

Volunteer Newsletter

OCTOBER 2021

V-OSCARS WINNERS



"I am Maria Ali, I joined Indus Community Services as a Volunteer in June 2020, and was assigned the task of running a craft workshop for kids of age 6 to 10 years. I am deeply honored and thankful to Indus Community Services for recognizing and acknowledging my little contribution towards the community and rewarding me with STAR VOLUNTEER MEDAL." Maria Ali

"Anyone can use their knowledge, experience, skillsets and the interests and passion they have to do something, in two ways, both as a career to take self-benefit while also volunteering some time to provide benefit to others." Rahat Parveen



ABOUT VOLUNTEERSISM

Volunteering at Indus means giving back to your community and is a great way to explore your interests and passions. Volunteering can help you form new connections, learn new skills, advance your career, and even make you feel happier and healthier.

Indus would like to thank all our volunteers for their hard work, commitment and dedication. We are eternally grateful for all that you do for us.

"Indus' commitment towards professional development to your staff and volunteers are highly commendable. Indus Community Services provide the best resources, staff at Indus are very helpful and are always willing to support their clients and community partner organizations, service excellence at its best".

- Madhuri Payidiparty, VMBC

**CURRENT VOLUNTEER
OPPORTUNITIES AT
INDUS**

1. **FRIENDLY VISITING**
2. **COMMUNITY
CONNECTIONS**

**CLICK HERE
FOR JOB
OPPORTUNITIES**

Are you an Indus
volunteer and
would you like to
contribute to the
newsletter?
Get in touch with
Riya today!

Let's Connect!

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SELF-CARE TIPS

Mental Health is about knowing and accepting yourself, understanding what makes you happy, building meaningful relationships, coping with problems of day-to-day living and maintaining a balanced and healthy lifestyle.
Here is a link to help support your mental health.



Listen to music



Exercise regularly



Meditate and journal



Catch up with friends

How can volunteering fit into a lifestyle?
Volunteering can be a personal experience that can be shared with others. There are various ways that people can be involved in the community using existing skills through speaking on passions that suit a particular personality. Read more here.

The Benefits of Volunteering
Volunteering plays an important role in improving others' lives and has several benefits. When in service to others, volunteers become immersed in helping and providing an environment that can uplift and encourage those around them and can become physically and mentally stronger. Read more here.