



kamp
KNOWLEDGE & AWARENESS MAPPING PLATFORM

An Exclusive Fortnightly Session on

PROFESSIONAL INSIGHTS

LEARN FROM THE EXPERT

DISCOVER YOUR DREAM CAREER

PART 1 - PSYCHOLOGIST VS. PSYCHIATRIST

By: **Dr. Dhruv Thakkar**
(Psychiatrist)

For Students from Classes 9th to 12th
(Parents/Teachers can also Participate)

[JOIN NOW](#)

DECEMBER 5TH,
04:00 PM IST

[zoom](#) [LIVE STREAM](#)

www.kamp.org.in | +91-9599576228

In Association With



Institute of Artificial Intelligence and Research

आर्टिफिशियल इंटेलिजेंस अनुसंधान संस्थान

KNOWLEDGE AND AWARENESS MAPPING PLATFORM

KNOWLEDGE SESSION 2024: EPISODE 64

Organized By: Knowledge & Awareness Mapping Platform (KAMP)

In Knowledge Alliance with CSIR -NIScPR and M/s NCPL

Topic: Discover your Dream Career: Part 1 - Psychologist Vs. Psychiatrist

Category: Career and Professional Development

Organized for: Students

Speakers/Presenters: Dr. Dhruv Thakkar

Date: December, 05th, 2024

No. of Participants: 500+ Students from different schools across India

Overview:

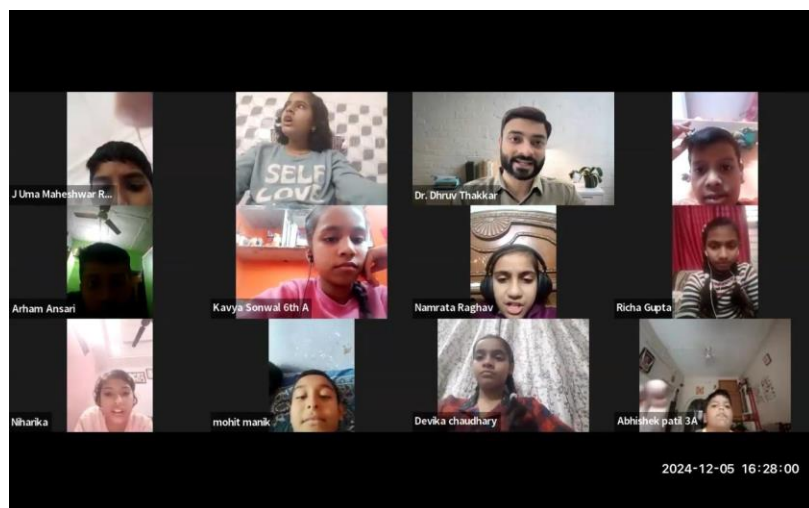
On 5th December, KAMP organized an insightful and exclusive Fortnightly Session titled "Discover Your Dream Career; Part 1: Psychologist Vs. Psychiatrist," designed specifically for students from grades 9th to 12th. The session aimed to provide students with an in-depth understanding of the differences between psychology and psychiatry as career paths, while shedding light on the vast opportunities within the mental health field.

The session featured Dr. Dhruv Thakkar, a distinguished Gold Medalist Psychiatrist with over a decade of professional experience. Renowned for his expertise in treating mental health challenges such as insomnia, anxiety, depression, and other disorders, Dr.



Thakkar is also a certified specialist in Cognitive Behavioral Therapy (CBT) and CBT for

Insomnia (CBT-I). Beyond his clinical practice, he has made significant contributions as a corporate wellness trainer, conducting workshops on mental health, stress management, and productivity for leading organizations. His multi-faceted expertise made him an ideal speaker to guide students on their journey to discovering career options in the mental health field.

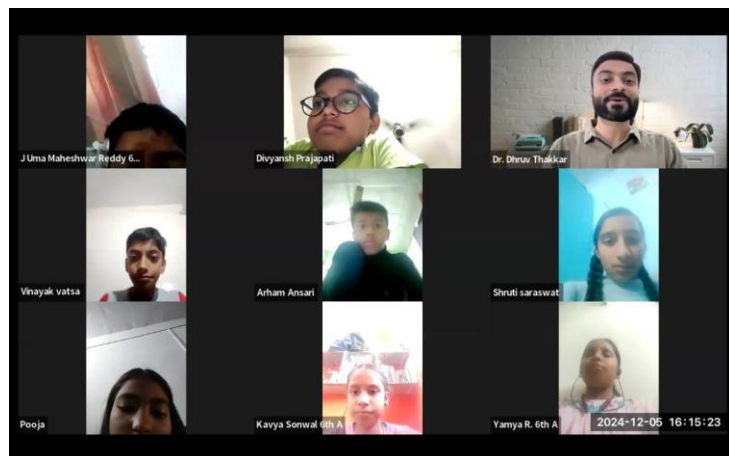


Dr. Thakkar commenced the session by engaging with students about their interests and aspirations, encouraging active participation. He offered a comprehensive comparison between the roles of psychologists and psychiatrists, detailing the unique responsibilities, skill sets, and career paths associated with each. Dr. Thakkar explained the academic and professional journey required for both fields, covering crucial topics such as entrance exams, undergraduate and postgraduate studies, diplomas, NEET PG, MPhil, and PhD programs.

Students were introduced to the diverse specializations within psychology, including forensic, sports, industrial, educational, and clinical psychology, and the scope of psychiatry in addressing mental health through medical interventions. Dr. Thakkar also emphasized the challenges faced by mental health professionals in India, including the stigma surrounding mental health, the need for specialized training, and the importance of resilience and empathy in the profession.



Additionally, he highlighted the essential skills required for success in these fields, such as strong interpersonal communication, analytical thinking, and a genuine passion for helping others. Students were encouraged to explore the vast opportunities within mental health, from clinical practice to corporate wellness and research, providing them with a broader perspective on potential career paths.



This session left students with a deeper understanding of the nuances between psychology and psychiatry and the dedication and qualifications required to excel in these fields. By equipping students with this knowledge, KAMP continues to foster an environment that inspires young minds to explore their passions and build meaningful careers. As part of its commitment to holistic education, KAMP looks forward to hosting more such sessions to guide students in

making informed career choices and pursuing their dreams.

KAMP's fortnightly workshops aim to help students develop creativity, meaningful learning, and critical reading and thinking skills, bringing out their inherent abilities. The vision of KAMP is to identify and capture the Scientific and Technological temperament in students, contributing to making India a Global Leader in the fields of science, technology, and the humanities.

These workshops, conducted by KAMP, cover various topics falling under the categories of science, technology, and innovation, Scientific and Life Skills, Career and Professional Development, Academic development, and training trainers and teachers.

KAMP believes that exposure to such topics from experts within specific fields helps students become aware of real-life situations and challenges, develop a problem-solving nature, understand their core values and personal interests, evaluate their skills within the given area, and achieve their best in their most desirable way.

Organized By:
Knowledge and Awareness Mapping Platform
(KAMP Operations and Coordination Office)

Team Credits:
Ms. Arika Mathur
(Member, KPMC)

Moderated By:
Mr. Aniket Arora
(Outreach Coordinator, KAMP)