



श्रीर

Sivanand Ashram, Shree dham, Vrindavan, Mathura.

ASHRAM DISCIPLINE AND CONDUCT MANUAL

1. Maintain silence at all times.
2. Please conserve water and electricity.
3. The use of alcohol and smoking is strictly forbidden.
4. The use of mobile phone during satsang is strictly prohibited.
5. Ensure that your room is kept clean and tidy.
6. Attending satsang is mandatory.
7. Please wear traditional attire.
8. Kindly leave your shoes outside the designated areas.
9. Onion and garlic are prohibited in all meals.
10. No entry in kitchen.
11. Tea is prohibited.
12. You will be held responsible for any damages and a penalty will be charged.
13. The vehicle is only for the use of ashram not for the personal use.
14. Sadhaks are offered free stay for seven days, provided they follow spiritual discipline, which includes proper japa sadhana and complete renunciation of mobile phone.

Signature of President
(Vijaya Renewa)

Signature of Secretary
(R.L. Mehera)

Signature of Joint secretary-cum-treasurer
(Swami Radheshyamananda Saraswati)

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