

INTERNSHIP

Success Stories



My internship at **NeuroGen Brain & Spine Institute** was an enriching experience. I was exposed to a wide range of therapeutic settings, including ABA, speech therapy, aquatic therapy, and group and family interventions. Observing these sessions helped me understand how therapists adapt their strategies based on the client's developmental stage, diagnosis, and behavioral needs.

I learned how to score and interpret clinical assessments such as the VSMS, CARS, and GARS, and observed how missing items in these tools were translated into targeted therapy goals. I also gained insight into how psychologists communicate with caregivers—explaining assessments, setting boundaries during sessions, and encouraging daily reflections to support emotional well-being at home.

Overall, the internship gave me a deep understanding of the therapeutic process, the importance of empathy and cultural sensitivity, and the collaborative effort required in neuropsychological care. It sharpened both my observational and analytical skills and affirmed my desire to grow further in the field of child psychology and clinical practice.

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B.Sc. Psychology with AI

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**Neurogen, Brain and Spinal
Cord Institute**

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My internship experience was a valuable and eye-opening journey that allowed me to move beyond textbooks and into actual psychological practice. Wherever most of my education occurred, I learned most of it at Meadowlark Hospital, where I worked under the supervision of a clinical psychologist and received firsthand experience in mental health assessment, diagnosis, and treatment planning. Watching actual cases, learning about diagnostic tools, and the ethical complexity of clinical work allowed me to develop personally and professionally. Though my stint at Pawar Public School was short-lived, it still provided worthwhile information regarding early childhood conduct and the need for intervention early on. Not only did this internship enhance my core skills but also confirmed my interest in clinical psychology and my dedication to contributing positively to the field.

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My internship has been an incredibly eye-opening and fulfilling journey. During the past 2 months, I've observed a wide range of therapy sessions, individual, group, and family-based, that showed me how deeply personalized and layered psychological care can be. I worked across various departments, including occupational therapy, speech therapy, special education, and even aquatic therapy, each offering a unique perspective on child development and behaviour. From helping therapists document client goals to interacting one-on-one with children during sessions, I gained hands-on experience that made everything I've studied feel real.

A fascinating part of my internship was working with the research department, where I contributed to data extraction projects, explored neurodevelopmental case files, and learned how tools like AI are applied in clinical research. I also completed assignments related to developmental milestones and standardized assessments like CARS and VSMS, which helped me understand how structure and observation come together to track progress over time.

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Neurogen, Brain and Spinal Cord Institute

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I'm currently interning with **InnerMined**, an emotional intelligence coaching platform focused on youth development through neuroscience-based wellness tools. As part of this internship, I'm designing and leading a 3-week well-being program for 10th-grade students, covering emotional awareness, social media influence, and self-reflection.

At first, I was excited yet unsure how my ideas would translate into a real school setting. However, through planning and conducting sessions, I learned to create age-appropriate and engaging content. I developed tools like check-in cards, reflection worksheets, and mock social media posts to help students connect with the material.

Though the internship is ongoing, it has already become a deeply rewarding experience, strengthening my passion for mental health education and building my confidence as a facilitator and mentor.

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