



Vaigai Health Foundation

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Vaigai Health Foundation Volunteer Guidelines

Introduction

Thank you for your interest in volunteering with Vaigai Health Foundation! Volunteers are the backbone of our organization, helping us bring meaningful change to communities in need. These guidelines will help you understand our expectations, policies, and best practices while volunteering with us.

1. Our Mission

Vaigai Health Foundation is committed to providing essential support in the areas of education, health, social welfare, and skill development. As a volunteer, you will play a key role in achieving our mission by dedicating your time and skills.

2. Code of Conduct

- Treat all beneficiaries, fellow volunteers, and staff with respect and dignity.
 - Follow all instructions given by the organization's coordinators.
 - Maintain confidentiality regarding any sensitive information you may come across.
 - Avoid any behavior that could be considered discriminatory, offensive, or harmful.
 - Represent the foundation positively in all interactions, both online and offline.
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3. Volunteer Roles & Responsibilities

Depending on the program you choose to be involved in, your role may include:

- **Educational Support:** Assisting in distributing school supplies, tutoring, or organizing educational activities.
- **Medical Services:** Helping in free medical camps, creating health awareness, or supporting first-aid training sessions.
- **Life Support:** Participating in emergency relief activities and social welfare initiatives.

- **Vocational Training:** Conducting or assisting in skill development sessions like digital marketing, food processing, or computer training.
 - **Event & Fundraising Support:** Assisting in organizing events, promoting donation drives, and helping with sponsorship programs.
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4. Time Commitment

We appreciate any amount of time you can contribute. Volunteers may participate in:

- **One-time events** such as medical camps and relief distributions.
 - **Ongoing programs** like educational and vocational training support.
 - **Remote volunteering** for digital marketing, content writing, and outreach efforts.
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5. Safety & Welfare

- Your safety is our priority. Follow all safety instructions and report any issues immediately.
 - Wear appropriate clothing and safety gear when participating in physical activities.
 - Stay hydrated and take necessary breaks during fieldwork.
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6. Attendance & Punctuality

- Inform the coordinator in advance if you are unable to attend a scheduled activity.
 - Be punctual and professional in all assigned tasks.
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7. Recognition & Benefits

- Volunteers will receive a **Certificate of Appreciation** upon successful completion of their volunteering period.
 - You will gain valuable experience and networking opportunities.
 - Your contributions will directly impact the lives of those in need.
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8. How to Get Started

1. **Submit a Volunteer Application** – Visit <https://vaigaihealthfoundation.org/get-involved/volunteer>
 2. **Attend an Orientation** – Learn about our programs and volunteer expectations.
 3. **Start Volunteering** – Join our initiatives and make a difference!
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9. Contact Information

For any queries or assistance, reach out to us at: **Vaigai Health Foundation**

Email: vaigaihealthfoundation@gmail.com

Website: <https://www.vaigaihealthfoundation.org>

Thank you for your commitment to making a difference. We look forward to working with you!
