



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.

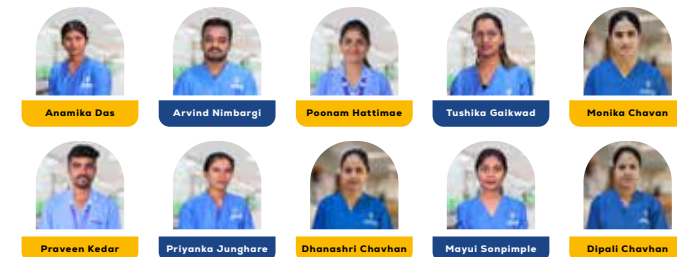
Psychiatrist



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

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.

TREATMENT PROFILE AT JAGRUTI REHABILITATION CENTRE





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📍 Mumbai | 📍 Navi Mumbai | 📍 Pune
📍 Bengaluru | 📍 Chennai | 📍 Ahmedabad

4/5 SHARING		2/3 SHARING	
AC 70,000	Non AC 60,000	AC 90,000	NON AC 80,000

SEPARATE ROOM [Including AC] 1,20,000

CHARGES INCLUDES

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

☎ +91 9822207761

🌐 www.jagrutirehab.org/ | 📱 📺 📷 📞



**Trusted name of
Rehabilitation
in India**

81K Patients Treated Successfully

30+ Experienced Psychiatrist

14+ Centre all Over India

18+ Years of Dedicatedly Saving Lives

