



RUCHI

Rural Centre for Human Interests

Volunteer India program
LMTV Booklet (2020)

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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 37 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 an EC member of Network of Voluntary Development in Asia (NVDA), full member of Coordinating Committee of International Voluntary Service (CCIVS) and a candidate member 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 studies.

Our Volunteer Program

- Short Term Workcamp, STW (13days)
- Very short term workcamos of 7days
- Long - Medium Term Volunteer, LMTV (1-12months)
- Group/Bilateral Workcamp. 10+ vols. (13days)
- Internship.

Areas of Interests

- Construction, Renovation and maintenance.
- Environment and conservation.
- Non formal education.
- Community development
- Culture exposure.
- Children with disability
- Creative arts and crafts
- Health & Sanitation
- Waste Management

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RUCHI INDIA - LMTV Programme 2020 - Summary

Theme	CODE	Project	DATES (DD/MM/YYYY)	Placement
Environment	RC-MTV-ENV-1/20	Environmental Education/Awareness	Permanent – open ended	Open
	RC-MTV-ENV-2/20	Water Conservation	Permanent – open ended	Open
	RC-MTV-ENV-3/20	ECO Tour (Change Making Tour)	Permanent – open ended	Open
	RC-MTV-MP-9/20	Waste Force	Permanent – open ended	Open
	RC-MTV-ENV-10/20	Stop Climate Change	Permanent – open ended	Open
Education	RC-MTV-EDU-4/20	Non-Formal Education	Permanent – open ended	Open
Community Development	RC-MTV-HEALTH-5/20	Health and Sanitation	Permanent – open ended	Open
	RC-MTV-CD-6/20	Women Power	Permanent – open ended	Open
IVS	RC-MTV-CD-7/20	IVS Programme management	01/05/2020 - 31/10/2020	Open
Agriculture (Food Security)	RC-MTV-AGR-8/20	Sustainable organic farming (Demonstrative)	Permanent – open ended	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 ongoing and are executed across North. India. We accept volunteers each month (preferably 1st Monday) check dates when applying. 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.

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- Volunteer behavior will directly reflect RUCHI image within community therefore good work ethics are highly desired and expected.

LMTV Programme:

We encourage volunteers to apply and contribute to international youth exchange and community development through Medium and Long term placements of durations varying between 4 weeks to 24 weeks. The volunteers under this programme are placed in on-going humanitarian projects in rural or semi-urban areas. A good understanding of grassroots situation is required for such placements.

In contrast to short term workcamps, the pace of work here is slow. Therefore, matching expectations of volunteers is a constant challenge. One has to realize that they cannot change the world in such a short time but the placement certainly provides satisfaction and contentment to have really contributed to a cause with some visible results.

We offer flexibility to join our programs, but to regulate and better coordinate project activities we expect volunteer to join on first Monday of each month. Initial orientation to volunteers will be provided at RUCHI office, desired project outcomes and volunteer's role and responsibility shall be shared on arrival.

PARTICIPATION FEE: The participation fees are as follows:

Per month - Euro 400/- (Fee has to be paid in advance. 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)

The participants are required to pay the fee in cash on the first day of their arrival at site, **Bank transfer service & transferwise** details available upon request. The contribution covers all basic expenses, e.g. accommodation, gas, water, electricity, food, staff salaries and for materials used in projects/activities. Alcoholic drinks are not included. Alcohol drinking and smoking is not encouraged in public and villages.

Project related travel expenses shall be reimbursed to volunteer each month with a maximum cap of rupees 800. Leisure travel and personal expenses during free time are not covered in participation fee.

Why the extra fee?

RUCHI, like 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 like mason, carpenter, plumber etc and training local youth supported by us.)
- Office running/admin expenses. (Internet, photocopy, stationary, electricity, phone, salaries, office equipments, tools and rent etc.)
- Supporting small community project.
- International travel costs to annual global conferences and membership fee for networking.

Visa:

All volunteers are required to get Indian visa to enter the country. As per the new regulations an **employment visa** is required for their placement with Indian NGOs. For details kindly refer to www.indianvisaonline.gov.in/visa. RUCHI will be happy to assist you with required documents.

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Project No.: RC-MTV-ENV-1/20: **Environmental Conservation & Education**
Period: Open throughout the year 2020

Age: 18+

Location: Solan- Rural and Slum Communities around Baddi township

Placement: Placement is offered for 3 months to up to 6 months.

Joining dates: Any Monday (preferable) during the project cycle.

Background: Baddi is an industrial area. Economically poor people migrated to the area in search of jobs and established their temporary settlements. These settlements are devoid of even basic amenities and hence called "slums". Industries and increased human population is pressurizing the already depleting natural resources and causing a serious environmental, health & sanitation problem.

Work: This project aims to protect our environment using creative education and organizing micro community actions in collaboration with village councils, forest department, health departments aimed at preservation and protections of environment. There is no denying of fact that local community and environment are inter-related and depend on each other for survival. Therefore education of local community towards social and economic benefit of environment is vital for their coexistence.

Working closely with local youth following tasks shall be undertaken:

- Conducting an environmental study of communities and identifying the present situation and needs.
- Creating plans or local actions with village council to find solutions for them.
- Accumulating information from various departments, health and

block development) regarding their environmental action plan.

- Working with eco clubs in schools by assisting and coordinating their activities.
- Organising micro environmental actions in coordination with women SHG, village councils and schools.
- Educate people on environmental concerns like Global warming, climate change, depletion of natural resources, etc.



We believe, innovation is key to success therefore volunteers with prior experience in related work are welcome to bring in new ideas.

Accommodation: Basic, simple, safe & clean. Host family or RUCHI campus on sharing basis(Twin or triple) with common toilets and bath.

Food: Food offered will be simple authentic Indian vegetarian and freshly cooked. Three meals a day will be served. Assistance while cooking is desired and self cooking can be organized by volunteers.

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Project No.: RC-MTV-ENV-2/20: Water Conservation (NRM)

Period: Open throughout the year 2020

Age: 18+

Location: Baddi villages (Solan)

Placement: Placement is offered for upto 6 months.

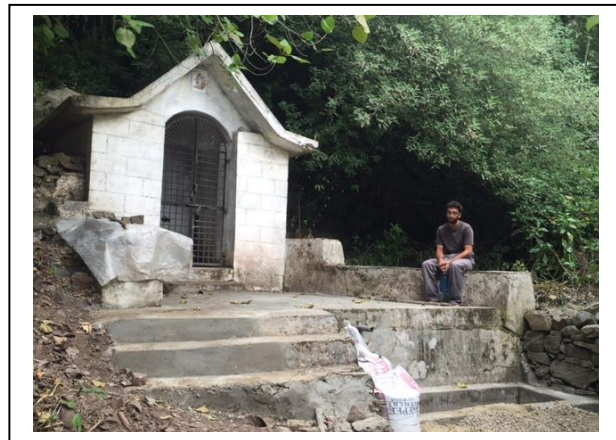
Joining dates : Any Monday (preferable) during the project cycle

Background: Our project area of Himachal Pradesh has breathtaking views. Since ages, the mountain people depend on natural spring to meet their fresh water requirements. The area has abundant of fresh water natural springs. These resources are under tremendous pressure due to environmental degradation, human negligence paired with his rapid thirst for urbanisation.

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: Volunteers under this project will be based in rural setting and involved in need based protection and conservation activities including creating awareness regarding environmental importance of fresh water. The saying if there is going to be a Third World War, it will be on water" goes well for this area too. Even though the area gets ample rainfall there is a perpetual shortage of water in dry months. The problem is more of management and not availability. Every drop of water needs to be conserved. Volunteers also expected to develop methodology to protect and replenish these fresh water sources.

Working closely with local community members following tasks shall be undertaken by volunteers.



- Mapping all fresh water bodies within project area.
- Evaluating their present conditions: measuring flow rate, collecting water samples for testing.
- Developing and implementing a recharge plan using traditional methods and using local resources.
- Organising educational campaigns encouraging community participation in the process and cleaning up work.
- Creating and executing protection plan for springs.

Accommodation: Basic, simple, safe & clean. Host family or RUCHI campus on sharing basis(Twin or triple) with common toilets and bath.

Food: Food offered will be simple authentic Indian vegetarian and freshly cooked. Three

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meals a day will be served. Assistance while cooking is desired and self cooking can be organized by volunteers.

Project No.: RC-MTV-ENV-3/20: **Eco Tour (Change Making Tourism)**

Period: Open throughout the year 2020

Age: 18+

Location: Kasauli area

Placement: Placement is offered for upto 6 months.

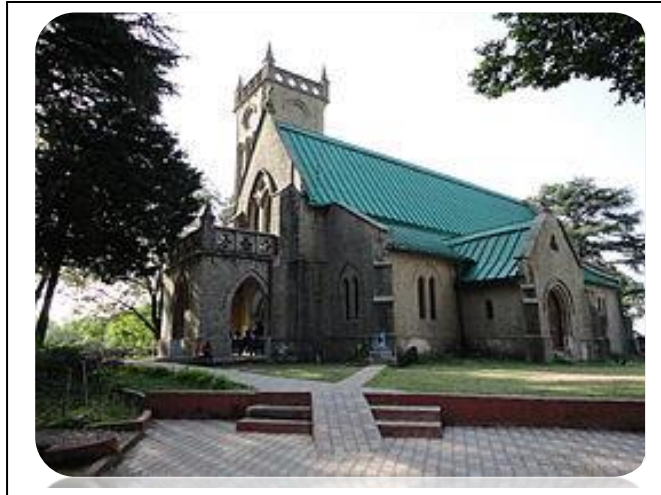
Joining dates : Any Monday (preferable) during the project cycle

Background: Rural tourism has been on rise in north India. This project is our initiative to develop and provide a new form of mobility for people interested in responsible tourism. Being a pilot project we would like to explore opportunities of promoting local cultural tourism and combining it with change making local action targeting particular need of community. In process we would like to leave minimum carbon foot print on environment.

Volunteers will be based in rural setting and have access to cultural and touristic locations frequently visited by tourists. After familiarizing with local community and neighbourhood, volunteer are expected to design and promote 10-14 days tours for people to participate in. All proceeds from tours will be invested on micro community development project as per need.

Work: Working closely with our team we expect volunteers to:

- Visit and map touristic and cultural locations nearby.
- Map available homestays near touristic and cultural locations.



- Create and implementing environmental guidelines for hosts to have minimum carbon footprint.
- Create short term tours in line with organisations area of work and community interventions.
- Promote created tours on digital platforms to recruit potential participants.
- Assist in finalising guidelines for this new mobility.

Volunteers with prior experience in related field are most welcome to apply and bring in new ideas.

Accommodation: Basic, simple, safe & clean. Host family or RUCHI campus on sharing basis(Twin or triple) with common toilets and bath.

Food: Food offered will be simple authentic Indian vegetarian and freshly cooked. Three meals a day will be served. Assistance while

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cooking is desired and self cooking can be organized by volunteers.

Project No.: RC-MTV-EDU-4/20: **Non-formal Education (My Right to education)**

Period: Open throughout the year 2020

Age: 18+

Location: any private school running for needy children

Placement: Placement is offered for 3-6 months.

Joining dates : Any Monday (preferable) during the project cycle.

Background: In the interior rural areas, education of children in private schools is generally unavailable and also unaffordable by local people. Consequently, they send their children to government schools. However, the attitudes of teachers there is a little indifferent and not very pro-active. To meet people's demand for better education some committed teachers have started less expensive private schools in rural areas. The school enrolls children from economically poor families from the rural areas.

We started this project with aim to introduce the concept of NFE in these schools. With assistance of volunteers we are working with 7 institutes at present. The focus of education here is on non-formal social aspects.

Work: With volunteers we want to introduce and promote teaching which promotes thinking and creativity among kids rather than stereotype learning. The idea is to make education interesting and fruitful to children in age group 6-15 in order for them to have a better future. The school wants the volunteers to assist teachers and improve on the pronunciation and grammar of kids along with other lessons.

Volunteers can impart information and educate children on various issues like:



- Basic reading, writing and speaking English lessons.
- Personality development, communication skills, creative interests.
- Child rights, protection policy, Good touch, Bad touch, Gender equality, Respecting women, active citizenship etc.
- Teenage life, adulthood, puberty, drug abuse, Violence, student life career guidance.
- Digital education and responsible use of gadgets.

Accommodation: Basic, simple, safe & clean. Host family or RUCHI campus on sharing basis(Twin or triple) with common toilets and bath.

Food: Food offered will be simple authentic Indian vegetarian and freshly cooked. Three meals a day will be served. Assistance while cooking is desired and self cooking can be organized by volunteers.

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Project No.: RC-MTV-Health-5/20: Health and Sanitation (WASH)

Period: Open through out the year 2020

Age: 18+

Location: 10 villages in Dharampur Development Block

Placement: Placement is offered for 3 to 6 months.

Joining dates: Any Monday (preferable) during project cycle.

Background: In rural India open defecation is still prevalent. Even though the State Government has made it mandatory to build private toilets, the people are indifferent and unaware of the demerits and adverse impact on their health. 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: Sanitation is a big problem in rural as well as urban slums in this mountainous area where there is no effective disposal system in practice. This affects their health and production capacity. The volunteers will help to educate and create awareness involving youth and rural people on water, sanitation, hygiene and health standards(WASH). 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:

- Visiting nearby councils and villages and measuring their current WASH level.
- Mapping families practicing open defecation in villages. Evaluating their economic and health status.
- Encouraging and connecting them to government schemes and programs.
- 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.
- With community members organise cleanup of community water structures.
- Volunteers can use creative mediums like charts, slogans, posters, banners, t-shirts, quotes, videos, films, photographs and discussions to educate villagers about WASH elements.

Accommodation: Basic, simple, safe & clean. Host family or RUCHI campus on sharing basis(Twin or triple) with common toilets and bath.

Food: Food offered will be simple authentic Indian vegetarian and freshly cooked. Three meals a day will be served. Assistance while cooking is desired and self cooking can be organized by volunteers.

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Project No.: RC-MTV-CD-6/20: **Women Power**
Period: Open throughout the year 2020

Age: 18+

Location: Villages around Patta

Placement: Placement is offered for 3 to 6 months.

Joining dates: Any Monday (preferable) during project cycle.

Background: RUCHI believes “community development” cannot be achieved until women in our society are empowered and are respected within our society. Though a lot has been written about women and their contribution towards society but its a pity that their efforts are still monetarily not accounted in our national GDP. 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 understand its functioning & activities.
- Evaluate current needs of groups and individual 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: Basic, simple, safe & clean. Host family or RUCHI campus on sharing basis(Twin or triple) with common toilets and bath.

Food: Food offered will be simple authentic Indian vegetarian and freshly cooked. Three meals a day will be served. Assistance while

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cooking is desired and self cooking can be organized by volunteers.

Project No.: RC-MTV-CD-07/20: IVS Programme Management

Period: May 2020 – October 2020

No. of Volunteer: 2

Age: 21+

Location: RUCHI office in Bandh village (Solan)

Placement: Placement is offered for 3-5 months.

Joining dates: Any Monday (preferable) during project cycle.

Background:

RUCHI's primary focus has been on rural community development and it strongly believes to achieve this it has to work & live with rural communities. Our base is located at a small rural village keeping in mind convenience and accessibility of local community.

Working with a small team of social scientists some extra hands are always welcome between May and October each year to provide assistance to our IVS program and further promote it. Each year at RUCHI we organize nearly 30 Short term workcamps and have nearly 10 ongoing initiatives for Long term volunteers and Interns to participate in where we host nearly 100-160 national and international youth per annum.

Work: Volunteers will be working closely with IVS coordinator, team leaders and other camp volunteers by providing assistance to ensure the quality of workcamp and project objectives are being reached. A committed volunteer with IT & web development, photography and video making skills will be highly desired.

Few tasks assigned for this role are:

- Assist in general administrative work related to incoming volunteers.
- Help administer and coordinate weekly plan during workcamp.



- Assist camp leaders during daily evaluation with volunteers.
- Assist in promoting our IVS projects to recruit more volunteers (Website development & promotion, social media promotion etc).
- Assist in promoting partners organisation projects to recruit Indian volunteers.
- Visiting camp and project sites during camps.

Accommodation: Basic, simple, safe & clean. RUCHI campus on sharing basis(Twin or triple) with common toilets and bath.

Food: Food offered will be simple authentic Indian vegetarian and freshly cooked. Three meals a day will be served. Assistance while cooking is desired and self cooking can be organized by volunteers.

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Project No.: RC-MTV-AGR-08/20: **Organic farming**
Period: Open throughout the year 2020

Age: 18+

Location: RUCHI (Solan)

Placement: Placement is offered for 3 to 6 months.

Joining dates: Any Monday (preferable) during project cycle.

Background: Himachal Pradesh is a mountainous area where people are highly dependent on agriculture to complement their living in addition to their daily work. However, due to shortage of water and small terraces on sloppy land the agriculture is unsustainable and farm output is not sufficient keeping in mind economic value it gets. Also due to steep terrain and small terraces automated machines have limited usage here. As a result we fear food security in the future as many people are or about to leave agriculture.

RUCHI campus is spread over an area of 3 hectares and has good fertile soil. We at present are using our campus for exploring options of pesticide free scientific farming using natural materials. We have successfully demonstrated, Wormicompost, NADEP compost, Kitchen Gardening, Agroforestry, floriculture, organic farming, orchard development here. At present we are gearing to install hydroponics system at our campus for demonstration, training and self sufficiency. In due course we would like to serve as demonstration centre for farmers.

Work: With this initiative we aim to educate and train farmers in nearby communities by acting as a resource and demonstration centre for sharing good practices among farmers. Our focus is to encourage farmers to reduce usage of chemical fertilizers and still increase their agriculture income & output.



Below are the few tasks which could be undertaken by volunteers to assist us:

- Assist our agriculture specialist in daily maintenance of farm and produce pesticide and chemical free products.
- Actively assist our team to realise our dream to be self sufficient by producing majority of fruits, vegetable that we consume.
- Exchange and educate our team about good farming practices.
- Assist in networking of farmers so they can connect and share technical know how.

Accommodation: Basic, simple, safe & clean. RUCHI campus on sharing basis(Twin or triple) with common toilets and bath.

Food: Food offered will be simple authentic Indian vegetarian and freshly cooked. Three meals a day will be served. Assistance while cooking is desired and self cooking can be organized by volunteers.

Project No.: RC-MTV-ENV-9/20: **Waste Force – stop burning plastic**

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Period: Open throughout the year

Age: 18+

Location: Solan- Rural and Slum Communities around Baddi township

Placement: Placement is offered for 3 months to up to 6 months.

Joining dates: Any Monday (preferable) during the project cycle.

BACKGROUND:

India, being one of the fastest emerging economy in the world is facing multitude problems due to rapid urbanization. Lack of waste management is one of them. It is sad to say that there is no solution in near sight as majority of our collected waste from cities is used for landfill. Things become worst in rural area where there is no waste system offered by government and therefore people are left to deal with it at their own. As a result people do what is most convenient to them: throwing it on road, streams, forest or even worst burn it.

Thanks to this ignorant behaviour of people our streams and fresh water sources are getting contaminated and choked, our landscape is being filled with plastics and people are slowly developing respiratory diseases.

During **October 2017**, RUCHI embarked on an innovative project called **Waste Force** with the help of 2 Italian interns **without funds from any source**. The project focuses on 3 dimensions: 1) Education, 2) Action and 3) Recycling workshops.

Work:

With **Waste Force** we aim to create awareness among local community and change their behavior where individuals start to think and deal with their waste in a more responsible way.

Under this campaign at present our focus is to discourage people from burning waste specially "plastic waste" which is widely practiced and also accepted by everyone. Working closely with schools, communities

Project No.: RC-MTV-ENV-10/20: Stop Climate Change (SCC)



and slum dwellers volunteers are expected to take following tasks:

- Create awareness on importance of waste segregation and disposal at individual and community level.
- Organising community cleanup campaigns.
- Exploring ideas to reuse non biodegradable waste. (To reduce burning)
- Identify recycling agents and businesses nearby.
- Connecting communities and recycling businesses.
- Organising workshop on recycling aiming to generate entrepreneurship for youth.

Accommodation: Basic, simple, safe & clean. RUCHI campus on sharing basis (Twin or triple) with common toilets and bath.

Food: Food offered will be simple authentic Indian vegetarian and freshly cooked. Three meals a day will be served. Assistance while cooking is desired and self cooking can be organized by volunteers.

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Period: Open throughout the year 2020

Age: 18+

Location: Villages around Patta

Placement: Placement is offered for 3 to 6 months.

Joining dates: Any Monday (preferable) during project cycle.

Background:

The environmental damage caused by us in last few decades due to ignorance, negligence and lifestyle changes is beyond measure and repair. The results of our activities can be seen in way nature is reacting: Global warming, cloud bursts, floods, long drought, unseasonal rains etc.

Stop Climate Change is a ambitious initiative started by our partner organization (NICE Japan) in 2015 with aim to find solutions and reduce carbon footprint on environment. At RUCHI we have now incorporated it into our yearly activity as we have since incorporation believed in community development with environmentally sustainability actions.

Work:

With this initiative we at RUCHI wants to create awareness regarding carbon emission and seek practical solutions to reduce it within our capacity. We have been promoting sustainable way of living, reducing wastage(Energy, food), adopting to efficient and alternative sources of energy and organizing plantation drives during monsoon.

Working closely with local communities
Volunteers can take following tasks:

- Creatively educating communities and school about carbon dioxide emission and its affects.
- Exploring on micro initiatives to reduce carbon foot print.
- Encouraging people to participate in community based plantation drives.
- Critically evaluate alternative sources of renewable energy. (Solar, Hydro, coal, Nuclear, wind)



- Recommending energy efficient solutions depending upon local lifestyle.
- Promote sustainable lifestyle among youth and community residents.

Accommodation: Basic, simple, safe & clean. RUCHI campus on sharing basis(Twin or triple) with common toilets and bath.

Food: Food offered will be simple authentic Indian vegetarian and freshly cooked. Three meals a day will be served. Assistance while cooking is desired and self cooking can be organized by volunteers.

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