



School of Social Sciences

DAVV

Masters of Arts in Clinical Psychology

Internship Report

NAME: Rajas Mahesh

Roll No: 2020821

Submitted to: Dr Lavina Singh.

**Field Supervisor: Ms. Prarthana Sharma (MSC
Counselling Psychology)**

Prarthana Sharma is the Co-Director and Head of Strategic Operations at Aatma Prakash Mental Health Foundation. She is a visiting counsellor at TISS Mumbai, SVE Indore hub. She is Practicing counselling psychology since past 5 years.

THANK YOU RAJAS

We are sure words will fall short when we have to express gratitude to a treasure AP has found in you. You are a warm and loving person.

You have been instrumental in the growth of AP. Your contributions are many and so are your friends in the community. Your hard work, commitment to work and people around, along with your welcoming personality has had a significant impact on us. We are amazed to observe your observation skills.

You'll continue to be a part of us. You represent the true spirit of a volunteer.

Aatma Prakash Welcomes You 
Thank you for choosing us!

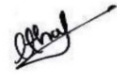
AWARD OF COMPLETION

This is to certify that
RAJAS MAHESH

has successfully completed the Internship Program at Aatma Prakash Mental Health Foundation. The duration of the program was from 24th November, 2020 till 18th February, 2021.



Ms. Dimple Bharwani
HR Associate Aatma Prakash



Ms. Prarthana Sharma
Founder and Psychologist Aatma Prakash

ACKNOWLEDGEMENT

With grateful heart I would like to remember the people who have not only helped me during the Tenure of my internship but also who have made me a better person and a better Psychologist (Budding).

I am thankful to Ms. Prarthana Sharma (MSC Counselling Psychology) and founder of Aatmaprakash foundation . As well as fellows at Aatmaprakash Dimple Bharvani , Jinee Jain for their constant guidance and support. I am grateful to them for their constant support and providing me valuable guidance at all stages, their advice, constructive suggestions and continuous encouragement.

I hope that I can build upon the experience and knowledge that I have gained and make a valuable

contribution towards this industry and bring a change in coming years.

Thank you all my professors in SOSS department for their direction and support.



We, As a community focus on 3 major aspects:

1. Raising mental health awareness.
2. Training youth and aspiring psychologist.
3. Make accessible emotion labs for youth (13-18years) to receive effective support and care.

Aatma Prakash is a community of Keen and aspiring psychologists that understands that mental illness is highly stigmatized and it is our responsibility to humanize mental health. We provide mental well-being and support to youth in India and we strongly feel that it is need of an hour to normalize the concept of mental health as it would enable us to prosper and will change many lives.

Task Name		Task Assigned By	
Day	PPT on Role of Parenting in Education	XYZ	HOURS
1	Read about AAtmaprakash, research.	Jinee,prarthana maam	4
2	Attended Abhivyakti session	Prarthana maam	4
3	Promoted poster of 101 psy.	Jinee,prarthana maam	4
4	Had call wit Aastha, Info of previous session	Prarthana maam	4
5	Designed topic and post on canva	Tanishka	4
6	Created content and posts on canva	Tanishka	4
7	Attended Abhivyakti session		4
8	Created content and posts on canva	AAdrita, Tanishka	4
9	Created posts for instagram	Tanishka	4
10	Created content and posts on canva	Tanishka, Bhavya	4
11	Co - facilitated mind ki care session	Tanishka, jinee	4
12	Made notes of the session and module	Tanishka, Jinee	4
13	Made module for Abhivyakti session	Tanishka, Jinee	4
14	Made module for Abhivyakti session	Tanishka, Jinee	4
15	Had a call and also finalize Module	Jinee	4
16	Made pictionaries for Abhivyakti session	Jinnee	4
17	Made module in marathi with pictionaries	Jinee, Tanishka	4
18	co - facilitated Abhivyakti session 3 had a call	Jinee, prarthana maam	4
19	Made modue for Nasha mukt bharat	Prarthana maam, jinee	4
20	finalized module	Jinee	4
21	attended mindshala, had meeting.	Aastha	4
22	added final touch on collectorate session	Jinee,prarthana maam	4
23	Printed posters for ession at collectorate	Prarthana maam, jinee	4
24	Made report on the session at collectorate	Prarthana maam, jinee	4
25	made the module for abhivyakti session	Jinee, Tanishka	4

26	made the module for abhivyakti session	Jinee, Tanishka	4
27	made the module for abhivyakti session	Jinee, Tanishka	4
28	went to Nashik with prarthana maam		4
29	went to Nashik with prarthana maam		4
30	went to Nashik with prarthana maam		4
31	made excel sheet of hope leaders		4
32	made excel sheet of hope leaders		4
33	Mailed hope leaders and called them regarding feedback	Jinee, prarthana maam	5
34	attended session with tanishka fo safe spaces	Tanishka	5
35	attended session with tanishka fo safe spaces	Tanishka	5
36	Attended a session with Aastha, school students, had a meeting too	Aastha	5
37	Attended delhi conference	Tanishka	5
38	Attended delhi conference	Tanishka	5
39	Attended delhi conference	Tanishka	5
40	Attended delhi conference	Tanishka	5
41	Created module for safe spaces	Tanishka, jinee	5
42	Created module for safe spaces	Tanishka, jinee	5
43	Created module for safe spaces	Tanishka, jinee	5
44	Created module for safe spaces	Tanishka, jinee	5
45	Went to Dr reddy clinic with jinee, had a talk on safe spaces	Jinee, prarthana maam	5
46	had a check with hope leaders regarding certificate	Jinee	5
47	had a check with hope leaders regarding certificate		5
48	Created module with devyani for hope leaders	Devyani, Prarthana maam	5
49	Created module with devyani for hope leaders	Jinee , dimple	5
50	Created module with devyani for hope leaders	Dimple, Jinee	5
51	Made module for christ Volunteers	Jahnavi, Devyani	5
52	Made module for christ Volunteers	Jahnavi, Devyani	5
53	Made module for christ Volunteers	Jahnavi, Devyani	5
54	Made module for christ Volunteers	Jahnavi, Devyani	5
55	Made module for christ Volunteers	Jahnavi, Devyani	5
56	had a meeting with dimple and jinee for journal	prarthana maam	5
57	brainstorming for journal	Dimple, Jinee	5

58	brainstorming for journal	Dimple, Jinee	5
59	brainstorming for journal	Dimple, Jinee	5
60	Attended NCC session	Jinee, Prarthana maam, Dimple	5
61	Made a report on NCC session	Prarthana maam	5
62	Made a report on NCC session	Prarthana maam	5

CASE

1

MRS. X 32 years old female visited our office and complained of having distressed thoughts and irritation due to her condition that was troubling her. She was a mother of a child and was very much concerned about his health due to COVID-19 situation these days.

She felt irritated and was obsessed about cleanliness around and forced others to wash hands every now and then after each passing hour.

If anyone touched her or she came in contact with others then she immediately went to bath and forced them to do so as well. Due to this her family and she herself were in distress and were unable to focus on their day-to-day activity smoothly.

On further investigation it was found that she was suffering from Obsessive compulsive Disorder. OCD is a mental illness that causes repeated unwanted thoughts or obsessions or urge to do something over and over again.

So we decided to give her psychotherapy to make treatment affective and to make required changes in her day to day activities.

We educated her about the situation she was in and about COVID-19 also. Myths related to COVID-19 and cleanliness, everything explained to her through psychoeducation her about the situation.

We told her how OCD causes anxiety and thus unwanted behaviour.

At the end of the session she was asked about how frequent she does exercise and gets social to which she replied rarely.

So at the end of the session she was given a task to interact with family and friends and get involved in some physical activity and exercises to be followed as it would her boosting her mental and physical health.

CASE 2

MR R. Visited our clinic with his parents. He was in class 6 back then and was having problem with studies.

Firstly we talked to him and asked about his hobbies and school friends and asked about his school.

On which he replied that he had great bunch of friends who were very supportive and teachers were also supportive and they all were like a family to him.

Then we asked him to wait outside in other zone of office and he agreed. Then his parents were asked about the situation to which they said that He was a sporty and charming child full of love to offer.

But from 1 year his percentage went down and since then he was running Away from Maths particularly.

He refused to study maths and he was scared of getting low marks in maths. Then we understood that actually the fear was about studies and particularly maths.

His performance wen down suddenly and it was first time in his life that he failed in any subject. That thing he took very seriously and was worried about his performance.

No one forced him nor they made fun of him but he himself was concerned with failure as it was his first, Due to this his performance in every aspect went down.

We helped him to coup up with this phobia of maths and studies by firstly ensuring a mutual trust and we build a nice rapport, so he felt comfortable and was taking it positively.

We told him to focus on things that give him pleasure say sports he was good in cricket so we asked him to focus on playing cricket and told his parents to not force him to study and let him get rejuvenated.

For few days everything went normal and he was coming back to life. After few days in his next session his parents told that his lost charm is coming back and he plays happily. On talking to him he spoke about his friend and said that its been while now since he went to school and met them and now he started feeling a bit tensed about his studies and he himself told that he must get along before it is too late.

That boy went to school and met his friends and started concentrating on studies and sports simultaneously. In this case we psych educated him about failures and asked him about what he thinks how to deal with one to which he said ignore that failure.

We educated him about the same and through psychoeducation and CBT he understood that it is ok to fail and everyone goes through rough phase and he started accepting things and is now living a normal and sincere student life.

CASE 3

Ms. M came to visit our office she was aged 31, unmarried and was having disputes with people around her.

She was forcefully bought by her parents as they complained that she was not ready to visit any psychologist and was not doing job since last 5 years.

She had socially isolated herself and felt irritated at times when anyone tried to talk to her or asked her anything.

She told them not to talk to her unless she pitch first and if anyone interrupted while she was speaking then she became aggressive and felt irritated.

Showed compulsive behaviour, had lack of emotional response and family also complained that she had loss interest in all the activities that she enjoyed earlier and had incoherent speech.

As per my knowledge I thought she had depression as well as showed symptoms of schizophrenia which meant she would need medication so I asked her parents did they give her any kind of medicines to which they said no. so I referred this case to my senior.

CASE 4

Mr P a 10-year-old boy came to visit us with his mom. His father passed away recently due to COVID-19 and he was very close to his father.

His mother was also very close to her husband and both of them were missing him due to which they were unable to concentrate on their daily lives.

Through more and more sessions made nice rapport with both of them and I asked his mother about sports that he plays to which she said he and his father used to play cricket and he was involved in sporting activity and was excited about everything related to sport.

I suggested them to get him involved in sporting activities with friends. I asked his mom what are her hobbies to which she replied artwork.

I gave them homework to follow after the session. To child I told to beat others in sport and increase his efficiency in it to which he took the challenge very positively and was very competitive.

On the other hand, his mom was told to indulge in artwork activity and she slowly started indulging in portrait making drawing etc.

which gave her joy and the trauma of loss was taken care of. They were also indulging in dancing which made them happy and forget their grief for some time.

Art therapy and Dance therapy was something I always wanted to experience but through them I got chance to suggest this to them and I was overwhelmed with the response they gave and I could not be happier to see them involved in jolly activities like art work sports activity. Slowly and gradually, they were coming back to normal.

CASE 5

MR H a 54 year old male was brought to us by his elder brother. As the session went on I came to know that the patient is severely Alcoholic because of which the family as well as the patient himself was facing severe issues in day to day life activities and wanted to get out of this poor Addiction.

As I am a psychologist so I decided to tell them various contacts of Rehab centre and told them to consult In those Rehab Centers as the Alcohol addiction was severe and needed immediate rehab to get the patient back to normal, fit and healthy.

CASE 6

MS. B 14 year old student came to our clinic and was a very shy girl with immense knowledge as seemed while the conversation went on with her. She was Topper of her class and had various queries about whether to Choose Arts or not.

She was sure about choosing Arts but her parents were not much sure. So they brought her to us saying will Art be a good line for such a bright student who can easily become doctor or take science as a subject.

While talking further I observed that there was a conflict between child and parents over choosing a subject in 11. So I psychoeducated parents about The Arts field and told them various options that are available in Arts.

The fields related to it the career options related to it. The child wanted to become an artist and was brilliant in making sketches, artwork etc. After properly exposing the field of Arts to the parents and psychoeducation help

them to understand the concept of it and finally a gap between the child and the parent was filled.

They further took 2 more sessions for clearing their further doubts and they were satisfied at the end of it .

CASE 7.

MR R a 16 year old student came to visit us. The guy was preparing for UPSC exam and was ambitious to do something for the country.

He was here to basically find ways to improve his command on English. Due to his poor command on language he was unable to concentrate on his strengths and was feeling disgusted as he was unable to excel in it and others were nice in this aspect.

The boy wanted to improve his speaking and writing skills. So I told him to read English

newspaper on daily basis and then write one page of his understanding about any topic in english on a daily basis. And then get it checked by his teacher.

To which he hesitated and baffled but ultimately he understood that unless he doesn't read and write daily he won't be able to Frame words and sentences in it that would make it tough to speak English. So basics were asked to followed and strengthen .

The boy is doing quiet well and I am happy to share that not only that he has increased his English skills but also that helped him to be a more confident and jolly individual which is helping him in UPSC preparation.

CASE 8.

MR. M. A 27 year old man came with his friend to visit us. MR M was IT professional and he was working with animation and gaming industry.

His problem was that he was getting hallucinations visual, he was hearing sounds that were irritating, uncomfortable and haunting to him. Others very feeling stressed and bad due to this and they were not sure of what to do.

However his work life was not affected he was still the best in his business in creating animation and games.

As this case was more towards hallucinations that were visual and his problem being critical I referred him to my senior.

As far as I could observe it was his too much involvement with his profession I.E animation industry where he created unusual and different world of his own.

He was getting too much involved with that life in real.

LEARNINGS

I had lifetime of an experience while my Tenure as an intern at Aatmapraksh foundation. I learned many skills needed for becoming a counselor, psychologist and moreover I learned various techniques like CBT, Art therapy, dance therapy, sports therapy etc. Various life skills as well.

I learned etiquette of a psychologist too. The learnings were immense but to be honest what would stay with me forever is the way everyone was respected, taken care of and given sense of ownership and everything we did.

Few best learnings were that I observed that as a society we don't acknowledge nuances.

we tend to remember the statement but we forget the context.

What we experience is a completely different experience and experiencing experiences is a completely different experience altogether.