

NAVALVEERAYATAN PUNE FACT SHEET

INTRODUCTION

Amidst rolling green hills and open countryside, Veerayatan has established a site near Pune, Maharashtra, called Navalveerayatan. Located on a plateau overlooking a lake, Navalveerayatan provides a serene location for spiritual learning, inner development and team building.

Veerayatan runs residential courses of various durations, from one day to three months. There are also special courses for young women, families and business executives.

Through modern techniques of instruction, workshops and discussion, Navalveerayatan focuses on self-understanding and inner peace. Examples of courses run are Setu-where participants learn about stress management, presentation giving, positive attitude towards work and ways to make it more enjoyable and how to create a better work life balance. Other courses teach meditation, yoga, new age health therapies and studies of Jainism, Buddhism, Hinduism and other religions.

Reservations are required for courses and stays and may be made online at www.veerayatan.org or by calling 02135 84276.

GETTING TO AND FROM NAVALVEERAYATAN PUNE

Navalveerayatan is located 60 kilometers from Pune city. Volunteers can only reach this site by road.

The site is on Tiwai Hill, Village Darakwadi, Chaskaman-Wada Road, Taluka Khed, 410 513, District Pune, in the state of Maharashtra.

The site is 2 hours from Pune railway station and 1.5 hours from Pune airport, if traveling by car. With advance notice, Veerayatan staff can arrange to pick you up from either the station, the airport or from Mumbai, which is about 3 hours away from the site by car.

All listed times and schedules of planes and trains are subject to change. The VVP committee strongly advises you to check this information in advance before confirming your travel plans.

Getting to Pune By train:

You may book the ticket yourself on indianrailways.com or Veerayatan staff can reserve the ticket for you.

From Bombay -

Daily trains departing Mumbai CST at 0755 (Train no 6529), 1235 (train no 7031), 1400 (Train no 6011), 1505 (Train no 1019), 1535 (Train no 1081), 2150 (train no 7001), 2230 (train no 1423) and 2320 (train no 6009).

From Delhi -

Daily service - Train no 1078 leaves New Delhi at 1100 and arrives in Pune at 1500 the next day.

WEATHER AND CLOTHING

Weather in the area is divided into three main phases. From September to February, the weather can be quite cold in the morning, but becomes pleasant during the day. The temperature ranges from 25-30 °C / 80-85 °F. Summer season lasts from May to June, when temperatures average 40-45 °C / 105-115 °F. There is a good monsoon season from mid-June to August.

Shirts, T-shirts and trousers/jeans are acceptable for both men and women; women may also wear a salwaar khameez or a sari if they wish. Short skirts, shorts and tight fitting tops are not recommended.

For summer participants, wide-brimmed hats and baseball caps are recommended.

For winter participants, sweatshirts, shawls, sweaters, jackets and waterproof jackets may be worn.

Comfortable tennis shoes and slippers are also recommended for both summer and winter participants.

FOOD AND ACCOMMODATION

Tea/milk and a light food item are provided for breakfast. Two nutritious, filling vegetarian meals are provided daily on campus free of charge. They are composed of the Indian staple foods of rotli (chapatis), shaak (curried vegetables), bhaat (rice), daar (lentil soup), and chaas (buttermilk). Water filtered by Aquaguard is provided for all volunteers. Mineral water or boiled water can be provided upon request.

Guest rooms are provided on site free of charge. Beds and bedding will be provided. Please check the newest brochure on www.veerayatan.org for pictures of volunteer accommodations.

Western style showers and bathroom facilities are provided in all guest rooms. Please bring a towel.

SAFETY

This site is located on top of a hill, which is only accessible by one road. There is a guard on 24-hour duty posted at the entrance to the campus.

To date, there has never been any type of violent crime on the Navalveerayatan campus or near the surrounding areas.

However, we recommend that volunteers do not leave the campus without notifying a member of the staff. Volunteers who do so may be asked to withdraw from the program and leave Veerayatan's campus permanently.

There is also a safe available for volunteers to place their valuable documents (passport, travelers cheques, etc).

COMMUNICATION

Family and friends can contact you in the following ways:

- 1) Phone
 - a. They may call and ask directly for you at 02135 84276/84277. Please call only after 7:00 PM (India time) as it will be difficult for us to entertain long calls during office hours (7:00 AM to 7:00 PM).
- 2) Mail
 - a. They may send you letters or packages at the following address:

Navalveerayatan
 Tiwai Hill, Village Darakwadi
 Chaskaman-Wada Road
 Taluka Khen, Pin 410 513
 District Pune
 Maharashtra, INDIA

You may contact your family and friends in the following way:

- 1) Phone
 - a. Please bring an international calling card with you. You may call directly from Veerayatan's phones using this card

Email access is relatively unstable at this site.

MEDICAL

Volunteers are advised to take the appropriate vaccinations and malaria tablets before arriving in India. These include vaccinations for Diphtheria, Tetanus, Hepatitis A and B, Encephalitis, Meningitis, Polio, Rabies, Tuberculosis, Typhoid and Yellow fever.

There is a general dispensary on campus, which has standard non-emergency medication for colds, fever, allergies, etc. Due to the remote nature of the site, it can take quite a long time for a doctor to arrive to provide a check up or medical advice.

DAILY SCHEDULE

Visitors from India and abroad can always be found on the Navalveerayatan campus. Many families, corporate executives and students enjoy year-round the various classes provided by Navalveerayatan staff. However, the winter months from November through February have proven to be busiest months for Navalveerayatan, when more than a thousand visitors and students come to unwind in the site's serene atmosphere.

Volunteers on this site will enjoy a flexible schedule, working on various projects from 7 to 9 hours everyday. Volunteers can create, design and teach courses on yoga, meditation, inner development and/or new age health therapies. Volunteers can also design special weekend or weeklong packages for families, women and corporate executives who wish to improve communication, skills and self-esteem. General office administration also provides several opportunities for volunteers to be of service.

Navalveerayatan is also embarking on a large marketing program to publicize its wonderful services on a nationwide and international scale. Volunteers may design and market various aspects of the site and will be supported by Veerayatan's staff and resources.

During free time, volunteers may go on hikes in the countryside and can enjoy boating in the lake at the base of the hill. Volunteers are also free to partake in many of the classes offered by Navalveerayatan, including yoga, meditation, and classes on various religions and languages.

LOCAL ATTRACTIONS AND SHOPS

One can enjoy walks in the countryside around Navalveerayatan and visit the lake at the foot of the hill, where boating and kayaking are available. A local village family at the base of the hill provides visitors with an authentic taste of village food as well as tours and treks through the surrounding countryside.

There is a large, ancient temple of Shiva called Bhimshankar nearby as well as several local landmarks, smaller temples and nature points.



Volunteers are advised to bring all required items such as toothpaste, sweaters, shoes, computer disks, camera film, batteries, maps, compass, etc. because the location is relatively remote.

LANGUAGE

The predominant languages spoken in the area are Marathi and Hindi. These are also the predominant languages spoken by the Veerayatan staff, though the administrators also converse in English.

SOME PHRASES IN HINDI

Hello -	Namaste.
Jain Greeting -	Jai Jinendra.
How are you? -	Aap kaise/i he? (m/f)
I am fine/not fine-	Me achi/acha hu/ Me achi/acha nahi hu. (f/m)
What is your name? -	Aap ka naam kya he?
My name is Tom -	Mera naam Tom he.
Where are you from? -	Aap kaha se he?
I am from America -	Me America se hu.
Goodbye -	Namaste
Yes -	Ha
No -	Nahi
Thank you -	Danyavada/thank you
Do you speak English -	Kya aap English bolte he?
Please say that again -	Ek baar aur kahiye.