

## PB&J CLUB : SESSION (27/04/2024)

This is to bring to your kind notice that the PB&J club conducted its session on 27th April 2024. This session was in an online format. The session was scheduled in lieu of the 'National Autism Acceptance' month. An interactive session was conducted on Nuances of Autism. An engaging interactive discussion on the nuances of autism took place during the event. The session was attended by 17 students in the psychology department. Throughout the discussion, insightful perspectives were shared, and the participants eagerly exchanged diverse viewpoints, fostering an environment of active participation and engagement.

☆The session commenced with a comprehensive introduction to autism, covering its definition, symptoms, classification as a disorder, and the typical developmental stage at which it manifests. The discussion delved into the challenges faced by individuals with autism, the wide range of symptoms present in the autism spectrum disorder, and the common problems they encounter, including repetitive behaviors. Importantly, it was highlighted that individuals with autism can lead independent lives in many areas.

☆The session also explored the differences in the presentation of autism symptoms between girls and boys, the available treatment options, and the early onset of symptoms. Several specific symptoms were discussed, such as fidgeting, avoidance of eye contact, resistance to daily tasks, and irritability towards normal situations. Symptoms exhibited by adults with autism were also addressed, including a preference for solitude, difficulty in making friends, and a tendency to provide blunt responses.

☆To further enrich the learning experience, the participants watched a couple of videos related to autism. Students actively shared their personal encounters with individuals on the autism spectrum, discussing the symptoms they observed and the challenges faced, such as irritability when routines are disrupted.

☆The session emphasized the importance of acceptance over mere awareness, emphasizing the need to not only be knowledgeable about autism but also to embrace and accept individuals with autism in our communities.

☆The session acted as a great platform for interesting thoughts and exchanges. Moreover, most of the participants had a lot to add on to each sub topic. It was an intriguing and insightful discussion..