

Daily Schedule at Sutra Rejuvenation Home in Palwal

| Day Time | Activity | Information |
|-----------------|--|--|
| 5.00 am | Wake up | <ul style="list-style-type: none"> Hypertonic salt solution in the room for purgation |
| 6 – 7 am | Massage with Herbal Oil | <ul style="list-style-type: none"> Abhyanga Room |
| 6 - 7 am | Aarti & Prayer | In parallel |
| 7.00-7.45 am | Yoga, Pranayama and Meditation | Online or Offline |
| 7.45 – 8 pm | Kaada with Herbal extracts | Honey, Gur, Green chutani |
| 8 – 8.30 am | Nature Walk, Sun Bath | Take Photos, Absorb the beauty and energy |
| 8.30 am | Check your urine sugar, weight and B.P | Record in Digital EHR App |
| 8.30 - 10 am | Breakfast of Salads, Fruits, Khichuri | Soothing Music in banground |
| 10 to 11 am | Medical consultation | Followed by Rest |
| 11.00-12 am | Gardening, Playing with Pets | |
| 12 – 1 pm | Shirodhara | Shirodhara room |
| 1- 2 am | Lunch of Salads, Ftuits and Khichuri | Sufficient fruit should be eaten; avoid wastage |
| 2-3 pm | Try to take complete rest | |
| 3-4 pm | Positive Affirmative Talks, followed by discussion on heath and wellness | |
| 4 - 5 pm | Kada/Soup/Coconut Water/ Lemon water / Juices/soups | As prescribed |
| 5-6 pm | Evening Nature Walk | Take Photos, Absorb the beauty and energy |
| 6-7 pm | Yoga, Pranayam, Meditation | Online or Offline |
| 7 - 8 pm | Dinner 2 veggies, dalia/fruit/juice/soup/millets | |
| 9-8 pm | Dance/skit/Music | Take Photos, Absorb the collective energy |
| 9 – 9.30 pm | Free time to call, check msgs | Go to Bed |

Note: Palliative Care Medicines prescribed and are made available.