

Social Internship 2022-2023

Intern's Name and Background

Aarav Tapuriah, a student of the 11th grade at Cygnus World School, Vadodara.

Internship Organization



Locations

Rural villages of Karjan Talula – Vadodara District, Gujarat, India
Rural Villages of Gangapur Block – Aurangabad, Maharashtra, India

Internship Duration

22nd December 2022 to May 2023

Profile: Cosmo Foundation

Cosmo Foundation (CF) a non-profit organization and Philanthropic CSR wing of Cosmo First Limited was set up in 2008 with a vision to inspire and enrich the humane, sustainable, inclusive community and ecosystem. The organization is chaired by leading industrialist and philanthropist Mr. Ashok Jaipuria and managed by renowned philanthropist and social entrepreneur Ms. Yamini Jaipuria along with a compassionate team of professionals and volunteers.

CF believe that “we can make a difference to the lesser privileged ones around” by strengthening mainstream education, environment, sanitation, and health. The programs are implemented in neighbouring villages of Waluj manufacturing unit in Aurangabad District of Maharashtra, Karjan manufacturing unit in Vadodara district of Gujarat and at New Delhi where the Cosmo Films Corporate office is located and at Solan District of Himachal Pradesh. Organization has responded covid 19 pandemic with relief, medical support, and online education. The organization has served 6lkahs community members and 62,000 rural marginalized students across 112 villages over the years. The organization is the recipient of prestigious awards viz. Africa CSR Leadership Award - 2012 in the category Improvement of Education, National Award for Excellence in CSR & Sustainability - 2015 in the category "Education Improvement", Outstanding Contribution in the Field of CSR by Industry on 17th FGI Awards of Excellence – 2022, CSR Excellence Award by the Delhiites Lifestyle Award 2022, Gold Award in CSR COVID-19 Relief Project - CSR Health Impact Awards – 2021 etc.

For further information visit www.cosmofoundation.in

Profile: Cosmo First

Established in 1981 and founded by Mr. Ashok Jaipuria, Cosmo First is a global leader in specialty films and an emerging player in specialty chemicals (Masterbatches, Adhesive, Coating & Textile chemicals) along with a digital-first Omni channel Pet care business under the brand name ‘Zigly’.

With engineering of innovative products and sustainability solutions, Cosmo First over the years has been partnering with worlds’ leading F&B and personal care brands and packaging & printing converters to enhance the end consumer experience. Its customer base is spread in more than 100+ countries with sales & manufacturing units in India and Korea and additionally sales & distribution base in Japan, USA, Canada, and Europe.

Rationale for the Internship

Aarav had the privilege to intern with the Cosmo Foundation, the CSR wing of Cosmo First. The foundation’s programs are strongly guided by the 3E principles of Education, Environment, and Empowerment. Throughout the internship, he actively participated to strengthen education initiatives of the organization. He focussed to build capacities of community-based teachers of the organization (No.75). Community-based teachers of the organization are those women and men from rural villages who have passion and basic knowledge and are trained by the organization as teachers (they are not formally trained teachers from any university). These teachers are strong educators and agents of change at grass root. Aarav studied their abilities and skills and accordingly planned programs to upgrade their knowledge and skills which intern reaches to the 12,000 rural marginalized students gaining valuable experience and contributing to the organization's mission to uplift and empower rural marginalized children and communities. He also did direct intervention with rural children which gives direct benefit to students and became a model session for rural community-based teachers.

Outreach/ Beneficiaries:

Direct intervention with Community-based teachers: 75

Direct Intervention with rural students: 50

Direct reach to the villages: 31

Indirect reach to 112 villages, 12000 students

Location Map is Attached

The following sessions were planned and delivered for the organization–

Date	Name of the session	Topics covered	Type of Participants	Platform / Venue
19 th Dec 2022	English Communication and Fluency Development	<ul style="list-style-type: none"> • Ice-breaking and rapport-building session • Correct method of Self-Introduction in English • Picture Reading and sentence formation with correct grammar • Etiquettes, Manners and polite ways of communication. 	English, Computer and Community Based Teachers	Online Session on Google Meet
24 th Dec 2022		<ul style="list-style-type: none"> • Self-Introduction in Question-Answer format. • Brief importance and understanding on – Greetings and Instructions in English. • Type of greetings (Thank You, Sorry, please, Welcome, etc) with examples and exercises. • Teaching methodology to undertake this session with rural students with various exercises and situational conversations. 	English, Computer and Community Based Teachers	Online Session on Google Meet
17 th Jan 2023		<ul style="list-style-type: none"> • Functional Grammar – Application of ‘Have’ and ‘Has’ • Application and difference between – ‘I have’ and ‘I have got’ • Situational Conversation Practice. 	English, Computer and Community Based Teachers	Online Session on Google Meet
Testimonials. Photo/video/feedback - https://drive.google.com/drive/folders/1pUu-mDYXulSBHPO05Tuar4XXntGNZ6f5?usp=share_link				
24 th Dec 2022	Graphics Design & Digital Literacy	<ul style="list-style-type: none"> • What is design? • Importance of Digital Designs in today’s life. • Type of digital creatives viz. poster, banner, leaflets, etc. • How to make an effective poster? • Steps of making a poster (it includes – content writing, inserting pictures, colours & alignment, etc) 	English, Computer and Community Based Teachers	Online Session on Google Meet
Testimonials. Photo/video/feedback https://drive.google.com/drive/folders/1q4BeIzElmSoVmhtcoPVqg37d_qvabq8?usp=share_link				
4 th Feb 2023	Editing and Formatting Workshop (2 sessions)	<ul style="list-style-type: none"> • Effective photo–video shooting through smartphones. • Key points on – how to shoot quality pictures/videos. (Setting camera angle, adjusting focus, lights & brightness, zoom in-out, etc) • How to capture candid moments • Post editing of the pictures. • How to edit photos in Android and IOS phones with different features. 	English, Computer and Community Based Teachers Rural Students and Youth	Offline Session at Kandari village, Karjan.

11 th Feb 2023	Effective Interview Skills and Strategies	<ul style="list-style-type: none"> • Brief on – Formal Interview • How to appear for an interview. • Physical appearance (appropriate dressing, body language, confidence, etc.) • Effective communication pattern in an interview. • How to describe the professional background. • How to present documents and resume. • Demonstration of the entire interview process. 	English, Computer and Community-Based Teachers of Karjan	Offline Session at Kandari village, Karjan
Testimonials. Photo/video/feedback https://drive.google.com/drive/folders/1w_AXkCt51yi_YAX2ZvQGTJakuKO-yAo?usp=share link				
Testimonials. Photo/video/feedback - https://drive.google.com/drive/folders/12UNI5n740nwBqz42KFo926tpJf1Fk1hh?usp=share link				
7 th March 2023	Motivational Session on Women's Day – Breaking all Barriers	On the theme - "Breaking all Barriers." Highlighted - the significance of women in leadership, case stories of women leaders like – Mala Yousafzai, Women with multiple roles & responsibilities, embrace the uniqueness and identify self-potentials.	Community-Based Teachers of Karjan & Aurangabad	Online Session on Google Meet
Testimonials. Photo/video/feedback - https://drive.google.com/drive/folders/10Lz7ZCKSES7GPmA9IRTMhGjLChET9hZN?usp=share link				
6 th May 2023	Educating Rural Students through Sports	Organized sports day for rural students and highlighted - <ul style="list-style-type: none"> • Importance of Sports for self-development. • Type of Sports • Indoor and outdoor games • Learning from sports like - discipline, commitment, focus, unity, strategies, health & fitness, leadership skills, time management, self-confidence etc. • Lessons from winning and losing the game. 	Students, Youth and community-based teachers of Karjan.	Offline Session at Kurali village, Karjan
Testimonials. Photo/video/feedback - https://drive.google.com/drive/folders/16goA8mgzh4NCwjTmxHzSl2qRwRL8iQFI?usp=share link				
6 th May 2023	Digital Literacy	Organized Typing Competition for rural students and highlighted – <ul style="list-style-type: none"> • Techniques for fast and accurate typing. • Power of efficient digital skills in MS. Office. • Future scope of drafting documents and formatting. • Learning from Peers • Promoted blended learning of English Literacy and Digital Skills. 	Students and Youth of Karjan	Offline session at Kurali village, Karjan
Testimonials. Photo/video/feedback - https://drive.google.com/drive/folders/16jikyVqqZpPkdLF8eqr4ZZurp3Z2Aaaw?usp=share link				

Specific Contribution

English Communication and Fluency Development

Facilitated, guided and taught English communication and grammar to community-based teachers in the most simple, innovative and constructive manner. Adopted a participatory approach and covered several topics on the hybrid mode. English language skills, communication abilities, speaking fluency with confidence, greeting styles to external personnel and reflecting self-image through language literacy with correct pronunciation and grammatical structures appropriately was covered with thorough details and demonstration. It has played a crucial role in creating a supportive and interactive learning environment for rural students, enabling teachers to teach with adequate methods and acquire practical language skills that can benefit beneficiaries in various aspects of their lives.

Graphics Design & Digital Literacy

Sessions on designs and digital literacy have encouraged rural students and teachers to think creatively and develop visual communication skills. Equip them with the technical skills and knowledge to pursue careers, proficient in using the latest design software and technology, proficiency in smartphone operation, etc. to simplify the task with less time consumption. Added values and significance to teachers existing knowledge and in the digitally-driven world. It has made teachers to thrive in various professional and creative endeavours.

Women's Day Celebration

On the theme - "Breaking all Barriers", highlighted the significance of women in leadership, showcased story of women leaders like – Mala Yousafzai and set an example of – Education is power and how it can uplift individuals with knowledge, dedication, and willingness to achieve. It has empowered teachers to recognize their talents and achievements, advocate for gender equality, fosters solidarity, raise awareness, acquire more knowledge and skill. It served a powerful platform for better change creating a more inclusive and equal world.

Effective Interview Skills and Strategies

Effective demonstrative session was conducted with live examples and minute details for – How to conduct an effective formal interview. Highlighted key points viz. effective communication in an interview, how to respond the questions with confidence, how to dress up, giving professional self-introduction, etiquette and manners, etc. It has enhanced teacher confidence, improved communication skills, enhanced document presentation, presentation skills, fosters personal and professional growth, and creates a positive impact on the community.

Educating Rural Students through Sports

Encouraged the students to adopt at least one sport in their lives. Various outdoor, indoor and digital games viz. Cricket, Kabadi, Kho Kho and Carrom were arranged for students. Explained how physical strength, mental alertness, strategic thinking, and good nutrition are key components for success in sports and to stay focused simultaneously in education as well. The students were thrilled to learn the valuable lessons about teamwork, perseverance, and healthy habits. This event has created opportunities for students to meet new people, form friendships, and strengthen existing relationships and fostering a sense of belonging and community. Alongside addressed, how sports help combat anxiety, depression, and improve overall mental health of the person.