

Case Study of Falak Fatima

1. Background

Falak Fatima is a Class 8th student of Army Goodwill School (AGS), Drass. She is a thoughtful and intelligent learner; however, she struggled with low self-confidence and stage fear. Falak Fatima found it difficult to express her ideas verbally and was uncomfortable speaking in front of an audience. Due to this, she often remained quiet during classroom discussions and avoided participation in presentation-based activities.

2. Intervention through Internship Program

To address these challenges, Falak Fatima enrolled in a one-week internship program organized by the **Bharti Airtel Foundation** in collaboration with **CRS Dras**. The program focused on enhancing students' communication and presentation skills through practical exposure. Falak Fatima received hands-on training in communication skills, radio program operations, script writing, microphone handling, and public speaking. She actively participated in role-plays, mock interviews, group discussions, and live practice sessions, which provided her with a supportive environment to build confidence.

3. Change and Impact

With continuous practice, guidance, and mentorship during the internship, Falak Fatima gradually began to overcome her hesitation. Her fluency improved, and she started expressing her thoughts more confidently. She actively participated in sessions and showed noticeable improvement in her body language and voice modulation. A significant milestone in her journey was delivering a short motivational talk confidently on the final day of the internship program, reflecting her growth and determination.

4. Photos



5. Outcome

As a result of the internship experience, Falak Fatima emerged as a confident, articulate, and enthusiastic student. The program helped her overcome stage fear, strengthen her self-belief, and recognize her potential in communication. She now participates actively in school events and has developed a strong interest in pursuing a future career in the field of media and communication.