

International Immersion
ANUBHUTI SCHOOLS
JALGAON, INDIA
Handbook



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Introduction

The Anubhuti Schools international immersion experience takes place in Jalgaon, Maharashtra, India. These schools, founded by Shri Bahvaralal Jain, former chairman of the multinational company Jain Irrigation Systems, Ltd., provide free education to children whose families may not have the necessary resources that allow them to attend school.

Interns will act as classroom aides, assisting teachers with tasks, engaging and building relationships with students, and implementing small activities within the classroom. This is a challenging, yet immensely rewarding internship experience that will last for 6 to 8 weeks.



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Considering the Trip

Experience

This is a life-changing experience that allows interns to grow personally, professionally, and culturally. Each person will gain a unique perspective that they can apply in their future professions and carry with them throughout life. Not only will interns form lifelong friendships with one another after enduring an emotionally rewarding experience, but interns will also create international bonds with teachers and students they meet along the way.



Anubhuti City School Students
Celebrating the Birthday and
Departure of an Intern



Interns Learning Pottery at the
Anubhuti Residential School

Cost

The cost is typically around \$2,500 for the entirety of the trip. Costs include flights, transportation, and hotels. The CYAF Department will assist in booking travel, lodging, and transportation. Once accepted into the program, students will be asked to pay a deposit to secure their spot for the trip. Students will be asked to pay the CYAF Department via check or credit card for the final amount at a designated date.

Cultural Differences

Indian customs and practices differ from those in the United States. It is important to recognize this when considering the experience. Some cultural differences to consider include:

- Travel - India can be a difficult country to travel in. It is necessary to be flexible and patient.
- Beliefs - The Jain Hills and Anubhuti Schools practice a religion called Jainism. Interns need to understand this prior to arrival and agree to respect their traditions and beliefs.
- Diet - While working and living in the Anubhuti Schools, interns will adhere to a strict vegetarian diet. The consumption of alcohol and smoking is also not allowed.
- Living Conditions - Interns should be able to tolerate seeing and live in conditions that may be considered unsanitary by U.S. standards. Interns must also be able to walk at least one mile and climb several flights of stairs unaided.



Interns Eating a Meal at the Anubhuti City School



A Small, Local Village Interns Visited on a Home Visit



Student Playing at the Anubhuti City School

Educational Differences

Although recently banned in the last few years, every group of interns has witnessed corporal punishment in some form. Although rarely, if ever, seen at the Residential School, interns will more than likely observe this type of punishment at the City School. However, research supports that corporal punishment does occur in both public and private schools (Cherupalath & Tripathi, 2015). Data has shown that 78% of children in a study in India have experienced some type of physical punishment at school (Maiti, 2021). Most forms may result as a method of discipline, but other forms may stem out of entertainment.

Forms of physical discipline interns may witness include:

- Slapping across the face
- Beating/hitting with a ruler or stick
- Pinching/twisting the skin
- Pulling on ears

The children will respond to this type of punishment in a variety of ways. Some children will react with no emotion, some will cry, but some even laugh or talk back which leads to further punishment. Research says that corporal punishment can lead to a child becoming more undisciplined, not taking their schoolwork seriously, or losing respect for the teacher and classroom (Cherupalath & Tripathi, 2015). This responsive behavior will also be observed by interns.

This is a difficult thing for interns to witness and process. Interns should prepare themselves for the emotional toll this could take on them. CYAF faculty is aware of these matters and will be available to provide guidance and support.

Experience Overview

Anubhuti City School

The Anubhuti City School consists of a primary (standards 1st - 7th) and a secondary (standards 8th - 10th) school. This is where interns will be spending the majority of their time completing their internship. Interns will be able to select which school they would like to observe at. While observing, interns will also have the opportunity to teach and interact with students and teachers. The students at this school come from impoverished homes with difficult backgrounds and upbringings that can be an emotionally trying experience for interns. However, the students are loving, kind, engaged, and driven to build a relationship with interns which makes for impactful and rewarding relationships.

Interns will select a main classroom to spend their time in. Being in a specific classroom allows interns, students, and teachers to create deeper and more unique relationships with one another. Nonetheless, interns will still be able to frequently float around and observe other classrooms and activities.

Discipline at the Anubhuti City School can be uncomfortable and difficult to witness or process, but it is the intern's role to observe and learn, not to judge or interfere.



Class 4 Student Working
on a Science Project



Typical Classroom at
the City School

Anubhuti Residential School

The Anubhuti Residential School is home to children attending school for standards 5-10 and standards 11-12. This is where interns will reside throughout their stay. Interns will be assigned a shared room within a designated hostel. The hostel will also house groups of students, but interns will have their own private room, apart from the students. Interns will also have a 'hostel parent' that will be a great resource for questions and concerns you may have. They will also act as a support system, so interns should be sure to spend time getting to know them.

Interns will have lots of time to interact with the students at the Residential School which means that many relationships will be formed here. Interns will eat most of their meals at the school, so they should be sure to spend time sitting with and getting to know the students. Interns will also have the opportunity to participate in after school activities such as track, basketball, football, and more. On the weekends and during evening free-time, students will want to spend time with and talk to interns to build friendships and learn about their lives. Boys and girls may not enter one another's hostels.



Interns with Class 5
Students



5th-8th Grade Girls
Hostel



Residential Students
on Science Day

Lodging

Upon arrival in Jalgaon, interns will stay briefly at Jain Hills, which is located across the road from the Anubhuti Residential School. This is a temporary arrangement that gives interns a few days to adjust to the time difference, diet, culture, and receive a debriefing on their stay.

At the Anubhuti Residential School, where interns will be living, interns will be assigned an apartment-style room in either the girls' or boys' hostel. The room includes two bedrooms, two full baths and one half bath, and a common sitting area. Each bedroom includes one queen-size bed, a dresser, a desk, and extra storage or shelving. Interns may be expected to share a bed during their stay. Each bathroom has a shower head; however, shower heads were deactivated to improve water conservation efforts. Instead, the bathrooms contain buckets to pour water in. Interns should expect to lukewarm bucket baths.

Ants are a common problem in the hostel. Interns should keep snacks and dirty laundry sealed as these were common problem-areas that ants were attracted to on past trips.



Common Living Area
in the Girl's Hostel



Bedroom in the Girl's
Hostel



Bathroom in the Girl's
Hostel

Transportation & Safety

All transportation will be arranged and provided for interns throughout the duration of the stay in India. When interns first begin working at the Anubhuti City School, interns will need to communicate with the supervisor at the Anubhuti Residential School to arrange for proper pick-up and drop-off times. The drivers will speak minimal English or no English at all; however they are very friendly and will want to get to know the interns. Drivers also have other responsibilities they are attending to, so it is important to be patient even if there are set times.

The safety of the interns is a main priority to both the CYAF Department and Jain Irrigation/Anubhuti. If interns want to arrange an outing, such as a trip to the local store (D-Mart) for snacks or a weekend activity, they must be accompanied by a chaperone. The interns' 'hostel parent' will most likely be the one to accompany them, so it is important to communicate and find a time that works in their schedule. While interns are out, they should be prepared for people to stare and take pictures. Interns will most likely be approached and asked to take pictures, but it is acceptable to politely decline if they are uncomfortable.



Interns Playing Yard Games with Students



Intern Receiving a Bindi at a Traditional Ceremony

Food

All meals will be provided during the internship. Food is strictly vegetarian at both the Anubhuti City and Residential Schools. Breakfast, served at the Residential School, typically consists of a meal made up of potatoes, dosas, or lentils. Chai tea and buttermilk will also be served. On week days, morning snack at the City School will be a banana. Students will also offer their snack from home to interns and will want them to try it. On weekends, morning snack at the Residential School will be a juice accompanied by a banana or laddoo (snack made of nuts and sugar). Lunch at the City School will be potatoes, beansprouts or chickpeas, roti, and rice. Afternoon snack will be served at the Residential School. This will usually consist of a fruit (banana, grapes, watermelon, or papaya) and a fried snack. For dinner at the Residential School, meals will typically be roti, rice, a vegetable, potatoes, lentils, or paneer.

Interns should be mindful of the portions they take at meals. The food can be spicy, so it is best to first try foods and then go back for seconds. It is an important aspect of the school that food is not wasted. Students and staff will be aware if there is food left on plates. If there is too much food remaining, interns, along with students, may be asked to finish what is left on their plates before they are allowed to clean it off.



Common Foods Eaten at
Jain Hills and the Anubhuti
Residential School



A Typical Meal at the
Anubhuti City School

Application Process

Timeline

The Department of Child, Youth, & Family Studies will begin advertising the internship, and recruiting applicants a year in advance. Interviews and informational meetings will follow. Follow-up meetings and an onboarding process will take place after final decisions to ensure interns are well prepared for their experience abroad.



Students at the Anubhuti City School Celebrating a Festival

Application & Interviews

Applicants will:

- Submit a general application.
 - Indicate interest in studying abroad, what they feel they will contribute to the experience, and what they hope to gain from the experience.
 - Meet with the Department Chair and faculty leader to discuss details and expectations of the internship experience.
 - Participate in a group interview with other interested candidates.
 - CYAF Faculty will finalize a group and conduct further preparation meetings.
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Preparation & Packing

Visa Application

Due to Indian travel requirements, it is necessary for interns to obtain an Indian travel visa. Interns may apply for an e-Visa through <https://indianvisaonline.gov.in/evisa/>, which typically takes 2-7 to be approved. The e-Visa costs around \$40 USD. CYAF staff will arrange a time to meet to aid interns in the application process and provide some of the required information. To come prepared, interns will need:

- **a passport** (which does not expire 6 months from time of return to the United States)
- **recent headshot** (passport photo) **against a white background**
- **place** (city, county, state) **and date of birth** (yourself, mother, and father)
- **payment** (credit card)



Interns Celebrating the Birthday of the Jain Hills Chairman

Travel Registry

Students will need to register their travel through the University (with the help of CYAF staff) prior to leaving. This will also allow students to receive international health insurance throughout their duration abroad.

<https://global.unl.edu/global-experiences/international-travel-registry-students/>

Classes

Although this 6 to 8-week internship takes place abroad, it is still possible to be part-time or full-time students through the University. Child, Youth, & Family Studies majors are required to take CYAF 497D which is a community internship. The Anubhuti Schools experience can count for the 6 credit option, due to the amount of time spent working and observing in the schools. To enroll in other classes, it is recommended that students meet with their advisors to find online classes that work with their degree plan. Or, students can communicate with professors to discuss a hybrid option by taking a course online while abroad, and finishing the course in person upon their return home.

Health

There are specific immunizations and prescriptions needed for travel in India, so an appointment will need to be made 6 weeks prior to leaving. The University has a Travel Clinic with an experienced travel nurse that can administer and prescribe what is necessary, and also provide health resources about the areas you will be traveling to. Immunizations and prescriptions specific for India include:

- Immunizations:
 - **Flu Vaccine** (up-to-date)
 - **Japanese Encephalitis vaccine**
 - **Typhoid vaccine**
- Prescriptions:
 - **Malaria pill**



Interns Dressed in Traditional Wedding Jewelry on a Home Visit

Communication

Wifi connection will be limited and will vary in terms of availability. The Anubhuti Residential School will set interns up with wifi access; however, it will only be available in the staff room during school hours (including Saturday and Sunday). Due to this, interns may also want to consider an international data plan. (ex. Through Verizon, an international data plan costs \$100 USD/month.) Internship supervisors, Anubhuti teachers, and UNL professors will communicate through WhatsApp, so a phone plan allows for reliable communication.



Students, Teachers, & Interns at the City School

Banking

The Indian currency is the rupee, and interns will be able to exchange USD for rupees upon arrival at the Indian airport. Interns typically exchange approximately \$200 USD and have plenty of rupees for snacks, clothing, souvenirs, tips, off-campus meals, and other miscellaneous items. Interns may consider bringing more USD to be hidden and used in case of emergency.

Lesson Planning & Classroom Prep

Most time in the classroom will be spent observing and learning about the cultural differences in education systems; however, both students and teachers will occasionally ask you to teach. Suggestions for teaching materials include interactive games (ex. Down by the Banks), action songs (ex. The Hokey Pokey), dances, poems (ex. Peter Piper), stories (ex. Three Billy Goats Gruff), or other small lessons.



Class 4 Students
Participating in a Game



Class 3 Student
Playing with Clay

Flights & Transportation

All flights, train rides, and other forms of transportation, to-and-from India and between cities, will be arranged and organized by CYAF staff.

Luggage

On international flights, each traveler is allowed one large, checked suitcase (50 lbs), one smaller, carry-on suitcase (30 lbs), and one personal item, such as a backpack. It is recommended that students bring all three as you will be bringing over toiletries, clothes, and other household items to last you two months. In addition, most students donate many of these items at the end of their stay and have enough room to bring home souvenirs and other items gathered along the way. Domestic flights in India have varying restrictions for luggage and weight.

Packing List

Clothing

Clothing in and around the schools, and the country, is more modest and conservative. Legs must be covered at all times, tops must have capped sleeves, and necklines must be above the collarbone unless paired with a scarf. It is also recommended that leggings be worn underneath skirts and dresses as students will be very active throughout the school day.

Suggested daily wear for females include long skirts paired with T-shirts, long dresses, and flowy pants with T-shirts. For males, suggested daily wear includes long pants with T-shirts. There will also be opportunities to exercise, so appropriate clothing for females includes leggings with T-shirts, and for males, long pants or shorts below the knees with T-shirts. It should be noted that the temperature is very warm (reaching the upper 90s F), so light and airy clothing is suggested.

Enough clothing for one to one and a half weeks is suitable. The Anubhuti Residential School provides a laundry service (with the exception of undergarments which you will be expected to wash). Laundry will be picked up from the hostel on Friday mornings and returned by Friday evening. Interns will also have the opportunity to buy traditional and modern Indian clothing to wear.

Example Clothing List:

- Females
 - 3-4 long skirts
 - 1-2 long dresses
 - 3-4 long, flowy pants
 - 3-4 pairs of leggings
 - 6 loose and long T-shirts
 - 4-5 T-shirts (casual for lounging and working out)
 - 1-2 light cardigans
 - 2 pairs of pajamas (shorts can be worn to bed)
 - 14 pairs of underwear
 - 7 sports bras/1 bra
 - 7-10 pairs of socks
 - 2 pairs of spandex
 - 1 pair of sandals (Chocos are recommended)
 - 1 pair of flip flops (for shower)
 - 1 pair of tennis shoes
 - Males
 - 6-7 pairs of long pants
 - 3-4 pairs of long shorts
 - 6 loose and long T-shirts
 - 4-5 T-shirts (casual for lounging and working out)
 - 1-2 sweatshirts
 - 2 pairs of pajamas (shorts can be worn to bed)
 - 14 pairs of underwear
 - 7-10 pairs of socks
 - 1 pair of sandals (Chocos are recommended)
 - 1 pair of flip flops (for shower)
 - 1 pair of tennis shoes
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Toiletries

Keep in mind that interns will be abroad for nearly 2 months, so they should bring a suitable amount to last them as there will be limited trips to the store.

- Shampoo
- Conditioner
- Body Wash
- Loofah
- Towel
- Toothbrush
- Toothpaste
- Perfume
- Deodorant
- Hairbrush
- Ponytail Holders
- Dry Shampoo
- Face Wipes/Micellar Water
- Body Lotion
- Minimal Make-Up
- Sunscreen
- Bug Spray
- Hand Sanitizer
- Toilet Paper (5-6 rolls per person)
- First-Aid Kit (band-aids, Neosporin, etc.)
- Medication Bag
 - Prescriptions
 - Daily Vitamin/Supplements
 - Allergy Medications
 - Tylenol/Advil/Aspirin
 - Nyquil/Dayquil
 - Dramamine
 - Pepto Bismol
 - Tums

Paperwork

- Passport
- Visa
- Extra copies of passport and visa
- Medical paperwork (documentation of prescriptions, immunizations, and travel clearance)

Miscellaneous

- Watch
- Chargers (cell phone, laptop, watch, etc.)
- Power Bank
- Outlet Adapter
- Planner
- Notebook(s)
- Pencils/Pens
- Small everyday bag/satchel
- Headphones
- Sunglasses
- Snacks
- Ziplock Bags
- Tide Travel Packets
- Filter Water Bottle (large and metal)
- Air Freshener
- Ant Spray/Traps
- Blanket(s)
- Pillow/Pillow Case
- Books to read
- Photo Album - Students and teachers want to know about your family and friends, where you come from, and what you like to do, so this is a great way to show them!
- Gifts - This is completely optional; however, interns in the past have presented their teachers and students with small gifts (pencils, classroom books, notebooks, stickers, etc.) at the end of their stay. The CYAF department will also provide small gifts such as T-shirts, pencils, stickers, etc. upon departure.



Typical Outfits Worn by Interns

Schedule & Routine

Example Daily Schedule

5:30 - 6:30 am: Wake up (at the Residential School, morning fitness for students will begin near the beginning of March, that interns are welcome to participate in)

7:40 am: Breakfast

8:30 am: Leave for Anubhuti City School (transportation will be provided)

9:00 - 1:30 pm: Observe and participate in classroom activities

12:30 - 1:30 pm: Lunch (specific lunch times will vary depending on the class you are with)

1:30 - 2:30 pm: Meet with Anubhuti City School staff; receive updates

2:30 pm: Return to Anubhuti Residential School (transportation will be provided)

3:30 pm: Snack

4:00 - 7:00 pm: Free time (during this time, interns are welcome to use the staff room to complete homework, participate in sports with Residential School students, rest, etc.)

7:10 pm: Dinner

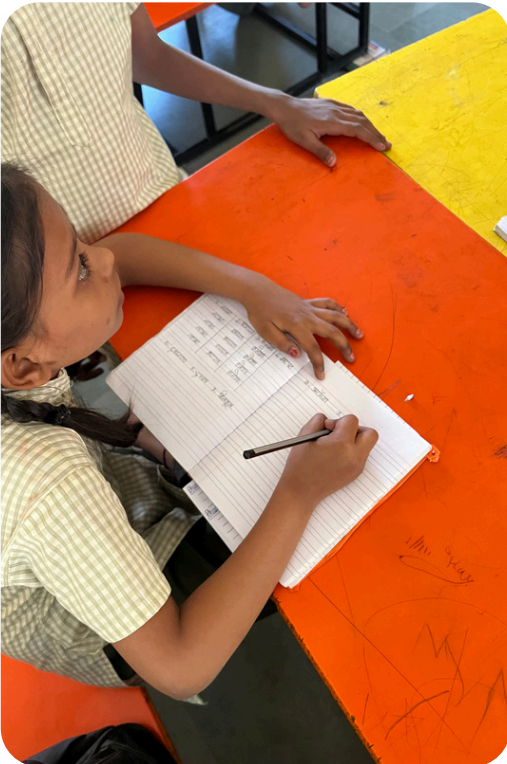
8:00 - 10:00 pm: Free time (during this time, interns are welcome to socialize with students they live with, debrief with one another, rest, etc.)

10:00 pm: Bed

*Keep in mind that you are only there for 6-8 weeks, meaning that staff and teachers will want you to see and do as much as you can during your time. This is a general schedule, but it will rarely be consistent.

Timing

Living in the U.S., interns may be accustomed to a rigid schedule and expected to be prompt for scheduled activities. This may not always be in the case while in India. Interns should be flexible and patient with scheduled and unscheduled events and activities.



City School Student Taking Notes During Hindu Class



City School Students During Dance Class

Homework & Blog Posts

As a part of internship requirements, interns will be expected to post a blog/Instagram post about weekly experiences. A weekly Zoom with CYAF faculty will also take place to allow interns a chance to debrief and receive help or advice for upcoming events and activities.

It is important to note that unexpected events and opportunities will be implemented into the interns' schedule frequently, so interns should be proactive about other school assignments.

Excursions

On most weekends, interns will have the opportunity to do some local or nearby sightseeing, or participate in other activities. Listed below are the most common places that interns have visited on past trips.

Gandhi Teerth Museum

The Gandhi Teerth Museum was created by the former chairman of Jain Irrigation and the Anubhuti Schools, Shri Bahvaralal Jain, as a way to honor the life and ideology of Gandhi. It also acts as an International Research Institute for researchers to visit and study from all over the world. Interns will have the opportunity to tour the museum during their first couple of days in Jalgaon, while staying at the Jain Hills campus. Admission is free for interns.



Lake at the Jain Hills



Memorial for the Former
Chairman

Jain Irrigation Systems

The Jain Irrigation Systems, founded on the belief of "Creating a Better World," were created by former chairman, Shri Bahvaralal Jain. The company is made up of manufactured irrigation products, environment-controlled agricultural products, fruit processing plants, and spice processing plants. Furthermore, the company also supports and creates many non-profit organizations, such as the Anubhuti City School. A tour will be lined up for interns.

Ajanta Caves

The Ajanta Caves, located in Ajanta, Maharashtra (about a 2-hour drive from the Anubhuti Residential School), is a group of painted and sculpted caves depicting Buddhist beliefs. This is a UNESCO World Heritage Site full of historical significance. This excursion will be arranged by Jain Irrigation. Admission for interns will be covered by Jain Irrigation and interns will be accompanied by a teacher from the Residential School. At the end of the tour, there will be an opportunity for shopping and dining.



Interns at Ajanta Caves



Carvings Inside a Cave

Home Visits

During their 6-8 week stay, many of the Anubhuti City School teachers will invite interns for home visits or other fun activities and experiences. Past experiences have included shopping for local Indian clothing and jewelry, learning how to make a home-cooked Indian meal, attending a wedding, or participating in the Holi festival. Interns should be proactive about communicating and planning these opportunities.



Interns Attending a Wedding
in Traditional Clothing



Interns Dining at a
Teacher's Home



Interns Participating
in Holi Festival

Return Home

Departmental Expectations

Interns will be asked to present to the CYAF Department and answer questions about the experience.

Adjusting to Life at Home

As this is an emotional and challenging internship, interns may find it difficult to process their experience and re-adjust to their normal routine. Past interns have shared the following recommendations to help ease the process:

- Stay in touch with the interns that you shared the experience with. They know the challenges of the internship and are able to process it along with you.
- Organize a Zoom or Skype call with your classroom at the Anubhuti City School.
- Meet with the Anubhuti Internship Experience chair to discuss the next steps or new opportunities.
- Be open to sharing your emotions with family members and be patient if they do not fully understand.

It is important for interns to recognize and acknowledge the emotional difficulty of this experience, but also to embrace the impact they were able to make on many lives!

References

Cherualath, R., & Tripathi, M. (2015). Secondary school teachers' perception of corporal punishment: A case study in India. *Clearing House*, 88(4), 127-132. doi: 10.1080/00098655.2015.1045821

Maiti, A. (2021). Effect of corporal punishment on young children's educational outcomes. *Education Economics*, 29(4), 411-423. doi: 10.1080/09645292.2021.1901073



Drawing Made by an Intern
& Class 4 Student



Interns Saying their Goodbyes
to Residential School Students