



# RUCHI

**Rural Centre for Human Interests**

**Volunteer India program**  
**STV Projects (2026)**

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## RUCHI Short Term Spring Work Camps – 2026 (Code: RC)

Code	Project / Theme	Location	Theme	Dates 2026	Max. Places
RC-01/26	Explore the unexplored	Solan Bandh	CUL	09/02 - 18/02	10
RC-02/26	Peace & Resillience	RUCHI	SOC	23/02 - 05/03	10
RC-03/26	Holi – Festival of Colors	Solan-RUCHI	FEST/CUL	02/03 - 11/03	10
RC-04/26	Tibetan Culture & Social Development	Dharamshala & Solan	SOC/CUL	16/03 - 25/03	10
RC-05/26	Explore the unexplored	Solan Bandh	CUL	29/06 - 08/07	10
RC-06/26	Woman Power	Baddi/Bandh	SOC/CUL	06/07 - 15/07	10
RC-07/26	Tibetan Culture & Social Development	Dharamshala & Solan	SOC/CUL	13/07 - 22/07	10
RC-08/26	SCC-Nature Conservation	ENV	ENV	27/07 - 05/08	10
RC-09/26	Tibetan Culture & Social Development	Dharamshala & Solan	SOC/CUL	27/07 - 05/08	10
RC-10/26	Tibetan Culture & Social Development	Dharamshala & Solan	SOC/CUL	10-08 - 19/08	10
RC-11/26	SCC-Nature Conservation	ENV	ENV	17-08 - 26/08	10
RC-12/26	Tibetan Culture & Social Development	Dharamshala & Solan	SOC/CUL	24/08 - 03/09	10
RC-13/26	Explore the unexplored	Solan Bandh	CUL	21/09 - 30/09	10
RC-14/26	Woman Power	Baddi/Bandh	SOC/CUL	09/11 - 18/11	10
RC-15/26	Peace & Resillience	RUCHI	SOC	12/10 - 21/10	10
RC-16/26	Diwali - Festival of Light	Solan-RUCHI	FEST/CUL	02/11 - 11/11	10
RC-17/26	Explore the unexplored	Solan Bandh	CUL	23/11 - 02/12	10

### General Information:

- All Short Term Camps (STC) last 10-13 days with fixed dates and led by a RUCHI Team Leader.
- Every project has an extra fee to cover their living and working costs. Volunteers take care of their own travel costs and bear all personal expenses during free time and leisure visits.
- Volunteers have to be 18 years or older and be prepared to live under simple conditions.
- No special skills are required; one has to be open minded and willing to adapt to challenging conditions.
- Volunteers' contribution is always recognized and appreciated but they will have to accept the fact that they cannot change the world in two weeks.
- Volunteers must be willing to understand and respect local as well each other's culture.
- Volunteers must be prepared to live in harmony with others and work as a team for 5-6 hours daily.

### Why the extra fee?

RUCHI with other NGO's in India is not financially supported by government to host projects related to IVS. Hence all projects are self funded with a participation fee. Given the remote location and various complexities we have tried our best to make it as affordable as possible for volunteers. Being a non-profit organization we emphasize on transparency, below is how we spend collected participation fee.

- Food, accommodation and logistics of volunteer during workcamp.
- Project setup costs. (material and logistics cost)
- Running the camp. (wages of professional skilled mason, carpenter, plumber etc and training local youth supported by us.)
- Office running/admin expenses. (Internet, photocopy, stationary, electricity, phone, salaries, office equipment, tools and rent etc.)
- Supporting small community project.
- International travel costs to global conferences and network membership fees.



## **Description of the Short Term Camps**

RC-01/26	Explore the unexplored	Solan	SOC/CUL	10 Vols.	09.02.26 – 18.02.26
RC-05/26	Explore the unexplored	Solan	SOC/CUL	10 Vols.	29.06.26 – 08.07.26
RC-13/26	Explore the unexplored	Solan	SOC/CUL	10 Vols.	21.09.26 – 30.09.26
RC-17/26	Explore the unexplored	Solan	SOC/CUL	10 Vols.	23.11.26 – 02.12.26



**Background:** Through this project we aim to provide volunteers with an enriching experience in terms of historical sites exploration, cultural immersion, eco trekking and gain grass roots experience in rural communities. Volunteers here would get chance to increase their understanding about Indian Culture, cuisine and visit places of historical importance not figuring on international tourist map.

**Location & Leisure time:** Volunteers would join us at our headquarters (Bandh village campus in Solan district) which is based at a rural location where they have opportunity to live & experience a typical mountain village culture and their lifestyle.

Nearby Kasauli town is a major attraction. A visit to Shimla, the state capital, will offer an opportunity to see high Himalayan Mountains and British architecture.

**Work:** The project will offer a mix of cultural immersion, eco trekking and understanding community life. Three activities are planned. In cultural immersion, three sites will be covered: 1: Haripur or Joharji Gurudwara (an age old temple of Sikhism religion importance where people visit to take blessings and fulfill their wishes), 2: Hanuman Mandir (probably the oldest Lord Monkey

Temple) and 3: Snake Temple. All these places are historical but do not figure on international tourist map. A short eco-trek will also be planned involving a cleanliness drive.

During the camp, a community grass roots experience sharing session will also be planned where they would participate and learn from our ongoing initiatives like NFE, women empowerment, NRM (Protection of fresh water sources), organic farming etc.

**Accommodation and Food:** Volunteers will stay at peaceful RUCHI campus on twin/triple sharing basis. Bed and beddings are provided. Simple basic amenities will be available. Though cooked authentic Indian vegetarian meals will be served volunteers are expected to assist the cook.

**Requirements:** Interest in understanding different life styles and issues with a sharing and learning ability, High motivation & open mindedness is a must.

**International Terminal:** New Delhi and Chandigarh

**Nearest railway station:** Kalka

**Participation Fee:** Euro 230



RC-02/26	Bandh	Peace and Resilience	Peace	10 Vols.	23.02.26 – 05.03.26
RC-15/26	Bandh	Peace and Resilience	Peace	10 Vols.	12.10.26 – 21.10.26



**Background:** The Peace and Resilience Project is set in a calm, nature-rich region of Himachal Pradesh, far from any conflict zones. It invites volunteers from around the world to engage in meaningful, creative activities that promote peace, inner strength and cultural connection. This project also aims to send a global message that India is safe and welcoming for volunteers, despite external tensions. Each activity is designed to build emotional resilience, spark reflection, and foster a deeper sense of global solidarity.

**Location & Leisure time:** Ruchi campus which is located near Bandh village. It is 30 km from Kalka town and 60 km from Chandigarh city. The area offers a unique opportunity to live with nature in a peaceful environment.

Self organized city tours and excursions. Old Sikh and Hindu temples in the near vicinity can be visited. Nearby Kasauli town, a hill station, is a major tourist attraction. A visit to Shimla, the state capital, will offer an opportunity to see high Himalayan Mountains and British architecture.

**Work:** Volunteers would compile information to convey message on peace, harmony and a safe environment having space for everyone regardless of their caste, creed and religion. They will visit 3-4 communities and interact with the people to better understand local values, culture, behaviour and

prepare materials for future volunteers. The volunteers will also spend time on plantation, nurturing already planted trees, cleaning etc, do wall or pot planting with peace message promoting global peace and an environment for a better living.

Since peace and environmental education and protection is the focus of the camp they will be expected to create awareness on issues like global warming, climate change, Carbon emission, sustainable lifestyle etc. while visiting local communities.

The volunteers will also get an opportunity to get an exposure of other humanitarian projects, meeting with women groups, physical activity in RUCHI campus and work in communities or slums.

**Accommodation and Food:** Volunteers will stay at peaceful RUCHI campus on twin/triple sharing basis. Bed and beddings are provided. Simple basic amenities will be available. Though cooked authentic Indian vegetarian meals will be served volunteers are expected to assist the cook.

**Requirements:** Interest in peace keeping, harmony, environment and climate changing issues.

**International Terminal:** New Delhi and Chandigarh

**Nearest railway station:** Kalka

**Participation Fee:** Euro 230







**Background:** One of the major festivals of India, Holi is celebrated with enthusiasm and gaiety on the **full moon day** in the month of **Phalgun** which is the month of March as per the Gregorian calendar. Holi is also called the **Spring Festival** - as it marks the arrival of spring the season of hope and joy. Entire country wears a festive look when it is time for Holi celebration. This year, main Holi festival (playing with colours) falls on 4<sup>th</sup> March, though celebrations in different forms start 4 days before the main festival. Market places get abuzz with activity as frenzied shoppers start making preparations for the festival. Heaps of various hues of colors can be seen on the roadside days before the festival. Womenfolk cook loads of **sweet dishes** for the family and also for the relatives.

People light a bonfire at important crossroads, called Holika on the eve of Holi festival and celebrate the victory of good over evil, known as Holika Dahan which is celebrated in the evening of 3<sup>rd</sup> March, 2026

**Location & leisure:** The project site is Ruchi campus and the nearby Bandh village (1 km) in Solan district. It is 30 km from Kalka and 70 km from Chandigarh. The village is small with 40 odd families.

Self organized city tours and excursions. Old Sikh and Hindu temples in the near vicinity can be visited. Nearby Kasauli town is another hill station as a tourist attraction. A visit to Shimla will offer an opportunity to see high Himalayan Mountains.

**Work:** The Holi festival celebrates the onset of spring and renewal. Coming forth with the full flush of life, the invigorating air of Holi festivities spreads into the lives of people throughout the year.

Being a festival camp, the major focus of this camp is on leisure and enjoy festivities. However, with an initial orientation on festivals, you will get chance to participate in our ongoing humanitarian actions like Non formal education, women empowerment initiatives, environment conservation, waste upcycling, organic farming etc and have an interaction with local communities to encourage cross cultural exchanges and provide a deeper insight of our culture. The major festival will be attended to on 14<sup>th</sup> March when you will play with colors.

**Accommodation:** Volunteers will stay at peaceful RUCHI campus on twin/triple sharing basis. Bed and beddings are provided. Simple basic amenities will be available. Though cooked authentic Indian vegetarian meals will be served volunteers are expected to assist the cook.

**International Terminal:** New Delhi and Chandigarh

**Nearest railway station:** Kalka (30 kms)

**Participation Fee:** Euro 230/-



RC-04/26	Tibetan Culture & Social Dev.	Dharamshala & Solan	SOC/CUL	10 Vols.	16.03.26 – 25.03.26
RC-07/26	Tibetan Culture & Social Dev.	Dharamshala & Solan	SOC/CUL	10 Vols.	13.07.26 – 22.07.26
RC-09/26	Tibetan Culture & Social Dev.	Dharamshala & Solan	SOC/CUL	10 Vols.	27.07.26 – 05.08.26
RC-10/26	Tibetan Culture & Social Dev.	Dharamshala & Solan	SOC/CUL	10 Vols.	10.08.26 – 19.08.26
RC-12/26	Tibetan Culture & Social Dev.	Dharamshala & Solan	SOC/CUL	10 Vols.	24.08.26 – 03.09.26



**Background:** Through this project we aim to provide volunteers with an enriching (rural & urban) experience where they would participate in our ongoing rural community development initiatives aimed at uplift of marginalized people and later move to McLeodganj, Dharamshala where Tibetan Government in exile has its head quarters. Volunteers here would get chance to increase their understanding about Tibetan Culture, their movement and their ongoing struggle to keep their identity alive.

**Location & Leisure time:** RUCHI Campus at village, Bandh of Solan district and a guest house in the town of McLeodganj in Dharamshala, a tourist hub.

The project will start from village Bandh, Solan district where headquarters of RUCHI is located and terminate in Dharamshala, the headquarters of Tibetan Government in exile. Opportunities will be there for short and long treks in the mountains. While in RUCHI campus, nearby Kasauli town is a major attraction. A visit to Shimla will offer an opportunity to see high Himalayan Mountains and British architecture. Dharamshala is well known as a much sought after tourist attraction.

**Work:** In the beginning, volunteers will live & work with rural communities to experience a typical mountain village culture, their lifestyle and during process join our ongoing initiatives like NFE, women empowerment,

NRM (Protection of fresh water sources), organic farming etc. They will also visit place of historical and cultural importance for their personal development.

During the last three days, the volunteers would move to McLeodganj in Dharamshala which is a touristic town and also Secretariat of Tibetan Government in exile. Over here they would visit Tibetan, monasteries, museum, schools and join language classes with Tibetan monks. There is a likelihood that we may take up some cleanliness work or some other activity. Otherwise, this visit will be more of touristic with leisurely walks and culture sharing.

**Accommodation and Food:** Volunteers will stay at peaceful RUCHI campus on twin/triple sharing basis. Bed and beddings are provided. Simple basic amenities will be available. While in Dharamshala, they will stay in a guest house. Though cooked authentic Indian vegetarian meals will be served volunteers are expected to assist the cook.

**Requirements:** Interest in understanding different life styles and issues with a sharing and learning ability, High motivation & open mindedness is a must.

**International/Domestic Terminal:** New Delhi, Chandigarh and Dharamshala

**Nearest railway station:** Kalka

**Participation Fee:** Euro 260



RC-06/26	Baddi/Bandh	Women Power	SOC/EDU	10 Vols	06.07.2026 - 15.07.2026
RC-14/26	Baddi/Bandh	Women Power	SOC/EDU	10 Vols	09.11.2026 - 18.11.2026



**Background:** RUCHI always recognised women's efforts and believes that, still a lot needs to be done to help them achieve the desired position within social perspective in our community. Surprisingly even after supporting her family in various ways she is mostly not consulted and involved in household decision making. Keeping that in mind RUCHI has initiated voluntary project facilitating cultural exposure and assisting women to overcome these odds. The camp relates to SDG-5 (Gender Equality) and SDG-10 (Reduced Inequalities).

This projects aims to empower women and girls of all ages by helping them to gain confidence, recognize and demand their rights and most importantly start being recognized as an earning member of family.

**Location& Leisure Time:** Ruchi campus which is located near Bandh village. It is 30 km from Kalka town and 60 km from Chandigarh city. The area offers a unique opportunity to live with nature in a peaceful environment.

During leisure time, discover vibrant rural life, visit nearby places of attraction like old Sikh and Hindu temples, Kasauli hill station. A visit to Shimla, the state capital, will offer an opportunity to see high Himalayan Mountains and British architecture.

**Work:** Working closely with local communities we have mobilized women self help groups in villages. Through these groups we have nurtured and supported women entrepreneurship initiatives to economically support their families and spread awareness within villages. We also

work with teenage girls in public schools where we assist in development of their soft skills and critical health issues. As a volunteer you will have an opportunity to exchange ideas, better understand the role a typical woman has in our society and join in their social & economic upliftment.

Volunteers are expected to be creative and skillful so they can implement need based workshop for girls about adolescence education, personality development, career counseling etc. They will also be attending meetings of Self-help Groups (SHGs) and interact with women to better understand their plight and assist them to be economically independent.

Additional activities will include learning of various developmental issues and solutions. They will visit various humanitarian projects and interact with the villagers.

**Accommodation & Food:** Volunteers will stay at peaceful RUCHI campus on twin/triple sharing basis. Bed and beddings are provided. Simple basic amenities will be available. Though cooked authentic Indian vegetarian meals will be served volunteers are expected to assist the cook.

**Requirements:** Interest in gender related work and issues with a sharing and learning ability, High motivation.

**International Terminal:** New Delhi and Chandigarh

**Nearest railway station:** Kalka (30 kms)

**Participation Fee:** Euro 230





## Theme: Environment

RC-08/26	Bandh	SCC- Nature Conservation	ENV	10 Vols.	27.07.26 – 05.08.26
RC-11/26	Bandh	SCC- Nature Conservation	ENV	10 Vols.	17.08.26 – 26.08.26



**Background:** With this project we aim to do our bit to reverse climate change and preserve biodiversity of our surrounding through education and actions. Overtime we have assisted in planting more than 10,000 trees in last 5 years. Along with plantation we also educate local community about carbon emission and environmentally sustainable actions which one could apply. The project relates to SDG-13 (Climate Action) and SDG-15 (Life on Land).

**Location & Leisure time:** Ruchi campus which is located near Bandh village. It is 30 km from Kalka town and 60 km from Chandigarh city. The area offers a unique opportunity to live with nature in a peaceful environment.

During leisure time, discover vibrant rural life, visit nearby places of attraction like old Sikh and Hindu temples, Kasauli hill station. A visit to Shimla, the state capital, will offer an opportunity to see high Himalayan Mountains and British architecture.

**Work:** Protect unique habitats and explore local fauna and flora for protection and conservation. You are expected to remove invasive plants & help endangered species, Work in stunning reserves, chop fuelwood, do soil working and natural composting. Plant trees, build nesting boxes & clean up nature

areas, Learn about rare plants & animals from local experts. Make polythene green house fully operational.

Since environmental education and protection is the focus of the camp they will be expected to create awareness on issues like global warming, climate change, Carbon emission, sustainable lifestyle etc. while visiting local communities.

Besides tree plantation, volunteers will be given an exposure of other humanitarian projects, meeting with women groups, physical activity in RUCHI campus and work in communities or slums.

**Accommodation and Food:** Volunteers will stay at peaceful RUCHI campus on twin/triple sharing basis. Bed and beddings are provided. Simple basic amenities will be available. Though cooked authentic Indian vegetarian meals will be served volunteers are expected to assist the cook.

**Requirements:** Interest in environment and climate changing issues. Physical fitness, Flexibility and High level of motivation.

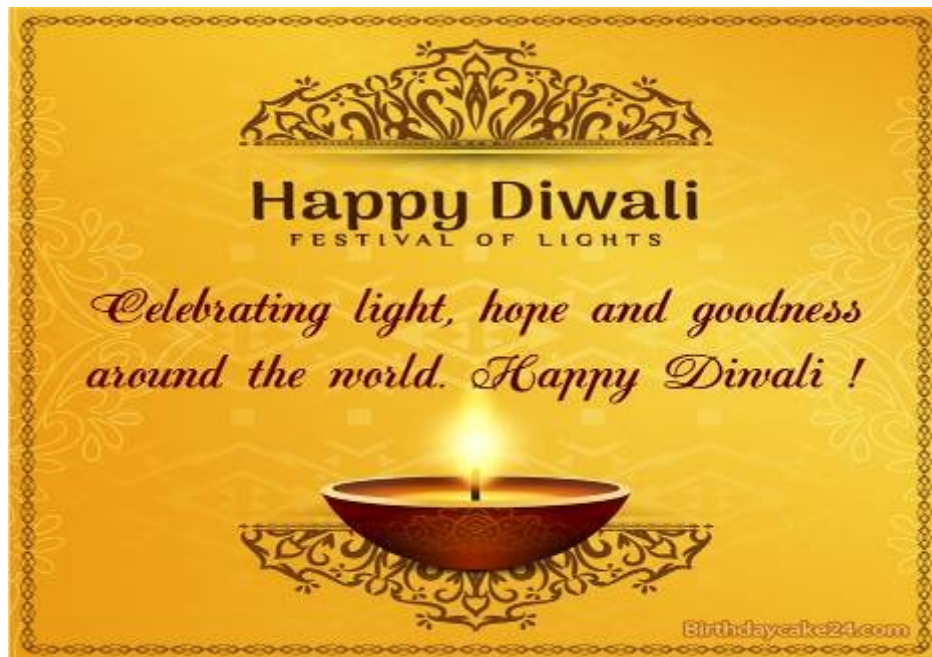
**International Terminal:** New Delhi and Chandigarh

**Nearest railway station:** Kalka

**Participation Fee:** Euro 230







**Background:** Diwali or Festival of Lights is a national festival celebrated throughout the country with lot of zeal for 5 days. This main festival, falling on 8<sup>th</sup> November, 2026, is celebrated with a great fervor just like Christmas and goes on for 5 days. Diwali is followed by other local events like Budi Diwali, viswakarma puja, Bhaiya Dooj etc. In North India, as it is believed that it was on Diwali that Lord Rama along with his wife Sita and brother Lakshmana returned to Ayodhya after killing the Demon king Ravana in Sri Lanka.

**Work:** This camp is a great opportunity to learn and experience Indian culture and understand the diversity and unity it stands for. Therefore, be prepared to enjoy festivities and enjoy leisurely walks with easy pace and interacting with local communities. Besides, you shall be participating in our ongoing humanitarian actions like Non formal education, women empowerment initiatives, environment conservation, waste upcycling, organic farming etc and interacting with local people on daily basis leading to the festival.

With this project we aim to encourage cross cultural exchanges and provide a deeper insight of our culture. Months of October and November host two prominent Indian festivals of national importance. The dates are decided on yearly basis as per Hindu calendar. These camps are specially organized for those who are interested in Indian history and culture. This period is also supposed to be auspicious for marriages. Besides

local festivals, volunteers will have an opportunity to learn of Hindu traditions.

**Location& Leisure Time:** Kuthar is a large village growing into a township where most of the major district level festivals are held. It is 50 km north of Chandigarh city and 70 kms from Shimla town. Baddi offers a number of treks to tourists and a good majestic view of range of mountains. The economy of the area depends on agriculture and industries.

The volunteers will have opportunity to visit Kasauli hill station or Hanuman Temple in Shimla, the Naldehra Golf Club and a local zoo or the Rock Garden in Chandigarh.

**Accommodation& food:** Volunteers will stay at peaceful RUCHI campus on twin/triple sharing basis. Bed and beddings are provided. Simple basic amenities will be available. Though cooked authentic Indian vegetarian meals will be served volunteers are expected to assist the cook.

**Requirements:** Interest in experiencing other cultures and participate with local communities in local/national festivals.

**International Terminal:** New Delhi and Chandigarh

**Nearest railway station:** Kalka (30 kms)

**Participation Fee:** Euro 230.

