



Health Education Environment
And Livelihood Society



Ca ' Foscari University – HEEALS

International Volunteer Program Details

HEEALS is a grassroots NGO based in Gurgaon, registered under the Indian government Section 21 of 1860 Society Act. We have a mandate of empowering local and rural communities to become sustainable in Health, Education, Environment and Livelihood Society sectors through research and development, engaging workshops, resources distribution and content creation. Since 2010, We are working in Health, Education, Environment, Water, Sanitation, Menstrual Hygiene, Gender Equality Projects and Mental Health. We believe that by starting small and working with one community at a time, we can begin to make changes that will spread gradually throughout India. Our Mission: To create a vibrant civil society organization aiming to safeguard health, environment, education and livelihood to promote the sustainable development of society.

Why Choose a Volunteer -Internship Experience at an NGO Like HEEALS?

First and foremost, we are truly honored by your interest in joining HEEALS for your internship or volunteering journey. Your willingness to contribute to meaningful change speaks volumes about your character and passion. Engaging in an internship program with an NGO offers a uniquely enriching experience — one that goes far beyond just professional development. At HEEALS, you'll gain firsthand exposure to the challenges faced by marginalized communities, witnessing the realities that often go unnoticed in mainstream narratives. Since NGOs operate as non-profit, mission-driven organizations working for the betterment of society, you'll have the opportunity to develop real-world problem-solving skills while working on pressing global issues — such as mental health, gender equality, menstrual hygiene, education, water and sanitation, and environmental sustainability. An internship or volunteering role at HEEALS isn't just about observation — it's about active participation. You may take part in discussions, research, outreach programs, community engagement, and innovative project implementation. This immersive experience enables you to see the grassroots reality, often unaddressed by policy makers or governmental institutions. That's why many educators and professionals recommend starting your career journey with an NGO Volunteer or internship — it offers depth, purpose, and a genuine sense of contribution. At HEEALS, we don't just offer an internship — we offer a platform to become an active change-maker. You'll walk away with not only a certificate and recommendation letter but also a renewed sense of social responsibility, a deeper understanding of complex issues, and the satisfaction of making a real impact. We welcome you to be part of a movement — one that believes change begins with awareness, action, and heart.



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HEEALS - NGO | NON PROFIT

URGENTLY SEEKING VOLUNTEERS & SPONSORS AROUND THE WORLD TO HELP OUR CAUSE

International Volunteer Activity: Community & Culture Immersion in India

Duration of the Internship: 1 to 12 months.

Percentage of Internship: About 30-40% Of Internship time will be in traveling to school or villages or slums and communities areas and 70-60% Of Internship time will be in Office.

Note : It is flexible in nature .

Location of Internship: Gurgaon and western Uttar Pradesh

Working days: Monday to Friday (Saturday and Sunday is off)

Timing: 10:00 Am To 4:00 Pm including one hour lunch break. (Both are flexible in nature and depends upon the project need and availability)

Dress Code: Informal

Volunteer Activity: Community & Culture Immersion in India

Objective:

To provide Volunteer with an immersive experience into the rich cultural diversity, traditions, and community structures of India while fostering cross-cultural understanding, empathy, and global citizenship.

Description:

This Volunteer activity is designed to engage participants in the vibrant and multifaceted cultural landscape of India. Volunteer will explore how traditional and contemporary cultural elements shape daily life in rural and urban communities. Through interactive sessions, field visits, and community engagement programs, interns will develop a deeper appreciation of India's socio-cultural fabric and its influence on development, education, health, and gender roles.

Key Activities Include:

◆ Cultural Orientation Sessions:

Learn about India's history, languages, religions, festivals, food, and regional diversity through interactive workshops and storytelling.

◆ Community Engagement:

Participate in field visits to villages, slums, local markets, temples, schools, and cultural centers to observe and interact with diverse community members.

◆ Festivals and Traditions:

Experience traditional Indian festivals, rituals, folk music, dance, art, and craft-making sessions to understand cultural expressions and beliefs.

◆ Cultural Exchange Projects:

Collaborate with local youth or school groups to share ideas, conduct cultural presentations, and organize mini-events that promote intercultural dialogue.

◆ Documentation & Reflection:

Capture your learnings through photography, journaling, blogging, or video storytelling. Reflect on cultural observations and how they relate to global development themes.

◆ Workshops on Social Norms & Change:



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Discuss how cultural values influence gender roles, education access, health behaviors, and community development—and how NGOs navigate cultural dynamics in their work.

Learning Outcomes:

Gain cross-cultural communication and community engagement skills

Understand the role of culture in shaping social and economic development

Develop cultural sensitivity and awareness as a global citizen

Contribute to meaningful cultural exchange and community storytelling

This activity is a unique blend of education, exploration, and empathy — offering Volunteer a once-in-a-lifetime chance to experience India beyond the surface, through the eyes and hearts of its communities.

Social Media and Web:

Website : <http://heeals.org/>

Facebook : <https://www.facebook.com/Heeals>

Twitter : @heeals

Instagram : @heealsindia

Whatsapp : +91-7982316660

Email: communications@heeals.org



Thank you 🙏🙏