

# SOP for Students Joining a Course in Dhamma Vipula

This course is meant for old students who have maintained their daily practice of one hour morning and evening

## What to Bring

1. Your own bedsheet/s, blanket/dohar/quilt, pillow case/s, shawl/Stoll, Towel, Napkin/s, personal toiletries, washing soap, Hand soap, etc.
  2. Get multiple personal handkerchief
  3. Get multiple Face Masks
  4. Enough clothes for the whole course as **no laundry service will be available**
  5. Water bottle.
  6. Personal alarm clock
  7. Personal Sanitizer bottle if required. In all the common areas, foot operated sanitizers will be available.
  8. We recommend you to bring your own Vaporiser/Steamer
  9. If you prefer your personal Face Shield
  10. Personal medicines
  11. Torch/Flash light
  12. Lock
  13. If any medical condition, get a Doctor's certificate even if you have common cold.
  14. Umbrella/Raincoat
  15. We will not be providing transportation. So make the necessary arrangements
- Arogya Setu should be downloaded on the student's mobile phone before entering the centre.
  - I will follow the eight precepts and will not need any flexibility. Those who cannot follow eight Precepts should wait for regular courses to start.
  - Person dropping the students at Dhamma Vipula, will not be allowed to enter the centre.
  - No visitors/friends/family members will be allowed to meet the student on the Metta day

## Requirement and Precautions to be taken during the course

1. Temperature will be checked at the time of entry and before start of the course.
2. Temperature will also be measured every day during lunch/breakfast time during the entire course.
3. Luggage and shoes will be sanitized before entering the premises
4. All the rooms, Dhamma Hall, etc. will be sanitized before the course starts.
5. Dining area and the common washrooms will be sanitized daily.
6. Maintain social distancing of at least 6 feet at all times.

7. Be patient. Never over crowd near the Dhamma Hall, Pagoda, common washrooms and dining hall.
8. Taps in the common areas are foot operated except dish washing taps.
9. Wash hands frequently and for 20 Seconds.
10. Foot operated sanitizer will be available near all the common areas like Dhamma Hall, Dining Hall, Pagoda etc.
11. Do not share items
12. Even when occasional coughing or sneezing, use handkerchief or inside of your upper elbow.  
**Never use your palms.**
13. If a student is found coughing or sneezing or has temperature, the student will be asked to leave the course and go home.
14. Once you use any extra cushions, keep it with you till the end of the course. Do not exchange cushions. Same applies for any items taken from the centre.
15. Student will be assigned a seat with their room number in the dining area. The same seat has to be used for the entire course.
16. Student will be given their own set of utensils which they will wash and use it for the entire course.
17. Student will be served unlimited food, but no self-service.
18. Use your own glass or bottle to drink water. **Please do not touch your bottle or glass to the tap.**