
INTERNSHIP REPORT

(June 1st, 2018 – July 31st, 2018)

TGG Foundation, Wayanad, Kerala.



TGG Foundation
A PUBLIC CHARITABLE TRUST

Submitted by

ADHITHYA NARAYAN

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Executive Summary

This report contains a detailed insight of the internship carried out at a Non-Profitable Organization, TGG Foundation in Wayanad, Kerala, for a period of two months from June 1st, 2018 to July 31st, 2018.

Also documented in this report is the experience that I have gained through interning with the NGO and the manner and extent to which this experience has contributed to my overall development. The report contains a detailed study about the organization, its background, its nature of work, size, activities and its future scope. Nature of the job designated, assignments and studies carried out as part of my work for the organization has been explained thoroughly.

The report also mentions the various projects initiated by the NGO namely, ‘Navajyothi (Kerala)’ - a women self help group, ‘Jai Kisaan Movement’ and ‘Asha Ki Kiran’ project. The report has incorporated the job details related to the aforementioned projects, the various stages of development in the projects and the final expected outcome of the initiatives are also mentioned clearly.

The report has been concluded with a brief summary of on the work performed during the course of the internship and what were the benefits of doing such an internship.

Acknowledgement

It has all together been a wonderful experience working in TGG Foundation Charitable Trust, as it has helped a lot in developing my knowledge on ethical farming, raising my self confidence and in changing my perspectives on life. The internship proves to be an opportunity for me to enhance my thought processes about nature and its conservation. In fact I am thankful to a couple of people who all have helped me during my internship course.

Primarily, I would like to show my gratitude towards **Puneet**, my senior at Symbiosis School of Economics, who suggested me this particular NGO to work upon.

My sincere gratitude to **Mr. Laiju S V**, the Chairperson at TGG Foundation Charitable Trust, for giving me the chance to intern with the organisation through which I was been able to understand about the concepts of 'Ethical farming' and 'Sustainable development' in Wayanad. He stood as a guiding pillar during the course of my internship and has helped me in increasing my self-confidence.

The job couldn't have been possible without the support of the members of TGG family. Thanks to **Hari** chettan for providing me with immense knowledge and helping me out with the field work at the farm. Thanks to **Sushamma** chechi, **Seena** chechi, **Shanna** chechi and **Lakshmi** akka for their delicious cuisines that they have served during my internship period. Thanks to **Beena** chechi, the group head of Navajyoti (Kerala), for guiding me through various activities in the organisation. Also remembering, **Shailaja** chechi, **Vali** chechi and **Mini** chechi for training me in tea leaves plucking at the farm.

I would also like to thank **Namitha** Ma'am and **Laiju** Sir for the mirthful evening talks which have made my work hours more cheerful. I am also grateful to every other people that I have met in Wayanad for making my stay a worthwhile.

Last but foremost; I acknowledge my **parents** for their strong support throughout my life.

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Introduction

The internship which I have done in TGG Foundation Charitable Trust (TGGFCT) was purely out of my own interest, as part of my wanderjahr expedition after college. I have chosen TGG Foundation for the internship because of the work philosophy they follow which, in essence, is “Be the change you wish to see in the world” and for the organisation’s sustainable ideologies in rural development. The Foundation’s ‘Ethical’ principle towards agricultural farming is yet another reason for my choice of the organisation. Internships prove to be an opportunity for seeking new knowledge and it was properly convinced through the contents in the Foundation’s website. An experience during one’s internship period in an organisation could make them feel like doing some kind of a work which has to be done with loyalty and responsibility, this feeling of doing a responsible job could possibly help one to develop their self confidence. Wayanad’s picturesque beauty with its wide variety of flora and fauna has also caught my interest in doing an internship at TGGFCT.

TGG Foundation has helped me to understand more about the perks of doing an internship. The first 7 day orientation program at The Green Gardens, a farm managed by the organisation, has given me few prior insights about my job in the coming days. The orientation program has made me understand about the importance of ‘observations’ in any activities and it has opened a new door for my observation skills. The close connect with the nature in the farm was an exhilarating experience of existence. It had also provided space to explore my passion for photography with its immensely beautiful landscapes. These initial 7 days in the farm proved to be the most cherished moments during the course of the internship.



Figure 1. The Green Gardens farm

The works which I have done in the office has prepared me well in terms of my writing skills as I have done works related to content creation and proof reading for the organisation's website. The website was also a platform for me to showcase the photographs which I have taken in the farm, as the organisation supported me by publishing those pictures in their website. The close interactions with the local community as part of my work in the organisation have helped me to understand many technical and practical aspects of the work culture in there. With ample amount of time for each of my works, each day went by stress free. From the morning goat milk coffee through the herbaceous lunch to the light dinner made by 'Chechis' (Members of Navajyothi) was toothsome and has energised me throughout my work hours. All together the stress less environment in the office was one good thing during the internship.

As it was a monsoon season, there weren't much of outdoor activities that I could have indulged in during the course, and that won't be a pleasant thing for those who enjoy doing field related works like me. But, enjoying monsoon in Wayanad was a great experience except for the fact that it had caused many problems like land sliding in some areas. After all it was a nice experience working with TGG Foundation Charitable Trust (TGGFCT) and I was happy doing a work that in some way or the other benefits not just me but also a mass of other people.

Job Description

The pre intern period started off with a 7 day orientation program at The Green Gardens farm, managed by TGG Foundation. The orientation program aimed to indulge in the interns a primary ideology of the organisation which is ethical farming practices and sustainable living conditions. As part of this, I was asked to stay at the farm for a period of 7 days and make a report on various observations and suggestions found across during the time of my stay. It also aims to create awareness among the interns to understand the hardships of the farming community, so it was an opportunity for the interns to get hands on experience by participating in all the activities which takes place in the farm. These are the activities which I have participated in along with other members of the TGG family:- tea leaves plucking, carrying loads of tea leaves from the farm to the store room, weighing the tea leaves load and grass for the cows, watching how to milk a cow, cleaning the area around the Cardamom plantation (weeding) etc. All these jobs were interesting to do as most of the works were a firsthand experience.

Observations in the farm

Listed here are some of the observations noted down during the time of my stay in the farm.

- 1) Attack of Phytophthora and yellow leaves are some of the pest diseases caused in pepper plants. These problems can be avoided to a certain extend by protecting the base of each pepper plants with Arecnut leaves for cooling effect so that the plant can retain water. Yellowish leaves are produced mainly due to dryness of the plant. Use of Arecnut leaves is a symbol of sustainability in the farm as it is readily available in the farm.



Figure 2. Pepper plants covered with Arecnut leaves

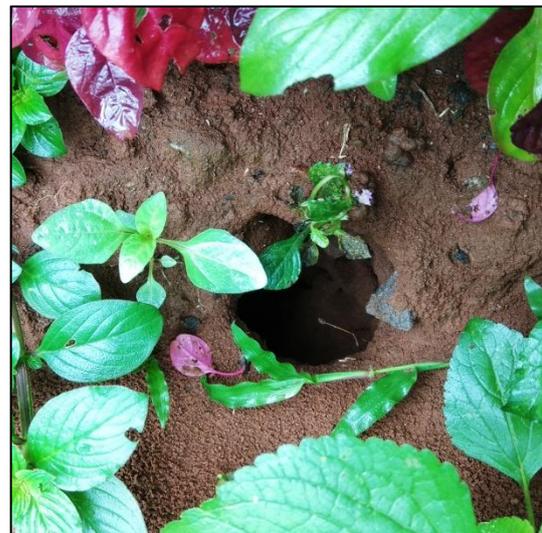


Figure 3. Holes built by ants in between vegetable plantation

- 2) Small cavities are made in between the plantation by ants in the soil, so that more oxygen and water reaches the roots directly and rapidly (as shown in Figure 2.). This is an example of natural architecture in the ecosystem.

- 3) Another important observation is that most of the nearby houses which has goats also had jackfruit trees which are an example for sustainability as the households need not have to depend on outside source to feed the animals, as Jackfruit tree leaves are the main food for goats.
- 4) “Caging the vegetable areas is better than caging the animals” is a thoughtful quote by Arun sir, one of the guests in the farm. The Cow, Goats, Ducks, Goose, Hen and the Pigeons had the freedom to roam around during the day time as the plantations were fenced to restrict their entry.
- 5) Multi cropping is yet another thing to observe in the farm as multi cropping helps to confuse the pests and prevent their entry to the important plantations. The Silver Oak trees and Jackfruit trees built in between the Tea gardens helps to give shades to the Tea plants.
- 6) Frogs laying frog spawns under a small water body in the farm. The male frog climbs on back of the female frog as the spawns are laid. Two pairs of frogs are shown in Figure 3. This was a captivating sight from the Green Gardens farm during the monsoon season.



Figure 4. Frog spawns

- 7) Bamboo plantations, Sugar chillies, etc. (at the early stage) are very useful for practical usage for health and for the environment. A bamboo which helps in building homes is an example of sustainable material.

Works and Projects undertaken

- 1) Content writing and website updating: The website of TGG Foundation Charitable Trust (www.tggfct.org) was updated by adding new sub contents and pictorial descriptions to the page. The work was monitored and proof read by the Chairman of the organisation before updating it. The internship page, Live projects and the Responsible Indian Mission projects were some of the web pages that were updated during the course of this internship.
- 2) Coordinating with the organic certification inspector from IndoCert: The farm has to be certified organic by a third party certifying organisation. The Green Gardens farm underwent an inspection by the certifying body IndoCert before giving the certification. And, TGG Foundation has given me the opportunity to coordinate with the inspector to

learn more about organic certifications and its processes. IndoCert is a nationally and internationally operating certifying body for organic products, promoting organic sustainability worldwide. There are certain policies and norms to attain the various certifications that they are providing, the USDA organic, India organic and Rainforest Alliance are some of them.

- 3) Communicate with Indian and International universities regarding the Internship opportunities and research activities provided by TGG Foundation: Various colleges and universities within India and abroad were reached informing them about the internship and research activities undertaken in the organisation. Different platforms were made use for the communication. One of them was to communicate through direct E-mails sent to various Indian colleges and universities, the mail was sent stating the purpose and objective of providing the opportunities to their students. A link to the organisation was also provided for more details about the opportunities. Online internship platforms like Internshala and Twenty19 were also used to reach the students directly. Platforms like Handshake, GoAbroad.com and other international internship online web centres were utilized for reaching to international students and universities, through which the organisation was able to create an account in their websites, stating the details of TGG Foundation and the opportunities provided.
- 4) Improving the functionalities of Virgin Coconut oil extractor: A Coconut oil extractor is a machine which extracts coconut milk from the coconut grates, which is then processed to get Virgin Coconut oil.



Figure 5. Virgin Coconut oil extraction process

The extractor has got a table, a tray and a spinning hard metal plate attached to an iron bar. It starts to operate as the iron bar above is spun and as it gets spun, the plate moves down and compresses the coconut grates, which in turn squeezes the milk out of it. This milk is then cold processed to get the oil. The problem the members of Navajyothi (Kerala) were facing was that the spinning action put forth by them needs huge effort and was not enough to get the maximum milk out of the grates. An alternative way of putting the effort was designed by the organisation using a hydraulic jack.

The project was undertaken by a team of technicians, me and the Chairman. The main objective of the project was to lessen the effort put by the women and to maximize coconut milk production. As part of this, a hydraulic jack was placed under the tray to push the tray upwards so that the effort also lessens as the jack has got the capacity to lift more weight without much effort. The additional parts to include it in the extractor include a platform to keep the jack, a hydraulic jack and a square plate to lift the tray.

Also along with the work a hole was made in the table to provide space for the square plate to go above and move the tray.



Figure 6. and 7. Welding works of the square plate



Figure 8. and 9. Finishing works at the last stage of the modification

The works that has undergone during the process of the modification of the extractor are shown in the figures 6, 7, 8 and 9.

Result of the project: According to the opinions from the members of Navajyothi (Kerala), the modification proved to increase the coconut milk extraction and has also made the effort easier but the positioning of the Jack was not comfortable for them. Even though the oil production hasn't increased considerably it had a effect altogether in milk extraction. Now, the organisation will take up another modification project to place the Jack in a comfortable position. The change is shown from Figure 10 to 11.



Figure 10. and 11. Modification made in the milk extractor

- 5) Test trial of the goat milk soap: As part of Navajyothi (Kerala)'s soap making initiative, the organisation was supporting the women self help group with ideas related to a new soap making process.



Figure 12. and 13. Soap making process

A test trial was done in making soap with pure goat milk and virgin coconut oil. The process involved proper mixing of oils, the goat milk and Sodium Hydroxide. The properly mixed content is now transferred to a mould and kept for 24 hours curing in a refrigerator. The soaps taken from the mould are further cured in a cool shady place for another 2 to 3 weeks. The soap then produced is best for use.

Result: The soap was quite successful in itself with usage. It was foaming and was cleansing the skin giving it a nice texture as well. But, there weren't any fragrance in the soap even though we have added lemon-grass oil in it and on further usage we have understood that the proportion of Sodium Hydroxide could be increased a little bit more, as the soap was dissolving so quickly.



Figure 14. Final outcome of the trial soap

- 6) Translation of Navajyothi (Kerala) By-Law from English to Malayalam for the easy understanding of the members: The By-Law of the women self help group was translated from English to Malayalam which was a task in itself for a period of one week. The Google translator was used majorly for the work to get done. This has enhanced me to understand how a company works and what all rules are followed by the institution. This work helped me a lot to get a better hold with both the languages.
- 7) Initiation of Common Service Centre by Navajyothi (Kerala): Common Service Centre (CSC) is an initiative undertaken by Government of India to expand digital knowledge and access to the remote and rural areas in India. Navajyothi (Kerala) with the support of TGG Foundation has registered for the same through online and it was a great opportunity for me to get involved with the application process. The work enabled me to attain a fair enough knowledge about how a CSC centre works and how it can help the rural communities.

Internship Evaluation (Conclusion)

I consider doing an internship has a lot of benefits before entering into a full time job portal. TGG Foundation works among a rural community of Wayanad and have undertaken projects in the field of sustainable and organic agriculture and women empowerment. The internship is an opportunity to not only utilize our skills but also provide us with the much needed rural exposure & a chance to put our academic knowledge into practice. It proved to be a journey of a life-time and I got the chance of gaining valuable information from this.

The stay in The Green Gardens farm has helped me a lot in attaining some wonderful experience in my life. It proved to be an opportunity for me to understand how an NGO works and to develop an organisational skill. Another important thing which I have learnt during my days in TGG Foundation is about Sustainability and the judicious use of resources. The sustainable living experience which I have undergone during the orientation period has enhanced my knowledge on sustainability and helped me to think seriously on practicing sustainable farming in the future.

“Make the world a better place to live”, yes, as the motto of the institution says, let’s all make a step and save all the resources we enjoyed using for the betterment of the future generation. Once again I am stating my sincere gratitude to all my fellow species and the other species for making my stay in Wayanad worth remembering. Thank you.