Last checked: 21 October 2026 · National Human Rights Commission, India

Internship programme (Online & In-person), National Human Rights Commission

The National Human Rights Commission runs paid internships for university students: a four-week in-person programme in Delhi in summer and winter, and a two-week online short term programme.

What you may get

A stipend of Rs 12,000 plus third AC train fare to and from Delhi for the four-week in-person internship, and a stipend of Rs 2,000 for the two-week online internship. About 100 interns are chosen for each programme.

Who it is for

University and college students of law, human rights and social science subjects who meet the course, marks and age conditions of the programme.

Main conditions

- In-person internship: LL.B. or integrated law students in the years the Commission names, LL.M. students, and students of human rights and social science postgraduate courses, in regular courses of UGC-recognised universities, aged up to 28 years.
- Online internship: students from the 3rd or final year of graduation, students of any postgraduate degree or diploma course, 3rd year onwards of an integrated 5-year PG course, and research scholars.
- At least 60 percent marks in Class XII and in the earlier semesters of the degree.
- Students who attended an NHRC internship earlier cannot apply again.

Documents

- Statement of Purpose on why you want to join NHRC as an intern, 300 to 500 words for the in-person programme and 250 words for the online programme

How to apply

1. Open the NHRC internship page and press Apply for the SIP/WIP or Apply for the OSTI. The button leads to the HRCNet candidate portal.
2. Fill in the online form and upload the Statement of Purpose with it.
3. Selection is by marks: Class XII carries 30, graduation 40 and the Statement of Purpose 30.
4. Each round is announced on the NHRC website with its dates. For the online round of 16 to 27 November 2026 the last date to apply is 25 October 2026, 18:00 hours.

Status

Last date: 25 October 2026

Official source: https://nhrc.nic.in/training-programmes/internship-programmes
Official application: https://hrcnet.nic.in/training/candidate/Guidelines.aspx
Labh Lo page: https://labhlo.in/en/schemes/central/nhrc-internship-programme/

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