

# **PROPOSAL FOR INTERNSHIP COLLABORATION**

*Between*

**The Himalayan Foundation Chandigarh**

*And*

**GGDSD College**

Respected Sir/Ma'am,

The Himalayan Foundation Chandigarh is a Non-Governmental Organisation, established as the youth wing under its proud mentor, The Himalayan Club Trust, which is a public charitable trust. Its desideratum is to extend a helping hand to society and prompt its members to become the succeeding leaders of our nation. The organisation sets out to work for a variety of social causes and actively engages youth in meaningful social impact initiatives through awareness drives, workshops, campaigns, volunteering activities and community engagement programmes.

With a vision to bridge academic learning with practical exposure, The Himalayan Foundation Chandigarh seeks to collaborate with GGDSD College for providing internship opportunities to students under the Internship for Community Engagement framework as prescribed under the NEP 2020 Guidelines and Panjab University Internship Regulations (2025–26 onwards).

The internship programme aims to provide students with experiential learning opportunities while developing professional skills including leadership, communication, teamwork, event management, community engagement and social responsibility.

The internship programme aims to provide students with experiential learning opportunities while developing professional skills including leadership, communication, teamwork, event management, community engagement and social responsibility.

Through this collaboration, The Himalayan Foundation Chandigarh proposes to engage and manage approximately 25 student interns under the structured 60-hour internship programme. Students will be provided with practical exposure, mentorship and active participation opportunities across various social projects, campaigns and community events conducted by the organisation.

# ABOUT THE HIMALAYAN FOUNDATION CHANDIGARH

The Himalayan Foundation Chandigarh works extensively towards community welfare and youth empowerment through various social initiatives and awareness programmes. The organisation encourages young individuals to become socially responsible leaders by actively participating in projects addressing important social concerns.

Currently, the organisation functions through 8 major social projects, each focusing on a unique cause and area of community development.

PROJECTS	DESCRIPTION
1. Project Nanhe Kadam	Focuses on child welfare and education by conducting educational activities, mentorship sessions and awareness programmes for holistic child development.
2. Project Nazariya	Promotes equality, acceptance and inclusivity for LGBTQ+ society by spreading awareness and encouraging positive societal change.
3. Project Prakriti	Works towards environmental sustainability through cleanliness drives, hygiene awareness campaigns and initiatives promoting a cleaner and healthier environment.
4. Project Ruhaniyat	Conducts mental health awareness workshops and seminars aimed at promoting emotional well-being and reducing stigma surrounding mental health.
5. Project Saaya	Organises visits and interactive sessions with elderly individuals residing in old age homes, promoting emotional support and companionship.
6. Project Samvidhaan	Spreads legal awareness among youth regarding constitutional rights, duties and general laws of the country.
7. Project Tales of Tails	Works towards animal welfare, protection and awareness regarding compassion and care for stray and abandoned animals.
8. Project Udaan	Aims to break the taboo surrounding menstruation and women's health through awareness drives, workshops and menstrual

hygiene campaigns.
--------------------

## **Events & Community Engagement**

The Himalayan Foundation Chandigarh actively conducts numerous events, fundraisers, awareness campaigns and community engagement programmes throughout the year. These events provide students with practical exposure in event execution, public interaction, management and leadership.

Currently, the organisation is conducting its flagship event:

### **Tour De City – Season 4**

Tour De City Season-4, an initiative by The Himalayan Foundation Chandigarh, is a spirited community event that brings together individuals from across the tricity to champion fitness, unity and environmental consciousness.

Envisioned as more than just a cycling marathon, it stands as a movement towards sustainable living, encouraging people to embrace greener choices and take meaningful steps towards a healthier planet.

To expand its impact and participation, vibrant promotional drives are conducted at key public spaces throughout the city, inviting citizens of all age groups to ride for a cause and become a part of this growing green revolution.

Tour De City offers an energising cycling experience combined with engaging on-ground activities, creating an atmosphere of enthusiasm, awareness and collective action, where every pedal contributes towards a cleaner, greener and more sustainable future.

## **Internship Structure (60 Hours)**

Students may choose any one of the following internship domains according to their interests and preferences.

<b>OPTIONS</b>	<b>PROJECT/ EVENT COMBINATION</b>	<b>DURATION AND WORK ALLOCATION</b>
Option 1	Project Ruhaniyat + Project Nazariya + Tour De City	<ul style="list-style-type: none"><li>•Ruhaniyat – 1 Hour per day for 10 Days</li><li>•Nazariya – 1 Hour per day for 10 Days</li><li>•Tour De City – 2 Hours per day for 20 Days</li></ul>
Option 2	Project Nanhe Kadam + Project Prakriti + Tour De City	<ul style="list-style-type: none"><li>•Nanhe Kadam – 1 Hour per day for 10 Days</li><li>•Prakriti – 1 hour per day for 10 days</li><li>•Tour De City – 2 Hours per day for 20 Days</li></ul>
Option 3	Project Tales of Tails + Project Saaya + Tour De City	<ul style="list-style-type: none"><li>•Tales of Tails – 1 Hour per day for 10 Days</li><li>•Saaya – 1 Hour per day for 10 Days</li><li>•Tour De City – 2 Hours per day for 20 Days</li></ul>
Option 4	Project Samvidhan + Project Udaan + Tour De City	<ul style="list-style-type: none"><li>•Samvidhan – 1 Hour per day for 10 Days</li><li>•Udaan – 1 Hour per day for 10 Days</li><li>•Tour De City – 2 Hours per day for 20 Days</li></ul>

## **Roles & Responsibilities of Interns**

Students undertaking the internship programme will be expected to:

- Participate actively in awareness campaigns and NGO initiatives
- Assist in event planning and execution
- Coordinate with volunteers and project teams
- Conduct outreach and promotional activities
- Engage with communities during workshops and awareness sessions
- Support fundraising and campaign management activities
- Assist in documentation, reporting and maintaining activity records
- Demonstrate professionalism, discipline and active participation throughout the internship period

## **Internship Guidelines & Compliance**

The internship programme shall be conducted in accordance with the internship guidelines prescribed under Panjab University and NEP 2020 regulations.

The following conditions shall apply:

- The internship shall be conducted under the category of Internship for Community Engagement.
- Students shall complete a total engagement of 60 Hours as prescribed under university guidelines.
- Students must maintain regularity, discipline and active participation throughout the internship period.
- Each student shall maintain an Activity Logbook documenting daily/weekly tasks and learning outcomes.
- Students successfully completing the internship requirements shall be awarded a Certificate of Internship Completion by The Himalayan Foundation Chandigarh.

## **Learning Outcomes**

Through this internship, students will gain practical exposure in:

- Leadership & Teamwork
- Communication & Public Interaction
- Event Management & Coordination
- Community Engagement
- Problem Solving & Decision Making
- Social Awareness & Responsibility
- Professional Development & Organisational Skills

## **Collaboration Support Requested from the College**

To ensure the effective execution and outreach of various social initiatives and community events organised by The Himalayan Foundation Chandigarh, we request the support and permission of the college administration for promotional and engagement activities within the college premises.

This may include:

- Permission for event pitching and awareness sessions in classrooms or designated areas
- Setting up informational or registration stalls within the campus premises
- Promotional activities for social campaigns, fundraisers and community events
- Student interaction and engagement drives regarding ongoing initiatives and internship opportunities
- Display of posters, standees or promotional material at permitted locations within the campus

These activities shall be conducted in a disciplined and organised manner with prior coordination and approval from the concerned college authorities.

We believe that such engagement activities will not only help expand the impact of social initiatives but will also encourage greater student participation in community welfare and experiential learning opportunities.

We believe that this collaboration will provide students with valuable experiential learning opportunities while encouraging active participation towards social development and community welfare.

We look forward to collaborating with Goswami Ganesh Dutta Sanatan Dharma College and building impactful opportunities for students together.

Regards

Board of Directors

The Himalayan Foundation Chandigarh