

Report 2013-14

L'esprit, the Association of the Department of Psychology, organized a three-day workshop on Autism Spectrum Disorder, Attention Hyperactivity Disorder and Anxiety Disorder. The speakers for the workshops were Mrs. Shelja Sen (Child & Adolescent Psychologist & Family Therapist) and Dr. Kavita Arora (Child & Adolescent Psychiatrist from the organization, Children First.) On 5th September 2013 people working for the Tehelka foundation visited the department to demonstrate what they do and to gather volunteers. Tehelka runs a program in a juvenile centre for boys called *Sahyog*. They use art as a medium for helping the kids. They make use of music, dance and puppetry to involve the kids in something constructive. They have an activity called 'The Waiting Room' where children from different observation centres come together and play games as well as have an informal session.

The Department went on a trip to Ranthambore and Jaipur from 5th–7th October 2013 in which a morning safari at Ranthambore Forest Reserve was undertaken. In Jaipur the students visited Deep De-addiction and Psychiatric Centre. Dr. Ashok Goyal, the head psychiatrist, and Ms. Shivani Saini, the consultant psychologist, coordinated the visit. The Centre had two resident patients, one diagnosed as manic-depressive and the other with alcohol dependency. Dr. Goyal and Ms. Saini allowed us to see the ECT apparatus and also explained, in some detail, its uses, limitations, and gave examples of some severe cases in which the use of ECT is essential. On 10th October 2013, the movie *Sybil* was screened, which is based on the life of Shirley Ardell Mason who was diagnosed as having Multiple Personality Disorder now known as Dissociative Identity Disorder by her psychiatrist Dr Connie Wilbur. The movie was extremely informative as it provided a detailed audio-visual clinical picture of the disease and was followed by a discussion on the disorder.