RUCHI

Rural Centre for Human Interests

Volunteer India program

LMTV Booklet (2027)

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About RUCHI

Rural Centre for Human Interests (RUCHI) is a community development organization with ever increasing focus on youth development and intercultural learning through voluntary service. RUCHI got registered in 1983, under Indian Societies Registration Act as a non-political, non-profit making voluntary organization.

RUCHI was established keeping in mind the problems and restrictions that a remote community faces on day to day basis. These could be due to poverty, lack of knowledge, poor infrastructure or at times difficult terrain. As a result RUCHI has always implemented its project with people centered approach and gave priority to community development. With 42 years in this field, RUCHI has accumulated extensive knowledge in community development with project area ranging from semi-urban background to extremely remote communities requiring two days of walk certain time of the year. Over time RUCHI has also developed and successfully implemented low cost technologies. We are now acting as a resource organization for Indian Government and other NGO's pursuing community development.

RUCHI has been actively involved in International Voluntary Service sector since 2000 and has been offering short and long term volunteer placement projects with aim to provide visiting volunteers a grass root experiential learning opportunity fostering personal and community development.

Our Approach

Since inception, RUCHI has committed its efforts and resources towards rural development. All our projects have a people centered approach and ongoing commitment with our projects and partners. Our IVS projects offer a unique opportunity to gain global perspective for volunteer and local youth increasing their professional competencies. Voluntary service not only helps community projects but also provide a much needed overview and technical support.

Network and collaboration

RUCHI is affiliated with international and national voluntary service networks. RUCHI is a member of Network of Voluntary Development in Asia (NVDA), full member of Coordinating Committee of International Voluntary Service (CCIVS) and a partner of Alliance of European Voluntary service Organization (ALLIANCE).

Besides international networks RUCHI also cooperates with national organizations like Institute of Rural Management (IRMA), Delhi School of Social Works, Tata Institute of Social Science, Xavier Institute of Social Science (XISS) and students from University of Delhi, Kurukshetra, Allahabad, Kerala, Shimla, etc. RUCHI hosts students from these institutes and facilitates their experiential studies.

Our Volunteer Program

- Short Term Workcamp, STW (10days)
- Very short term workcamos of 6 days
- Long - Medium Term Volunteer, LMTV (1-12months)
- Group/Bilateral Workcamp. 10+ vols. (10-13 days)
- Internship.

Areas of Interests

- Construction, Renovation and maintenance.
- Environment/Climate Change/Global Warming.
- Waste UpCycling
- Non formal education.
- Community development
- Culture exposure.
- Children with disability
- Creative arts and crafts
- Health & Sanitation
- Waste Management

RUCHI INDIA - LMTV Programme 2027 - Summary

Theme	CODE	Project	DATES (DD/MM/YYYY)	Placement
Environment	RC-MTV-ENV-1/27	Environmental Education & Waste upcycling	**Round the year**	Open
	RC-MTV-ENV-2/27	Nature Conservation -Stop Climate Change	**August-October**	Open
Community Development	RC-MTV-HEALTH-3/27	Health and Sanitation (WASH)	**Round the year**	Open
	RC-MTV-CD-4/27	Women Power	**Round the year**	Open

Description of Middle & Long Term Projects:

General:

- RUCHI involves volunteers in its humanitarian activities to facilitate cross culture exchanges & promote international solidarity.
- Our LMTV projects are permanent and are executed across North. India. Volunteers can stay as long as they want up to a maximum of one year. The minimum period of staying is **One Month**.
- Volunteers will have to follow the organization rules and culture and work with other staff as a team.
- No special skills are required, except dedication and commitment to a social cause to help rural communities.
- Volunteers have to take care of their own leisure travel costs and all personal expenses during free time. Project related travel expenses using public transport shall be reimbursed within a fixed cap.
- Volunteers have to be 18 years or older, bearing good moral character and respect local as well other culture.
- Alcohol drinking and smoking is not encouraged in public and villages.
- Living conditions will be simple. Volunteers must be prepared to live in harmony with others and work as a team. Medical/Personal Insurance is the responsibility of the volunteers themselves.
- Volunteer behavior will directly reflect RUCHI image within community therefore good work ethics are highly desired and expected.
- In contrast to short term workcamps, the pace of work here is slow. Be prepared to work under relaxed environment.

PARTICIPATION FEE: The participation fees are as follows:

Per month **- Euro 420/-** (Fee has to be paid in cash. The fee is worked out on monthly basis and not daily or weekly basis and hence it remains same even if one leaves the project a day or week earlier)

Visa: Indian visa is required . For details kindly refer to www.indianvisaonline.gov.in/visa. RUCHI will be happy to assist you with required documents.

January – December - 2027

Project No.: **RC-MTV-ENV-1/27: Environmental Education & Waste-Upcycling**

Period/Type: Permanent (Open round the year)

Age: 18+
Location: Solan- Rural and Slum Communities around Baddi township
Placement: Placement is offered for 1 month to up to 6 months.

Background: The existence of life on planet is possible only because of the suitable environment we live in.

Over the past few decades our human thirst for development has taken its toll on environment and its effect has been seen and felt by us all in recent past. Through this project we want to emphasize on importance of environmentally sustainable action that are needed to be incorporated in our lives on daily basis to reduce further damage. We would also like to take this opportunity and target waste material as it is one of the biggest environmental challenge that we face today.

Work: The project aims to educate local communities, both formal and non-formal, on environmental concerns like Global warming, occurrence of floods, droughts, depletion of natural resources, lack of waste management etc. and take up protective measures with a possibility of organizing micro community actions.

In specific work will include:

- **Creating Environmental awareness to preserve biodiversity** among kids and other community based groups**.**
- **Promoting sustainable lifestyle changes** to have minimum green house gas emission on our environment. (eg. Reducing usage of plastics, choosing energy efficient devices etc)
- **Up-cycling of waste and other discarded items** into something meaningful and usable.
- **Promote Upcycled products as a entrepreneurial activity** among local community.



Volunteers with prior experience in related work are welcome to bring in new ideas.

Accommodation and Food: Food is provided. Local, fresh meals are made and served. The volunteers are expected to contribute in kitchen. A private or shared bedroom and shared bath are provided in one of the residential houses, our volunteer house or at the farm.

International Airport: New Delhi
Meeting Point: Kalka railway station

January – December - 2027

Project No.: **RC-MTV-ENV-2/27: Nature Conservation-SCC**

Period/Type: Permanent (Open round the year)

Age: 18+
Location: Baddi villages (Solan)
Placement: Placement is offered for upto 6 months.

Background: The ecological imbalance and unplanned tapping of natural resources is affecting the mountain communities adversely. The consequences can be seen in the form of land degradation, climate change, water shortage and rising temperature. Even though the project area gets ample rainfall but still there is a perpetual shortage of water in dry months. The problem is more of management and not availability.

Since ages, the mountain people depend on natural resources and springs to meet their fresh water requirements. It is time that the process is reversed for survival. As a nature lover you will love to stay and work in this forest area.

RUCHI has worked towards protection and development of these fresh water springs for more than 20 years, but still a lot has to be done.

Work: The volunteers will work closely with local community members and perform following tasks:

- **Protection & conservation** of our natural resources.
- Devise methodology **to protect and replenish fresh water sources** using traditional methods and locally available resources.
- Create **awareness on conservation and preservation.**



- Join RUCHI team in **cleaning these fresh water sources**
- Plant trees around the sources.
- Remove unwanted weeds and feed compost to trees.
- Soil working and watering plants for their higher survival rate.
- Perform the most difficult task of sustaining interest of communities in their maintenance.

Accommodation and Food: Food is provided. Local, fresh meals are made and served. The volunteers are expected to contribute in kitchen. A private or shared bedroom and shared bath are provided in one of the residential houses, our volunteer house or at the farm.

International Airport: New Delhi
Meeting Point: Kalka railway station

Project No.: **RC-MTV-Health-3/27: Health and Sanitation (WASH)**

Period/Type: Permanent (Open round the year)

Age: 18+
Location: 10 villages in Dharampur Development Block
Placement: Placement is offered for 1 to 6 months.

Background: Adequate sanitation, together with good hygiene and safe water, are fundamental to good health and as well as social and economic development. The Sustainable Development Goal target 6.2 calls for adequate and equitable sanitation for all. **Sanitation** and hygiene are critical to **health**, survival, and development. Lack of these facilities leave people at risk for water, sanitation, and hygiene (WASH)-related diseases. Garbage disposal is another serious problem and adversely impacts environment and their health. A movement through education and campaigning on WASH needs to be built up.



Work: The volunteers will help to educate and create awareness involving youth and rural people on water, sanitation, hygiene and health standards(WASH) as well as future pandemic management. The volunteers are expected to be innovative so that they can design and use their own tools in consultation with RUCHI team with regard to their appropriateness and local needs.

The volunteers are expected to:

- Educate people on safe water and water borne diseases.
- Create awareness on WASH components at schools and community level.
- Organise cleanliness drives at school and community level.
- Research and explore waste management solutions at individual and community level.
- Volunteers can use creative media like charts, slogans, posters, banners, t-shirts, quotes, videos, films, photographs and discussions to educate villagers about WASH elements.

Accommodation and Food: Food is provided. Local, fresh meals are made and served. The volunteers are expected to contribute in kitchen. A private or shared bedroom and shared bath are provided in one of the residential houses, our volunteer house or at the farm.

International Airport: New Delhi

Meeting Point: Kalka railway station

Project No.: **RC-MTV-CD-4/267** **Women Power**

Period/Type: **Permanent (Open round the year)**

Age: 18+
Location: Villages around Patta
Placement: Placement is offered for 1 to 6 months.

Background: RUCHI believes "community development" cannot be achieved until women in our society are empowered and are respected within our society. A women plays many roles within Indian society; a daughter, a wife, a mother, a home maker and even labourer to earn wages if need arises. Surprisingly after supporting her family in various ways she is mostly not consulted and involved in household decision making.
RUCHI always recognised women's efforts and believes that, educating a women educates whole family & therefore keeping that in mind RUCHI has initiated voluntary project facilitating cultural exposure and assisting women to overcome these odds.

Work: This projects aims to empower individual women and groups from rural communities we work with by understanding and identifying their needs and assisting them to overcome them. Most importantly encouraging them to start being an earning member of family and achieve social status she rightfully deserves.

Working closely with our community youth worker they will undertake following tasks:

- Actively participate in women self help group meetings and understand their functioning & activities.
- Evaluate current needs of groups and individuals in SHG and organise capacity building training for them.
- Promoting women entrepreneurship, business building at individual or group level.
- Educate on digital literacy, personal hygiene, good parenting, sanitary pads, domestic violence etc.

Resourceful volunteers with new ideas, strong determination and high motivation level are highly desired.



Accommodation and Food: Food is provided. Local, fresh meals are made and served. The volunteers are expected to contribute in kitchen. A private or shared bedroom and shared bath are provided in one of the residential houses, our volunteer house or at the farm.

International Airport: New Delhi

Meeting Point: Kalka railway station