



SRIJAN 6.0 – Social Internship

FINAL STUDENT PROJECT REPORT

ORGANISATION: Roots for Beings

MENTOR: Akashdeep Singh

DURATION: 1st June- 31st July (2 months)

ACADEMIC SESSION: 2025-26

SUBMITTED BY:

NAME: Pavni Mittal

SAP ID: 590020636

COURSE: BCOM (Hons)

SCHOOL: School of Business

1. *Looking back at your social internship journey, how has the experience changed you as a person? Describe the moments that had the greatest impact on you, the people you met, the stories that inspired you, the practical experiences you gained, and the challenges you faced. How did you overcome these challenges, and what will you take forward from this experience? (min 400 - 500 words).*

Reflective Journey and Personal Transformation

Looking back at the two months I spent at Roots for Being for my internship. This was something much more than what I had to do for my academic requirements. It was a change for me. It changed the way I think about the environment and the community I live in. When I started, I knew what sustainability was on a theoretical level, but working with Roots helped me understand what true implementation of the word sustainability meant in everyday life. I learned that it takes a lot of work, care, and consistency to make a difference in the environment, and that taking the first step toward a healthy future is important.

Key Drivers and Impactful moments:

My days were structured around four major tasks given to us by our mentor to work on in these 2 months-

1. **PLANTATION DRIVE-** We were told to plant 5 saplings of trees every week in the local parks and nearby areas to promote greenery all around.
2. **AWARENESS-** Educating neighbours on waste management, plastic reduction, and the importance of plantation daily.
3. **SELF AWARENESS-** Attended online lectures on environmental science, composting techniques, and waste management.
4. **SCHOOL CAMPAIGNS-** Hosted awareness camps in local schools (Eklavya School, GSSS) to educate students and staff about plastic waste management and its harmful impact on the environment.

Reflecting on one of the most impactful things that happened during these 2 months was spreading awareness among my neighbours. This task helped me interact with everybody, from kids to adults, and make them understand the urgent need to work for nature and to connect with the roots. Seeing residents understand this and take their first step towards the environment made me realize that environmental stewardship is infectious once an initial effort is made.

People, Stories, and Inspiration:

I met a lot of people during my time at Roots. All the interactions I've had so far in these 2 months have left a positive and unforgettable impact on me. During the school camps, from the enthusiasm of young students to learn about the environment and the eager questions about how they could adopt cleaner habits, to the school teachers ready to make a change and take their first step towards nature from the school itself, it was really engaging. The kids at the schools we visited were really excited to learn.

Practical Skills and Overcoming Challenges:

Working with Roots was not an easy task. Every day came with new challenges to overcome. One of the biggest challenges faced was during the plantation drive in parks and public spaces. Planting the sapling was just the first step, but keeping it alive and healthy brought many hurdles to cross.

- Extreme weather conditions: Protecting the young saplings from extremely hot and humid weather was a task in itself. Regular watering to prevent the plant from dying was very important.
- Public and Street Hazards: Planting fragile saplings in public areas was tough as stray dogs would usually dig the soil and vehicles would damage the stems. Thus, it was important to plant the saplings in safe spaces on the corners of the roads and in parks where dogs could not damage them.
- Constant initiative by residents: The biggest challenge was ensuring that the nearby residents took proper care of the saplings once it is planted and our team moved to new locations. Plantation was not the sole responsibility of the NGO but called for a constant initiative by the public as well to promote a green and healthy environment.

Overcoming all these obstacles while working with Roots helped me gain invaluable practical experience. I learned how to interact with people and convince them for the good. I learned how to work with a community and how to make a difference. I learned to become a responsible human being and give back to the environment what it gives to us.

2. *Your understanding of the focus area (s) of your internship (For instance health, primary education, environment, sustainability etc.). In this part, you will share what you have understood and how. (min 400 - 500 words).*

Understanding of the focus areas (ENVIRONMENT & SUSTAINABILITY):

Before working with Roots, “sustainability” and “environment” were just the terms I heard in class or saw online. Practically implementing these terms and connecting with nature helped me realize that taking care of the environment isn't about huge, abstract theories—it's about small efforts in our day-to-day routine that preserve nature for the future. I learned how everything around us is connected, from the soil under our feet to the trash we throw away every day.

Urban Reforestation & Ecosystem Health:

The plantation drive brought forward the need for greenery in urban areas. We do not realize its harmful impact until we take a closer look at the lack of green cover in urban areas due to massive urbanization. Planting trees every morning showed me how much cities actually need green spaces. Trees and plants are much more than decoration in homes. They help give shade in public places, keep the breathable air clean, prevent the washing away of soil in heavy rains, and most importantly, are a home to thousands of birds and insect species that are now becoming extinct rapidly. Alongside, I learned that planting does not end at putting the sapling in the soil; it includes picking up the right plants, preparing healthy soil, protecting the roots, and watering them regularly to ensure their healthy growth. This is not the duty of a single person or just the NGO. It requires the commitment of the entire community to protect the green cover in urban areas.

Waste Management:

One of the biggest shocks for me during my research and tasks was the broken waste management system around us. Despite the rapid modernization, the basic waste management system in the city was nowhere to be found. Basic awareness among the people who call themselves urban and modern was completely missing. Heavily populated and a few posh areas of the city were filled with garbage dumps and were home to bacteria and diseases.

Talking to people about this brought a few small changes in their daily habits, like using their kitchen waste to make manure instead of dumping it with plastic waste or simply throwing it in the garbage. Apart from this, giving basic knowledge to people on how and where to dump their household waste brought hope for a clean city.

Plastic Reduction & Behavioral Change:

Attending plastic awareness camps along with school students at Eklavya School and GSSS made the plastic crisis feel very real. The deadly harm of Single-use plastic was eye-opening for all. I realized that we can't solve plastic pollution just by complaining about it; we have to implement it by adopting healthy, plastic-free habits in our daily lives and help others to do so. Teaching kids turned out to be the most effective way to do this.

Putting it all together, what I learned from online lectures with what I experienced on the street helped me connect theoretical knowledge to practical life. I learned that true environmental care comes with consistent effort of all. Simple changes like saying no to plastic, protecting the green cover, and dumping the waste responsibly can bring positive impact to nature.

3. *How do you see yourself making a difference, immediately and in the long term? (min 400 - 500 words).*

Individual Contribution – Immediate and Long-Term Action Plan:

Working with Roots helped me realize that working for the environment is not a one-time action or a temporary part of a project. It requires consistent effort and dedicated commitment towards nature. My action plan for making a sustained difference operates across both immediate personal actions and long-term professional strategies.

Immediate Action Plan:

In the short term, I am focusing on direct, regular changes in my own daily habits and within approachable people.

- Waste Home Management: I have adopted a practice of strict waste segregation at my home. All wet kitchen waste is converted into manure as learned in the internship, and the plastic waste is disposed of responsibly in proper landfills away from residential areas.
- Elimination of Single-Use Plastics: I have eliminated single-use plastic bags, disposable cutlery, and single-use water bottles from my daily routine, opting instead for reusable cloth bags, stainless steel containers, and refillable bottles.
- Continued Community Greening: I remain actively involved in local neighborhood greening efforts, taking personal responsibility for nurturing the saplings planted during my internship and organizing quarterly planting drives with local youth groups.

Long-Term Vision & Strategic Impact:

In the long term, my goal is to integrate environmental sustainability into broader community leadership:

- Supporting and Promoting Eco-Conscious Brands: I am committing to making personal purchasing choices that align with environmental values by actively choosing products from certified eco-friendly brands. Beyond shifting my own consumption habits, I will advocate for these sustainable alternatives among my friends, family, and online network to motivate others to switch to eco-friendly options.
- Embedding Sustainable Practices in Future Business: If I ever launch my own business or industrial enterprise in the future, I will ensure that eco-friendly, sustainable practices are integrated directly into its operations. From choosing eco-conscious materials and minimal packaging to establishing efficient waste management systems in production setups, sustainability will be my priority.
- Drive Organization with Local Schools: Even though my formal internship with the NGO has concluded, I will independently maintain strong connections with local schools. I plan to organize regular, community-driven awareness camps, plantation drives, and interactive sustainability workshops for students to ensure the momentum of environmental education continues uninterrupted.