

GUIDE FOR INTERNATIONAL STUDENTS

Treating Teaching Transforming



the other song
International Academy of Advanced Homoeopathy

‘the other song’ – International Academy of Advanced Homoeopathy
1001, Peninsula Heights, C. D. Burfiwala Marg, Juhu Lane, Andheri (W)
Mumbai - 400 058. Maharashtra, India.
T +91 022 42616666 www.theothersong.com
A unit of ‘Foundation for Vital Healing’

*Headed by Dr. Rajan Sankaran
Supported by Homoeopathic Research & Charities*

**‘the other song’
is an integrated Homoeopathic Clinic, Training and Research
Academy dedicated to:**

**Holistic patient care and total well-being
High quality student / practitioner education and training
Advanced clinical research and documentation**

INTERNATIONAL STUDENT SUPPORT

Having completed your admission process at the academy for your course & received the acceptance letter for the same, you can now start planning for your stay in India.

Here is a short guide meant to ensure that your experience at ‘the other song’ and your stay in Mumbai is worthwhile and enriching. This guide will not just help plan your trip better, it will also be handy during your stay in Mumbai.

Location of the other song:

‘the other song’ – International Academy of Advanced Homoeopathy’ is situated in Andheri (West), the suburban centre of Mumbai, India.



BEFORE YOU ARRIVE

Online enrolment:

You are required to complete the online enrolment process which needs a copy of the required documents & a passport size photograph. The academy would then send you an acceptance letter for the same. You will need to bring along your visa & passport (or identity card) when you come as the academy needs to scan & retain a copy of these documents. You will need to enroll online up to two weeks before the start of your course. Detailed information about the process can be found on our website www.theothersong.com or you can write to us on academy@theothersong.com.

Planning your accommodation:

Mumbai being a megacity, accommodation is something to be planned right, especially for people coming to the city for the first time.

Finding a comfortable accommodation, at a convenient distance from the institute is essential to ensure that all your focus and energy is into learning. We therefore recommend spending time early in your preparations to check availability of accommodation. While we do help with accommodation, it is limited in number. We have worked out some negotiated rates for our students (For details check <http://www.theothersong.com/accomodation.html>).

Making bookings early can help you find a place of your preference. If you have more specific preferences, you could write to us at academy@theothersong.com. We will be happy to help you.

Packing for the trip:

As an international student we understand that it can be difficult deciding what to bring.

Mumbai weather & clothes:

Mumbai has a tropical climate, characterised by heat and high humidity. The relatively cooler season from December to February is followed by the summers which starts in March and carries on till June. Between June and September, monsoon rains lash the city. Rains in Mumbai are an intense affair and it is advisable to carry an umbrella at all times.

The daily mean maximum temperature ranges from 29.1 °C (84 °F) to 33.3 °C (92 °F), while the daily mean minimum temperature ranges from 16.3 °C (61 °F) to 26.2 °C (79 °F).

Light, summer clothes work best in Mumbai. Also since some amount of walking around is needed, airy, comfortable footwear helps.

Regular needs:

Most of your daily necessities will be available in Mumbai, and unless you have some specific, hard-to-find preferences, it is advisable not to carry any regular items. You will be able to find most items in shops around you.

Laptops, data connection & electric goods:

You should carry your laptops with you (and have your Homoeopathic Repertory working when you come). The academy provides access to an elaborate library, so you

could travel light as far as books are concerned. Also, the books in Mumbai are really affordable, so it makes more sense to purchase them here.

We provide high-speed wi-fi at the academy, which will suffice for all your browsing and communication needs.

The electricity supply in India is 230 Volts alternating at a frequency of 50 hertz. Please ensure that any electrical goods you carry works at this voltage. Else, adapter plugs will be needed, which can be carried before hand or brought after arrival.

The academy also provides personal lockers to keep your belongings safe.

Medicines:

If you are bringing prescribed medicines with you, you will need to ensure that they are clearly labeled to avoid any confusion. You may wish to bring a letter from your doctor to support the medicine you are carrying.

Getting adapted to Indian cuisine & temperature can sometimes take some time & you might experience mild respiratory or GIT complaints. You can carry your set of medicines for the same.

The academy also has a clinic associated with it. So if needed, you could also take a homoeopathic consultation here.

ON ARRIVAL**Arriving at the airport:**

Carry your passport & other important documents in your hand luggage so that they can be accessed easily. The Mumbai international airport is called Chhatrapati Shivaji International Airport (formerly Sahar International Airport) and is located in Andheri (East) area of the city. It is advisable to book prepaid cabs from the airport as the taxi fare can be quite unreliable.

Transport:

Public transport systems in Mumbai include the Railway, city (BEST) buses, black-and-yellow metre taxis, auto rickshaws.

Auto Rickshaws are allowed to operate only in the suburban areas of Mumbai, while taxis are allowed to operate throughout Mumbai. Both the autos and cabs run by meter. (Download the Tarrif card of Auto Rickshaws & Taxis http://trafficpolicemumbai.org/Tariffcard_Auto_taxi_form.html).

It is advisable to carry some change (rupees) in hand to pay for auto-rickshaws & taxis.

Food:

Mumbai has plenty of eateries and cafes in every area and you can get all sorts of cuisines, both local and continental. Food generally tends to be quite affordable, though the prices vary depending on the place.

Some recommended eateries:

- **Arthurs Theme**
Tian, Level 3, 48, Gulmohar Road, Juhu, Mumbai.
T: 09920748631
- **Hotel Radha Krishna**
Opposite Shopper's Stop, SV Road, Andheri West, Mumbai.
T: 022-26285642, 26280197, 66951078, 40722222
- **Alfredo's**
5, JuhuTara Road, Kings International , Juhu, Mumbai.
T: 022-66922222, 26184381
- **Little Italy**
At Hotel Atlantic, 18/B, Juhu Tara Road,, Juhu Vile Parle, Mumbai.
T: 022-26608885
- **Mahesh Lunch Home**
Juhu Tara Road, Next To Tulip Star Hotel, Juhu, Mumbai.
T: 022-66955559
- **Gajalee**
Amrapali Shopping Center, JVPD Scheme, Juhu, Vile Parle (W), Mumbai.

Shopping:

Shopping in Mumbai offers something for everyone. No matter what you are seeking, or what your budget is, you will find it here. Be sure to visit these favorite destinations once you are here.

- **Colaba:** In the heart of South Mumbai, relive the old world charm from Hutatama Chowk down to the bylanes of Colaba Causeway. Right from cotton clothes, kaftans, shoes or books, you will get every item of your choice. You can especially shop for ethnic artifacts. These shopping areas are very near to Chhatrapati Shivaji Terminus and Churchgate railway stations.
- **Bandra:** A perennial favorite of the shopper remains Linking Road - the stretch that connects Bandra to Khar. From flagship stores of the worlds leading labels, to street shopping, you will always find something you just have to own.
- **Lokhandwala Market:** Situated near Versova, Infinity Mall. Has a range of shops from expensive boutiques to small street shops.

General tips:

- Get yourself a local sim-card (for your mobile) to keep in touch with loved ones back home (you can contact the academy for the same; we can help you with some cards which you can return once done with).
- Always keep important receipts securely.
- Always ensure that personal documents, such as passport or identity card, bank or credit cards & cheque books are always kept secure, in a safe place.
- Carry the map of the Academy/Hotel along with you at all times, preferably in the local language, i.e. Hindi.
- Avoid eating road-side food/snacks.
- Prefer to travel in groups & not alone, especially to new places.

Directory of useful services:

- **Currency Exchange:**
S. K. Forex: Contact Person: Mr. Salim: 9820827975 / 022-28384417

Emergencies:

- **Police Station:** 100
- **Fire Station:** 101
- **Accident Cases:** 102
- **Heart Attacks:** 105

24-Hour Chemist Shops:

- **Mohan Medical & General Store**
Shop No- 15 Evershine Apt No-2, J P Road, Andheri (West), Mumbai.
T: 022-26356071
- **Diamond Chemist**
11/11/C, Shastri Nagar, Irla Society Road, Vile Parle (West), Irla Lane, Prem Nagar, Vile Parle (West), Mumbai. T: 022-26249836

Hospitals near-by:

- **BSES MG Hospital**
Brahmakumaris Hospital, Opposite Station Road, S V Road, Andheri (West), Mumbai. T: 022-66487500
- **Kokilaben Dhirubhai Ambani Hospital**
Kamdheni Departmental Store, Four Bungalows, Rao Saheb Achyutrao Patwardhan Marg, Andheri (West), Mumbai. T: 022-30666666

- **Sujay Hospital**
25 Gulmohar Park, Juhu Scheme, JVPD, Talwalkar, Gulmohar Road, Juhu, Mumbai. T: 022-26212288
- **Criticare Hospital**
Plot No. 38/39, Main Gulmohar Rd., JVPD Scheme, Juhu, Andheri (West), Mumbai. T: 022-67756600
- **Dr. Balabhai Nanavati Hospital**
Swami Vivekanand Road, Vile Parle (West), Mumbai. T: 022-26119920

Entertainment:

- **PVR Theatre (Cinema Hall)**
Dynamix mall, 5th Floor, Shoppers Stop, Near Chandan Cinema, Parulekar Road, Juhu, Mumbai. T: 022-26280101
- **Chandan Cinema (Cinema Hall)**
S. Dnyaneshwar Marg, Near Iskon Temple, Juhu, Mumbai. T: 022-26200437
- **Prithvi Theatre (Theatre & Plays)**
20, Janki Kutir, Juhu Church Road, Mumbai. T: 022-26149546

Tourist attractions:

- Gateway of India
- Chowpatty Beach
- Elephanta Caves
- Fashion Street
- Dhobhi Ghat
- Haji Ali Mosque
- Bandra-Worli Sea Link
- Jehangir Art Gallery
- Juhu Beach
- Marine Drive / Queens Necklace
- Nehru Centre / Nehru Planetarium
- Prince of Wales Museum
- Taraporewala Aquarium
- Temples: Siddhi Vinayak Temple, Mahalaxmi Temple, Shri Swaminarayan Temple

Spas & Saloons:

- **Sohum Spa**
Plot No. B 10, Juhu Vile Parle Sports Club, V M Road, JVPD Scheme, Juhu, Mumbai. T: 022-67307609
- **Myrah Spa**
11 Palm Spring, Behind PVR Cinema, Juhu, Mumbai. T: 022 26253943
- **Finesse The Spa Salon And Academy La Blanc Society, Shop No-8,**
Opp. J W Mariott, Juhu, Mumbai. T: 022-32185506
- **Vous Medi Spa & Saloon**
Vous Villa, Next To Chandan Cinema, Juhu, Mumbai. T: 022-32528485

‘the other song’ - Institute and Clinic



Waiting lounge



Consultation room



Academy classroom



Academy lobby



‘the other song’ team

Some important links:

- Download the Map of ‘the other song’: <http://theothersong.com/contact-us.html>
- Download the Tarrif card of Auto Rickshaws & Taxis:
http://trafficpolice.mumbai.org/Tariffcard_Auto_taxi_form.htm

Connect with us on Facebook:

www.facebook.com/theothersongacademy

Connect with us on YouTube:

<http://www.youtube.com/user/theothersong1>

Accommodation Recommendations by ‘the other song’:

<http://theothersong.com/accomodation.html>

Any information on our courses: www.theothersong.com

Any queries/assistance: academy@theothersong.com