

My Experience at Eklavya Foundation for Mental Health - Anuja Bezborra , Tejpur, Assam. SYBA, Psychology (Fergusson College, Pune)

Doing my internship at Eklavya Foundation for Mental Health has been one of the most meaningful and eye-opening experiences of my journey as a psychology student. It gave me the chance to see how mental health work actually happens beyond books and classrooms – in real communities, with real people. From the very first day, I felt a sense of warmth and belonging. Everyone at Eklavya worked with such honesty and kindness that it immediately inspired me. The foundation's focus on spreading awareness, reducing stigma, and supporting people with mental illness helped me understand what psychology truly means – connecting with people, understanding their emotions, and being there for them in simple but genuine ways.

Through my tasks, I learned so much – from creating awareness posters and articles to researching about mental health disabilities and the IDEAS tool.



Every task made me realize how important it is to communicate with empathy. It taught me that awareness is not just about sharing facts, but about making people feel understood and accepted. Each small project gave me more confidence, improved my writing and design skills, and made me see how psychology can be used creatively to help others.



I feel very lucky to have worked under two amazing mentors – Dr. Anil Vartak Sir and Ms. Rutuja Dixit Ma'am. Both of them guided me so patiently and firmly whenever I needed help. Dr. Vartak Sir's way of explaining things always made me think deeper.



He helped me see psychology from a community point of view – how awareness and small acts of kindness can create real change.

Rutuja Ma'am was always approachable and supportive. She encouraged me to do my best and constantly gave thoughtful feedback that helped me grow. Their guidance really built my confidence and made me feel more prepared for my future career in psychology.

I was also very happy to share this journey with my fellow interns, Zoya and Ridhika. Working with them made every task more fun and collaborative. Zoya often said, "I'm very grateful to Eklavya Foundation for offering me a space to learn and contribute under the most supportive mentors." Her words perfectly describe what we all felt.



Ridhika, who worked on community awareness and Psychological First Aid (PFA), shared how this internship helped her see how change begins at the grassroots level – by understanding real challenges and spreading awareness within communities. Hearing about her work inspired me too, and it reminded me that psychology is not just something we study – it’s something we live and practice every day.

Overall, this internship made me much more confident and independent. It taught me to express my thoughts clearly, to work patiently, and to be more understanding toward others. Most importantly, it reminded me why I chose psychology in the first place – to help, to listen, and to make even a small difference wherever I can.

