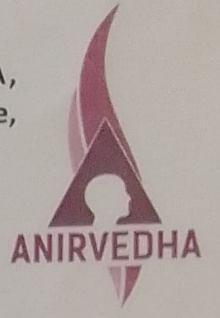




D.No.15-14-796 & 15-14-796A,
Coconut Garden Road, Kadri Tollgate,
Mangaluru - 575002



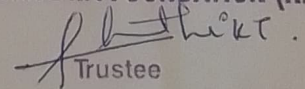
TO WHOM SO EVER IT MAY CONCERN

This is to certify that Ms. Anselma Dsouza, Second Year B.Sc Psychology, student of SDM Degree College, Ujire has undergone her internship for 56 hours (8th January 2024 to 17th January 2024) at Anirvedha Resource Center for Psychological Wellbeing®.

During the field work practicum the intern has observed and undertaken cases for psychological intervention and therapies in guidance of the supervisor which include behavior therapy-skills training, learning disability training, and group therapeutic activities. The intern has also attended educational sessions and regular case discussions, submitting academic assignments on the same. The intern has worked especially with children having Intellectual Disability, Learning Disability, Autism Spectrum Disorders, Attention and Hyperactive Disorders, Developmental Delays, Behavioral and emotional problems.

During the course of the internship, her conduct and behavior at the center was found to be professional and ethically abiding.

For ANIRVEDHA FOUNDATION (R.)


Trustee

ANIRVEDHA FOUNDATION
Coconut Garden Road
Mallikatte Kadri, Mangalore - 575005

☎ 0824-4624377

☎ 9482186289, 8296236367

✉ officialanirvedha@gmail.com



Dr. A .V. Baliga Memorial Hospital

(A unit of Dr A. V. Baliga Charities, Mumbai)

6th Main, V.M.Nagar, Doddanagudde, UDUPI - 576 102.

Phone : (0820) 2535299, 2535399, 2535899, 2534899

E-mail: baligamemorialhospital@gmail.com Web.: www.avbmhospital.org



Ref: AVBMH/INT/2024/02

Date: 30.1.2024

TO WHOM SO EVER IT MAY CONCERN

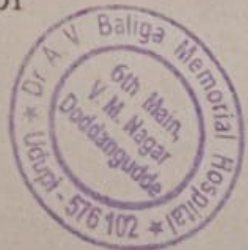
This is to certify that **Ms. Neha Yadav**, III B.A. Psychology, student of **S.D.M. College Ujire** has completed her internship from **11.01.2024 to 30.01.2024**. at our institution.

During her tenure she has been exposed to various departments of psychiatry and allied departments in our institution.

She has actively participated in all the academic sessions and conducted. Her conduct was found to be good and her interpersonal relationship with superiors and other staffs and patients is appreciated. I wish her all best for her future.

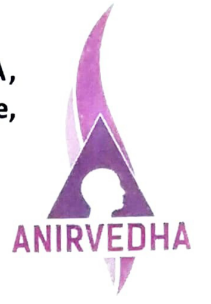
Dr. P.V. Bhandary
Medical Director

Dr.A.V.Baliga Memorial Hospital
Udupi





D.No.15-14-796 & 15-14-796A,
Coconut Garden Road, Kadri Tollgate,
Mangaluru - 575002



TO WHOM SO EVER IT MAY CONCERN

This is to certify that Ms. N. Nireeksha, Second Year B.Sc Psychology, student of SDM Degree College, Ujire has undergone her internship for 56 hours (8th January 2024 to 17th January 2024) at Anirvedha Resource Center for Psychological Wellbeing®.

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During the course of the internship, her conduct and behavior at the center was found to be professional and ethically abiding.

For ANIRVEDHA FOUNDATION (R.)

Shruthi
Trustee

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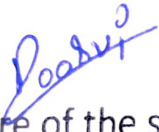
SRI DHARMASTHALA MANJUNATHESHWARA COLLEGE
(AUTONOMOUS), UJIRE - 574240
APPLICATION FOR INTERNSHIP 2023-24

Name of the department: Psychology

Name	Poojvi P. Damle
Roll Number	220292
Class and section	II B Sc 'B'
Contact Number	7019826047
Permanent Address	C/o SNS Mutt, Subrahmanya, Kadaba Taluk, DK
Communication Address	C/o SNS Mutt, Subrahmanya, Kadaba Taluk, DK
Name of the Institution/organization like to work for internship	Anishvedha, Mangalore
Field of Interest/Topic	Psychology
Tentative dates for the internship:	08/1/24 - 17/1/24 (10 days)

Date: 5/1/24

Place: Ujire



Signature of the student

SRI DHARMASTHALA MANJUNATHESHWARA COLLEGE

(AUTONOMOUS), UJIRE - 574240

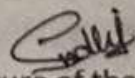
APPLICATION FOR INTERNSHIP 2023-24

Name of the department: Psychology

Name	SHRINIDHI
Roll Number	220268
Class and section	II nd B.Sc 'A'
Contact Number	7624880170
Permanent Address	Vatehallu (V) Sakleshpur (T) Hassan (D) 573101
Communication Address	Vatehallu (V) Sakleshpur (T) Hassan (D) 573101
Name of the Institution/ organization like to work for internship	Anirvedha Resource Center for Psychological well-being
Field of Interest/Topic	Psychology
Tentative dates for the internship:	08/01/24 to 17/01/24

Date: 06/01/24

Place: Ujire


Signature of the student

REPORT

ANIRVEDA CENTRE FOR PSYCHOLOGICAL WELLBEING

Name: Shrinidhi

Roll no:220268

Date of internship:8th January 2024 to 17th January 2024

Days of internship:10 days

INTRODUCTION

A total of 8 psychology students of 2nd year B.Sc. visited Anirvedha centre for psychological wellbeing Mangalore as part of their academic curriculum on 8th January 2024.

The internship was scheduled for 10 days from 8th Jan 2024 to 17th Jan 2024 beginning from 10am till 5pm.

Ms. Deeksha, the psychologist at the centre gave an orientation about the centre with a thrust on equating psychological health to physical health and removing the sympathy tag towards the certain children. She gave insight on the working of the centre.

Anirvedha is a fully fledged centre for psychological assessment, therapy and training. The aim of the organisation is to work towards the positive mental health. The centre offers a wide range of mental health services and work on a holistic and progressive strategy.

Anirvedha has single therapist -client system. The clients get individualised and quality attention. A multilayered approach that begins with a regular therapy at the one-to-one level followed by group therapy, further, extending to support at school and home. This ensures a complete coverage of multiple essential spheres which is very essential for the effectiveness of therapy.

The team at anirvedha is a network of multidisciplinary professionals with consultant psychiatrists, paediatricians, physicians, clinical psychologists, speech therapists, occupational therapists and shadow teachers.

Clients were exposed to some study materials creatively prepared play kits & sessions like remedial teaching, behavioural therapy and speech therapy.

Some of the therapies attended by the students are:

1.BEHAVIOURAL THERAPY:

They work on specific goals and develop techniques based on the Applied Behavioural Analysis to bring out changes and improvement of the client. They strive towards helping their clients develop more adaptive skills and practices as well as achieve better levels of functioning. It consists of A B C parenting model, punishments and rewards, knowing when to seek help etc. Anxiety disorders, including post-traumatic stress disorder (PTSD), panic disorder, obsessive-compulsive disorder (OCD), and phobias, for example, often respond well to behavioural treatments

2.OCCUPATIONAL THERAPY:

The occupational theory allowed the individual to gain perspective on how the human cognitive process functions as certain behaviours approach obstacles in the workplace. Occupational theory mainly focuses on the physical strengthening and core muscle strength of the subject. Different forms of physical activities are made to perform under the supervision and guidance of the therapists. Activities such as climbing, running, obstacle tackling, Thera putty, overcoming the obstacle by the usage of gross motor skills. The activities mainly focused on improving the gross motor skills and fine motor skills of an individual. This field allows humans to gain perspective on how the human cognitive process functions as certain behaviours approach obstacles in the workplace.

3.SPEECH THERAPY:

Speech therapy can help those who have difficulty speaking to & communicate better. This session helped in improving pronunciation, and learning to speak correctly; prevention of communication, cognitive-communication disorders, social communication difficulties & fluency along with the individuals who stutter also. They played an important role in the screening, diagnosis and treating the kids of different disorders through language & speech therapy sessions especially for the children of autism spectrum disorder, learning

disorder& down syndrome. Here, they assess levels of communication needs, make diagnoses based on the assessments, and then treat the diagnoses or address the needs for the kids. The different activities they conduct included pronunciation of alphabets, wordings and simple basic sentence formation, naming colours, animals and other such puzzles like activities; reading comprehension & other grammatic like syntax, pragmatics, semantics & also cognitive impairments like attention, memory, or executive functioning along with language-based board games. Social communication & interaction with peers or other therapists were also included.

4.REMEDIALS:

Remedials were the academic class given for the students suffering from learning disabilities. Mainly this session was focused on maths and English classes. The child was taught from basic like numbers in maths and alphabets in English. The session was held through teaching children using activities. Through this session work on the core concepts of their academic skills such as the phonetics, mathematical bases and work towards academic improvement.

5.NIOS:

Anirvedha foundation provides school programmes such as NIOS (National institute of open schooling). NIOS is a national level board of education in India controlled and managed by government of India. NIOS provides education through open and distance learning. In anirvedha students who had difficulty in writing 10th and 12th grade exams were educated through NIOS. They were taught subjects such as media, computer applications etc. The examinations of NIOS are conducted twice a year: April May and October November. Nine attempts are allowed in 5 yrs. They can appear for as many subjects as they want at a time.

6.FREE PLAY:

Free play sessions are held twice in a week and they are to enhance fine motor and gross motor activity, it improves coordination among peers, encourage for participating etc, it includes jumping, squats, crab walk, duck walk, spinning etc. And for every kid they had a free play session for free up their mind and improve participation. Therapists involved very well in every part They tries to

involve each and every kid in the session. At the last they play a song which related to exercise for that peers had to dance

7.GROUP THERAPY:

Every Saturday the centre organises a group therapy for children in 3 batches. The first batch is for younger kids with low IQ which starts from 11.00am till 12.00pm. Followed by other two batch for younger kids and elder kids from 3.00pm to 4.00 pm. This group therapy helps to improve interpersonal, communicational and social skills. Social Interaction and integration remain as an essential element in helping the children to have the opportunity to practice their improvement done in individual sessions. Group therapy is an important stage for mainstream integration.

CONCLUSION:

These sessions benefit the children in improving their vocal qualities, language skills, ability to comprehend and express ideas, thoughts and feelings, & also their self-esteem and boost their self-confidence. This enables these kids to cope up better with the society and function in day-to-day life. The kids were rewarded with stickers each day if found better performance on that day and upon completion of each chart of 50 stickers the kids were rewarded with useful gifts just as Conditioning (operant conditioning) so that the children could perform better in their sessions & improve themselves each day.

TO WHOM SO EVER IT MAY CONCERN

This is to certify that Ms. Shrinidhi, Second Year B.Sc Psychology, student of SDM Degree College, Ujire has undergone her internship for 56 hours (8th January 2024 to 17th January 2024) at Anirvedha Resource Center for Psychological Wellbeing®.

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For ANIRVEDHA FOUNDATION (R.)

Trustee
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