**THE RICHMOND FELLOWSHIP SOCIETY (INDIA), LUCKNOW BRANCH**

***For Community Mental Health – Training center in Therapeutic Community***

Society Registered in Delhi – No. S – 16800 OF 1986

**NAV-UDAY MANSIK SWASTHYA SANSTHAN**

VIRAJ KHAND-5, GOMTI NAGAR, LUCKNOW (U.P.) – 226 010

Mobile- **0**9450412974,0522-3182042

**INTERNSHIP FORM**

**Name:** ……………………………………………………………………………………………

**Age**……………………………………… **DOB** ……………………………………………….

**Father’s Name:** ………………………………………………………………………………….

**Mother’s Name:** ………………………………………………………………………………….

**Qualification:** …………………………………………………………………………………….

**University/Institute/College:** ……………………………………………………………………

**Address:** …………………………………………………………………………………………

**Contact No.:**……………………………………………………………………………………..

**Aadhar No…**………………………………………..**PAN No**………………………………….

**Duration:** ………………………………………………………………………………………...

**Purpose/Expectations:**…………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

**CONSENT FORM**

I……………………………………of……………………………...............has joined ‘Nav Uday’ Mansik Swasthya Sansthan for internship from……………….to……………………**.** I agree to maintain the confidentiality of all the clients in this institution and will not reveal anything about them and their illness not in verbal or in written communication. In case if I have to write a case report of any client I will write in such a manner that his/her identity is not disclosed.

Before submitting the report I would take consent from the authorities of this institution.

**Date : …/ …/20….**

**Place : ……………….. (Signature)**

**Fees details of internship:**

1.For 2 months : Rs 6000/-

2.For 1 month : Rs 3000/-

3. For 15 days : Rs 1500/-

4. For 1 week : Rs 1000/-

**Internship Details**

1. Fee - **3000/- per month**. (Bound to increase or decrease as per the requirement of intern’s curriculum.)
2. You need to bring your **Reference Letter/ NOC** provided by your institute, Adhaar Card photocopy, Covid Vaccination Certificate.
3. Intern must be vaccinated at least with the first dose of the vaccine and it is essential to follow all COVID related protocols.
4. If any intern comes once or twice in a week, the fees will be charged weekly.

**Brief of what is being done in Internship at RFS (I) Lucknow:**

1. **Orientation:** Introduction of RFS (I) Lucknow, Nav Uday Mansik Swasthya Sansthan and its services.
2. **Special Lectures from Experts:**

* Psychiatric disorders- causes and treatment
* Case history taking and MSE
* Psychosocial Rehabilitation
* Yoga
* Counseling.

1. **Interaction with Counselors:** Learning how toconduct various activities of Day Care Centre, counseling sessions and vocational training program and administration of BPRS and IDEAS.
2. **Interaction with clients-** Conducting all the activities, one to one interaction, making counseling notes and task assignments.
3. **Interaction with Parents and guardians-** Taking case history, their views, expectations and feedback, etc... (depends on the availability of guardians).
4. **Attending our O.P.D. service.**
5. **Presentation by Interns.**
6. **Submission of the brief report.**

**Theory Classes Topics:-**

1. Introduction- RFS (I) Lucknow
2. General Class on Health, Mental Health and Mental Illness
3. Mental Disorders
4. Psycho-Social Rehabilitation
5. Case History Taking and MSE
6. Counseling- Concept and SOLER
7. Counseling Skills- Empathy, Listening, etc..
8. Effective Communication- Levels and Non Verbal Communication
9. Social Skills
10. Patience
11. Psychiatric Scales- BPRS and IDEAS
12. Cognitive Restructuring
13. Psychiatric Signs and Symptoms
14. Questioning Techniques

**Practical Classes:-**

1. Yoga and Exercises
2. Relaxation Techniques
3. Case Presentation
4. OPD
5. Role Plays
6. Group Activities

**Please contact on any of the following numbers in case of any doubt:**

**1. Nav Uday Mansik Swasthya Sansthan :** 09450412974,0522-3182042

**2. Counsellors : Ms. Sheeba-**9307931937 ; **Ms. Shweta-**8808450544.