



EMPOWERING RECOVERY, TRANSFORMING LIVES



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The Story So Far

At Jagruti, we've created a sanctuary of hope and healing for those on the journey to recovery from addiction and mental health struggles. For over 18 years, we've been a guiding light, offering customised, holistic rehabilitation services that nurture both mind and spirit. With a dedicated team of over 50 licensed doctors and psychologists, we're committed to providing compassionate, expert care and a structured pathway to wellness. Our mission is to foster a safe, empowering environment where individuals can rediscover their inner strength, conquer life's obstacles, and embrace a future filled with possibility. Over 82,000 patients have found their path to recovery with us—and their stories are a testament to the transformative power of healing.

82k+ PATIENTS
TREATED SUCCESSFULLY

18+ YEARS OF
DEDICATEDLY SAVING LIVES

30+ EXPERIENCED
PSYCHIATRIST

14+ CENTRE
ALL OVER INDIA



WHAT WE STAND FOR



Vision & Mission

Our vision is to help individuals regain control of their lives by offering holistic treatment programs. We aim to empower people to live a life free of addiction and mental health struggles, with dignity and purpose.



Core Values

- Compassion
- Integrity
- Respect
- Excellence
- Confidentiality



History & Founding

Founded by Dr. Amar Shinde in 2008, Jagruti Rehabilitation Centre has been serving communities across the region. The center was built with the intention of creating a supportive environment for individuals to heal and regain control of their lives.



OUR MEDICAL SPECIALISTS



Our team of highly trained and compassionate professionals is dedicated to providing personalized care. The center is staffed with experienced psychiatrists, psychologists, addiction counselors, nurses, and support staff who are committed to the healing process.

Senior Psychiatrist



Dr. Bharat Mali



Dr. Nimisha Nair



Dr. Asra Khan



Dr. Suman Rajpara



Dr. Anant Agarwal



Dr. Ashima Ranjan



Dr. Darshan Jyotibanand



Dr. Vijay Anand

Senior Psychologist



Kajol Achrekar



Avni Patil



Mansi Doshi



Hrishti Bhawnani



Niranjan Pandit



Garima Pandey



Sanjay Gamit



Janvi Parmar



Gauri Sharma



Sonali Lakra



Nishu Mishra



Ishmeet kaur



Mariet Varghese



Pranja Shee DKH



Miss Janani k P

JAGRUTI ACROSS INDIA

Our Nation Wide Locations

Jagruti Rehabilitation Centre operates in multiple locations to make treatment accessible to individuals across regions. Locations include Rehabilitation Centre's in



Maharashtra

- Navi Mumbai
- Mumbai
- Pune

Delhi

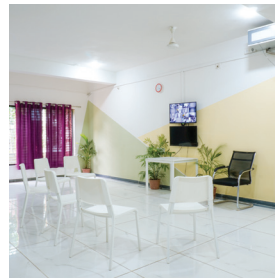
- Gurgaon
- Noida

JAGRUTI ACROSS INDIA

• Bangalore

• Chennai

• Ahmedabad



OUR FACILITIES: WHERE HEALING AND COMFORT MEET



Living Blocks

- Private and shared rooms with modern amenities
- Comfortable furnishings and a peaceful environment



Therapeutic Spaces

- Group activity rooms
- Individual session rooms
- Yoga and meditation spaces
- Bio-feedback and neuro-feedback rooms



Nursing & Medical Block

- Round-the-clock nursing care
- Emergency medical services



OUR FACILITIES: WHERE HEALING AND COMFORT MEET



● Activity Complex

- Recreational facilities
- Indoor games and snooker table
- A fitness center with cardio and other equipment's



● General Utility Areas

- Generator backup
- Library and reading room
- Multipurpose hall
- Centralized laundry services
- CCTV cameras for security
- Spacious dining and kitchen complex



● Outdoor Spaces

- Gardens and canopies
- Open spaces for walking and relaxation
- Ground for play and games





Accommodation

The center offers comfortable and serene living spaces for individuals during their inpatient stay. Rooms are designed to be calm, inviting, and conducive to recovery. Private and shared accommodations are available.

Facilities



Wi-Fi & Communication Access



Comfortable Lounges



24/7 Support & Assistance



Secure Environment



TREATMENT PROGRAMS OVERVIEW

ADDICTION TREATMENT

- Alcohol Dependence
- Drug Addiction (Opioids, Cocaine, Marijuana, etc.)
- Prescription Drug Abuse
- Dual Diagnosis (Mental Health + Addiction)

MENTAL HEALTH PROGRAMS

- Depression & Anxiety
- PTSD (Post-Traumatic Stress Disorder)
- OCD (Obsessive Compulsive Disorder)
- Bipolar Disorder
- Schizophrenia Treatment

OTHER SPECIALIZED PROGRAMS

- Anger Management
- Eating Disorders
- Behavioral Addictions (e.g. gambling, gaming)
- Self-Esteem & Confidence Building Program

COUNSELLING SERVICES

- Individual Counselling
- Group Counselling
- OCD (Obsessive Compulsive Disorder)
- Family & Couples Counselling
- Tele-Counselling & Crisis Intervention

THERAPEUTIC MODALITIES

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavioral Therapy (DBT)
- Acceptance and Commitment Therapy (ACT)
- Motivational Enhancement Therapy (MET)
- Holistic & Alternative Therapies
- Integrative Group Sessions



TREATMENT APPROACH



Individualized Treatment Plans

We offer personalized treatment strategies that address both the root cause of addiction or mental health struggles and the co-occurring disorders that may present.



Medical Detoxification

We offer medically supervised detox programs designed to manage withdrawal symptoms safely and effectively.



Inpatient & Outpatient Programs

Jagruati Rehabilitation Centre offers both inpatient and outpatient rehab options to cater to the needs of individuals at various stages of recovery.



Holistic Approach

Mindfulness & Meditation: Practices to calm the mind and enhance emotional regulation.
Yoga & Physical Fitness: Activities designed to support both physical and mental wellness.



Family Counseling & Support

Addiction doesn't just affect the individual; it affects the family as well. We provide family counseling to ensure loved ones are involved in the recovery process.



Daily Schedule

Morning

Group therapy sessions, physical fitness routines.

Afternoon

Individual therapy, life skills workshops, mindfulness exercises.

Evening

Recreational activities, family therapy, relaxation time.

Recreational & Wellness Activities



Yoga & Meditation



Outdoor Activities & Nature Walks



Art & Music Therapy



Group Discussions & Social Time





Healthy & Nutritious Meals

At Jagruti, we prioritize health at every level, including nutrition. Our team of chefs prepares delicious, wholesome meals that support the healing process. We offer a variety of dietary options, including vegetarian, vegan, and gluten-free.

Meal Plans



Breakfast, lunch, and dinner are served daily.



Snacks and refreshments available between meals.



Step-by-Step Guide



1



Contact Us

Reach out through our website or call to speak with an admissions specialist.

Assessment

A thorough assessment is conducted to understand your needs.

2



3



Personalized Plan

A customized treatment plan will be developed.

Admission

Secure your place and begin your healing journey at Jagruti Rehabilitation Centre.

4



REGULAR DIET CHART

Day	Morning Tea	Breakfast	Lunch
Monday	150ml Milk Tea (25 cal)+ 2-4 Biscuits/Rusk (90 cal) Total: 115 cal	4 Idlis (232 cal)+ 150ml Sambar (130 cal)+ 50ml Coconut Chutney(60 cal) Total: 422 cal	250g Boiled Rice (325 cal) + 3 Roti (360 cal)+ 150g Brinjal Curry (150 cal)+ 200g Chole Dal (235 cal)+ 150ml Curd (98 cal) Total: 1168 cal
Tuesday	150ml Milk Tea (25 cal)+ 2-4 Biscuits/Rusk (90 cal) Total: 115 cal	200g Daliya with Dry Fruits (with/without Sugar) Total: 400 to 550 cal	250g Boiled Rice (325 cal)+ 3 Roti (360 cal)+ 150g Palak Paneer (370 cal)+ 200g Channa Dal (244 cal)+ 150ml Curd (98 cal). Total: 1397 cal
Wednesday	150ml Milk Tea (25 cal)+ 2-4 Biscuits/Rusk (90 cal) Total: 115 cal	4 Pooris (426 cal)+ 150g Aloo Sabji (200 cal) Total: 626 cal	250g Boiled Rice (325 cal)+ 3 Roti (360 cal)+ 200g Veg Kofta (270 cal)+ 200g Urd Dal (198 cal)+ 150ml Curd (98 cal). Total: 1251 cal
Thursday	150ml Milk Tea (25 cal)+ 2-4 Biscuits/Rusk (90 cal) Total: 115 cal	250g Pasta/Oats with Milk and Dry Fruits (with/without Sugar) Total: 420 to 780 cal	250g Boiled Rice (325 cal)+ 3 Roti (360 cal)+ 200g Mutter Paneer (Veg) (272 cal)/ 2 Egg Curry (Non-Veg) (320 cal) + 150ml Curd (98 cal). Total: 1056 cal to 1103 cal
Friday	150ml Milk Tea (25 cal)+ 2-4 Biscuits/Rusk (90 cal) Total: 115 cal	4 Pav (260 cal)+ 200g Veg Bhaji (240 cal) Total: 500 cal	250g Boiled Rice (325 cal)+ 3 Roti (360 cal)+ 150g Lady Finger Masala (196 cal)+ 200g Rajma (320 cal)+ 150ml Curd (98 cal) Total: 1299 cal
Saturday	150ml Milk Tea (25 cal)+ 2-4 Biscuits/Rusk (90 cal) Total: 115 cal	2 Sandwiches with Vegetables, Butter, and Mayo (Total: 400 cal)	250g Boiled Rice (325 cal)+ 3 Roti (360 cal)+ 200g Besan Gatta (484 cal)+ 200g Toor Dal (198 cal)+ 150ml Curd (98 cal) Total: 1465 cal
Sunday	150ml Milk Tea (25 cal)+ 2-4 Biscuits/Rusk (90 cal) Total: 115 cal	3 Medu Vada (450 cal) + 50g Coconut Chutney (60 cal) Total: 510 cal	250g Boiled Rice (325 cal) + 3 Roti (360 cal)+ 250g Paneer Curry (Veg)(385 cal) / 250g Chicken Curry (Non-Veg)(397 cal)+ 200g Channa Dal (410 cal)+ 150ml Curd (98 cal) Total: 1578 to 1590 cal

REGULAR DIET CHART

Day	Hi-Tea	Dinner
Monday	150ml Milk Tea (25 cal)+ 2-4 Biscuits/Rusk (90 cal) Total: 115 cal	250g Boiled Rice (325 cal) + 3 Roti (360 cal)+ 200g Aloo Matar (180 cal)+ 200g Moong Dal (212 cal)+ 150 gm Vegetable Salad (100 cal). Total: 1177 cal
Tuesday	150ml Milk Tea (25 cal)+ 2-4 Biscuits/Rusk (90 cal) Total: 115 cal	250g Boiled Rice (325 cal)+ 3 Roti (360 cal)+ 150g Cauliflower Masala Curry (224 cal)+ 2 Soya Vada (163 cal)+ 150 gm Vegetable Salad (100 cal). Total: 1172 cal
Wednesday	150ml Milk Tea (25 cal)+ 2-4 Biscuits/Rusk (90 cal) Total: 115 cal	250g Boiled Rice (325 cal)+ 3 Roti (360 cal) + 200g Curry Pakoda (310 cal)+ 2 Pappad (60 cal)+ Vegetable Salad (100 cal). Total: 1155 cal
Thursday	150ml Milk Tea (25 cal)+ 2-4 Biscuits/Rusk (90 cal) Total: 115 cal	250g Boiled Rice (325 cal) + 3 Roti (360 cal) + 200g Mixed Veg (187 cal)+ 200g Channa Dal (410 cal)+ Vegetable Salad (100 cal). Total: 1382 cal
Friday	150ml Milk Tea (25 cal)+ 2-4 Biscuits/Rusk (90 cal) Total: 115 cal	300g Vegetable Pulav/ Biryani (723 to 1077 cal)+ 50g Curd Raita (230 cal)+ 2 Pappad (60 cal). Total: 1013 to 1367 cal
Saturday	150ml Milk Tea (25 cal)+ 2-4 Biscuits/Rusk (90 cal) Total: 115 cal	250g Boiled Rice (325 cal)+ 3 Roti (360 cal)+ 200g Palak Aloo/Methi Aloo (148 to 180 cal)+ 200g Chole Dal (235 cal)+ Vegetable Salad (100 cal). Total: 1168 to 1200 cal
Sunday	150ml Milk Tea (25 cal)+ 2-4 Biscuits/Rusk (90 cal) Total: 115 cal	250g Boiled Rice (325 cal)+ 3 Roti (360 cal)+ 150g Cabbage & Aloo/Karela (108 to 255 cal) +150g Rajma (189 cal)+ Vegetable Salad (100 cal). Total: 1082 to 1229

DIABETIC DIET CHART

Day	Morning Tea	Breakfast	Mid Morning
Monday	150ml Milk Tea without sugar (2 cal)+ 4 sugar freeBiscuits (141). Total: 143 cal	3 Rava Idlis (244 cal)+ 150ml Sambar (130 cal) + 50ml Coconut Chutney 60 cal Total: 434 cal	fruits 150 gm (Sliced apple)- Total: 78 cal
Tuesday	150ml Milk Tea without sugar (2 cal)+ 4 sugar freeBiscuits (141). Total: 143 cal	200g Daliya with Dry Fruits (without Sugar) Total: 400 cal	fruits (mix fruits)- Total: 92cal
Wednesday	150ml Milk Tea without sugar (2 cal)+ 4 sugar freeBiscuits (141). Total: 143 cal	4 Pooris (426 cal)+ 150g Aloo Sabji (200 cal) Total: 626 cal	fruits (orange)- Total: 71 cal
Thursday	150ml Milk Tea without sugar (2 cal)+ 4 sugar freeBiscuits (141). Total: 143 cal	250g Oats with Milk and Dry Fruits (without Sugar) Total: 420 cal	fruits (Sliced kiwi)- Total: 92 cal
Friday	150ml Milk Tea without sugar (2 cal)+ 4 sugar freeBiscuits (141). Total: 143 cal	4 Pav (260 cal)+ 200g Veg Bhaji (240 cal) Total: 500 cal	fruits (Sliced apple)- Total: 78 cal
Saturday	150ml Milk Tea without sugar (2 cal)+ 4 sugar freeBiscuits (141). Total: 143 cal	2 Sandwiches with Vegetables, Butter, and Mayo (Total: 400 cal)	fruits (mix fruits)- Total: 92 cal
Sunday	150ml Milk Tea without sugar (2 cal)+ 4 sugar freeBiscuits (141). Total: 143 cal	3 Medu Vada (450 cal) + 50g Coconut Chutney (60 cal) Total: 510 cal	fruits (orange)- Total: 71 cal

DIABETIC DIET CHART

Day	Lunch	Hi-Tea	Dinner
Monday	3 Roti (360 cal)+ 150g Brinjal Curry (150 cal)+ 200g Chole Dal (235 cal)+ 150ml Curd (98 cal) Total: 843 cal	150ml Milk Tea with out sugar (2 cal)+ 4 sugar freeBiscuits (141 cal). Total: 143 cal	3 Roti (360 cal)+ 200g Aloo Matar (180 cal)+ 200g Moong Dal (212 cal)+ 150 gm Vegetable Salad (100 cal). Total: 852 cal
Tuesday	3 Roti (360 cal)+ 150g Palak Paneer (370 cal)+ 200g Channa Dal (244 cal)+ 150ml Curd (98 cal). Total: 1072 cal	150ml Milk Tea with out sugar (2 cal)+ 4 sugar freeBiscuits (141 cal). Total: 143 cal	3 Roti (360 cal)+ 150g Cauliflower Masala Curry (224 cal)+ 2 Soya Vada (163 cal)+ 150 gm Vegetable Salad (100 cal). Total: 847 cal
Wednesday	3 Roti (360 cal)+ 200g Veg Kofta (270 cal)+ 200g Urd Dal (198 cal)+ 150ml Curd (98 cal). Total: 926 cal	150ml Milk Tea with out sugar (2 cal)+ 4 sugar freeBiscuits (141 cal). Total: 143 cal	3 Roti (360 cal) + 200g Curry Pakoda (310 cal)+ 2 Pappad (60 cal)+ Vegetable Salad (100 cal). Total: 830 cal
Thursday	3 Roti (360 cal)+ 200g Mutter Paneer (Veg) (272 cal)/ 2 Egg Curry (Non-Veg) (320 cal)+ 150ml Curd (98 cal). Total: 731 cal to 778 cal	150ml Milk Tea with out sugar (2 cal)+ 4 sugar freeBiscuits (141 cal). Total: 143 cal	3 Roti (360 cal) + 200g Mixed Veg (187 cal)+ 200g Channa Dal (410 cal)+ Vegetable Salad (100 cal). Total: 1057 cal
Friday	3 Roti (360 cal)+ 150g Lady Finger Masala (196 cal)+ 200g Rajma (320 cal)+ 150ml Curd (98 cal) Total: 974 cal	150ml Milk Tea with out sugar (2 cal)+ 4 sugar freeBiscuits (141 cal). Total: 143 cal	1 cup Brown Rice (222 cal) + 3 Roti (360 cal)1 cup Mixed Dal (198 cal) + 1 cup Lauki Sabzi (69 cal) + Vegetable Salad (100 cal). Total: 949 cal
Saturday	3 Roti (360 cal)+ 200g Besan Gatta (484 cal)+ 200g Toor Dal (198 cal)+ 150ml Curd (98 cal) Total: 1140 cal	150ml Milk Tea with out sugar (2 cal)+ 4 sugar freeBiscuits (141 cal). Total: 143 cal	3 Roti (360 cal)+ 200g Palak Aloo/Methi Aloo (148 to 180 cal)+ 200g Chole Dal (235 cal)+ Vegetable Salad (100 cal). Total: 843 to 875 cal
Sunday	3 Roti (360 cal)+ 250g Paneer Curry (Veg) (385 cal) / 250g Chicken Curry (Non-Veg) (397 cal)+ 200g Channa Dal (410 cal)+ 150ml Curd (98 cal) Total: 1253 to 1265 cal	150ml Milk Tea with out sugar (2 cal)+ 4 sugar freeBiscuits (141 cal). Total: 143 cal	3 Roti (360 cal)+ 150g Cabbage & Aloo/Karela (108 to 255 cal) +150g Rajma (189 cal)+ Vegetable Salad (100 cal). Total: 757 to 904

HTN DIET CHART

Day	Morning Tea	Breakfast	Mid Morning
Monday	150ml toned Milk Tea (25 cal)+ 2-4 Biscuits/Rusk (90 cal) Total: 115 cal	4 Idlis (232 cal)+ 150ml Sambar (130 cal)+ 50ml Coconut Chutney (60 cal) Total: 422 cal (Low Salt)	250g Boiled Rice (325 cal) + 3 Roti (360 cal)+ 150g Brinjal Curry (150 cal)+ 200g Chole Dal (235 cal) + 150ml Curd (98 cal) Total: 1168 cal
Tuesday	150ml toned Milk Tea (25 cal)+ 2-4 Biscuits/Rusk (90 cal) Total: 115 cal	200g Daliya with Dry Fruits (with/without Sugar) Total: 400 to 550 cal (Low Salt)	250g Boiled Rice (325 cal)+ 3 Roti (360 cal)+ 150g Palak Paneer (370 cal)+ 200g Channa Dal (244 cal)+ 150ml Curd (98 cal). Total: 1397 cal (Low Salt)
Wednesday	150ml toned Milk Tea (25 cal)+ 2-4 Biscuits/Rusk (90 cal) Total: 115 cal	4 Pooris (426 cal)+ 150g Aloo Sabji (200 cal) Total: 626 cal. (Low Salt)	250g Boiled Rice (325 cal)+ 3 Roti (360 cal)+ 200g Veg Kofta (270 cal) + 200g Urd Dal (198 cal)+ 150ml Curd (98 cal). Total: 1251 cal (Low Salt)
Thursday	150ml toned Milk Tea (25 cal)+ 2-4 Biscuits/Rusk (90 cal) Total: 115 cal	250g Pasta/Oats with Milk and Dry Fruits (with/without Sugar) Total: 420 to 780 cal (Low Salt)	250g Boiled Rice (325 cal)+3 Roti (360 cal)+ 200g Mutter Paneer (Veg) (272 cal)/ 2 Egg Curry (Non-Veg) (320 cal)+ 150ml Curd (98 cal). Total: 1056 cal to 1103 cal (Low Salt)
Friday	150ml toned Milk Tea (25 cal)+ 2-4 Biscuits/Rusk (90 cal) Total: 115 cal	4 Pav (260 cal)+ 200g Veg Bhaji (240 cal) Total: 500 cal. (Low Salt)	250g Boiled Rice (325 cal)+ 3 Roti (360 cal)+ 50g Lady Finger Masala (196 cal)+ 200g Rajma (320 cal)+ 150ml Curd (98 cal) Total: 1299 cal (Low Salt)
Saturday	150ml toned Milk Tea (25 cal)+ 2-4 Biscuits/Rusk (90 cal) Total: 115 cal	2 Sandwiches with Vegetables, Butter, and Mayo (Total: 400 cal) (Low Salt)	250g Boiled Rice (325 cal)+ 3 Roti (360 cal)+ 200g Besan Gatta (484 cal)+ 200g Toor Dal (198 cal)+ 150ml Curd (98 cal) Total: 1465 cal (Low Salt)
Sunday	150ml toned Milk Tea (25 cal)+ 2-4 Biscuits/Rusk (90 cal) Total: 115 cal	3 Medu Vada (450 cal) + 50g Coconut Chutney (60 cal) Total: 510 cal (Low Salt)	250g Boiled Rice (325 cal) +3 Roti (360 cal)+ 250g Paneer Curry (Veg) (385 cal) / 250g Chicken Curry (Non-Veg) (397 cal)+ 200g Channa Dal (410 cal)+ 150ml Curd (98 cal) Total: 1578 to 1590 cal (Low Salt)

HTN DIET CHART

Day	Hi-Tea	Dinner
Monday	150ml toned Milk Tea (25 cal)+ 2-4 Biscuits/Rusk (90 cal) Total: 115 cal	250g Boiled Rice (325 cal) + 3 Roti (360 cal)+ 200g Aloo Matar (180 cal)+ 200g Moong Dal (212 cal)+ 150 gm Vegetable Salad (100 cal). Total: 1177 cal (Low Salt)
Tuesday	150ml toned Milk Tea (25 cal)+ 2-4 Biscuits/Rusk (90 cal) Total: 115 cal	250g Boiled Rice (325 cal)+3 Roti (360 cal)+ 150g Cauliflower Masala Curry (224 cal)+ 2 Soya Vada (163 cal)+ 150 gm Vegetable Salad (100 cal). Total: 1172 cal (Low Salt)
Wednesday	150ml toned Milk Tea (25 cal)+ 2-4 Biscuits/Rusk (90 cal) Total: 115 cal	250g Boiled Rice (325 cal)+ 3 Roti (360 cal) + 200g Curry Pakoda (310 cal)+ 2 Pappad (60 cal) + Vegetable Salad (100 cal). Total: 1155 cal (Low Salt)
Thursday	150ml toned Milk Tea (25 cal)+ 2-4 Biscuits/Rusk (90 cal) Total: 115 cal	250g Boiled Rice (325 cal) + 3 Roti (360 cal) + 200g Mixed Veg (187 cal)+ 200g Channa Dal (410 cal)+ Vegetable Salad (100 cal). Total: 1382 cal (Low Salt)
Friday	150ml toned Milk Tea (25 cal)+ 2-4 Biscuits/Rusk (90 cal) Total: 115 cal	300g Vegetable Pulav/Biryani (723 to 1077 cal)+ 50g Curd Raita (230 cal)+ 2 Pappad (60 cal). Total: 1013 to 1367 cal (Low Salt)
Saturday	150ml toned Milk Tea (25 cal)+ 2-4 Biscuits/Rusk (90 cal) Total: 115 cal	250g Boiled Rice (325 cal)+ 3 Roti (360 cal)+ 200g Palak Aloo/Methi Aloo (148 to 180 cal)+ 200g Chole Dal (235 cal)+ Vegetable Salad (100 cal). Total: 1168 to 1200 cal (Low Salt)
Sunday	150ml toned Milk Tea (25 cal)+ 2-4 Biscuits/Rusk (90 cal) Total: 115 cal	250g Boiled Rice (325 cal)+ 3 Roti (360 cal)+ 150g Cabbage & Aloo/Karela (108 to 255 cal) +150g Rajma (189 cal)+ Vegetable Salad (100 cal). Total: 1082 to 1229 (Low Salt)

WHY CHOOSE JAGRUTI?



Expert Care

We combine the expertise of clinical professionals with compassionate, individualized care.



Comprehensive Approach

From detox to rehabilitation and aftercare, we provide all-encompassing services for lasting recovery.



Holistic Healing

Physical health, mental health, and emotional wellness are all considered in the treatment process.



AFTERCARE & SUPPORT

01 Continued Support Post-Treatment

Recovery doesn't end after treatment. Our aftercare program ensures that individuals have the support they need as they transition back to their daily life. We offer ongoing therapy sessions, support groups, and wellness check-ins.

02 Alumni Network

Jagruti's alumni network provides ongoing emotional and social support, helping individuals stay connected with their recovery community.

CONTACT US

CALL US

 **+91 9822207761**

ONLINE PRESENCE

 www.jagrutirehab.org  info@jagrutirehab.com



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