



VRINDAVAN, India

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**NURTURE  
EDUCATE  
EMPOWER**

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**VATSALYAGRAM  
VOLUNTEER  
PROGRAM**

#GiveBack

#SpiritualUpliftment

#Fun&Travel





# VATSALYAGRAM

Family for ALL



# NURTURE

# EDUCATE

# EMPOWER

with

# Vitamin (L)ove





# The Power of One Woman



## **DIDI MAA SADHVI RITAMBHARA JI - THE EPITOME OF SELFLESS LOVE**

A Spiritual Teacher...Inspirational Speaker...and above all a Distinct Humanitarian, Didi Maa's life is a life of purpose.

An epitome of selfless love and creator of VatsalyaGram - the only of its kind social intervention in the entire world which combines three different welfare programs (child care development; women protection & empowerment; and elderly care) into one mutually complementing program.

Similar programs are being replicated across India where Children, Women and Community members are being served a better life, thereby fostering the national agenda of inclusive development.



# Our Commitment



**SUSTAINABLE  
DEVELOPMENT  
GOALS**





# VATSALYAGRAM-Vrindavan

A unique family based model of rehabilitation & mainstreaming of abandoned children, destitute women, widows and elderly

**\*Recognized by the Golden Book of Records**



# VatsalyaGram Vrindavan –A Unique Inclusive Model

- A 52-acre integrated campus at Vrindavan
- Unique amalgamation of 3 different welfare programs in a manner that conclusively meets the physical, social & psychological needs of all the target groups
- One-of-its-kind community intervention program in the world, recognized by Golden Book of Records
- Target groups being brought together and nurtured as families. Each family consists of :
  - 7-8 Children-orphaned/abandoned
  - A Mother-destitute/widow
  - An Aunt-destitute/widow
  - A Grandmother





# VatsalyaGram Vrindavan–Programs



**Gokulam:** Residential complex for the members



**Krishna Brahma Ratan Vidya Mandir:** A Primary School for community children



**Samvid Gurukulam:** A 3 floor CBSE affiliated Sr. Secondary School



**Vaishishtyam:** Center for children with special needs & disabilities



**Samvid Expert School:** In house vocational training & cottage industry for women



**GD Bansal Swasti Hospital:** Allopathic Hospital with all the facilities & in house pharmacy



**VasukiShreyam:** Rehabilitation of marginalized children of Snake Charmers community



**Girls Hostel:** Residential complex for the girls of Samvid Gurukulam



**Cow Barn (Gau Shala):** Clean & well maintained shelter for cows



**National Patriot's Museum:** A reminder of the patriotism of many, who laid their life for the country



**ST Micro Computer Lab:** A computer lab to impart basic computer literacy to the community youth



**Premvati Gupta Eye Hospital:** Dedicated Ophthalmology Centre to perform Cataract and Glaucoma surgeries



# Projects & Service Areas



◆ Sports Coaching



◆ Health & Nutrition Awareness



◆ Education & Livelihood Skills



◆ Writing & Communication Coaching



◆ Special Needs Assistance



◆ Motivation/ Soft Skills Training



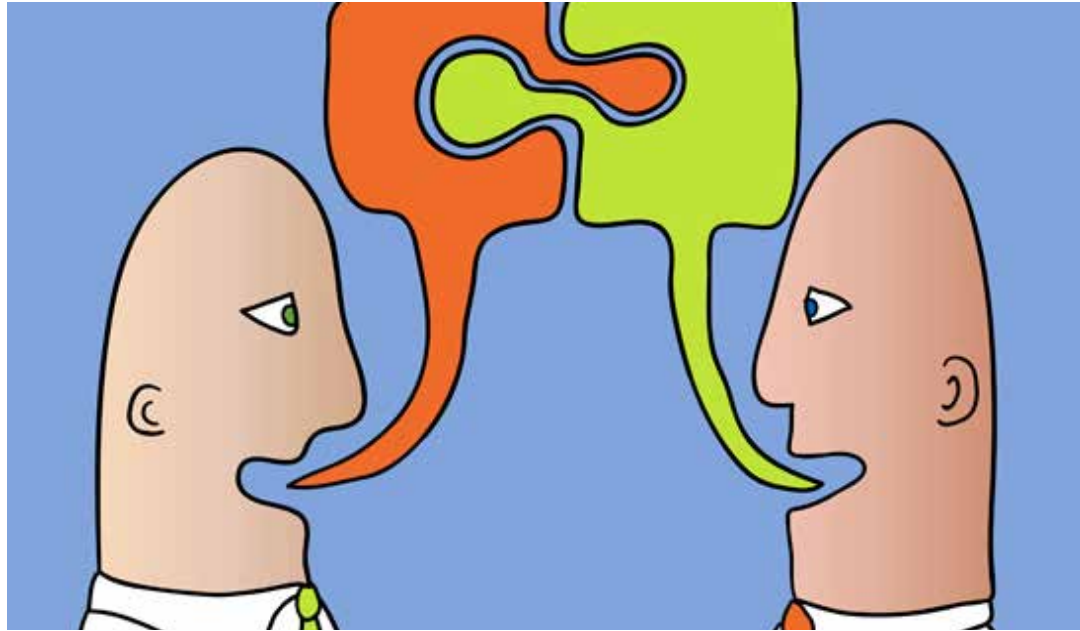
◆ Cross Cultural Exchange



◆ Marketing/ Fundraising/ Administrative Help



# Volunteering Opportunities



## I. Teach English Conversational Skills

Volunteer teachers are a prized and welcomed resource in India.

- ◆ Conduct Conversational English classes using a set curriculum from the books provided to students of Samvid Gurukulam
- ◆ Assist Children in other on-going academic activities or administrative duties



## II. Women Empowerment Classes & Vocational Training

- ◆ Contribute to various activities at the vocational training centre – Samvid Expert School at VatsalyaGram
- ◆ Help in development of soft skills, computer skills that will later help them to be self-sustainable
- ◆ Conduct extra-curricular activities such as art, music, singing, dancing etc.



## III. Lead a Personality Development workshop

Many children have lower self-esteem are demotivated and are not confident enough to face the life issues.

- ◆ Conduct a personality development workshop and answer student queries personally
- ◆ Organize a counseling session with the students and help them solve their personality issues



# Volunteering Opportunities



## IV. Work with the Specially Abled Children

Many children suffer from Autism, Dyslexia, ADHD, Down Syndrome, and other psychological disabilities. At Vaishishthyam centre, you can:

- ◆ Assist children in Hand-eye coordination skills
- ◆ Help in Physiotherapy department
- ◆ Play, teach Yoga and provide guidance and counselling related to life skills



## V. Volunteer at Day Care Centre

- ◆ This voluntary role requires hard work, but it is rewarding for people who enjoy interacting with children and guiding them as they grow and learn
- ◆ Performing a variety of duties by assisting as a daycare supervisor, teacher or primary caretaker



## VI. Arts & Crafts, Theatre and Writing Workshop

Children are enthusiastic towards their talents and need guidance to groom it. You make a life by what you give.

- ◆ Conduct a workshop for arts like music, singing, dancing, acting, drawing, painting for the Samvid Gurukulam children
- ◆ Help them groom their hidden talents and interests



# Volunteering Opportunities

## SANITATION FOR ALL



### VII. Health & Sanitation Awareness Workshop

Health education is the most sustainable way which positively helps the younger generation to learn & adapt changes faster.

- ◆ Educate about the importance of health & proper sanitary habits to the snake charmers community (at Vasukishreyam)
- ◆ Conduct one on one interaction with each kid, solving their issues and guide them towards a hygienic life



### VIII. Tutoring Volunteer

“One child, One teacher, One book and One pen can change the world”

- ◆ Teach the students of grade 10-12 th (at Samvid gurukulam) subjects such as Math, English ,Science, Social Studies
- ◆ Organize games, art lessons, singing, dancing & other creative, educational & extracurricular activities for the children
- ◆ Help the children with their homework and academic progress



### IX. General Administration Volunteers

Every organization requires support that carefully handles the internal administrative matters.

- ◆ Help in administration work like follow-up on meetings, coordinating and managing the upcoming activities of the school at the VatsalyaGram office
- ◆ Assist the employees in their work such as maintaining excel sheets, account management, documentation, etc.



# Volunteering Opportunities



## X. Help Students with Digital Literacy

- ◆ Teach students and encourage them to take the Online test with "Certification in Digital Literacy" - a 20 hr course, that can get the student digital literacy and a certificate too by PGDMDisha
- ◆ Train students to be digitally literate with MS Office and Digital skills



## XI. Outreach & Fundraising Volunteer

- ◆ Assist in outreach and awareness creation of the organization in schools and colleges around India
- ◆ Give presentations about the organization and encourage the students to volunteer and engage
- ◆ Travel to the locations across Delhi city based on the schedule



## XII. Sports Coaching

- Many talented underprivileged children are not motivated towards playing sports & leading a healthy life.
- ◆ Help the students of Samvid Gurukulam by teaching sports like basketball, baseball, football
  - ◆ Create sports teams, conduct league games to give sports exposure & develop team spirit



# Volunteering Opportunities



## XIII. Medical Volunteers

Every quarter VatsalyaGram organizes free health camps for patients suffering from eye diseases.

- ◆ Observe & learn from the local doctors, help or work as their assistants
- ◆ Take patients vitals:-Blood pressure, temperature, and carry out health center tasks
- ◆ Medical Volunteers can shadow local doctors and learn from them



## XIV. Work with Nearby Rural Community

- ◆ Help nearby rural communities with education, health, and hygiene issues
- ◆ Assist them with medical and housing-related problems
- ◆ Connect them with Govt. Schemes and assist them to assert their civil rights



## XV. Volunteer's Choice

VatsalyaGram values & appreciates your choice towards volunteering

- ◆ Contribute your skills & talents for the larger organization well-being
- ◆ Create your own unique project and help VatsalyaGram grow and serve more



# Other Activities: Travel



## Learn more about weekend excursions:

- ◆ Agra (70 km from Vrindavan)
- ◆ Jaipur (230 km from Vrindavan)
- ◆ Rishikesh (360 km from Vrindavan)
- ◆ Delhi (120 km from Vrindavan-en route your return flight to Delhi airport)



# Other Activities: Yoga & Meditation



VatsalyaGram Vrindavan campus offers daily Yoga & Meditation service under expert guidance.

## Benefits of Yoga & Meditation:

- ◆ All-round fitness
- ◆ Weight loss
- ◆ Stress relief
- ◆ Inner peace
- ◆ Improved immunity
- ◆ Living with greater awareness
- ◆ Better relationships
- ◆ Increased energy
- ◆ Better flexibility & posture
- ◆ Better intuition



# Why Volunteer at VatsalyaGram?



Experience the Magic of a "Family". Get empowered by Vitamin Love



Contribute your skills to various initiatives all under one roof- Child Education, Women Empowerment, Special Needs Children



A unique, spiritually enlightening experience



Life changing experience- Cherish the little things

***"The best way to find yourself is to lose yourself in the service of others."***

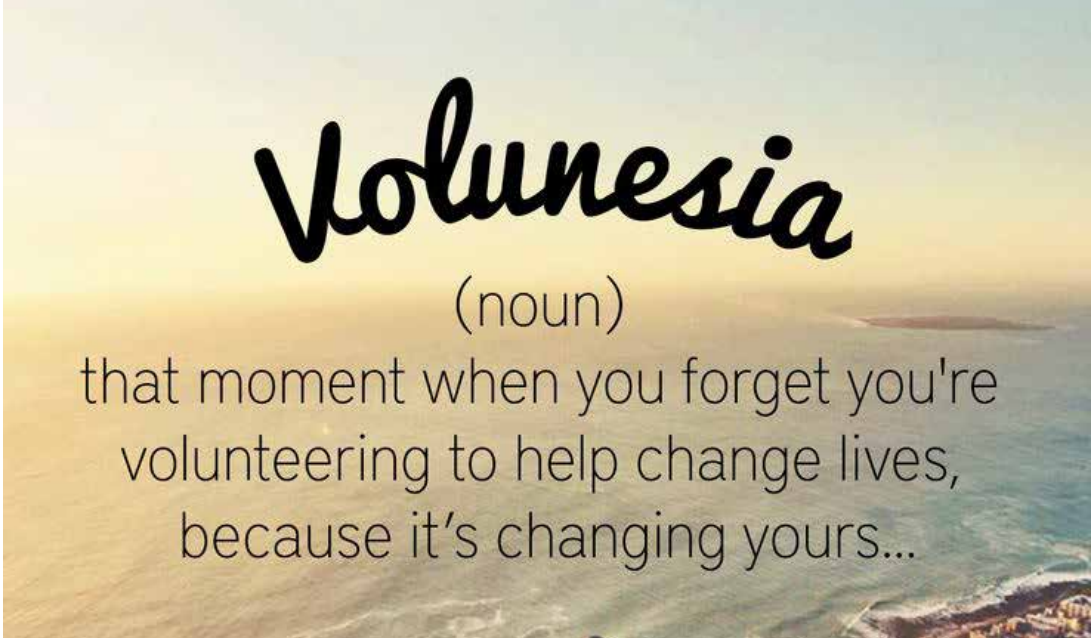




# The Happiness Effect

*Harvard Publication*

Volunteering can help learn many job skills in a friendly, less stressful environment like public speaking, communication, marketing, team work etc.



Volunteering connects you to new people that share your interest and enhances social skills

Volunteering brings joy and fulfillment to life -harnessing creativity, motivation, vision to do good for others carries over in personal and professional life too.

Volunteering is GOOD for the mind and body – gives sense of purpose, helps physical health by counteracting stress, depression, anxiety, loneliness etc.



# Program

The program includes food, accommodation, airport pickups, around the clock support from our in-country team, pre-departure training as well as the implementation and monitoring of the projects.

## Program Fees: \$25/day

### WHAT'S INCLUDED?

- ◆ Accommodation (Volunteer House)
- ◆ Meals (Breakfast, Lunch & Dinner)
- ◆ Delhi Airport Pick Up (24 Hours)
- ◆ Private Transport To/from Project
- ◆ In-country Orientation
- ◆ 24 Hour In-country Support
- ◆ 24 Hour US-based Emergency Support
- ◆ Dedicated VatsalyaGram Travel Mentor
- ◆ Unlimited Email & Telephone Access
- ◆ Comprehensive Volunteer Handbook
- ◆ Certificate Of Completion

### WHAT'S NOT INCLUDED?

- ◆ Flights to Delhi from US (\$1200-\$1500)
- ◆ Travel Insurance (\$14 Per Week)
- ◆ Return Airport Transfer (\$12)
- ◆ Visa for Non-Indian Citizens(\$55-\$120)
- ◆ Criminal Background Check (\$25)
- ◆ Administration Fees(\$50)



Apply now to be a Volunteer:

[Click here](#)