



Sri Aurobindo's 150th Birth Anniversary Celebration

Sri Aurobindo Ashram-Delhi Branch

Yog Gyan Retreats 2022 at Madhuban, Talla Ramgarh

Madhuban, Talla Ramgarh, Shivirs Guidelines, Rules and Regulations

Follow all Covid-19 protocols

FOOD

1. Observe meal times. Do not make the volunteers wait to serve you.
2. Out timing is Morning Breakfast 7:30 am, Lunch 12:30, Tiffin 4:30 and Dinner 7:30 pm.
3. Do not waste food. Take as much as you are sure to finish. You can go back for more without having to stand in the queue.
4. Do not carry food to your rooms. Eat in the dining hall, in the courtyard or out in the parapets.
5. Make sure to clean food remains in the waste bin. Do not clog the drain pipes in the washing area.
6. Please keep the washing place clean and dry.

DOs

1. Use dustbins.
2. Keep your valuables (especially money and electronic equipment) safely. You can deposit these with Shivar -in-charge for safekeeping.
3. Leave the key to your room/dormitory on the keyboard. This avoids inconvenience to your roommates.
4. Close windows when going out of the room/dorm for any extended time. Rains in the mountains are frequently sudden and may soak your bed and clothes.
5. Be punctual. Bell rings 5 minutes before the start of each programme.
6. Inform Shivar -in-charge of any illness immediately.
7. Be courteous and considerate to others in the Shivar.
8. Be back by 6:30 P.M. to the Shivar us on the days you are permitted to go to town.
9. Carry your sanitary waste back with you.

DON'T

1. Don't forget that the Shivar venue is an Ashram, as sacred as any **temple, mosque, church, gurudwara, or synagogue**.
2. Don't **smoke** or use **gutkha** on Ashram Shivar us.
3. Don't take any **alcoholic drink or drugs** during the entire Shivar, whether in Ashram or outside.
4. Don't waste water, electricity and food.
5. Don't bring eggs, fish, and meat to the Ashram except in your belly.
6. Don't pluck anything from the plants. Be conscious that you don't damage plants out of the Shivar us as well.
7. Don't go into the rooms/dorms of the opposite sex. Call them outside to talk.
8. Don't throw paper or cloth or anything else into the toilets. The drains get clogged causing a big mess.
9. Youth-Shivar ers are requested not to bring mobile phones or music players to the Shivar.

MEDITATION

1. Evening meditation at 7:00 p.m. is compulsory.
2. Please start sitting from the front, so that the latecomers don't have to jump over you to fill space at the front.
3. Keep your shoes neatly lined along the wall so that people don't trip over and fall.
4. Do not come to Meditation Hall with smelly socks.
5. Do not talk in the Meditation Hall. Remain focussed within during meditation talk.
6. Leave the Meditation Hall in an orderly manner.
7. If you are not attending Meditation Please remain fully in your room no tattering around

EQUIPMENT

1. Every bed is provided with bed sheet, blankets and sleeping bags.
2. All the rooms and dormitories have been provided with buckets, mugs, etc.
3. Please make sure to cover your mattresses with bed sheets immediately.
4. Do not use the blankets and sleeping bags for spreading on the floor or for yoga.
5. After use, fold them and keep them neatly on the bed.
6. Please take care of all the ashram equipment as if it belongs to **you**.

GENERAL

1. Hot water will be available at fixed times only.
2. Please keep your rooms and toilets clean.
3. General toilets and bathrooms on the Ground Floor are cleaned by the sweepers frequently.
4. We will be happy to allot daily duties for serving meals and cleaning up after the meals to willing volunteers.
5. Report any repair work or electricity or plumbing to your Shivar -in-charge. You can also report for cleanliness.
6. Check the Notice board for daily schedules and other information.
7. Participants are required to submit a written report about the Shivar on the last day.

During and at the departure cleaning

1. Please clean your room and corridors around.
2. On One last day Please keep your used sheet outside and make your bed with a fresh sheet and one new pillow.

Ashram Family