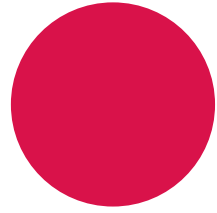




Volunteers Guide



How to Begin

1. Greet locals with warmth and folded hands
2. Listen first before offering to help
3. Ask the coordinator for your daily role
4. Keep a small notebook for reflection

How to Behave

Speak slowly and clearly, avoid slang

Respect silence; not all need your voice

Sit on the floor if others are seated

Accept tea or food with gratitude

How to Support

Help organize medicines, not prescribe

Assist in measuring height, weight, vitals

Guide children gently during checkups

Note down details if asked, never assume

How to Move Around

Always walk in pairs, stay with your group

Remove shoes when entering homes

Don't point feet toward elders or altars

Stay hydrated, carry sun protection

How to Reflect

Journal each evening before resting

Ask staff for feedback after sessions

Share your doubts openly, never perform

Return home as a witness, not a hero

Vasudev-Saraswati Sankul,
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