Sabir

CHRONIC ILLNESS COMMUNITY

Volunteer Roles

ABOUT SABIR

sabircommunity.org

Sabir is a peer support community for adults in India living with chronic illness, especially chronic pain and fatigue, with a focus on autoimmune, rheumatic and connective tissue conditions. Members are managing illness alongside work, family, relationships and identity.

COMMITMENT REQUIRED

5 hours a week for three months. Remote, with optional in-person meetups in NCR. Hours are flexible, with agreed deadlines and occasional scheduled check-ins. These are unpaid volunteer roles. We are looking for 1 to 2 volunteers in each area.

WHO CAN APPLY

Beginners welcome, though prior volunteering experience will help. College students both undergraduate and postgraduate are welcome if they can manage the time commitment. Volunteers must be based in India or Indian-origin.

FOR ALL ROLES

- All volunteers work under the guidance of Sabir's founder. Tasks, timelines and responsibilities are agreed at the start, with regular check-ins.
- Every volunteer receives an orientation before beginning, and adjustments required can be discussed.
- Reliability and clear communication about your availability are a must.
- Discretion with personal and health information is necessary.
- Lived experience of chronic illness is welcome and not required, except where stated

WHAT YOU GET

A volunteer certificate on completion, and a letter of recommendation for volunteers who meet their agreed responsibilities. Work can be shown in a portfolio with approval. Anything involving member content stays confidential.

HOW TO APPLY

Apply through the form by 20th December, 2026. Shortlisted applicants will be invited for a short conversation.

Apply here

sabircommunity.org/volunteer_form

For questions, email hello@sabircommunity.org or WhatsApp 9810411347.

01 Administration and Facilitation

TASKS

- Track screening form responses and follow-ups
- Maintain member records
- Schedule video calls and meetups, and send reminders
- Co-host video calls and take notes
- Help run weekly topics and community activities
- Welcome new members and flag concerns to the moderator

SKILLS

- Lived experience of chronic illness preferred
- Organised
- Comfortable with Google Forms and Sheets
- Steady in difficult conversations
- Careful with confidential information

02 Graphic Design

TASKS

- Design Instagram carousels and awareness-day posts
- Lay out onboarding material, community guidelines and posters
- Create visual assets for the website
- Work within the Sabir brand kit in Canva

SKILLS

- Strong in Canva (Figma or Illustrator a plus)
- Works within brand guidelines
- Attention to accessibility (readable type, contrast, alt text)
- Portfolio required

03 Communications

TASKS

- Draft social media creative content, copy and captions
- Plan and draft content for the awareness-day calendar
- Fact-check health claims and cite sources
- Support longer-form writing and newsletters

SKILLS

- Clear, concise writing in English (Hindi a plus)
- Careful with sources
- Familiarity with disability and chronic illness language a plus

04 Research and Resources

TASKS

- Build a directory of practitioners (rheumatologists, physiotherapists, pain specialists) by city
- Compile plain-language explainers on conditions
- Gather resources on workplace accommodations and rights
- Verify sources for all material

SKILLS

- Research and synthesis
- Comfortable reading medical and policy material
- Organised documentation

05 Partnerships and Outreach

TASKS

- Find organisations, practitioners and networks aligned with Sabir
- Draft and send outreach emails, and track responses
- Support partnerships with educational institutions and fellowship programmes
- Research workplace inclusion partners and opportunities

SKILLS

- Confident professional writing
- Organised follow-through
- Comfortable representing Sabir externally
- Experience in the nonprofit, health or social impact sectors a plus



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