



Nisargopachar Kendra

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 at the Campus

05.45 am	Wake-up bell, bhajans through public broadcasting system
06.15	Ushahpan/herbal tea/juice
06.30 – 08.00	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	Treatments, acupressure, exercises, shirodhara
04.15	Kadha/herbal tea/juice
05.00 – 06.00	Therapeutic yoga
06.00 – 06.30	Evening meal
06.30 – 07.30	Rest time/Visitors' time
07.30 – 08.30	Prayer
08.30 – 10.00	Personal time
10.00 pm	Silence, Bed time

NOTE: Only selected treatments like Hip bath, Mud bath, Mud pack are available on sundays & selected holidays.

Charges for Indoor Services

Accommodation Type	Daily Charges Rs.	Admission Deposit Rs.
General Ward (Concessional Rates)#	250	4000
General Ward	500	7500
Special Room (Sharing)	750	11000
Special Room (Single)	1000	15000
Semi-deluxe Room - A.C.	1300	20000
Deluxe Room - A.C.	1800	27000

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

- The above charges include costs of accommodation, normal meals and normal treatments.
- Service Tax will be charged extra, if applicable.
- A one time consultation charge of Rs. 300 & admission charge of Rs. 300 shall be charged separately.
- The charges for the additional health-seeker shall be Rs. 900 & Rs. 700 per person per day in deluxe and semi-deluxe rooms, respectively.

- There will be separate charges for electricity usage for equipment consuming higher electricity such as water-geyser, A.C., etc.
- 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, additional fruit juices etc. are also charged extra.
- Friends, family members or attendants staying with the health-seeker shall be charged extra at the rate of Rs. 200 for General ward (concessional rates) Rs.300 for the General ward, Rs.400 for the Special rooms, Rs.500 for Semi-deluxe and Rs. 600 for Deluxe rooms per person per day. The charges include meals and accommodation only and any treatment taken shall be charged extra.
- Provisional booking can be done on the telephone, but it would be confirmed only on receipt of the booking deposit of Rs.1500 for the General ward, Rs.3000 for Special room, Rs.4000 for Semi-deluxe and Rs.6000 for Deluxe rooms and after the application form for indoor booking has been scrutinized.
- 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 would 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. A minimum of ten days expenses shall be deducted from the admission deposit even if a health-seeker decides to discontinue the treatment and leave early.
- Financially disadvantaged health-seekers may be offered discounted rates on request, on a case-to-case basis.
- Invoices are prepared on 1st & 16th of every month. 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.
- Prior booking is essential and all health-seekers must obtain a confirmation of booking before arriving at the Centre.
- Clothes washing services are available at a nominal extra cost.

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, a shawl or a *chadar* and track suit or appropriate loose clothes for yoga sessions, slippers and boxers/shorts for treatments, all old and current medical and laboratory reports, current medicines and a knife, spoons, a bowl, a small dish for their personal use at the room and a lock to secure their personal belongings in their own rooms.
- One set of bed-sheets with a blanket and a mosquito-net will be provided by the Centre. Any extra requirements are to be brought by the health-seeker.
- It is advised that health-seekers do not bring expensive items with them such as jewellery, cameras, laptops, mobile phones etc.

Arrival Time:

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

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(Managed by Vadodara Jilla Sarvodaya Mandal)

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