Leavey School of Business
Global Fellows Program
Sponsor Application, Summer 2015

Name of organization & website URL: Prafull Oorja, www.prafuloorja.org

Contact person/email/telephone: Sowmya Ayyar, Founder & Executive Director, prafulloorja@gmail.com, (91) 7829427742

Location of organization (incl. street address): 26 MEG Colony #302 Ochre Building, Jeevanhalli Main Road, Bangalore, 560033, Karnataka, India

How many interns can you accommodate and what is your preference for dates? (Fellows are expected to spend 5 to 7 weeks working with an organization.): We can accept 3 interns at any given time. We would ideally like 2-3 students from June-July, and 2-3 from August-September. If there are students who want to travel at other times of the year, we are open to this.

If there is a mandatory language requirement, what language and how fluent must the fellow be?: English is required. If anyone has a background in Indian languages (Hindi, Tamil, Kannada, Telegu, Marathi), it is useful.

Description of organization (history, mission focus, goals, accomplishments):

Prafull Oorja (pra-full, or-jah), "Radiant blooming energy", shares yoga and holistic practices with populations in need in order to empower and enhance their lives and sense of well being. Prafull Oorja was established as a charitable trust by SCU alumnae Sowmya Ayyar (’00), and Madeleine Sears (’11) in 2014. With our international team, we work with around 300 special needs children in Bangalore. In addition to yoga, we bring dance, clay, painting, acupressure, reiki and more to the children whose diagnoses range from: autism spectrum, Down's Syndrome, cerebral palsy, attention deficit disorder, chromosomal abnormalities and more.

We have witnessed inspiring effects of these holistic therapies on the children, including: ability to calm themselves down naturally, increased attention, improved communication and self expression, fine and gross motor skills, body awareness, and greater confidence levels. Our mission is to act as an agent between alternative healers and populations of need, spread awareness on the benefits of yoga and therapeutic practices, and create economic opportunities with community conscious yoga products.

Some future plans include: expand throughout other cities, states, and rural areas in India in 2015, conducting qualitative and quantitative longitudinal studies on yoga and special needs, and women's empowerment trainings through yoga rural India.

What is the nearest airport (with airport code)?
Bangalore International Airport, BLR.

What are housing options? Approximately how much will this cost week?
Most interns find housing nearby the office, or a center where they are most likely to be placed. We can assist with this, and find a furnished room in a flat/ apartment/ house.

Often times, we have availability in our building or in a nearby building. The cost will be about Rs 12,000-Rs 18,000/ month, including any wifi, electric, and maid fees. That is, expect to spend $200-$300/ month on housing.
What is appropriate attire? What is the weather like between late June and early September?
The weather is post-summer heat into the light monsoons. We get rains in the afternoons, which dissipates quickly after. In September, it is likely to be more moderate.

In India, it is appropriate to cover shoulders (no spaghetti straps) and knees (no skirts above the knee). Men are fine to wear knee-length shorts. It is good to wear light cottons. Nothing formal is required, and Bangalore has a wide variety of clothing of western and Indian wear for good prices.

Please provide estimates of other costs per week that the interns will need to pay for themselves. (Example: Food, lodging, transportation, etc)

Food:
Plan to either cook for yourself, grab some local food, or hire a cook.
Cooking at home: Staples, Rs 1200/ month; fruits, veggies, milk, Rs 200/ week. Typically, the opportunity arises to dine/ cook together with others.
Eating out: A typical western meal vegetarian dinner (pasta, salad, ice tea) out would probably range from Rs 400-Rs 800, without drinks. Alcohol tends to be expensive. A typical Indian vegetarian meal out ranges from Rs 100-400, 400 meaning the full on fan-fare. Be prepared for Indian food and spicy food!
There are also more expensive eateries.
Transportation (during the day, to and from airport):
From Airport by bus, Rs 200; by taxi, Rs 800-1000 (prices will change)
Daily travel by auto & bus, Rs 100-200/ day
Lodging:
Rs 12,000- Rs 18,000/ month for a room in a shared flat/ house, including bills (wifi, electric, gas, maid)
Travel/ Tourism:
Weekend travel is often by bus or train to nearby hills/ mountains/ beaches/ temple towns. Transportation would cost Rs 1000-1500 for roundtrip, a room in a hotel about Rs 1000/ night, and tourism costs including food, local travel, entrance fees Rs 500-1500/ day.
Do you regularly have interns working with you?
Yes, from time to time, we have interns.

Please Answer the Following Four Questions for EACH Available Job:

What will the student intern be doing?
Interns can work either in a specific class of special needs, assisting yoga teachers. Interns can also assist with research work on yoga and special needs. Interns may also assist with public relations, social media, marketing, or other tasks that make sense for the individual and what their goals and interests are.

Is there any compensation associated with the internship? If so, how much?
Usually not, but If an intern has a very specific talent/ skill which can be offered to clients, the intern would be paid accordingly. There is also possibility of paid positions for returning interns.

What helpful talents and/or skills should the student intern possess, if any?
If any students have a background or interest in holistic practices, we are happy to help them utilize these to work with the children. This includes yoga, art, dance, music, clay, or any other aspect they may be interested in.

What would a typical day be like?
Wake up around 7, get ready and enjoy a yoga class on the rooftop. Or relax and watch the sun rise. Be prepared to leave by 9. Go to a school and either work hands on with children, parents, teachers, or assist with research by interviewing.
After school, relax. Potentially observe 1:1 sessions, or assist with administrative tasks such as emails, phone calls, photocopying/ printing, social media/ website, scheduling.

We do everything together, and support all our team members wholly.

**What are some possible weekend excursions/activities for young people?**
MANY. We will be happy to connect them to hiking, beaches, local walking tours, historical tours, palaces, forts, temples, and organizations that cater to young people and globalized people. We also encourage students to plan to stay in India for an extra 1-2 weeks to explore other parts of the country, such as visiting the Taj Mahal, or meeting Fellows in other parts of India.

**Any other helpful descriptions and comments:**
We are both SCU graduates, and Madeleine first came to India through the Global Fellows Program. We and the people we interact with are grateful for the service from each individual and especially from foreigners. India is a network-based country, so talk to people when appropriate, and ask questions or for help when needed!

Before joining, we want to have a conversation over skype/ phone with the fellows, so we can better answer their questions.