

Social Internship

[Community Engagement and Social Responsibility]

24BCF10046

Final Report

By

HARMAN SINGH

Social Internship Report

9th – 18th June 2025



Apex Institute of Technology (AIT)

Submitted by:

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24BCF10046

Section: BCF - 1

Program: BE-CSE (Full stack Development)

Submitted to: Dr. Ankit Garg

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Certificate / Letter by the Gram Pradhan/ Sarpanch/ Mukhiya

To Whom It May Concern

This is to certify that Harman Singh, a student B. Tech-CSE (Full stack development) /Chandigarh university, has actively participated in social internship activities in village Itna from 9 June to 17 June.

During this period, He was engaged in various tasks and projects aimed at improving the social welfare and infrastructure of our community.

Harman Singh demonstrated a high level of dedication, responsibility, and enthusiasm throughout the internship period. He worked closely with the villagers and made significant contributions to our community's development.

We appreciate his efforts and wish him success in his future endeavors.

Thanking you.

Date: 03-07-2025

Yours Sincerely,

Sarpanch Name: علیم سیف بیگ

Sarpanch Village Name: اتنا

Contact Information: 9906546062

Acknowledgement

First and foremost, I want to thank my parents for their unwavering support and encouragement during my academic career. Their steadfast faith in my potential has served as a continual source of inspiration. My profound gratitude also goes out to my supervisor, Professor Mr. Yogi raj bhale, for all of his help and support during the research process. Their knowledge and suggestions have greatly influenced this study. I am also appreciative of CHANDIGARH UNIVERSITY for providing me with this chance. Their assistance in making pertinent data, resources, and research materials more accessible has been priceless. I would also like to extend my sincere gratitude to the individuals and organizations for their invaluable assistance and contributions to this study on rural livelihoods. I sincerely appreciate the cooperation of the Citizens, Sarpanch of the Village, Local Community Leaders and Elders, Non-Governmental Organizations (NGOs) and Local Authorities. I would want to sincerely thank everyone who took part in the interviews, questionnaires, and discussions that were a part of my research. Their enthusiastic participation was essential to the success of our investigation. I sincerely appreciate all of your help, advice, and inspiration during this project

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Abstract

This project aims to empower rural communities by enhancing educational outcomes and promoting sustainable development through digital literacy and sustainable practices. By establishing digital learning centres and providing training in technology, environmental conservation, and sustainable agriculture, the project seeks to bridge the digital divide and improve agricultural productivity. Special focus will be given to youth and women, ensuring they have the tools and knowledge to achieve self-sufficiency and resilience. Through workshops, educational materials, and community engagement, the project will raise awareness about environmental issues and foster participatory decision-making processes. Expected outcomes include increased digital literacy, better adoption of sustainable practices, improved community participation in conservation efforts, and enhanced economic resilience. By integrating education and sustainability, this initiative aims to create lasting positive change in rural areas.

1 Introduction

Overview

Social internships offer an invaluable opportunity for students and young professionals to engage with communities and contribute to social development. Focusing on rural areas and partnering with non-governmental organizations (NGOs) allows interns to understand the unique challenges faced by these communities and work towards sustainable solutions. This internship aims to bridge the gap between academic knowledge and real-world application, fostering a deeper understanding of social issues and cultivating a sense of social responsibility.

Objectives

1. **Understanding Rural Dynamics:** Interns will gain insights into the socio-economic conditions, cultural practices, and daily challenges of rural communities. This includes studying aspects such as agriculture, education, healthcare, and infrastructure.
2. **Engaging with NGOs:** Collaborating with NGOs working in rural areas allows interns to understand their strategies, methodologies, and the impact of their initiatives. Interns will assist in various projects, gaining hands-on experience in project management, community engagement, and resource mobilization.
3. **Skill Development:** The internship will develop a range of skills including problem-solving, communication, leadership, and adaptability. Interns will learn to navigate the complexities of development work, balancing empathy with practical action.

Activities

1. **Community Assessments:** Conducting surveys and interviews to gather data on community needs, resources, and aspirations. This helps in designing targeted interventions.
2. **Project Implementation:** Working on ongoing projects such as educational programs, health camps, agricultural development, and women's empowerment initiatives. Interns may assist in planning, executing, and monitoring these projects.
3. **Workshops and Training:** Participating in and organizing workshops for community members on topics like health and hygiene, financial literacy, and sustainable farming practices.
4. **Documentation and Reporting:** Keeping detailed records of activities, outcomes, and learnings. This includes writing reports, creating presentations, and documenting success stories.

Benefits

- **Practical Experience:** Interns gain first-hand experience in addressing real-world issues, which is invaluable for their personal and professional growth.
- **Networking:** Building connections with professionals in the field, community leaders, and fellow interns.
- **Social Impact:** Contributing to meaningful change and development in underserved communities.

A social internship in rural areas, in collaboration with NGOs, is a transformative experience that equips interns with the knowledge, skills, and motivation to contribute to social development. It is an opportunity to make a positive impact while gaining a deeper understanding of the complexities of rural life and development work.

II Review of literature

The body of research on social internships emphasizes how important they are for developing professional abilities and civic engagement. According to research, these internships offer beneficial practical experience that develops skills in problem-solving, communication, and project management—all of which are essential for career advancement (Coco, 2000; Gault, Leach, & Duey, 2010). Furthermore, social internships foster personal development by improving civic engagement, self-efficacy, and cultural understanding (Eyler & Giles, 1999). The value of mentoring is emphasized since it helps interns advance their careers by providing them with networking opportunities and guidance (Allen et al., 2004). Notwithstanding these advantages, there are frequently problems as well, including inadequate supervision, a lack of organizational resources, and mental stress from social issue exposure (Bittman, 2013; Lizano, 2015). Although internships are only temporary, they can have a positive impact on communities and organizations (Stoecker & Tryon, 2009). Additionally, social internships often have an impact on career paths, motivating many interns to seek positions in public service and non-profits (Astin & Sax, 1998). Grant-Smith & McDonald, 2018; Hatcher & Bringle, 1997) make recommendations for structured programs with well-defined goals, strong support networks, and collaborations with educational institutions to incorporate these experiences into more comprehensive educational frameworks in order to optimize their efficacy.



III
Day Wise Activities List

Week 1

S. No.	Day	Date	Activity Name	Brief description of Activity / visit
1	1	9 nd June	livestock farm visit.	Hands on exploration of animal husbandry issues through farm engagement
2	2	10 rd June	Farmer empowerment Reflection on sustainable farming	Farmer orientation on sustainable agriculture practices
3	3	11 th June	Sustainable village reflection and proposal	Conducting environmental quality assessment and sustainable energy awareness in Rural area
4	4	12 th June	Soul of villages capturing the essence of Rural India	Explore the village and Daily routine of villagers
5	5	13 th June	Visit to Local School	Rural infrastructure and livelihood : Reflections on livelihood impacts and service accessibility



Week 2

S. No.	Day	Date	Activity Name	Brief description of Activity / visit
1	6	14 th June	Building climate resilient Enhancing climate change awareness	Exploring climate change impacts and strengthening community disaster preparedness
2	7	15 th June	Tree plantation Drive	Community based tree plantation drive for environmental sability
3	8	16 th June	Health awareness campaign	Community screening and wellness camp in collaboration with local healthcare provides
4	9	17 th June	Support for Traditional Industries Empowering Rural Communities	Exploration of Traditional Industry Development under SFURTI and Mission Antyodaya Survey for GPDP Support
5	10	18 th June	Women's Rights and Awareness Campaign	Spread awareness on gender equality and women's rights

IV

Daily Diary Summary

Week 1:

During the first week of my social internship in Attina village, I gained valuable exposure to rural life, livelihood practices, and community challenges. On the first day, I visited a livestock farm where I learned about the importance of animal husbandry in sustaining the rural economy and the issues faced by farmers such as diseases and high feed costs. The following days involved activities related to agriculture, irrigation practices, and local resource management, which gave me insights into how farming is the backbone of the village economy. I also observed the role of self-help groups (SHGs) in supporting women through small savings and income-generating activities, along with an introduction to local governance and Panchayati Raj institutions. Interacting with villagers helped me understand their perspective on education, health facilities, and employment opportunities.

Week 2:

In the second week of my social internship, the focus shifted towards community empowerment and social awareness. On Day 8, I learned about rural skill development and livelihood initiatives, which emphasized how training programs help villagers, especially youth, to become self-reliant. On Day 9, I explored traditional industries under the SFURTI scheme and the Mission Antyodaya Survey, where I understood how crafts like weaving and handicrafts provide income while preserving cultural heritage. On Day 10, I took part in a Women's Rights and Awareness Campaign, which spread awareness about gender equality, women's legal rights, and the importance of empowering women at the grassroots level. The remaining days of the week included sessions on education awareness, digital literacy, and health campaigns, which highlighted the importance of holistic rural development.

V

Profile of Study Area

Village 1 Profile:

Village Name – Atna, Kashmir

- **Block/Tehsil – Attina**
- **District – Badgam**
- **Population – 12,612 (as per Census 2011)**
- **Area – Not explicitly stated, but part of the Kashmir Valley region**
- **Households – Estimated based on population, likely over 2,000**
- **Livelihoods – Residents engage in small-scale businesses, operate private shops, and practice agriculture. The town also has an Industrial Training Institute, indicating vocational engagement.**
- **Location Code / Village Code – Not specified, but Pin code is 193411**
- **Proximity – Attina is a Village in Beerwah Block in Badgam District of Jammu & Kashmir State, India. It is located 23 KM from District head quarters Budgam**
- **Governance – The head of the district administration in Attina is the District Development Commissioner (DDC), who is responsible for the overall administration and implementation of government schemes.**
- **Electrification – The village has access to electricity, supporting homes, shops, and public services**
- **Road System – The road system in Attina is extensive, serving as a critical gateway to South Kashmir and connecting the Kashmir Valley with the Chenab Valley and Pir Panjal regions**
- **Irrigation Projects – Yes, has a well-developed and historically significant network of irrigation projects, owing to the numerous rivers and streams in the region.**
- **Social Services – Includes a Govt Senior Secondary School, health centers, and outreach programs. Infrastructure supports delivery of education and healthcare**

Difficulties

- **Physical Dispersion –** Some areas are remote, making outreach and survey work time-consuming
- **Limited Transportation –** Public transport options are sparse; fieldwork may require personal vehicles or coordination with local transport
- **Weather Challenges –** Rain and extreme heat can disrupt schedules, especially during monsoon season

VI Local Governance and Decentralization

Introduction to Panchayati Raj:

The Panchayati Raj system in India is a decentralized form of governance introduced to bring democracy to the grassroots level. It comprises three tiers: the Gram Panchayat at the village level, the Panchayat Samiti at the intermediate level, and the Zila Parishad at the district level. The Gram Panchayat is the executive body responsible for the administration of the village, while the Gram Sabha, consisting of all the adult residents, is the general body that discusses and decides on key issues. In urban areas, governance is managed by Nagarpalikas(Municipal Councils) and Municipal Corporations, depending on the population size and other factors.

Key Strengths and Weaknesses of Panchayati Raj and Urban Local Bodies (ULBs): In Village, the Panchayati Raj institutions play a crucial role in governance and service delivery. The key strengths and weaknesses observed include:

Strengths:

1. Community Participation: The Gram Sabha encourages active participation of the village residents in decision-making processes, ensuring that the governance is inclusive and reflective of the community's needs.
2. Localized Decision-Making: The proximity of the Gram Panchayat to the community enables timely and context-specific decision-making, addressing local issues effectively.
3. Empowerment of Local Leaders: Panchayati Raj institutions empower local leaders and provide them with a platform to lead developmental activities in their communities.

Weaknesses:

1. Limited Resources: The Gram Panchayat often faces a shortage of financial and human resources, which hampers its ability to deliver services efficiently.
2. Capacity Constraints: There is a lack of training and capacity-building initiatives for local leaders and officials, leading to suboptimal governance and administration.
3. Political Interference: Local governance is sometimes influenced by political agendas, which can divert attention from the community's genuine needs and priorities.

Challenges Faced by Panchayati Raj and ULBs: Despite their strengths, the Panchayati Raj institutions and Urban Local Bodies in Vanghmun village face several challenges:

1. Resource Allocation: Insufficient funds and resources limit the ability of these institutions to implement development projects and provide essential services such as healthcare, education, and sanitation.
2. Administrative Challenges: Bureaucratic hurdles and a lack of efficient administrative systems impede the smooth functioning of local governance.
3. Community Engagement: While the Gram Sabha aims to involve the community, achieving meaningful participation from all sections, especially marginalized groups, remains a challenge.
4. Transparency and Accountability: Ensuring transparency in decision-making and accountability of local leaders is often difficult, leading to issues such as corruption and mismanagement.



Role of J&K Yateem Foundation (JKYF) NGO: NGO significant role in supporting and enhancing the functioning of local governance in village. Their involvement includes:

1. This is one of the most prominent welfare organizations in the region. While it operates across Jammu and Kashmir, it has a significant presence in Anantnag. It primarily works for the welfare of orphans, widows, and other destitute members of society, providing them with financial aid, educational support, and other essential services.
 2. Athrout (meaning 'handshake' or 'support' in Kashmiri): Focused on humanitarian aid, Athrout works on providing support to underprivileged sections of society. Their initiatives often include healthcare assistance for the poor, livelihood support programs, and disaster relief.
3. Kashmir Environmental and Social Organization (KESO): This NGO works on environmental conservation and awareness in the region. Their activities include plantation drives, sanitation campaigns, and raising awareness about the ecological fragility of the Kashmir Valley, including important areas within the Anantnag district.

VII

Government's Efforts Towards Holistic Rural Development and Promoting Inclusive Growth

Many governments recognize the role that rural development plays in achieving overall national prosperity and reducing inequality. A list of numerous noteworthy efforts is provided below:

1. Modern agriculture can boost productivity and income by giving farmers access to funding, subsidies, improved crops, fertilizers, and irrigation techniques. Promoting diversification into non-agricultural livelihoods and rural sectors including food processing, handicrafts, tourism, and small businesses can result in the development of new jobs. Programs for enhancing one's skills: If rural children receive vocational training that is relevant to the demands of the community and the job market, they can increase their employability.
2. Improving rural communities' physical infrastructure entails building and maintaining roads, bridges, irrigation systems, electricity grids, and other infrastructure that links them to markets and opportunities.
3. Digital connectivity- We can reduce the digital divide, facilitate e-governance, and give rural communities access to online markets, healthcare, and education by providing internet and telecommunications services. Social infrastructure: Investments in clean water supplies, schools, healthcare facilities, and sanitation facilities are crucial to enhancing the overall well-being, health, and education of rural residents.
4. Swachh Bharat Abhiyan- The goal of the Swachh Bharat Abhiyan (SBA) program, also known as the Swachh Bharat Mission (SBM) or Clean India Mission in English, is to make India's cities, smaller towns, and rural areas cleaner on the streets, highways, and infrastructure. Swachh Bharat aims to end open defecation by building toilets owned by households and communities and putting in place a responsible system for toilet usage monitoring.
5. Integrated Widow Pension Scheme- The NSAP is launched with the aim of providing social assistance to destitute "defined as any person who has little or no regular means of subsistence from his/her own source of income or through financial support from family members or other sources". The NSAP includes three components: National Old Age Pension Scheme (NOAPS), National Family Benefit Scheme (NFBS), and National Maternity Benefit Scheme (NMBS)

VIII Findings

One program that attempts to improve rural connectivity is the Pradhan Mantri Gram Sadak Yojana (PMGSY). Social welfare programs- MGNREGA and Krishak Swasthya Sathi are two instances of endeavour providing health insurance and employment prospects. Initiatives for Empowerment Girls are encouraged to delay marriage and pursue higher education through initiatives like KanyashreePrakalpa.

Regional Disparities - like many districts with varied geography, Attina experiences certain regional disparities, primarily between its well-connected plains and its more remote, hilly areas.

Need for Continued Efforts - Overcoming these obstacles calls for a multifaceted strategy that includes funding for social safety nets, skill development, infrastructure, and women's empowerment.

IX
Photo Evidences





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Lat 34.008091° Long 74.626032°

09/07/2025 03:18 PM GMT +05:30



GPS Map Camera

X Conclusion

This Project on rural areas, villages, livestock farms, and animal husbandry highlights the intricate relationship between agricultural practices and the socio-economic development of these regions. Livestock farming and animal husbandry play a crucial role in sustaining rural livelihoods, providing not only a source of income but also contributing to food security and nutrition.

Through our exploration, we've seen how NGOs, particularly J&K Yateem Foundation (JKYF), are pivotal in enhancing the living conditions of rural communities. Pragati's initiatives in promoting sustainable agricultural practices, improving livestock health, and educating farmers have led to significant advancements in rural development. The NGO's efforts in providing resources, training, and support to farmers have resulted in improved productivity and better management of livestock farms.

In conclusion, the integration of modern agricultural techniques, combined with the support from NGOs, can transform rural economies. Sustainable practices in animal husbandry and livestock farming are essential for the long-term prosperity of these communities. Continued support and innovation in this sector will ensure a balanced growth that benefits both the rural population and the broader economy.

This project underscores the importance of collaborative efforts between farmers, NGOs, and government bodies in achieving sustainable development goals in rural areas. By focusing on education, resource management, and technological adoption, we can create a thriving ecosystem that supports the well-being of both the people and the animals that form the backbone of rural life.