

## Report on Hypnosis, as an Altered State of Consciousness'

Hypnosis has long intrigued both researchers and the general public alike, offering a fascinating glimpse into the capacity of the human mind. On the 26<sup>th</sup> of February, 2024, the Department of Psychology at St. Aloysius (Deemed To Be University) organized a session on hypnosis, providing an opportunity for students to delve into this intriguing phenomenon.

The session commenced with a quick introduction followed by Dr. Shishir Kumar, a hypnotherapist, providing an overview of the session's objectives. Dr. Shishir elaborated on the history, meanings, and definitions of hypnosis as an altered state of consciousness, explaining various stages and techniques involved.

As the session progressed, Dr. Shishir guided the participants through a series of induction techniques, gradually inducing a state of heightened suggestibility and receptivity. A demonstration of a simple hypnosis technique involving a student showcased the practical application of the concept discussed.

During the interaction round, students engaged Dr. Shishir with insightful questions, fostering a deeper understanding of hypnosis.

The session concluded with a vote of thanks delivered by Ms. Iola Dmello, expressing gratitude to Dr. Shishir for his enlightening insights. A group photograph captured the memorable experience, marking the end of an enriching exploration into the realm of hypnosis.



