

Information about Prasanthi Nilayam for those attending the SSSOUK Pilgrimage 2023

Ashram Etiquette & Discipline

Decorum: Men and women are not expected to socialise and visit each other's rooms to indulge in idle talk or gossip inside the ashram. Any public display of affection is out of place. Putting hands around each other's shoulders or holding hands while walking about is discouraged.

Silence: Kindly observe silence, and when it is necessary to speak, please speak softly. Do not play your music, talk on the phone or socialise loudly in public areas, especially at Ganesha or other temples within the Ashram as to not trivialise the divine atmosphere of the Ashram. Lights-out time in the Ashram is 9.30 p.m., after which devotees are not encouraged to move about inside the Ashram. The Ashram gates are also closed at 9.30 p.m.

Mobile Phones: Mobile phones and cameras are not permitted inside Sai Kulwant Hall. However, while using them in the Ashram premises, kindly use headphones and do not play any music or watch videos out loud. Keep your ringtone on silent or at a lower volume.

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. Feeding dogs inside the Ashram premises is highly discouraged.

Children: Please be responsible for the discipline and behaviour of your children in the Ashram to ensure that they do not disturb the silence of Sai Kulwant Hall or disturb other devotees in any way.

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

Cleanliness: When using ashram accommodation, please ensure that the premises are left neat & clean while leaving. 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.

Spiritual Activities Schedule

Morning timetable:

5:10am: Aumkar, Meditation and Suprabatham

5:40am: Veda Chanting and Nagar Sankeertan

6:30-am-7:30am: Pooja inside the bhajan hall

8am – 9am: Veda Chanting

9am – 9:30am: Bhajans

9:30am – 10:30am: Darshan of Mahasamdhi

Afternoon timetable:

4:30pm – 5:15pm: Veda Chanting

5:15pm – 6pm: Bhajans

6pm – 7pm: Mediation in prayer hall

6pm – 7pm: Darshan of Mahasamdhi

Accommodation

- Accommodation Office: located adjacent to North -9 Block, and is open from 6:15am-8:00pm
- The Ashram Maintenance Office: located adjacent to the West-3 block on the southern end and may be contacted for any electrical, water supply problems or any other complaints concerning the room or hall allotted within the ashram. Open from 8 a.m. – 8 p.m.

Services

1. Medical

- a. General Hospital: located adjacent and south of the ashram premises. Facilities include: casualty/emergency which is open 24hrs, outpatients and free diagnosis and treatment in various specialties such as General Medicine and Dentistry. Outpatients is open from 8am-1pm and 2pm-4pm.
- b. Super Speciality Hospital: located 7kms from the Ashram. Offers specialty treatment in departments such as Cariology and Orthopaedics free of charge. Open from 8:30am-5pm every day except Sundays.

2. Banking

- a. State Bank of India: located opposite the South Indian Canteen. Open Monday to Friday 9am-12pm and 3pm-6pm, Saturdays and Sundays just 9am-12pm.
- b. ATM: Canara Bank operates an ATM near the North Indian Canteen. Other banks such as ICICI Bank and Syndicate Bank have branches in Puttaparthi outside the ashram with ATM and Credit/Debit card facilities

3. Shopping:

- a. Shopping centre: located adjacent to South-6 block and provides the day-to-day needs such as stationery, clothing and grocery and travel goods. Open for ladies from 9:30am-12pm and for gentlemen 3:00pm to 5:00pm
- b. Book Store: The Sri Sathya Sai Sadhana Trust Publications Division is located behind South-6 and you can find on sale books, audio and video cassettes, CDs and DVDs etc. Open from 9:30am-12pm and 3pm-5pm

4. Wheelchairs: can be obtained at North-8, A-10 between 8am and 8pm. Wheelchairs must be returned on the specified date.

5. Laundry: there are authorised personnel who collect the laundry outside the residential buildings after 7am every morning and clothes are returned usually within a day or two.