

**Internship
at
Plan India,
New Delhi**

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The logo for IIHMR University, featuring a stylized 'i' in a square followed by the letters 'IIHMR' in a large, bold, serif font, and the word 'UNIVERSITY' in a smaller, sans-serif font to the right.
**The IIHMR University, Jaipur
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Internship Report

Introduction:

Plan International is one of the oldest and largest children's development organisations in the world working in 51 developing countries across Africa, Asia and the Americas to promote child rights and lift millions of children out of poverty. Plan in India is part of Plan International which is founded over 75 years ago.

Plan's vision is of a world in which all children realise their full potential in societies which respect people's rights and dignity. Plan India's rights based approach helps bring lasting improvements to the lives of vulnerable children and their communities in India, including children living on the streets and those living in urban homeless families; those with disabilities or affected by HIV; those who are exploited and trafficked; the children of sex workers; and child labourers.

Plan has helped communities throughout India to help them, so that children have access to their rights including the right to:

- Protection
- Basic education
- Proper healthcare
- A healthy environment
- Livelihood opportunities
- Participation in decisions which affect their lives.

Vision

Plan's vision is of a world in which all children realise their full potential in societies that respect people's rights and dignity.

Mission

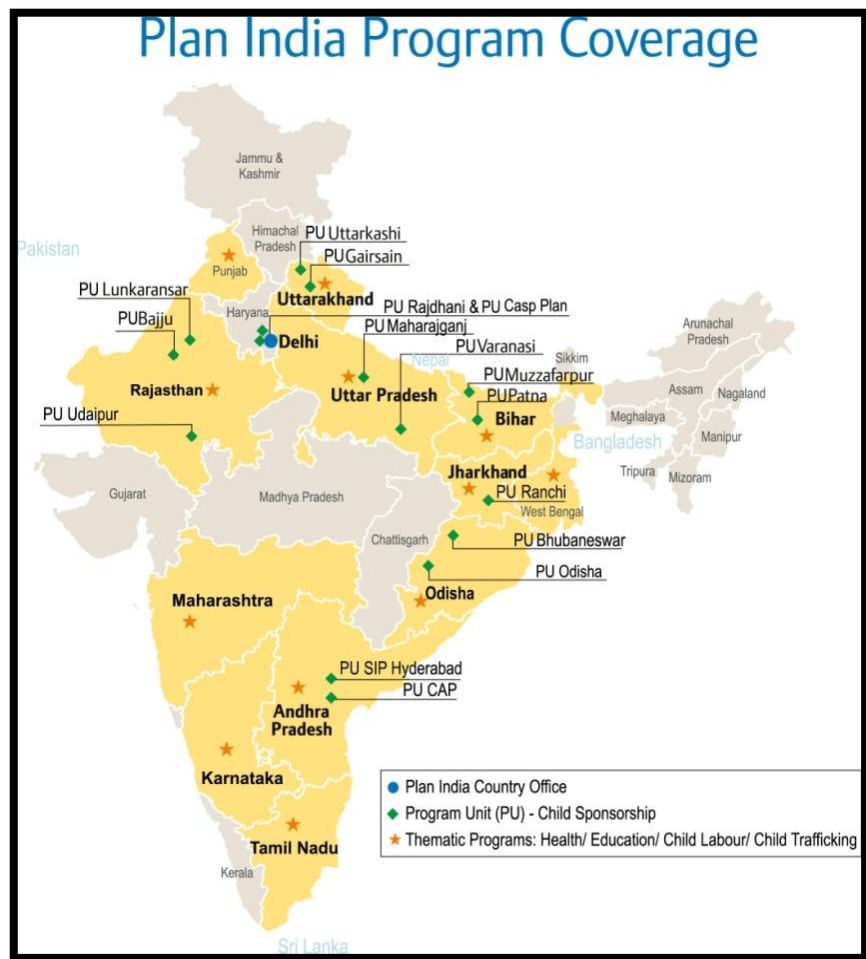
Plan aims to achieve lasting improvements in the quality of life of deprived children in developing countries, through a process that unites people across cultures and adds meaning and value to their lives, by:

- Enabling deprived children, their families and their communities to meet their basic needs and to increase their ability to participate in and benefit from their societies
- Building relationships to increase understanding and unity among peoples of different cultures and countries
- Promoting the rights and interests of the world's children.

Organisation Profile:

Plan's Program areas in India

1. Andhra Pradesh
2. Bihar
3. Delhi
4. Jharkhand
5. Rajasthan
6. Maharashtra
7. Orissa
8. Punjab
9. Uttarakhand
10. Uttar Pradesh
11. Karnataka
12. Tamil Nadu
13. Jammu & Kashmir



In 2014, Plan worked with 86,676 communities. Their work areas had a population of 164.9 million people - including 81.5 million children. Plan is independent, with no religious, political or governmental affiliations.

Core areas of Work

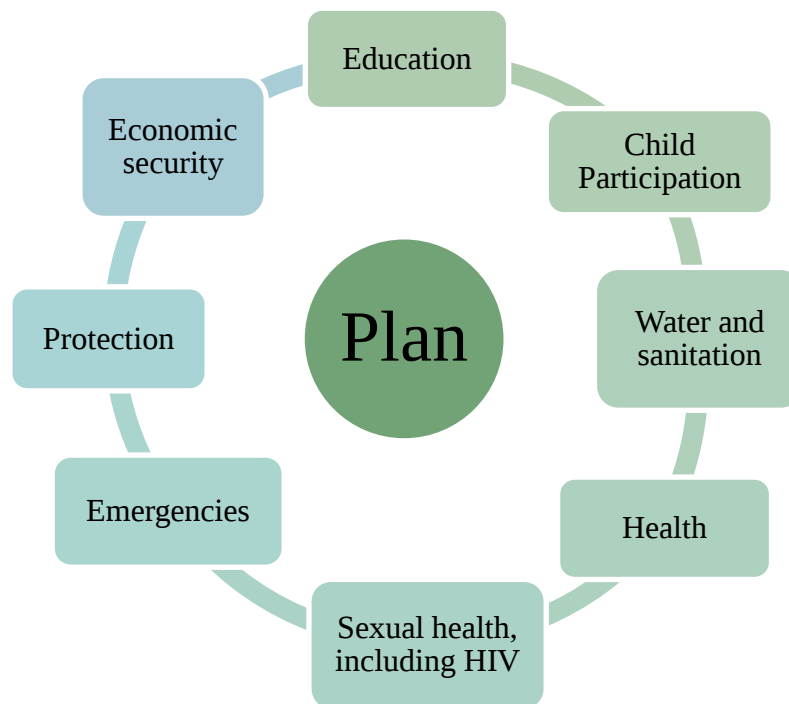


Figure 3: Plan's eight core areas of work

Plan India-Astra Zeneca Young Health Program

Young Health Program Initiative started by Astra Zeneca, Plan UK and Plan India, to bring meaningful difference to health and well being of marginalized and disadvantaged adolescents and young people(10-24years) by helping them to make informed choices to protect their health, now and in future. Plan India has been steering this Project with support of four partner organizations

- Navshriti
- CASP
- Alamb
- Dr. A V Baliga Trust

At five project locations: Holambi Kalan, Manadpur Khadar, Badarpur, Dwarka and Mangolpuri of Delhi.

Key Issues of the program:

Following the baseline survey and an understanding of the overarching health related issues of adolescents in the community chosen for intervention under the program, the key issue identified included:

- Hygiene and Sanitation, including personal Hygiene.
- Sexual Hygiene and safe practices (leading to overall reproductive health), including menstrual hygiene and sexually transmitted infections.
- Communication diseases such as TB and Malaria as well as general ailments like diarrhea.
- Non-Communicable diseases and ailments, related to diet, substance abuse, etc. and
- Life skills, a focus that cuts across all other core themes.

Aim

To make a meaningful difference to health and well being of marginalised and disadvantaged adolescents by helping them to make informed choices to protect their health, now and in the future

Objectives of Astra Zeneca Young Health Program are:

- Capacity building and support for adolescents by providing relevant information, knowledge and skills on lifestyles and better choices, that will help enhance responsive health-seeking behavior
- Build community understanding and engagement in key adolescent health and protection issues
- Improving awareness of and access to youth-friendly healthcare systems and services
- Address the immediate needs of the community related to healthcare, hygiene and sanitation

Project Location Map of YHP Delhi

The Young Health Programme (YHP) is being rolled out in five project sites (Badarpur, Madanpur Khadar, Mangolpuri, Holambi Kalan and Dwarka), which covers three districts of Delhi. Plan India is overseeing the roll out of YHP with the support of four grass roots NGOs, detailed below:

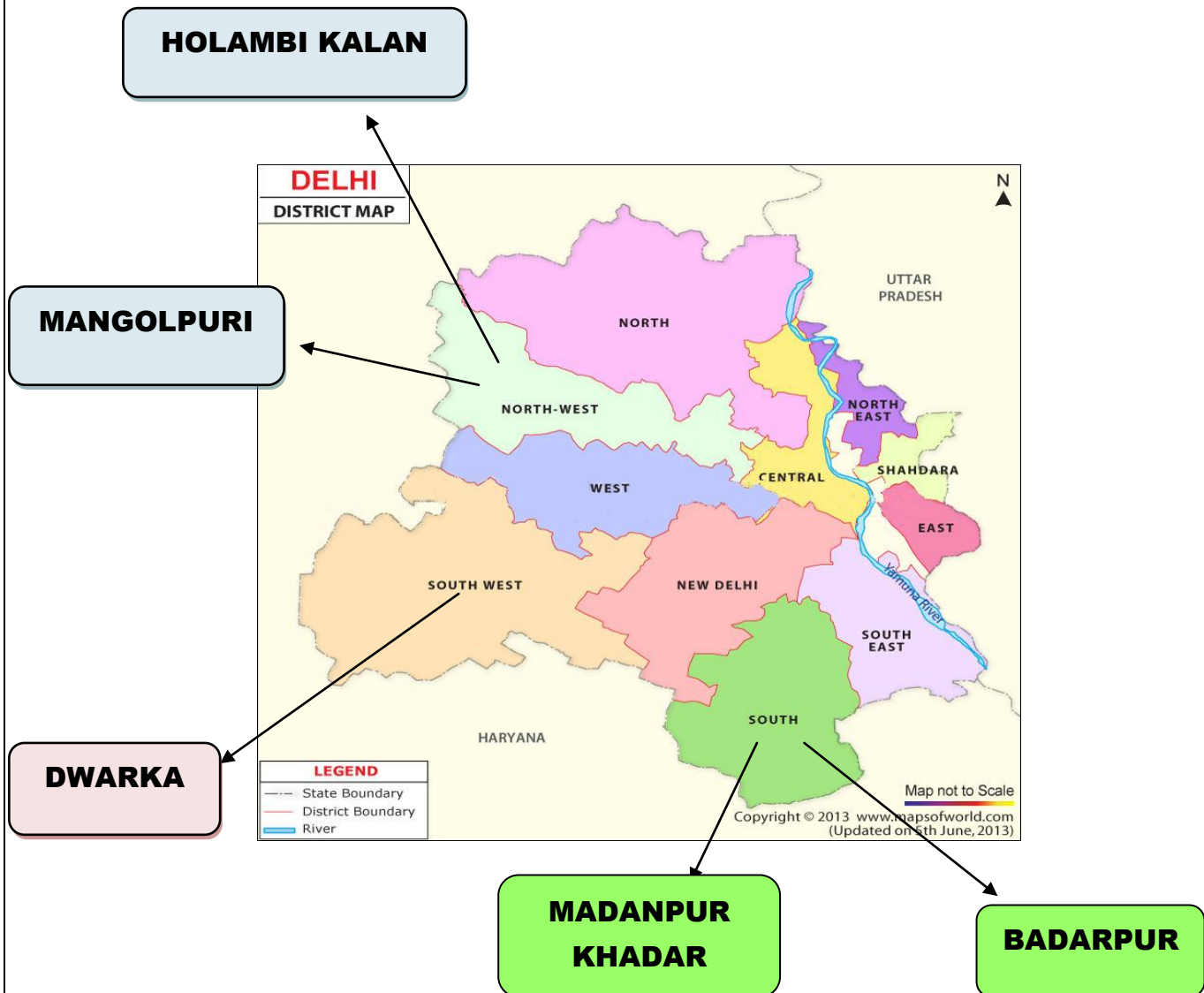


Figure 5: Map showing Delhi and the areas where the YHP is being implemented

Key Programme Strategies:

PEER EDUCATION: Training young people as peer educators to take the knowledge forward. These peer educators are trained on Life Style Diseases, Community Diseases, Water & Environmental Sanitation, Sexual Reproductive Health and Gender Based Violence

HEALTH INFORMATION CENTRE (HIC): A community based knowledge hub wherein young people can access a range of services including internet, health educative session, training, indoor games and psychosocial counselling

BEHAVIOUR CHANGE COMMUNICATION (BCC): Using locally acceptable and appreciated means to change the behaviour pattern of community in general and young people in particular

STRENGTHENING HEALTH AND ALLIED SYSTEMS: Capacitating front line workers [Auxiliary Nurse Midwives (ANMs), Anganwadi Workers (AWWs) and Accredited Social Health Activists (ASHAs)] to work towards the betterment of young people's health

Figure 6: Key program strategies of the YHP in India

Objective of Internship:

It is imperative in the field of management to do internship at the end of classroom teaching. It allows hands on experience that is sometimes missing in theoretical knowledge.

Fundamental objective to internship are,

- ✓ To get involved in day to day operations.
- ✓ To comprehend the interdepartmental co-ordination.
- ✓ To find an area in the organization where improvement is required and where management knowledge and skills can be imparted.

Key Learning/ Observations:

- Hierarchical system of non-government organization
- Office reporting
- Filing System
- Monitoring and Supervision at HIC (Health Information Center)
- Organization Behavior
- Making Action Plans
- Field visit and learning of taking decision on field
- Coordination within the department
- Inter-Sectoral Coordination