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This summer, I had the wonderful opportunity to volunteer full time with **HEEALS NGO INDIA** in Gurgaon, India - just a quick metro ride from the bustle of New Delhi  Between weekend getaways to Jaipur and Agra, workshops with energetic students, power and internet cuts, and even the occasional flooding, my five weeks in  flew by.

 I wanted to understand what it meant to truly be working at the grassroots level - collaborating with local stakeholders and impacting the daily lives of communities, without the extensive staff and funding that larger organizations are able to rely on. For this, **HEEALS NGO INDIA** was the perfect place to learn.

During my time at **HEEALS NGO INDIA**, I:

 conducted literature reviews on gender equality issues such as child marriage, dowry, and violence against women in India

 prepared educational materials for school workshops & social media content

 drafted project reports and proposals

🤝 co-facilitated workshops with **Gaurav Kashyap**, Simone & Kirti on the importance of nutrition and WASH measures in five schools across Haryana and Uttar Pradesh, reaching 200+ children 🧒🧒

🌟 The highlight of my experience, was supporting the launch of the 💧 Menstrual Hygiene Awareness Campaign 💧 – a series of educational workshops for young girls aimed at breaking the stigma on menstruation. The campaign's first session took place in an all-girls school in Bahtipura, Uttar Pradesh – about 3.5 hours from Gurgaon, with the final stretch only accessible by tractor 🚜

🙏 I want to express my gratitude to **Gaurav Kashyap**, the founder of **HEEALS NGO INDIA**, who was a wonderful mentor during my time in India, as well as everyone I met along the way, who shared their stories and perspectives with me. Thank you for teaching me about Indian culture and society and what it truly means to work at the grassroots level, with limited resources but unlimited dedication.

