

**SOCIAL INTERNSHIP**

BACHELOR OF SCIENCE

In

Data Science and Analytics

**By**

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Under the Supervision of

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[Duration : 18th June to 26th June, 2024]

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## ACKNOWLEDGEMENT:

I would like to express my deepest gratitude to all those who have made this internship experience possible. First and foremost, I extend my heartfelt thanks to my supervisors and professors, Ms. Subiksha and Ms. Preetha, whose guidance and support were invaluable throughout this journey.

And I would like to thank the principal for granting me this opportunity and for supporting my professional development.

I am immensely grateful to Ms. Veena Vidhyasri, the organization supervisor, for providing me with this incredible opportunity to intern at M.S. Chellamuthu Trust. Her leadership and dedication to the field of mental health have been truly inspiring.

Finally, my sincere thanks go to all the supervisors of the various initiatives within the trust, whose expertise and patience greatly contributed to my learning. Their willingness to share their knowledge and experiences has been an important feature of my internship.

Thank you all for your unwavering support and guidance.

**ABSTRACT:**

This internship report outlines the experiences and learnings of a social intern at M.S. Chellamuthu Trust, focusing on mental health awareness and care. The trust, known for its long-standing contributions to mental health, operates various initiatives including Ahana Hospital, Bodhi Campus, Aakash Special School, ECRC, and Trishul De-addiction Center. The internship provided me an exposure to diverse aspects of mental health care, including data collection and analysis, record management, sensory integration treatment, emergency care, and de-addiction services. We travelled and explored the service and activities of this trust through travelling to their various initiatives and projects. We acquired lots of insights from this internship regarding the certain field and the importance of this trust in that. And also I found this internship so much progressive regarding for my social skills development. I am satisfied that I volunteered myself a lot during this internship and it is truly helped me to understand my potential in many places.

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**1.ORGANIZATION PROFILE:**

M.S. Chellamuthu Trust, founded in 1992 by Dr. C. Ramasubramanian (M.D., D.P.M., Ph.D.), is one of the largest mental health service providers in Tamil Nadu. With over four decades of experience, Dr. Ramasubramanian is a leading consultant in psychiatry in India.

M.S. Chellamuthu Trust and Research Foundation is a Non-Governmental, Secular, Non-Profit, organization registered as a Trust under Indian Trust Act. It was founded in the year 1992 by Dr.C. Ramasubramanian, Consultant Psychiatrist, Madurai.

Their vision and mission are, Mental Health for All. To promote mental health through holistic care that is affordable and accessible to all.

Chellamuthu Trust upholds the highest standards of professionalism in all their endeavors. Through a team of qualified experts and ethical practices, they strive to deliver mental health services with integrity, competence, and a focus on positive outcomes.

Infused with a deep passion for mental health, the organization is fueled by the desire to make a meaningful impact. They channel their enthusiasm into innovative approaches, awareness campaigns, and support programs, aiming to inspire positive change in the lives of those affected by mental health issues.

The founder, Dr.C. Ramasubramanian (also known as Dr. CRS) has more than four decades of experience in mental health. Hailing from Madurai District he is the first person to have been awarded with a Ph.D. in Community Psychiatry (in 2012), under the Madurai Kamaraj University.

The lived experience of caring for a brother with mental illness and the resulting stigma and discrimination experienced by his family, and the dire need for mental health services in India, sowed the seeds of his vision of comprehensive mental health rehabilitation services. In his distinguished career.

**2.TIMELINE AND HISTORY OF TRUST:**

1992 - Chellamuthu trust founded

1994 - Chellamuthu gardens established

1995 – Official recognition as a research center and Aakash school was created

1997 – State’s best non-governmental organization award by the government of Tamil Nadu

1998 – Vocational training and placement unit started

2000 – Community mental health project started

2007 – Nation’s best NGO award

2008 – Establishment of M.S. Chellamuthu institute and Ahana hospital

2013 – Telepsychiatry unit started

2018 – Care Factory started & Happy schooling programme kickoff

2020 – Speak 2 Us mental health helpline inaugurated

2021 – Police wellbeing programme launched

**3.FUNCTIONAL ASPECTS OF THE ORGANIZATION:**

* Education & Training
* Child mental health
* Mental health for homeless
* Residential rehab center
* Community based projects
* Deaddiction and Aftercare
* Vocational training
* Supportive services

**4.DAY WISE ACTIVITIES:**

**4.1** DAY 1:

We had an orientation session at first. There we got to know about the long period of social service regarding mental health awareness by M.S. Chellamuthu trust. We got to know about their various initiatives that impacted a lot positively in society's mental health awareness and all. In the afternoon session we travelled to the Ahana hospital. It is one of the Initiatives of Chellamuthu Trust. We had a delightful conversion with Mrs. Bijulakshmi that enhanced our knowledge in mental health Care field. We got to know about how data Collection and data analysis are used to improve and analyze the result in that hospital and generally in medical world. It is such a knowledge enhancing first day.

**4.2** DAY 2:

We reported Bodhi campus of Chellamuthu trust at 10 am. There Pitchai Vel sir, one of the officials of Bodhi campus oriented us regarding the history of Bodhi campus and its prolonged services. Then we had a visit through the campus. There we visited various sections. We went to their record and documentation section. There they were working on digitalizing all physical records. And we were briefed about the personalized and also the familiar softwares being used there for record handling and all. And they were briefing us about the research things gone and going there. Then we gone through some case histories and records. There we got fundamental knowledge about the data being collected and scales being used throughout the rehab process. It gave us insights about how it helps them to handle all records perfectly.

**4.3** DAY 3:

we were assigned to reach Aakash special school inside the Bodhi campus of M.S. Chellamuthu Trust. We reported there at 10 am. First, we got to know what is special school and how it is different from ordinary schools in all aspects. And we travelled along the students and staffs through their daily routine. And we got an overall view and knowledge about their significant training for the students there. And also, the result is impressive in their history.

Then we assisted the children in various activities and observed a lot. We interacted with them and it helped a lot after a short period of observation.

**4.4** DAY 4:

Day 4 of this internship took place in the Aakash special school inside the Bodhi campus of M.S. Chellamuthu Trust. We reported there at 10 am. Today we observed their process of their sensory integration treatment that helps the children to learn a lot through their inner instincts. And also, we interacted with the students. And we glanced at their achievements and records. In these two days we went through their record maintenance and all. And also, we were in their appreciative environment which is a change making one for such children.

**4.5** DAY 5:

It took place in the ECRC - Emergency care and recovery center of M.S. Chellamuthu Trust. We reported there at 10 am. There they oriented us about the activities and services of that section. ECRC is one of the organizations run by Chellamuthu trust with the assistance of The Banyan. There we saw and interacted with lots of MI people that were rescued by them and being treated there. The process is built with 4 steps. 1. Outreach, 2. Rescue, 3. Rehabilitation, 4. Reintegration. We were observing and including ourselves in volunteering in works there. And also, we went and visited all of their blocks.

**4.6** DAY 6:

Day 6 of this internship took place in the Trishul de-addiction center of M.S. Chellamuthu trust. It's a project running with the help of central government. We reported there at 10 am. One of the staff oriented us regarding the history of the center and its service. There we interacted with some of the residents. Then we volunteered ourselves in helping to the awareness session happened there. At that session we learned a lot. And then we had some conversation with the head of that center. We acquired more knowledge regarding that field and all.

**4.7** DAY 7:

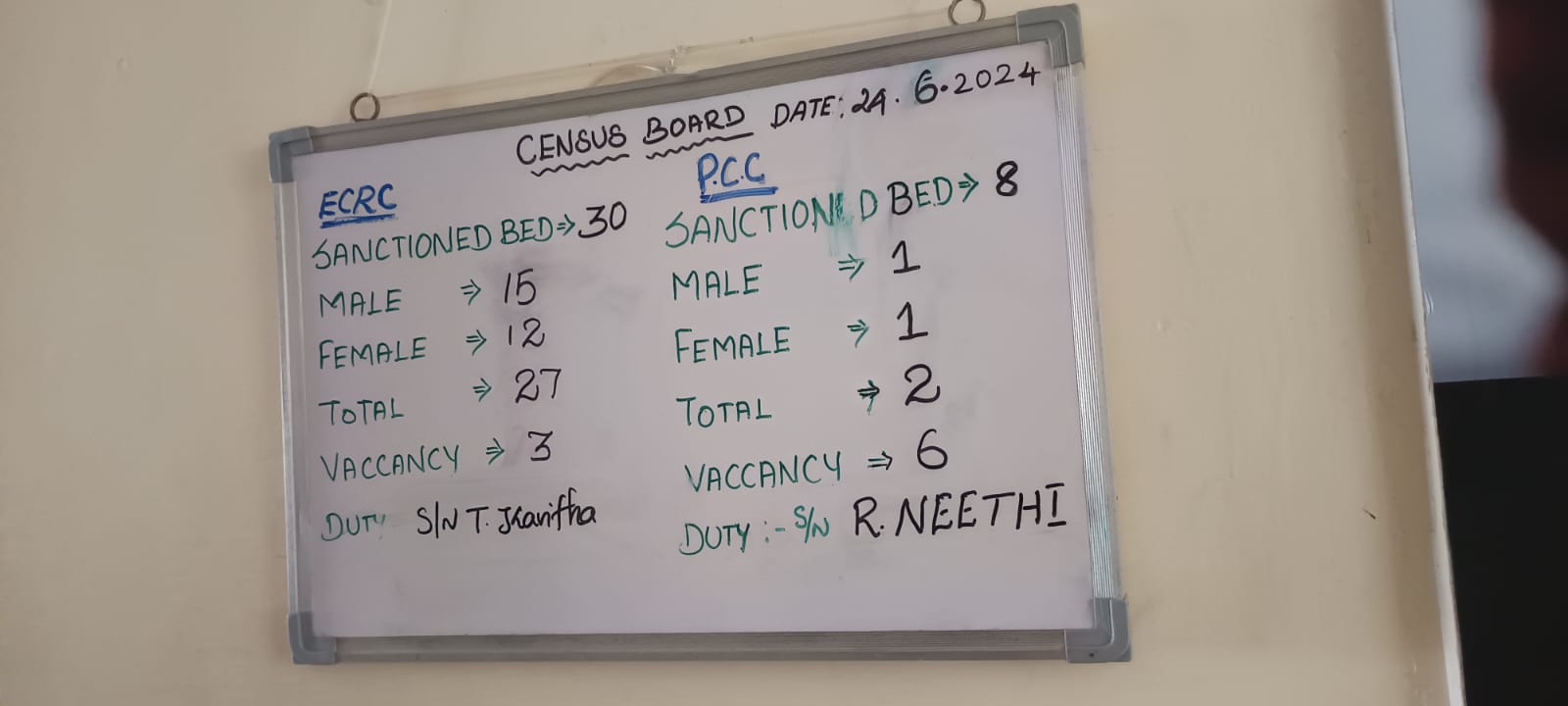
On the 7th day we were assigned to reach the Care factory of M.S. Chellamuthu trust. There they were giving vocational training to the mentally unstable and physically challenged people. They were paving a path to a bright future for such people, The initiation is assisted and accompanied by many large-scale corporate industries. And also, the trainees are getting incentives and salary based on the work and working hours. After the completion, certificates are also being given. We were exploring their products and interacted with some of the trainees in baking, printing and tailoring sections. And in the afternoon, we were being oriented by one of the officials of Speak 2 Us, the mental health helpline about their services for needy people. Then we received our completion certificate from our organization supervisor Ms. Veena Vidhyasri at the M.S. Chellamuthu institute.

**CONCLUSION:**

My six-day internship at M.S. Chellamuthu Trust has been an invaluable learning experience, providing deep insights into various sides of mental health care. This internship has allowed me to understand the critical role of mental health awareness, comprehensive rehabilitation processes, specialized education, and effective data management in improving patient outcomes. This experience has significantly broadened my perspective on mental health care, highlighting the importance of empathy, compassion, and innovation. I have gained practical knowledge and skills that will be invaluable in my future actions. The supportive environment and expert guidance from the staff have been influential in my professional and personal growth.





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