

**Research Centre Guidelines to visit / stay until further change / notice.**  
**Effective from 30<sup>th</sup> November 2022 onwards.**  
**NO QUARANTINE & NO COVID TESTING to visit / stay in Research Centre.**

**Regarding Stay Arrangements**

- a. **Registration to visit / stay in Research Centre is only via booking through the Raj Sharan Web Portal <http://mumukshu.datachef.in> . Entry will be allowed only with a confirmed booking.**
- b. Upon your arrival at the Research Centre please visit **Office Room 11 and complete your check-in procedures** by tapping your Raj Prasad card in the system which will **display your room number for stay**. Similarly, the same process has to be compulsorily followed for check out while leaving back too.
- c. Registration for stay & food is **compulsory for all children above the age of 3 years**. Please collect the Raj Prasad card for them too.
- d. **Maximum stay allowed will be for 5 days** from your day of arrival. Rooms will be allocated by Research Centre office. You may choose AC or non-AC rooms.
- e. If you are currently **suffering from cold / cough / fever** OR had it in the past 1 week, please **cancel your booking**.
- f. If anyone suspected with Covid or tested positive will be requested to leave RC & go back. Else have to be in 5 nights quarantine.

**Regarding Food Arrangements**

Please book your food in the web portal – 2 days before your arrival via your registered phone number on the Raj Prasad (RFID Card) card portal <http://mumukshu.datachef.in> . Cancellation will be allowed until 12 AM previous mid-night. (For example: Food booking for Wednesday, can be booked by Monday mid night 11:59 pm and cancellation can be done by Tuesday mid night 11:59 pm). **Failing which you may not be able to avail the food at bhojanalay. All will need to tap / produce the card** at the kitchen before taking their meals. All are requested to maintain Complete Maun at the Bhojanalay.

**Regarding Travel Arrangements**

Please book your **Travel** from Mumbai to Research Centre and return **through the Raj Pravas Web Portal: <http://mumukshu.datachef.in>** . For any specific queries only please contact Raj Pravas Team (Mr. Virag Shah - 9769644960 & Mrs. Siddhi Shah - 9831632801)

**IMPORTANT NOTICE:**

- Please take sankalp that your visit to RC is to do sadhana and do minimum **4 to 6 hours of vanchan / chintan-manan** every day at Swadhyay hall.
- Kindly carry your own face mask. Dress code of white & white is compulsory while entering swadhyay hall. You will be given the sadhana kram upon arrival which needs to be followed. Details will be shared via temporary WhatsApp group which you will be a part of. **Mumukshu's who don't abide by these guidelines, will be asked to leave the RC immediately. And will not be allowed to visit for some time.**

**For any other queries contact Research Centre Landline between 10 am & 5 pm,  
all days at 7875432613 / 9004273512 or send email to [sratrc.rajnagar@gmail.com](mailto:sratrc.rajnagar@gmail.com)**