



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. Minny Jain



Dr. Aant Agarwal



Dr. Anchal Miglani



Dr. Ashima Ranjan

Psychologist



Ashima Jain



Ayushi Tyagi



Gauri Sharma



Ridam Mahajan



Sonali Lakra

Nursing Staff



Anamika Das



Arvind Nimbergi



Peenam Hattimae



Tushika Gokwad



Monika Chavan



Praveen Kedar



Priyanka Junghare



Dhanashri Chavhan



Mayul Sonpimple



Dipali Chavhan

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



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- 📍 Mumbai
- 📍 Navi Mumbai
- 📍 Pune
- 📍 Bengaluru
- 📍 Chennai
- 📍 Ahmedabad

3/4 SHARING

AC 70,000

2 SHARING

AC 90,000

SEPARATE ROOM

[Including AC] 1,20,000

CHARGES INCLUDES

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

☎ **+91 9822207761**

🌐 www.jagrutirehab.org/ | [f](#) [@](#) [v](#) [y](#)



Trusted name of
Rehabilitation
in India

81K Patients Treated Successfully

30+ Experienced Psychiatrist

14+ Centre all Over India

18+ Years of Dedicatedly Saving Lives

