

Frequently Asked Questions — Education Programs in Rishikesh & Mumbai (November 2025)

Do I need to register for both Rishikesh and Mumbai programs?

Great question! This time, we are offering a **dual opportunity**:

- **10 days in Rishikesh** – a sacred destination cherished by Ayurvedic practitioners around the world
- **7 days in Mumbai** – a favorite learning hub for many of us

You are free to choose based on your preference:

- ◆ **Option 1:** Attend both Rishikesh and Mumbai programs
 - ◆ **Option 2:** Attend only the Rishikesh course
 - ◆ **Option 3:** Attend only the Mumbai training
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In the 10-day Rishikesh program, are there spiritual or cultural experiences in addition to Marmaa Shakti learning?

Absolutely — and thank you for this wonderful question!

The Rishikesh journey is beautifully balanced: **powerful learning, spiritual immersion, and time to explore this sacred city.**

Here are some of the planned highlights:

- ✓ Learn all the Marmaa Shakti content as described in the brochure
- ✓ Special teachings from **Dr. Smita Naram**, including hidden insights passed on by her masters — *Baba Ramdas* and *Dr. Pankaj Naram*
- ✓ **Healing mantras** shared by **Dr. Krushna Naram**, directly from his lineage
- ✓ Extensive **Marmaa practice sessions** under the guidance of Dr. Krushna Naram and Ayushakti Vaidyas
- ✓ **Exclusive satsang** with a spiritual master
- ✓ **Sacred Yagya (fire ritual)**
- ✓ Attend the world-renowned **Ganga Aarti (sunset river ceremony)**
- ✓ Visits to spiritually powerful places
- ✓ Time to explore Rishikesh on your own

 These are just a few of the enriching experiences we'll share together — many more await!

 For full details, please refer to the **program brochure**.

? Do we need to arrange our own stay in Rishikesh and Mumbai?

Yes, **you have the freedom to choose your own accommodation**, allowing you to select a stay that suits your comfort and budget.

We're also happy to assist if you need help with bookings.

Here are some **recommended options in Rishikesh**, near the course venue:

 **Parmarth Niketan Ashram** — www.parmarth.org

 **Hotel Green** — www.hotelgreen.com

 **Hotel Green View** — greentreehotels.in

📍 **Course Venue:** Parmarth Niketan Ashram

(Ashram rooms — both air-conditioned and non-AC — are available at very economical rates.)

Hotel Green and Hotel Green View are just **2–3 minutes walking distance** from the ashram.

To inquire about accommodation in Mumbai please write to

Ms Rupa Rai – gre@ayushakti.com

? Do we need to arrange meals on our own?

No worries — meals are easily available! Guests may dine in the onsite canteen at Parmarth Niketan, open daily from 6:30 AM to 9:30 PM. Meals, snacks, and beverages are offered at very reasonable prices — for example:

(1 rupee = 12 cents in USD)

- Chai: ₹10
- Full Thali (platter): ₹100

They also serve salads, sandwiches, and pizzas, and the food is widely appreciated by our previous participants. Additionally, you'll find many restaurants and food stalls just outside the ashram gates.

? Which airport is nearest to Rishikesh?

 **Jolly Grant Airport (Dehradun, Uttarakhand)** is the closest — approx. **32 km** from Parmarth Niketan Ashram.

Travel time by private car: approx. **1.5 hours**

From **New Delhi International Airport** to Rishikesh is approx. **280 km** (approx. 6 hours by private car).

Daily **flights are also available between New Delhi and Dehradun**. (45 minute flight & around \$40 USD) You also have the option to take the train from New Delhi to Rishikesh. (*Booking first class is recommended for comfort*) or hire a private car from the New Delhi airport to take you to from New Delhi to Rishikesh.

Is airport transfer available?

Yes, we can assist you!


We will be happy to help you arrange **airport pick-up/drop** through our trusted local travel partners.

Alternatively, we can also share **contact details of reliable agencies** offering safe and reasonably priced transfer services.

It is suggested to arrive to the ashram by November 15th or 16th, class begins November 17. The last day of class is November 26, so you may choose to leave when it suits you

What's the weather like in Rishikesh in November?

November is one of the best times to visit Rishikesh. The weather is pleasantly cool and comfortable — perfect for learning and spiritual exploration.

 Average temperatures range from **12°C to 23°C (53°F to 73°F)**, making it ideal for both outdoor activities and focused study.

What is the daily training schedule?

9:30 am - 1:30 pm

Lunch one hour

2:30 - 6:30

Some days we may break after lunch and participate in ceremonies and activities as per the ashram schedule.

TRAINS FROM DELHI TO RISHIKESH			
TRAIN NAME/ NUMBER	AVAILABLE DAYS	STATION - FROM	STATION - TO
YOGA EXPRESS 19031	ALL DAYS	DELHI CANTT 4:00 AM IST	YOG N RISHIKESH 12:25 PM IST
KALINGA UTKAL EXPRESS 18477	ALL DAYS	HAZRAT NIZAMUDDIN 13:20 IST	YOG N RISHIKESH 21:50 IST
YNRK LMNR EXPRESS 14317	MONDAY, SUNDAY	HAZRAT NIZAMUDDIN 09:50 IST	YOG N RISHIKESH 18:45 IST
UDZ YNRK EXP 19609	TUESDAY, FRIDAY, SUNDAY	DELHI CANTT 2:15AM IST	YOG N RISHIKESH 10:20AM IST
UJJAINI EXPRESS 14309	THURSDAY, FRIDAY	HAZRAT NIZAMUDDIN 09:50 AM IST	YOG N RISHIKESH 18:45 IST

TRAINS FROM RISHIKESH TO DELHI			
TRAIN NAME/ NUMBER	AVAILABLE DAYS	STATION - FROM	STATION - TO
YOGA EXPRESS 19032	ALL DAYS	YOG N RISHIKESH 14:55 IST	DELHI CANTT 22:53 IST
KALINGA UTKAL EXPRESS 18478	ALL DAYS	YOG N RISHIKESH 05:35 AM IST	HAZRAT NIZAMUDDIN 11:45 AM IST
YNRK LMNR EXPRESS 14318	FRIDAY, SATURDAY	YOG N RISHIKESH 06:15 AM IST	HAZRAT NIZAMUDDIN 13:35 IST
UDAIPUR EXPRESS 19610	TUESDAY, FRIDAY, SUNDAY	YOG N RISHIKESH 17:55 IST	DELHI CANTT 01:00 IST
UJJAINI EXPRESS 14310	TUESDAY, WEDNESDAY	YOG N RISHIKESH 06:15 IST	HAZRAT NIZAMUDDIN 13:35 IST

<https://www.irctc.co.in/nget/train-search>

FLIGHTS FROM DELHI TO DEH		
AIRLINE - NAME/ NUMBERS	TIME - IST	DAYS
Air India 2485	6:30 am – 7:40 am	DEL–DED· Every Sun–Tue and Thu–Sat
IndiGo 2018	8:55 am – 9:45 am	DEL–DED· Daily
IndiGo 2144	11:50 am – 12:40 pm	DEL–DED· Daily
Air India 2907	12:10 pm – 1:00 pm	DEL–DED· Every Sun–Wed, Fri, Sat
Air India 2907	1:55 pm – 2:50 pm	DEL–DED· Every Thu
IndiGo 2135	3:10 pm – 3:55 pm	DEL–DED· Daily
SpiceJet 2124	3:20 pm – 4:25 pm	DEL–DED· Daily
Air India 2438	4:00 pm – 4:55 pm	DEL–DED· Daily
IndiGo 2291	4:55 pm – 5:45 pm	DEL–DED· Daily
IndiGo 6582	6:40 pm – 7:30 pm	DEL–DED· Daily

FLIGHTS FROM DEH TO DELHI		
AIRLINE - NAME/ NUMBERS	TIME - IST	DAYS
Air India 2486	8:15 am – 9:15 am	DED–DEL· Every Sun–Tue and Thu–Sat
IndiGo 2253	10:20 am – 11:20 am	DED–DEL· Daily
IndiGo 2145	1:15 pm – 2:10 pm	DED–DEL· Daily
Air India 2908	1:40 pm – 2:35 pm	DED–DEL· Every Sun–Wed, Fri, Sat
Air India 2908	3:40 pm – 4:35 pm	DED–DEL· Every Thu
IndiGo 2116	4:35 pm – 5:30 pm	DED–DEL· Daily
SpiceJet 2709	4:55 pm – 5:55 pm	DED–DEL· Daily
Air India 2498	5:25 pm – 6:30 pm	DED–DEL· Daily
IndiGo 2072	6:25 pm – 7:20 pm	DED–DEL· Daily
IndiGo 5063	8:05 pm – 9:00 pm	DED–DEL· Daily

<https://www.air.irctc.co.in/>