

INTERNSHIP REPORT



The IIHMR University, Jaipur

for the partial fulfilment for the award of the degree of

Master of Business Administration (MBA)

in

Hospital and Health Management

by

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Under the Supervision and Guidance of

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2024

1. Introduction:

During the summer of 2024, I had the amazing opportunity to intern with VAAGDHARA, a dedicated non-governmental organization (NGO) focused on sustainable development in Banswara, Rajasthan. For three months, from 15th March 24 to 15th June 24, this internship allowed me to put my academic knowledge into practice and gain invaluable experience in the development sector.

VAAGDHARA, which stands for Voluntary Association of Agricultural General Development Health and Reconstruction Alliance, is committed to addressing the socio-economic issues faced by tribal and rural communities in southern Rajasthan. Their mission is to promote sustainable development through integrated programs in agriculture, health, education, and environmental sustainability.

My main goal during this internship was to understand how development work is carried out and to contribute to VAAGDHARA's ongoing projects. I was involved in several initiatives aimed at improving the lives of marginalized communities. These projects included promoting sustainable farming practices, enhancing health and nutrition awareness, and facilitating educational programs for both children and adults. Throughout my time at VAAGDHARA, I participated in fieldwork, interacted with community members, and attended workshops and training sessions. These experiences allowed me to apply what I had learned in school while developing important skills like project management, data collection and analysis, and community engagement.

This report will provide an overview of my internship experience with VAAGDHARA. It starts with a brief introduction to the organization and its mission, followed by a detailed account of the tasks and projects I was involved in. Additionally, I will discuss the challenges I encountered, how I addressed them, and the key lessons I learned. Through this narrative, I hope to share the depth of learning and professional growth I experienced during this internship and offer insights into how development theories and practices can be applied in real-world situations.

2. Objectives of Internship:

During my internship, I had several key objectives that guided my experience and learning journey:

1. I wanted to take the theories and concepts I learned in my classes and see how they work in real-life development projects.
2. I aimed to gain a deeper understanding of the various challenges that communities in developing areas face, such as economic issues, cultural barriers, and environmental concerns.
3. My goal was to develop essential skills like project management, data analysis, community engagement, and writing reports. I also aimed to improve my communication, teamwork, and problem-solving skills through hands-on experience.
4. I wanted to learn about how development organizations operate, including NGOs, international agencies, and government bodies. Understanding the policies, practices, and frameworks that drive development work was a key objective.
5. Building a professional network with experts and stakeholders in the development sector was important to me. I sought mentorship and career guidance from experienced professionals to help shape my future career path.
6. I aimed to make a meaningful contribution to projects focused on improving the quality of life for underserved populations. Supporting sustainable development goals (SDGs) through active participation in programs addressing issues like poverty, education, health, and the environment was a key objective.
7. Learning how to monitor and evaluate the impact of development projects and programs was an important objective. I aimed to assess the effectiveness and sustainability of interventions and suggest improvements where necessary.

3. Organizational Profile:

VAAGDHARA stands for Voluntary Association of Agricultural General Development Health and Reconstruction is a non-profit organization that operates under the Rajasthan Societies Registration Act, 1958. The name VAAGDHARA is derived from its working area, Vagad, which is the tribal region of Rajasthan bordering Gujarat, and Dhara, meaning stream. Our organization's core value revolves around "Swaraj," which translates to "self-reliance" and draws inspiration from Gandhian philosophy. We strongly believe in leveraging the power of technology for the upliftment of tribal communities and the underprivileged.

With a commendable track record spanning over two decades, VAAGDHARA has been actively engaged with tribal communities in western India. Their efforts have touched the lives of 100,000 families residing in 1,000 villages across three states - Rajasthan, Madhya Pradesh, and Gujarat. Guided by our Swaraj principles, we prioritize True Farming initiatives that center around food and farming sovereignty. Additionally, our efforts extend to promoting True Childhood through community-based child protection programs and advocating for child rights. Lastly, we strive for True Democracy by ensuring that even the most marginalized individuals have access to their entitlements and opportunities for participation in governance processes.

Vision

With Swaraj as North Star, the tribal and farming communities have climate resilient sustainable livelihoods, food and nutrition security, assured child rights and improved governance system.

Mission

Establishing the significance of Swaraj at a larger level for ensuring sustainable livelihoods and realization of childhood through integrating new-generation and indigenous technology, knowledge and practices by creating and nurturing vibrant, gender-equitable institutions of tribal communities at tri junction of Rajasthan, Gujarat and Madhya-Pradesh states of India.

Objectives



Tribal communities participate, design and contribute in development and governance process democratically and take forward their issues at local, regional, national, and international platforms through empowered people's organizations.



Strengthened community actions help manage livelihood resources of small and marginal tribal families sustainably in harmony with ecological conditions and adapted to climate change.



Tri junction of 3 states emerges as place where children enjoy their rights of survival, development, protection and participation in an inclusive manner.



Sovereign and circular lifestyle of tribal and farming communities for sustainable development' – is learnt through grassroot experiences and exchanges at global indigenous forums.

Geographical coverage:

VAAGDHARA works with poor people in tribal dominated geographies in the south Rajasthan (Banswara, Dungarpur, Pratapgarh), and adjoining tribal area of Madhya Pradesh (Ratlam, and Jhabua) and Gujarat (Dahod). It also shares programme learning to build developmental processes to benefit wider tribal community in central India and other similar regions.

4. Services Provided by Organization:

- **True Childhood:**

The concept of 'Saccha Bachpan' or 'True Childhood', when defined in simple words, refers to one such child-friendly community where children up to the age of 18 years are given quality education, health facilities, nutritious food, enough opportunities for sports and entertainment along with a stage to share their thoughts and views so that elders can listen to them and understand them as well. When it comes to the Adivasi or tribal children, the deprivation is apparent. There are many of them who are deprived of basic education, health care, nutritious food and other things that make up a complete childhood. So, Vaagdhara Civil Society has been making efforts to uplift them and create a community where children are self-reliant, independent and can self-advocate their needs. For achieving this goal, the civil society has divided the implementation process into four important pillars.

The Four Major Pillars of 'True Childhood' are:



Right to survival



Right to development



Right to protection



Right to participation

- **True Farming:**

VAAGDHARA is working in tribal tri junction of western India and favor's a circular economic approach in the farming system. Participatory Learning and Action (PLA) for sustainable development of natural resources like land, soil, water, vegetation and livestock following principles of circularity and adopting sovereignty holds the key to sustainable livelihood for the indigenous community.



Soil Sovereignty



Water Sovereignty



Vegetation Sovereignty



Livestock Sovereignty



Seed Sovereignty

VAAGDHARA favours a circular economic approach in the farming system. Participatory Learning and Action (PLA) for sustainable development of natural resources like land, soil, water, vegetation and livestock following principles of circularity and adopting sovereignty holds the key to sustainable livelihood for the indigenous people.

The features of this circular farming are: A nutritive sensitive farming system with the community-owned seed management system and focus on rainfed farming; blending of an appropriate package of practices in farming for reviving indigenous farming practices and incorporating scientific knowledge; reviving of Nutrition pack crops and uncultivated food items; adaption of diverse perennial crops and vegetations to address vulnerabilities occurring due to climate change.

Sustainable livelihood is whether there will be no poverty and no hunger. Practicing such type of farming will create a balance in the ecosystem leading to economic growth and the well-being of the tribal community.

- **True Governance:**

Empowering the indigenous self-governance organizations and vibrant community-based institutions for leading indigenous community development interventions as well as policy-level interventions through a bottom-up approach on the community issues forms the basis of true governance.

Engaging the tribal community in development policies and programmes for protecting, providing and promoting indigenous knowledge and traditional customs and practices upholding the women-based community groups for gender equality are the actions that lead to building strong institutions and promoting gender equality.

It is the involvement of the community in the decision-making and policy framing process that will build a strong economy providing peace and justice to all ending poverty and hunger.

Strengthening of institutions favouring local governance will promote gender equality; provide adequate educational facilities which will result in all round development of the community. Systematic growth will lead to help their climate conditions which will develop responsible consumption and production chain to balance the ecosystem.

5. Key Activities/ Projects undertaken other than Dissertation:

I was appointed as a Programme Facilitator (Consultant) in the PMEL department. My primary activities during the internship included the following:

- Initially, I focused on understanding the organization's goals, objectives, vision, and mission.
- After one week, I had the opportunity to assist in creating a baseline report for the financial year and attended the annual review meeting.
- Subsequently, I contributed to the development of various reports and formats, which constitute the main responsibilities within the PMEL department.
- I visited different intervention areas of the organization and participated in the monthly and weekly meetings of the implementation unit.
- For my dissertation, I worked on an ongoing project aimed at reducing the vulnerability of migrating populations from this I selected my dissertation topic that is “A study of holistic approaches to migration: Building socio-economic resilience for tribal youth in South Rajasthan.” My tasks included preparing the objectives, determining the sample size, developing tools, conducting analysis, and compiling the final report for both my dissertation and the organization.
- I then assumed the role of Project Lead for Ecoselva, a German company, managing all activities and budgets related to their Climate Change project over a three-year period.
- Additionally, I participated in a three-day training session conducted by VAAGDHARA for the entire organizational team.

6. Key Learnings from Internship:

- I learned about the organization's goals, vision, and mission, which helped me understand its overall direction and purpose.
- I gained hands-on experience in developing baseline reports, learning how to gather and analyze data to support the organization's planning and evaluation processes.
- I improved my skills in creating various types of reports and documentation, ensuring they were clear, accurate, and met the organization's standards.
- Visiting different project sites gave me practical insights into how projects are implemented and the real-world challenges they face.
- Attending monthly and weekly meetings helped me improve my communication and teamwork skills, as I interacted with different departments and stakeholders.
- For my dissertation, I worked on a project aimed at reducing the vulnerability of migrating populations. I was involved in endline stage/survey, from setting objectives to analyzing data and writing reports, which enhanced my research and project management skills and from this I chose my dissertation topic which is "a study of holistic approaches to migration: building socio-economic resilience for tribal youth in south Rajasthan."
- Leading a three-year Climate Change project for Ecoselva, a German company, taught me how to manage a project's activities and budget, boosting my leadership and organizational skills.
- Participating in a three-day training session by VAAGDHARA provided me with valuable knowledge on organizational development and team training.