



INSIGHT with UNICEF

“The huge gap in the way I live and they live – it confronts me to think about my idea of equality...” (Staff–UNICEF)



INSIGHT with people from Afghanistan



INSIGHT with Nut Producers Co-operative delegation

“This was the first time I came to Kosi Yatra and it has been a great learning experience for me to understand the situation.” (Scout Participant)



Marching with landless people

About Praxis

Praxis - Institute for Participatory Practices is committed to mainstreaming the voices of poor and marginalised sections of the society in the process of development. This stems from our belief that for development to be sustainable, the process must be truly participative.

Praxis devises practices to enhance the participation of community in all its endeavors while at the same time acknowledging that ‘participation’ is not technical or mechanical process that can be realised through the application of a set of static and universal tools and techniques, but rather a political process that requires challenging the existing power structure. Thus, for us, the community is not seen as an object but rather as an agent of change.

Vision: World without poverty in which every person has the right to participate in decision making processes, and to a life with dignity and choices.

Mission: Democratisation of development processes and institutions to ensure that the voices of poor women, men, transgender, girls and boys are heard and acted upon.

FOR FURTHER DETAILS CONTACT:

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INSIGHT

An immersion Programme of Praxis

...be open and flexible to the unplanned and unexpected....

...unfold your knowledge...

...see the world the other way round...

... get familiarised with the reality of people...

...gain an **INSIGHT**...





What is an Immersion

An immersion is a guided experience, in which, a participant spends a number of days immersed in the daily realities poor people. Participants will stay with poor families not as guests but as a participating member of the family. Immersions provide an immense learning opportunity followed by question, reflection and exchange of ideas, which leads to the changes in action.

INSIGHT: A Praxis Immersion Programme

At Praxis, we have shaped an immersion programme and called it Insight. In our view, an Insight is a spontaneous learning process to facilitate the implementers, policy makers and advocates to dialogue with communities to enrich their knowledge and understanding. Unlike an orientation or a study visit, the immersion programme expects participants to take part in the lives of their host families as agents of change.

Need for an Immersion

Immersion provides an opportunity to policy makers and development practitioners to keep themselves up to date with real situations of the poor people. Learning from an immersion

Reality Check: Provides one of the means of checking against complex and diverse realities

Informal Judgement: Understand development issues from the people's perspective

Personal Development: First hand experience develops a holistic understanding of the reality

Highlights the gap: The disconnect between reality and our understanding of it

Re-motivates and re-energises: Rekindles our personal and professional motivation

How Does an Immersion Work?

Each insight is customised according to the need of the participants. However we follow a common structure.

- Planning - immersions are customised to the specific learning needs of the participants to maximise learning outcomes.
- Pre-Immersion briefing– participants explore their individual expected learning objectives, their apprehensions and methods to get immersed and learn from the process.
- Immersion – Staying with the family as a member and taking full part in the day-to-day life of the host family.
- Post Immersion reflection – A period of reflection and sharing on lessons learnt and how participants will apply their experience to their future work