

INTERNSHIP CERTIFICATE

HOLISTREE

This certificate is presented to

SHAGUN DAMANI

Junior Counsellor & Mental Health Awareness Trainee

In recognition and appreciation for many hours of effort and contributions towards the company during her Internship period of 1st April 2018 to 30th May 2019.

DHAVAL SHAH

Founder

PRIYA SHAH

Co-Founder

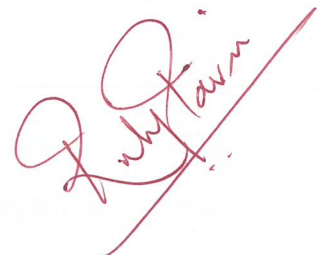
Internship Report - Holistree

I, Shagun Damani, interned at the firm 'Holistree' for a duration of 13 months from 1st April 2018 to 31st May 2019 as a junior counsellor and mental health awareness trainee. Holistree is a firm that provides a unique teen support system which involves career designing along with working on various areas of concern (such as identity formation, self- image and so on) and skill building.

My work at holistree involved observing counselling sessions followed by report preparation and discussion about the same with the founder, Dhaval Shah. I also met clients (teens) and learnt how to understand their behavioural pattern and lifestyle (individual and social). Further, I aided my colleagues in the vetting of workbooks aimed at fear, anxiety, emotions and anger which were later used during the counselling sessions. In addition to this, I lead a team over 15 people in the ideation, development and creation of a series of short films , "As a Matter of Fact" which aim at breaking down mental health myths.

I have various takeaways from this internships, the biggest being the training I received in counselling skills (observation skills, presence of mind, client and parent interaction, communication skills, making verbal presentations as well as creation of an accepting space). Through my leadership position in the creation of the short films, I have learnt how to lead a team, manage time and resources and ensure cooperation of team along with some skills in direction, script writing and video editing. I also gained substantial PR exposure while ideating and publicising the short films created.

Overall, this internship has enabled me to learn as well as enhance various skills as well as crucial given me exposure to on the job work that has helped me become a little clearer about what I want to eventually pursue as a career. .



Maitreyi Nigwekar

Founder & CEO

M.Sc. Health Psychology,
University of Leeds, United Kingdom

M.A. Counselling Psychology,
SNDT University, Mumbai

Arts Based Therapy Practitioner



Adveka Foundation

- A Mental Health Organisation for Caregivers

Charitable Trust [Bombay Public Trust Act, 1950, No. E-33893, Mumbai]

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Date: 27th November 2019

To whomsoever it may concern

About Adveka Foundation: Adveka Foundation is a non-profit, non-governmental organisation [Bombay Public Trust Act, 1950, No. E-33893, Mumbai] that works for Mental Health. Our work focuses on the mental well-being of **Caregivers** of people with different physical and mental health issues. Adveka Foundation identifies these Caregivers from NGOs, Hospitals and works with them. Our psychotherapists provide Individual Counselling and facilitate Support Groups with these Caregivers. These sessions are designed to increase the Caregivers' Resilience, Healthy Coping Skills and reduce their feelings of Perceived Caregiver Burden and Stress.

Ms. Shagun Damani was a part of Adveka Foundation from July 2019 to November 2019. She was an extremely active part of the social media team, assisting in creating awareness about mental health on all our platforms. As part of the team, she also curated content which was specific to our work with caregivers. Shagun also helped in facilitation of a few sessions over the course of her internship.

Shagun was tremendously enthusiastic about the work that was given to her and was particularly good at being a team worker. Her nuanced attention towards social media workings helped create a better system for the team.

Her performance was highly satisfactory and showed dedication and enthusiasm towards her work.

Yours Sincerely,

(Maitreyi Nigwekar Pawar)

Internship Report - Adveka Foundation

I, Shagun Damani, interned at the firm 'Adveka Foundation' for a duration of 5 months from July, 2019 to November, 2019 as an intern. Adveka Foundation is a non-profit, non-governmental organisation that works for Mental Health, their focus being on the mental well-being of caregivers of people with different physical and mental health issues.

My work at Adveka involved assisting in the facilitating group therapy sessions as well as curating and working on creating awareness using social media as a platform. This awareness was spread across various themes including a weekly "I Take Therapy" segment, managing work environment as well as caregiver stories.

This internship bestowed me with a clearer picture of how the daily life and work of a counsellor looks. This was essential in making me realise that counselling itself may not be the career for me due to my inability to handle that amount of negativity and inability to detach. Further, while curating content for awareness, I gained a certain level of awareness on issues we worked on. In addition, I was able to apply and enhance the PR skills I learnt during my previous internships.

Besides the work-related takeaways, I also had the opportunity to meet and work with some truly talented people.

