

Daily routine at Arogyalayam:

4:25 AM: Wake up from sleep.

4:25 to 4:55 AM: Drink first instalment of water, go for stools and finish the daily chores.

5:00 to 6:30: Attend Yoga class. Health-seekers are trained here in warming up exercises, praanaayaama and aasanas.

6:30 to 6:45 AM: Do yoga-kriyas. Training is given for doing jala-naeti, sootra-naeti, gajakarni(for cleaning of stomach) etc.

6:45 to 7:15 AM: Drink second instalment of water and go again for stools.

7:15 to 8:15 AM: Breakfast is served with five types of sprouted seeds, fresh coconut pieces, dates and fruits. Boiled seeds and raagi jaava (soup) are given to those who cannot munch sprouts due to any problems of teeth.

8:15 to 8:45 AM: Dr. Visala's "Manchi Maata" (Good talk). This helps in reducing mental tensions, inculcating positive thinking, and for improving mental health. Even the aasram-staff attend to their duties after listening to this.

9:00 AM to 12 Noon: Treatments. These include full body massage, partial massage, steam bath, under-water massage etc. Ladies are trained in swimming in Krishna river in-between.

12 Noon to 1:00 PM: Afternoon lunch. Phulkas, cooked brown rice, two kinds of curries and curd made of cow-milk are served in this lunch.

1:00 to 2:00 PM: Rest. Those interested can learn techniques of cooking without salt and oil in this recess.

2:00 to 4:00 PM: Treatments. These include mud-bath, sand-bath, banana-leaf bath, chest-pack, knee-pack, neem-bath. Gents can learn or do swimming at this time.

4:00 to 5:30 PM: Exercises and aasanas to reduce weight, especially to melt fat of different parts of body like stomach, seat, etc.

5:30 to 6:15 PM: Pedal boating in Krishna River for those interested.

6:15 to 7:00 PM: Dinner/Supper. Phulkas, chutney, one curry and curd, or a fruit-dinner with five types of fruits, is served.

7:00 to 8:30 PM: Dr. Raju's speech on health, which includes a half-hour slot for Questions and Answers, clarification of doubts or wrong notions. Another half-an-hour is meant for Doctor's talk on a specific health-topic.

8:30 to 9:00 PM: Relaxation time.

9:00 PM: Sleep.