

BIGHHELP FOR EDUCATION POST INTERNSHIP REPORT

By: Mannat Dhillon

Date: July 16th to 17th 2018. (8 hours Internship)

Location of the Internship: Government Model Sanskriti Secondary School, Sector 20, Panchkula, Haryana.

I held a two-day workshop at the Government Model Sanskriti Secondary School located in Sector 20 Panchkula, Haryana. Students from grades 1 to grade 12 must perform well to get admission into Sanskriti School. The school consists of 1200 students with 45 teachers in total. Most of the students come from underprivileged households. The students, who cannot afford many of the costs associated with attending school, are given free books, pencils, pens, meals and uniforms. The teachers of the school are very dedicated towards providing good education to these students. The school is not very big, but all the classrooms are surrounded by a garden. The garden is fully planted with trees and plants which creates a healthy environment for the students. The school has one computer lab with a TV and a few computers all thanks to NGO's who donate such resources which can help the students learn how to code and generally use the computer. These give enhanced educational facilities to these students. The Big Help organization arranged my internship at the Sanskriti School. I had come to Chandigarh, India for my summer vacations hence I decided to utilize my vacations effectively by volunteering at **Sanskriti School** through **the Big Help for education organization**.



Entrance of the school



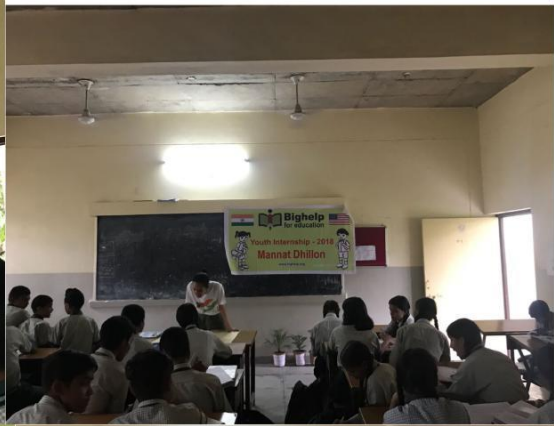
School Garden

Before my Internship, I spent many hours planning my speech, activities, worksheets, quizzes, experiments and rehearsing. This was a long and strenuous process because making a lesson plan is not a child's play, it requires a lot of research, reliability and thinking about new teaching methods which would make it interesting for the students.

On the first day of my internship, I started with an introduction of myself and learning about the names and hobbies of the students in the class. I was inquisitive to know what the general interests of students are. I also shared about my school life in Dubai and learning about theirs in India. Also, I spoke to them about the currency used in both places, food, culture and time zones. We also had some interesting conversations about how they want to try Arabic food. And we discussed about the formation of the UAE and I learned about the Indian freedom struggle from them. One boy also asked me about how he could visit Dubai because he was so intrigued by the culture, food and the general outlook of the city. My introduction was a

mixture of Hindi and English. I also let them know that I might make mistakes while speaking in Hindi. Additionally, I gave an introduction about the **Big Help for education** organization based in the US and how the organization wants to promote education across **India**. I then introduced the topic of **Environment protection**. I asked them if they knew or have heard about concepts like pollution, global warming, greenhouse effect. To understand their prior knowledge, I made **mind maps** of each concept and asked a student to write about what they knew about the topic on the **blackboard**. Few students knew about how pollution and global warming was caused. Many were not aware about the Greenhouse Effect. After learning about their prior knowledge, I dug deeper into the concept by making them explain the effects on the environment and on human health. I also showed an example of **melting ice glaciers** which is one of the effects of global warming and conducted an experiment which showed melting of ice due to acid in the oceans. I showed them a diagram of the greenhouse effect. I gave them 5 minutes to observe the diagram and interpret the diagram itself. They were close to understanding what the diagram was trying to convey. I further explained why this occurs and why this must be stopped. Furthermore, I introduced a new term '**sustainable**'. I explained them the definition of this word and gave them examples of sustainable actions which we must perform to contribute to the environment. After I started giving few examples, the students understood the type of examples and came up with their ideas like planting trees, using solar energy and forming cooking gas from the waste of animals. A sense of excitement could be felt all over after I told them that we would be planting a tree. Four students volunteered to do this activity. I asked them to take the pot which I had brought and put some mud in it. Then, I asked another two students to place the sapling inside and we watered the plant. We all also made a schedule where I wrote the names of the students who would water the plant. I assigned two students per day. I was delighted when most of the students volunteered to help water the plants. This made me realize that they really understood the harmful effects of our human actions. I asked three students to take the plants and place it in their school garden (few plants were donated by me to the school and we planted one in the class). Soon after, I gave them a **quiz** to test their knowledge on what they had learned today based on the **experiment** conducted (on melting glaciers) and on the **tree plantation activity** along with some information I shared with them in regard to global warming, greenhouse effect and its causes and effects. I gave them about 20- 25 minutes to complete the quiz. During this time, I was walking around the class, to ask them if they had any doubts and I also had friendly conversations with some of the students who were keen on further knowing about Dubai. After the students completed their quiz, I asked them to read out their answers and we discussed their answers. Along with that, I also clarified some of their doubts and perceptions about global warming. At the end of the lesson, I also advised them that they must **adopt a plant next to their house and water it daily**. To mark the end of the lesson on a sweet note, I distributed some sweets to the students and they also promised me that they will water the plants which made me extremely delighted as I could sense that they have realized the consequences of human actions and they will contribute to **protect their environment**. At the end, I also clicked some pictures to cherish these wonderful memories.

Pictures from Day 1:



The next morning, I was introduced to another class by Ms. Meenakshi Ma'am who is a teacher at the Sanskriti School. The class who I was presenting to was **Grade 5**. As I entered the class the students smiled, and some students also shook my hand and said '**Hello Didi**' which means **Hello sister**. I was so touched by the politeness of these students. I gave an introduction about myself. I then introduced them to the topic- **Health and Nutrition**. Firstly, I asked them if they know about what health and nutrition is. Most of them knew what these words meant as they gave me the meaning in Hindi, but they could not explain it in English. Some students knew examples of healthy food items like carrots, apples etc. Then, I explained them the **meaning of Health and Nutrition** by giving them examples, showing pictures and by making a mind map on the blackboard. Soon after, I distributed images of the **Eat Well plate** and explained the meaning of the Eat Well plate and why we must follow the **proportions** of the plate. I gave them an interactive worksheet in which they had to fill in- what they had for breakfast, lunch or dinner the previous day and if it did follow the Eat Well plate. During this time, I was walking around the class and I noticed that the students seemed into their work and were very hardworking. After this activity, I showed them a nutrition label and explained them the meaning of each title on the label and handed out small packets of biscuits to show them the nutrition label on it. I asked them to tell me the count of each title. For example, to tell me the calorie count or total fat mentioned in the label. All of them were so excited while doing this activity. I also told their peers to tell them if they were correct or not. I added some tricky questions to get their mind working and engaged. For example, the serving size on the label was 2 biscuits so I asked them that if you ate 3 biscuits then how many calories did you eat. It took them a few minutes to understand the question but as soon as they got the math's right they raised their hand frantically and they were on the tip of their chair in desperation to answer the question. I gave the students a worksheet on Nutrition labels which they enjoyed doing as they liked the mixture of hard and easy questions at the same time. The last activity we performed was very interesting. I handed out pictures of healthy and unhealthy food across the class room. I had got a chart for this activity on which they would stick what food is healthy or unhealthy. After this activity the fun- filled lesson had come to an end. To mark the end of the lesson on a sweet note, I distributed some sweets to the students and took some group pictures with the students along with their class teachers to cherish these moments.

Pictures from Day 2:



I said good- bye to these lovely and innocent students with a heavy heart as I did not feel like leaving and I made my way to a classroom where I met with 40 students ranging from grades 1- 12. The final ceremony entailed a distribution of backpacks to children who cannot afford bag packs and those who are underprivileged than others in the school. As they came up one by one, I couldn't help but smile seeing the joy appear on their faces as they came and received the new red Big help bags. In these moments, I felt like I was making a small difference in these children's' lives by giving them new back packs. The students were very polite and loving as whenever the students came up to receive their bag packs they had a big smile on their face.

Bag Distribution Ceremony Pictures:



My youth internship made me realize how important education is and how I am so lucky to receive education which is a need in a human being's life and everyone deserves this right. This has been one of the most rewarding and engaging experiences in my life.

I would like to thank my mentor Ms. Sana Shaik for helping me draft my speech, activities etc and giving me ideas on how to be more interactive with the students. I also want to thank the principal of the Sanskriti School Ms. Renu Gupta and Ms. Preeti Malik (a teacher at the Sanskriti School) for organizing the bag distribution ceremony and arranging the list of the 40 students to which I had to distribute the bags to. Additionally, I want to thank the teachers of Sanskriti Government Model school for allowing me to come to their school, and for being so welcoming. I must thank my parents who helped me gather all the supplies I needed and taking pictures. Lastly, I would like to thank Mr. Chand Pasha Shaik and the Big Help organization for giving me the opportunity to be a youth intern which has been an incredible experience that I will remember for years to come.