

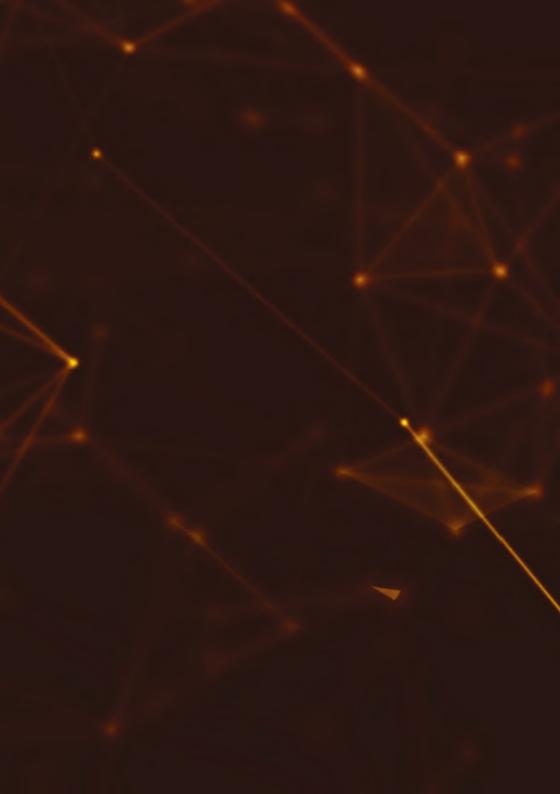
# DOING GOOD, FEELING GREAT, IMPACTFUL IDEAS

for Corporate Volunteering





www.youthforseva.org



# DOING GOOD, FEELING GREAT, IMPACTFUL IDEAS FOR CORPORATE VOLUNTEERING.



### **FOREWORD**

Our country has taken huge strides towards economic progress. But a byproduct of this has been the growing divide between rich and poor, both financially and socially. I have always believed that volunteering is an activity through which we can bridge this divide. Volunteering breeds a sense of compassion of those more fortunately placed in society and also helps them experience the joy of giving. It also helps them remain connected with people from all walks of life and enables a sense of belongingness amongst them.

Further, in a rapidly developing country such as ours, corporates and their employees have a responsibility towards the society that is enabling them to reach newer heights. Corporate volunteering then becomes both an act of giving back and an alternate path towards positive societal change. Combining the concepts of volunteering and the tenets of Corporate Social Responsibility (CSR), we have been able to enable a sea of change across various domains.

This booklet is a culmination of all the ideas that we have explored in our endeavour to keep corporate volunteers meaningfully engaged. We believe that these can be immensely beneficial to various corporates and other NGOs working in the space. We hope you find perusing through this as enjoyable as we found compiling this book.

V. Vulletuka must by

**Venkatesh Murthy,**Founder and Chief Mentor,
Youth for Seva



### **ACKNOWLEDGMENTS**

At Youth For Seva (YFS), we firmly believe in the power of volunteering and collective effort. Over the past 15 years, we have constantly strived to bring people together to serve society and ignite positive change. What has been incredibly important during this period is the support we have received from everyone.

Corporates and various organizations across the societal spectrum have wholeheartedly joined hands with us and aligned with our vision of volunteering and seva. This book is a result of such collaborations and hopes to inspire more such collaborations.

In what has been a remarkable journey thus far, the support garnered from Volunteers, Corporations, Institutions, NGOs, and Government Bodies has put YFS on a strong pedestal. This book is our humble attempt to put together ideas drawn from across the social spectrum to drive meaningful volunteering.

Team YFS

### **INDEX**

#### Foreword

Preface

Acknowledgments

Index

- 1. NMMS Coaching
- 2. Teaching Spoken English
- 3. Imparting Computer Skills
- 4. Concept Painting in Govt Schools
- 5. Volunteer for Chiguru
- 6. Mentors students facing board exams
- 7. Take students out for an educational tour
- 8. Career guidance program for 10th students
- 9. Employability readiness program for college students
- 10. Science model making
- 11. Educational/Health chart-making
- 12. Inspirational storytelling activity for school students
- 13. Corporate visits for college students
- 14. Need assessment (Vidya Chetana)
- 15. Teaching in Government Schools
- 16. School Kit Packing & School Kit Distribution
- 17. Wish tree
- 18. Road safety awareness program for school children
- 19. Be a Scribe
- 20. NMMS Chart Making
- 21. Summer Camp
- 22. Organising Competitions for students
- 23. Sponsoring a sports kit and organizing a sports day at a school
- 24. Ad Creation Activity with High School Students
- Data Analytics (Clean and verified data for NGOs to base their activities on)
- 26. Helping NGOs with Their Digital Requirements
- 27. Rural Immersion for Corporate Employees
- 28. ESMP (Employability Skills Mentorship Program)

- 29. Crafting marketing strategies for artisans
- 30. Book Recording for Visually Challenged Students
- 31. Support Library: Book Donation
- 32. Summer Internship for Higher Grade Students
- 33. Help small time entrepreneurs adopt to digital way of doing business.
- 34. Nutrition Smart Card Game
- 35. Cyber Safety Awareness for Students
- 36. Adolescent Health Awareness Program (AHAP)
- 37. Health & Hygiene sessions (Menstrual hygiene)
- 38. Organising Blood donation camps
- 39. Teach students to prepare first-aid kit
- 40. Organise Health Screening camps
- 41. Community Healthcare for Rural People to Have Access to Modern Healthcare
- 42. Spend Time at Hospice Care
- 43. Organize Awareness Weeks Within Communities
- 44. Conduct Eye Pre-Screening for Students
- 45. Counseling for New Mothers
- 46. Plan your community Day
- 47. Food/Grocery Packing and Distribution in Orphanages & Other Institutions Serving the Needy
- 48. Holistic development program
- 49. Making greeting cards for soldiers
- 50. Host a Fundraising Event
- 51. Beautifying the public places like flyovers, public buildings
- 52. Solve an NGO's strategic Problem
- 53. Disaster Relief work
- 54. Restoration of Monuments (Scrub It)
- 55. Pothole Fixing
- 56. Traffic Management and Awareness
- 57. Workshop on Effective Usage of Google Tools for NGOs
- 58. Capacity building for NGOs
- 59. Volunteering with Pet Shelters
- 60. Art as a Medium for Social Awareness
- 61. Seva Din / One Day Mataram
- 62. Fitness Day for Seniors

- 63. Day Out in the Slum Financial Literacy Sessions
- 64. Meal Packaging
- 65. Volunteer at Govt Healthcare Delivery Centres
- 66. Orphanage & old age home visits
- 67. Community Kitchens
- 68. One-Day Training for Specially Abled Individuals
- 69. Make a T-shirt Bag
- 70. Make a Newspaper Bag
- 71. Plant a Sapling
- 72. Horticulture
- 73. Terrace gardening sessions
- 74. Clay ganesha making
- 75. Diya painting
- 76. Seed Ball Making
- 77. Restoring Kalyanis/Lakes
- 78. Birdnest Kit preparation
- 79. Plogathon Drive
- 80. Beach Cleanup
- 81. Plastic Reuse

#### 01 NMMS Coaching

Category : Education

SDG Goal and Number : Quality Education | 4

Type of Activity : Offline

What are we doing?: We recruit, train & place volunteers across schools to train & coach NMMS (This is a competitive exam conducted by the Govt. of India for 8th std students from government schools) modules to enable students to crack this test. This goes on for 3 months with YFS supporting the volunteers with everything required to ensure that children have access to quality coaching.

What's the end use/purpose?: This training helps class 8 students from Govt schools to ace the scholarship test & bag the prestigious scholarship that could be life changing! It also helps them learn better and encourages them to pursue higher education.

**Outcome:** This is a great confidence boost to the students and the chances of them dropping out of school drastically reduces. In our experience, several of these students have pursued higher education & have bagged plum jobs. Volunteers are motivated to sign up for longer term volunteering.







#### 02 | Teaching Spoken English

Category : Education

SDG Goal and Number : Quality Education | 4

Type of Activity : Offline

What are we doing?: Training and placing volunteers across government schools to enable high school students to communicate in English. YFS has ready course material that the volunteers can use to teach the students.

What's the end use/purpose?: Being able to fluently communicate in English is an aspiration for many. In a global scenario, our country also benefits if we have a large English-speaking talent pool. Leveraging corporate volunteers in teaching students can help us reaprich dividends in the long run.

**Outcome:** This is a terrific confidence boost for the students. In our experience, several students have bagged better jobs thanks to this training and their improved English communication skills.









### 03 | Imparting Computer Skills

Category : Education

SDG Goal and Number : Quality Education | 4
Type of Activity : Virtual & Offline

What are we doing?: Through this initiative, we assign corporate volunteers to young students to help them learn IT skills that can set them up for success in their careers. Through this program, we teach basic computer skills: MS Word, internet, design, basics of social media, and much more.

What's the end use/purpose?: Children learn crucial computer skills that can set them up for life and allow them to pursue their digital interests. This is a great engagement activity for corporate volunteers allowing them to interact with the community.

**Outcome:** This acts as a value addition and confidence booster for children. In our experience, several students have bagged better jobs thanks to their IT literacy & they also developed an interest in pursuing a career in IT.







### 04 | Concept Painting in Govt Schools

Category : Education

SDG Goal and Number : Quality Education | 4

Type of Activity : Offline

**What are we doing?:** Transform the school by Painting a schools & common areas with concepts like math formulae, science equations, murals of national icons, inspiring slogans and so on.

What's the end use/purpose?: Transform dilapidated schools to a centre for learning where students & teachers alike love to come everyday to enrich themselves.

**Outcome:** Create an environment that is conducive for the pursuit of learning. This is an amazing opportunity for corporate volunteers to connect with students studying at Govt Schools & create through their hands a wonderful atmosphere to help children pursue their dreams.







#### 05 | Volunteer for Chiguru

Category : Education

SDG Goal and Number : Quality Education | 4

Type of Activity : Offline

What are we doing?: "CHIGURU" ("Budding") is aimed at bringing to the fore the cultural and literary talents of the children across under-served schools/communities served by YFS Volunteers. It is a platform for students to showcase their talents. YFS maps volunteers with different talents to hone and nurture talents in government schools. All this culminates in Chiguru where competitions are held & winners are recognized.

What's the end use/purpose?: For corporate volunteers, it presents an opportunity to connect with underserved students, see things from their perspective, mentor them & encourage them to participate & take things in their stride. Most importantly, for us, we get to engage motivated volunteers who go the distance.

**Outcome:** We realise that merely taking part on the big stage is a huge confidence booster & has a positive impact on the students. Volunteers are sensitised towards the need of the students & are motivated to sign up for long term volunteering.







#### 06 | Mentor students facing board exams

Category : Education

SDG Goal and Number : Quality Education | 4

Type of Activity : Offline

What are we doing?: Students facing board exams are often anxious & this can affect their performance in the exams. Corporate volunteers are assigned to mentor groups of students where they spend time and guide them on how they can face the board exams with confidence.

What's the end use/purpose?: Corporate volunteers get a chance to engage with students and mentor them. They can pass on vital tips and guide students to prepare & face exams with confidence.

**Outcome:** The child receives guidance from a person who has already faced board exams in their life. They get real-life insights and tips that can help them face exams without any anxiety.









#### 07 | Take students out for an educational tour

Category : Education

SDG Goal and Number : Quality Education | 4

Type of Activity : Offline

**What are we doing?:** Taking school children to different educational spaces like museums, planetariums, and more to help them learn classroom concepts in real time. Children & volunteers alike also have fun in this process.

What's the end use/purpose?: Corporate volunteers get to create memorable experiences for children when they organize educational trips. The volunteer interactions with children prove invaluable for the children as volunteers pass on their life experiences & guide children.

**Outcome:** The children learn classroom concepts in an interesting manner. They are more likely to recall the concepts and use them effectively during projects and exams. Volunteers are sensitized to the needs of the children & this motivates them to take part in long-term volunteering.







### 08 | Career guidance program for 10th Students

Category : Education

SDG Goal and Number : Quality Education | 4

Type of Activity : Offline

What are we doing?: Children are at a crucial juncture in their lives when they enter 10th std. With board exams coming up and the future to follow, they are in need of guidance and support. This is when we engage corporate volunteers to provide guidance as to how children can choose their future careers that are conducive to their interests and strengths.

What's the end use/purpose?: Corporate volunteers are engaged effectively in sharing their experiences with the younger generation. They can help young children find their way in life.

**Outcome:** Children get to look up to someone as they navigate an important period in their educational journey. They will have new avenues of thinking opened up to them and explore newer opportunities with their mentors.



#### 09 | Employability readiness program for college students

Category : **Education** 

SDG Goal and Number : Quality Education | 4

Type of Activity : Offline

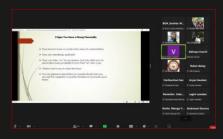
What are we doing?: College Students are at a crucial juncture in their lives when they finish their graduation. Most of them tend to take up jobs to support their families but then need a fair bit of guidance to create credible CVs & effectively prepare to face interviews. This is where we engage corporate volunteers to provide guidance to students to ace interviews & bag jobs.

What's the end use/purpose?: Corporate volunteers are engaged effectively in sharing their experiences with the younger generation. They can help young students to find a stepping stone toward their careers.

**Outcome:** Students get to look up to someone as they navigate an important period in their lives. They will have new avenues of thinking opened up to them and take a shot at opportunities to begin their career.









#### 10 | Science model making

Category : Education

SDG Goal and Number : Quality Education | 4

Type of Activity : Offline

What are we doing?: Simple - make children learn by doing. Children understand concepts better when they can see them being applied practically. Science models can facilitate excellent learning outcomes. We engage corporate volunteers in creating science models that explain different scientific concepts, helping children understand & appreciate science concepts.

What's the end use/purpose?: Corporate volunteers are engaged in a meaningful activity that will also challenge them. It also helps them revisit their school memories & of course a sense of satisfaction when they complete their model and hand it over to the school or children.

**Outcome:** Children learn better when concepts are explained practically. With the models, they are able to get a better understanding of concepts and this improves their learning outcomes.







#### 11 | Educational / Health chart-making

Category : Education

SDG Goal and Number : Quality Education | 4

Type of Activity : Offline

What are we doing?: Charts and mind-maps are effective ways of learning complex concepts. Corporate volunteers can assist students in making educational charts for various subjects. Additionally, they can help students to make health & nutrition charts.

What's the end use/purpose?: The volunteers get a sense of accomplishment by teaching students and interacting with them. The students can have access to better learning aids that can improve their learning outcomes.

**Outcome:** Students grasp concepts better and volunteers & students can express their creativity while making charts. Students utilize these charts while studying and revising for examinations.









#### 12 | Inspirational storytelling activity for school students

Category : Education

SDG Goal and Number : Quality Education | 4

Type of Activity : Offline

What are we doing?: Children love stories! Corporate volunteers are engaged in narrating inspirational stories and life journeys of exemplary personalities across all fields (for example - Dr. A.P.J Abdul Kalam, PV Sindhu, etc)

What's the end use/purpose?: Stories inspire children & narrating stories in an interesting manner can play on the child's mind forever. The volunteers narrating inspirational stories to students themselves get inspired in the process. Also, volunteers are happy to acquire a new skill.

**Outcome:** Students learn from stories of those who faced trials and tribulations in their life journey and succeeded despite the odds. Students get the confidence to apply the learnings from the stories in their own life situations.





#### 13 | Corporate visits for college students

Category : Education

SDG Goal and Number : Quality Education | 4

Type of Activity : Offline

What are we doing?: Corporate volunteers are engaged in conducting visits for college students to corporate offices. They educate the students on various aspects of working in a corporate set-up and share their own experiences of serving in the corporate world.

What's the end use/purpose?: Corporate volunteers get a chance to interact with the future of the workforce and understand the views and opinions of the students. They get a chance to shape the mindset of these young minds, giving them a sense of contribution to the career growth of these students.

**Outcome:** Students gain practical exposure and understand the functioning of a formal organization. They get an opportunity to build a strong network through the visit.







#### 14 | Need assessment (Vidya Chetana)

Category : Education

SDG Goal and Number : Quality Education | 4

Type of Activity : Offline

What are we doing?: Corporate volunteers are engaged in conducting demographic profiling of the students applying for educational scholarships. The volunteers check some of the more intricate details of the application (Marks, Certificates, need for scholarships, etc) and verify the provided information.

What's the end use/purpose?: Volunteers are engaged in a practice that can change a student's life. They are able to feel a sense of deep meaning in the work they are doing.

**Outcome:** The students benefit greatly from educational scholarships. Each student, whose details are verified and approved can use the benefits of the scholarship to further their higher educational aspirations.





#### 15 | Teaching in Government Schools

Category : Education

SDG Goal and Number : Quality Education | 4

Type of Activity : Offline

What are we doing?: Government schools often face inadequate staffing and as a result, the learning curve of students is impacted. Corporate volunteers visit government schools and take part in teaching students any subject of their expertise (maths, English, computers, life skills, etc.)

What's the end use/purpose?: Volunteers utilize their time and skills to positively impact the learning outcomes of school children. Their time out in school builds sensitivity & helps them cultivate empathy by understanding things from the student's perspective.

**Outcome:** The children get better exposure & enhance their learning outcomes while being taught by the volunteers.









#### 16 | School Kit Packing & School Kit Distribution

Category : Education

SDG Goal and Number : Quality Education | 4

Type of Activity : Offline

What are we doing?: Government schools often face inadequate resources, severely impacting the quality of education the children receive. We engage corporate volunteers in packing and distributing school kits that include the essential elements i.e. notebooks, stationery items, etc that children need to further their education.

What's the end use/purpose?: Volunteers are engaged effectively in providing resources that are needed for pursuing education. Both the packing and distribution of the school kits turn into an immensely meaningful experience for the volunteers.

**Outcome:** The children in government schools get access to school kits that are of immense utility.







#### 17 | Wish Tree

Category : Education

SDG Goal and Number : Quality Education | 4

Type of Activity : Offline

What are we doing?: Corporate volunteers can assist students in making wish trees. A model of a tree can be made by using various art and craft supplies and sticky notes can be stuck to the branches as leaves. The students may write their wishes on the notes.

What's the end use/purpose?: Volunteers try their best to fulfill the wishes written by the students. The volunteers can try to organize things that the students have wished for – stationery items, sports equipment, indoor games, etc.

**Outcome:** A sense of fulfillment on the part of volunteers by giving students things they can use together in their day-to-day school activities which can augur well for picking up new hobbies & cultivate a passion for sports & games.





#### 18 Road safety awareness program for school children

Category : Education

SDG Goal and Number : Quality Education | 4

Type of Activity : Offline

**What are we doing?:** In today's day and age, road safety awareness is essential for children of all age groups. The volunteers are engaged in teaching basic road safety practices to school students and raising awareness of traffic rules and the importance of following rules to prevent mishaps.

**What's the end use/purpose?:** The volunteers utilize their knowledge of road safety in order to instill a sense of responsible public behavior on the part of students.

**Outcome:** The students are educated about various aspects of road safety such as following traffic rules, responsible road crossing, and the like for the safety of themselves as well as other users.



#### 19 | Be a Scribe

Category : Education

SDG Goal and Number : Quality Education | 4

Type of Activity : Offline

What are we doing?: Corporate volunteers may help people with disabilities by being scribes during exams. They can volunteer at schools/colleges for visually impaired students.

What's the end use/purpose?: The volunteers get a sense of accomplishment by using their time and effort towards creating a positive impact in the lives of those with impairments.

**Outcome:** The persons with impairments are given assistance during their exams and can progress with their educational journey with ease.



#### 20 | NMMS Chart Making

Category : Education

SDG Goal and Number : Quality Education | 4

Type of Activity : Offline

What are we doing?: Corporate volunteers come together to create logical charts for 8th Std students from government schools appearing for the NMMS exam. These charts could be pictorial or contain shortcuts that help the students in their preparations for the exam.

What's the end use/purpose?: Volunteers are engaged effectively in putting together a pictorial-based learning method for students thus enabling students to absorb & retain better. Creating charts that are pictorial and interesting can also trigger a volunteer's creative side, allowing them to explore their abilities.

**Outcome:** Helps facilitate better learning outcomes. The charts also make learning a fun experience and if children make it through the NMMS exams through what they have learned, their lives can change for the better.





#### 21 | Summer Camp

Category : Education

SDG Goal and Number : Quality Education | 4

Type of Activity : Offline

What are we doing?: Corporate volunteers can act as facilitators of a fun and wholesome summer camp for students of government schools. They help conduct various engaging and interesting activities for children through their summer holidays.

What's the end use/purpose?: Corporate volunteers are able to use their time to effectively engage children, giving them a sense of purpose and belonging. They are able to think of creative ideas for fun activities: arts & crafts, wealth out of waste, academics. etc.

**Outcome:** Summer camps for children from disadvantaged backgrounds are not commonplace. Children from government schools are able to enjoy the summer holidays in a constructive manner through this activity.









#### 22 Organising Competitions for students

Category : Education

SDG Goal and Number : Quality Education | 4

Type of Activity : Offline

**What are we doing?:** Volunteers band together to conduct fun events like quizzes, spelling bees, art, and cultural competitions for children from government schools. These activities act as an aid for learning and could spark a passion amongst students.

What's the end use/purpose?: Volunteers are engaged in an activity that is immensely meaningful and enjoyable. They get to interact with students while thinking of fun activities to keep them engaged.

**Outcome:** Students get to participate in events that are fun and inclusive. They are able to learn important topics and other skills like teamwork and more through activities like quizzes, spelling bee & cultural competitions.









#### 23 | Sponsoring a sports kit and organizing a sports day at a school

Category : **Education** 

SDG Goal and Number : Quality Education | 4

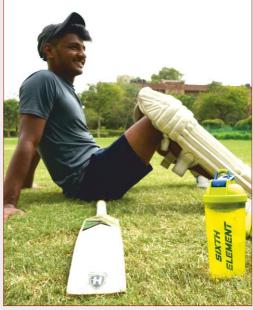
Type of Activity : Offline

**What are we doing?:** Volunteers can procure sports kits for a government school and plan together to organise a sports day for the entire school.

What's the end use/purpose?: This is an activity that can bring a sense of purpose amongst volunteers and give them the opportunity to help promote sports in the community.

**Outcome:** Sports is an important part of education and children in government schools usually do not get the opportunity to play sports with all the equipment they need. This activity bridges that gap.





#### 24 | Ad Creation Activity with High School Students

Category : Education

SDG Goal and Number : Quality Education | 4

Type of Activity : Offline

What are we doing?: Volunteers are assigned groups of students with whom they will create a commercial for any state in India. The commercial will reflect the various interesting facts about that state and highlight its tourism potential.

What's the end use/purpose?: The volunteers learn how to handle groups and encourage each member to reach his/her potential. They derive a sense of satisfaction after seeing the students work in collaboration to bring to the fore a creative output.

**Outcome:** The students learn interesting facts about the states of our country and enhance their cultural knowledge. They learn to work collaboratively and bring about a creative outcome.





#### 25 | Data Analytics (Clean and verified data for NGOs to base their activities on)

Category : Education

SDG Goal and Number : Quality Education | 4

Type of Activity : Offline

What are we doing?: Volunteers can assist an NGO in setting up a robust data analytics system that can help it monitor their day-to-day activities. This system can also help them monitor the effectiveness of their services & take corrective measures as per the data gathered.

What's the end use/purpose?: The volunteers meaningfully make use of their technical skills in order to help an NGO monitor its activities by performing data analytics. Volunteers get to apply their knowledge to a real-world analytics project, which also enhances their skill set and benefits the NGO.

**Outcome:** Data is the new gold! Basing decisions on data can augur well for efficiency and better decision–making for the NGOs.



#### 26 | Helping NGOs with Their Digital Requirements

Category : Education

SDG Goal and Number : Quality Education | 4

Type of Activity : Offline

**What are we doing?:** The volunteers are tasked with helping NGOs meet their Tech requirements. These requirements include setting up a website, installing required hardware and software, and enabling NGO staff & community partners to use tech to their advantage.

What's the end use/purpose?: The volunteers can help develop & deploy simple yet effective tech in order to help the NGO serve better. Example - developing an easy-to-use mobile app to collect data.

**Outcome:** The NGO is less reliant on physical (paper) documentation and is able to electronically store information.



### 27 | Rural Immersion for Corporate Employees

Category : Education

SDG Goal and Number : Quality Education | 4

Type of Activity : Offline

What are we doing?: Volunteers are taken on rural immersion trips for them to understand & appreciate the rural landscape and lifestyle. They can stay overnight or for a couple of days to serve in the village. During this period, opportunities can be created to volunteer at a local school or a livelihood center.

What's the end use/purpose?: Corporate volunteers are able to observe rural life and understand things from that perspective. Coming from an urban space, they are also able to soak in nature & appreciate the simple lifestyle of rural folks.

**Outcome:** People from the rural areas also get exposure to new ideas & perspectives from their urban counterparts. Corporate volunteers go back refreshed with the time out volunteering close to nature.







## 28 | ESMP (Employability Skills Mentorship Program)

Category : Education

SDG Goal and Number : Quality Education | 4

Type of Activity : Offline

What are we doing?: Volunteers are engaged in mentoring college students in order to increase their employability level. This may involve creating awareness of different career options and training them on the preparation of a CV, prepping up for interviews, and passing on vital tips to make them career-ready.

What's the end use/purpose?: The volunteers utilize their knowledge of industry and trends in order to educate the students on the various skills they need in order to make a successful career in today's day and age.

**Outcome:** The students are able to make informed career choices and learn skills in order to boost their employability potential & be career-ready!



#### 29 | Crafting marketing strategies for artisans

Category : Education

SDG Goal and Number : Quality Education | 4

Type of Activity : Offline

What are we doing?: Artisans create beautiful stuff but struggle to find customers. Corporate volunteers can craft marketing strategies for artisans (organic or naturally produced fruit/vegetable/flower vendors, handicraft sellers, condiments, etc.) to help them understand and implement the same. The volunteers are required to simplify the concept of marketing for the sellers and explain the different techniques to find the right customers.

What's the end use/purpose?: Volunteers apply their knowledge to a real-life marketing case study, which not only increases their critical thinking and reasoning skills but also helps them attain a sense of satisfaction by solving critical challenges concerning the livelihoods of the marginalized.

**Outcome:** The artisans are benefited by learning a crucial aspect of running a business. They are able to use various means of advertising and sales in order to maximize their earning potential.



### 30 Book Recording for Visually Challenged Students

Category : Education

SDG Goal and Number : Quality Education | 4

Type of Activity : Offline

What are we doing?: Audio books are an effective tool for teaching visually challenged students. The volunteers can create a recording of a novel/encyclopedia/textbook for the Visually Challenged students by tying up with their school/college.

What's the end use/purpose?: Volunteers make meaningful use of their time by contributing to the education of visually challenged students. They understand the problems that these students go through and help them overcome the same by contributing to an effort that solves their challenges.

**Outcome:** The learning process of visually challenged students is speeded up with the help of audiobooks. They are able to grasp concepts with more ease.



#### 31 | Support Library: Book Donation

Category : Education

SDG Goal and Number : Quality Education | 4

Type of Activity : Offline

What are we doing?: Libraries are precious public institutions that act as knowledge centers for the community. We engage corporate volunteers in conducting book donation drives that can then be used for public or school libraries, wherever there is a need for good books.

What's the end use/purpose?: Corporate volunteers are engaged in a meaningful activity that helps them connect with society. They are able to invest time into reaching out to people and getting books. They also feel the satisfaction of having conducted a book donation drive in the office for the collection and distribution of books

**Outcome:** Libraries can be brimming with a rich collection of books that can draw people from across the community. Interest in book reading can be rejuvenated.







### 32 | Summer Internship for Higher Grade Students

Category : Education

SDG Goal and Number : Quality Education | 4

Type of Activity : Offline

What are we doing?: Summer internships are an exciting opportunity for students to ensure that they get exposure to corporate work environments and get mentored by corporate professionals. We engage with corporations to create such opportunities for higher-grade students.

What's the end use/purpose?: Corporates get the opportunity to engage with students and provide them with an incredible learning experience. It gives them a sense of fulfillment and purpose to guide the next generation.

**Outcome:** Students get an opportunity they would seldom have access to elsewhere. They can get exposed to the workflows, environments, and culture of workplaces in real time while assessing what they would like to pursue going forward.





#### 33 | Help Small Time Entrepreneurs Adapt to Digital Way of Doing Business.

Category : Education

SDG Goal and Number : Quality Education | 4

Type of Activity : Offline

What are we doing?: Small-time entrepreneurs work hard to make ends meet and also fulfill gaps by offering their products & services. However, they are often constrained by a lack of knowledge and resources, especially when doing business in this constantly evolving digital sphere. We can engage corporate volunteers in training small businesses to adopt digital tools to improve the reach of their business & transact the digital way.

What's the end use/purpose?: Volunteers are engaged in an activity that gives them a sense of purpose and allows them to solve challenges faced by small-time entrepreneurs. Volunteers are also able to connect with different people and understand their outlook on life.

**Outcome:** Small businesses get access to people and resources that can help them improve their way of doing business. This can help them streamline their business while also allowing them to grow using the latest digital tools.



#### 34 | Nutrition Smart Card Game

Category : Education

SDG Goal and Number : Quality Education | 4

Type of Activity : Offline

What are we doing?: Nutrition is an important part of children's growth and development. We engage corporate volunteers in creating a smart card game that helps children understand the importance of nutrition and a balanced diet.

What's the end use/purpose?: Corporate volunteers are involved in an activity that allows them to help children in their community. It helps them give back to those that need their help.

**Outcome:** Children who are underserved often lack the knowledge they need about nutrition. Such card games can make the process of learning incredibly fun and interesting for them.



#### 35 | Cyber Safety Awareness for Students

Category : Education

SDG Goal and Number : Quality Education | 4
Type of Activity : Offline/Online

What are we doing?: Organize awareness sessions for safely accessing cyber resources & digital tools so that students do not fall prey to cyber crimes & cyberbullying.

What's the end use/purpose?: The young & adult falling prey to cyber frauds is commonplace today. We can mitigate such incidents by making users more aware of safely accessing technology & protect themselves from falling prey to cyber bullies & wrongdoers.

**Outcome:** The boon of technology can have favorable outcomes for all. Users can have access to cyber resources & digital tools with more awareness of their safety & not falling prey to cyber wrongdoers.



## 36 | Adolescent Health Awareness Program (AHAP)

Category : **Healthcare** 

SDG Goal and Number : Good Health and Wellbeing | 3

Type of Activity : Offline

What are we doing?: In association with Doctors for Seva (DFS), we engage corporate volunteers to conduct Adolescent Health Awareness Programs (AHAP) in schools. Volunteers can help children navigate through a transitional phase in their lives by passing on tips related to health & well-being.

**What's the end use/purpose?:** Corporate employees are engaged in a meaningful activity creating a safer future for the children of the community.

**Outcome:** Children get the important information they need during a period of transition. They also get tips from adults that can play a major role in keeping themselves safe and healthy going forward.









## 37 | Health & Hygiene sessions (Menstrual hygiene)

Category : **Healthcare** 

SDG Goal and Number : Good Health and Wellbeing | 3

Type of Activity : Offline

What are we doing?: In association with Doctors for Seva (DFS), we engage corporate volunteers to conduct menstrual hygiene sessions in schools. The lady volunteers can help adolescent girls understand healthy practices concerning their well-being as they enter adolescence.

What's the end use/purpose?: Corporate employees are engaged in a meaningful activity towards educating adolescent girls on issues concerning their wellbeing. They are able to help navigate the transition smoothly.

**Outcome:** Girls receive crucial education they otherwise might not have had access to and this equips them to follow safe practices as they enter adolescence.









## 38 | Organizing Blood donation camps

Category : **Healthcare** 

SDG Goal and Number : Good Health and Wellbeing | 3

Type of Activity : Offline

What are we doing?: Corporate volunteers are engaged in the end-to-end organization of a blood donation camp. Camps may be organized in corporate offices, colleges, and residential areas.

What's the end use/purpose?: The volunteers get an opportunity to learn about the process of blood donation and feel a sense of contribution towartowardhealth & wellbwell-beinghe community. They get the satisfaction of working towards saving lives.

**Outcome:** Consistent availability of blood supply enables the healthcare system to attend to emergencies & provide timely & effective care to patients in need.









#### 39 | Teach students to prepare first-aid kit

Category : Healthcare

SDG Goal and Number : Good Health and Wellbeing | 3

Type of Activity : Offline

What are we doing?: First-aid kits are vital tools aiding in responding to incidents and can provide preliminary relief to persons in need. Volunteers are engaged in teaching students how to prepare basic first aid kits & helping them understand the utility of the items in the kit.

What's the end use/purpose?: The volunteers utilize their time meaningfully in teaching students how to use first aid kits and enable the students to respond well during the times of emergencies.

**Outcome:** First response in the aftermath of an incident can be life-saving!

The students are educated on the various aspects pertaining to medical response and can be trained to tend to incidents requiring basic first aid.



### 40 | Organise Health Screening camps

Category : **Healthcare** 

SDG Goal and Number : Good Health and Wellbeing | 3

Type of Activity : Offline

What are we doing?: Regular health check-ups are essential to keep track of vital aspects of one's health. Volunteers can organize free health checkups in residential areas/schools/colleges etc. They are encouraged to organize eye check-ups, dental check-ups, anemia check-up camps, etc.

What's the end use/purpose?: The volunteers are engaged in meaningful activities and gain organizational skills while setting up the camp. Such a camp will help diagnose deficiencies, if any, and pave the way to access quality healthcare.

**Outcome:** The persons attending the health check-up are benefitted as they get access to health assessment and quality healthcare.









#### 41 | Community Healthcare for Rural People to Have Access to Modern Healthcare

Category : **Healthcare** 

SDG Goal and Number : Good Health and Wellbeing | 3

Type of Activity : Offline

What are we doing?: Access to basic medical care is something that people need on a daily basis. However, people living in remote areas often lack access & this can compromise their health & wellbeing. We engage corporate volunteers in activities such as calling rural users, collecting demographic data, guiding them on how to access healthcare facilities & facilitating telemedicine consultation with healthcare providers based on the challenges they are facing.

What's the end use/purpose?: Volunteers are able to help rural users access crucial information pertaining to their healthcare requirements - this often saves time & effort for the users who need to access quality healthcare services.

**Outcome:** People from rural areas get access to basic medical care without having to physically visit a center. They are also able to get their basic problems solved without escalating into something major.









## 42 | Spend Time at Hospice Care

Category : **Healthcare** 

SDG Goal and Number : Good Health and Wellbeing | 3

Type of Activity : Offline

What are we doing?: People who are battling terminal illnesses are often in a lot of pain and feel lonely. Corporate volunteers can be engaged in hospices to make the patients there feel better. They can spend time, have conversations, engage in playing music, and do art to help the patients feel supported and cared for.

What's the end use/purpose?: Corporate volunteers are able to connect with people who are facing a difficult time. They are able to provide succor & support while spending meaningful time with those battling severe disorders.

**Outcome:** Those in hospices are usually in pain and feel lonely. Meaningful engagements can help one find strength in their difficult time & face situations with resolve.



#### 43 | Organize Awareness Weeks Within Communities

Category : Healthcare

SDG Goal and Number : Good Health and Wellbeing | 3

Type of Activity : Offline

What are we doing?: Knowledge is power. Having information about important things like health and hygiene could make a huge difference in the community. We engage volunteers to conduct awareness weeks amongst underserved communities related to substance abuse, health & well-being of women, awareness about NCDs, cancer awareness, etc.

What's the end use/purpose?: Corporate volunteers are able to engage in an activity that helps communities to access the right information pertaining to their health & well-being. They are able to derive satisfaction from making a difference in the lives of the people around them.

**Outcome:** Underserved communities get access to information that they otherwise would have found challenging to access. They are able to understand important concepts pertaining to health, and hygiene for their own wellbeing.









### 44 | Conduct Eye Pre-Screening for Students

Category : **Healthcare** 

SDG Goal and Number : Good Health and Wellbeing | 3

Type of Activity : Offline

What are we doing?: A lot of students are not able to see the board clearly. The reason is that they are myopic without being aware. This can hamper their learning outcomes. Conducting an eye pre-screening for students can help identify such students.

What's the end use/purpose?: Students who are not able to see the blackboard properly develop often disinterest in studies & which impacts their learning outcomes. Conducting an eye screening can help identify such students to take corrective steps viz., providing spectacles that solve this issue. Corporate volunteers can be easily trained to conduct eye pre-screening & identify students for taking corrective measures.

**Outcome:** Better vision, better self-confidence & of course better learning outcomes.



## 45 | Counseling for New Mothers

Category : **Healthcare** 

SDG Goal and Number : Good Health and Wellbeing | 3

Type of Activity : Offline

What are we doing?: Engaging corporate volunteers to provide counseling for mothers of newborn babies. This can include providing helpful tips about breastfeeding, child nutrition, managing the baby's sleep schedule, and more.

What's the end use/purpose?: Corporate volunteers are engaged in an activity that can help them experience the joy of giving. Being able to help new mothers care for their children better is an activity that breeds empathy and belongingness.

**Outcome:** Motherhood is both a special and stressful experience for women. Any assistance they can get during this period is pivotal for their and their children's well-being. Counseling from the corporate volunteers could make a world of difference for them.



## 46 Volunteer at Govt Healthcare Delivery Centres

Category : **Healthcare** 

SDG Goal and Number : Good Health and Wellbeing | 3

Type of Activity : Offline

What are we doing?: In a country of around 1.4 billion people, the healthcare service delivery system is always stretched. Institutional hospitals are often teeming with users who often lack guidance & find it hard to navigate the services they intend to access. Corporate volunteers can be meaningfully engaged in guiding users to help them access services at local government healthcare centers - help maintain queues, and share important information pertaining to diagnostics, departments, pharmacies, etc.

What's the end use/purpose?: Corporate volunteers are able to connect to their local community. They also help users have access to crucial information for those who need it and get the satisfaction that they could serve people. They can also help overworked healthcare staff get a breather and direct their efforts towards organizing & providing better services to users.

**Outcome:** Anxious users often come worried, unprepared, and are confused at healthcare centers when it comes to accessing the right department/services. Having earnest volunteers to help out can cut out a lot of effort and time for people.





#### 47 | Plan your community Day

Category : Community

SDG Goal and Number : Sustainable Cities and Communities | 11

Type of Activity : Offline

What are we doing?: How about a day out for corporate volunteers to serve the community? We can plan for a range of activities at schools, plant saplings, serve at an NGO working with communities, conduct awareness campaigns, and so on to engage associates ranging from 10 to 10,000!

What's the end use/purpose?: This is an amazing opportunity for corporate volunteers to connect with the community. What's more - this exercise positions the brand as a responsible and caring one for the community it operates in.

**Outcome:** Activities that engage the community can enable the building of empathetic & winning teams who can be great ambassadors for your brand wherever they go. Furthermore, the community itself benefits immensely from these activities









48 | Food/Grocery Packing and Distribution in Orphanages & Other Institutions Serving the Needy

Category : Community

SDG Goal and Number : Zero Hunger | 2

Type of Activity : Offline

What are we doing?: Orphanages and old age homes run by NGOs often face grocery and supply shortages. Corporate volunteers can rise to the occasion & engage in raising, packing, and distributing food & grocery supplies to orphanages, old age homes, and institutions serving the needy.

What's the end use/purpose?: Volunteers understand the ground-level issues faced by orphanages and institutions serving the needy. Their contributions help ease supply shortages & enable institutions to deliver their services effectively. For volunteers, a sense of satisfaction derived from performing such selfless acts is immense.

**Outcome:** Fulfilment for institutions serving the needy & sense of satisfaction for volunteers in doing their part for the society.









## 49 | Holistic development program

Category : Community

SDG Goal and Number : Sustainable Cities and Communities | 11

Type of Activity : Offline

What are we doing?: We conduct a holistic development program for corporate volunteers to help them better understand their role in society and their responsibilities. The program also helps them understand the different ways they can help out in daily life.

What's the end use/purpose?: Corporate volunteers understand their roles and responsibilities. They are able to better make use of their time and effort to help others in society as time progresses.

**Outcome:** Society benefits from having more aware individuals as volunteers. They are able to drive change and make a significant difference in the lives of others.







#### 50 | Making greeting cards for soldiers

Category : Community

SDG Goal and Number : Sustainable Cities and Communities | 11

Type of Activity : Offline

What are we doing?: Soldiers guard our borders day & night so that we remain safe. We engage corporate volunteers to make greeting cards to show gratitude for our Bravehearts on special occasions. We hope that this will bolster their determination and remind them that we also have their well-being in our thoughts.

What's the end use/purpose?: Volunteers are engaged in an activity that builds in them a sense of patriotism and responsibility towards the nation. This is also an avenue for them to shower gratitude on our selfless soldiers who sacrifice so much for all of our safety.

**Outcome:** Well-made greeting cards can act as a great morale booster for our armed forces. It also serves to signify that we constantly pray for their safety.







### 51 | Host a Fundraising Event

Category : Community

SDG Goal and Number : Reduced Inequalities | 10

Type of Activity : Offline

What are we doing?: In fundraising events, volunteers raise money for a specific cause (for example - disaster relief, supporting children's education) by spreading awareness about it and persuading people to donate the same. Volunteers may host a fundraising event either in a residential area or a public space like a mall/shopping complex based on their convenience. These days, raising funds via a digital medium is a fad - funds can be mobilized from across the world in a short time!

What's the end use/purpose?: Community organizations often struggle to raise funds for the causes they work for. Corporate volunteers can train NGO staff & volunteers to set up digital fund-raisers via platforms such as Ketto, Milaap, etc.

**Outcome:** The funds raised by the volunteers benefit the lives of many and uplift them during situations of need (For example - help rebuilding the lives of disaster survivors, fulfilling the educational needs of children in need, etc). Volunteers are engaged in meaningful activity that can enhance their soft skills such as communication & persuasion as much as bringing to the fore issues relating to the lives of the marginalized.





#### 52 | Beautifying Public Places like Flyovers, and Public Buildings

Category : Community

SDG Goal and Number: Sustainable Cities and Communities | 11

Type of Activity : Offline

**What are we doing?:** Public spaces are community spaces facilitating interactions & bonding among people and thus are of immense sentimental value. We engage corporate volunteers in beautifying public spaces like parks, footpaths, flyover pillars, and public buildings. This could include clean-up drives, painting, and more.

What's the end use/purpose?: Beautifying public spaces can enhance their utility value & can inspire the preservation of more such public spaces. Corporate volunteers derive immense joy by breathing life into the spaces they beautify.

**Outcome:** Public spaces are arenas to mold & shape public opinions that strengthen democracy. As our nation makes rapid strides toward progress, our public spaces need to keep up. Tidying up public space is a great way to propel the









#### 53 | Solve an NGO's strategic Problem

Category : Community

SDG Goal and Number : Sustainable Cities and Communities | 11

Type of Activity : Offline

What are we doing?: We engage corporate volunteers to give their time and solve a strategic problem that an NGO is facing. The problems could be operations-related, project-related, or just an execution-related issue.

What's the end use/purpose?: Corporate volunteers are able to use their time effectively to help NGOs find solutions to solve their challenges. They are able to utilize their professional skills to enable NGOs to create social impact.

**Outcome:** NGOs who are facing different types of strategic issues get help from experts in different domains. They are able to then go on and implement their programs effectively to serve the community.









## 54 Disaster Relief Work

Category : Community

SDG Goal and Number : Sustainable Cities and Communities | 11

Type of Activity : Offline

What are we doing?: In times of natural disasters & Pandemics, Youth for Seva organizes relief work with the help of corporate volunteers to provide succor to those affected & also suitably assist the administration in providing relief. This could be in the form of organizing food supplies/relief materials.

What's the end use/purpose?: Corporate volunteers get an opportunity to respond to the needs of the hour & reach out to those affected. They say that the worst situations bring out the best in us - the way communities have got together to fight COVID-19 will remain etched in our memories forever.

**Outcome:** Disasters are always unexpected and bring us together. Relief work can be quickly organized thanks to the intervention of corporates & volunteers. Disaster relief workers who are working overtime also get the assistance they need.





## 55 | Restoration of Monuments (Scrub It)

Category : Community

SDG Goal and Number : Sustainable Cities and Communities | 11

Type of Activity : Offline

What are we doing?: Preservation of our heritage is our duty. Volunteers visit historical monuments located in their places and take up the task of tidying them up by scrubbing off any unwanted marks on them and also cleaning the surrounding area.

What's the end use/purpose?: Volunteers get the opportunity to contribute to the preservation of heritage, which not only helps them appreciate heritage but also plays a part in making it an attractive tourist spot.

**Outcome:** Preservation & Conservation of art, architecture & heritage. The local economy is boosted!







#### 56 | Pothole Fixing

Category : Community

SDG Goal and Number : Sustainable Cities and Communities | 11

Type of Activity : Offline

What are we doing?: Road infrastructure in our cities is a mixed bag. While the progress is constant, there are some gaps that need to be fixed. Potholes on the roads can be dangerous for riders. We engage corporate volunteers to help fix these potholes with simple yet effective techniques enabling smooth traffic flow.

What's the end use/purpose?: Volunteers are engaged in an activity that can help fix things immediately. Fixing potholes can be a life-saving venture and can also help the traffic situation in general.

**Outcome:** Roads get fixed without having to wait for governmental interference. Fixing potholes ensures a smoother flow of traffic and helps prevent accidents..





### 57 | Traffic Management and Awareness

Category : Community

SDG Goal and Number : Sustainable Cities and Communities | 11

Type of Activity : Offline

What are we doing?: Traffic is a constant problem across bustling cities. We engage corporate volunteers to help co-manage traffic effectively with traffic administrators. This could be planned during rush hours at important junctions.

What's the end use/purpose?: Corporate volunteers can help with effective traffic management. They are able to help better manage chaotic traffic jams in their areas thereby saving time, and fuel & helping avoid stressful situations for commuters.

**Outcome:** Effective management of traffic congestions resulting in fewer accidents, altercations, less fuel burn, and multiple other benefits. All in all, a great activity!





#### 58 | Workshop on Effective Usage of Google Tools for NGOs

Category : Community

SDG Goal and Number : Sustainable Cities and Communities | 11

Type of Activity : Offline

What are we doing?: Volunteers are engaged in enabling the management of NGOs to use Google Tools for effective communication and data storage & management. They may teach the NGO to make use of Google Drive as a storage tool, Google Sheets for data management, Google Classroom & Jamboard (incase of Educational NGOs) for effective class management, etc. The volunteers need to decide which tools are best suited to the needs of the NGO.

What's the end use/purpose?: The volunteers make use of their knowledge of Google tools in order to help the NGOs deliver their services effectively. The volunteers can also utilize their communication and interpersonal skills to train the management and staff of the NGO.

**Outcome:** The NGO personnel are better educated on the use of Google tools and are able to independently utilize them without difficulties. They are able to better manage their data for their evaluation and analysis.



## 59 | Capacity building for NGOs

Category : Community

SDG Goal and Number : Sustainable Cities and Communities | 11

Type of Activity : Offline

What are we doing?: While all NGOs are driven by a will to serve society, they need professionals to help them achieve their goals. We engage corporate volunteers to assist NGOs in understanding varied tools of project management, effective financial management, project expansion, and other such aspects that can help them serve the community better.

What's the end use/purpose?: Volunteers are engaged in an activity that can help NGOs improve their project implementation and impact. Volunteers are able to give back to society with their skills which could include digital marketing, financial management, project management, and so on.

**Outcome:** NGOs are better equipped to serve society with modern project management techniques.



### 60 | Volunteering with Pet Shelters

Category : Community

SDG Goal and Number : Life on Land | 15

Type of Activity : Offline

What are we doing?: Pet shelters play an important role in giving refuge to animals that have either been abandoned or are in distress. We engage corporate volunteers to volunteer at these shelters in any capacity they choose. They can also work with cow shelters to help clean or manage Gaushalas. Activities could also involve taking pets to veterinarians for vaccination and helping animals in distress.

What's the end use/purpose?: Corporate volunteers who are animal lovers are engaged in an activity that can help them express themselves. It breeds sensitivity, and empathy, and fosters a sense of duty towards other living beings who are as much a part of the planet as we are.

**Outcome:** Pets who are at pet shelters often are lonely and sad. Having corporate volunteers interact with them gives them the companionship they desperately need and allows them to feel better.





#### 61 | Art as a Medium for Social Awareness

Category : Community

SDG Goal and Number : Sustainable Cities and Communities | 11

Type of Activity : Offline

What are we doing?: Art is often the best way to make people aware of social challenges like health, education, environment, and gender. In this activity, corporate volunteers can be engaged in enacting a street play on a socially important topic like hygiene awareness, waste management, climate, and more.

What's the end use/purpose?: Corporate volunteers get the opportunity to express their artistic talents. They are able to gain new knowledge while researching and rehearsing for the performance.

**Outcome:** Society benefits in general from performances such as these. Impressionable minds gain important information about different aspects of health, education, or anything that the play touches upon.



## 62 | Seva Din / One Day Mataram

Category : Community

SDG Goal and Number : Sustainable Cities and Communities | 11

Type of Activity : Offline

What are we doing?: We've all heard the adage, "Sharing is caring". However, in the hustle and bustle of daily life, few get the chance to stop and truly share what they have with others. We engage corporate volunteers in creating a Seva Din where different members of the organization can come together and share whatever they can with the community.

The proceeds can go to a local NGO, orphanage, or old-age home to fulfill their needs. Donatable items include household items, medical supplies, utensils, clothes, and more.

What's the end use/purpose?: The end use of this activity is that it allows corporate volunteers to understand the value of sharing and gratitude. They are able to truly understand how much they have and how they can share with the community to experience the joy of giving.

**Outcome:** People or organizations serving the community can get access to resources that could be of immense utility to them.





### 63 | Fitness Day for Seniors

Category : Community

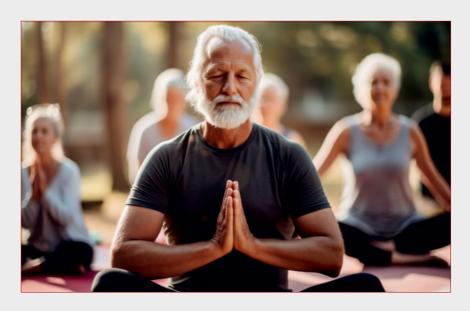
SDG Goal and Number : Good Health and Well-being | 3

Type of Activity : Offline

What are we doing?: As people get older, fitness becomes much more important. We engage corporate volunteers in creating a fitness day program for seniors within their office and community.

What's the end use/purpose?: Corporate volunteers understand the importance of fitness and exercise. They are able to connect with their team members and their community through this activity. Employees get sensitized to the needs of the seniors in the community.

**Outcome:** Seniors in the team and in the community get important fitness tips and exercises. Their health also improves due to this.



#### 64 | Day Out in the Slum - Financial Literacy Sessions

Category : Community

SDG Goal and Number : Quality Education | 4

Type of Activity : Offline

What are we doing?: The underserved amongst us often lack the knowledge to manage their finances. We engage corporate volunteers to conduct financial literacy sessions for those living in chawls or slums. These sessions could include knowledge about basic financial concepts and how to manage the money that they earn.

What's the end use/purpose?: Corporate volunteers experience the joy of giving by sharing their knowledge. They feel a sense of belonging and empathy with the people they serve through these sessions.

**Outcome:** People living in slums get an understanding of important financial concepts. These can hold them in good stead as they look to progress in life. Knowing these financial concepts could also come in handy during crisis situations.







#### 65 | Meal Packaging

Category : Community

SDG Goal and Number : Zero Hunger | 2

Type of Activity : Offline

What are we doing?: Food is a basic necessity. Unfortunately, some are not in a position to afford this basic need owing to their economic plight. Corporate volunteers can be engaged in packaging nutritious meals for distribution.

What's the end use/purpose?: Corporate volunteers are engaged in an activity that has a direct impact on the lives of the deprived - the homeless, destitute & the abandoned. The most needy sections of the society can be reached & a basic need can be fulfilled. Also, meal packing can be organized to reach out to those affected during the time of a crisis - natural/man-made disasters, etc.

**Outcome:** Packaged meals that are nutritious and hygienic could make a world of difference in the lives of the deprived & give them access to nutrition.



#### 66 | Orphanage & old age home visits

Category : Community

SDG Goal and Number : Sustainable Cities and Communities | 11

Type of Activity : Offline

What are we doing?: Volunteers are engaged in visiting orphanages and old age homes and interacting with the residents. They can engage in playful sessions with the children & spend quality time with the seniors. They are also involved in activities such as the distribution of essential items to the children (books, stationery, clothes, etc.) & fulfilling other needs of the institution.

What's the end use/purpose?: Volunteers derive satisfaction from positively impacting children's & seniors' lives by contributing to their learning & well-being.

**Outcome:** The volunteers are sensitized towards the needs of the children & seniors thereby paving the way for creating better access to opportunities (education, healthcare, etc).









#### 67 | Community Kitchens

Category : Community
SDG Goal and Number : Zero Hunger | 2

Type of Activity : Offline

What are we doing?: We engage corporate volunteers in community kitchens where they can donate their time and efforts to creating tasty and healthy food for the disadvantaged sections of the community.

What's the end use/purpose?: Corporate volunteers get the opportunity to help the underserved in our society and experience the joy of giving. This fosters a sense of empathy and belongingness to the community around them.

**Outcome:** The underserved in our community need access to clean, healthy, and tasty food. Community kitchens provide them with this at no cost and make their lives a little easier.



#### 68 | One-Day Training for Specially Abled Individuals

Category : Community

SDG Goal and Number: Sustainable Cities and Communities | 11

Type of Activity : Offline

What are we doing?: We engage corporate volunteers in conducting one-day training workshops for specially-abled individuals. This could include tips for daily living, training for a special program or event, and more.

What's the end use/purpose?: Corporate volunteers are engaged in an activity that inculcates a sense of gratitude and empathy among them.

**Outcome:** Specially abled individuals often face difficulties in completing daily tasks. Such training workshops can make a world of difference by helping them accomplish simple tasks and giving them a sense of independence and accomplishment.



#### 69 | Make a T-shirt Bag

Category : Environment

SDG Goal and Number : Responsible Consumption + Production | 12

Type of Activity : Virtual & Offline

What are we doing?: We recycle and reuse. Those old T-shirts and jeans that we have lying at the back of our cupboards, yes they can be recycled! Turn that used but your favourite wear into a usable cloth bag in 5 simple steps.

What's the end use/purpose?: Take it for your grocery/Subji shopping jaunts.

**Outcome:** By recycling our clothes, we ensure that it doesn't end up in a landfill. It also means that we have contributed towards the re-cycling & re-using trend that is globally going viral.







#### 70 | Make a Newspaper Bag

Category : **Environment** 

SDG Goal and Number : Responsible Consumption + Production | 12

Type of Activity : Virtual & Offline

What are we doing?: Newspapers convey the news of the day. But what happens once the day is done? These newspapers could end up in landfills or in the trash right? However, these newspapers still have immense potential. So, what do we do? Turn yesterday's newspaper into a usable paper bag in 5 simple steps.

What's the end use/purpose?: Take it for your grocery/subji shopping jaunts. Better still, make more of them & distribute them in the community.

**Outcome:** This is a great way to do away with plastic carry bags & make your own paper bags instead.



### 71 | Plant a Sapling

Category : **Environment**SDG Goal and Number : **Life on Land | 15** 

Type of Activity : Offline

What are we doing?: Planting climate-appropriate, geography-appropriate saplings & nurturing them with love so that they grow into an ally in our battle against climate change.

What's the end use/purpose?: Trees are responsible for nurturing a varied ecosystem of flora & fauna. In our action towards combatting climate change, planting trees is the best solution.

**Outcome:** For volunteers, it is a refreshing experience to travel out of the city, engage with the community & plant saplings. For many, it's an exercise towards balancing their carbon footprint.







#### 72 | Horticulture

Category : **Environment** SDG Goal and Number : **Life on Land | 15** 

Type of Activity : Offline

What are we doing?: Engaging corporate volunteers in the practice of horticulture. Horticulture is the cultivation of plants in gardens/greenhouses. It includes the growing of fruits, vegetables, nuts, seeds, herbs, and non-food crops such as grass and more.

What's the end use/purpose?: Horticulture is a great way to engage the employees while also ensuring better outcomes for the environment. Corporate volunteers also understand the different techniques involved in growing plants and produce.

**Outcome:** For volunteers, it is a refreshing experience to travel out of the city, engage with the community & plant saplings. For many, it's an exercise towards







#### 73 | Terrace Gardening Sessions

Category : Environment SDG Goal and Number : Life on Land | 15

Type of Activity : Offline

What are we doing?: Growing our own food is a fad today! We engage corporate volunteers in terrace gardening sessions through which they can understand how they can make the best use of the spaces they have in their homes to grow their own food & consume it without leaving any traces.

What's the end use/purpose?: The volunteers are engaged in an activity that is practical and one that they can replicate every day in their own homes. Gardening is also a stress-relieving practice, helping their overall well-being.

**Outcome:** In a world where dense urban spaces are an eyesore, terrace gardening is a great way to cultivate green spaces (grow flowers, decorative plants, etc) & consume food grown by our own hands. It is also the way forward to reducing our carbon footprint & a step towards promoting sustainable living.



#### 74 | Clay Ganesha Making

Category : **Environment** 

SDG Goal and Number : Responsible Consumption + Production | 12

Type of Activity : Offline

What are we doing?: Engaging corporate volunteers in making clay Ganesha models for Pooja. With their own hands! The volunteers are trained through the steps required to make Clay Ganesha and they can in turn train many more in their communities.

What's the end use/purpose?: Reduce the rampant use of plaster of Paris - which destroys the fragile water ecosystem. Volunteers appreciate making Ganesha with their own hands & adopt an eco-friendly way of celebrating the Ganesha Festival.

**Outcome:** Clay Ganesha making is an effective practice to create a practice that is more sustainable. Instead of buying PoP or non-eco-friendly statues during festive seasons, corporate volunteers will now not only make Ganesha out of their own hands but also train several others in the community thereby creating a multiplier effect.







#### 75 | Diya Painting

Category : Environment

SDG Goal and Number : Responsible Consumption and Production | 12

Type of Activity : Offline

What are we doing?: Enjoy painting? Corporate volunteers can be engaged in painting Diyas & lanterns - which in turn can be sold for generating precious revenues for the NGOs that can then be utilized for the greater good. Volunteers can express their creativity & help NGOs generate funds.

What's the end use/purpose?: This is both a great engagement activity for corporate volunteers, enables effective team-building & of course generates funds for the NGO. Individuals engaged in this practice feel a sense of contribution towards a cause.

**Outcome:** These diyas that have been painted can be used during festive seasons.









#### 76 | Seed Ball Making

Category : Environment SDG Goal and Number : Life on Land | 15

Type of Activity : Offline

What are we doing?: We engage corporate volunteers in making seed balls with clay and the seeds of various plants. These seed balls are then dried and thrown into the forest where they grow into new plants and trees.

What's the end use/purpose?: The volunteers are engaged in an activity that helps them connect with nature and gives them the satisfaction of having helped nature rejuvenate.

**Outcome:** The environment around benefits as new saplings and trees grow as and when these seed balls are used.



#### 77 | Restoring Kalyanis / Lakes

Category : Environment SDG Goal and Number : Life on Land | 15

Type of Activity : Offline

What are we doing?: We engage corporate volunteers in cleaning local water sources like Kalyanis. They remove the plastic waste collected around it and beautify the area. They also de-weed and clean the water as well to give the Kalyania much-deserved fresh look.

What's the end use/purpose?: Corporate volunteers feel a sense of pride in cleaning up local water sources & know their ecological value. Conservation of local water resources augurs well for ground water recharge + ecological balance.

**Outcome:** The water sources are in a state of neglect with waste and weeds surrounding them. Cleaning them helps the environment immensely. Local flora and fauna will be reinvigorated, balancing out the ecosystem.



#### 78 | Birdnest Kit preparation

Category : Environment SDG Goal and Number : Life on Land | 15

Type of Activity : Offline

What are we doing?: As temperatures soar in summer, sources of water dry up birds find it increasingly difficult to find water and quench their thirst. We engage corporate volunteers in building birdnest kits wherein they can be hung across porches where birds can quench their thirst.

What's the end use/purpose?: Corporate volunteers are engaged in a meaningful activity that not only sensities them about the plight of birds in summer but also preserve the ecosystem of which winged creatures are an important part.

**Outcome:** A ready source of accessible water in the scorching summer months for the winged creatures. This helps them survive the difficult months, especially in the backdrop of global warming.





### 79 | Plogathon Drive

Category : **Environment** SDG Goal and Number : **Life on Land | 15** 

Type of Activity : Offline

What are we doing?: Corporate volunteers jog to a public place where there is a considerable amount of litter (roads/lakesides/hills) and collect the litter using required equipment in the process. They also take part in segregating the litter

What's the end use/purpose?: The volunteers are engaged in physical exercise which will boost their fitness & senistize them in matters concerning ecology. They can take pride in maintaining their surroundings spic and span.



#### 80 | Beach Cleanup

Category : **Environment**SDG Goal and Number : **Life on Land | 15** 

Type of Activity : Offline

What are we doing?: Volunteers visit a beach in their vicinity and take part in cleaning the beach. They may create groups among themselves and assign each group to different areas within the beach. They may also spread awareness among visitors by speaking with them and creating awareness on aspects concerning ecology & balance.

What's the end use/purpose?: The volunteers are engaged in a physical activity that can boost their fitness and engage them meaningfully. They can derive an immense sense of satisfaction after beautifying the beach & feel blessed to be one with nature.

**Outcome:** The beautification of the beach makes it a more lucrative spot for tourists and visitors. Visitors are also more aware of the cleanliness of the beach and are more informed about how they can contribute to keeping it clean.









#### 81 | Plastic Reuse

Category : Environment

SDG Goal and Number : Responsible Consumption and Production | 12

Type of Activity : Offline

What are we doing?: Plastic covers, plastic bottles, and different objects are often thrown away once their use case is completed. As we all know, this is harmful to the environment. We engage corporate volunteers to help them understand how to reduce & reuse plastic items in daily life and train them on creative ideas as to what they can do to reuse everyday things.

What's the end use/purpose?: Corporate volunteers are able to move towards a more mindful consumption pattern while also reducing the amount of waste that they generate. They are also able to channel their creativity towards a constructive purpose.

**Outcome:** Plastic that otherwise would clog up a landfill or turn into toxic smoke when burnt is reused. This plastic gets a new lease of life and serves a purpose.











to Engage Employees for Social Good