

INTERNSHIP LEARNING MODULE FOR SCHOLARS

Mentoring Organization: VK-AICYAM, Bhubaneswar

Mentee Organization: University, College, Research Institute, Government Department

Introduction and purpose:

The purpose of this internship program is to provide practical experience and field exposure to interns along with the development of professional skills as well as promoting their moral, mental, and physical wellbeing.

The core objectives are:

- To develop life skills and social interaction capabilities
- To gain practical experience through learning and field exposure on social system
- To document understanding of field learning on social interactions
- To list a set of key action points for consideration

Internship structure and duration:

The internship will be held for one month with 200 hours of work as per the following:

Theme	% time	Week 1	Week 2	Week 3	Week 4
Orientation & Soft Skill	8%	16 hours			
Personality Development	10%	16 hours			04 hours
Field Engagement	45%	11 hours	40 hours	35 hours	04 hours
Documentation	25%	05 hours	05 hours	08 hours	32 hours
Review and Feedback	7%	02 hours	05 hours	05 hours	02 hours
Presentation Preparation	5%			02 hours	08 hours
	100%	50 Hours	50 Hours	50 Hours	50 Hours

Core learning area:

Learning modules integrates practical aspects of social work skills with welfare and morality:

Learning Module: Professional Skill Development

- Community development - working with groups of marginalized and designing intervention.
- Livelihood and skill development - empowering the weaker and marginalised community.
- Policy implementation and advocacy - to understand and influence social policies.
- Mental Health and Counselling - Providing guidance for groups of special needs.
- Participation Research and Document – Survey, Study, Analyse, and Write report.

Learning Module: Ethical Development

- Developing moral decision-making - Case study on moral dilemmas in social work.

- Value-based leadership training - Building responsibility, integrity and sympathy.
- Community association/engagement with reflection - Understanding prejudices, privileges, diverse approaches, and perspectives.

Learning Module: Mental and Emotional Well-being and Flexibility

- Mindfulness and Stress Management - Techniques for managing stress and work overload
- Self-care and compassion fatigue - Balance awareness-individual and business demands.
- Emotional intelligence and Conflict resolution - Enhancing interpersonal skills.

Learning Module: Physical welfare (well-being) and self-care

- Yoga and fitness activities - regular physical activity to maintain stamina and physical fitness
- Awareness on Health and Nutrition - Enable and encourage for suitable habits/ lifestyle for healthy survival.
- Field Safety Training - Equip students with skills to handle challenging environment.

Mentorship and supervision:

- Professional Patron - Social Activist, Area Expert [Subject Matter Specialists] as Guide
- Mental Health Support - Regular check-in with mental health assistance - counselling and moral boosting
- Encouraging fitness and safety - Practicing physical fitness and holistic well-being
- Weekly review – Responsive participation, self-confidence session, Q&A session, and self-assessment session

Expected results to be achieved by the interns:

- Acquiring and documenting a structured list of key social skills, including communication, teamwork, problem-solving, and adaptability that are essential for effective engagement in social systems.
- Active participation in real-world community interactions that leads to hands-on experience in analysing and understanding social structures, challenges, and interventions.
- Preparing comprehensive reports summarizing key learnings, challenges faced, and insights gained from fieldwork.
- Formulating a set of actionable recommendations based on field observations to enhance social engagement strategies and improve intervention effectiveness.

Deliverables (Output):

- Submission of Project Specific Reports (A project is allocated to a team of 2-5 interns) covering scope, learning, analysis, recommendation, and feedback
- Submission of Batch Specific Reports (A batch is consisting of 10-25 interns engaged with 5-10 projects) covering batch level theme/themes, scope, learning, analysis, recommendation, and feedback

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