



Date- 8<sup>th</sup> March 2021

Programmes for preventing suicides  
and supporting survivors of suicide

## Letter of Volunteering and Internship

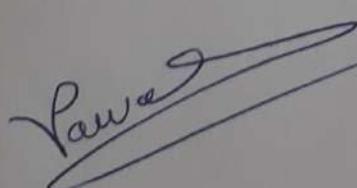
To Whomsoever It May Concern

Connecting NGO is a Pune based Social Organization working in the field of Mental Health with a key focus on Suicide Prevention since last 15 years. Established by Mrs. Arnavaz Damania in the year 2005, through its programs, the organization aims at providing emotional support to persons in emotional distress, those feeling suicidal, survivors of suicide, school program to create awareness and support systems for adolescents within the classroom through peer-to-peer support format and creating consistent awareness amongst stakeholders along with general public through sensitization workshops and sessions. All projects at Connecting, are implemented by a thoroughly trained team of volunteers and mentors.

This is to state that, **Ms. Sakshi Raheja** has been a volunteer with Connecting from September 2019 till date. She has undergone extensive training in our Awareness Program and has been a part of 26 sessions. She has also undergone an elaborate online training for our Suicide Survivors Support Program (SSP) in October 2020 under which emotional support is provided to persons who have survived a suicide attempt and those who have lost a loved one or a family member to suicide. This program is implemented through hospital and community visits. In September 2020, an add on telephonic emotional support service was started under SSP which has a wider geographic reach. Sakshi has also helped in implementing a school mental health awareness program by The Live Love Laugh Foundation, Bangalore where Connecting NGO was an implementing partner for Pune city.

Under SSP, Sakshi is thoroughly trained by Connecting in a specific Befriending technique of providing emotional support which is called MBAL (Mindful Based Active Listening). She is quick to learn and is very empathetic by nature. Her communication skills in English, Hindi and Marathi enables her to connect with large demography. We appreciate her deep interest and dedication towards the cause of mental health and suicide prevention.

We wish her the very best.

  
Vikramsinh Pawar

Recruitment and Training In-charge

Connecting NGO, Pune