

General Time Table for the participant:

**Friday schedule:**

- 11.00 am – Bus service from Eknath Bhavan to Prashanti Kutiram
- 12.30 pm – Reception / registration
- 1.00 pm - Lunch - Annapurna
- 2:00 pm – DRT in Prayer hall
- 2:30 pm - Inauguration in Prayer Hall
- 3.00 pm- Consultation / parameters / special technique
- 5.00 pm - Integrated approach to yoga therapy (IAYT) Introductory lecture (Prayer Hall)
- 06.00 pm – Bhajan (prayer hall)
- 06.30 pm – Trataka/ MSRT (prayer hall) \*\* Language wise
- 7.30 pm – Dinner (Annapurna)
- 8.30 pm – Kit Collection

TIME	SCHEDULE	VENUE
5.30 am	OM Meditation	** Language wise (**Prayer Hall)
6.00 am	Special Techniques	Section Wise
7.00 am	Breakfast	Annapurna
8.00 am	Maitri Milan	**Mangal Mandir
9.00 am	Parameter	Section Wise
10.00 am	Pranayama	** Language wise (**Prayer Hall)
11.00 am	Special Technique	Section Wise
12.00 pm	Lecture	** Language wise (**Prayer Hall)
1.00 pm	Lunch	Annapurna
2.15 PM	Doctors team visit to the room	
3.00 pm	Cyclic Meditation	** Language wise (**Prayer Hall)
4.00 pm	Special Techniques	Section Wise
5.00 pm	Tuning to Nature, Games	Walking path and Play ground
6.00 pm	Bhajan	Prayer Hall
6.30 pm	Trataka	** Language wise (**Prayer Hall)
7.00 pm	MSRT	** Language wise (**Prayer Hall)
7.30 pm	Dinner	Annapurna
8.30 pm	Happy Assembly	Prayer Hall
9.00 pm	Doctors team visit to the room	

\*\* English: Prayer Hall,

\*\*Kannada: Vimarsha,

\*\*Hindi: Anugraha

## NATUROPATHY

### SURABHI:

Surabhi is the place of Naturopathy where pancha mahabutha is used to heal the participants. It contains Hydrotherapy, Massage therapy, mud therapy, Acupuncture etc. The objective of Surabhi is to blend Yoga and Naturopathy for quick healing and maintaining health. The Surabhi is headed by Medical officer supported by the duty doctors, senior therapists, junior therapist and workers.

TIME	SCHEDULE	VENUE
5.30 am	OM Meditation	** Language wise (**Prayer Hall)
6.00 am	Special Techniques	Section Wise
7.00 am	Juice Therapy, Naturopathy Treatment - I	Surabhi
8.00 am	Maitri Milan	**Mangal Mandir
9.00 am	Parameter	Section Wise
9.15 am	Juice/ Treatment/ Counseling/ Parameter- II	Surabhi
11.00 am	Lunch	Annapurna
12.00 pm	Lecture	** Language wise (**Prayer Hall)
1.00 pm	Juice/ Naturopathy Treatment- III	Surabhi
3.00 pm	Cyclic Meditation	** Language wise (**Prayer Hall)
4.00 pm	Special Techniques	Section Wise
5.00 pm	Tuning to Nature, Games	Walking path and Play ground
6.00 pm	Bhajan	Prayer Hall
6.30 pm	Dinner	Annapurna
7.30 pm	MSRT/ Trataka	Prayer Hall
8.00 pm	Happy Assembly	Prayer Hall
9.00 pm	Juice	

## AYURVEDA

Ayurveda is additional/main treatment given to participants for speedy recovery. The entire operation of the Ayurveda section has been monitored by Ayurveda experts.

TIME	SCHEDULE	VENUE
5.30 am	OM Meditation	** Language wise (**Prayer Hall)
6.00 am	Special Techniques/Ayurveda	Section Wise/Surabhi
7.00 am	Breakfast	Annapurna
8.00 am	Maitri Milan	**Mangal Mandir
9.00 am	Parameter/Ayurveda	Section Wise
10.00 am	Pranayama/Ayurveda	** Language wise (**Prayer Hall)/Surabhi
11.00 am	Special Technique/Ayurveda	Section Wise/Surabhi
12.00 pm	Lecture	** Language wise (**Prayer Hall)
1.00 pm	Lunch	Annapurna
2.15 PM	Doctors team visit to the room/Ayurveda	
3.00 pm	Cyclic Meditation	** Language wise (**Prayer Hall)
4.00 pm	Special Techniques/Ayurveda	Section Wise/Ayurveda
5.00 pm	Tuning to Nature, Games	Walking path and Play ground
6.00 pm	Bhajan	Prayer Hall
6.30 pm	Trataka	** Language wise (**Prayer Hall)
7.00 pm	MSRT	** Language wise (**Prayer Hall)
7.30 pm	Dinner	Annapurna
8.30 pm	Happy Assembly	Prayer Hall
9.00 pm	Doctors team visit to the room	

### **Instructions for the therapy participants if they are admitted to the Arogyadhama**

- Please try to follow the routine and attend **all** the sessions **in time**
- Kindly **switch off your mobile** during the sessions
- Keep your footwear / shoes in order in the racks
- **Maintain silence** in the class rooms & dining hall
- Bring your yoga mat to all the session
- For any clarification please contact your section therapist OR doctor.
- Kindly deposit all your valuables in the cash counter. Management will not be responsible for any theft or loss.
- **For any CONSULTATION** (Ayurveda/Naturopathy/Physiotherapy or blood test Please discuss with your section Doctor and Therapist.
- **Carry your file** for consultations and give it back to your therapist in **Section**.
- **DO NOT carry your file to your rooms.**
- Any problems in the rooms come and write in the register in **Reception or put in the box outside the reception.**
- Daily discuss your health condition with your section doctors during parameters.

**HOT WATER WILL BE AVAILABLE BETWEEN 04.30 TO 05.30 AM**

### **IMPORTANT CONTACT NUMBERS:**

**Arogyadhama office: 080-22639963 (9.30 am to 9.30 pm),**

**Mobile: +91 8762262310.**

**Maintenance: Mr. Somashekar: +91 8050983154**

**(Room Cleaning, Water, Electricity etc. problems).**

**Medical & Emergency (Therapist and Section Doctors).**

<b>Treatment</b>	<b>Venue</b>
<b>Ayurveda consultation and treatment</b>	<b>Surabhi</b>
<b>Naturopathy consultation and treatment</b>	<b>Surabhi</b>
<b>Physiotherapy</b>	<b>Amruta</b>

**\*\* English : Prayer Hall, \*\*Kannada: Vimarsha, \*\*Hindi: Anugraha**