



ICYEA-INDIA

Inter Cultural Youth Exchange Association-India



SHORT TERM EXCHANGE PROGRAMME

PROJECT PROFILES
2025 – 2026



COUNTRY : INDIA
TYPE OF PROJECT : CHILDREN AND EDUCATION
NAME OF HOST PLACEMENT: ADVAITH FOUNDATION, BANGALORE

Brief Placement Description:

The Advait Foundation runs children group care homes for children from economically deprived section. The homes are run as units of 105 children. The children are aged 3 to 15.

Our Dream: To transform the lives of thousands of poor and deprived children into lives filled with health, happiness, promise and achievement. We believe that giving them access to quality education is the first and most important step towards this endeavor. Ankur, The children's home, is the first project of Advait Foundation where we provide a home and facilities that help support & supplement the education.

Main Aims and Activities :

Advait Foundation runs children group care homes for children from economically deprived section. The homes are run as units of 10 children each with about 4 staff members. The children are in the age group of 3-15. They will stay in the project during their schooling and will be visited by their parents and visit home twice a year.

Volunteer Tasks & Role:

Teaching spoken English to the children through various activities/ assist the English teacher
Develop reusable teaching aids. Teach children to use the Design activities.
Assist Homeroom Teachers, Assist in after school revision / tuition, Tell stories focusing on morals and values, Teach extracurricular activities (crafts, painting, music, dance) Engage children in sports activities in the evenings, Take up spoken English classes for children / staff, Celebrate festivals with staff and children. Assist in organizing outings / picnics, Assist in organizing fun camps during holidays

Desired Volunteer's Skills:

Volunteers must have some basic English and working knowledge. Skills in teaching, sports, music, arts and other specialized skills that is unique to the volunteers are preferable. People with additional work experience with children in areas of teaching, tutoring, counseling, therapy or sports are given preference.

The volunteer should be Mature, committed, friendly, patient, enthusiastic and able to deal with kids.

Location (urban or rural, distance from main cities, climate, internet, etc.)

It is located in Bangalore city. About 45 minutes by bus from ICYEA office to Bannerghatta Road, Bangalore.

Duration: Minimum (weeks) : 04 Maximum (weeks) : 16

COUNTRY : INDIA
TYPE OF PROJECT : CHILDREN AND EDUCATION
NAME OF HOST PLACEMENT: ADVAITH FOUNDATION, BANGALORE

Accommodation: The volunteer will live at the project site and avail her/his own room in sharing basis.

Food: Food will be provided by the host placement.

Practical & Additional Information (i.e. what to bring)

Mosquito repellent (can be bought in Bangalore)
Light warm clothes for rainy weather and winter
Games, toys or ideas for activities for the children





COUNTRY : INDIA
TYPE OF PROJECT CHILDREN AND EDUCATION
NAME OF HOST PLACEMENT : ANANYA TRUST, BANGALORE

Brief Placement Description:

Provides educational opportunity to poor children who have been rejected / or have rejected mainstream schools. We provide a care of people who are sensitive and can respond to the needs of underprivileged children. We network with other NGOs to provide the best facilities to our children. Also: Running a school, teacher training and community development.

Main aims and Activities:

“Ananya” means unique because the Ananya experience brings out the spirit of curiosity in children and allows them to find answers through enquiry, exploration and experiment. The school is located on a coconut grove. What makes Ananya Trust an unique place is the sense of freedom and security one feels here. The philosophy of the school has been freedom and responsibility. Everyone, including the students, are encouraged to speak his/her opinion without fear of ridicule. For the children, this is home, school and a haven where all their needs are met.

Volunteers tasks & Role:

Teaching English, and other activities like plays, theatre, drawing, Painting, Games etc. The volunteer should have a willingness to teach children and work towards the overall development of poor children between the ages of 8 – 18.

Desired Volunteer’s Skills:

The Volunteer must be mature, committed, and friendly, responsible and should have good knowledge of English. The volunteers willing to work in this project will have to work for the full program year, travel month must be discussed with project in-charge depending on the project's free time/vacation. Change in project will not be allowed. Since it requires long time commitment. There should be no smoking or consumption of alcohol on the campus.

Location :

The organisation is located at Southern part of Bangalore. It's situated 25 km away from Bangalore city. The localities of area Majority families are middle level economical groups. The people are helpful to the institution. are very friendly, educated and cultured. They love the visitors.

Duration: 4 weeks (Min) 16 Weeks (Maximum).

COUNTRY	INDIA
TYPE OF PROJECT	CHILDREN AND EDUCATION
NAME OF HOST PLACEMENT	ANANYATRUST,BANGALORE

Duration: 4weeks(Min)16Weeks(Maximum).

Accommodation:

The volunteer will live at the project site and avail her/his own room in sharing basis.

Food:

Food will be provided as per the norms for all the residents of the home. Our Indian food would be Rice, Dhal, Chappathi and vegetables. Mostly Indian people will eat spicy food. No special food will be considered for the volunteer unless the volunteer should fall ill and some kind of diet requirement.

Additional Info:

Volunteers should bring:

- * Mosquito repellent (can be bought in Bangalore)
- * Light warm clothes for rainy weather and winter.





COUNTRY : INDIA
TYPE OF PROJECT : DISABILITY
NAME OF HOST PLACEMENT : EMPACS CHARITABLE SOCIETY-ASHRAYA

Brief Placement Description:

Ashraya is a special school for the mentally challenged children who have associated disabilities. We have children in the age group of 4 – 18 years. Our main focus is on the disabled children from the lower socio Economic group.

Currently there are 30 students with 4 special educator, one physiotherapist, 3 helpers, 1 cook, 1 watchman apart from the super indent and the director.

Main Aims and Activities

At Ashraya Center of Learning, we work with special, differently able children, particularly from an underprivileged background. These children are given not just an education, but life skills. Extensive therapy and training is invested into Ashraya's students at our school premises specially designed to cater to these children's needs. Intended to house 25 students, Ashraya's premises is bursting at the seams with 36 children at present. We have also had to turn away scores of disappointed parents owing to the lack of space. We are, however, taking on the challenge of expanding our premises to increase our capacity to house 60 students. We have seen so much joy as a result of our efforts so far. But we dream bigger dreams.

Volunteer Tasks & Role

Working with special children from deprived background. Taking care of the special children and assisting them in their tasks. Getting involved with the children in their daily activities the students are divided into 3 groups according to their age. The volunteers are placed in each group for a considerable period of time to learn how to deal with these children and to be able to observe the teachers and learn from them. The volunteer would be able to interact with the parents of the children along with the teachers.

Desired Volunteer's Skills:

Both male and female are welcome. All volunteers must be above the age of 20 yrs. They should be enthusiastic, adaptable and honest and above all have an open mind. They should arrive with the thought in mind about how best they can contribute to the project. In the volunteers daily work there will be contact with children so a desire to work with children is beneficial. Volunteer must be fluent in one of the following language English, Hindi or Kannada.



COUNTRY : INDIA
TYPE OF PROJECT : DISABILITY
NAME OF HOST PLACEMENT : EMPACS CHARITABLE SOCIETY-ASHRAYA

Location:

Ashraya is situated in a residential area of middle class urban area of Bangalore north. Students are transported from their homes by hired vehicle of Ashraya.

Duration : 4 weeks (Min) 16 Weeks (Maximum).

Accommodation: Volunteers will be staying in the host family and avail her/his own room in sharing basis.

Food: Food will be provided by the host family.

Additional Info

Mosquito repellent (can be bought in Bangalore)
Light warm clothes for rainy weather and winter





COUNTRY : **INDIA**
TYPE OF PROJECT : **DISABILITY**
NAME OF HOST PLACEMENT: **DEV DAN FOUNDATION, MYSORE**

Brief Placement Description:

School for specially disabled kids 'as of now 8 kids with 2 teachers, but, number of kids and teachers can be increased. Apart from this schools, colleges, old age home, tutorials, counseling center, spiritual center, hostel for SCST' teachers training, vocational training, libraries, etc.

Main Aims and Activities:

At Devdan Special School, our main aim is to empower every student with special needs to achieve their fullest potential by providing a supportive, inclusive, and individualized educational environment. We are dedicated to fostering a nurturing community where each child is encouraged to grow academically, socially, and emotionally. Through personalized learning strategies, innovative teaching practices, and collaborative partnerships with families, we aim to build confidence, independence, and lifelong success for our students.

To provide early identification and intervention services to enhance skills. To empower the family through training programs and to implement home based training by involving the family. To provide community-based learning to participate in community life and use community services. To promote inclusive education.

Volunteer Tasks & Role:

Volunteers will be helping assistant teachers in the classroom and group activities. On-going occasional tasks are language cognition, group activities, like art and craft, physiotherapy music and dance, gardening, vocational, computers, etc

Desired Volunteer's Skills:

Female volunteers would be better and who are willing to work with the special kids .It would be great if they are talented in drawing, music, dance or in some extracurricular activities.



COUNTRY : INDIA
TYPE OF PROJECT : DISABILITY
NAME OF HOST PLACEMENT : DEVDAN FOUNDATION, MYSORE

Location :

Devdan Foundation is situated in a residential area of middle class urban area of Mysore.

Duration : 4 weeks (Min) 16 Weeks (Maximum)

Accommodation:

Volunteers will be staying in the host family and avail her/his own room in sharing basis.

Food: Food will be provided by the host family.

Additional Info

- Mosquito repellent (can be bought in Bangalore)
- Light warm clothes for rainy weather and winter
- Games, toys or ideas for activities for the children





COUNTRY : **INDIA**
TYPE OF PROJECT : **AGRICULTURE AND ORGANIC FARMING**
NAME OF HOST PLACEMENT: **CHIGURU FARM**

Brief Placement Description:

Chiguru Farm is a sprawling 25-acre organic farm close to Bengaluru, India. Banana, Mango, Coconut, Arecanut, Rose Apple, Lemons and 30 different varieties of fruits and vegetables are being grown here. A cowshed rearing a few local/Desi varieties caters to the needs of the organic farming techniques adapted here. All the organic waste in the farm is converted into vermicompost in the in-site plant. Towards leaving a healthy earth, soil and environment for the future generations, Chiguru has adapted Organic Farming with an integrated self-sustaining approach, with a mix of traditional farming knowledge and contemporary techniques and technology.

Main Aims and Activities:

Chiguru is also an experiment ground with infrastructure for imparting such knowledge to school children and families with hands-on experience in different aspects of organic farming. Families can visit the farm either on a day-trip or stay on an extended holiday to soak in the pure, clean air, get hands dirtied with farm activities and enjoy the rural/village surroundings along with local wholesome food. Chiguru aims to promote growing healthy food, sustainable living, generate local employment and create awareness among urban people on agriculture. We currently employ (as of Nov 2018) full-time employees and 4-8 additional workers on daily wages which varies depend on the season and activities.

Volunteer Tasks & Role:

Depending the seasonal needs, there will be farm activities like planting, harvesting, de-weeding, pruning, manuring, spraying, watering, mulching, tending to farm animals, collecting organic inputs, preparing organic manures/pesticides, beekeeping, etc.

We expect the volunteers to actively participate in any of these activities (after learning them if they don't know). In addition the volunteers are welcome to participate in preparing food for themselves and/or our guests.

Desired Volunteer's Skills:

- As this volunteering involves significant amount of manual work, physical fitness is key.
- Social skills to get involved with the local workers.

Ability to learn the local language will be a big plus because most of the local people don't know English.

COUNTRY : **INDIA**
TYPE OF PROJECT : **AGRICULTURE AND ORGANIC FARMING**
: **CHIGURU FARM**
NAME OF HOST PLACEMENT:

Location :

Therubeedi Village, Maralawadi Hobli, Kanakapura, Taluk, Bangalore. Chiguru Farm is a sprawling 25-acre organic farm close to Bengaluru

Duration : 4 weeks (Min) 16 Weeks (Maximum).

Accommodation:

In the farm house 2 volunteers will share one room with attached bath.

There are 2 families living full-time inside the farm. Sufficient safety precautions are taken. The Farm has well-equipped first-aid box. Primary Medical attention is available at places within 30min drive from the farm.

Doctor-on-call is available in case of emergencies

Food: Food will be provided by the Project

Additional Info: Mosquito repellent





COUNTRY : **INDIA**
TYPE OF PROJECT: **AGRICULTURE AND ORGANIC FARMING**
NAME OF HOST PLACEMENT: **SWAYYAM**

Brief Placement Description:

The setting is Rural South India. We are located at the foothills of the western ghats in the rain shadow area of the Nilagiris (blue mountains). WE are next to a Tige Reserve and a National Park. People here are simple village folk. Closest town is 30 km. There are buses that go every 1.5 hours. Most of these are farmers. Some of them are carpenters, blacksmiths, tailors, masons and daily wage workers.

SWAYYAM uses Permaculture and Natural Farming principles to build self sufficiency in communities by focusing on planting local and drought tolerant trees; reviving local and traditional poly culture farming systems that can nurture the soil, people and the ecosystem; saving and sharing of seeds; use & sharing of medicinal plants; reviving local water bodies; soil and water conservation; building with local materials using local skills and labour; use of alternate energy sources like solar and wind etc.

Close to Historical City of Mysore in Yelachatti Village, Kaniyanpura, Gundlupet Taluk, Karnataka, India
Hosting Situation

Main Aims and Activities:

We work on the demo site in the above stated address in the village. That involves tending to the crops, gardens, seed saving, farm systems including water and animals and conduct farm tours. We also conduct regular trainings and workshops on Permaculture, Agroforestry, Water management, Survival skills, Wildlife and Nature etc. We are in the process of setting up a large forest and fruit tree nursery and a processing unit with a millet mill and an oil mill soon at our community site.. This site is 20 kms away from the project site.

WE also do ecological land design (permaculture and whole systems design) that involves travel to the clients project sites for short periods. That is another interesting area for volunteers to engage with us.

Volunteer Tasks & Role:

Volunteers will mainly be involved tending to the crops, gardens, seed saving, farm systems including water and animals and conduct farm tours. We also conduct regular training and workshops on Permaculture, Agro forestry, Water management, Survival skills, Wildlife and Nature etc. We are in the process of setting up a large forest and fruit tree nursery and a processing unit with a millet mill and an oil mill soon at our community site. This site is 20kms away from the project site. The volunteers will assist with all of the above and can also help with putting together certain systems to better our existing systems. They can help with Social media management and organizing farmers markets as well. We also do ecological and design (permaculture and whole systems design) that involves travel to the client's project sites for short periods. That is another interesting area for volunteers to engage with us.

Volunteers will work in areas that the current staff does not have expertise in. Volunteers will also work with the local team who are already trained. There is a lot of work and very less man-power available in any case. The local team forms a great learning and support system for the volunteers



COUNTRY : INDIA
TYPE OF PROJECT : AGRICULTURE AND ORGANIC FARMING
NAME OF HOST PLACEMENT: SWAYYAM

Desired Volunteer’s Skills:

English speaking and writing preferred.
Computer skills – MS office (excel, power point, word) preferred.
Physically fit (farm living can be demanding, although they can choose less intensive activities)
Open mindedness and willing to learn and adapt
Either or both gender is fine.
Age: as long as they are fit and can take care of themselves well, it is not a limitation.

Location:

The setting is Rural South India. We are located at the foothills of the western ghats in the rain shadow area of the Nilagiris (blue mountains). WE are next to a Tige Reserve and a National Park. People here are simple village folk. Closest town is 30 km. There are buses that go every 1.5 hours. Most of these are farmers. Some of them are carpenters, blacksmiths, tailors, masons and daily wage workers.

Duration : 4 weeks (Min) 16 Weeks (Maximum).

Accommodation:

Volunteers stay will be on the beautiful farm. There will be a shared room with a clean toilet just outside. There is a well equipped kitchen with a fridge, blender and stove to cook their own meals. Community meals will be cooked together during events. All project sites are fenced and have a care taker and is secure

Food: Food will be provided by the Project

Additional Info: Mosquito repellent





COUNTRY : INDIA
TYPE OF PROJECT ECOLOGICAL&WASTEMANAGEMENT
NAMEOFHOST PLACEMENT NAMMA MYSURU FOUNDATION

Brief Placement Description:

The charity carries out different types of drives and events to ensure we leave a better place than what it is today, for our future generations. Their work includes raising awareness, conducting clean-up drives, and ensuring that locals are included in these endeavors. The goal is to instill in everyone’s mind the practice of environmental sustainability, waste management, cleanliness, urban landscape, and habitat restoration

Main Aims and Activities:

To encourage people to use more and more recycling material and live in harmony with Nature

Volunteer Tasks & Role:

The project based on the principle of circular economy, to be successful and expand, we need you! Depending on your skill base, we might ask for help from you to boost the communication and marketing assist the workshop manager with computer related tasks develop the out reach programme and assist in the production of the new product designs advise on recycling methods and promote our products and the project .We'll always do our best to give you tasks you're good at and that you enjoy doing.

The volunteers task will also involve Heritage preservation, Parks restoration and Solid waste management

Desired Volunteer’s Skills:

We are looking for some one who is interested in the environment and helping the people surrounding the project. Our project has various aspects which we need assistance with and volunteers can help us various activate and day to day working of the project. Volunteers should be interested in doing manual work.

Location:

Mysuru, the second largest city in Karnataka, is a place that beautifully blends the splendour of history with the living vibrancy of the traditions and culture, which is reflected in the lives of the residents. In spite of imbibing modern developments, Mysuru is still connected to its rich heritage roots, making it the Heritage Capital City

The city with the majestic Mysore Palace, the royal mansions, public buildings, gardens, water bodies and planned markets exhibit an indelible impression of the vision of the Maharajas, their Dewans and other talented luminaries on the City Municipality as early as 1862. The total harmony of buildings, sites, lakes, parks and open spaces of Mysore and the back drop of Chamundi hill adds to city’s attraction. Mysore is called the City of Palaces as a number of palaces are situated in the city.



COUNTRY : INDIA
TYPE OF PROJECT ECOLOGICAL & WASTE MANAGEMENT
NAME OF HOST PLACEMENT: NAMMAMYSURU FOUNDATION

Duration : 4 weeks (Min) 16 Weeks (Maximum).

Accommodation: Accommodation and food will be provided by the host family

Food: Food will be provided by the host family.

Additional Info: Mosquito repellent





COUNTRY : INDIA

TYPE OF PROJECT: ANIMAL RESCUE CENTER

NAME OF HOST PLACEMENT: MYSORE PINJARAPOLE SOCIETY

Brief Placement Description:

Our mission is to fight animal cruelty and protect animal rights through advocacy, education and rescue efforts. Working together, we are involved in many initiatives promoting respect and humane treatment of all animals. our goal is to support the welfare of animals in need. With the support of our dedicated community, our Advocacy efforts go a long way. Learn more about this initiative and how you can help. With our mission always in mind, we strive to find new strategies to make our Rescue efforts more effective.

Main Aims and Activities:

This Organization Came Into Existence In 1938, With the initiative & Patronage of his highness Sri JAYACHAMARAJENDRA WODEYAR, Erstwhile Ruler of Mysore. He graciously donated 60 acres of land for this noble cause and under the Leadership of Sri Moolchand Jivandas, Sri Bhabutmalji, Sri Shampathraji Khabiya, Sri Shanthilalji Chordiya the Society was formed. We are proud to state that in these 83 Years,

We have lived up to his expectations by providing shelter to innumerable Cattle & Other Animals who have been discarded by their owners and all these Animals get clean drinking water, Healthy Fodder, Scientific Care, and hygienic shelter.

Volunteer Tasks & Role:

Daily routine work (once or twice a day)

Food preparation, cleaning the cows cages, sweeping, mopping and feeding the cows. They need to assist the vetnary doctors.

Other responsibilities (on-going)

Desired Volunteer's Skills:

The volunteer will be trained on animal handling, animal care, nursing young animals and habitat creation. They will be assisting daily routine work in the rehabilitation center like food preparation, cleaning cages, dishes and laundry. The volunteer will also be assigned special projects with may involve individual or group research and submissions.

Should have a good command over English; verbal and written. The individual has to be Jack-of-all-trades and may be required to perform a wide variety of tasks, ranging from feeding, caring for individual animals to sweeping, mopping, cleaning cages, dishes and laundry. Additional animal care duties include daily rounds and observations, the feeding of young nursing mammals or the hand feeding young hatchlings. The individual should be diligent, honest, extremely focused and ready to do monotonous work. The individual should strictly adhere to protocols. Must be responsible, conscientious, and dedicated. Must respect other rehabilitators and co workers. Must be highly motivated and carry a positive outlook.



COUNTRY : INDIA

TYPE OF PROJECT: : ANIMAL RESCUE CENTER

NAME OF HOST PLACEMENT: MYSORE PINJARAPOLE SOCIETY

Location:

Foot of Chamundi Hill, Mysuru, Karnataka

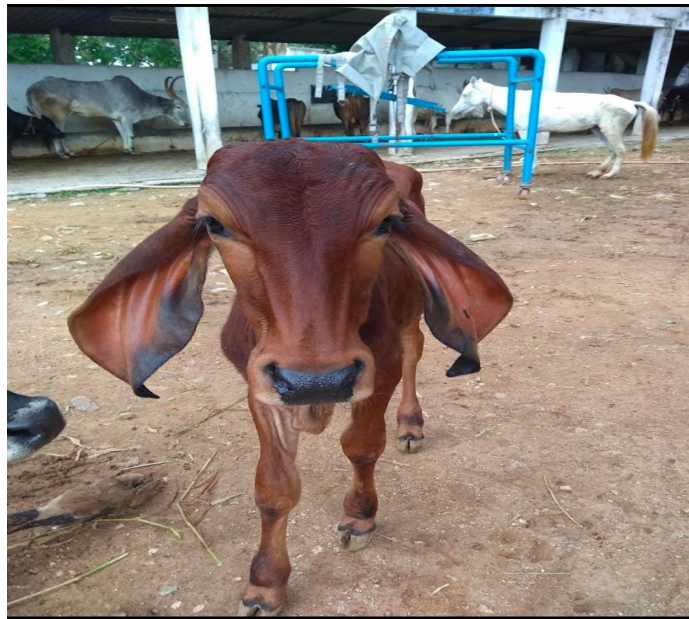
Duration : 4 weeks (Min) 16 Weeks (Maximum).

Accommodation: Accommodation and food will be provided by the project.

Food: Food will be provided by the project.

Additional Info: Mosquito repellent

Additional Info: Mosquito repellent





COUNTRY : INDIA
TYPE OF PROJECT: : ANIMAL RESCUE CENTER
NAME OF HOST PLACEMENT: PRANI, BANGALORE

Brief Placement Description:

Prani- The pet sanctuary is an one of its kind experiential educational park. An initiative of into the wild, a Bangalore based start-up that focuses on outdoor experiential education. We have tie ups with a school and NGO'S across Bangalore. We want to live in a world where humans and animals can safely co-exist and we are working towards making this a reality, we bring about change by teaching the correct thinking about animals and the natural world so we can change our collective behavior. Prani is more than just a space away from the city where you can connect with nature. It is our alternative design and hope for the future.

Experiential education is our preferred teaching approach. We facilitate interactions that involve observation, touch, feel, build, among other experiences. We nature a child's inborn draw to nature. Ours is an open environment that welcomes curiosity, cultivated in to environmental literacy in action. It is co existence and responsible citizenship that we are after. At the core we want to be link between people and animals, reconnecting through safe, peaceful encounters.

Main Aims and Activities:

We love animals, but they are sadly misunderstood. Today, a child may have never seen/petted a horse or can't tell the difference between a sheep and goat. This is reality that hard to digest, a driving factor in the birth of Prani.

Digital detox, simply minimizing screen-time and getting outdoors, is an urgent need for a generation that's deteriorating into obesity. We are traumatized by stress, anxiety, depression and other mental health problems that are on the rise.

Animals heal and have an incredible therapeutic power on our mental, emotional and spiritual lives. We work with our animals to help confront and overcome fears. So children can realize their full potential as humans, citizens, creators and protectors.

Volunteer Tasks & Role:

Daily routine work (once or twice a day)

Food preparation, feeding, cleaning cages, sweeping, mopping and feeding the cows. They need to assist the vetnary doctors.

Other responsibilities (on-going)

COUNTRY : **INDIA**
TYPE OF PROJECT: : **ANIMAL RESCUE CENTER**
NAME OF HOST PLACEMENT: **PRANI**

Desired Volunteer's Skills:

The volunteer will be trained on animal handling, animal care. Additional animal care duties include daily rounds and observations, the feeding of young nursing mammals or the hand feeding young hatchlings. The individual should be diligent, honest, extremely focused and ready to do monotonous work. The individual should strictly adhere to protocols. Must be responsible, conscientious, and dedicated. Must respect other rehabilitators and co workers. Must be highly motivated and carry a positive outlook.

Location:

Somanahalli Village, Kanakapura Road, Bangalore, Karnataka. 15km away from Bangalore main cities.

Duration : 4 weeks (Min) 16 Weeks (Maximum).

Accommodation:. Accommodation and food will be provided by the project.

Food: Food will be provided by the project.

Additional Info: Mosquito repellent





COUNTRY : INDIA
TYPE OF PROJECT :YOGA&MEDITATION/GREENPROJECT
NAMEOFHOST PLACEMENT : 3HILLSVALLEY, TAMIL NADU



Brief Placement Description:

3 Hills Valley Ecological centre – minimizing carbon emissions and working to have a positive impact on the environment and Local community. Its Located on the top of the Mountain and view of the surrounding is breath taking with view of biggest water reservoir in India. We have planted more than 7000 Saplings to create own mini forest. We have some Goats, Chickens, Turkey and Guinea fowl at our centre that roams freely. We also have many bird species and peacocks visiting our center regularly. Apart from Learning Yoga and Meditation volunteers will also be involved in Sapling Plantation and maintenance of saplings. The Centre is using Solar Power for its Electricity needs.

We have designed our centre keeping natural environment in mind. We have incorporated sustainable materials, such as reclaimed wood and bamboo, and utilize energy-efficient technologies. We have source materials and labour Locally to reduce transportation emissions and support local communities.

We at 3 Hills,We recognize the importance of contributing positively to the local community. We engage in community development projects, support local artisans, and collaborate with near by businesses. By creating mutually beneficial relationships enhance the socio-economic well-being of the surrounding area.

We focus on raising awareness about environmental issues and promoting sustainable practices. We often organise educational programs, guided nature walks, and workshops on topics like conservation, renewable energy, and responsible tourism. These initiatives empower guests to make eco-conscious choices both during their stay and in their daily lives.

Food & Accommodation:

Accommodation will be provided on sharing basic with other volunteers. Hygienic food will be provided cooked by Local Community people at our centre.

Who is This Suitable For?

- Individuals new to yoga, as well as experienced practitioners, seeking a genuine and traditional approach to yoga and meditation.
- Advanced yogis in search of expert guidance and an authentic yoga practice.
- Those desiring physical and mental relaxation, as well as detoxification through yoga.
- Individuals seeking a brief immersion in to the ashram lifestyle to experience its benefits.

HathaYoga-Meditation Retreat Template Plan

Day1: Arrival and Orientation

- Welcome participants and introduce the retreat program
- Provide an over view of Hatha Yoga and its benefits
- Explain the importance of mantra chanting in yoga practice
- Guide participants in a mantra chanting session
- Conduct a gentle Hatha Yoga as an a class for grounding and relaxation
- Teachbasicbreathingtechniques(pranayama)
- Discusstheimportanceofsatkarma(cleansingexercises)inyoga
- Engageinasatkarmapracticesession
- Endthedaywithaguidedrelaxationsession

Day2: Hatha Yoga Asanas and Pranayama

- Start the day with a morning meditation session
- Lead a dynamic Hatha Yoga asana class to energize the body
- Focus on proper alignment and breath control during the practice
- Introduce advanced pranayama techniques for breath regulation
- Guide participants in a pranayama practice session
- Discuss the philosophy behind Hatha Yoga and its principles
- Share in sights on how yoga philosophy can be applied in daily life
- End the day with a deep relaxation and preparation for yogic sleep session



Day3: Mantra Chanting and Satkarma

- Begin the day with a mantra chanting session to cultivate inner peace
- Teach participants the significance and benefits of different mantras
- Conduct a Hatha Yoga as an a class, emphasizing strength and flexibility
- Integrate pranayam a techniques in to the as an a practice
- Explain the purpose and importance of satkarma in maintaining physical and mental health
- Lead participants in a satkarma practice session
- Discuss the connection between life style choices and yoga ethics
- Engage in a group discussion on practicing yoga ethics in daily life

Day4: Yoga Philosophy and Meditation

- Start the day with a guided meditation to quiet the mind
- Dive deeper in to yoga philosophy, exploring concepts like the eight limbs of yoga
- Discuss the principles of mind fullness and their relevance to yoga practice
- Conduct a Hatha Yoga asana class, focusing on balance and alignment
- Practice pranayam a techniques to enhance concentration and awareness
- Guide participants in a meditation session, exploring different techniques
- Share practical tips for in corporating meditation into every day life
- Reflect on the benefits of meditation and its transformative effects

Day5: Hatha Yoga Asanas and Relaxation

- Begin the day with a morning meditation and mantra chanting session
- Lead a Hatha Yoga asana class, emphasizing strength, flexibility, and stamina
- Encourage participants to deepen their practice and explore variations of asanas
- Introduce advanced pranayam a techniques for enhanced breath control
- Conduct a relaxation and guided visualization session
- Discuss the importance of relaxation in yoga and its impact on over all well-being
- Share tips for integrating relaxation practices in to daily routines



Day6: Meditation and Yoga Life style

- Start the day with a mindfulness meditation session
- Deepen the understanding of yoga lifestyle and its positive impact on health
- Discuss the importance of maintaining a balanced diet and a mindful eating practice
- Lead a Hath a Yoga asana class, focusing on spinal health and back bends
- Incorporate pranayama techniques for grounding and centering
- Engage in a group discussion on the benefits of a yogic lifestyle
- Reflection the ethical principles of yoga and their relevance in modern society

Day7: Free Time

Participants will have the possibility to visit local community and local temples.



