



### Dr. Amar Shinde

Sr. Psychiatrist - MBBS, DPM, FIPS, Consultant Psychiatrist, Direct Council Member, Indian Psychiatric Society

A visionary in the field and recognized the critical importance of rehabilitation in the recovery process. Under his guidance, Jagruti has grown exponentially, becoming a beacon of hope for countless individuals and their families.

#### Psychiatrist



#### Psychologist



#### Nursing Staff



### FACILITIES

- Revitalizing Living Spaces
- Inviting Common Areas
- Holistic Activities
- Gourmet Dining Experience
- Healing Environment

### INPATIENT AND OUTPATIENT SERVICES

- Psychiatry
- De-Addiction and Detoxification
- Psychology
- Therapies
- Rehabilitation

### PROGRAMS & SERVICES

- 1] Short Term Psychosocial Rehabilitation and Care
- 2] Long Term Psychosocial Rehabilitation and Care
- 3] Supported Employment
- 4] Supported Living
- 5] Geriatric/ Old Age Mental and Physical Health Care

### TREATMENT PROFILE AT JAGRUTI REHABILITATION CENTRE

Depression	PTSD	Alcohol Addiction	Conversion Disorder
Schizophrenia	ADHD	Drugs and Substance Abuse	Cognitive Impairment
OCD	Psychosis	Dementia	Detoxification
Bipolar disorder	Eating disorder	Delirium	Trauma

### Step 1: Arrival

1. Registration: Complete all clinical and financial forms.
2. Admission: Check in with your assigned nurse at the Inpatient Department (IPD).
3. Orientation: Learn about the hospital rules and regulations.

### Step 2: Getting Settled

1. Medication: Begin taking medications as prescribed by your doctor.
2. Evaluation: Start psychometric testing to assess your mental state.
3. Initial Consultations: Meet with your psychiatrist, psychologist, and art therapist.

### Step 3: The Road to Recovery

1. Doctor's Visits: See your psychiatrist daily for ongoing monitoring.
2. Therapy: Participate in daily therapy sessions with a clinical psychologist.
3. Creative Expression: Engage in daily art therapy sessions.
4. Holistic Care: Attend daily yoga and physiotherapy sessions for physical well-being.
5. Engagement Activities: Enjoy daily recreational activities.
6. Nutrition: Savor gourmet meals designed for optimal health.
7. Dietary Guidance: Consult with a dietician to establish a personalised healthy eating plan.
8. Family Support: Participate in weekly family therapy sessions and receive regular updates.

### Step 4: Going Home

1. Discharge Planning: Collaborate with the care team to plan your smooth transition back home (2-3 days).
2. Final Assessment: Undergo discharge psychometric testing to measure your progress.
3. Continuing Support: Schedule family counselling sessions for ongoing support after discharge.
4. Preparation for Discharge: Complete all pre-discharge procedures.



### Jagruti Rehabilitation Centre, Chennai

944, 17th Main Rd, Sector H, Thirumoolar Colony, Anna Nagar, Chennai, Tamil Nadu 600038

+919822207761 | info@jagrutirehab.org



### Jagruti Rehabilitation Centre, Bengaluru

Sy no: 30/10, Yelahanka Hobli, Nagadasanahalli, Bengaluru, Karnataka 560064

+919822207761 | info@jagrutirehab.org



### Jagruti Rehabilitation Centre, Gurugram

Plot no 596, Sector 42, Gurugram, Haryana 122009

+919822207761 | info@jagrutirehab.org

- Noida | Gurugram | Delhi
- Bengaluru | Chennai | Ahmedabad

#### 3 SHARING

60,000 [ AC Charges 5000/- Extra ]

#### 2 SHARING

70,000 [ AC Charges 5000/- Extra ]

#### SEPARATE ROOM

90,000 [ AC Charges Extra ] [ AC Including ]

#### CHARGES INCLUDES

- FOOD | STAY | BATHING | CLEANING | LAUNDRY
- NURSING CARE | DOCTOR FEE

+91 9822207761

www.jagrutirehab.org/ | [Social Media Icons]



# Trusted name of Rehabilitation in India

81K Patients Treated Successfully

30+ Experienced Psychiatrist

14+ Centre all Over India

18+ Years of Dedicatedly Saving Lives

