

COVID-19 Updates

The current corona pandemic has created so much distress and suffering to humanity. The best way to deal with this pandemic is- 'PREVENTION IS BETTER THAN CURE'. All the precautionary measures to keep oneself safe have to be taken at all costs. At the same time we need to deal with the associated fear and anxiety. By learning the technique of Vipassana meditation and with its daily practice, one can make their mind strong and face the situation with equanimity.

It is expected that anyone interested to undertake the course should carefully introspect their suitability and consider the guidance issued by the center management.

One should commit to follow the below mentioned guidelines faithfully–

Eligibility Criteria –

- Each student should take responsibility to not attend the course if he is feeling ill; He will inform the management immediately if he develops any symptoms of the illness during the course; and He will be ready to separate himself and if needed, should be willing to discontinue the course.
- He should not have any diseases related to heart, lungs, liver, kidney or any cancer.

Transportation –

- i. Ability to manage private vehicle to reach the centre and return to home after completion of course.
- ii. Only the meditators with confirmation will be allowed into the premises. All others accompanying them should remain outside the main gate.
- iii. To get temperature checking done at the entrance

Guidelines to be followed during the course –

- i. Individuals must practice social distancing scrupulously.
- ii. Use of face covers/masks at all times. They must be worn properly to cover nose and mouth.

- iii. Practice hand washing with soap or Use of alcohol-based hand sanitizers wherever feasible.
- iv. Respiratory etiquettes to be strictly followed. This involves strict practice of covering one's mouth and nose while coughing/sneezing with a tissue/handkerchief/flexed elbow and disposing off used tissues properly.
- v. Self-monitoring of health by all and reporting any illness at the earliest.
- vi. Spitting should be strictly prohibited.
- vii. Installation & use of Aarogya Setu App shall be advised to all.
- viii. Ensure queue management, inside and outside the premises, with specific markings on the floor with a gap of 6 feet.
- ix. Hand Sanitizers provided at the entrances to Halls may be used before touching common objects like door handles, drinking water taps.
- x. Willingness to wash their own clothes and utensils. Laundry service is not provided.
- xi. Everyone should bring the following essential items:
 - 1) bed sheets and blankets
 - 2) cloth face mask and sanitizer
 - 3) torch, umbrella, alarm clock
 - 4) toiletries - soap, detergent
 - 5) Hot water flask

We wish everyone to follow the above guidelines; and as a responsible meditator will abide by them scrupulously for his own safety and the safety of other fellow meditators.

Wish you all a successful 10 Day Vipassana course.