

Namrata Kanal

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Dear Hiring Manager,

I am writing to apply for an internship at Samarpan. With a Master's degree in Applied Psychology from the University of Mumbai and a strong foundation in psychodiagnostic assessment, case documentation and practical training across diverse mental health settings, I believe I am well-equipped to contribute effectively to your clinical team.

My recent internship at Sukoon Nilaya Palliative Care involved taking case histories, providing one-on-one supportive counseling, facilitating group activities, administering psychometric tests, and maintaining detailed documentation—experiences that strengthened both my clinical and interpersonal competencies. At the Regional Mental Hospital in Thane, I worked with individuals with severe mental illnesses, building resilience, empathy, and a strong grasp of psychiatric protocols.

My observational internship at a Child Rehabilitation Centre expanded my exposure to developmental disorders and occupational therapy, fostering a multidisciplinary perspective critical to holistic care. I also served as a content writer with PsychNerv, where I created educational material aimed at promoting psychological well-being—an experience that sharpened my psychoeducational communication skills.

In addition to clinical work, I have completed independent academic research on intergroup anxiety as a mediator between contact and attitudes toward people with disabilities. This reflects my capability in research design, data analysis, and evidence-based practice—qualities essential for integrating current psychological research into client care.

I am fluent in English, Hindi, Marathi, and Sindhi, enabling me to connect with clients from diverse backgrounds with cultural sensitivity. I am passionate about delivering ethical, culturally sensitive, and evidence-based psychological services. I would welcome the opportunity to support your team and grow as a mental health professional under your supervision.

Thank you for considering my application. I am available for an interview at your earliest convenience.

Warm regards,

Namrata Kanal