

ADMISSION PROTOCOL AT NISARGOPCHAR ASHRAM-APRIL'22

- Considering the safety of senior citizens, currently the admissions are open for sadhakas below the age of 70 year.
- The check In time for Sadhakas will be between 8.30AM-4.30PM and check out will be at 11 AM
- If you had Covid-19 infection recently or have taken the Covid-19 vaccination, then you can make reservation at Ashram only after a period of 14 days.
- Consultation and treatments shall commence on the same day, after the consultation you will receive treatments and diet as per the doctor's advice.
- First day will be utilized for orientation and consultation with Doctors and this day you will have limited treatments

Rules and General Instructions

- Aadhar Card is compulsory; all the sadhakas between the age group 12-70 years shall be eligible for admission. The minimum duration of stay would be 7 days.
- Ashram holds the rights to deny the admission to Sadhaka, If you are found to have any ailments other than those mentioned by the Sadhaka while making an online booking/telephonic consultation.
- Sadhkas would not be allowed go out of campus during entire duration of stay nor allowed to have any visitors; In case of violation of Ashram rules, the sadhaka shall be discharged immediately.
- Sadhakas who wish to stay single in a double occupancy room may pay room rent at actuals and occupy the entire room subject to availability.
- In case of an early discharge, charges as per ashram policy shall be levied.

General information

- Check out timing is 11:00pm
- Guest & children will have to pay full room charges per day per bed. (Child 6 yrs to 11 yrs half charge & from 12 yrs onwards children have to pay full charge of the bed)
- We do not offer treatments for children below 12 years of age; they may accompany the health seeker but may not be provided with special food or facilities.
- At Ashram we don't serve breakfast. You may be served with steamed sprouts/or fruits/vegetable juices as prescribed by our consulting doctor.
- The lunch timing is 10.30AM-11.30AM and dinner is served between 5.30PM-6.30PM. You are expected to follow timings strictly.
- You are advised not to stop your medications without consulting the doctors at Ashram.
- Based on the ashram diet and treatment schedule your medications and Insulin dose may be tapered. You can use the ashram refrigerator to store your Insulin during your stay.
- R.O. treated safe water for drinking is available at the kitchen and near the main office.
- For more information contacts us on 020-26926230/26926298, Mobile-9607095588 or refer to our attachment and visit our website-www.nisargopcharashram.org
- We accept Debit and Credit cards, Master card, VISA and RUPAY
- Do not spit in the premises.
- Please leave your footwear in the designated areas only.
- We request you to follow the standard covid protocols and help you serve better

***Nisargopchar Gramsudhar Trust reserves the right to change the norms of admission, booking policy, terms and condition of stay at ashram without any prior information or notice.**