



To whomsoever it may concern,

This is to state that Ms. Jahnvi Jose has interned with InnerHour from November 2018 to June 2019.

InnerHour is a platform committed to promoting emotional and psychological health and well-being in India. We aim to empower individuals (independently, or as part of corporates, schools and colleges) to lead happier, healthier and more productive lives.

During her tenure, she interacted with clients on our digital platform. As part of this task, she not only provided technical assistance to help clients connect to therapists, but also offered emotional support to those in distress. Additionally, Jahnvi also assisted the organisation's research projects and supported the team in workshop delivery for our corporate clients.

Jahnvi proved to be an invaluable resource to the InnerHour team. She has been incredibly flexible and has been one of our most sincere, reliable and dependable team members. Her pleasant attitude and strong commitment to her work make her a desirable candidate for any team and/or institution.

We strongly believe that she will be a valuable asset wherever she might wish to be. We wish her all the best for future endeavours.

Regards,

A handwritten signature in black ink, appearing to read "Alisha Kalidhar". The signature is written in a cursive style with a diagonal slash at the end.

Alisha Kalidhar

Head of Content & Internship Programme,
InnerHour



Report

I interned at Innerhour from November 2018 to June 2019 and mainly focused my efforts towards providing technical assistance to clients and emotional support to those in distress. I additionally undertook research work and created content for Innerhour's App and digital website. I also partook in activities required to deliver corporate workshops during my time there.

Innerhour was my first internship that involved using psychology in practice and helped me understand how its applied in real life. I was actively using counseling skills like probing, rapport building, empathizing, validating etc. as I interacted with the clients. As I worked over the course of a few months, I built more confidence in the way I approached emotional situations. Equipped with enriching sessions by the in-house counselors and with basic counseling skills, I felt immensely more capable of helping my friends and family by actively listening to them and being more empathetic.

While there were multiple activities that I was a part of at the organization, I specially felt drawn towards the research work that I undertook. I learned the need to fact check everything seen on the internet, judiciously pick sources, organize the material, update progress, being adaptable in difficult situations and a lot more. I believe, working on research and content also honed my skills for the same and helped me deal with writing practical reports in TY.

Another important skill I improved on was collaborating with my team members. I have previously worked with other organizations as in intern and learned a lot as well, however, the kind of work culture that I experienced at Innerhour was a huge part of my internship experience. It was a very comfortable and accommodating environment that helped one strive towards their goals. I had experienced a loss in my family in May and I was highly worried about my work commitments as I had to take a relatively long break from work. But my team members and the team head made the process a lot less straining for me. They accommodated my needs and even helped me get back on track once I was back. I believe I set a yardstick for myself when it comes to work culture that I would like to create and be a part of when I start working.

I had a great experience interning and even ended up continuing my internship with the organization after the required two months as I truly felt involved in the work and with the organization.

