



Date: 24-August-2020

Subject: Letter of Recommendation for Ms. Rakshita Deshmukh for internship at Manotsav

TO WHOMSOEVER IT MAY CONCERN

It is a pleasure to write this testimonial for Ms. Rakshita Deshmukh. She interned with Manotsav Foundation for a period of 3 months from 1st December 2019 to 1st March 2020, for at least 9 hours every week. Manotsav Foundation is an NGO that works in the field of mental health for children and adolescents. We conduct workshops, assessments, awareness programs, social media awareness campaigns and community and public mental health drives. During her time with us, Ms. Rakshita was found to be dedicated, diligent and a quick learner.

She showed keen interest in our ongoing research projects. Rakshita assisted in entering raw data collected from our onsite workshop into excel and was also engaged in learning about literature behind research data. She was meticulous, readily integrated any feedback and was quick to apply what she learned. As a major part of their internship program, Rakshita and her two co-interns assisted in organizing our open community event Mann Mahotsav. They contributed with creative suggestions for the event and exhibited excellent teamwork. The goal of open community event was mental health awareness through forms of art. Right from working on permissions to leading a team of volunteers under the areas assigned to her, Rakshita showed industriousness at all times. Being a part of organizing a large-scale community event, involved overcoming new obstacles. However, our team was impressed with her dutiful approach.

Managing the internship along with her college hours requires good organization skills, sincerity and eagerness to learn. As a person, Ms. Rakshita has a polite, calm and approachable demeanour. She will surely be an asset to any institution she is a part of. We wish her all the best for her future endeavours.

With regards,

For Manotsav Foundation

Palasha Parikh
Research Psychologist

Sushmita Singh
Psychologist
(M.A. Psychology, Clinical)

Deendayal Sharma
Authorised Signatory

Office Address: 8, Shyam Kunj, Linking Road, Khar (West), Mumbai – 400052

Tel: 022 2600 2828 **Email:** manotsavfoundation@gmail.com / manotsavfoundation@manotsav.com

Website: www.manotsav.com

Name - Rakshita Deshmukh

UID - 181264

Report

Role-

Research & Organizing Intern at Manotsav Foundation. I worked in assisting the organization's ongoing research projects, primarily entering raw data collected from onsite workshops onto Excel and constructing literature reviews to aid the research data. I also assisted in ideating and organizing an open community wide mental health awareness event called "Mann Mahotsav" for the organization. This event was held on 1st March, 2020 at Carter Road Amphitheatre in Bandra, Mumbai. I worked for the organization from 1st December, 2019 to 1st March, 2020 post my college lectures.

Learning insights –

This internship helped me hone my research skills. I learnt to gather data and code it through Excel as well as read research papers and write literature reviews for the same. I also learnt what goes behind organizing a community wide event. In the 3 months I was working at the organization, I explored my capacity for organization and research. Furthermore, this internship gave me an opportunity to contribute to the society in increasing awareness regarding mental health through organizing a one of a kind event which was specifically curated on this topic.