

Internship on **“Mental Health Awareness and Well-being Practices”** at **BHALO**
THEKO

Greetings from Bhalo Theko.

Thank you for sharing the opportunity to collaborate with Heramba Chandra College for student internships during the upcoming summer vacation.

We are pleased to submit our proposed internship program for your consideration.

1. Internship Title:

“Mental Health Awareness and Well-being Practices”

2. Subject Area:

Psychology / Mental Health / Positive Psychology

3. Duration:

15 Days / 60 Hours (Between Mid-May to End June 2026)

4. Mode of Delivery:

Hybrid Mode (Online sessions + optional offline/interactive components)

5. Short Description:

This internship is designed to introduce students to the fundamentals of mental health, emotional well-being, and positive psychology practices. Participants will engage in interactive sessions, case discussions, reflective exercises, and awareness campaign planning. The program aims to enhance self-awareness, empathy, communication skills, and practical understanding of mental health promotion in everyday life.

6. Fees:

1000/-per student (inclusive of materials and certification)

7. Registration Details:

Students can register using the following Google Form:

<https://forms.gle/dh8Rv2U3teAvzCZ38>

The registration form will include the following fields:

Name

Course

Semester

University Roll Number

University Registration Number

8. Orientation / Seminar:

An online orientation session will be conducted to guide students about the internship structure, expectations, and outcomes prior to commencement.

9. Registration Timeline:

Registrations will remain open until 30th April 2026.