

Final Project

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COURSE – B.TECH.CSE.

1. How the social internship has changed you and your perspectives

When I first stepped into the world of my summer internship, I had little idea of the depth of connection, learning, and transformation that lay ahead. The journey began at **Anandshala**, a place that wasn't just a summer camp, but a beautiful fusion of learning and joy - a sentiment beautifully captured by **Swamiji** himself, who believes that learning should always happen in a state of "anand" (joy). This idea stayed with me throughout.

In those early days, everything was new - the environment, the people, and even the role I was to play. But soon, as I interacted with the children, mentors, and fellow interns, I began to realise the **incredible power of presence, patience, and empathy**. My group of children quickly became more than just students - they were tiny windows into different lives, with different needs, dreams, and expressions. From **teaching them art with leaves**, guiding them in drawing competitions, or helping them write essays, to just **talking about their day, their families, and their hobbies**, every interaction added a new layer to my understanding.

What changed me most was not the structured sessions, but the **raw, honest exchanges** - a child offering a flower or a handmade bracelet, another promising they'll remember me, and yet another saying I was their favourite. These gestures weren't grand, but they were **deeply human**. They reminded me that **impact doesn't always come from teaching a new skill - sometimes, just being there, listening and appreciating them was enough**.

We engaged in countless creative activities - from **meditation and "Art of Living" sessions to origami, kalam-making, singing, dancing, and storytelling**. In each of these, I saw the power of experiential learning. The children had an incredible spark - they were quick learners, imaginative thinkers, and curious explorers. I saw my role shift from instructor to enabler, someone who learns just as much as she teaches.

There were challenges too - managing kids of varied age groups, trying to hold their attention, keeping up with their boundless energy, or explaining concepts like States and Capitals to those who had never memorised them. But the breakthroughs - when hesitant kids began asking questions or confidently repeated what they'd learned - were moments of deep fulfilment. I learnt how to adapt, how to break things down, how to switch from Hindi to English and back again so no child felt left behind.

One especially impactful moment was during a session with the **Art of Living volunteers**, where they said, **"Meditation isn't focus. It gives you focus."** It made me reflect on how important stillness is,

even in the midst of chaos. Another eye-opener was the conversation around the **Bhagavad Gita and Ashtavakra Gita**, where I understood that **perspective matters more than prescription** - everyone interprets life and learning differently, and that's the beauty of working with people.

What truly changed me is how emotionally invested I became. The kids and I shared laughs, danced in the rain, struggled over maths problems, talked about their dreams, and cried a little on the last day. I didn't expect to be so moved by these interactions, but they've left a mark that's hard to describe in words. I now know that **real education - and real change - starts with connection.**

2. Your understanding of the focus area(s) of your internship

The focus area of this internship primarily revolved around **primary education, holistic development, creativity, health, and environmental awareness**. Each of these was not just taught but *lived* through our daily activities.

In education, I learned how learning styles vary so widely - some kids understood better through visuals, some needed more explanation, some only opened up after you talked about their hobbies or dreams. I realised that **education is not about finishing a syllabus, it's about igniting curiosity**. Whether it was teaching them Hindi grammar, Maths word problems, phonics, or general knowledge, I had to constantly find ways to connect subjects to their lives.

In creativity, I saw the *magic of freedom*. From clay Ganeshas to turtle-shaped diya art, from leaf collages to chart paper crafts, every session highlighted how art helps kids express what they cannot always say in words. Some kids, who were shy during reading, would open up during painting or dancing.

Health and well-being were addressed through engaging sessions - like those by Dr. Hariraaj Singh on nutrition, CPR training, and even discussions on hygiene, RO water, and pollution. These made me realise how even basic information can become transformative when made fun and interactive.

The sessions on **environmental awareness** - especially the one on waste management, the 3Rs, and eco-bricks - were incredibly insightful. They weren't just for the kids. As an intern, I learned practical ways to reduce waste, reuse materials, and spread this message further.

Through all of this, I understood that **social work isn't only about giving - it's about sharing**: time, space, knowledge, and love. Whether it was helping them read a story or distributing fruit salad, or just dancing together, every act built trust and brought joy.

The internship also taught me the **value of structure within flexibility** - we planned, we adapted, we reflected. Swamiji's guidance was central here. From his sessions on culture, spirituality, and self-realisation to his simple chats about everyday tasks, I learned that **real leadership is calm, grounded, and compassionate.**

3. How do you see yourself making a difference, immediately and in the long term?

In the short term, I hope to **keep nurturing the bonds I've made**. I wish to **stay connected with the children**, even if in small ways - sending them books, visiting them again, or staying in touch with the

NGO. These children look up to us, and I want to **be someone they can continue to look up to** - not as a perfect figure, but as someone who tries to be better every day.

I also want to **take what I've learned back to my own life** - at home, in college, among peers. Be it through **teaching someone from an underprivileged background**, helping a friend through stress with what I learned from meditation, or encouraging others to reduce plastic use - I now carry tools that can be applied in small, meaningful ways.

In the long term, I've realised that **education and empathy are my strongest tools for change**. I see myself contributing to the **reformation of education systems**, making them more inclusive, creative, and human-centric. This internship has given me the foundation, the clarity, and most importantly, the confidence to work toward that goal.

Whether I end up as a teacher, a psychologist, or an artist, I know that **children and learning will always be part of my purpose**. The impact of this internship isn't limited to its duration - it has permanently shifted how I see service, society, and self. It's not just about changing others' lives. It's about letting them change you too - and that's exactly what happened here.