

SRIJAN SOCIAL INTERNSHIP

At

ROOTS OF BEING

PROJECT REPORT



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Bachelor of Business Administration

(Digital Business)

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UPES, Dehradun

Academic Session: 2025–26

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1. ACKNOWLEDGMENT

I would like to express my sincere gratitude to everyone who supported and guided me throughout my two-month Srijan Social Internship. This internship provided me with an opportunity to move beyond classroom learning and participate directly in activities related to environmental conservation, plantation, waste management, and community awareness.

I am thankful to **Roots for Being**, Jalandhar, Punjab, for providing me with the opportunity to participate in meaningful environmental and social activities. The experience allowed me to understand how small and consistent efforts at the community level can contribute towards creating a cleaner, greener, and more sustainable environment.

I would also like to express my gratitude to my NGO mentor and supervisors for providing guidance throughout the internship and helping me understand the importance of responsible environmental practices. Their support encouraged me to participate actively in field visits, plantation activities, awareness campaigns, and community interactions.

I am grateful to my fellow interns and team members for their cooperation and support. Working with others during plantation drives, cleanliness activities, awareness campaigns, and field visits helped me understand the importance of teamwork and collective responsibility.

I would also like to thank **UPES, Dehradun**, and the **Srijan Social Internship** programme for providing me with this opportunity to gain practical exposure to social and environmental work. The internship has helped me develop a greater sense of environmental responsibility and has given me valuable insights into community engagement and sustainable development.

Finally, I would like to thank everyone who participated in the activities and interacted with us during our fieldwork. Their responses, questions, and participation helped make the internship a meaningful learning experience.

2. INTRODUCTION

Non-Governmental Organisations (NGOs) play an important role in addressing social, environmental, and community-related challenges. While governments and other institutions work at a larger level, NGOs often operate directly within communities and focus on creating awareness, encouraging participation, and implementing practical solutions to local problems. Their work can cover a wide range of areas, including education, healthcare, environmental protection, social welfare, and sustainable development.

Environmental conservation has become increasingly important because of problems such as climate change, deforestation, plastic pollution, improper waste disposal, loss of biodiversity, and increasing pressure on natural resources. These challenges cannot be solved only through government policies or large-scale projects. Individual actions and community participation are equally important in creating sustainable change.

The Srijan Social Internship provided me with an opportunity to understand environmental conservation through practical experience. During my internship with **Roots for Being**, I participated in activities related to tree plantation, sapling care, environmental awareness, plastic waste management, cleanliness, organic manure, and community engagement.

At the beginning of the internship, I had a general understanding of environmental protection. I knew that planting trees and reducing pollution were important, but I had not fully understood the amount of continuous effort required to maintain a plantation successfully. Through field visits, I learned that planting a sapling is only the first step. Regular watering, weed removal, soil maintenance, protection from damage, and monitoring are equally important for ensuring that a planted sapling survives and grows.

My work also involved interacting with community members and spreading awareness about environmental issues. I participated in discussions about Sustainable Development Goals, plastic waste management, eco-friendly practices, native trees, and the importance of protecting planted saplings. These

interactions helped me understand that environmental conservation requires behavioural change in addition to physical activities.

During the internship, I also participated in cleanliness activities and plastic waste collection. These experiences showed me how waste accumulation can affect the environment around plantation areas and how responsible waste disposal is necessary for maintaining healthy surroundings.

Another important part of the internship was environmental education. I participated in awareness activities involving local residents and school students. These experiences helped me understand that educating people, especially young students, can create long-term awareness and encourage environmentally responsible habits.

This report presents my overall experience during the two-month internship. It discusses the objectives of the internship, the work and initiatives of the NGO, the activities I undertook, the knowledge and skills I developed, the challenges I faced, and the overall outcomes of the internship. The report also connects the internship activities with relevant Sustainable Development Goals (SDGs).

3. OBJECTIVES OF THE INTERNSHIP

The primary purpose of this internship was to gain practical exposure to environmental conservation and community-based social work. The internship aimed to help me understand how environmental organisations create awareness and encourage communities to participate in sustainable practices.

The major objectives of my internship were:

- To understand the role of NGOs in environmental conservation and community development.
- To participate in tree plantation and sapling-related activities.
- To learn the importance of post-plantation care and regular monitoring.
- To understand the environmental importance of trees and native plant species.
- To participate in activities related to plastic waste management and cleanliness.
- To spread awareness about responsible waste disposal and eco-friendly habits.
- To understand the importance of organic manure and composting.
- To interact with community members and encourage environmentally responsible behaviour.
- To understand the role of environmental education in creating long-term behavioural change.
- To learn about the Sustainable Development Goals and their connection with environmental activities.
- To develop communication, teamwork, leadership, adaptability, and fieldwork skills.

- To understand the practical challenges involved in environmental conservation.

Personal Objective

My personal objective was to develop a stronger understanding of environmental responsibility through direct field experience. I wanted to learn how small actions such as planting a tree, caring for a sapling, removing plastic waste, or educating one person can contribute to a larger environmental impact. I also aimed to improve my confidence in communicating with people from different backgrounds and to develop a more responsible attitude towards nature and the community.

4. ABOUT THE NGO – ROOTS FOR BEING

4.1 About the Organisation

Roots for Being, based in Jalandhar, Punjab, is an organisation whose activities, as reflected through the internship work, focus primarily on environmental conservation, plantation, waste management, and awareness creation.

The organisation's work is based on the understanding that environmental sustainability requires both direct action and public participation. Activities such as planting trees, maintaining saplings, managing waste, reducing plastic pollution, and educating communities can collectively contribute to healthier and more sustainable surroundings.

During the internship period, the activities undertaken by the interns reflected a combination of field-based environmental work and awareness-based initiatives. Plantation activities were supported by regular monitoring and maintenance of previously planted saplings. This demonstrated that the organisation's environmental work was not limited to planting new trees but also included efforts to ensure their long-term survival.

The internship activities also focused on waste management and plastic pollution. Interns participated in collecting plastic waste, maintaining cleanliness around plantation areas, and educating community members about responsible waste disposal and reducing plastic use.

Another important aspect was community engagement. Interns interacted with residents and encouraged them to adopt eco-friendly practices in their daily lives. Discussions included topics such as protecting planted saplings, reducing plastic usage, proper waste management, and environmental conservation.

The organisation's work also extended to environmental education. Awareness activities were conducted with students and local communities to encourage young people to understand environmental challenges and adopt sustainable habits.

Based on the activities observed during the internship, the organisation's approach can be understood as a combination of **plantation, protection, maintenance, waste management, awareness, and community participation.**

4.2 Vision

The broad vision reflected through the organisation's activities is to promote a cleaner, greener, and environmentally responsible society where individuals and communities actively participate in protecting natural resources.

The organisation's environmental approach emphasises the importance of creating sustainable surroundings through plantation, responsible waste management, reduction of plastic pollution, and community awareness.

4.3 Mission

The mission reflected through the internship activities is to encourage environmental responsibility through practical action and awareness.

This includes:

- Promoting tree plantation and greenery.
 - Supporting the survival and maintenance of planted saplings.
 - Encouraging responsible waste management.
 - Creating awareness about plastic pollution.
 - Promoting eco-friendly daily habits.
 - Encouraging community participation in environmental conservation.
 - Educating students and residents about sustainability.
 - Supporting the broader objectives of sustainable development.
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4.4 Objectives

The major objectives reflected through the organisation's activities include:

- Increasing green cover through plantation.
 - Supporting the long-term survival of planted saplings.
 - Promoting environmental conservation at the community level.
 - Encouraging proper waste disposal.
 - Reducing plastic pollution through awareness.
 - Promoting the use of organic manure and composting.
 - Educating communities about sustainable lifestyles.
 - Encouraging young people to participate in environmental protection.
 - Connecting local environmental activities with Sustainable Development Goals.
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4.5 Organisational Structure

The internship activities demonstrated a collaborative structure involving NGO mentors or supervisors, interns, community members, and other stakeholders.

The interns participated in field-based activities individually and in teams, while coordination and guidance were provided through the NGO. Community residents, local institutions, and schools also formed an important part of the awareness and environmental activities.

The work required coordination between different participants because environmental activities such as plantation and waste management cannot be successful without cooperation from the surrounding community.

5. MAJOR INITIATIVES OF THE NGO

5.1 Tree Plantation and Green Space Development

Tree plantation formed one of the major areas of work during the internship. Interns participated in planting saplings in suitable community areas and locations where greenery was required.

The plantation activities demonstrated the importance of selecting suitable locations and using proper planting techniques. Trees contribute to environmental sustainability by improving air quality, supporting biodiversity, reducing heat, and contributing to ecological balance.

However, the internship also demonstrated that plantation is not a one-day activity. The survival of a sapling depends on regular care and monitoring.

5.2 Sapling Protection and Maintenance

A major part of the NGO's environmental work involved revisiting previously planted saplings and checking their condition.

Interns watered plants when rainfall was insufficient, removed weeds, loosened soil, added organic manure, removed dry leaves, and cleaned waste from plantation areas.

This approach highlights the importance of **post-plantation care**. A plantation drive can only create lasting impact when planted trees are regularly monitored and protected.

5.3 Environmental Awareness and Community Engagement

The NGO also focused on creating awareness among community members.

Interns interacted with residents and discussed environmental conservation, eco-friendly habits, native trees, waste management, and the importance of protecting planted saplings.

These interactions helped demonstrate that environmental conservation requires behavioural change. People need to understand why environmental protection is important and how their everyday actions can affect nature.

5.4 Plastic Waste Management

Plastic waste management was another important area of activity.

The internship included plastic waste collection, awareness about plastic recycling and disposal, and discussions about reducing plastic consumption.

Plastic pollution can negatively affect land, water bodies, wildlife, and human surroundings. Therefore, responsible disposal and reduction of unnecessary plastic use are important components of environmental sustainability.

5.5 Organic Waste Management and Composting

The internship activities also included learning about organic manure and composting.

Organic waste can be converted into useful compost instead of being discarded. Compost can improve soil quality and provide natural nutrients to plants.

The use of organic manure also connects waste management with plantation activities by creating a cycle where biodegradable waste can contribute to plant growth.

5.6 Environmental Education

Environmental awareness was also extended to schools and students.

School-based awareness activities focused on topics such as plastic waste management and eco-friendly behaviour. Educating students at an early age can help develop responsible habits that continue into adulthood.

This initiative also demonstrated the importance of combining environmental education with practical action.

6. LEARNING DURING THE INTERNSHIP

6.1 Understanding Environmental Conservation

One of my most important learnings was that environmental conservation is a continuous process. Earlier, I mainly associated environmental protection with planting trees. However, during the internship, I understood that conservation also includes protecting plants, managing waste, reducing plastic pollution, maintaining clean surroundings, and encouraging people to change their habits.

I learned that even small activities can create meaningful impact when performed consistently.

My Learning

I developed a more practical understanding of environmental responsibility and realised that individual actions become more powerful when communities participate together.

6.2 Importance of Tree Plantation

The internship helped me understand the environmental importance of trees. Trees contribute to cleaner air, reduce heat, support biodiversity, and improve the overall quality of the environment.

I also learned that the location and technique of plantation are important. Saplings need suitable soil, adequate water, sunlight, and protection to survive.

My Learning

Planting a tree is only the beginning. The real responsibility lies in ensuring that the planted sapling survives and grows into a healthy tree.

6.3 Sapling Care and Maintenance

Through regular field visits, I learned about watering, weed removal, soil loosening, manure application, and monitoring.

During periods of insufficient rainfall, newly planted saplings required additional watering. At other times, weeds had to be removed because they could compete with young plants for nutrients.

My Learning

I learned that environmental work requires patience and consistency. Nature does not respond immediately, and meaningful results require continuous care.

6.4 Plastic Pollution and Waste Management

I learned that plastic pollution is not simply a cleanliness problem. Improperly discarded plastic can remain in the environment for long periods and can affect ecosystems.

Collecting plastic waste and discussing responsible disposal with people helped me understand the importance of reducing waste at its source.

My Learning

Waste management begins with individual responsibility. Reducing unnecessary consumption, reusing materials, segregating waste, and disposing of waste properly are important everyday actions.

6.5 Organic Manure and Composting

I learned about the benefits of organic manure and compost for plant growth. Organic waste can be converted into useful manure, reducing the amount of waste sent to disposal sites.

My Learning

I understood the connection between waste management and environmental conservation. What is considered waste can sometimes be converted into a useful resource.

6.6 Community Awareness

Interacting with residents taught me that awareness campaigns require patience and effective communication.

Not everyone immediately accepts new environmental practices. Some people may not understand the importance of changing their daily habits.

My Learning

I learned that awareness is more effective when communication is simple, respectful, and connected to people's everyday lives.

6.7 Sustainable Development Goals

During the internship, I was introduced to the relevance of the Sustainable Development Goals in environmental activities.

The internship was particularly connected with **SDG 15: Life on Land**, through plantation and protection of terrestrial ecosystems. Awareness and educational activities also had connections with **SDG 4: Quality Education**, while waste reduction and responsible consumption are relevant to **SDG 12: Responsible Consumption and Production**.

My Learning

I understood that the SDGs are interconnected. A local plantation activity may contribute to environmental sustainability, while awareness and education can encourage people to adopt sustainable behaviour.

7. ACTIVITIES UNDERTAKEN DURING THE INTERNSHIP

7.1 Plantation of Saplings

Plantation activities were among the major responsibilities undertaken during the internship.

I participated in planting saplings in community areas and suitable locations. The activity involved preparing the location, digging the soil, placing the sapling properly, and ensuring that it received appropriate care.

The activity was sometimes challenging because the soil could be hard, and finding suitable plantation locations was not always easy.

The experience taught me that plantation requires planning and responsibility. A sapling should not simply be planted and forgotten; it needs continued attention.

My Learning:

I learned the importance of proper plantation techniques and the role of trees in environmental conservation.

SDGs Addressed: SDG 15 – Life on Land.



7.2 Sapling Monitoring and Maintenance

After plantation, I regularly revisited plantation sites to monitor the condition of previously planted saplings.

I checked their growth and water requirements and identified plants that needed additional care. Some saplings showed signs of stress due to limited rainfall or weather conditions.

This activity made me realise that successful plantation depends heavily on post-plantation monitoring.

My Learning:

Regular follow-up is essential for increasing the survival rate of planted saplings.

SDGs Addressed: SDG 15 – Life on Land.

7.3 Watering and Weed Removal

Watering became particularly important during periods of insufficient rainfall. I watered newly planted saplings and monitored their condition.

I also removed weeds growing around plantation areas. Excessive weed growth can affect young plants by competing for nutrients and space.

The activity required physical effort, especially during hot and humid weather conditions.

My Learning:

I learned that plant care requires regular physical effort and consistency. Weather conditions can directly affect plant survival.

SDGs Addressed: SDG 15 – Life on Land.

7.4 Soil Care and Organic Manure

I participated in activities involving soil care and the application of organic manure.

On one occasion, I added organic manure to newly planted saplings. I also learned about the benefits of natural nutrients for plant growth and later applied natural compost around plants to improve soil fertility.

The process showed me how organic waste can be connected with environmental sustainability.

My Learning:

Organic manure can support plant health while also contributing to responsible organic waste management.

SDGs Addressed: SDG 12 and SDG 15.



7.5 Cleanliness and Plastic Waste Management

I participated in cleanliness activities and removed waste from areas surrounding plantation sites.

Plastic waste was also collected from nearby surroundings and properly disposed of. These activities helped maintain cleaner plantation areas and reduced the possibility of plastic interfering with the growth of plants.

The presence of large amounts of litter in some areas showed that waste management remains an important environmental challenge.

My Learning:

Plantation and cleanliness must go together. Planting trees without maintaining clean surroundings cannot create a truly sustainable environment.

SDGs Addressed: SDG 12 and SDG 15.



7.6 Environmental Awareness and Community Interaction

I interacted with residents and community members to spread awareness about environmental conservation.

The discussions included protecting planted saplings, adopting eco-friendly habits, reducing plastic use, and understanding the importance of sustainable practices.

I also educated people about the benefits of native trees and explained why locally suitable plant species can be valuable for the environment.

Some people were interested in the discussions, while others required more explanation before accepting the ideas.

My Learning:

I learned that communication plays an important role in environmental conservation. Physical work can improve the environment directly, while awareness can create long-term behavioural change.

SDGs Addressed: SDG 4 and SDG 15.



7.7 Promotion of Native Trees and Eco-Friendly Practices

During the internship, I educated people about the benefits of native trees and encouraged eco-friendly practices.

I learned that native plant species are generally better adapted to local environmental conditions. Promoting such plants can support local biodiversity and improve the chances of successful growth.

I also encouraged residents to understand that environmental conservation is not limited to plantation. Daily habits such as reducing plastic use, managing waste properly, and protecting green spaces are equally important.

My Learning:

Environmental conservation becomes more effective when people adopt sustainable habits in their daily lives.



Roots ਜੀਵਨ ਲਈ 'ਅਸਤਿਤਵ' ਦਾ ਸਹਾਰਾ ਹਨ

ਅਸੀਂ ਇੱਕ ਖੁਸ਼ਹਾਲ ਅਤੇ ਸਾਂਝੀ ਸੰਸਾਰ ਵਿੱਚ ਵਿਸ਼ਵਾਸ ਰੱਖਦੇ ਹਾਂ

ਪਲਾਸਟਿਕ ਦੇ ਮਨੁੱਖੀ ਸਿਹਤ ਅਤੇ ਵਾਤਾਵਰਣ 'ਤੇ ਮਾੜੇ ਪ੍ਰਭਾਵ

ਪਲਾਸਟਿਕ ਪ੍ਰਦੂਸ਼ਣ ਸਿਹਤ ਕੁਝਾ-ਕਰਕਟ ਦੀ ਸਮੱਸਿਆ ਨਹੀਂ, ਸਗੋਂ ਇਹ ਇੱਕ ਰਾਸਾਇਣਕ ਸਿਹਤ ਸੰਕਟ ਹੈ। ਰੋਜ਼ਾਨਾ ਵਰਤੇ ਵਾਲੇ ਪਲਾਸਟਿਕ ਵਿੱਚ ਪਾਏ ਜਾਣ ਵਾਲੇ ਰਾਸਾਇਣ ਸਾਡੇ ਭੋਜਨ ਅਤੇ ਪਾਣੀ ਵਿੱਚ ਮਿਲ ਜਾਂਦੇ ਹਨ, ਜੋ ਮਨੁੱਖੀ ਹਾਰਮੋਨਾਂ ਨੂੰ ਪ੍ਰਭਾਵਿਤ ਕਰਦੇ ਹਨ ਅਤੇ ਪ੍ਰਕਿਰਤੀ ਵਿੱਚ ਹਜ਼ਾਰਾਂ ਸਾਲਾਂ ਤੱਕ ਬਣੇ ਰਹਿੰਦੇ ਹਨ।



SAVE THE DATE

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ਜਲੰਧਰ, ਪੰਜਾਬ।

ਸਰੋਤ ਵਿਅਕਤੀ
Akashdeep Singh
President
Roots



7.8 School-Based Environmental Awareness

One of the important activities towards the later stage of the internship was visiting a government school for a meeting and awareness programme.

The awareness activity focused on environmental responsibility and plastic waste management. The experience demonstrated the importance of involving students in environmental education.

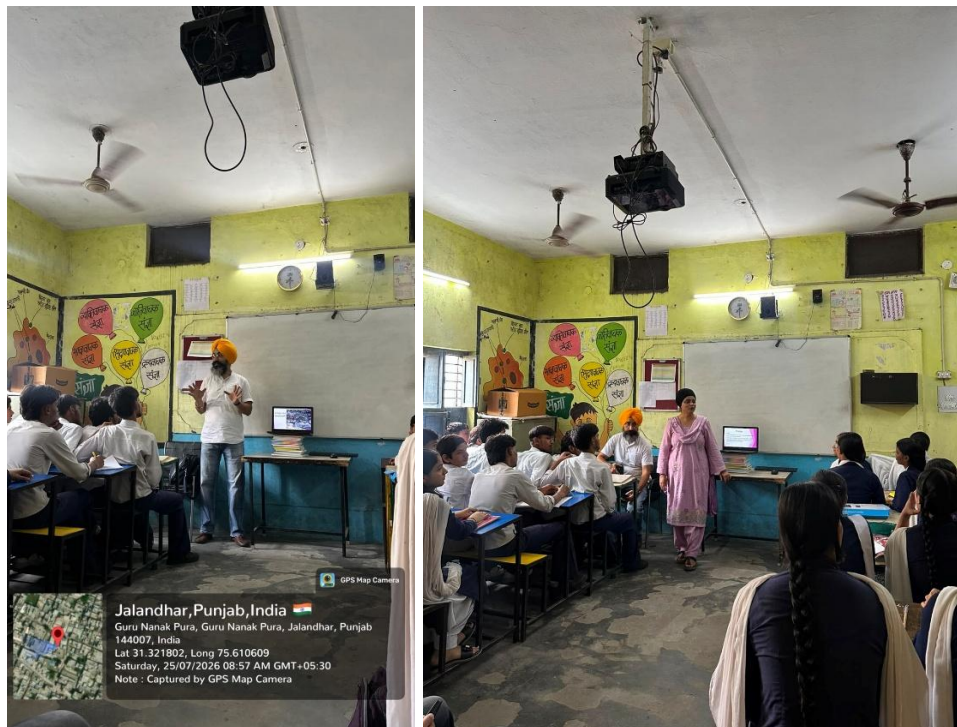
I learned that children and young people can become important agents of environmental change when they are given clear and practical information.

However, engaging students and explaining environmental issues in a simple manner was also challenging.

My Learning:

Environmental education at an early age can encourage students to develop responsible habits and influence their families and communities.

SDGs Addressed: SDG 4 and SDG 15.



8. SKILLS DEVELOPED DURING THE INTERNSHIP

8.1 Communication Skills

Interacting with residents, community members, and students improved my ability to communicate environmental topics in simple language.

8.2 Teamwork and Collaboration

Plantation and cleanliness activities required cooperation and coordination with other interns. I learned that environmental activities become easier and more effective when responsibilities are shared.

8.3 Public Interaction

Regular community interactions helped me become more comfortable speaking with unfamiliar people and explaining environmental issues.

8.4 Environmental Awareness

The internship significantly increased my practical knowledge of plantation, sapling care, waste management, plastic pollution, and organic manure.

8.5 Problem-Solving

Fieldwork often involved unexpected challenges such as lack of water, hard soil, weather conditions, and limited community participation. I learned to find practical solutions according to the situation.

8.6 Adaptability

Working outdoors required adapting to changing weather conditions and different field environments.

8.7 Time Management

Balancing plantation, maintenance, awareness, and field activities taught me to manage my time and complete assigned responsibilities efficiently.

8.8 Empathy and Social Responsibility

Interacting with communities helped me understand that environmental problems affect everyone. The experience developed a stronger sense of responsibility towards society and nature.

9. CHALLENGES FACED DURING THE INTERNSHIP

1. The internship provided many meaningful experiences, but it also involved several challenges. One of the major challenges was working in hot and humid weather. Outdoor plantation and maintenance activities required physical effort, and the heat sometimes made the work tiring.
2. Another challenge was the availability of water. During periods of insufficient rainfall, newly planted saplings required additional watering. Carrying water to plantation locations was sometimes difficult, but it was necessary to protect young plants.
3. Hard soil also created difficulties during plantation and soil maintenance. Digging and loosening the soil required additional physical effort.
4. Weather conditions also affected plant growth. While monsoon rainfall can support plantation, delayed or insufficient rainfall can cause water stress. Therefore, regular monitoring was necessary.
5. Weed growth was another challenge. Humid conditions encouraged rapid growth of weeds around plantation sites, requiring repeated maintenance.
6. Plastic waste and litter around plantation areas also created difficulties. Cleaning such areas required additional effort and demonstrated that plantation activities must be supported by proper waste management.
7. Community awareness was another challenge. Not everyone was immediately willing to change their daily habits. Some residents had limited awareness about waste management or the importance of protecting public plants.
8. During school awareness activities, engaging students and explaining environmental topics in a simple manner required patience and effective communication.
9. These challenges taught me that social and environmental work requires persistence. Environmental conservation is not always easy or immediately rewarding. However, consistent effort, teamwork, and communication can gradually create positive change.

10. OUTCOMES AND LEARNING

10.1 Personal Growth

The internship contributed significantly to my personal development. I became more aware of my responsibility towards the environment and understood the importance of taking action rather than simply discussing environmental problems.

The experience developed patience and discipline because plant growth requires time and regular care.

I also became more confident in interacting with people. Earlier, communicating with unfamiliar individuals could feel uncomfortable, but regular community interactions helped improve my confidence.

The internship also strengthened my sense of empathy. Environmental problems are often connected with human behaviour and community practices, and understanding these connections helped me look at environmental issues from a broader perspective.

10.2 Professional Development

The internship provided practical skills that can be useful in professional life.

I developed communication skills through awareness campaigns and community interaction. I improved teamwork through collaborative field activities. I developed problem-solving skills by dealing with challenges related to weather, water, soil, and public participation.

The experience also improved my ability to adapt to different situations and work environments.

Most importantly, I learned that successful projects require planning, execution, monitoring, and follow-up. This understanding is useful not only in social work but also in professional management.

10.3 Contribution Towards Sustainable Development Goals

SDG 4 – Quality Education

The awareness activities conducted with students contributed to environmental education. By discussing plastic waste management and eco-friendly practices, the internship supported the development of environmental knowledge among young people.

SDG 12 – Responsible Consumption and Production

Activities related to plastic waste reduction, responsible disposal, composting, and organic manure were connected with responsible consumption and waste management.

The internship demonstrated that reducing waste generation and finding useful applications for organic waste can contribute to sustainable resource use.

SDG 13 – Climate Action

Tree plantation and environmental awareness contribute indirectly to climate action by encouraging the protection of green spaces and increasing awareness of environmental challenges.

SDG 15 – Life on Land

This was the most directly connected SDG throughout the internship. Plantation, sapling maintenance, soil care, protection of green spaces, and environmental conservation activities contributed towards the broader objective of protecting terrestrial ecosystems.

The internship helped me understand that achieving the SDGs does not always require large-scale projects. Local community-level actions can also contribute to global sustainability goals.

11. CONCLUSION

The two-month Srijan Social Internship with Roots for Being was a valuable and practical learning experience. It provided me with the opportunity to understand environmental conservation through direct participation in plantation, sapling maintenance, waste management, cleanliness, organic manure, community awareness, and school-based environmental education.

One of the most important lessons I learned was that planting a tree is only the beginning of environmental responsibility. A sapling requires regular watering, monitoring, soil care, protection, and maintenance to survive. This understanding changed my perspective towards plantation activities.

The internship also helped me understand the importance of waste management. Plastic waste and improper disposal can affect both human surroundings and natural ecosystems. Therefore, environmental conservation requires changes in everyday habits along with direct field activities.

Community awareness was another important part of my experience. I learned that creating environmental change requires communication and patience. People need to understand the reason behind sustainable practices before they can be encouraged to adopt them.

The school awareness activity was particularly meaningful because it demonstrated the importance of educating young people. Students can play an important role in creating environmentally responsible communities when they are given the right knowledge and encouragement.

Throughout the internship, I developed communication, teamwork, adaptability, problem-solving, public interaction, and environmental awareness skills. The challenges of working in difficult weather, managing water requirements, dealing with hard soil, removing weeds, and convincing people to adopt sustainable habits made the experience more realistic and valuable.

Overall, this internship helped me understand that environmental conservation is a shared responsibility. A cleaner and greener future cannot be achieved through

the efforts of one organisation or one individual alone. It requires continuous participation from communities, students, institutions, and individuals.

The experience has encouraged me to become more conscious of my own environmental habits and to recognise the importance of small actions. Whether it is planting and caring for a tree, reducing plastic use, managing waste properly, or educating another person, every responsible action can contribute to a larger positive impact.

The internship therefore became more than an academic requirement. It was an opportunity to develop a stronger connection with nature, understand community responsibilities, and learn how practical environmental action can contribute to sustainable development.

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