**SOCIAL INTERNSHIP**

BACHELOR OF SCIENCE

In

Data Science and Analytics

By

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Under the Supervision of

Dr. G Preetha

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

**Acknowledgement**:

I am immensely grateful to the M.S. Chellamuthu Trust for providing me with the opportunity to intern across their various centers, including the Ahana Hospital, Bodhi Campus, Aakaash School, ECRC, Trishul De-addiction Center, and Carefactory.

I extend my heartfelt thanks to the dedicated staffs Dr.Subiksha and Dr. Preetha for their unwavering support and guidance.

Special thanks to the Bodhi Campus and Aakaash School teams for allowing me to observe and participate in their educational programs, and particularly Mr. Pitchaivel Sir for their orientation and invaluable learning experiences.

At the Emergency Care and Recovery Centre (ECRC), A special thanks to Mr. Jegan for their cooperation and willingness to share their experiences which significantly enriched my importance of mental health and rehabilitation.The experience at Trishul De-addiction Center has been enlightening, providing me with a deeper understanding of the challenges and recovery processes associated with addiction. Here the special thanks to Mr. Rajangam, senior social worker for their awareness about drug addicts

Lastly, I appreciate the innovative approach and dedication of the team at Carefactory, which has showcased how vocational training and rehabilitation can transform lives.

Thank you all for making this internship an enriching and memorable experience.

**Abstract**:

This report summarizes my social internship at the M.S. Chellamuthu Trust, where I worked at the Bodhi Campus, Aakaash Special School, Care Factory, Emergency Care and Recovery Centre (ECRC), and the Trishul De-addiction Center.I had the opportunity to engage deeply with their holistic approach to mental health and rehabilitation. Working across centers like the Emergency Care and Recovery Centre (ECRC), Trishul De-addiction Center, Bodhi Campus, Aakaash Special School, and Care Factory, I gained firsthand experience in Outreach, Rescue, Rehabilitation, Reintegration, and educational support for special needs. Interacting with individuals undergoing treatment and recovery processes expanded my understanding of mental health challenges and addiction recovery. This experience not only strengthened my empathy and commitment to serving vulnerable populations but also provided invaluable insights into the integrated care models essential for holistic well-being. Overall, this internship was a valuable learning experience. It taught me a lot about mental health and addiction recovery, and deepened my empathy and commitment to helping others.I had the opportunity to gain comprehensive insights into the multifaceted approach the organization employs to address mental health care and rehabilitation.This internship has been instrumental in broadening my understanding of mental health services and the significant impact such comprehensive care can have on individuals and their families.

**Contents:**

**1. Organisation 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. Timelines and history of the 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

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
* De-addiction and Aftercara
* Vocational training
* Supportive services

**4.Daywise Activities**

**4.1 Day 1:**

It was a day filled with valuable learning experiences both within my sector and beyond. We started with an orientation session where we learned about the long-standing social service efforts of the M.S. Chellamuthu Trust, particularly their initiatives to raise awareness about mental health. It was inspiring to hear about the various programs they have implemented, which have had a significant positive impact on societal mental health awareness.In the afternoon, we visited Ahana Hospital, one of the initiatives of the Chellamuthu Trust. There, we had the pleasure of conversing with Mrs. Bijulakshmi, which greatly enhanced our understanding of the mental health care field. We delved into how data collection and analysis are utilized to improve and assess outcomes in the hospital and the broader medical community. This experience has been incredibly enriching and has set a positive tone for the rest of the internship.

**4.2 Day 2:**

We reported to the Bodhi campus of the Chellamuthu Trust at 10 AM. Mr. Pitchai Vel, one of the officials, oriented us about the history and the extensive services provided by the Bodhi campus. This orientation gave us a foundational understanding of the campus’s mission and its impact over the years. Following the orientation, we toured the campus and visited various sections, beginning with the record and documentation section. Here, we observed the ongoing digitalization of physical records. The staff briefed us on both personalized and widely-used software employed for record handling. This gave us a comprehensive view of their systematic approach to documentation and data management.Additionally, we were introduced to the ongoing and past research efforts at the campus. This was followed by an examination of several case histories and records, where we learned about the types of data collected and the scales used throughout the rehabilitation process. This deep dive into their record-keeping practices provided us with valuable insights into how meticulous data handling contributes to effective rehabilitation outcomes.

**4.3 Day 3:**

we visited Aakash Special School located inside the Bodhi campus of M.S.Chellamuthu Trust, reporting there at 10 AM. Our day began with an introduction to the concept of special schools and how they differ from ordinary schools in terms of structure, curriculum, and approach. We observed the daily routine of the students and staff, gaining valuable insights into the unique training methods implemented. We also learned about the impressive history and positive outcomes achieved by the school. Later, we assisted the children in various activities and spent time observing and interacting with them. This hands-on experience significantly enhanced our understanding and connection with the students, proving to be both educational and rewarding.

**4.4 Day 4:**

On the fourth day of our internship at Aakash Special School, located within the Bodhi campus of M.S.Chellamuthu Trust, we reported at 10 am and observed the sensory integration treatment process, which is essential for helping the children learn through their inner instincts. We interacted with the students, reviewed the school’s achievements and records, and gained insights into their meticulous record-keeping practices. Over these two days, we immersed ourselves in the school’s appreciative environment, which fosters a positive and transformative atmosphere for the children, significantly contributing to their growth and development.

**4.5 Day 5:**

On day 5 of my internship at the Emergency Care and Recovery Centre (ECRC) of M.S.Chellamuthu Trust, we reported at 10 am and received an orientation about the activities and services provided by this section. The ECRC, operated by Chellamuthu Trust with assistance from The Banyan, focuses on aiding mentally ill (MI) individuals through a four-step process: Outreach, Rescue, Rehabilitation, and Reintegration. Throughout the day, we interacted with many MI individuals who had been rescued and were receiving treatment. We observed and participated in various volunteer activities, gaining firsthand insight into the rehabilitation process.

**4 . 6 Day 6:**

It 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 it's 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:**

The M.S. Chellamuthu Trust, founded by Dr. C. Ramasubramanian, is a leading mental health service provider in Tamil Nadu, offering holistic, affordable, and accessible care. Upholding high ethical standards and professionalism, the Trust ensures compassionate care and long-term recovery, embodying its mission of “Mental Health for All” and significantly impacting the mental health landscape in the region.







