



**Internship Report
On**

**A Two-Month Drug Prevention Program: My Internship Experience
with Bangladesh Youth First Concerns (BYFC)**

Submitted by

Ayshawria Jahan Tithi

ID: 221-10-1093

Department of English

Faculty of Humanities & Social Science

Daffodil International University

Submitted to

Dr. Md. Mostafa Rashel

Associate Professor

Department of English, Faculty of Humanities & Social Science

Daffodil International University

December, 2025

Declaration

Hereby, I, Ayshawria Jahan Tithi, my ID: 221-10-1093, certify that I have prepared and submitted this report for my internship, entitled “A Two-Month Drug Prevention Program: My Internship Experience with Bangladesh Youth First Concerns (BYFC)” under the supervision of Dr. Md. Mostafa Rashel, Associate Professor, Department of English Daffodil International University, accurately captures my work experience. Furthermore, I certify that this report was written solely to fulfill the English degree requirements of B.A. It is entirely my own writing and written based on my own experience and expertise. This report cannot be used to defraud other people for personal gain.



.....
Ayshawria Jahan Tithi
ID: 221-10-1093
Department of English
Faculty of Humanities & Social Science
Daffodil International University

Letter Of Acceptance

This is to confirm that Ayshawria Jahan Tithi (ID: 221-10-1093) from the Department of English, Daffodil International University, has completed her internship report entitled “A Two-Month Drug Prevention Program: My Internship Experience with Bangladesh Youth First Concerns (BYFC)” under my supervision.

I am pleased to state that Ayshawria Jahan Tithi worked hard and showed her dedication to learning. Moreover, I extend my best wishes for her future academic and professional endeavors.



.....
Dr. Md. Mostafa Rashel Associate
Professor
Department of English
Faculty of Humanities & Social Science
Daffodil International University

Acknowledgements

Firstly, I begin by expressing my gratitude to my Creator Almighty Allah, who has given me the ability and physical and mental strength to complete my project paper successfully. Secondly, I express my special gratitude to my dedicated supervisor, Dr. Md. Mostafa Rashel, for giving guidance and support. His constant encouragement and valuable insights made the process of writing this report much smoother. He helped me a lot and gave me smart advice to complete my project report on time. Finally, I appreciate the fact that my family members have been consistently supportive, and it has enabled me to study diligently.

Abstract

This project paper showcases my internship experience with Bangladesh Youth First Concerns (BYFC). The primary goal of my internship was to conduct a program, called "Drugs Prevention Program for Enlightened Youth Community," in different schools. Moreover, the major purpose of the program was to make school students aware of the dangers of drug abuse, promote of healthy habits and develop leadership skills. Throughout the internship, I have engaged in several activities, for example, awareness classes, aided the club formation process and interacted with students as well as received feedbacks according to their knowledge and experiences. The program included key topics such as drug prevention, good health practices, improving behavior and organizational skill. The results of the study include students who became more informed, confident, and engaged in discussing sensitive issues. After completing the program successfully, the teachers had positive views towards the program and many students were interested in becoming leaders. During the program, I was facing some challenges such as nervousness, program scheduling conflicts, public speaking and student hesitancy. However, this internship helped me to develop my presentation skills, communication skills, and teaching skills.

Table of Contents

Declaration.....	ii
Letter Of Acceptance	iii
Acknowledgements.....	iv
Abstract.....	v
Table of Contents	vi
Chapter 1: Introduction.....	1
1.1 Objectives of the Internship	2
Chapter 2: Methodology	3
2.1 Preparation for the Internship	3
2.2 Module Development.....	3
2.3 Conducting Awareness Classes	4
2.4 Coordination with Schools and BYFC	4
2.5 Documentation and Reflection	4
2.6 Organizational Overview	5
2.7 Program Implementation Process	5
2.8 My Internship Responsibilities	9
2.8.1 School Visits	9
2.8.2 Awareness Classes	10
2.8.3 Students Engagement	10
2.8.4 Hi-Club Formation Process	10
2.8.5 Documentation and Reporting	11
2.8.6 Coordination	11
2.8.7 Other Activities	11

Chapter 3: Findings.....	12
Chapter 4: Discussion.....	13
Recommendations.....	14
Chapter 5: Conclusion	15

Chapter 1: Introduction

Drug abuse is one of the most serious social problems in Bangladesh particularly among teenagers and school-going children. Many students are at stake of being influenced by the harmful habits due to peer pressure, lack of awareness and lack of proper guidance. In order to reduce this issue, preventive education and positive community engagement are very important. These can support youth to aware of the dangerousness of drug abusing. Bangladesh Youth First Concern (BYFC), being a youth-focused social development organization, is working to combat this issue through organized awareness programs in the schools and colleges. Their goal is to create responsible youth that are able to resist the use of drugs and contribute to a healthy society.

As part of this objective, BYFC operates the "Drugs Prevention Program for Enlightened Youth Community" with the main objective to educate school students on drug abuse, good health, life skills and positive values. The program is also supporting the formation of Hi-Clubs inside the schools, where students of classes 6-10 are being educated on the skills of leadership, they are involved in social activities and continue propagating awareness amongst their fellow classmates. Throughout these activities, the program is aimed to resist the risk of drug abuse and make our youth more confident, productive and aware.

I joined this program as an intern on 1st September, 2025, and in this three-month internship program (September to November), the organization selected two schools in Savar: Savar Girls High School and Savar EBAC public school. My responsibilities were to visit the schools, conduct some awareness classes, be with the students and take some feedback from them and support the

process of club formation and follow-up activities. This internship provided me with brand new experience related to community-based program implementation, and youth engagement.

Through this report I hope to share the insights of how BYFC's structural approach, through combining school-based participation can be a part of establishing a safer and healthy tomorrow for students in Bangladesh.

1.1 Objectives of the Internship

The primary aim of this internship program is to improve my communication skills, develop my leadership skills and assist the organization which is working to resist and make our youth aware about drug abuse. Additionally, the main objectives of this internship are;

1. To assist in forming the Hi-Clubs
2. To gather feedback from students, answer student questions.
3. To contribute youth's development program
4. To organize awareness classes
5. To coordinate the BYFC staffs
6. To promote a drug-free society

Chapter 2: Methodology

Through my internship journey, I followed so many strategies to conduct the program entitled “Drugs Prevention Program for Enlightened Youth Community” under Bangladeshi Youth First Concerns (BYFC). The organization selected two schools; these are Savar Girls’ High School and Savar EBAC Public School. For conducting four sessions per months, I prepared myself for the program, develop several modules, gathered students’ feedback, and responded according to their feedbacks.

2.1 Preparation for the Internship

Since the beginning of my last year at Daffodil International University, I prepared myself for internship program. Because, I knew that we would have a six credits course (Internship) in our final semester. Furthermore, I always wanted to joined as an intern at BYFC, because they conducted some programs to develop our young generation. Especially, I prefer their drug prevention program. In my school life, I also took the part of the program as a participant. Moreover, I found that it was a life changing program for me. Because through the program, I aware about drug abuse and my life, importance of leadership and productivity, and I found a goal which shaped my future. So, I wanted to take a part as an intern in the program under BYFC to acquire brand new experience.

2.2 Module Development

After joining at this organization, the program leader gave me some guidelines to conduct the sessions. As this was my first time and I did not take any sessions like drug abuse program, I found so many difficulties. So, I watched several previous years recorded videos based on the program.

After watching the videos, I made my first draft which was immediately rejected by our program leader because of the draft had some problematic features. The program leader also reviewed my draft. I understood my faults and I made the second one. After some amendments, our program leader approved my second draft. In the finalize draft, I developed four awareness classes including different types of lessons based on the students understanding level.

2.3 Conducting Awareness Classes

According to the finalize modules, I conducted four awareness sessions at Savar Girls' High School on October. While I conducted similar four awareness sessions at Savar EBAC Public School on November. During each class, I encouraged the students to participate questions and answers parts. Moreover, I also motivated them to rise their voice if they were not understanding my lectures. I observed that they were very engaging and charming each school students. I appreciated their efforts. Additionally, I recorded their questions about their challenges, hesitations or any kind of problems that they had been facing. After the beginning of the next sessions, I always addressed those questions and gave them some solutions and advices.

2.4 Coordination with Schools and BYFC

During the program, I always maintained a healthy communication with the schools' teachers and our office stuffs to conduct the program smoothly. I gave some guidelines and helped the students to form the Hi-Club under BYFC. The main aim of the club is to assist the students, engage them with productivity and make them aware about drug abuse.

2.5 Documentation and Reflection

After conducting each session under the "Drugs Prevention Program for Enlightened Youth Community," I took notes and wrote my experiences. I usually reviewed my improvements before conducting any sessions.

2.6 Organizational Overview

Bangladesh Youth First Concerns (BYFC) is established in 1995, which is a very famous and youth-based creative organization. It engages with globally programs and activities such as hosting seminars and awareness building, anti-drug and narcotics movement, addict treatment center through N.A method, skill development for income generation and disaster preparedness activities. The head brunch is situated at Genda, Savar, Dhaka, Bangladesh. Moreover, this organization has several brunches in Bangladesh. It manages funds globally. The office hour starts at 8 am to ends at 5pm (Sunday to Thursday). The chairman of this organization is Ms. Florence Gomes. Moreover, there are so many office stuffs and volunteers all over this country. They are working in various sectors such as sports, awareness program, youths and social development. The organization aims to develop youths' productivity, skills, and a drug-free society. Every year, BYFC organized several seminars and programs. Their engagement with the youths is very appreciated. They always try to assist them because they believe that the youth can change our corrupted society. There are several rehabs' centers under BYFC. Many people are recovered from those centers every year. BYFC also conducted football tournaments among the youths and so many schools took part. As a result, the organization promote their activities there and engage with the student. Additionally, through the programs of BYFC, the volunteers and stuffs both share the universal message to make a drug-free society and engage the youths with productive activities.

2.7 Program Implementation Process

The program entitled “Drugs Prevention Program for Enlightened Youth Community” follows three primary steps under BYFC. These are:

1. Awareness Classes
2. Co-curricular Activities
3. Forming Hi-Clubs

Step 1: Awareness Classes

Initially, there is a list of educational institutions belonging to particular ward, union or upazila, which is collected by our volunteers. Then the authority of BYFC dispatches official letter to the head of every institution. This letter has the name of BYFC and the recommendation of the Department of Narcotics Control (DNC). This step is intended to establish trust and gain access to work in the school.

Once the letter is mailed, the stuffs of BYFC come to the school and meets the headmaster face to face. At the meeting, they provide the reason behind the program and seek authorization to conduct awareness lesson among the students. Typically, they are scheduled and conducted 1 hour session among class 6-10 for each session. Per month, they conducted four sessions in a particular school.

Drug abuse, its causes, physical, and mental consequences, and prevention are the matters of the awareness class. These sessions are accompanied by a certain BYFC module. The lesson is very interactive to ensure that learners are not bored. They use short question, participation and in some cases, small rewards such as stickers, chocolates, and pens to the student who provides the right answers. By the close of the session, BYFC expresses thanks to the teachers and the students and provides them with two giant posters on drug abuse and HIV prevention. Such posters are supposed to be placed on the school walls to ensure that the message is visible even after the lesson.

Step 2: Co-Curricular Activities

The second step starts besides the awareness class. This is referred to as the follow-up phase. The primary objective of this phase is to ensure that students are kept occupied and to motivate them to utilize their free time in healthy and constructive practices, in order that they stay off the evil influences. For each school, the staffs conduct a follow-up session.

During this stage, BYFC employees come back to the schools and have an audience with the headmaster or the principal. They speak about various options of follow-up activities, i.e., quiz competitions, essay competitions, debates, sports events, music programs or other creative competitions connected with drug prevention and health awareness. A schedule is determined when the school agrees with it.

Students in class 6 to 10 can be united on the designated day or grouped together to attend such activities. There are indoor games, contests of quiz or other interactive programs. The prize-giving ceremony is organized after the competitions. Awards to the winners are presented at the presence of the members of the school authorities and BYFC officials. Such appreciation encourages the students, and they become more interested in social and awareness work.

The teachers and students are also invited during this period to participate in special events conducted by BYFC, like Teachers' Day activities or Education Day festivals. There are instances where the best performing educational institutions receive the awards after information on the education departments of upazila levels. Such happenings aid in the process of developing a better relationship between BYFC, schools, and the local community.

Step 3: Hi-Club Formation

The third and the most significant action of the BYFC model is the establishment of Hi-Clubs in schools and madrasas. These clubs promote the anti-drug and social awareness activities in the institutions on a long-term basis.

BYFC initiates establishing the Hi-Clubs only in the schools where the awareness classes and follow-ups are already conducted. First, the BYFC employees introduce the head of the institution to the concept of the creation of a club. The membership forms are circulated among the students at the discretion of the headmaster, and with his approval, typically belonging to class 6 to 10. One of the conditions required to initiate a Hi-Club is a minimum of 50 students who have to fill membership forms. In case over 60 students are interested, two clubs can be established.

After the membership has been verified a date is scheduled in the school conference room. The advisor or in-charge of the club is chosen as a teacher. At the meeting, BYFC employees describe goals and objectives of the Hi-Club. They discuss and read a short constitution (generally 3 pages) describing the rules, responsibilities and activities of the club.

Subsequently, the executive committee with nine members is directly elected by club members. The committee usually comprises the following posts: President, Vice-President, General Secretary, Assistant General Secretary, Treasurer, Sports Secretary, Literary and Cultural Secretary and Two General Members.

Furthermore, BYFC organizes a day long training to the newly elected committee members. During such training, they are taught about leadership, communication, social responsibility and planning and organization of anti-drug and awareness initiatives. They also receive suggestions of

social work, e.g. organizing campaigns, assisting weaker students or planning educational and cultural events.

After the activation of the Hi-Club, it begins to sponsor various school's programs and national day celebrations including International Mother Language Day, Independence Day, Victory Day, World Drug Day, and World AIDS Day. Awareness activities are also undertaken by the club members in their school and local community with the assistance of teachers, BYFC and the local people.

2.8 My Internship Responsibilities

During this three-month internship with Bangladesh Youth First Concern (BYFC) under the Drugs Prevention Program for Enlightened Youth Community, I was engaged in various activities in the field and at the office. These activities helped me to understand the ways community-oriented programs on awareness are applied in schools, how students react to preventive education, and how youth engagement can be reinforced through planned programs. The internship was from the first of September to the 31st of December and my fieldwork was done in two selected schools: Savar Girls' High School and Savar EBAC Public School.

2.8.1 School Visits

My internship started with visits into the schools that were included in the program on a regular basis. I helped the headteachers and other responsible teachers of the BYFC staff to communicate and schedule awareness sessions. This required being professional, introducing our program in a clear and understandable way and ensuring that the teachers understood the purpose of the drug prevention initiative. These meetings also allowed me to understand the administrative structure of the schools and the amount of cooperation necessary for the success of the program.

2.8.2 Awareness Classes

A major part of my internship involved conducting four awareness classes in each school every month according to the BYFC module. These classes were held with important topics such as:

- Awareness of Drug Abuse
- Mindfulness and Mental Health
- Developing Individual and Professional Skills
- Future of Bangladesh

I made lesson plans and chose the appropriate examples and used interactive teaching methods so that the students never lost interest. Small questions and discussions were encouraged in the sessions to help students to understand the topics better.

2.8.3 Students Engagement

During and after each session, students shared their questions, opinions and concerns. I made careful collection this feedback and brought it to the next class. In the next sessions I answered their questions with rather simple explanations so each student would understand.

2.8.4 Hi-Club Formation Process

One of the special features of the BYFC model is to form Hi-Clubs in schools. The nature of these clubs is student led groups which continue the awareness and leadership activities after the initial classes are completed. I assisted BYFC staff in:

- Distributing membership forms
- Rather than encouraging students to join
- Helping the teachers to find the suitable candidates
- The tasks for the student union are: Organizing student gathering for club orientation

After a sufficient amount of people joined (minimum 50), I made contributions into the discussion about goals of club, role and responsibility in the club. I also witnessed the election of the club's executive committee, which included such positions as president, general secretary and treasurer.

2.8.5 Documentation and Reporting

Every class and field activity needed to have proper documentation, so I maintained notes. The records assisted me to make a weekly and monthly reports for the organization.

2.8.6 Coordination

I maintained a good communication with the class teachers and the stuffs of BYFC to conduct the program smoothly without facing any problems which helped me to scheduling session's time and date.

2.8.7 Other Activities

While my internship period mainly worked on conducting awareness sessions in class, I also assisted on some works described in the BYFC program model. This included quizzes, debate, making posters, sports, and programs.

Chapter 3: Findings

My experience under three-month internship at Drugs Prevention Program in Enlightened Youth Community, undertaken in Savar Girls High School and Savar EBAC Public School, saw various positive results of student knowledge, attitude and behavior.

- There was great improvement in the knowledge of students in drug abuse. They became conscious of its negative consequences, causes of addiction, and the necessity of the avoidance of dangerous circumstances.
- The classroom was also stimulating and the majority of students were also involved, asking questions, and giving their experiences. They increased their interest in the sessions through the use of easy explanations and rewards.
- In addition to drug prevention, students were taught on personal health, hygiene, emotional control and self-discipline thereby making them comprehend how the healthy way of living plays down addiction risks.
- Educators in the two schools were very willing to assist in classroom administration and organization. They appreciated the program because it covered practical concerns which were not taught in normal academic classes.
- Students expressed such challenges as peer pressure and the absence of adult support, which is why the creation of a safe and positive environment is so important.
- The program led to the positive school climate, students, and teachers enjoyed the new, enhanced discipline, motivation, and demands to have more sessions on the health and personal development.

Chapter 4: Discussion

My three-month internship reveals that a well-organized drug prevention program delivered in school can influence the knowledge, attitude and behavior of students in a positive way. The program successfully created positive impact among the students. Gradually, student involvement was becoming better. Being shy, most students felt more confident and started to discuss the matter, which was facilitated by interactive lessons and small rewards. The program was also an interest in leadership roles where the students were eager to participate in the Hi-Club and assume some responsibilities that created teamwork and sense of social responsibility. Educationists were very instrumental in aiding the program, through organizing it and assisting the presence of students. They further conveyed their gratitude to the attention of the program towards the life skills and emotional well-being which are not necessarily taught in the normal curriculum. But there were certain challenges such as the inconvenience in scheduling, the absenteeism of students, and a feeling of embarrassment to discuss delicate things to begin with. These issues are important to note how a lot of flexibility and patience is required to work with within the school systems. Personally, the internship was an important learning process and I was able to acquire skills of teaching, communication and classroom management. I also learnt that community-level prevention programs would make a difference in the lives of the students. To sum up, the BYFC drug prevention program has been effective in creating awareness, embedding leadership within the students and instilling healthy behavior in them. Nevertheless, the key to success is constant support, follow-up activities, and cooperation between schools and organizations to guarantee success in long-term results of creating a drug-resistant youth community in Bangladesh.

Recommendations

Considering my internship experience in the Drugs Prevention Program of the Enlightened Youth Community, it is possible to suggest the following recommendations that would increase the effectiveness of the program:

1. **Enhance Frequency of Sessions:** Sessions will be increased to have more sessions per month or longer sessions to allow more discussions and understanding by students.
2. **Involve Parents:** The family will assist parent-teacher meetings to support students and know about drug risks.
3. **Improve Training Materials:** It can be more engaging and easier to remember through the use of posters, videos, and group activities.
4. **Train Teachers:** Trainers will train the teachers in order to make the program sustainable and assist them serve the Hi-Club well.
5. **Prepare Hi-Club Activities:** To maintain the students motivated and engaged, more debates, quizzes and cultural events should be organized.
6. **Enhance Follow-Up:** Constant monitoring and following up will make the program effective.
7. **Peer Leadership:** This is done by training students into peer leaders to strengthen the number of students who will disseminate the message on the program to a larger audience within the school.
8. **Feedback Surveys:** It will use regular surveys to modify the program depending on the interest of the students.

Chapter 5: Conclusion

The three-months internship experience with Bangladesh Youth First Concern (BYFC) motivated the effectiveness of the school-based drug prevention programs. This program has enabled the students to learn how to prevent drug abuse, health, and life skills and also acquire orderly qualities of leadership via the Hi-Club. Preventive education proved effective through the internship in terms of adjusting the behavior of adolescents and encouraging healthy behavior. Throughout the internship program, I achieved some fresh experiences and enhanced my leadership and communication skills. These programs can support creating a more conscious and drug-resistant youth group in Bangladesh with the support and frequent follow-ups.

221-10-1093

ORIGINALITY REPORT

7%

SIMILARITY INDEX

6%

INTERNET SOURCES

0%

PUBLICATIONS

4%

STUDENT PAPERS

PRIMARY SOURCES

1

dspace.daffodilvarsity.edu.bd:8080

Internet Source

4%

2

Submitted to Daffodil International University

Student Paper

2%

3

yfcbd.com

Internet Source

1%

4

www.assamassociation.org.uk

Internet Source

<1%

5

etheses.lib.ntust.edu.tw

Internet Source

<1%

6

www.htncr.org

Internet Source

<1%

Exclude quotes Off

Exclude matches Off

Exclude bibliography Off