



### 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



Dr. Nimisha Nair



Dr. Bharat Mall



Dr. Apoorva Selvaraj



Dr. Nishita patil



Dr. Asif Khan

#### Psychologist



Hrishthi Bhawan



Mansi Doshi



Aashna Dasadia



Rohina Deb



Deepita Vispute

#### Nursing Staff



Monika Chavan



Dhanashri Chavhan



Dipali Chavhan



Tushika Gokwad



Poonam Hattimae



Praveen Kedar



Priyanka Junghare



Anamika Das



Mayul Sonpimple



Arvind Nimborgi

## 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



Depression



PTSD



Alcohol Addiction



Conversion Disorder



Schizophrenia



ADHD



Drugs and Substance Abuse



Cognitive Impairment



OCD



Psychosis



Dementia



Detoxification



Bipolar disorder



Eating disorder



Delirium



Trauma



### 📍 Jagruti Rehabilitation Centre, Mumbai (Malad East)

Sushmita Building, Ahead Fatima Devi School, Manchubhai Road, Malad East, Mumbai, Maharashtra 400097

☎ +917977996934 ✉ info@jagrutirehab.org



### 📍 Jagruti Rehabilitation Centre, Navi Mumbai

Siddhivinayak, Plot no 37, Sector 5, Taloja Phase 1, Navi Mumbai - 410208

☎ +917977996934 ✉ info@jagrutirehab.org



### 📍 Jagruti Rehabilitation Centre, Pune Center

Zhagade Wasti, Near Loni Toll Naka, Manjari Farm, Pune-Solapur Road, Hadapsar, Pune 412307

☎ +917977996934 ✉ info@jagrutirehab.org

- 📍 Noida
- 📍 Gurugram
- 📍 Delhi
- 📍 Bengaluru
- 📍 Chennai
- 📍 Ahmedabad

#### 4 SHARING

AC 60,000

#### 2 SHARING

AC 90,000

#### SEPARATE ROOM

1,20,000 [ AC Including ]

#### CHARGES INCLUDES

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

**Georgina : ☎ +91 7977996934**

🌐 [www.jagrutirehab.org/](http://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**

