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मानस चिंतन

8 - 11 May 2025

राम मंदिर,
मणिकर्ण, कुल्लू,
हिमाचल प्रदेश





शाम मंदिर, मणिकर्ण, कुल्लू हिमाचल प्रदेश

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वक्ता

मनीष चौहान

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आमंत्रित रस प्रवाहक



द्विपेश सुनेजा



प्रिंश छाबडा



नितिन कथूरिया



सुश्री आरुणी



माधव भाटिया

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Itinerary (Overview)

Date	Time	Event	Location
7 th May 2025	4 PM	Departure	From Delhi
8 th May 2025	5:30 AM	Arrival	Manikaran
8 th May 2025	4 – 7 PM	Ram Katha (Session – 1)	Ram Mandir, Manikaran
8 th May 2025	9 – 11 PM	Harinam Sankirtan	Ram Mandir, Manikaran
9 th May 2025	11 AM – 2 PM	Ram Katha (Session – 2)	Ram Mandir, Manikaran
9 th May 2025	5 – 7 PM	Shabad Sankirtan	Manikaran Gurudwara
10 th May 2025	11 AM – 2 PM	Ram Katha (Session – 3)	Ram Mandir, Manikaran
10 th May 2025	5 – 7 PM	Harinam Sankirtan	Shiv Mandir, Manikaran
11 th May 2025	10:30 AM – 1 PM	Ram Katha (Session – 4)	Ram Mandir, Manikaran
11 th May 2025	2 PM	Check Out & Board Bus	Kasol, Manikaran
12 th May 2025	6 AM	Arrival	Delhi

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Day – 1 – Wednesday, 7th May 2025

1. Kindly be reminded that all participants are expected to arrive at the designated starting point by 4:00 PM sharp.
2. The bus/traveller will depart from Delhi promptly at 4:30 PM, as it is imperative that we reach Manikaran by 5:00 AM the following morning.
3. Upon our arrival, there will be an opportunity to rest and refresh before the commencement of the first Katha session (After Lunch), which is scheduled to begin at 4:00 PM.

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Day – 2 – Thursday, 8th May 2025

- 1. Arrival at Ram Mandir, Manikaran:** Upon arrival at 5 AM, **Breakfast** will be arranged and then you may take some time to freshen up and rest.
- 2. Lunch:** Kindly be prepared to gather for lunch at 1:00 PM.
- 3. First Session of Katha:** The first session will begin promptly at 4:00 PM.
- 4. Dinner:** A dinner will be served at 8:00 PM, following the Katha session.
- 5. First Session of Harinam Sankirtan:** The session will take place from 9:00 PM to 11:00 PM in the Ram Mandir, Manikaran.
- 6. Leisure Time:** Following the Harinam Sankirtan, participants will have leisure time.

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Day – 3 – Friday, 9th May 2025

1. Participants are requested to wake up at 7:30 AM and be ready for breakfast. Breakfast should be concluded between 9:30 and 10:00 AM.
2. **Second Session of Katha:** The second session of Katha will begin promptly at 11:00 AM and will conclude by 2:00 PM. Following this, lunch will be served.
3. A two-hour leisure/rest period will be provided after lunch.
4. **Shabad Sankirtan at Manikaran Sahib Gurudwara:** Participants should be prepared to leave for the Gurudwara by 4:00 PM and should aim to arrive by walking 15-20 minutes to the Gurudwara by 4:30 PM.
5. The Shabad Sankirtan will commence at 5:00 PM and conclude at 6:00 PM sharp.
6. Following the Shabad Sankirtan, participants may enjoy leisure or shopping time until dinner, which is scheduled for 8:00 PM.
7. **Night Baithak:** After dinner, a small baithak (gathering) may be held at anybody's room if mutually agreed.

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Day – 4 – Saturday, 10th May 2025

1. Participants are requested to wake up at 7:30 AM and be ready for breakfast. Breakfast should be concluded between 9:30 and 10:00 AM.
2. **Third Session of Katha:** The second session of Katha will begin promptly at 11:00 AM and will conclude by 2:00 PM. Following this, lunch will be served.
3. A two-hour leisure/rest period will be provided after lunch.
4. **Second Session of Naam Sankirtan:** Participants should be prepared to leave the Ram Mandir by 4:30 PM and should aim to arrive by walking 15-20 minutes to the Shiv Mandir, Manikaran by 5:00 PM.
5. The Sankirtan will commence at 5:00 PM and conclude at 7:00 PM sharp.
6. Following the Sankirtan, participants may enjoy leisure or shopping time until dinner, which is scheduled for 8:00 PM.
7. **Night Baithak:** After dinner, a small baithak (gathering) may be held at anybody's room if mutually agreed.

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Day – 5 – Sunday, 11th May 2025

1. Participants are requested to wake up at 7:00 AM and be ready for breakfast. Breakfast should be concluded between 9:30 AM.
2. **Departure Preparations:** After breakfast the following day, all participants are requested to pack their luggage, as we will be departing for Delhi immediately after the Fourth Session of Katha, followed by lunch.
3. **Fourth Session of Katha:** The second session of Katha will begin promptly at 10:30 AM and will conclude by 1:00 PM. Following this, lunch will be served.
4. **Departure from Manikaran:** By 4:00 PM, we will leave for Delhi from the designated bus/traveller stop.
5. **Arrival in Delhi:** On Day 6th, we will arrive in Delhi by 6:00 AM sharp.



Points to Remember

- **Punctuality:** Adhere to the given schedule strictly. The bus will depart at the specified time without delays.
- **Luggage:** Carry only essential luggage. A medium-sized suitcase and a small backpack are recommended. Avoid Over-packing, as the bus will have limited luggage space; travel light but wisely.
- **Identification & Documents:** Carry a valid ID (Aadhaar, PAN, or Driving License) for verification purposes.
- **Emergency Contacts:** Share emergency contact numbers while filling the registration form.
- **Medications:** Carry prescribed medicines and a basic first-aid kit, as the journey involves long travel hours and a high-altitude location.
- **Weather Precautions:** Manikaran can be cold, so pack warm clothes, a raincoat, and comfortable walking shoes.
- **Food & Water:** Carry some dry snacks, energy bars, and a water bottle to stay hydrated during the journey.
- **Respect Local Culture:** Be mindful of local customs and traditions, especially when visiting religious places.
- **Travel Essentials:** Keep a torch, power bank, sunglasses, sunscreen, and personal toiletries.
- **Room Allocation:** Rooms will be shared based on pre-decided arrangements.
- **Respect Shared Spaces:** Maintain cleanliness in rooms and common areas.
- **Hot Water:** Usage may be limited; conserve whenever possible.
- **Wake-Up Timings:** Follow the designated wake-up time for a smooth schedule.
- **Security of Belongings:** Keep your belongings secure and avoid carrying valuables.
- **Washroom & Bathing Schedules:** Be mindful of shared washrooms and maintain hygiene.
- **Meal Timings:** Follow the given meal timings strictly to ensure smooth arrangements for all.
- **Group Coordination:** Stay with the group, especially while traveling between venues.
- **Health Precautions:** Inform coordinators if feeling unwell. Oxygen levels may vary due to altitude.

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Plan – A

1. Travel Schedule:

- Departure from Delhi: 7th May at 4:00 PM
- Return to Delhi: 12th May at 6:00 AM

2. Inclusions:

- Comfortable travel arrangements
- Accommodation for the duration of the stay
- Meals included throughout the trip
- Comprehensive services from Delhi to Delhi.

3. Booking Details:

- **Total Seats Available: 80**
- **Package Price: INR 2,999 per person**
- **Booking Opens: 2nd March 2025**
- **Registration Form:** <https://forms.gle/NjxgSeKPmVoVXeZv9>
- **Booking Policy:** Reservations will be made on a first-come, first-served basis.
- **Cancellation Policy:** Non-refundable once booked.
- **Additional Information:** Further details will be available on the official website.

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Plan – B (1 Day + Stay at Naggar Castle, Kullu on 11th May)



For Ref. : <https://hptdc.in/index.php/the-naggar-castle/>

1. Travel Schedule:

Departure from Delhi: 7th May at 4:00 PM

Return to Delhi: 13th May at 6:00 AM

2. Inclusions:

- Everything from **Plan A**
- One day Bonus/leisure Stay + Food at **The Naggar Castle, Kullu, Manali (H.P.)** from 11th May to 12th May 2025.

3. Booking Details:

- **Total Seats Available: 60**
- **Package Price: INR 2,999 + INR 2499 = INR 5498 per person**
- **Booking Opens: 2nd April 2025** (Participants must first book **Plan A** from 2nd March 2025. On 2nd April, an add-on option for **Plan B** will be available. Those interested can upgrade to **Plan B** by paying an additional **INR 2,499.**)
- **Registration Form: <https://forms.gle/NjxgSeKPmVoVXeZv9>**

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Exclusions (not included in the package)

1. Personal Expenses:

- Shopping or any additional purchases made during the trip.

2. Sightseeing & Activities:

- Any sightseeing, local excursions, or adventure activities not mentioned in the itinerary.
- Entry fees for any additional attractions or places of interest.

3. Meals & Beverages:

- Any meals, snacks, or beverages outside of those included in the package.
- Bottled water, soft drinks, or special food preferences beyond the standard meal plan.

4. Travel & Medical Expenses:

- Any medical expenses, personal insurance, or emergency evacuation costs.
- Any extra transportation costs due to personal reasons, delays, or missed departures.

5. Other Miscellaneous Costs:

- Any room service, laundry, or personal hotel expenses.
- Any other items, services, or expenses not explicitly mentioned in the inclusions.

Terms & Conditions :

1. The trip is open to individuals aged 18 to 60 years. [Children up to the age of 7 can join the trip complimentary]
2. Participants must be in good health and capable of traveling to high-altitude locations.
3. Booking for **Plan A & Plan B** will open on **2nd March 2025 & 2nd April 2025**, respectively, on a first-come, first-served basis.
4. Reservations must be made exclusively through the official website www.harinamevents.com. Bookings will be confirmed only after full payment is received.
5. Prices are fixed and non-negotiable
6. **Pricing & Payment:**
 - **Plan A: INR 2,999 per person** (Delhi to Delhi).
 - **Plan B: INR 5,498 per person** (*includes an additional stay and meals at the Naggar Castle, Kullu, Manali*).
7. All participants are required to pay for the trip, except the following individuals who are exempt from payment: **4 Musicians, 2 Chorus Singers, 2 Sound Operators, & 1 Camera / Production Person.**
8. All bookings are strictly non-refundable once confirmed. No refunds will be provided for cancellations or no-shows.
9. Participants must arrive at the designated departure point in Delhi on time. Late arrivals will not be accommodated.
10. Accommodation will be provided on a shared basis. Room allocations will be pre-assigned.
11. The itinerary may be subject to minor adjustments due to unforeseen circumstances such as weather or road conditions.
12. Participants are expected to respect group discipline, local customs, and religious sanctity at all venues.
13. Consumption of alcohol, tobacco, or any intoxicating substances is strictly prohibited during the trip.
14. The organizers will not be responsible for any medical emergencies, injuries, or health-related issues during the trip.
15. It is advised to carry basic first-aid, warm clothing, and comfortable footwear suitable for travel.
16. The organizers hold no responsibility for any delays, itinerary changes, or cancellations due to circumstances beyond control, including but not limited to natural calamities, strikes, roadblocks, or government restrictions. No refunds or compensations shall be issued in such cases.
17. The organizers shall not be held liable for any loss, theft, or damage to personal belongings.
18. By proceeding with the booking, participants acknowledge and accept all terms and conditions mentioned above.
19. The organizers reserve the right to amend or update these terms as necessary.
20. For more details, log on to www.harinamevents.com.



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