



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.



Mrs. Vijaya Shinde

Heart Behind Jagruti Rehabilitation Centre, Visionary and Social Warrior

The seeds of Jagruti Rehabilitation Centre were sown when Vijaya's son became a psychiatrist. With her relentless encouragement, they founded Jagruti Rehabilitation Centre on December 1, 2008, starting with just 10 beds in Pune.

Psychiatrist



Dr. Asra Khan



Dr. Faizan Ali Khan



Dr. Devashish Gadhe



Dr. Shyam Dhote

Psychologist



Niranjan Pandit



Rohini Mane



Pooja Bidgar



Lahu Rathod



Sakshi Chauhan

Nursing Staff



Balashekh Thorat



Nandini Sain



Poonam Mattime



Praveen Kedar



Monika Chauhan



Dipali Chavhan



Mayuri Sonpimple



Dhanshree Chavhan



Priyanka Junghare



Anamika Das



Tushika Gokwad



Arvind Nimbergi

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

☎ +91 9822207761 ✉ info@jagrutirehab.org



📍 **Jagruti Rehabilitation Centre, Navi Mumbai**
Siddhivinayak, Plot no 37, Sector 5,
Taloja Phase 1, Navi Mumbai - 410208

☎ +91 9822207761 ✉ info@jagrutirehab.org



📍 **Jagruti Rehabilitation Centre, Mumbai (Malad East)**
Sushmita Building, Ahead Fatima Devi
School, Manchubhai Road, Malad East,
Mumbai, Maharashtra 400097

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

GENERAL WARD	3/4 SHARING	2 SHARING
28,000 INR	40,000 INR [Non AC]	Non AC 50,000 INR

SEPRATE ROOM [Non AC] 70,000 INR

DELUXE SEPRATE ROOM [AC] 1,20,000 INR

CHARGES INCLUDES

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

☎ +91 9822207761

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**Trusted name of
Rehabilitation
in India**

81K Patients Treated Successfully

30+ Experienced Psychiatrist

14+ Centre all Over India

18+ Years of Dedicatedly Saving Lives

