

St. Cecilia's Public School

A visit to IHBAS (Institute of Human behavior and Allied Sciences)



On 20 August 2025 a group of forty five Psychology students of XII standard accompanied by two faculty members visited IHBAS, New Delhi for an educational trip. The students had an opportunity to gain valuable insights into the functioning of India's Premier mental health institution. At first, the assistant professor Dr. Manisha Jha and her intern toured the students to the different sections of the hospital explaining details about the therapies and infrastructure of the same. The student's visit to IHBAS was an enriching and hand on experience. It allowed them to witness first hand multidisciplinary approach to mental health treatment and social interventions. Observing the wards, therapy rooms and specialized units gave them a deeper understanding of how comprehensive mental health care is delivered.

As psychology students, this experience reinforced the importance of empathy, professionalism and innovation in mental health services. It also highlighted the critical role of institutions like IHBAS in destigmatizing mental illness and providing holistic care to patients from all walks of life. The students expressed their heartfelt gratitude to Madam Principal for the opportunity and encouragement provided for their knowledge enhancement and understanding.