



Date: August 2026

Communications Intern- Sangath Communications

About Sangath

Sangath is a not-for-profit organisation established in Goa in 1996, working to bridge the mental health treatment gap through research, innovation, service delivery and capacity building. We develop and scale evidence-based, community-centred approaches to make mental healthcare more accessible and equitable. Our work is guided by a commitment to equity, empathy and impact.

About Sangath Communications

Sangath Communications works across the organisation to share Sangath's work, research, people and impact with diverse audiences. The team leads communications across social media, digital content, campaigns, events, publications and organisational communications.

We are looking for a Communications Intern to support the team in developing engaging content and strengthening Sangath's digital presence.

Internship Details

Position: Communications Intern

Team: Sangath Communications

Location: Porvorim, North Goa

Duration: 3 months

Time Commitment: Full-time

Nature of Internship: Paid

Mode of Engagement: Hybrid, with preference for candidates based in Goa

Reporting to: Sangath Communication Officer

Purpose of the Internship

The three-month internship will provide additional task-based capacity to the Sangath Communications team during a period of increased communications activity, with a focus on content production, visual and multimedia communications, digital engagement, and communications support for selected international relevant days campaigns, events and organisational initiatives such as Sangath organisational video development. The intern will work closely with the Communications team to support priority tasks identified from the organisational communications calendar during the internship period.

The role will provide the intern with practical experience of developing communications for a mental health research and public health organisation, including translating research and programme work into accessible and engaging formats for wider audiences.

Key Responsibilities

1. Social Media & Digital Communications

- Support the development and adaptation of content for Sangath's social media platforms, including LinkedIn, Instagram, X, Facebook and YouTube.
- Maintain social media content trackers-Sangath social media handles & micro handles.
- Assist in tracking relevant mentions, tags and online coverage of Sangath and flag items for the

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Communications team's attention.

- Identify relevant conversations, trends and developments in mental health, public health and related sectors, to increase audience engagement.

2. Content Design, Ideation & Storytelling

- Ideate youth-friendly, dynamic and engaging content for Sangath's social media and campaign calendar.
- Develop concepts for reels, carousels, stories, short videos and other engaging formats.
- Support drafting captions, scripts, hooks and other short-form content.
- Assist with design requirements for campaigns, events, publications and other organisational initiatives.

3. Audio-Visual Content

- Assist with Sangath organisational video-making process.
- Assist the editing of short-form videos and audios, reels and other digital video content.
- Assist with editing & post production of interviews, event footage and other multimedia material.

Undertake other communications-related tasks as required by the Sangath Communications team.

Expected Outputs

The internship will be structured around defined outputs agreed with the Communications team at the beginning of the three-month engagement, based on Sangath's communications calendar and priority requirements.

Expected outputs may include:

- Communications content and collateral developed for identified campaigns, events or organisational initiatives taking place during the internship.
- Selected visual communication assets, including social media creatives, carousels, posters and event/campaign materials.
- Selected short-form multimedia outputs, including edited reels, videos or audio-visual content including Sangath organisational video.
- Regular updates to agreed social media, media or communications monitoring trackers.
- Research and recommendations on relevant communications trends, formats or opportunities.
- Supporting the Sangath organisational video development process from concept/development through to completion.

Specific outputs, quantities and timelines will be finalised in an initial work plan and reviewed periodically during the internship. The intern will support the Communications team in delivering these outputs and will not independently own ongoing organisational communications functions.

Who We Are Looking For

We are looking for **someone who is creative, curious, organised and eager to learn, with an interest in using communications to contribute to mental health and social impact.**

- A degree or currently pursuing a degree in Communications, Journalism, Mass Media, Digital Media, Design, Marketing or a related field.
- Strong written and verbal communication skills in English.
- An interest in social media, digital communications and storytelling.
- Basic to intermediate skills in graphic design and/or video editing. Experience in video editing,

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graphic design, social media content creation, photography, storytelling or communications will be an advantage.

- Familiarity with tools such as Canva and/or Adobe Pro cloud or other relevant design and editing software.
- Good attention to detail and an ability to organise information systematically.
- The ability to work independently as well as collaboratively with a team.

What You Will Gain

- Hands-on experience in digital and social media communications within a public health and mental health organisation.
- Practical experience in content ideation, storytelling and developing engaging social media formats.
- Exposure to graphic design, visual communications and audio-visual content production.
- Experience in communicating research and evidence to wider audiences in accessible formats.
- Experience in social media monitoring, analytics and audience engagement.
- An opportunity to work closely with a multidisciplinary team and understand communications in a research and non-profit setting.

A portfolio of real-world communications work developed during the internship, subject to Sangath's approval for use.

Application

Interested candidates should submit their applications to communications@sangath.in, with subject line as 'Sangath Comms Internship Applicant'. The applications should include:

- A current CV;
- A brief statement outlining their interest in the internship and why they would like to work with Sangath; and
- A portfolio or examples of relevant work, particularly in video, design, social media, photography, writing or other creative communications.

Candidates based in Goa or able to work from Goa are preferred.

Duration: 3 months | Full-time | paid | Goa