

VOLUNTEER PROGRAM

“Living is Giving and Giving is Living”

-Swami Chidanand Saraswati





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www.Parmarth.org
www.GangaAction.org
www.DivineShaktiFoundation.org
www.ProjectHope-India.org
www.WASHAlliance.org
www.ihrf.com



www.facebook.com/PujyaSwamiji
www.facebook.com/ParmarthAshram
www.facebook.com/GangaAction
www.facebook.com/DivineShaktiFoundation
www.facebook.com/WashAlliance



www.youtube.com/ParmarthNiketan
www.youtube.com/ErosSpiritual



www.twitter.com/ParmarthNiketan



WELCOME TO PARMARTH NIKETAN!

Parmarth Niketan Ashram is a heavenly abode, dedicated to the welfare of all and open to seekers of all cultures, religions, languages and walks of life. Founded by Pujya Swami Shukdevanandji Maharaj and under the leadership of Pujya Swami Chidanandji Maharaj, Parmarth has blossomed into a true spiritual sanctuary known throughout the world.

Parmarth Niketan is located on the holy banks of Mother Ganga in the lap of the Himalayas. It is the largest ashram in Rishikesh, providing thousands of people from all corners of the Earth with a peaceful atmosphere. Rishikesh is known as the "City of the Divine." Its roads are lined with beautiful temples, famed ashrams, holy shrines, orange-robed sadhus and bustling market places. It is no surprise that individuals are drawn here from all over the world.

Parmarth Niketan offers comfort, inspiration and upliftment for body, mind and soul. Its daily activities include morning prayers, yoga classes, satsang and the world-renowned Ganga Aarti at sunset. A Nature Cure and Ayurvedic treatment center is also available on the premises.

Often times, special cultural and spiritual programs presented by visiting luminaries, musicians, spiritual and social leaders and more. Additionally, intensive courses on subjects including yoga, meditation, pranayama, and healing are offered periodically along with the renowned International Yoga Festival held every March.





GETTING INVOLVED

Thank you for your interest in joining our initiatives to preserve India's natural heritage and resurrect the state of Uttarakhand. Parmarth Niketan's mission spans from restoring the beautiful Ganga River, holding medical camps, protecting the girl child, promoting education, to enforcing sanitation and hygiene habits.

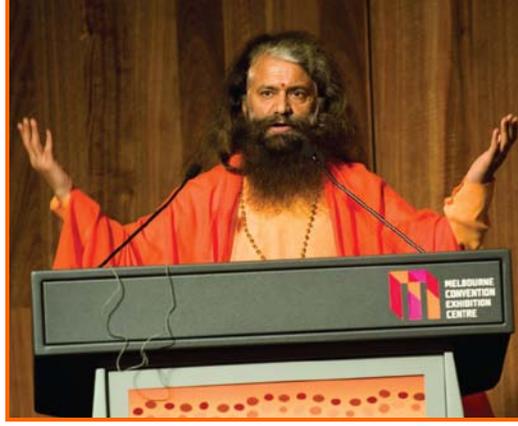
These large-scaled and detailed projects are realized through the collective effort of our global family, comprising of professionals, engineers, scientists, activists, spiritual leaders, environmental specialists and sevaks (volunteers). Though the eclectic expertise from such able minds and hands are deeply valued to take our vision forward, in order to maintain productivity and progress, we strive to ensure that the skill of our incoming family members (volunteers) is well channelized and that their stay here is a fulfilling one.

We are happy to note you have considered joining our seva (volunteer) program. As you move forward, we request you to please take a few moments to review and reflect upon our initiatives (on page 5) as well as your passion and skills, in depth.

Thereafter, complete our Volunteer Application and send it to volunteer@parmarth.com, with your resume and cover letter. We will assess a good fit between your skill set and the current opportunities available and revert to you soon.

We look forward to welcoming passionate and dynamic volunteers, like you to our team. Please do not hesitate to contact us and feel free to share our initiatives with family and friends.





H.H. PUJYA SWAMI CHIDANAND SARASWATIJI

Spiritual and Academic Education: H.H. Swami Chidanand Saraswatiiji's motto in life is, "In the Service of God and humanity." Touched by the hand of God at the tender age of eight, Pujya Swamiji left His home to live a life devoted to God and humanity, spending His youth in silence, meditation and austerities high in the Himalayas. At the age of seventeen, after nine years of unbroken, intense *sadhana*, He returned from the forest—under the orders of His guru—and obtained an academic education to parallel His spiritual one. Pujya Swamiji has Master's degrees in Sanskrit and Philosophy as well as fluency in many languages.

The Teaching of Unity: Unity, harmony, and the belief in infinite paths to God are the foundation of Pujya Swamiji's "religion." His goal is to bring everyone closer to God, regardless of what name one uses. "If you are a Hindu, be a better Hindu. If you are a Christian, be a better Christian. If you are a Muslim, be a better Muslim. If you are a Jew, be a better Jew," He says.

He has been a leader in numerous international, inter-faith conferences and parliaments, including the **Parliament of World Religions**; the **Millennium World Peace Summit of Religious and Spiritual Leaders at the United Nations**; the **World Economic Forum**; the **World Council of Religious Leaders at the United Nations**; the **World Conference of Religions for Peace**; the **Global Youth Peace Summit at the United Nations**; the **Hindu-Jewish Summit**; and the **Hindu-Christian Dialogue initiated by the Vatican**.

Spiritual Leader and Inspiration: Pujya Swamiji is the President and Spiritual Head of Parmarth Niketan Ashram in Rishikesh, one of India's largest and most renowned spiritual institutions. Under His divine inspiration and leadership, the humanitarian activities undertaken by Parmarth Niketan have increased several-fold.

Guide to Youth: Pujya Swamiji knows that the youth are our future, and He is forever changing the course of that future through His profound effect on every youngster with whom He comes in contact. Children and adolescents seem to bloom like flowers under the rays of His light. Additionally, He gives pragmatic tools to help them unite in the spirit of peace, harmony and global change. Pujya Swamiji runs youth sessions and camps in the USA, Europe and throughout Asia.

Ceaseless Service: "Giving is Living" is Pujya Swamiji's motto; He is always in the midst of dozens of projects, each one a noble and tenaciously dedicated effort to make the world a better place for all of humanity. He is the Founder/Chairman of the India Heritage Research Foundation (IHRF), an international, non-profit, humanitarian organization dedicated to providing education,

health care, youth welfare, and vocational training to the needy population. IHRF also, under the guidance and inspiration of Pujya Swamiji, is compiling the first *Encyclopedia of Hinduism* in history. Pujya Swamiji is also the Founder/Chairman of the Divine Shakti Foundation, a non-profit organization dedicated to using the energy, strength and capability of women to help bring the light of life, hope, education and assistance to the abandoned, orphaned babies and young girls, as well as widowed and impoverished women.

Ganga Action Parivar: Pujya Swamiji is also the Founder of Ganga Action Parivar (GAP), a worldwide family of scientists, engineers, specialists, volunteers and devotees who are dedicated to working to make Mother Ganga's waters not only *nirmal* (clean) but also *aviral* (free-flowing). Pujya Swamiji has dedicated the next five years of His life to this huge, comprehensive program spanning Gangotri to Ganga Sagar. The program includes everything ranging from solid waste management to sewage treatment plans to full civic re-planning for the villages/cities on the banks of Ganga. It also includes establishment of trash collection and recycling programs as well as organic farming programs to minimize not only trash but also chemical effluents in Ganga's waters. Uniting people from across India and across the world in the name of saving Ganga, Pujya Swamiji is giving a new direction to this crucial crisis.

Awards and Recognitions: Pujya Swamiji is the recipient of innumerable awards for both His role as spiritual leader as well as for His unparalleled humanitarian work. Some of them are:

1. Mahatma Gandhi Humanitarian Award, given by the Mayor of New Jersey, USA for outstanding charitable and interfaith work
2. Hindu of the Year, 1991, by the international magazine *Hinduism Today*, for masterminding the project of the next millennium, the *Encyclopedia of Hinduism*
3. Uttaranchal Ratan ("Jewel of the State of Uttaranchal") Award
4. Bharat Vikas Parishad 1st Utkrishtta Samman Award
5. Devarishi Award, by Sandipani Vidya Niketan, under the guidance of Pujya Sant Rameshbhai Oza, for promoting Indian culture and heritage across the world
6. Bhaskar Award, 1998, by Mystic India & Bharat Nirman, for Outstanding Humanitarian Service
7. Prominent Personality Award, by Lions' Club
8. Diwaliben Mohanlal Mehta Charitable Trust Award for Progress in Religion
9. Best Citizens of India Award

The True *Sanyasi*: Pujya Swamiji seems unaffected by this incredible list of accomplishments and remains a pious child of God, owning nothing, draped in saffron robes, living a life of true renunciation. His days in Rishikesh are spent offering service to those around Him. Thousands travel from America, Europe and Australia as well as from all over India, simply to sit in His presence and receive His *darshan*. To them, the journey is an inconsequential price to pay for the priceless gift of His *satsang*. He travels the world, bringing the light of wisdom, inspiration, upliftment and the divine touch to thousands across the world.





OUR INITIATIVES

Project Hope

Providing Relief and Restoration in times of Natural Disaster

Global Interfaith WASH Alliance

Faiths Come Together to Help Ensure Water, Sanitation and Hygiene for All.

India Heritage Research Foundation

Committed to education, healthcare, interfaith harmony and upliftment of women. IHRF has created ashrams in Mansarovar and the world's first comprehensive Encyclopedia of Hinduism.

Encyclopedia of Hinduism

Unprecedented encyclopedia by some 1,000 experts over a 25-year time-span.

Divine Shakti Foundation

Dedicated to the holistic well being of women, their children, and orphaned/abandoned children, and to all of Mother Nature and Mother Earth.

Ganga Action Parivar & National Ganga Rights Movement

Bringing together networks and partnerships of the world's preeminent researchers, Environmentalists, engineers, religious and business leaders, as well as members of the general public for creating thoughtful solutions to the numerous problems plaguing the Ganga and its tributaries.

Green Kumbh Initiative

Promoting clean, green festivals and public education for healthier ecosystems.





VOLUNTEER GUIDELINES

Living and Learning

Our Volunteer Program involves a living and learning experience here in the ashram. Due to the importance of our projects, we encourage volunteers to stay for a minimum of 3 months. We may accept those who wish to stay for a shorter period on a case-by-case basis.

For full-time volunteers (at least 6 hours for at least 6 days of the week), the program offers full room and three meals a day.

Work Hours

While we do encourage a healthy balance between working and enjoying ashram life, we do on occasion, work on deadlines, which may require late hours. In general, our volunteers work between 6-8 hours depending mainly on need. Albeit, we hope and strive our best to make the volunteer experience such that the volunteer forgets tracking hours and becomes joyfully immersed in the seva (volunteering experience).

Quality

It is assumed that all volunteers will work to produce the highest quality work they are able to as a responsible member of any one of the multiple teams in our office. Also, all of the work presented to the office is the property of the office and it will be assumed that the entire work is original and any material taken from other sources is cited.

Culture

Volunteers are first members of the ashram and then volunteers so they are expected to adhere to all of the ashram rules and regulations and remain conscious of the cultural context of the ashram in the dress code, behavior, and persona (see page 8 for ashram rules).



Early Leave Notice

Volunteers who apply for a specific period and have to leave earlier than planned must provide two-week's notice.

Confidentiality

Any and all research, materials, reports, and contacts made during and after the duration of the volunteer shall remain the property of Parmarth Niketan and shall not be shared without express consent from management.

Sadhana & Seva

Seva (volunteering) is selfless service and the fruit of true selflessness and loving benevolence springs naturally from the roots of Sadhana (spiritual practice). Engaging in any form of Sadhana, like meditation, yoga or satsang (spiritual discourses), is not mandatory, albeit it is the key to ensuring your seva here is focused and meaningful. The synergy of our sevak's (volunteer's) positive outlook and energy helps us excel in our mission to serve Mother Earth, Mother Nature and Mother Ganga.

Application Process

Although, we are a family of dedicated volunteers and staff, our office is structured with various roles and responsibilities that have been designed to maintain the structure and progress of work while ensuring project goals are met.

Typically, applicants are reviewed in a two-step process. First, we review the resume/CV and application and then, we follow up with an in person or skype interview.





ASHRAM PROTOCOL

Parmarth Niketan is a haven for those who are here to devote themselves to sadhana, meditation, seva and satsang. As we are a spiritual institution, we do have a set of guidelines that we ask all residents to respectfully follow.

- ॐ Kindly observe and adhere to truth, non-violence, self-discipline, and polite etiquette.
- ॐ All (both men and women) are required to dress modestly and soberly, in a way that shows respect for the tradition of ashram life. We request that no shorts, sleeveless shirts, or other revealing clothing is worn.
- ॐ No strangers or persons who are not mentioned on the admission form are allowed to be invited or entertained in the rooms.
- ॐ It is the resident's responsibility to keep his/her room clean and tidy. Rooms should always remain in the same condition as when they were assigned.
- ॐ Please refrain from picking flowers and littering.
- ॐ If you are eating your meals at the ashram, please be punctual. Meals will only be served during the posted times.
- ॐ No pets are allowed.
- ॐ The following are strictly prohibited: smoking, drinking intoxicants, using illicit drugs, eating egg or other non-vegetarian foods, playing cards, radios, or TVs.
- ॐ Please do not oblige anyone by directly providing money, clothes or tips of any kind. Whatever help you want to give, please donate it to the office, and it will be distributed where it is most needed.





VOLUNTEER APPLICATION

LAST NAME:		
FIRST NAME:		
PREFERRED NAME:		
GENDER:	DATE OF BIRTH:	AGE:
MAILING ADDRESS:		
PERMANENT ADDRESS:		
EMAIL ADDRESS:		
TELEPHONE:		
CELL PHONE:		
PREFERRED METHOD OF CONTACT:		
<ul style="list-style-type: none"> A) EMAIL B) TELEPHONE C) CELL PHONE 		
DURATION OF THE VOLUNTEER PROGRAM YOU WISH TO JOIN?		
<ul style="list-style-type: none"> A) 1 – 3 MONTHS B) 3 – 6 MONTHS C) OTHER (when applying for less than 1 month or more than 6 months) 		
IF NOT APPLYING AS FULL-TIME VOLUNTEER, PLEASE LET US KNOW THE NO. OF HOURS YOU WISH TO SERVE:		
<ul style="list-style-type: none"> A) PER DAY B) PER WEEK 		

EMERGENCY CONTACT NAME:

RELATIONSHIP:

PHONE:

WORK:

CELL:

EMAIL:

ADDRESS:

GIVE 2 REFERENCES WE CAN CONTACT, OTHER THAN FAMILY

PERSONAL REFERENCE NAME:

RELATIONSHIP:

PHONE:

EMAIL :

PROFESSIONAL REFERENCE NAME:

RELATIONSHIP:

PHONE:

EMAIL :

HOW DID YOU HEAR ABOUT PARMARTH NIKETAN?

HAVE YOU SPENT TIME AT PARMARTH PREVIOUSLY? PLEASE TELL US THE DATES AND CONTEXT IN WHICH YOU WERE HERE?

PLEASE WRITE A SHORT SUMMARY OF YOUR BACKGROUND, ABILITIES AND GENERAL INTERESTS.

WHAT SKILLS, TRAINING AND EXPERIENCE DO YOU HAVE WHICH MIGHT BE USEFUL TO CENTER NEEDS?

ATTACH YOUR RESUME

Applications will not be reviewed unless a current resume/CV is attached.

COVER LETTER

All applicants must submit a cover letter in addition to this form. In your letter, please tell us about your interests, aims, and expectations regarding what you hope to experience at Parmarth Niketan. Here are some possible topics which you may wish to address in your letter. These are suggestions only; please answer as you like.

- Why do you wish to volunteer at Parmarth Niketan?
- What appeals to you about our volunteer program?
- Share your past experiences which are relevant to volunteering at Parmarth Niketan.
- What do you wish to experience here?
- What do you think may be the challenges and opportunities?
- How do you feel about living in an ashram/spiritual community?

