

Internship Report

Dhara Sansthan

(Jaipur)



IIHMR UNIVERSITY, JAIPUR

For the partial fulfilment for the award of the
degree of **Master of Business Administration**
(MBA) in Development Management

By

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1. INTRODUCTION

The internship program is a crucial academic component of the MBA curriculum at IIHMR University. As part of this academic requirement, I undertook a **three-month field-based internship at Dhara Sansthan**, Jaipur. This engagement offered a first-hand opportunity to interact with grassroots healthcare and development systems, particularly in the context of **community health promotion, women's empowerment, and child education**.

This internship was structured to facilitate experiential learning, enhance managerial understanding of NGO-led interventions, and contribute to the practical delivery of health and development initiatives in semi-urban and rural Rajasthan. It also served to bridge the gap between classroom knowledge and field realities.

2. ORGANIZATION PROFILE

Dhara Sansthan is a reputed civil society organization working in Rajasthan for over two decades. It focuses on **public health, education, gender equity, and rural development**. Supported by national and international development agencies, Dhara Sansthan runs targeted programs for **maternal and child health, safe drinking water, menstrual hygiene, skill development, and livelihood enhancement**.

The organization operates with a decentralized model involving village-level facilitators, self-help groups (SHGs), and community health workers. Their approach emphasizes **community ownership, participatory planning, and gender-sensitive delivery**.

3. OBJECTIVES OF THE INTERNSHIP

- i. To understand the operational model of a grassroots development NGO.
- ii. To analyze the planning, execution, and monitoring of public health programs.
- iii. To work directly with community health workers and women's groups on field activities.
- iv. To support documentation and impact assessment of ongoing health education programs.
- v. To develop professional skills in field coordination, data collection, and stakeholder communication.

4. METHODOLOGY

The internship adopted a **mixed-method approach** including:

- i. **Field Observations:** Site visits in Tonk and Jaipur districts to observe health camps, women's groups, and community meetings.

- ii. **Participatory Tools:** Conducted PRA sessions with rural women and adolescents.
- iii. **Documentation & Reporting:** Daily field diaries, feedback logs, and photographic documentation were maintained.
- iv. **Quantitative Analysis:** Assisted in analyzing baseline data from menstrual hygiene awareness surveys among adolescent girls.
- v. **Capacity Building:** Supported the planning and facilitation of IEC sessions in partnership with ASHAs and ANMs.

5. ACTIVITIES UNDERTAKEN

- i. Assisted in the **Menstrual Hygiene Management Program** in government schools and anganwadi centers.
- ii. Participated in **safe water and sanitation drives** as part of WASH campaigns.
- iii. Conducted **health awareness workshops** focused on nutrition and anemia prevention.
- iv. Supported the development of **training modules** for community health facilitators.
- v. Participated in **impact evaluation meetings** with stakeholders and donors.
- vi. Prepared weekly **documentation reports** for the internal M&E team.

6. KEY FINDINGS

- i. **Community engagement** is most effective when facilitated through local influencers (anganwadi workers, SHG leaders).
- ii. Low levels of health literacy among women and adolescent girls, especially around **reproductive health**, necessitate **sensitive, repeated awareness sessions**.
- iii. **School-level IEC campaigns** were particularly impactful in improving hygiene behavior.
- iv. Data collection is often hampered by inconsistent literacy and mobile connectivity.
- v. Strong coordination exists between **government field workers and NGO facilitators**, which enhances program implementation.

7. LEARNINGS FROM THE INTERNSHIP

- i. Understood **grassroots implementation** of public health campaigns.
- ii. Developed skills in **community mobilization, IEC material development, and gender-sensitive communication**.

- iii. Enhanced understanding of **data collection ethics**, especially in working with minors and women.
- iv. Learned the role of **collaborative governance** between NGOs and public health departments.
- v. Gained proficiency in **field reporting, baseline data analysis, and visual presentation techniques**.

8. CHALLENGES FACED

- i. Language barriers in some villages required translation support.
- ii. Cultural hesitance around reproductive and menstrual health topics.
- iii. Heat and remote terrain made field visits logistically challenging.

9. CONCLUSION

The internship at **Dhara Sansthan** provided me with a rich learning experience combining **academic insights with field-level realities**. It helped solidify my understanding of **community health promotion**, program implementation, and NGO-public system collaboration. This opportunity also deepened my commitment to contributing meaningfully to **inclusive development and participatory governance**, particularly in the domain of rural health.

10. RECOMMENDATIONS

- i. Integrate **mobile-based health education tools** for adolescent girls.
- ii. Strengthen **documentation training** for field staff to enhance reporting accuracy.
- iii. Develop structured **follow-up plans** for post-awareness session evaluation.
- iv. Increase collaboration with **local health departments** to align initiatives under Ayushman Bharat or NHM.