

**Deep Griha Society (DGS)**

**Placement Pack 2011**

**Pune, Maharashtra, India**



<b><u>Introduction</u></b>	<b>2</b>
<b><u>Areas of Work</u></b>	<b>3</b>
<b><u>Jargon Buster</u></b>	<b>3</b>
<b><u>Programmes</u></b>	<b>3</b>
Childcare	3
City of Child	4
Education	4
Youth Development Programmes	4
Medical and Health Care	5
HIV & AIDS	6
Women's Empowerment	7
<u>Youth Empowerment</u>	8
<b><u>Office and Cultural Centre Locations</u></b>	<b>9</b>
<b><u>Key Contacts</u></b>	<b>9</b>
<b><u>FAQ: Volunteer Activities</u></b>	<b>10</b>
Q: What will I be doing?	10
Q: What type of person would suit this placement?	10
Q: What have past volunteers done?	10
Q: When is the best time to visit?	10
Q: What are my working hours?	11
Q: Where will I be living?	11
Q: What will I eat?	11
Q: What is the dress code?	12
Q: How much do I need to pay?	12
Q: How will I travel to and from work?	12
Behaviour & Conduct	12
Health	12
<b><u>A Guide to Pune</u></b>	<b>13</b>
Local Area	13
Outside of Fatima Nagar	14
<u>Touristy Things to See &amp; Do</u>	14

## **Introduction**

Deep Griha (meaning 'Light House') is an independent charitable organisation that works to improve the lives of people living in the slum areas of Pune. Registered in 1975, the organisation was started by Reverend Bhaskar Onawale and his wife Dr. Neela Onawale, a medical practitioner. Dr. Neela opened a one room medical clinic from their home and within two years one hundred patients were receiving medical care.

A nutrition program was also created, providing free food and health education, to address the causes of ill health being presented. In the following years Deep Griha began undertaking community development activities with the aim of empowering the slum communities.

Since work began in 1975 Deep Griha has helped hundreds of thousands of people through a range of education, self-help, nutrition and health programmes. Today the organisation employs over one hundred and forty staff, and serves the local slum population in excess of fifty thousand people.

Deep Griha has been receiving volunteers since 1981. We have worked hard to present all information relevant to your time here in this induction pack but should you have experiences

of information that you feel will help future volunteers please do not hesitate to let us know and we will try to include it in revised editions of this pack.

## Areas of Work

Deep Griha Society operates in 5 main sites:

- Tadiwala Road slum (where the main office is located)
- Ramtekedai slum
- Bibvewadi slum
- City of Child (1 ½ hours drive from Pune)
- City of Knowledge (1 ½ hours drive from Pune)

## Jargon Buster

Abbreviations are often used at Deep Griha Society. Being familiar with them will make reading this document a lot easier and will ease you in nicely to life at the NGO (Non-Governmental Organisation):

- DGS - Deep Griha Society
- CoC - City of Child
- CoK - City of Knowledge (Vidyanagari)
- PLHIV - People Living with HIV/AIDS
- WUPY - Wake Up Pune Youth sessions
- DISHA - Deep Griha's Integrated Service for HIV & AIDS
- DIYA - Deep Griha's Integrated Youth Resource and Activity Centre

## Programmes

The following is a brief summary of the areas of work carried out by Deep Griha and a description of some of the activities that past volunteers have undertaken. Further information about each programme is available on the DGS website.

## Childcare

Deep Griha runs projects promoting the health and education of children living within the slum communities of Pune. This also allows for both parents to work, which in turn creates a higher income and better living conditions.

The projects are:

- Crèches - providing full-day childcare for children aged six months to two years
- Balwadis (pre-schools) - for children aged three to five years
- DIYA - After school activities, homework clubs, IT, English & Music classes
- Aadhar Kendra - Child Sponsorship Program
- Special Nutrition Centres - providing one free meal for children suffering from malnutrition or with chronic ill health (e.g. TB, pneumonia etc.)

All children attending a crèche or a Balwadi class receive pre-school education, periodical medical check-ups, free medical treatment, immunisation and one meal a day.

## **City of Child**

Founded 2000, it is a residential project located in the village of Kasurdi, 45km away from Pune. It is currently home to around 50 children. The project targets the most vulnerable children from the Aadhar Kendra scheme identified by our fieldworkers. The children are all either orphans or come from single-parent families, unable to provide sufficient care for them. They are provided with a safe home, where they can study, play and develop away from the particularly difficult circumstances they faced in the slums.

Those volunteering at the City of Child stay at the project, coming back to Pune every second weekend. Volunteer activities include gardening, maintenance & agricultural work in the daytime and playing with and looking after the children after the children finish school, around 4pm.

## **Education**

### **Coaching Classes**

Extra tuition for school children from deprived families in the first to seventh standards. Special attention is given to the basics of their education (literacy and numeracy) to enable them to catch up with other students in their class. The goal is for all children to sit their Secondary School Certificate exam (tenth standard) after which, entry into employment or technical training courses becomes easier.

### **School Dropout Program**

For children aged eight to fourteen years who were never enrolled in school or had to drop out because of family problems. The classes provide structured play and recreation, and formal literacy tuition is available. The classes also cover topics such as personal hygiene, health, sex education, etc. All children in the school dropout program receive education materials, medical care, counselling and one basic meal per day.

### **Youth Development Programmes**

Focus on all children (either attending school or working) aged twelve to eighteen years. The programs are often separate for girls and boys. The Girl Child Program gives special attention to girls who otherwise might receive no education at all. The programs provide formal and informal education with an overall aim of increasing the child's self-confidence, knowledge and future employment prospects. Both programs run seminars on a range of relevant topics including sex education, HIV/AIDS, health, hygiene, family relationships, women's rights and skills training.

## Technical Training Courses

For older students who discontinue their studies after the seventh standard. This covers a range of topics including Yuvi Spurti Kendra's IT school, Mhendi design classes and Tailoring lessons.

If volunteers have a specific skill set to offer they are encouraged to make proposals for new classes which could help DGS users or staff gain new skills and/or increase employability.

## Adult Education

Consists of literacy classes and informal education, with an emphasis on health, hygiene and women's rights. The program seeks to raise the literacy level of the community members, and students as old as seventy-one have passed the fourth standard exam.

## Vidyanagari ('City of Knowledge')

An English-medium educational and training centre for the rural population is being developed on the outskirts of Pune. This project is being developed to provide:

- English Medium School: Deep Griha Academy
- Vocational Training Centre
- Community Health Awareness & Education
- Agricultural & Development Training Facility

Previous volunteers have helped to paint the nursery classrooms at the school as well as teach music to the school children and more recently there has been sexual health and development sessions taking place. As the school continues to develop in the coming years we will continue explore a number of ways to utilise volunteers interested in a rural placement.

## Medical and Health Care

### Tadiwala Road Clinic

Deep Griha runs a medical clinic daily at the Family Welfare Centre, Tadiwala Road. The clinic is open until 8pm, enabling people to visit after work.

Additionally, DGS runs an Eye Clinic four times a week, with optometry equipment supplied from the UK.

## Health & Eye Camps

Camps are organised for both adults and children. Dermatology, dental, cardiac, paediatric and gynaecological camps have been run in recent years.

The camps are run in both urban and rural settings, and provide opportunities for our target communities to have access to specialist care which would otherwise be prohibitively expensive.

## **Sure Start Project**

The project's main aims are to:

- Support and increase individual, household and community action that directly and indirectly improves maternal and newborn health
- Enhance systems and institutional capabilities for sustained improvements in maternal and newborn care and health status

Interested volunteers have the opportunity to go out with the specialists and into the communities to see the work that is being done.

## **HIV & AIDS**

### **DISHA (Deep Griha's Integrated Service for HIV/AIDS)**

DISHA is a programme for people from slum areas living with HIV/AIDS and their families. The program provides medical treatment, education, nutrition, and also raises awareness and understanding within the community in order to reduce the stigma surrounding the disease. The fieldworkers have been employed from the local community and all staff have received training on HIV/AIDS and basic counselling techniques.

Through DISHA, those identified as HIV+ are able to:

- Learn how to stay healthy and avoid illness
- Learn how to provide nutritious food for themselves and their families
- Understand the facts about HIV/AIDS (in particular how it is transmitted) in order to share with family and friends, helping to diminish stereotypes and discrimination
- Create a network of support for times of crisis and ill health
- Be empowered and inspired by other PLHIV to maintain good health and attitudes in order to become productive members of society
- Experience activities such as yoga and meditation as part of their treatment.

Previous volunteers have supported DISHA staff conduct their work in the community, documenting on our website and social networking sites their many and varied activities and events (such as a matrimonial event, truckers programme etc). The DISHA team leader is also keen to involve volunteers in the much of the day-to-day work in the office such as compiling reports and reviewing the programmes finances and objectives on a monthly basis.

Some volunteers have also taught English to the DISHA staff, and DGS is very keen on having volunteers continue to do this as it improves the ability of the DISHA staff to interact with volunteers.

## **Wake Up Pune Campaign**

Wake Up Pune is DISHA's outreach programme, focusing on increasing awareness about the disease in Pune.

Activities undertaken by past volunteers include: fundraising, HIV/AIDS awareness rallies, street theatre, running HIV boot camps and youth information sessions, administration work

(answering e-mails, etc), organising university and college campus events, designing posters and leaflets, etc. Given that Wake Up Pune is run entirely by volunteers there is a lot of scope for volunteers to implement their own ideas as well as continuing the many successful activities currently undertaken.

## **Women's Empowerment**

### **Adult Education**

Deep Griha provides basic literacy classes (covering 1st to 4th Standards) and post-literacy classes (5th to 7th Standard). Basic literacy classes give a measure of confidence to previously illiterate women.

Many of the women attending these classes choose to continue with the post-literacy classes, after which they can sit for their school certificate. This qualification gives them the opportunity to enter into work.

Previous volunteers have taught English to the women attending the literacy classes.

### **Self-Help Groups**

These programs enable women to come together to discuss problems, exchange ideas, and learn about personal/household financial management. The groups also run credit co-operatives enabling women to source finance either for emergency expenditure or to set up their own small businesses. Deep Griha is responsible for motivation, organization, training and supervision of these groups but the women run the groups themselves.

### **Women's Co-operative**

A registered co-operative run by women in the Tadiwala Road slum area. The women are involved in cottage industry and specialise in catering for functions in and around the Tadiwala Road area.

### **Women's Development Seminars**

Week-long seminars are organized in urban and rural communities with a view to giving women increased levels of awareness and confidence. The seminars cover a wide range of topics including education, caring for the family, the woman's role within the family and society, personal development and health and hygiene.

### **Vocational Courses**

A number of courses that aim to improve employment opportunities and pay-scale for women within the community. Courses include Home Nursing, Housekeeper's Training, Beautician, Henna and Rangoli Design.

### **Legal Aid**

Deep Griha works with the Legal Aid Centre of Pune and ILS Law College to provide legal aid and advice. The ILS Law College runs awareness sessions in our urban centres, encouraging women to learn about their rights and seek advice if necessary.

## **Youth Empowerment**

### **DIYA Youth Resource & Activity Centre (Ramtekadi)**

Aims to empower young people by providing access to a wide range of opportunities. DIYA provides:

- Recreation facilities (including dance, theatre and fine arts workshops, board games)
- Skills development (including English classes, computer courses, and tailoring courses)
- Awareness sessions (on topics such as sex and sexuality, drug abuse, personality development and domestic violence)
- Counselling facilities

Past volunteers have worked at the centre from 1pm-8pm, undertaking activities such as teaching English and music, giving computer classes and playing games with the young people. They had also organised day trips, e.g. to Empress Gardens with the young people.

### **Yuva Sphurti Kendra IT School**

Launched in 2007, the project aims to provide up to 1,000 young people from the slums with the skills needed to enter into Pune's booming IT industry. Open to young men and women aged 18-30. The two-month courses are run throughout the year at the Family Welfare Centre, Tadiwala Road, six days a week

## Office Location

The main office is located on Tadiwala Road in central Pune, not far from the railway station.

Deep Griha Society Family Welfare Centre  
13 Tadiwala Road  
Pune 411 001  
Maharashtra  
INDIA

Phone: 0091-20-26124382  
Email: [deepgriha@gmail.com](mailto:deepgriha@gmail.com)

## Cultural Centre Location

The Cultural Centre, where most volunteers live, is located in the Tatya Tope Housing Society in an area of the city called Fatima Nagar or Wanowrie. Many stores and restaurants are located nearby.

Deep Griha Society Cultural Centre  
A-8 K Tatya Tope Housing Society  
Wanowrie, Pune 411 040  
Maharashtra  
INDIA

Phone: 00-91-202-6875673

## Key Contacts

If you encounter any problems during your placement at DGS you should contact your assigned line manager or the DGS volunteer coordinator.

Volunteer Coordinator  
[dgsvolunteercoordinator@gmail.com](mailto:dgsvolunteercoordinator@gmail.com)

Dr Neela Onawale (Director)  
(0091) 9881 549545  
[nonawale@yahoo.com](mailto:nonawale@yahoo.com)

Auntie (Cultural Centre)  
(0091) 020 26875673

Emergency contacts:  
Police 100  
Fire 101  
Ambulance 101  
Ruby Hall Hospital 26123391

## **FAQ: Volunteer Activities**

### **Q: What will I be doing?**

This will depend on what skills you have and what areas are you interested in. It will also depend on what projects are running at the time of your placement and where DGS most needs help.

There is also scope for initiating new projects within the existing programs. For example helping to develop a new livelihood project for the women's groups. This type of role would best suit a longer term volunteer as the commitment level is significant.

It should be stressed that work in any area does not necessarily need to be discrete or exclusive - for example, a volunteer may spend the majority of their time focusing on events and fundraising, but may also spend some time on more applied development work such as English teaching or working with beneficiaries on the DISHA project. Deep Griha are happy to be flexible in adjusting schedules and are keen to shape the posts around the individual preferences of volunteers.

### **Q: What type of person would suit this placement?**

Since 1981 volunteers of many ages, backgrounds and cultures have volunteered with us. We have found those who have enjoyed and benefited most from the experience are confident, self-actuating individuals with a high degree of personal initiative. Ideally we aim to recruit graduate level volunteers with proven analytical abilities and some developmental exposure, though we judge each individual application on its own merits.

As should be obvious from the outline of some of our activities, this is a mature NGO with considerable organisational depth, and one which offers a range of opportunities at a variety of levels to any prospective volunteer. The organisation has a great deal of experience with foreign volunteers, having received them for over three decades.

### **Q: What have past volunteers done?**

In the past, volunteers have been assigned to work in Fundraising, DIYA Programme, Women's Empowerment Programme, DISHA Programme, and the 'Wake Up Pune' campaign.

### **Q: When is the best time to visit?**

Please contact us in advance to make arrangements, however you may find the following weather information useful in deciding when to come:

- November to February are the coolest months (25° C - 30° C during the day and 10° C-18° C at night)
- March to April is getting hotter (30° C - 35° C during the day)
- May is the hottest month (can be 40° C plus during the day)
- June to September is the monsoon (very hot (up to 40° C) and very wet)
- October the rains stop and it begins to get cooler (30° C during the day)

### **Q: What are my working hours?**

All the projects in the slums run Mon - Sat, but generally volunteers working at the projects in the slums attend five days a week (Mon - Fri). Working on Saturdays is optional.

### **Q: Where will I be living?**

Most volunteers stay in the Cultural Centre, a guesthouse owned by DGS in Fatima Nagar, approximately 20 minutes drive from the main office. Arrangements to stay at the Cultural Centre need to be made at least two weeks in advance to ensure that a room is available. On the ground floor there is the kitchen and dining room, a general sitting/waiting area and a utility room with a washing machine and iron, which are for general use. Please use your own washing powder. Also in the utility room is the water filter/cooler from which you can help yourself to safe drinking water. On the first floor is a common sitting room with cable TV and a DVD player. There is a garden area behind the kitchen on the ground floor, the lounge and first floor bedrooms have balconies and you can also go up on the flat roof.

Rooms are furnished with single beds, a table/desk with chairs and a wardrobe for clothes and personal belonging. They are often shared between 2-3 people and have either an attached bathroom or a bathroom just outside the room with western style toilets and showers with hot water. All bed linen, mosquito nets and towels are provided.

The communal areas are cleaned daily (except Sunday). Your room will be cleaned about once a week on when you will also be given fresh towels and bed linen. You are responsible for keeping your belongings safe, therefore ensure you lock valuables away and bolt your door at night. The house is staffed 24 hours a day and has a security guard out front at night. Please see the "Volunteer Policy & Agreement" document for the rules of living at the Cultural Centre.

### **Q: What will I eat?**

Three meals a day will be provided for all volunteers at the Cultural Centre. During the week lunch will be provided at the Tadiwala and Ramtekadi DGS offices. At the CC, there is a blackboard with everyone's names written on it; please be sure to tick which meals you will be eating so that no food goes to waste. With prior arrangement, it is also possible to use the kitchen to cook your own meals. For breakfast, bread, butter, jam, bananas, hot water for tea, chai and hard boiled eggs are provided. Cereals, juices, yogurt, coffee or anything else you may want for breakfast can be purchased at the local supermarket. Lunch and dinner are usually rice, dal, sabzi (vegetable) and chapatti (Indian bread). Dinner is ready around 6 pm. Please wash up after yourself and at the Tadiwala office, be sure to return your plates to the ground floor.

There is a water filter in the utility room that provides clean safe drinking water. There is no filter at any of the projects so please take bottled water with you in the morning. If you prefer, you can buy treated or mineral water in bottles. We do not advise you to drink the tap water. Volunteers do however tend to brush their teeth with tap water and any salad/fruit served with meals is washed in tap water.

### **Q: What is the dress code?**

As a representative of DGS you are expected to adhere to local dress code at all times when working. For females a salwar kameez or equivalent should be worn. For males a shirt and trousers should be worn.

Pune is a large city near Mumbai and therefore outside of working hours dress code is not as strict as in other areas in India. However it is suggested that you maintain a relatively conservative manner of dress outside of the office to avoid unwanted attention.

### **Q: How much do I need to pay?**

Everyone staying at the Cultural Centre needs to pay 350 Rupees per person per day. (Please note that the prices are subject to change so please check before you arrive.) Your contributions will cover the cost of your accommodation and food. Payment is collected weekly by the house manager at the Cultural Centre. If you prefer you can pay for a longer duration however it is not possible to give refunds for any reason. You will be given a receipt for your payment. If you would like to make a bank transfer then please email [deepgriha.eft@gmail.com](mailto:deepgriha.eft@gmail.com) to obtain the relevant details. Please inform house in-charge that this will be your method of payment and show her your payment receipt.

### **Q: How will I travel to and from work?**

A mini-bus leaves the Cultural Centre (the Volunteer Accommodation) at 9.30am. A bus will take you back at around 5-5:30pm. If you are not ready to leave with the bus in the morning or wish to go back to the Cultural Centre early you will have to travel by rickshaw (about 60 Rupees each way).

## **Behaviour & Conduct**

As everyone in the local community will recognize you as a Deep Griha volunteer it is important volunteers are mindful that they are representatives of the organisation at all times.

Volunteers should abide by the rules of the guesthouse (as outlined in New Volunteer Policy & Agreement 2011) including not drinking, smoking, abiding by the curfew (11:30pm) and not inviting anybody back to the house.

Take heed of advice that is given to you by staff at Deep Griha, particularly in regards to your safety and wellbeing.

## **Health**

- Please see [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk)
- Please note that Pune is in a low to no risk area for malaria. For malaria map see [http://www.fitfortravel.nhs.uk/destinations/asia-\(east\)/india/india-malaria-map.aspx](http://www.fitfortravel.nhs.uk/destinations/asia-(east)/india/india-malaria-map.aspx)

## **A Guide to Pune**

DGS is based in Pune, a student city with a lot to do and see. Here is a rough guide to what there is in the city...

### **Local Area - Fatima Nagar**

#### **Groceries**

There are plenty of small markets and shops on the main street, as well as the Reliance supermarket, with all the Western amenities you could ever want. There are also a few nice bakeries, e.g. the Diamond Bakery at the entrance to Fatima Nagar.

#### **Cell/ Mobile Phones - Money Exchange Store**

For a SIM card/phone - the 'Currency Exchange' shop offers great help in setting yourself up with an Indian number. It's a bit closer to the CC than Reliance, on the other side of the road.

#### **Internet**

There are many internet cafes close to the CC- two on the Fatima Nagar strip and one called "Zoom In Café" if you turn left from the CC and walk about 5 minutes. All charge approx. Rs20 per hour.

#### **Travel Agent**

Yash n Jui Enterprises, 1 Floor, Flat no. 4, Silver Heights (on the walk between CC and the main road) 020 26813285 - a lovely man who will welcome you into his home and help you with all your travel needs!

#### **Bank/ATM**

The Bank of Maharashtra on the corner is the closest to the cultural centre.

#### **Tailor**

Found on the street where the Diamond Bakery is, next to an internet cafe. Bring the material, and they will measure and tailor it for you. (Ladies & Gents).

#### **Restaurants**

Café Coffee Day - just opposite reliance, this place is perfect if you a drink and a snack

Sai Sagar - just further on from the park offers great Indian food

The Tandoor - fantastic dive bar not far from Big Bazaar. Great food, great drinks, great staff.

Fast food - there is a Pizza Hut, Dominoes and a McDonalds on the main street if you get tired of Indian food.

There are lots of cheap local eateries on the main strip to choose from. It's usually a safe bet to eat at the busiest places - locals know where serves the best and safest local food.

## **Cinema**

The cinema Fame is located right next to Big Bazaar. 150 rupees a ticket (up to 220 rupees at weekends) for Hindi and English movies. Another big cinema in Pune is called Inox near Koregon Park.

## **Outside Fatima Nagar**

### **MG Road**

The main street in Pune, about a 20 minute rickshaw ride from the cultural centre. It is great for shopping and has a few nice restaurants.

### **Laxmi Road**

There are many material shops and market stalls (selling nice and inexpensive jewellery) on the street.

### **Koregon Park**

This is the area where most of the foreign tourists stay and where the Osho Ashram is located.

There are many bars and restaurants in an area called 'ABC Farms', including:

- High Spirits - karaoke every Tuesday, gigs on other nights of the week
- Shisha Cafe - live jazz every Thursday

Other nice restaurants in Koregon Park include:

- Kiva - a Thai restaurant (Lane 6)
- Malaka Spice - free beer for large groups in the evenings (Mon-Wed)
- Prem's - nice atmosphere

## **Touristy Things to See & Do**

### **Parvati Hill**

Beautiful temples and great views of the city on top of the hill.

### **Aga Khan Palace/Gandhi National Museum**

Mahatma Gandhi was kept under arrest here in the 1940s. It is a nice place to see. (100 rupees entrance for foreigners).

## **Shaniwarwada Palace**

A stunning palace fort and although only the foundations remain, it is a peaceful and very relaxing place to go to for an afternoon. (100 rupees entrance for foreigners). There is also a weekly Sound & Light Show.