



Ripples

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Wishing you all a Happy New Year 2006

The weather is turning colder and leaves are falling. It's a sure sign that the season is changing and entering to 2006.

Well, this change has influenced HPA too, by widening the horizon of HPA activities and spreading the ray of psychology.

This edition includes reports on Free Counselling Sessions held, Training Programme on Enhancing Leadership Skills, and the Workshop on Managing The Teenagers, Puppet Show and Workshop on 'Counselling People with HIV/AIDS'

Question Corner

As part of HPA's widening horizon, HPA is introducing this new section to address Mental Health related issues. Members can send in their questions / queries related to personal/familial / inter-relational problems, which will be addressed / answered by expert psychologists. Questions can be sent by post to HPA Counselling Centre or through email. The address is part of this Newsletter footer information.

With Warm Regards,

Padmini. R

Free Psychological Counselling Sessions Held

The Hyderabad Psychological Association has organised *Free Psychological Counselling sessions* on Sunday, the 11th September 2005 from 11 AM. to 6 P.M. at our Counselling Centre, AVCollege, Domalguda.

Dr. K.N. Viswanath, renowned Clinical Psychologist, handled these sessions under a highly confidential setting. Many people sought psychological counselling to solve their problems like high anxiety, stress, low self-confidence, marital problems and alcoholism.

Felicitations to Prof. K. Ravichandra

The HPA felicitated Dr.K.Ravichandra, Professor of Psychology, Osmania University, Hyderabad on October 23 '05 at our Counselling Centre, AV.College, Domalguda on the occasion of he receiving the 'Best Teacher Award' from the Government Of Andhra Pradesh for the year 2005.

A Workshop on 'Managing the Teenagers' was conducted by Dr.K.Ravichandra for teachers working in High Schools and Junior Colleges and Parents of Teenagers.

Workshop on Enhancing Leadership Skills



The HPA conducted a training programme for teenagers on **Enhancing Leadership Skills** during the Dassera holidays at HPA Counselling Centre, A.V College, Domalguda. 20 participants in the age-group of 13-17 years, from different schools and junior colleges participated. The objective of this programme was to enhance good leadership qualities among the teenagers and to imbibe them with essential leadership qualities.

Each day of the programme had three sessions between 10 A.M. to 4:30 P.M. Participants were divided into groups and tasks were assigned to be achieved within the given time frame work. A leader emerging and leading the team towards the '*goal achievement*' was a natural phenomenon in the beginning. It was in the latter days of the programme that the team members elected the 'leader' in a democratic way. Various components of leadership were covered.

The five-day programme commenced with a simple inaugural ceremony by Dr. C. Raja Mouli, President of the HPA, on October 6. This was followed by an *ice-breaking session* to enable the participants to overcome their inhibitions and also familiarize themselves with the group. In the next session identification of one's '*strengths and weaknesses*' was done in order to know who could take up the lead. This was followed by an interesting task of displaying their '*culinary art*' in which each group had come up with salad preparation. Each group's task was rated by other groups and also by the coordinator.

The groups were also given interactive sessions, like '*Role Plays*' in which they were assigned the job of enacting certain roles to pass on messages that were educative.

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