



Nisargopachar Kendra

A Sanatorium

Managed by Vadodara Jilla Sarvodaya Mandal

All the indoor health-seekers follow a daily schedule as given below, in order to obtain the maximum benefit from the treatments during their stay.

DAILY ROUTINE

05.45 am	Wake-up bell, bhajans through public broadcasting system
06.00	Ushahpan / herbal tea / juice
06.30 – 07.45	Yoga
08.00 – 08.30	Kadha / herbal tea / juice / breakfast
08.30 – 11.30	Therapies and treatments
11.30 – 12.00	Personal time
12.00 – 12.30 pm	Lunch
12.30 – 02.00	Rest
02.00 – 02.30	Mud pack
02.30 – 06.00	Therapies and treatments
04.15	Kadha / herbal tea / juice
05.30 – 06.30	Relaxation / Pranayam / Meditation
06.30 – 07.00	Evening meal
07.00 – 07.30	Rest time / Visitors' time
07.30 – 08.30	Prayer / Health-Educative lectures
08.30 – 10.00	Personal time
10.00 pm	Silence, Bed time

NOTE: Only selected treatments available on Sundays & selected holidays. Physiotherapy, Acupressure, Full body massage & some other treatments are not provided on such days.

What to bring

- Health-seekers are required to bring
 - All their personal essential items such as a tooth brush and paste, bath soap, napkin, towel, a battery torch
 - Warm clothes in winter, Umbrella in monsoon
 - A shawl or a *chadar* and track suit or appropriate loose clothes for yoga sessions
 - Boxers/shorts and Slippers for treatments
 - All old and current medical and laboratory reports, current medicines
 - A lock to secure your personal belongings in your own rooms.
- It is advised that health-seekers do not bring expensive items with them such as jewellery, cameras, laptops, mobile phones etc.
- It is required to submit a copy of Adhar card or Govt. validated Photo ID for all the health-seekers at the time of admission. Foreign citizens are required to submit a copy of Passport as well.

Important Note for Naturopathic Treatments

Naturopathy is about regaining health and maintaining a healthy lifestyle by purifying body and mind through changes in diet, practice of yoga, use of various natural therapies and other detoxifying practices.

A simple bland diet, fruit diet, juice diet and fasting are the basic pillars of this treatment. Stimulants such as tea and coffee interfere with the treatment and therefore are not served at the Centre. The treatment requires the mind and body to be rested and therefore patients are restricted to go out of the premises of the Centre, unless in case of emergency. It is highly beneficial to minimize the use of mobile phones, laptop, television and to observe silence for a few days during the treatments.

Arrival Time:

It is preferred that health-seekers arrive for admission at 8.30 am on working days.

Charges for Indoor Services

Accommodation Type	Daily Charge (Rs.)	Booking Deposit (Rs.)	Admission Deposit (Rs.)	Attendant daily Charge (Rs.)
General Ward (Concession cat.-I) #	300	1500	5000	250
General Ward (Concession cat.-II) *#	800	2500	12000	500
General Ward	1200	3500	15000	700
Special Room (Sharing)	1500	5000	18000	-
Special Room (Single)	1800	6000	20000	1000
Semi-deluxe Room - A.C.	2200	7000	25000	1200
Deluxe Room - A.C.	3000	9000	40000	1500

Prior written permission from the Centre is essential for those who want to make a booking under the category of General Ward (Concessional Rate). Specified form is available at the Centre.

* Persons who qualify certain criteria detailed in the application form for concession including family income less than 5 lac per year are eligible for admission under General ward (Concession) category.

- The above charges include costs of accommodation, normal meals and normal treatments.
- Family members or attendants staying with the health-seeker shall be charged extra at the rate specified in the table. The charges include meals and accommodation only and any treatment taken shall be charged extra.
- The charges for the additional health-seeker shall be Rs. 1800 & Rs. 1500 per person per day in deluxe and semi-deluxe rooms, respectively.
- A one time consultation charge of Rs. 600 & admission charge of Rs. 600 shall be charged separately.
- GST will be charged extra, if applicable.
- Extra charges will apply for items such as laboratory tests, cost of oil, enema catheters, napkins etc. as well as for special treatments such as shirodhara, full body herbal hot fomentation, relaxation massage, full body massage more than specified numbers etc. Special meal items such as dry fruits, expensive fruits/ fruit juices, additional fruit juices etc. are also charged extra.

- There will be separate charges for electricity usage for equipment consuming higher electricity such as water-geyser, A.C., etc.
- If health-seekers decide to cancel or postpone bookings, or decide to stay for fewer days than intended at the time of booking, or make changes in the category of accommodation, a refund will be made available from the booking deposit as per the following rules. The remainder of the amount will not be refunded.

Cancellation before	More than 21 days	16 – 21 days	8 – 15 days	Less than 8 days
Refund percentage	90%	50%	25%	10%

- It is essential that the applicable admission deposit be paid at the time of admission.
- Invoices are prepared after every 10 days of treatment. Therefore, all the dues are required to be settled accordingly.
- All payments have to be made either in cash or through a demand draft or 'payable at par' cheque payable to "**Vadodara Jilla Sarvodaya Mandal**" at **Vadodara**. Other out-station cheques will not be accepted. Payment can also be made online by NEFT / RTGS.
- The Charges for indoor services may be revised from time to time. The revised charges will be applicable for the duration of admission, if it is changed after the date of booking.
- Prior booking is essential and all health-seekers must obtain a confirmation of booking before arriving at the Centre.
- Provisional booking can be done on the telephone, but it will be confirmed only on receipt of the booking deposit and after the application form for indoor booking has been scrutinized.
- Financially disadvantaged health-seekers may be offered concessions on request, on a case-to-case basis after assessing their financial status. However, one need to apply for the same at the time of admission only.
- Clothes washing services are available at a nominal extra cost.

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