

**A REPORT ON
CLINICAL INTERNSHIP AT
VEER SURENDRA SAI INSTITUTE OF MEDICAL
SCIENCES AND RESEARCH, BURLA, SAMBALPUR**



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INTRODUCTION

- An internship is a temporary, short-term work experience for students or recent graduates to gain practical, hands-on skills and professional experience in a specific field.
- The field that I chose was clinical setting, i.e., Veer Surendra Sai Medical College, Burla, Sambalpur. VIMSAR was established in July 1959 by Odisha's Chief Minister, Harekrushna Mahatab, as Burla Medical College (BMC). In 1969, BMC was renamed Veer Surendra Sai Medical College, and later became Veer Surendra Sai Institute of Medical Sciences and Research (VIMSAR).
- The internship duration was 30 days, i.e., from 22 October to 22 November 2025. During the course of the internship, I was taught how to take case history, conduct mental status examinations, etc.

OBJECTIVE OF THE INTERNSHIP

The main objective to attend the internship at clinical field was that firstly, We were curios and always wanted to have a working experience and observe different types of clients. This also helped us with:

- **To gain practical experience:** This provided us with hands-on experience in our chosen field, allowing us to apply theoretical knowledge in a real-world setting.
- **To develop skills and competencies:** Internship helped us to develop essential skills, such as communication, teamwork, professionalism, problem-solving, and time management.
- **Personal growth and development:** It was a transformative experience, helping us to develop greater self-awareness, confidence, and independence.

CASE STUDY

The cases that Moderator (Barsha Mohapatra) got to handle at VIMSAR are anxiety, depression, OCD, substance abuse and insomnia. The following case study is on depression participant.

Identifying Data

- Name- Mrs. X
- Age- 35 years
- Gender- Female
- Education- Graduate
- Occupation- Housewife
- Mother tongue- Odia
- Marital status- married
- Reliability- Reliable
- Informant- Patient and husband

Chief Complaints

- Persistent sadness
- Low mood
- Lack of energy
- Loss of interest in daily activities
- Poor appetite
- Low Energy
- Reduced Concentration
- Occasional thoughts of death

Onset of Illness

Gradual (the onset of illness have gradually developed with weeks, months, or years).

Duration of Illness

- Course of illness- Gradual
- Predisposing factors- genetics
- Perpetuating factor- Lack of proper treatment

Brief Clinical History

The patient was apparently normal 6 months back. Gradually she started feeling sad most of the day, nearly every day, without any clear reason. She lost interest in household work and social interaction. Her sleep pattern became disturbed, with early morning awakening. Appetite decreased leading to noticeable weight loss. She complained of tiredness even after small tasks.

Mental Status Examination

- Rapport-Not Established
- General appearance: Poorly groomed, reduced psychomotor activity
- Speech: Slow, low volume
- Mood: Depressed
- Affect: Constricted, congruent with mood
- Thought content: Negative thoughts, ideas of guilt and hopelessness
- Perception: No hallucinations or delusions
- Cognition: Attention and concentration reduced
- Insight: Partial insight (aware of illness but not severity)

Intervention Done

- Cognitive Behavior Therapy
- Behavioral activation
- Stress management strategies
- SSRI antidepressants
- Family support
- Lifestyle modification (Sleep schedule, balance diet, exercise balance diet)

LEARNING EXPERIENCE

- As an intern in a clinical field, I gained **professional knowledge** and **values** that would help me in every aspects of life.
- The psychologists and psychiatrists were very cooperative.
- I got to learn how to assess and note down case history along with mental status examination, establish rapport, different kind of therapies and intervention as per the situational demands.
- Psychologists also provided us information about various psychological fields and how to prepare for it accordingly.

CONCLUSION

- The internship provides us with an opportunity to gain experience in the field of our choice. It help us to utilize the knowledge and skills that we have in practical form.
- Internship in a clinical Veer Surendra Sai Medical College, Burla, Sambalpur setting, Sambalpur gave us a chance to have direct communication with the Psychologists and Psychiatrists who mentored us from the beginning of the session in every possible way.
- The most valuable lesson I learned was the importance of effective communication.

A vibrant watercolor illustration of a butterfly, rendered in shades of purple, pink, orange, and blue. The butterfly is positioned behind a white rectangular card. The background is a light peach color with scattered dark purple and orange speckles.

Thank
you