



# Internship Logbook



Student Name: Omara Kenneth

Month: August

Target	Achievements	Challenges	Lessons Learnt
Communication at work places.	- Got to know protocols of communication in an organization. - Appreciated the role of effective communication - Described how organization both send	- faced no major challenge in learning this subject.	- learnt how to prepare business reports. - learnt communication chains in organisations. - learnt how communication is important in the
	information internally and externally. - Prepared business report		effective running of a business.
Entrepreneurship.	* Opportunities in my professional career. * Organization of capital for start up.	> How to save without an income generating venture. > Most were taught theoretically to us.	> learnt how to save conveniently for the future. > learnt different opportunities in my career.

Target	Achievement	Challenges	Lessons Learnt
Power Supplies	<ul style="list-style-type: none"> <li>* Set up of a generator.</li> <li>* How an automatic voltage regulator works.</li> <li>* UPS.</li> <li>* Maintenance of generators</li> </ul>	<ul style="list-style-type: none"> <li>- Voltage sags; where voltage on the line is less than it should be.</li> <li>- Voltage surges and spikes</li> </ul>	<ul style="list-style-type: none"> <li>- Learnt how a UPS protects against multiple power disturbances.</li> <li>- Learnt different switched modes practically on PCs and different equipments.</li> <li>- Learnt how a contactor is used for switching power.</li> </ul>
Motors	<ul style="list-style-type: none"> <li>* Synchronous motors</li> <li>* Welding</li> <li>* 3 phase and single phase.</li> </ul>	<ul style="list-style-type: none"> <li>- Shortage of safety gear.</li> <li>- Low knowledge on 3 phase and single phase wiring skills.</li> <li>- Poor application of theoretical knowledge of earthing during welding.</li> </ul>	<ul style="list-style-type: none"> <li>- How synchronous motors can be used for power factor improvement.</li> <li>- How motors are protected from short circuit protection of starters and lines.</li> </ul>

Supervisors Comment: Practical skills need to be improved.

Signature: Sach

