

**LITTLE FLOWER DEGREE COLLEGE  
UPPAL, HYDERABAD-500039**

**Report: Field Trip to Sahayam Counselling centre (OU campus)**

The Faculty of Psychology, Department of Arts organised a Field Trip for M.A Psychology students to Sahayam Counselling Centre at Osmania University Campus on 3rd February 2024, from 10:00 A.M to 1:00 P.M. The aim of the Field Trip was to bring awareness about the counselling centre setup and to learn about different Cognitive Behaviour techniques applied.

Dr. Angelina David, Psychological Counsellor of Sahayam Counselling Centre, briefed the students about the main aim of establishing 'Sahayam' and also about different Cognitive- Behaviour Techniques and distortions of cognitions. Students also interacted and posed questions related to Anxiety and Phobia disorders.



**Dr. Angelina David interacting with students**