



SHADITHYA HEALTH CARE

Specialty Hospital for Mental Health, De-addiction and Dementia

INTERNSHIP LETTER

Date :- 07/10/2023

TO WHOMSOEVER IT MAY CONCERN

This is to certify that Ms. **AKSHARA A NAIR**, B.Sc., Psychology, from Sathyabama Institute of Science and Technology, Chennai, did her internship in the department of Psychology at SHADITHYA HOSPITAL, from 04/09/2023 to 07/10/2023. During this period, she managed to do the following:-

- ❖ Observed and shadowed Psychologists, Mental Health Professionals and Social Workers.
- ❖ Observed people with different kinds of psychiatric problems – minor and major psychiatric disorders.
- ❖ Attended ward rounds and care plan reviews in acute psychiatric wards with patients who have complex and severe mental health problems.
- ❖ Observed patients in long term rehabilitation wards for mental health problems alcoholism, drug de-addiction and dementia.
- ❖ Accompanied Clinical Psychologist for diagnostic assessments like IQ and personality.
- ❖ Attended counseling and therapy sessions given to patients and their families.
- ❖ Learnt to take basic history and perform mental state examination.
- ❖ Received teaching from various mental health professionals from different departments on mental health topics.

During this internship, she seemed curious and enthusiastic to learn. Her character and attendance was good.

For further information, please contact us on 044-22640745 / 22640945.

For,



Dr. M. Sree Prathap, MBBS, MRC Psych.,
Chairman & Managing Director

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SHADITHYA HEALTH CARE

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