

## ESSENTIAL INFORMATION

**There are certain details which are essential to be understood before the registration process:**

- We are staying amidst the forest and despite electric fencing, wild animals including Elephants, Wild boars, wild buffalos, deer, peacocks and snakes are present and so we request you to be watchful & not to go for walks and treks into the wilderness & to the non-illuminated area during nights. However, it is safe to the extent that many staff/ families stay on the campus with kids.
- Our “Green” campus works primarily on solar energy but the Air conditioners work on regular government electricity which tends to be erratic. You can contact our office in case of any inconveniences with it. While using Air conditioners, please keep the doors and windows closed.
- Our Admin Person meets you every Monday and Friday to make a list of Maintenance & Non-Medical issues/requirements. If any most essential items need to be purchased, you can request them at that time and it would be arranged with a service charge of INR 50. However please hire a taxi for your urgent or specific requirements that cannot be sourced locally.
- We have managed to have good internet with a backup internet service with professional networking arrangements throughout the campus but we do not guarantee 100% accuracy as we are in a remote location. Internet packages are available on a payable basis based on usage. The Internet is fully protected by Firewall and hence malicious and suspicious websites might not work.
- Laundry: For self-use, we have Washing machines kept in the Laundry room both on the ground floor and upstairs with a covered cloth drying area. All cottages are equipped with separate washing machines and Cloth drying arrangements. Specific Washing powder is made available in the amenity box and Rs.50 is charged for each wash.
- Ironing: We have an ironing board and an iron box /Dry Iron Machine placed in the Laundry Room and you are free to use them but please make sure you switch them off after use. We do not have any other outsourced option to iron clothes.

- Bed linens and pillow covers are changed twice a week & we take special care to provide them clean but as the treatments are primarily oil-based, there can be traces of oil smell on the bedsheets and pillow covers even after industrial laundry with biodegradable chemicals. If you are not comfortable using them, please feel free to bring your sheets and pillow covers and you shall take care of laundering your personal linens.
- We will keep 5 Brand new towels in your wardrobe, & they are prewashed once to remove the starch. Your Name or Initial is marked on the corners to identify when you put them for drying.
- We do not provide a zero sugar diet even to a person who is diabetic because cutting down sugars is just escaping from the problem but our approach is to handle the problem.
- **We do not provide any special meal options.** We have our standard 7-day pure vegetarian diet plan that mainly focuses on being conducive to treatment. Our meal also has Onion and Garlic sometimes and it would NOT be possible to give an Onion-Garlic free meal or any customized meal.
- The food that is best suited during the treatments will be served by us with the utmost care and efforts to bring varieties and also to suit different palates but taste differs! We advise you to try & get along with our food regime and in case of issues in taste, quantity, varieties etc you can buy fruits like Pomegranates, Apples or Guava for standby and our office can help you buy them if available locally with a small extra service charge. It may take one or two days to arrange.
- The quantity of serving is fixed and we do not serve extra items on call due to operational difficulties however we can increase or decrease the serving size as a standing instruction to suit your requirement.
- Breakfast would be served at around 7.45 AM, lunch at 12.30 PM and dinner at 7.30 pm. Lunch would be the most elaborate meal of the day, Breakfast and dinner would be simple. A snack /hot soup/ herbal drink would be served around 4 PM. We suggest you skip the snack if you are not hungry.
- A hygienic Drinking water dispenser after 5 stages of purification with Hot and Normal temperatures is available on the Ground floor and upstairs in the common area. Water Jug and thermos are provided in all rooms to store water. Exclusive Drinking water arrangements are made for all cottages along with an instant hot water kettle.

- Smoking, Using Tobacco, Consuming alcohol or any other types of drugs are prohibited on the campus.
- In any event of leaving the campus gate during the treatments, you are requested to take consent from the Vaidyas.
- We do not enable any one share the room with other unknown people. Sharing of room is by choice and people can share the room with their own relatives or friends.