychologists and therapists specialized in various fields. They were also able to look around at all the amazing artworks created by the patients at the hospital. The students experienced Culinary Therapy, making their own food which relaxed them, and Art Therapy, which helped instill empathy in them. The students also interacted with the faculty and attendants, this interactively gave them an insight on the day to day working of the hospital. The session also brought to our focus various other aspects of Psychology and provided exposure to such an interesting field. We all expressed our gratitude towards Ms. Radhika Gupta, Ms. Disha Kanojia and Ms. Palak Aggarwal for enlightening us throughout the tour and orientation, helping us make the most out of our time there.

The students left the facility fully satisfied and ecstatic with their experience, indulging in numerous engrossing discussions and brimming with inspiration as they look forward to many such opportunities!

