2025
2026

Gurgaon (Gurugram), India

HEEALS NGO INDIA

VOLUNTEER PROGRAM
INTERNSHIP

HEEALS
Developing Community Network
Health Education Environment
And Livelihood Society

Visit us
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Why Volunteer with HEEALS NGO India?

Join HEEALS for an international volunteer or internship experience that goes beyond professional growth. Work directly with local communities on key global issues like gender equality, mental health, menstrual hygiene, education, and environmental sustainability. At HEEALS, you're not just observing — you're actively contributing through research, outreach, and hands-on projects. Gain real-world skills, cultural insight, and a true sense of purpose. Walk away with a certificate, a recommendation letter, and the lasting impact of having been part of real change.

Be a changemaker. Start your journey with HEEALS!

Gaurav, Founder and Managing Director, 2010

Who is HEEALS NGO India?

HEEALS is a grassroots NGO based in Gurgaon, India, committed to empowering rural and local communities in the areas of health, education, environment, and livelihood. Since 2010, we have led impactful projects focused on menstrual hygiene, gender equality, mental health, water, sanitation, and sustainability. Through workshops, research, and resource distribution, we aim to build stronger, healthier communities and promote inclusive development across India.

Health **E**ducation **E**nvironment **A**nd **L**ivelihood **S**ociety

Willl from UK, 2016

Where are we based?

Gurgaon, officially known as Gurugram, is a rapidly growing city in Haryana, just 25 min. from New Delhi International Airport. As a major part of India's National Capital Region (NCR), it's known for its urban development and economic progress. However, behind its modern skyline, the city also faces deep social challenges. Over 20% of Gurugram's urban area is made up of slums, where communities struggle with limited access to clean water, sanitation, menstrual health, gender equality, and mental well-being. Areas like Nathupur, Sikanderpur, and Sector-44 highlight the urgent need for inclusive development and support.

Real change begins where inequality is most visible and so does our mission!

Simone from Italy, 2025

What do we do at HEEALS NGO India?

At HEEALS, we work directly in underserved communities to improve water, sanitation, and hygiene, promote menstrual hygiene and gender equality, and support mental health and education. Our holistic approach focuses on nurturing the mind, body, and soul—addressing physical health, emotional well-being, and social empowerment. We also tackle climate change, sustainable development, legal awareness, and nutrition. Through workshops, research, outreach, and grassroots engagement, we empower individuals to build healthier, stronger, and more resilient communities.

Change begins when mind, body, and soul heal together

Caleigh from Canada, 2016

When is the internship available?

Our projects run year-round, with internships starting from one month and flexible to your needs. Expect 30–40% fieldwork engaging with communities and 60–70% office work including research and planning. Workdays are usually Monday to Friday, 10 AM to 4 PM, with weekends off and some schedule short flexibility accepted. The internship package can also include accommodation near our office and full board.

Join us because change happens when you get involved

Maxime from France, 2017

How do we conduct our internships?

At HEEALS, interns actively participate in in-person workshops engaging directly with communities in schools, villages, and urban slums. Alongside this, interns conduct research through surveys, data collection, and analysis to support project planning and impact evaluation. Interns also help facilitate awareness campaigns, assist in counseling and educational support, contribute to documentation and reporting, and support digital outreach through social media and content creation. This hands-on experience develops key skills in research, communication, project management, community outreach, teamwork, and problem-solving—equipping you for a meaningful career in the development sector.

Join us to transform your passion into real-world impact!

Jorge from Spain, 2018

I've been working on a hand-washing awareness project across several rural villages in Uttar Pradesh, Haryana, and the suburban areas of Delhi and Gurugram. This experience has been truly transformative — not only have I learned so much about public health and local communities, but I've also grown personally and professionally.

If you're looking for meaningful, on-the-ground impact and a chance to truly connect with people, I highly recommend coming to India and working with HEEALS. **It's an experience that will stay with you for life — you won't regret it!**

Chiara from Italy, 2024

I took part in a project focused on food, mental health, and hygiene among children, where we ran the impactful "Food & Mood" campaign. I'm truly honored to have been part of this initiative and of the work behind it.

This experience opened my eyes, touched my heart, and strengthened my desire to make a difference. I can't wait to come back and keep contributing to this meaningful journey. Because even **the smallest action can spark real change,** and change begins with you.

Teru from Japan, 2017

I took part in a program focused on water and sanitation, and it was an incredibly rewarding experience. During my internship, I had the chance to work closely with local communities, learn from passionate professionals, and contribute to projects that have a real impact on people's daily lives.

I recommend this opportunity to anyone who wants to improve different skills. Beyond the work itself, living in India is an experience like no other, **it's full of life, color, and energy** that stays with you and inspires you long after you return home.

Reach out to someone who has interned at HEEALS to get more insight into their experience!

Marcia Ponzlet (Germany, 2025) **Simone Bedin (Italy, 2025)**

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Volunteering with HEEALS in India is not just an internship — it's a powerful, immersive experience that will transform how you see the world and yourself. Living and working alongside communities, you'll witness their struggles and strengths firsthand, gaining deep cultural insights and emotional growth that no classroom can teach.

This journey challenges you, expands your perspective, and connects you to a purpose bigger than yourself.

More than just building your skills and career, this experience will enrich your heart and mind, leaving you with unforgettable memories, new local friends and a lifelong commitment to making a real difference.

Step into the heart of India, and let your passion become the change the world needs.

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