



A Dhruv Agarwal Foundation Initiative

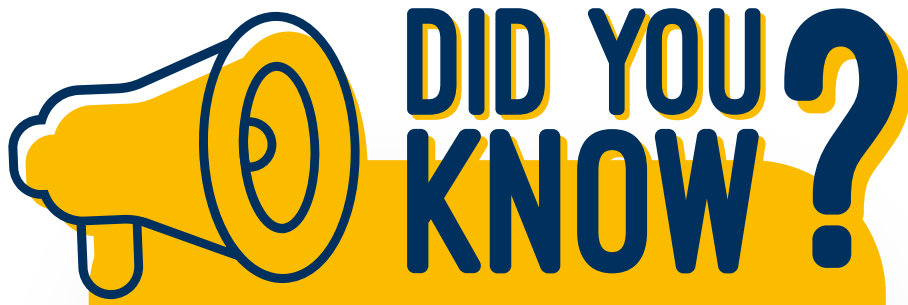
Become A  
**CHANGEMAKER**

VALUE PROPOSAL  
SOCIAL INTERNSHIP PROGRAM

CLICK HERE TO  
**APPLY**



# ABOUT US



## INDIA RANKS 126 / 137 ON HAPPINESS INDEX

According to the World Happiness Index 2023, India is among one of the **least** happy countries in the world.

## Who are we?

We are a youth-driven non-profit organisation dedicated to improving the quality of mental health support for young people.

## Our Mission

Our mission is to enable and safeguard the youth with preventive and promotive mental health care.

## Catalysts of Change

We believe in the transformative power of young minds to create impactful change. Your awareness, engagement, and commitment to mission such as ours has the potential to truly transform the world.

## Intention to Action

In a world where awareness is high, we are here to guide the youth so they can bridge the gap between intention and action.

## Enabling High School Heroes

We equip high school students with the skills and knowledge to create a positive change in their community and be an advocate for a meaningful cause.

## Impactful Internship

The internship program aims to nurture the next generation of leaders by fostering personal growth and honing their ability to make impactful change.



# PROGRAM HIGHLIGHTS



**Program Name**

Mental Health Research Internship

**Eligibility**

- Students from classes IX to XII
- Passion to make an impact

**Job Responsibilities**

- Strategise research plan
- Conceptualise data collection tools
- Engage in primary data collection
- Analyse and report key findings

**Time Commitment**

- 4 Weeks
- 3 meetings a week, 1 hour each
- Total 30-35 hours investment

**Commitment Fee**

Rs. 7500



# PROGRAM OUTLOOK



## CORE OF THE INTERNSHIP

Our 4-week research internship program empowers you to drive innovative change in the field of preventive mental health care.



## WHY YOUTH-LED RESEARCH MATTERS?

We believe that you, the future leaders, hold a unique perspective. By leading the research, not only will you acquire vital skills but also help us pave the way for a brighter future.

## YOUR CONTRIBUTION AS A CHANGEMAKER

### Strategise research plan

Collaborate on defining research objectives that will drive our investigation into understanding youth mental health.

### Conceptualise data collection

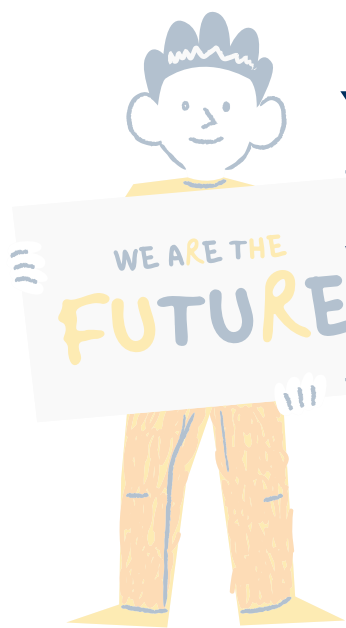
Take an active role in crafting the instruments used to gather essential information and designing protocols that facilitate in-depth discussion.

### Engage in primary data collection

Engage in the exciting process of data collection. Conduct surveys, interviews and focus groups to foster rich conversations and gain meaningful insight.

### Analyse and report key findings

Delve into data analysis to discover emerging trends, guiding our efforts towards improving the effectiveness of mental health care in India.



## YOUR JOURNEY BEYOND

This program isn't just about the present; it's an investment in your future. You'll leave with practical research skills sought after by top universities, a network of like-minded peers, and the power to make a real difference.



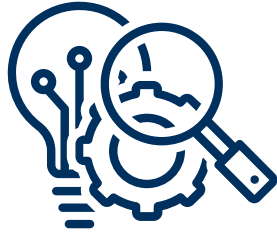
# PROGRAM STRUCTURE



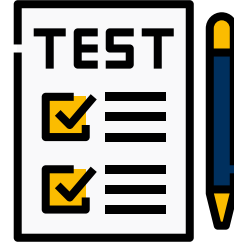
## Week 1 - Training & Skill Development



Web Portal & Learning Resources



Research Basics & Instrument Design

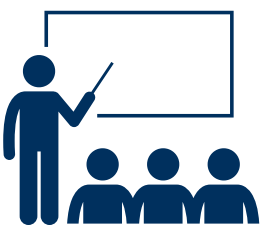


Pilot Testing



Feedback & Reflection

## Week 2 to 4 - Implementation



Mentor Led Learning



Data Collection & Analysis



Individual & Group Check-ins



Report Submission & Program Completion



# PROGRAM BENEFITS

*"The only source of knowledge is experience. - Albert Einstein"*

Discover a wealth of opportunities that our internship program offers, designed to elevate your skills, impact, and journey towards a brighter future.



## ENHANCE UNIVERSITY APPLICATION

- Learn essential life skills
- Receive recommendation letter
- Earn a valuable certificate
- LinkedIn recommendation



## SHAPE YOUR ACADEMIC FUTURE

- Develop interdisciplinary skills
- Broaden your scope of knowledge
- Explore interests with a fresh perspective



## GAIN REAL-WORLD EXPERIENCE

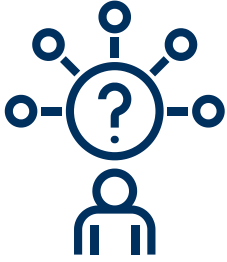
- Dive into frontline projects
- Thrive through teamwork and collaboration
- Experience creative innovation





# PROGRAM OUTCOMES

## DEMONSTRATE



### Intellectual Curiosity

Showcase your passion for learning beyond the classroom.



### Community Service

Display your commitment to making a positive difference in your community.



### Initiative

Exhibit proactiveness by engaging in self-directed projects.

## LEARN



### Research & Innovation

Equip yourself with the ability to investigate new topics & uncover insights that drive innovation and impact.



### Critical Thinking

Sharpen your problem solving skills and think critically to tackle challenges head-on.



### Data Analysis

Master the art of data collection, assimilation and analysis, uncovering meaningful insights.

## GAIN



### Leadership Experience

Take initiatives that showcase your leadership abilities, setting yourself apart as a capable and confident future leader



### Communication & Networking Skills

Improve your ability to share ideas effectively and build connections with professionals and peers.



### Emotional Intelligence

Foster empathetic connections and enhance your interpersonal skills for a brighter future.



# TESTIMONIALS

Excerpts about the transformative Chariot internship journey

The internship was thoughtfully **designed to challenge and inspire**. Applying **theoretical knowledge to real-world scenarios** equipped me with practical skills that will undoubtedly benefit me in my future endeavours.

-Samara Shah  
American School of Bombay

The entire research process was **different from anything I have ever done before**. Conducting the interviews and focus group session **made me step out of my comfort zone!**

- Kiara Bangera  
Dhirubhai Ambani International School





# TESTIMONIALS

Excerpts about the transformative Chariot internship journey

This internship really helped me acquire more **skills** that would **help me in the real world.**

-Friyana Kapadia  
Al Diyafah High School, Dubai

I practiced my communication, **leadership, organization, reflection and information literacy skills** throughout this internship...

-Gauri Saxena  
Oberoi International School JVLR

I learned about how different people from different walks of life approach the subject, which **developed my own understanding of mental health** as a whole.

-Jiya Bhuta  
Oberoi International School, Mumbai

Everyone should work on projects such as these and **break the social taboos...**

-Arham Banthia  
La Martiniere for Boys, Kolkata

...this was a **golden chance to bring about a small change...**

-Ariha Shah  
Ahmedabad International School

I recommend this internship for those who want to pursue a career which **prioritises communication skills.**

-Yatish Nara  
The Indian High School, Dubai



# ALUMNI STORIES

Success stories of interns who made it to their dream colleges.

**Arnav Sutodiya**



**La Martiniere for Boys, Kolkata**



**University of Columbia  
(Business Management)**

Chariot helped boost Arnav's confidence and communication skills, while he explored new avenues. His experience shaped his college essay, where he highlighted the transformative growth he gained.

*"I did something which I never thought I had the ability to do..."*

**Adhithi Varadarajan**



**Geetanjali Olympiad School, Bengaluru**



**University of Massachusetts  
(Chemical Engineering)**

This internship program helped her improve communication skills, networking ability, self confidence and provided a base to improve her social-emotional learning.

*"I improved my communication, networking ability and self confidence..."*

**Jia Atha**



**The Heritage School, Kolkata**



**Bournemouth University  
(Fine Arts)**

Through Chariot's creative activities and tasks, she was able to build her confidence and master the art of rapport building. She understood the concepts of mental health in a deeper sense and sees herself able to take more empathetic approaches.

*"I am able to be more empathetic and make people comfortable..."*

*Ready to*  
**MAKE AN IMPACT?**

CLICK HERE TO

**APPLY**



Still have questions?

Reach us at [hello@chariot-daf.org](mailto:hello@chariot-daf.org)