



**Institute of Vedic Science
And alternative Medicine
Travel Check List**

Dear Client,

**This brochure will help you to prepare your trip to Rishikesh
India.**

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How to reach Rishikesh

There are many options to reach Rishikesh safe and secure. From your country you can take flight to Delhi (the capital of India).

By Taxi (most popular among foreigner clients)

We can arrange the best and professional taxi driver for you 24 hours a day. We work only with professional staff and have own drivers. We never work with drivers whom we don't know. Our taxi service is absolutely female friendly and secure.

Price is **70 USD** from Delhi airport and **85 USD** from Delhi Hotel.

is **25 USD** from Dehradun airport. Please note that from Dehradun airport there is no bus service or other transport, we would recommend you to reserve transfer in advance.

Duration

From Delhi 6-8 hours according to traffic, in average is 7 hours, at night time can be reach in 5 hours.

From Dehradun to our place in Rishikesh is 45 min

By Bus

From Delhi ISBT (**Kashmere Gate, New Delhi**) you can reach Rishikesh within some hours in comfortable bus. You can take taxi or metro to the Delhi ISTB. The bus will reach in Rishikesh (Rishikesh Bus station). From there you can take a 3-wheeler (tuk tuk) for around 150-200 INR if you are alone in car towards Tapovan.

Price is around 700 INR

Duration 8-9 Hours

By domestic flight

You can take from Delhi to Dehradun (the nearest airport close to us 16 km) domestic flight. They are safe and quick. You can use this site to book your flight www.mycleartrip.com.

Duration 60 min

Price in average around 30-50 USD

Documents

Flight ticket

Don't forget to check flight time, especially between connecting flights if you travel from Delhi to Dehradun! Time that mentioned in Tickets is local time either for India or your country.

Please check Terminal of departure from Delhi! If you have Terminal 1 for the flights from Delhi to Dehradun you will need to take bus that located in front of Airport exit. Bus is free of charge for owner of further flight tickets) and goes every 20 min to Terminal 1).

Don't forget to print flight tickets. Indian security service always checks the printed tickets by entering in the airport or photo copy in your mobile phone.

Passport and copy

One copy of Passport will be required by check in our center

Copy of Visa (if not an e-visa)

One copy of Visa will be required by check in. If you have e-visa we will make copy later in Rishikesh.

Travel insurance

Check if you have travel insurance, in case of emergency and admission in the hospital it will be necessary.



VISA

There are 3 types of Visa that you can get for your travelling to INDIA for Yoga.

e-visa – simple and quick. Costs 100 USD and can be issued for training not more than **60 days**. Can be applied on-line by everyone who's country is mentioned on official governmental website. Here is the site link: <https://indianvisaonline.gov.in/visa/index.html>

Tourist Visa – is another visa type that can be applied personally in Indian embassy of your country. Make sense to apply for yoga training or Vedic education for **more than 60 days**.

Entry visa – new rules in the French embassy instead of student visa can be given in some cases.

The screenshot shows the homepage of the Indian Visa Online portal. At the top, there is a header with the Indian national emblem and the text "INDIAN VISA ONLINE Government of India". On the right, there is a "Tourist Visa Click Here" button. Below the header, there is a banner with the text "Online Portal for Visa Application to India" and the Ashoka Chakra. Below the banner, there are five navigation buttons: "Regular Visa Application", "Complete Partially Filled Form", "Visa Status Enquiry", "Print Registered Application", and "e-TOURIST VISA (eTV)". Below the navigation buttons, there is a "VISA INFORMATION" section with a list of links: "Overview", "Regular Visa Application", "e-TOURIST VISA (eTV)", "Visa Categories", "Visa Processing Time", "Photo Requirements", "Fee for Indian Visa", "Foreigners Act", "Visa Provision", "Technical Info.", "Instructions for form", and "Useful Web links". To the right of the "VISA INFORMATION" section, there is an "OVERVIEW" section with the following text: "All foreign nationals entering India are required to possess a valid international travel document in the form of a national passport with a valid visa obtained from an Indian Mission or Post abroad." "All individual visa seekers are requested to apply for the Indian Visa through Online application link, in order to make an application for getting the Indian visa." "The duly signed physical copy of the application form completed in all respect and submitted successfully, is to be submitted at the concerned Indian Visa Application Center (IVAC) or directly to Indian Mission/ Post, on the scheduled date of interview along with the requisite supporting documents. The instructions for filling the form and scheduling the appointment can be seen at Instructions for Regular Visa Application. Important technical information for filling online Indian visa application can be referred at Technical Instructions." "The status of Visa Application can be seen on the link for [Visa Enquiry](#)." "The applicants are also requested to visit website of the Indian Mission concerned for detailed information about Indian visa."

Currency

Local currency Indian rupees are necessary for payments. You can change some money 50-100 USD/Euro in Airport that you have pocket money. It will be also possible to change money in Rishikesh or withdraw from credit card in ATM (however after money change from 11/2016 there are some difficulties in little cities, means you can have the situation when you have to visit some exchange points to change desired amount). Don't worry we will help if you will need any assistance.

Foreigners traveling in India are allowed to take any amount of foreign currency, there is absolutely no restriction on the amount of money you can take into India however, where the value of foreign currency notes exceed US \$ 5000 or equivalent or when the aggregate value of foreign exchange including currency exceeds US \$ 10,000 or equivalent. Then a currency declaration must be made on arrival.



Payment

Before receiving the confirmation letter from us you paid deposit. There are some ways how you can proceed of rest payment.

If you decide to do it before arriving, we recommend using western union. It can be done direct in western union office that exists in each country on line here <https://westernunion.com> By payment on line please choose that we collect cash.

If you decide to pay on place you can:

1. Pay cash and get **2 %** discount from your rest amount.
2. You can use credit card, in this case you have to pay **3.5 %** official Indian bank commission.
3. You can pay from your on line western union account.
4. We do not recommend using paypal.com for transaction as it has very high commission, because of transfer from private to business account.



Weather

February - March

It's a dry season time. No rain, temperature at day time is around +25C, night time can be go till +12C

April - June

The season is dry, no rain. It's going to be warmer at day time around +30 C in April and +35-+40C in June.

July - August

Is a rainy season (Monsoon). It can be rain most part of the day, but it does not disturb the yoga practice. It's relative cooler as in June but warm. +30C at day time, +27C at evening

September - November

Less rain, that will stop till October. In second part of October it comes more cool time +18C in morning and +28C in evening.

December - January It's a winter time, no rain, dry and can be cold. At night till +8C, day time around +22-+25C



Medical Care

In Rishikesh you can find many hospitals governmental and privates as well. The level of care system is not lower as in many western countries. If you get sick and required a medical help we will help you to arrange appointment by any doctor.

Kindly request you to take medical insurance with you that can reduce your costs for treatment and consultation.



Some medicines that you use daily you can take with you. We recommend following Kit if you plan to travel to India

Medicine-Health-Hygiene

1. First Aid kit
2. Imodium (loperamid) against diarrhea
3. Medicine for cough and cold
4. Pain-relieving medicines, such as paracetamol, ibuprofen or aspirin
5. Your own medications that you take regularly
6. Tissues: Small packages
7. Disinfectant liquid (in hand-soap dispenser, very useful)
8. Throat Lozenges
9. Mosquito repellent
10. Sun cream
11. Probiotics if you have troubles to digest spicy food
12. Band aids
13. Sun hat

Clothes

Clothes that you take should be light cotton but better to cover legs and open part of the body especially if you travel alone. In fall, monsoon & winter season we recommend to take warm pullover and coat. In monsoon umbrella is also good.

Rishikesh is holy place especially if you live or visit Ashram you will be request covering open part of the body because of respect to cultural traditions. If you plan to go outside especially evening time alone it will be also necessary because of security reasons. Rishikesh is relatively safe city, world capital of yoga and spiritual pilgrimage but try to follow traditions of the visiting country in order to have pleasant and safe journey. Conservative dress code is recommended for walking outside and for classes as well.



Accommodation

You will stay in Vedansha retreat Hotel.

You will get the clean & comfortable room with WC/Shower warm water, towels, toilet paper, neti kit, blanket, pillow & blanket covering, sheets heater in winter time and air conditioner upon availability in hot season.

We offer modern facilities in new building, every room has own bathroom. We request our guests to be polite and don't make harm to the furniture, garden and nature, don't drink alcohol, smoke and be loud after 22:00. In case of any damage to property or abusing the spiritual place & master's participant could be dismissed without refund the payed amount for the course.



Food and Water

All food that you get during the course is fresh cooked. We take care about its quality. If you eat outside sometimes you can have problems with stomach. Remember that better to ask about fewer amounts of spices for your meal preparation in the restaurants if you have sensible stomach or any stomach problems. We provide pure drink filter water



We are catering only vegetarian and vegan meal. As in Rishikesh non vegetarian meal is not provided. We can fulfill all dietary requirements from gluten free meal till special menu for diabetes, obesity, kidney failure, cancer etc.

Here you can find standard dishes that we offer during a week. Each meal time included 3-5 different dishes.

Breakfast Menu:

Different sauces are used for preparation

Oatmeal porridge

Cereals

Poha

Sevai

Paratha (plain, stuffed with cheese, potatoes, green spices)

Puri with peas souse

Bread Pakora

Sandwich

Different fruits

Sprouts

Plus different types of healthy super food.

Mung Bean Pancakes

Dalia



Lunch or Dinner Menu:

Boiled Mixed Vegetables

Sabzi (Spinach, Mushrooms, Potatoes, Gourd)



Sabzi (Cauliflower, Pumpkin, Broccoli)

Sabzi (Potatoes, Tomatoes)

Moon Dal

Arhar Dal

Masoor Dal

Chana Dal

Rajma

Dal Makhnee

Kari

Rice

Chapatti

Shahi paneer

Matar Paneer

Khadai Paneer

Different dishes with Tofu

Ridge Gourd

Veg. Pasta

Kad ginger

Khitchari

Soups (mushrooms, gourd, tomato, onion, vegetable)

Deserts:

Pumkin Halwa

Kheer

Suzi Halwa

We can also provide Gluten free meal plan

White Yogurt

Milk

Cheese

Quinoa

Brown Rice

Millet

Peanut Butter

Some fruits



This meal can provide without extra costs from your side. If you wish additional meal or other variety of gluten free meal you can share your wishes, it will come extra costs as meal will be delivered from other big city or nearby area.

Detox meal for Detox Retreat and Panchakarma:

Detox meal plan as well as Panchakarma has aim to remove toxins and rejuvenate. We offer special menu plan for that with variety of Juices.

We also suggest our clients to share before arriving any dietary restrictions that we can prepare the meal plan before you reach Rishikesh. Please be aware that we located in Himalaya, where meal is different from your country, food is fresh, organic but variety is limited due to restricted options of transportation and planting.



Vaccination

Hepatitis A vaccination can be recommended if you plan to take food and water outside Vedansha. If you are not sure about vaccination ask your generalist about Vaccination list.

Offer for Extra Price

We offer our clients variety of activity for additional price

1. Ayurvedic producers (if not included in package)

 <p>CLASSICAL AYURVEDIC MASSAGE (sarvang abhyanga): Full body ayurvedic massage. The whole body is massaged with herbal oils. Time – 60 min 1200rup</p> <p>SWEDISH MASSAGE: Full body ayurvedic massage. Light kneading massage is given from toe to face and forehead. Time – 60 min 1100rup</p> <p>ACUPRESSURE (DEEP TISSUE) MASSAGE: Full body ayurvedic massage. The pressure of massage will generally be more intense. It is also a more focused type of massage, the therapist work to release chronic muscle tension or knots (also known as adhesions). Time – 60 min 1200rup</p> <p>FOOT REFLEXOLOGY MASSAGE: This is a Chinese healing therapy. According to reflexology, there are small areas on the feet which correspond to the different areas of the body. Massage and compression on these points stimulates and relaxes the whole body. Time – 60 min 800rup</p> <p>POTALI (PATTRA PODLAM) MASSAGE: Full body ayurvedic massage. The whole body or part of the body is massaged by a cloth bag filled with herbal leaves and powders soaked in herbal oils. Time – 60 min 1400rup</p>	 <p>FACE MASSAGE & FACE PACK: It is a herbal medicated face massage. In this process herbal or fruit cream to be applied over the face. After the massage, the whole face is wrapped with a natural herbal pack. 800rup</p> <p>BACK, NECK AND SHOULDER MASSAGE: This relaxing treatment is designed especially to ease muscle tension by concentrating on the tight and stress muscle of back, neck and shoulder. 800rup</p> <p>UDVERTANAM (POWDER) MASSAGE: This is a process in which deep dry herbal massage is given. It cleans and refines the skin structure and gives the skin a soft, silky texture and lustrous glow. 1400rup</p> <p>SHIRODHARA WITH OIL: This is a process in which warm medicated oil drops on the forehead from a pot positioned above the head. 2000rup</p> <p>PIZHICHIL (SARWANG-DHARA): In that massage warm herbal medicated oil poured over the whole body. It is the combination of Snehana (Oleation) and Swedana (sudation) treatments. Lukewarm herbal oils are applied in a special rhythmic movement. 2000rup</p>	 <p>KARNA PURNA: The herbal medicated oil is entered to ears. It release all ears problems. 600rup</p> <p>NASYA: It means administration of medicated oils through the nose to cleanse toxins accumulated in sinus, throat, nose or head areas. 600rup</p> <p>AKSHI TARPANAM: The herbal medicated oil is entered to ears. It release all ears problems. 600rup</p> <p>SHIROBASTI: This is a process in which a leather rim is fixed on the head and is filled with herbal medicated oil. This relieves headache, improves memory and strengthens the nervous system. Useful in hair loss and the falling hair and other diseases of skull. 1200rup</p> <p>MANYA or KATI BASTI: In that therapy, specially prepared worm, penetrating medicated oil is poured over the lower back or neck with an herbal paste boundary. Useful in different types of pain in neck or low back. 600rup</p>
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2. Yoga Therapy Individual classes (if not included in package)

3. Vedic Astrology reading

4. Full and detailed aura check up

5. Acupuncture sessions

- 6. Modern closed Hydrocolontherapy
- 7. Detox therapy (if not included in package)

Necessary

Power adaptor (if available), otherwise we will provide

International driving license

If you wish we can help to rent a bike or other vehicle

Wife

Free Wi-Fi will be provided in whole area except of some class rooms.

Emergency Information

For any urgent information please contact

Founder Sanjeev Pandey +9109756521452, +91 9058050387,

Manager Alok Pandey +91 8787256758

(English, Hindi)

We wish you a pleasant journey!

