

SOP for Covid-19 precautionary measures at Dhamma Vipula for students attending the course :

1. All the participants will have to bring a negative RT-PCR test report not later than 48 hours from the course date.
2. As further precautionary measures by NMMC , on the day of starting of the course i.e. Day-zero, Antigen test will be done at the centre for each student and server between 11 am to 1 pm. One who doesn't show up for the test or the test turns positive will not be allowed to join the course.
3. You should not have travelled abroad in last 15 days from the course date.
4. You should not have any COVID-19 symptoms such as Cold, Cough , Fever, Body-ache etc.
5. You should not be suffering from any chronic disease that lowers your body immunity.
6. No one in your family should be suffering from COVID since 15 days.
7. You should not have come in contact with any covid patient in last 15 days from the course date. .
8. You should be ready to leave the course if at any time you develop any covid symptoms.
9. You will have to wear mask all the time except in your room , while meditating & while eating.
10. You will always maintain social distancing during the entire course.
11. You will observe the basic hygienic etiquettes especially while coughing, sneezing etc.
12. Your Family should be supportive to join the course.

13. Your Age should be between 20 to 75 years without comorbidities.

14. You should be willing to cooperate with Management in any situation & ready to leave campus if so advised. The participation in the course, travel and stay at the Center is solely at the participant's discretion and at own responsibility only. Management will not be responsible for any adversities.

15. You should be able to manage private vehicle to reach the centre and return home after completion of course.

16. You will be provided with single room only.

17. Note: Only confirmed students /servers are permitted to enter the centre premises.