



## MANAGE Internship: Where Learning Turned into Confidence and Ideas Found a Voice



### My Internship Journey: From Curious First Steps to a Journey of Purpose and Self-Discovery

“Hello, my name is Ishika Gautam. I have completed my Master’s degree in Agricultural Extension from Sam Higginbottom University of Agriculture, Technology and Sciences (SHUATS), Naini, Prayagraj, Uttar Pradesh.”

 [Ishika Gautam](#)



Before joining MANAGE-CIA, I stepped in with a mix of excitement, curiosity, and a little nervousness. I was eager to understand how incubation centres truly function. I hoped this internship would give me clarity about the agri-startup ecosystem and help me see how theory translates into real-world action. At the same time, I was also trying to figure out my place where I could contribute.

More than anything, I wanted this experience to help me grow, not just professionally, but personally as well.

## Internship Experience

One of the most significant learnings during this internship has been understanding the role of incubation centres in nurturing startups. Through webinars, cohort programs, and founder interactions, I observed how early-stage startups receive mentoring, capacity building, and platform support. This exposure helped me understand the challenges faced by agri-entrepreneurs and the importance of guidance, networking, and resilience in sustaining a startup.



A major part of my work involved content creation and communication activities. I actively contributed to podcast production, which included scripting, coordinating with startup founders, assisting during recordings, editing content, and supporting publishing activities. This experience improved my communication skills and gave me confidence in handling interviews and content-based tasks.

Listening to founders share their journeys gave me real insight into entrepreneurial realities beyond textbooks. I was also responsible for managing the social media platforms of MANAGE-CIA. This included planning content, designing posters and creatives using Canva, and presenting information in a visually engaging manner. Over time, I have learned how digital communication plays a crucial role in outreach, awareness, and stakeholder engagement. Designing creatives and managing content helped me develop basic design, editing, and content presentation skills.



Another important learning area was program coordination. I assisted in organising the Saturday Webinar Series, coordinating various programs within our organisation.

I also supported various internal activities and volunteered during Udyan Utsav, where I assisted in event coordination and interacted with visitors. During this event, I had the opportunity to represent MANAGE-CIA by explaining its programs, incubation support, and activities to visitors from different states.



This experience enhanced my interpersonal communication skills and built my confidence in public interaction. Through these activities, I gained exposure to working in a professional institutional environment and learned the importance of teamwork, time management, and clear communication.

## Learning Environment



The work culture at MANAGE-CIA has been highly supportive and motivating. Interns are encouraged to take initiative, express ideas, and learn through hands-on involvement. I was given responsibilities early on, which made me feel trusted and pushed me to improve my performance.

I am especially grateful for the guidance and mentorship of Dr Saravanan Raj, Director (Agricultural Extension), whose encouragement played a vital role in shaping my learning experience. His approach motivated interns to explore their interests, learn from mistakes, and build confidence.

Supervisors and team members were always approachable and provided constructive feedback whenever required.

The collaborative environment among fellow interns made the learning process enjoyable and productive. We worked together, shared responsibilities, and supported each other throughout various activities.

## Skills and Knowledge Gained



[Click to here to watch the Podcast:](#)

Among all the experiences, the podcast and interview projects stood out the most. Initially, I lacked confidence in speaking on camera and being part of content production. However, when the opportunity arose, I chose to challenge myself. During the past three months of my internship, I have gained valuable practical exposure and significantly enhanced my skill set. I developed strong communication and interviewing skills through regular interaction with startup founders, professionals, and visitors.



My involvement in podcast production and content editing introduced me to the basics of digital media creation, while managing social media platforms helped me understand the importance of effective outreach and audience engagement. I also gained hands-on experience in poster designing and visual communication using Canva, which improved my creative and presentation abilities. Additionally, coordinating programs, regular public interaction and representing the institution boosted my confidence, while working in a team environment improved my time management and collaborative skills.

During these three months, I have developed and strengthened several skills, including:

- Communication and interviewing skills
- Basic podcast production and content editing
- Social media handling and digital outreach
- Poster designing and visual communication using Canva
- Program coordination and documentation
- Public interaction and institutional representation
- Teamwork and time management

Most importantly, I learnt how to step outside my comfort zone, adapt to new responsibilities, and approach challenges with a positive and proactive mindset.



The past three months at MANAGE-CIA have been a valuable learning phase that has helped me gain practical exposure to the agri-startup ecosystem. This internship has allowed me to move beyond theoretical understanding and observe how innovation, entrepreneurship, and extension activities are implemented at an institutional level. The experience so far has been dynamic, engaging, and full of opportunities to learn by doing.

From the beginning, I was involved in multiple activities related to communication, outreach, program coordination, and digital engagement. Each task contributed to improving my professional skills, confidence, and understanding of how an incubation centre functions on a day-to-day basis.

I am especially thankful to Dr. Saravanan Raj for fostering such a culture. His leadership, mentorship style, and belief in young talent truly define the spirit of this internship.





Overall, the internship experience at MANAGE-CIA so far has been enriching and transformative. It has helped me discover new interests, especially in communication, podcasting, and digital outreach. The exposure to real-world startup ecosystems, institutional functioning, and extension activities has significantly contributed to my academic and professional growth.

As the internship continues, I look forward to gaining deeper insights, taking on greater responsibilities, and further refining my skills. The experience so far has strengthened my belief in learning through practical exposure and active participation.



**"GROWTH BEGINS AT THE END OF YOUR COMFORT ZONE"**



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