



**Helpful information about
Prasanthi Nilayam for those
attending the
GC Zone 6 Pilgrimage 2025**

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Baba's guidelines for ashram visitors

Ashram Etiquette & Discipline

1. Decorum

Men and women are not expected to socialize and visit each other's rooms to indulge in idle talk or gossip inside the ashram. Indian customs and social behaviour are commonly observed inside the Ashram premises. Any public display of affection is out of place. Putting hands around each others' shoulders or holding hands while walking about is discouraged.

2. Silence

Kindly observe silence, and when it is necessary to speak, please speak softly. Do not play your music loudly. Please do not socialize or talk / laugh loudly in public areas (especially at Ganesha or other temples within the Ashram) and be a nuisance and disturbance to others. Do not shout loudly to call someone at a distance and talk loudly on your phone while walking around the Ashram. Lights-out time in the Ashram is 9.30 p.m., after which devotees are not encouraged to move about inside or outside the Ashram. The Ashram gates are also closed at 9.30 p.m.

3. Mobile Phone Manners

Mobile phones are not permitted inside Sai Kulwant Hall. However, while using them in the Ashram premises, kindly do not play any music or watch videos loudly from your mobile phones. Use your headphones. Keep your ringtone on silent or at a lower volume. Kindly do not talk loudly on your phone and be a disturbance to other devotees and trivialize the divine atmosphere of the Ashram.

4. Strictly Prohibited

The consumption or possession of tobacco / tobacco products, drugs, alcoholic drinks and non-vegetarian food, including eggs, is strictly prohibited. Gambling inside the premises is strictly forbidden.

5. Feeding Dogs / Animals

Feeding of dogs inside the Ashram premises is highly discouraged.

6. Children

Please be responsible for the discipline of your children in the Ashram. Please ensure that they do not disturb the silence of Sai Kulwant Hall or disturb other devotees in any way. Please be responsible for their manners in the Ashram.

7. Dress Code

Modest, Clean & Sober dressing encouraged - as befits a place of worship. Shorts, Half-lungis, Sleeveless Shirts or Salwars, above ankle-length dressing or tight fitted and transparent clothing is not allowed.

8. Cleanliness

God walked this Ashram, so please let's keep it clean. After using the public Toilets, keep them clean and tidy for everyone to use comfortably. Don't litter the food stall areas and kindly use the dustbins provided. It will be your contribution to the Ashram!

9. Cameras

Use of Cell Phones and Cameras is as per prevailing Ashram rules (Not allowed inside Sai Kulwant Hall).

10. Accommodation

If using ashram accommodation, please ensure that all dues are settled, room keys are dropped at accommodation office and the premises are left neat & clean while leaving.

11. Car Parking

Please abide by the Ashram Guidelines while Parking your car or two-wheeler. Honking within the ashram Premises is not allowed.

Daily Schedule and Timings

Sri Sathya Sai Baba has laid down the daily schedule to be followed in the Ashram. Every activity of the Ashram routine is suffused with deep spiritual significance.

See the table below for the Ashram schedule:

Activities

- **Aumkar, Meditation and Suprabhatham**
5.10 a.m.
- **Veda Chanting and Nagar Sankeertan (Circumambulating the Mandir)**
5.40 a.m.
- **Pooja inside the Bhajan Hall (Entry for Devotees will start at 06.25 a.m.)**
6.30 a.m. - 07.30 a.m.
- **Veda Chanting**
8.00 a.m. - 9.00 a.m.
- **Bhajans**
9.00 a.m. - 9.30 a.m.
- **Darshan of Baba's Mahasamadhi and Prayer Hall**
9.30 a.m. - 10.30 a.m.
- **Veda Chanting**
4.30 p.m. - 5.15 p.m.
- **Bhajans**
5.15 p.m. - 6.00 p.m.
- **Darshan of Baba's Mahasamadhi**
6.00 p.m. - 7.00 p.m.
- **Meditation in Prayer Hall**
6.00 p.m. - 6.20 p.m.

Extension of Darshan timings: In response to requests by devotees, an additional time slot has been introduced on Sundays to facilitate Darshan of Sri Sathya Sai Baba's Sannidhi. Starting from September 7, 2014 (Onam Day), on all Sundays, devotees will be allowed to have Darshan of Baba's Sannidhi from 4.30 p.m. to 5.00 p.m, in addition to the current Darshan Timings after Bhajans.

Late Evening Aarti: To bring the Sannidhi Darshan to a ceremonial close and enhance the spiritual experience for the devotees, an Aarti is offered at Baba's Sannidhi on all days towards the close of evening Darshan, since September 4, 2014 onwards. This is in addition to the Aarti offered after evening Bhajans. Devotees will not be permitted to approach the Sannidhi after the last Aarti for the day.

Medical Services

General Hospital



Sri Sathya Sai General Hospital is adjacent and South of the ashram premises. The hospital has outpatient facilities and also provides casualty/emergency services. The hospital provides free diagnosis and treatment in General Medicine, Paediatrics, Orthopaedics, ENT, Ophthalmology, Dentistry, Obstetrics and Gynaecology.

| Department | | Timings |
|----------------------|-----------|-----------------------|
| Casualty / emergency | | Open 24 hours |
| Outpatient | Morning | 8.00 a.m. – 1.00 p.m. |
| | Afternoon | 2.00 p.m. – 4.00 p.m. |

Super Speciality Hospital



The Super Speciality Hospital, also called as the Sri Sathya Sai Institute of Higher Medical Sciences, Prashanthi Gram, is located 7 kms from the Ashram. The hospital offers Specialty treatment in the departments of Cardiology, Urology, Ophthalmology, Orthopaedics, and Gastro-enterology completely free of charge.

For more information, please visit <https://psg.sssihms.org.in/>

Timings

The hospital is open from 8.30 am to 5 pm on all days except Sundays and public holidays.

Accommodation

Office is located adjacent to North - 9 Block.

Timings: 6.15 a.m. - 8.00 p.m.

Maintenance Office



Location: The Ashram Maintenance Office may be contacted for any civil, electrical, water supply problems or any other complaints concerning the room or hall allotted within the ashram. It is located adjacent to the West-3 block on the southern end.

Timings: 8 a.m. – 8 p.m.

Banking Services



Location

State Bank of India, Prasanthi Nilayam Branch is located opposite the South Indian canteen.

Timings

| From Monday to Friday | |
|-----------------------|-------------------|
| Morning | 9 a.m. to 12 noon |
| Afternoon | 3 p.m. to 6 p.m. |
| On Saturdays/Sundays | |
| Only Morning | 9 a.m. to 12 noon |

Other major banks with branches in Puttaparthi (outside ashram premises):

Canara Bank, Syndicate Bank, Axis bank, Kotak Mahindra bank and Andhra Bank, HDFC Bank and ICICI Bank. All these banks provide ATM and Credit card/Debit card facilities.

Foreign Exchange shops are also available just outside the Ashram - please be careful of personal security when taking passports and money outside of the Ashram. DO NOT wear Pilgrimage Scarf outside the Ashram unless you are on an official trip.

Shopping Centre



Location

The Shopping Centre is adjacent to South-6 block, near the Sri Sathya Sai Sadhana Trust (Publications Division) building. Day-to-day needs of devotees ranging from stationery, grocery and home needs to clothing and travel goods are available at very reasonable prices.

Timings

| | |
|---------------------------|-------------------------|
| Morning (Only for Ladies) | 9.30 a.m. to 12.00 Noon |
| Evening (Only for Gents) | 3.00 p.m. to 5.00 p.m. |

Book Store



Books, Photographs, Audio & Video Stall

The Sri Sathya Sai Sadhana Trust (Publications Division) located behind South-6, near the Shopping Centre undertakes the printing, publishing and sale of various books, audio & video cassettes, CDs & DVDs etc. relating to the life and teachings of Bhagawan Sri Sathya Sai Baba, Bhajans and festivals at Prasanthi Nilayam. The Trust also undertakes the sale of publications in other Indian and Foreign languages.

Subscriptions to the Ashram Magazine, Sanathana Sarathi for the English and Telugu editions can also be made here or online at www.sanathanasarathi.org

Timings: Morning 9.30 a.m. to 12.00 Noon | | Afternoon 3.00 p.m. to 5.00 p.m.

Wheelchair Facility



Devotees in need of wheelchairs may obtain them at North-8, A-10 between 8 a.m. and 8 p.m. The accommodation office also allots ground floor rooms to such people on request, subject to availability. The wheelchairs are not supposed to be taken outside the Ashram premises and must be returned on the specified date.

Laundry (Dhobi) Service



There are authorised dhobis (laundry personnel) who collect the laundry outside the residential building every morning after 7 a.m. The clothes are usually returned within a day or two.

Map of Prasanthi Nilayam

