

Copied directly from the 'Patient Handbook · Quick Reference · 2026'

The Daily Rhythm

Time	Activity	Time	Activity
05:30	Wake-up & Inventory	15:00 – 16:30	Thoughts & Feelings Third Session
06:00 – 06:25	Tea + assembly	16:30 – 17:00	Tea Break
06:30 – 07:00	Morning Meditation	17:00 – 18:00	Freshening up
07:00 – 07:30	Exercise	18:30 – 19:30	In-house 12-step Meeting
07:30 – 08:50	Duties + Hygiene	19:30 – 21:00	TV / Reading
09:00 – 10:00	Breakfast + Meds + BP	21:00 – 21:45	Dinner
10:15 – 11:00	First Session	22:00	Night Prayer
11:00 – 11:30	Tea Break	22:30	Inventory & Lights Off
11:45 – 12:45	Second Session	Sat 10:15	Group Therapy
13:00 – 13:45	Lunch	Sat 11:30	Yoga
13:45 – 14:45	Rest	Sun: Rest (06:30 – Wake, 07:00 – Meditation, No Sessions, Other Timings Unaffected)	

Your Rights · Your Responsibilities

YOUR RIGHTS

- To be treated with dignity regardless of how you were admitted.
- To be free from physical, verbal, emotional, or sexual harm.
- To confidentiality about your clinical history and sessions.
- To clear information about your treatment and medication.
- To raise a grievance without fear of reprisal.
- To be informed of any sanction before it is applied and to appeal it.

YOUR RESPONSIBILITIES

- Attend every scheduled block on time and prepared.
- Be honest in sessions and with staff.
- Hold in confidence whatever another patient shares in group.
- Respect staff in their roles.
- Care for shared spaces as if the next person matters.
- Follow the schedule and rules without constant reminders.
- Ask when something is unclear.

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