

Internship FAQ (UG Programs 2025–26 onwards)

1. Is internship compulsory?

Yes. Internships are a **mandatory part of UG programs** under National Education Policy 2020 and are required to earn academic credits.

2. What is an internship?

An internship is a professional learning experience that offers meaningful, practical work related to a student's field of study or career interest. An internship gives a student the opportunity for career exploration and development, and to learn new skills.

3. When do I have to do the internship?

Typically, the mandatory internship under NEP is for the **5th semester**, but to avoid any inconvenience to the students, Panjab University has allowed the students to engage in internship anytime from 3rd semester onward.

4. Can the internship be done during vacations or can it be continued during the semester?

Although the Summer Break or Winter break are the perfect time to get finish the internship because it allows full focus on internship activities without affecting regular academic and other college activities. But students can definitely complete the internship during regular semester days as well.

An advice: summer break is perfect for full time internship taken in any organisation. However, a part time internship or research-based internship can easily go parallel with other academic activities like classes and exams.

6. Will the college allow leaves for completing mandatory internship under NEP?

No, there is no provision of internship leaves to be allowed to the students. That is why students are advised to utilise summer/ winter / autumn break etc. to complete internship program.

In case student could not do his/ her work during holidays then student can do it in part time format i.e. after the college hours.

7. What is credit and number of hours requirement for the mandatory internship under NEP?

Course	Credit	Subject Name
B.A.	2	Internship/ Community work
B.Sc.	4	Internship/ Community work
B.C.A.	2	Internship/ Project
B.Com.	2	Internship
B.B.A.	2	Internship

8. What are the steps of Mandatory internship under NEP?

- Identify opportunity
- Discuss the internship opportunity with internship supervisor at college
- Get the approval and Register internship
- Execute internship
- Maintain activity logbook
- Get completion certificate
- Prepare detailed report
- Submit report
- Prepare for the viva and assessment by the supervisor

9. What types of internships are available or required?

There are two:

- **IEE (Internship for Enhancing Employability)** → job-oriented
- **IDRA (Internship for Developing Research Aptitude)** → research-oriented

10. How do I choose between IEE and IDRA?

- Choose **IEE** → if you want industry exposure or placements
- Choose **IDRA** → if you want to pursue research or higher studies

11. Who can be the mentor for internship for developing research aptitude?

These internships/apprenticeships can be pursued in a range of settings such as firms, industries, organizations, or within research labs under the guidance of faculty from their own or other higher education institutions (HEIs)/research institutions.

12. Where can I do the IEE (Internship for Enhancing Employability)?

Under the National Education Policy (NEP) 2020, the Internship for Enhancing Employability (IEE) (often referred to as experiential learning or vocational internships) is designed to be flexible. Students can complete these 60–120 hour internships/ projects (15–45 day internships) with a variety of local, government, and private entities.

Where to Do Your IEE Internship:

- Local Industries and Businesses: Manufacturing units, MSMEs (Micro, Small & Medium Enterprises), and service sector companies.

- Government Organizations & Departments: Various ministries, local government bodies (Municipal Corporations, Zila Parishads, Panchayats, Block Samitis).
- Non-Government Organizations (NGOs): Registered social organizations and non-profits.
- Research Laboratories & HEIs: Higher Education Institutions, R&D labs, and research institutions.
- Professional Services: Working with individual professionals like artists, craftspersons, chartered accountants, or lawyers.
- Digital Platforms: The [AICTE Internship Portal](#) hosts numerous opportunities, including corporate, government, and startup roles

Key Platforms for Finding Internships:

- [MYBharat Portal](#): Features, including internships under the National Service Scheme (NSS).
- [PM Internship Portal](#): A platform for youth to explore opportunities.
- Other Platforms: [Internshala](#), [Lets Intern](#), and similar portals often list NEP-aligned internships.

Process: You must get approval from your college's Internship Cell or Departmental Faculty Council before starting.

13.. Can a student do the community work as an internship under NEP?

Yes, a student from B.A. or B.Sc. can complete the mandatory internship by engaging in the community work for required number of hours (BA -60, BSc -120).

No, a student from BBA, BCA, BCom has to do internship (IEE or IDRA) or project in case of BCA. Community work will not be counted as internship for the students of BBA, BCA and BCom.

14.. How many hours do I need to complete?

- **B.A.** ----- At least **60 hours** → **2 credits**
- **B.Sc. / B.C.A.** ----- At least **120 hours** → **4 credits**
- **BCom/ BBA** ---- At least 60 hours → 2 credits

15.. How to calculate the number of hours? How will it be proved?

Students have to prepare the activity log book. They have to record daily activities performed with date, time and hours. This activity book is to be signed by the internship mentor on daily basis. This activity log book with all details and signature of the mentor is a proof of number of hours spent for the internship program in an organisation.

How ever, if the student is engaged in IDRA (Internship for Developing Research Aptitude), then the student will prepare the activity book with details of research related activities number of hours spent for each activity under the guidance of mentor and get it signed by the mentor.

16. Can I do the internship on my own (self-arranged)?

Yes. But: It must be **approved by the Nodal Officer/ supervisor** before starting. A general discussion with the supervisor will also help you to get clarity on all issues related to the internship before you actually start it.

17. if join a coaching class to learn some new topic like income tax/ stocks/ programming language/ tally / excel etc. will that be counted as an internship?

No, an **internship** is significantly different from **learning a skill at a coaching center** (training). While both are essential for career growth, they differ mainly in purpose, environment, and compensation.

- **Internship** = "Learning by Doing" in a real professional workplace.
- **Coaching/Training** = "Learning before Doing" in a structured classroom or online setting

• Key Differences

Feature	Internship	Coaching Center / Training
Primary Goal	Gain professional experience & apply skills.	Acquire specific knowledge or master a tool.
Environment	Real company, team, and projects.	Classroom, simulated, or online.
Output	Real-world deliverables, projects, or reports, Completion certificate	Certification, certificate of completion, or assessment.
Mentorship	Supervised by industry professionals.	Taught by trainers or instructors.
Compensation	Often paid (stipend). May be free sometime	Usually paid <i>by you</i> (fee).
Flexibility	Often rigid, based on project needs.	Flexible, often self-paced or structured.

18. Can I do an online internship?

Yes, if it is:

- From a **recognized platform/organization**
- The organisation you chose works in online or work from home mode.
- You are assigned a Mentor by the organisation who will guide your internship activities.
- Mentor will approve your daily activity log book.

- Organisation will give you completion certificate with sign and stamp from the company head/ mentor.
- Discuss everything with the internship supervisor assigned to you by the college.
- Internship is Approved by your supervisor

19. What kind of community work can be counted as internship under NEP for B.A. and B.Sc. courses?

Under the National Education Policy (NEP) 2020, community work designed as a "Community Engagement and Service" internship for B.A. and B.Sc. students focuses on experiential learning, where theoretical knowledge is applied to solve real-world social problems. These involve activities exposing students to societal socio-economic issues, facilitating the application of theoretical knowledge to real-life problems.

Here are some examples. Student may find any such opportunity according to own interest.

1. Social & Welfare Activities (General)

- **NGO Internships:** Working with NGOs on rural development, education, or social welfare projects.
- **Women and Child Welfare:** Assisting in empowerment workshops, health camps, or rehabilitation centers.
- **Public Policy & Legal Aid:** Working with local governments (Panchayats, Municipalities) to assist in public service delivery or awareness campaigns regarding legal rights.

2. B.A. Specific (Humanities & Social Sciences)

- **Education:** Teaching underprivileged children or working with adult literacy initiatives.
- **Heritage Preservation:** Working with local artists, craftspeople, or museums to document and promote local art and culture.
- **Social Survey:** Conducting field surveys to analyse social issues like poverty, gender inequality, or healthcare access.

3. B.Sc. Specific (Science & Environment)

- **Environmental Sustainability:** Organizing awareness campaigns for waste management, recycling, or water conservation.
- **Scientific Awareness:** Conducting water or soil testing in rural areas and sharing findings with local farmers.
- **Healthcare & Hygiene:** Assisting at health camps, working on water, sanitation, and hygiene (WASH) programs, or aiding in nutrition education.

Key Requirements to Count Community Work as Internship:

- **Approval:** Approval from the internship supervisor assigned by the college before starting.
- **Mentorship:** Work must be performed under the supervision of a representative from the community partner (e.g., NGO head, Panchayat member).

- **Activity Book:** must be prepared with details about type of activity, date, time number of hours and signed by the mentor/ representative of NGO/ Panchayat/ other office or organisation you are working with.
- Student may have get a chance to complete required number of hours for the internship from a single project for example teaching some skills to underprivileged kids for four weeks.
- The student may have to get engaged in multiple community service programs like – cleanliness drive, tree plantation drive, health camp organisation, some public awareness program etc to complete required number of hours (60 for BA and 120 fir BSc)
- Every community service you perform should be with registered NGO/ Community Group/ Panchayat/ Public or Government Office etc. student has to keep all documents and proofs. Some participation Pictures in the report or work summary will be great.
- **Documentation:** Students must submit a final report, attendance certificate, completion certificate and a summary of work done.

20. How can I check if the internship offering organisation is authentic or not?
























- The company/institution must have a Corporate Identity Number (CIN) or a Company Registration Number (CRN).
- Professional website – official domain name and e-mail IDs, clear information about its services, team members, updated contact details and address.
- GST number, LinkedIn profile, google map reviews
- Clear details of internship – defined roles, duration and procedure, completion certificate
- BEWARE: Excessive stipends, shady websites, dubious interview procedure, refusal for verification, upfront demand for money, avoiding official communication



How*to Check if a Company Offering Internship is Authentic?



Follow these steps to verify the legitimacy of an internship opportunity and protect yourself from scams.

<p>1 Check the Official Website</p>  <ul style="list-style-type: none"> A legitimate organization has a professional website. Look for official domain email IDs (e.g., @company.com). Clear information about services, team, address, and contact details. <p>Be cautious if: Website looks incomplete, uses Gmail/Yahoo IDs, or has no address.</p>	<p>2 Verify Registration and Legal Presence</p>  <ul style="list-style-type: none"> Check on MCA portal (Ministry of Corporate Affairs). Verify GST registration. Check LinkedIn company profile. Search Google Maps for office location and reviews. <p>Use: mca.gov.in</p>	<p>3 Examine the Internship Offer</p>  <p>Warning signs:</p> <ul style="list-style-type: none"> Guaranteed certificates without work Very high stipends for minimal work Requests for payment (training, deposit, etc.) No interview or selection process Unrealistic promises <p>Authentic internships have defined roles, timelines, and clear communication.</p>	<p>4 Check Reviews and Student Experiences</p>  <ul style="list-style-type: none"> Search company name + "reviews" Search company name + "internship scam" Check LinkedIn, Reddit, Quora, Glassdoor, etc. <p>Real experiences from students can help you identify red flags.</p>						
<p>5 Verify the Mentor or HR Representative</p>  <ul style="list-style-type: none"> Check if the person exists on LinkedIn. Verify if their role matches the organization. Communication should be professional. <p>Scam internships often use fake names or unverifiable contacts.</p>	<p>6 Ask for Documentation</p>  <p>A genuine organization can usually provide:</p> <ul style="list-style-type: none"> Offer letter Internship description Company profile Contact person details Completion certificate format <p>Avoid opportunities that refuse to share documents.</p>	<p>7 Consult Your College</p>  <ul style="list-style-type: none"> Share the offer with your Internship Coordinator or faculty mentor. Seek institutional approval. Ask seniors if they know the organization. <p>Institutional guidance adds an extra layer of safety.</p>	<p>8 Prefer Recognised Platforms</p>  <ul style="list-style-type: none"> Apply through trusted and recognised platforms. Avoid random links or unknown sources. <p>These platforms follow verification and reduce scam risks.</p>						
<p>Prefer Trusted Platforms</p> <table border="0"> <tr> <td> AICTE Internship Portal internship.aicte-india.org</td> <td> LinkedIn Jobs linkedin.com/jobs</td> <td> Internshala internshala.com</td> <td> TULIP Internship Programme tulip.gov.in</td> <td> National Career Service ncs.gov.in</td> </tr> </table>				 AICTE Internship Portal internship.aicte-india.org	 LinkedIn Jobs linkedin.com/jobs	 Internshala internshala.com	 TULIP Internship Programme tulip.gov.in	 National Career Service ncs.gov.in	<p>A Simple Rule</p> <p>If an internship:</p> <ul style="list-style-type: none"> asks for money upfront, avoids official communication, promises unrealistic rewards, or refuses verification, <p>it should be treated with caution.</p>
 AICTE Internship Portal internship.aicte-india.org	 LinkedIn Jobs linkedin.com/jobs	 Internshala internshala.com	 TULIP Internship Programme tulip.gov.in	 National Career Service ncs.gov.in					
<p>Authentic organizations are transparent, verifiable, and professionally communicative. Always verify before you apply and safeguard your future!</p>									

21. What if I don't complete the required hours?

You will **not receive credits**, which may affect your degree progression.

22. Can I complete my internship hours from multiple internships?

Students are advised to complete 60/ 120 hours internship from single organisation or project. However, there are no clear guidelines regarding clubbing multiple internships. So, if clubbing multiple internships/ community works is the only option then the student may complete number of hours by adding engagements in various internships/ community works. Then the student should mention all activity log books.

23. Do I need to maintain any record during the internship?

Yes. You must maintain a **Daily/weekly Activity Logbook** (mandatory) regularly signed by the internship mentor.

**Internship Activity Logbook
(to be filled by the student)**

Student Name	
Name of the Department/ College	
Internship Organisation:	
Mentor Name and Designation:	
Internship Supervisor Name	
Internship Duration	From _____ to _____

Week	Date	Activities Performed	Skill Learned	Remarks from Mentor
1				
2				
3				
4				
5				
6				
7				
..				
....				
Add More				

Signatures

Student

Mentor

ResearchSupervisor

24. Who supervises my internship?

You will have:

- **Supervisor (college faculty for internship approval, record keeping, assessment)**
- **Mentor (from company/research organization/ Higher education faculty/ Community work organisation)**

25. What documents do I need to submit after completion?

You must submit:

- Internship Completion Certificate
- Internship Report
- Activity Logbook (signed)
- Any required presentation/assignment / evidence of work done

26. Is the completion certificate different for IEE (Internship for Enhancing Employability) and IDRA (Internship for Developing Research Aptitude)

Yes , The formats are as follows:

INTERNSHIP COMPLETION CERTIFICATE

This is to certify that **Mr./Ms. [Student Name]**, bearing Roll Number **[Roll No.]**, a student of **[Program Name]**, Department of **[Department Name]**, has successfully completed the **Internship for Enhancing Employability (IEE)** as part of the academic requirements.

The internship was undertaken at **[Name of Organization]** from **[Start Date]** to **[End Date]**, with a total engagement of **60 hours**.

During this period, the student was engaged in professional activities that contributed to enhancing workplace readiness, communication skills, problem-solving, and industry exposure.

We appreciate the student's sincere efforts and contributions.

Date: _____
Place: _____

Signature & Seal

Name of issuing Person

RESEARCH INTERNSHIP COMPLETION CERTIFICATE

This is to certify that **Mr./Ms. [Student Name]**, Roll Number **[Roll No.]**, enrolled in the **[Program Name]**, Department of **[Department Name]**, has successfully completed the **Internship for Developing Research Aptitude (IDRA)** during the ----- Semester of the Academic Year -----

The internship was conducted under the supervision of **[Name of Faculty Mentor/Supervisor]**, from **[Start Date]** to **[End Date]**, with a total engagement of **60 hours**, as per the academic requirements.

The student worked on a research project titled:

"[Title of the Research Project]"

The student's work demonstrated commitment to academic inquiry and contributed to the development of research aptitude.

Date: _____
Place: _____

Signature & Seal

Mentor / Supervisor

27. What should be included in the final internship report?

Student is to submit a detailed internship report after completing the internship. Student take guidance from the internship mentor and the internship supervisor to prepare the report. Following elements should be considered while writing the report.

- Activities undertaken during the internship –tasks, assignments, and responsibilities handled - the nature of work exposure and practical involvement.
- Key learning outcomes and experiences gained - knowledge, insights, and practical understanding acquired during the internship - students may mention exposure to workplace practices, research methods, or organizational functioning.
- Challenges faced and methods adopted to overcome them – adapting to work environment – problem solving approaches
- Highlight technical, professional, and interpersonal skills developed - communication, teamwork, analytical ability, or technical competencies.
- How the experience contributed to the student’s academic, professional, and personal growth –
- practical exposure gained through real-world learning and workplace interaction.

28. Is there a viva (oral exam)?

Yes. You must appear for a **viva-voce** based on your internship work. The internship supervisor in the college will arrange the assessment exam for you.

29. How is the internship evaluated?

For IEE:

- Report + Viva → **80%**
- Supervisor Feedback → **20%**

For IDRA:

- Research Report + Viva → **80%**
- Supervisor Feedback → **20%**

30. What happens if I fail in internship evaluation?

You may need to:

- **Repeat or re-submit** as per university rules
- This can delay your credits

31. Is internship required if I exit early (after 1st or 2nd year)?

Yes. In that case you must complete:

- **120 hours (4 credits)** internship

32. Can I do internship in a startup, NGO, or with a professor?

Yes. Allowed options include:

- Companies / startups
- NGOs
- Government bodies
- Research institutions

33. What skills will I gain?

In IEE:

- Communication, teamwork, problem-solving, professionalism

In IDRA:

- Research, data analysis, writing, critical thinking

34. Give me some ideas about sectors/domains of the internships

Students can find these opportunities through their institutional internship cell, government portals, or by creating their own projects with local artisans, entrepreneurs, or small businesses.

- Technology and digital skills
- Marketing, media and creative services
- Business, finance and administration
- Government, public policy and local governance– zila parishad, Municipal, panchayat etc
- Public relation and public sector administration
- Hospital, health centre etc
- Social sector. NGO and community development
- Social work training
- Fund raising and volunteer management
- Social awareness campaign design
- Election / census surveying
- Heritage/ museum management

- Green energy system

35. What are the internship options in different fields?

A few are listed here :

Technical

- Software development (coding, AI, web dev)
- Data science / analytics
- Core engineering (mechanical, electrical, civil site work)
- IoT / robotics internships

Commerce / Management

- Finance & accounting internships
- HR internships
- Marketing & sales
- Business analytics
- Startup internships

Arts / Humanities

- Content writing / journalism
- Social work / NGO internships
- Public policy & governance
- Teaching / education internships
- Political Internship at political office – policy research, speech drafting, content creating, data analysis etc.
- Public Health and awareness programs with NGO

Science / Medical

- Research Lab internships
- Hospital/ clinical internships
- Pharmaceutical companies
- Environmental fieldwork
- Soil/ water testing – field data collection
- Lab Assistant Internship at school, college, institute

Others/ General for all

- Assist professionals – data documentation, observe work sessions

- Language and Translation internship at publishing houses Climate change and impact on human psychology etc....
- Sports instructor internship at school or sports academy
- Yoga instructor , dance instructor
- Women and child development internships
- Gym Instructor internship
- Sports rehab internship
- Event management internship
- Teaching skills to under privileged kids by associating with some NGO or panchayat or public office
- Working with registered resident welfare association for development works
- Government scheme awareness - public office

36. Where can a student search for the internships offered by the Government of India

Government internships

- NITI Aayog Internship
- DPIIT Internship (Startup India)
- AICTE Virtual Internship
- ISRO / DRDO internships
- NHRC/MWCD internship prog.
- RBI Research Internship
- Good for exposure to policy & national projects

Note: interested students should keep checking the government offers on internet or public offices. Student has to understand the offer completely and apply for the internship if it matches the requirements of Mandatory Internship under NEP.

37. What are the examples of Community work for internship under NEP?

Students of BA or BSc can join and contribute in community service program by associating with some NGO, registered association, Club, Gram Panchayat, Parishad, Public Office, Orphanage home, Old age Home, Animal rescue group, Fund raising organisation, Environment Related projects, organisations/ groups working for better and sustainable environment. List is very long. Choose a right organisation or office, discuss about the kind of community service that can be performed there, discuss with the supervisor, follow the instructions and start your internship journey. Some of the examples are listed below, but there can be end less opportunities and options

- Teaching (rural education)
- Women empowerment projects
- Environmental NGOs
- Village surveys, awareness camp etc. through Gram Panchayat
- E-waste Management; recycling
- Volunteering at hospitals, institutes for special needs, rehab centres, traffic police.
- Associating with Women Cell, (gender sensitization) VADA, Bal Sarathy, Red cross Society, first Aid Training or CPR training.
- PM Surya Ghar Yogjan: Training for renewable energy sources.

38. What are the ideas for IDRA internships under NEP?

These internships typically last 4–6 weeks (120 hours) and can be done in higher education institutions, R&D labs, industry, NGOs, or with local entrepreneurs. B.A. student can complete their IDRA internship in 60 hours (roughly 2 to 3 weeks). Interested student is to discuss with the mentor about a research project/ study. The mentor will guide complete steps of performing a research project/study. Here are a few examples:

- Data analysis and survey-based research.
- Scientific and technological research.
- Environmental impact analysis.
- Historical documentation for museums or heritage place etc.
- Public policy evaluation.
- Behavioural/ psychological studies.
- Start up feasibility study.
- Conduct survey and interview to analyse ground level social issues.

39. Who approves my internship?

- **Nodal Officer (final approval)**
- In consultation with internship Supervisor

Every student is advised to discuss the internship option with the assigned supervisor well before engaging in the internship. Approval from the supervisor is mandatory.

40.. Do I need a mentor from the organization?

Yes. Every student must have a **mentor** for the internship. Mentor is to be arranged by the student (with approval) from the supervisor. Always discuss your internship program with the internship supervisor provided by the college.

41. What is the biggest mistake students make?

- Starting internship **without approval**
- Not maintaining daily activity logbook
- Not getting proper internship completion certificate from the organisation/ research guide /NGO representative with stamp and signature
- Submitting incomplete reports
- Ignoring viva preparation

42. Which students should do summer internships?

This is mandatory for all students of 5th Semester under NEP. Students from every stream should get work exposure and learn professional/ socio-economic/ research aptitude skills.

- **Commerce** → finance, marketing, HR
 - **Science** → labs, research projects
 - **Arts/Humanities** → NGOs, content, social research
 - **Computer/IT** → coding, data, web development
-

43. Where can I find summer internships?

Common sources:

- Online platforms -- Top online platforms to find internships for college students in 2026 include **LinkedIn**, **Handshake**, and **WayUp**, which connect students with diverse, industry-specific opportunities and Fortune 500 companies. Specialized platforms like **Internshala** (popular in India) and **Glassdoor for Students** provide targeted virtual, paid, and in-office roles.
 - College internship cell – students can contact internship supervisors and placement cell of the college to know about companies offering internships through college.
 - Faculty referrals – discuss with teachers in the college especially if you are interested in research-based internship
 - Company websites
 - Personal networking – take help of friends and family to know about options.
-

44. Can I do a work-from-home (online) internship?

Yes, if:

- The organization is **genuine** and has an online work environment.
- Work is **verifiable**

- You get good assignment and opportunity to learn
 - Approved by supervisor
 - You get a **certificate + mentor feedback**
-

45. Are unpaid internships worth?

Sometimes—but be realistic:

✓ Worth it if:

- You gain real skills
- Work is meaningful

✗ Not worth it if:

- Only certificate, no learning
 - Repetitive/basic tasks
-

46. What duration is ideal for summer internship?

- Minimum: **4–6 weeks**
- Ideal: **6–8 weeks**

This usually aligns with **60–120 hours requirement**

47. Can I do multiple internships in one summer?

Yes, but:

- Quality matters more than quantity – it is advised you to spend your time on one project and learn something useful.
 - Sometime related (complementary) internships can be combined to complete the time and credit requirement. For example if a student takes up an internship of “Bee Keeping” for 60 hours and do another internship (for another 60 hours) related to it, may be processing of honey or digital marketing or something related.
 - Idea is that student should learn best during the internship and not just complete the hours.
-

48. What documents should I collect?

- Offer letter --optional
- Completion certificate signed and stamped

- Activity log book signed by mentor
 - Mentor feed back
 - Work proof (projects, reports)
-

49. What skills should I focus on during summer?

Depends on stream, but generally:

- Communication
 - Digital tools (Excel, Canva, coding, etc.)
 - Problem-solving
 - Teamwork
 - Entrepreneurial
-

50. Can I do internship in my hometown or nearby area?

Yes. Options include:

- Local businesses
- NGOs
- Schools
- Small enterprises

👉 Location doesn't matter—learning does

51. What are good summer internship ideas by stream?

Computer Science / IT

- Web development
- App development
- Data analysis

Commerce

- Accounting firms
- Digital marketing
- Sales & finance

Science

- Research labs

- Field studies
- Data collection projects

Arts / Humanities

- NGOs
 - Content writing
 - Social surveys
 - Health and wellness
 - Community work
-

52. Can I convert summer internship into a job?

Yes, if:

- You perform well
 - Build relationships
 - Show initiative
-

53. What is the best strategy for summer internships?

- Start applying **1–2 months early**
 - Apply to multiple roles
 - Customize your resume
 - Focus on **learning, not just certificate**
-

54. What is additional benefit of internship?

A well-chosen internship can:

- Shape your career direction
 - Improve your resume significantly
 - Help you stand out in placements
-

55. What are Smart Internship Ideas (Low Competition + High Value)?

- Survey-based research projects (create your own study)
 - Work with local businesses for marketing/content
 - Assist professors in research papers
 - Freelance writing/blogging
-

56. How to Choose the Right Internship?

Ask yourself:

- Do I want a **job after graduation?** → choose skill-based
 - Do I want **higher studies?** → choose research-based
 - Do I want **creative work?** → writing/media
 - Do I want **stable career?** → HR/teaching
 - Do I want to contribute to the society? → choose Community work (only for BA and BSc)
-

57. Can a small local internship be good?

Even a **small local internship** can be powerful if you:

- Document your work
 - Build a portfolio
 - Show measurable results
-

58.. I am B.Sc. Medical student, What Actually Matters (Reality Check) for good internship experience?

Don't just look for:

- ✗ Big hospital name
- ✗ Fancy certificate

Focus on:

- ✓ Hands-on lab work
 - ✓ Real data/research experience
 - ✓ Mentor guidance
-

59.. What are the Community-Based Research Project Ideas (IDRA)?

You can also create your own internship project:

- Impact of education on rural youth
- Awareness of government schemes in villages
- Sanitation and hygiene practices
- Women empowerment in local communities
- Health and nutrition survey

👉 These are **excellent for reports + viva**

60. Can I do Internship at Sports Coaching academy/ institute?

Yes, you can do the internship at any registered Sports academy (cricket, football, badminton, etc.)

What you'll do:

- Assist coach
- Train beginners
- Monitor performance

Skills gained:

- Coaching techniques
 - Game strategy
-

61.. I want to do internship related to physical education, what can be my easy option?

Gym / Fitness Trainer Internship

Where:

- Gyms, fitness centers

What you'll do:

- Help trainers
- Design basic workout plans
- Guide clients on exercises

Skills gained:

- Fitness coaching
 - Client interaction
-

62..Can I pursue an internship in a stream which is not my Major?

Yes, provided it is relevant in terms of skills or learning outcomes. Many humanities skills (communication, research, analysis) are transferable across fields. However, you must justify its academic relevance to your supervisor during evaluation.

63..Is it mandatory to design an internship around my dissertation or term paper topic?

No, it is not mandatory. However, aligning your internship with your research topic allows deeper engagement and strengthens both your internship report and academic work.

64..Can areas or fields be switched during an internship?

Even though it is not advised, switching areas is sometimes possible depending on the organization's flexibility and available roles. It requires prior discussion and approval from your mentor or supervisor.

65..Can companies be switched during an internship? Will the hours continue or restart?

Yes, switching companies is allowed in some cases with institutional approval. Hours are usually counted cumulatively, but you should confirm from your supervisor to avoid any loss of credit.

66..Can I intern in a company where I am already working?

Subject to approval from your supervisor/mentor or HR. Always check your institution's guidelines as well.

67..Can I intern for two different positions at the same time?

Yes, you can intern in two positions simultaneously if you can manage the workload and schedules. However, approval of institution, supervisor and mentor may be required, and both roles should meet learning and hour requirements.

68..Can a 60-hour internship be divided into two 30-hour internships?

Yes, in many cases it can be divided, provided your supervisor allows it. The total required hours are usually counted cumulatively. However, you should confirm this with your supervisor and mentor, and ensure proper documentation for both internships.

69..Will college provide for commutation?

No. No sort of allowance shall be provided by the college for the internship.

70.. What are the common areas for internship in Arts?

Broadly, a student pursuing Humanities/Arts can make a choice (but not limited to) the following fields for internship opportunities:

- NGOs/NPOs
- Content writing
- Social surveys
- Health and wellness
- Community work
- HR/Recruitment services

- Event Management
- Journalism/Media
- Teaching
- Translating
- Digital marketing
- Heritage Tourism
- Policy Research

71.. How do I prove “Work Done” in non-technical internships as sociology or literature?

You can provide field notes, interview transcripts, written content, reports, or any documented output as proof of work done. Better get your proofs attested by the mentor.

72.. Can I intern at a counselling centre without a psychology license?

Yes, but only in an observational or assistant capacity. You cannot independently conduct counselling sessions. You can play roles in administration, financial, record keeping, data entry, event management etc. your mentor will guide you about the activity.

73... If my Major is English, can I intern with a Hindi newspaper or media channel?

Yes, if it meets your programme’s requirements and learning outcomes. Media and communication fields are interdisciplinary, so working with a Hindi outlet still builds relevant skills like writing, research, and editing. Just ensure it aligns with institutional guidelines and clearly reflects course-related skill development.

74..... What kind of internship is useful if I want to pursue clinical psychology later?

Internships involving mental health NGOs, rehabilitation centers, govt. or private hospital settings (OPD experience, in-patient interaction) are valuable.

75... Are publishing house internships better than content writing internships?

It depends on your goals. Publishing offers editorial experience, while content writing helps build a versatile portfolio.

76.. How can I build a strong writing portfolio during an internship?

Save drafts, collect published links, document edits, and include feedback received from supervisors.

77... What internship options exist for History students?

Including but not limited to maintenance of archives, heritage documentation projects, research assistance, and field work with cultural organizations are good alternatives.

78.. Is fieldwork necessary in a history internship?

No. Archival research, digitization, and analytical writing are equally important. However, the final determination depends on the particulars of the organization and internship chosen.

79.. What kind of internship helps with civil services preparation?

Policy research, governance-related NGOs, and administrative exposure are beneficial.

80.. Are NGO internships enough for Sociology students?

Yes, if they include structured work like surveys, impact assessment, or data analysis.

81.. How do I conduct ethical fieldwork during my internship?

Ensure informed consent, maintain anonymity, and follow ethical research practices.

82.. Can freelancing or self-designed projects count as an internship?

No, since the guidelines state that the presence of a supervisor and mentor are essential and a formal evaluation by both is mandatory.

83.. What kind of organizations should I approach if I wish to intern in art?

Art studios, galleries, theatre groups, cultural NGOs, and event companies.

84.. Is social media management considered a valid internship?

Yes, if the role is structured, involves clear responsibilities, is supervised by a recognized organization, provides a certificate, aligns with your institution's guidelines and provides measurable learning outcomes.

85.. What internships are suitable for geography students?

Internships in areas such as GIS and mapping (using tools like ArcGIS or QGIS), environmental and sustainability projects, urban planning, research and data analysis, and disaster management. Opportunities in content writing, travel, and education are also relevant.

86.. What internships are suitable for geography students without GIS skills?

Field surveys, environmental NGOs, and sustainability projects are good options.

87.. Does teaching in a school/academy count as an internship?

Yes, especially if it includes lesson planning and active teaching involvement.

88.. What should I focus on during a teaching internship?

Pedagogy and lesson planning classroom management, and student engagement techniques.

89.. Can translation work count as an internship for humanities students?

Yes, if it involves structured, supervised tasks and relevant skill development. Ensure proper documentation and approval as per your institution's guidelines.

90.. What types of internships are suitable for Public Administration students?

Internships in government offices, NGOs (working in areas like education, health, gender, and rural development), policy think tanks, and development organizations are highly relevant. Roles involving governance, public policy research, and administration are ideal.

91.. What internships are suitable for Political Science students?

Internships in public policy, research organizations, NGOs, political campaigns, and media are highly relevant. Roles involving governance, analysis, and public affairs are ideal.

92.. Can I intern with a local government body?

Yes, internships with municipal corporations, panchayats, or district administration offices are highly valuable. They provide practical exposure to governance and public service delivery.

93.. Is fieldwork mandatory in Public Administration/Political Science internships?

No, but it is highly beneficial as it provides practical exposure to governance and policy implementation.

94.. Can I intern under an elected representative?

Yes, working with an MLA/MP or local representative can offer insights into governance, constituency management, and public relations.

95..What internships are suitable for Physical Education students?

Internships in schools, sports academies, fitness centres/gyms, coaching institutes, and wellness organisations are suitable. Roles may include training, coaching assistance, and fitness instruction.

96..What internships are suitable for Economics students?

Internships in finance, banking, research, data analysis, business analytics, consulting, and public policy are highly relevant. Roles involving data interpretation and economic analysis are ideal.

97.. What roles can I take up in regional language internships?

Roles include content writing, translation, editing, journalism, teaching assistance, and

social media management. Internships with regional newspapers, radio, and digital media platforms are also highly suitable.