



JEEVAN SANKALP SOCIETY

DEHRADUN, UTTARAKHAND

A NEW BEGINNING TOWARDS A
HEALTHY & ADDICTION-FREE LIFE



For Admission & Support: [+91-7078701387](tel:+91-7078701387)

Email: jeevansankalp993@gmail.com

WELCOME TO JEEVAN SANKALP

Jeevan Sankalp Rehabilitation Centre was founded with a simple yet powerful vision, to give individuals and families a new beginning towards a healthy, addiction-free life.

Over the years, we have become one of **Dehradun's most trusted** and result-oriented rehabilitation centres, known for our compassionate approach, professional care, and commitment to lasting recovery.

We aim to offer a safe, structured, and non-judgmental space where individuals can truly heal both physically and emotionally too. Our multidisciplinary team of medical professionals, certified counselors, psychologists, and recovery mentors works together to design personalized recovery plans that address each individual's unique needs and challenges.

At Jeevan Sankalp, we understand that addiction impacts not just one person but the entire family. That's why we focus on rebuilding relationships, restoring trust, and strengthening family support, ensuring a complete and sustainable recovery journey.

*"Healing begins when you're understood, not judged and supported, not shamed."
"Here we don't just treat addiction, we help you rebuild life with confidence and dignity."*



ABOUT US

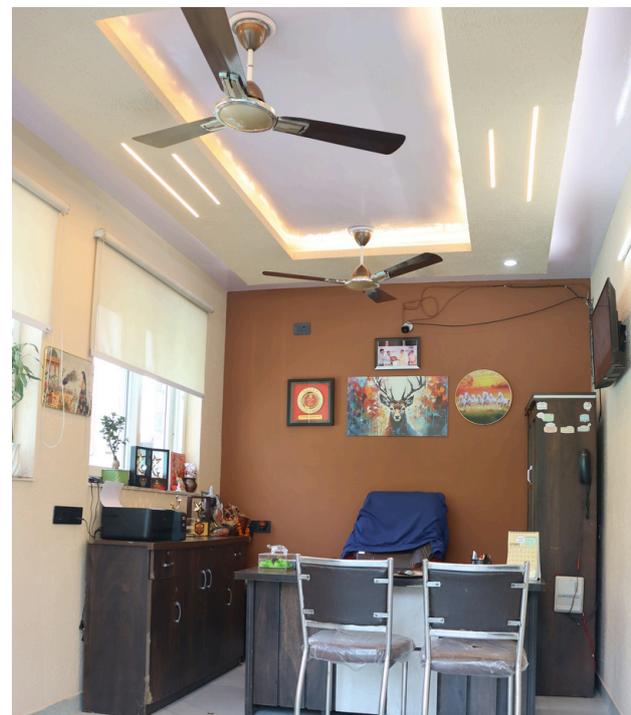
Founded in **2016**, Jeevan Sankalp Rehabilitation Centre is a Government-approved and **ISO 9001:2015** certified facility awarded by the Hon'ble **Chief Minister of Uttarakhand**, Shri Pushkar Singh Dhami and **Health Minister** Dr. Dhan Singh Rawat, reflecting the state's trust in our mission and service to society.

Over the years, Jeevan Sankalp has become a trusted name in De-addiction and mental wellness across Uttarakhand and North India, known for its evidence-based programs, compassionate team, and high recovery success rate. Our centre combines **medical treatment, psychological care, and holistic therapies** to ensure complete physical, mental, and emotional recovery.

The team at Jeevan Sankalp includes:

- **Qualified medical professionals** for detox and health management
- **Certified psychologists & counsellors** for therapy and emotional healing
- **Experienced recovery mentors**, many of whom are themselves recovered individuals
- **Yoga, fitness & mindfulness trainers** for holistic well-being

Every member of our team shares one mission: to bring hope, healing, and lasting transformation to those battling addiction.



OUR PROGRAM: THE COMPLETE PATH TO RECOVERY

At Jeevan Sankalp, we follow a **holistic, evidence-based recovery model** designed to heal the body, mind, and spirit, ensuring not just short-term improvement, but **lifelong transformation**. Our goal is not only to help a person **quit an addictive substance**, but to rebuild their sense of identity, purpose, and self-worth.

OUR CORE PROGRAM COMPONENTS

1. DETOXIFICATION & WITHDRAWAL MANAGEMENT

Safe, medically supervised detox in a calm, supportive environment. Our medical team ensures the body adjusts safely while restoring physical balance and strength.

3. PSYCHOLOGICAL CARE & COUNSELLING

Individual, group, and family therapy sessions conducted by certified psychologists or counselors to address emotional issue & promote healing.

5. BEHAVIORAL & COGNITIVE THERAPIES (CBT & DBT)

Helping individuals recognize negative thought patterns, develop emotional regulation, and learn effective coping mechanisms.

7. SKILL-BUILDING & PERSONALITY DEVELOPMENT

Workshops and activities that rebuild self-confidence, discipline, and communication skills, preparing individuals for a productive, independent life.

2. RESIDENTIAL REHABILITATION

Structured short- and long-term stay programs designed to develop discipline, stability, and emotional clarity.

4. 12-STEP RECOVERY PROGRAM (AA & NA MODEL)

A globally recognized approach that builds self-awareness, accountability, and inner strength through shared community support and spiritual awakening.

6. YOGA, MEDITATION & MINDFULNESS

Promoting relaxation, focus, and inner calm & essential tools for maintaining mental and emotional stability during and after recovery.

8. RELAPSE PREVENTION & FAMILY SUPPORT

Empowering both individuals and families with long-term recovery strategies, awareness sessions, and continuous aftercare guidance.



THE JOURNEY OF RECOVERY

At Jeevan Sankalp, recovery is a guided journey, step by step, from healing the body to rebuilding a meaningful life.

Step 1: Admission & Assessment

We begin with a detailed medical and psychological assessment to understand each individual's needs and design a personalized treatment plan.

Step 2: Detoxification & Stabilization

A safe, medically supervised detox helps the body eliminate toxins and regain strength, ensuring comfort and care throughout.

Step 3: Therapy & Counseling

Through individual, group, and family sessions, clients learn to identify triggers, manage emotions, and rebuild self-trust.

Step 4: Inner Healing & Growth

Daily yoga, meditation, and mindfulness sessions nurture inner calm, discipline, and self-awareness for lasting recovery.

Step 5: Reintegration & Aftercare

We prepare clients to return to life with relapse prevention tools, life skills, and continued support for sustained sobriety.



WHY CHOOSE JEEVAN SANKALP

Choosing the right rehabilitation centre is a life-changing decision.

1. EXPERIENCED & QUALIFIED TEAM

Our multidisciplinary team includes doctors, certified counselors, psychologists, and recovery mentors who guide clients at every stage.

3. HOLISTIC APPROACH

Our programs blend medical treatment, counseling, yoga, meditation, and fitness, focusing on overall mind-body recovery.

4. 24x7 CARE & MEDICAL SUPERVISION

Round-the-clock medical and emotional support ensures comfort, safety, and quick response in all situations.

2. SAFE & SUPPORTIVE ENVIRONMENT

We maintain a **zero-tolerance policy** for any form of harassment. The centre provides a secure, respectful space for healing and growth.

4. FAMILY INVOLVEMENT

Through family counseling and education, we help loved ones heal together and build a strong foundation for the future.

5. CONFIDENTIAL & COMPASSIONATE CARE

Every client is treated with dignity, respect, and complete confidentiality because recovery deserves privacy and trust.



OUR SERVICES

Our programs are designed to bring complete transformation, inside and out.

- Drug & Alcohol De-addiction
- Detoxification & Withdrawal Management
- Co-occurring Mental Health Treatment
- Psychological Counseling & Family Therapy
- Skill Development & Personality Growth
- Relapse Prevention & Aftercare Planning

NOTE FROM DIRECTOR

At Jeevan Sankalp Rehabilitation Centre, we believe recovery begins with compassion, dignity, and hope. Our commitment is to guide individuals toward a healthy, meaningful, and addiction-free life through structured therapy, emotional support, and personal empowerment. We stand beside every individual and family on this journey, helping them rediscover confidence, purpose, and peace.

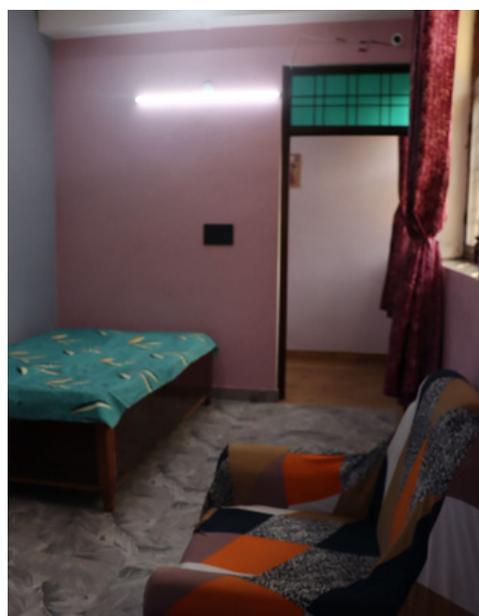
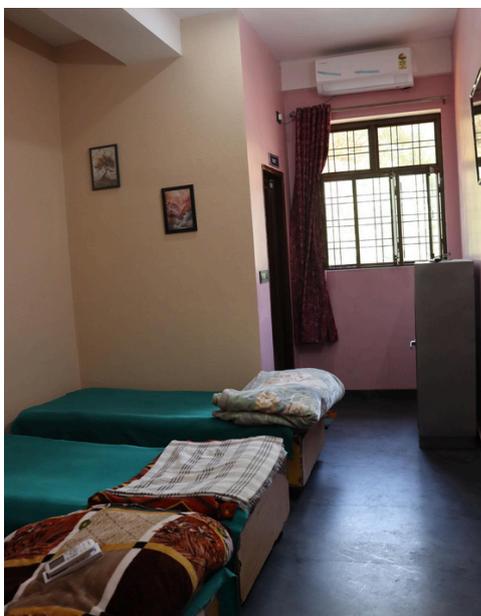
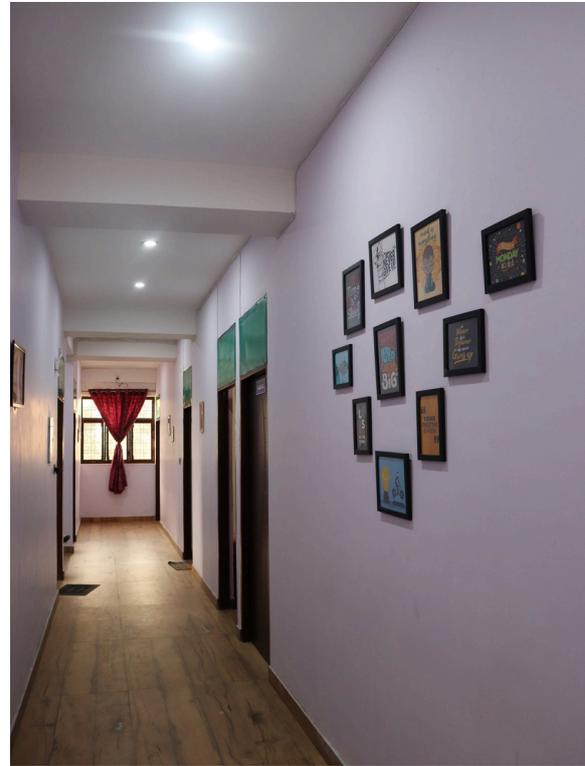
Shivang Bisht (Psychologist)
 – Director, Jeevan Sankalp Rehabilitation Centre, Dehradun

JEEVAN SANKALP	
DAILY SCHEDULE	
TIME	ACTIVITY
06:00 AM	Wake up Bell
06:15 AM	Tea
07:30 AM	Yoga & Exercise
08:00 AM	Bath
8:45 AM	J.F.T. Daily Reflection Class
09:00 AM	Meditation
09:30 AM	Breakfast
10:30 AM	Input Class
12:30 PM	Question/Answer Psychology Class
01:30 PM	Lunch
02:00 PM	Rest & Games
04:00 PM	Tea Time
04:30 PM	Sharing Class AA/NA (Meeting)
05:45 PM	Inventory Class
06:30 PM	Postmortem Class
07:30 PM	Meditation
08:00 PM	Dinner
09:15 PM	Night Prayer
10:00 PM	Lights off
Wed. : Half Day, Games, Movie Day & Antakshari	
Sun. Movie Day, Games & Dance Class	



OUR FACILITIES

- Peaceful hill-view campus surrounded by nature
- Clean, hygienic, and comfortable living environment
- Different accommodation options, Separate dormitory, semi-private & private room options
- 24×7 medical supervision and trained support staff
- Wholesome, fresh, Nutritious vegetarian meals and non-veg available
- Dedicated yoga, meditation & fitness zones
- Indoor recreation and outdoor activity areas
- CCTV security and round-the-clock assistance
- Regular counselling, therapy, and wellness sessions
- Calm, family-like atmosphere promoting healing



 **OUTSOURCED SPECIALIST**
PSYCHIATRIST
Dr. Sanjibani Panigrahi
(MBBS MD NEURO-PSYCHIATRY)
Additional Charges Apply

THERAPIST
Sonia
(CLINICAL PSYCHOLOGIST)
Additional Charges Apply

HOSPITAL IN PANEL
GASTRO LIFE HOSPITAL (FOR EMERGENCY)
Ph. No. 9456565471
Additional Charges Apply

PATHOLOGY LAB IN PANEL
Dr. Sanjana Nautiyal's Pathology Lab



OUR SPECIALIST PANEL

PSYCHIATRIST: DR. SANJIBANI PANIGRAHI

(MBBS, MD Neuro-Psychiatry)

Expert in addiction psychiatry, detox management, and behavioral disorders.

THERAPIST: SONIA BISHT

(Clinical Psychologist)

Specializes in individual, group, and family therapy, helping clients rebuild emotional strength and clarity.

HOSPITAL IN PANEL

Gastro Life Hospital (for Emergency Care)

Ph: 9456565471

Ensuring immediate access to 24x7 medical support during emergencies.

PATHOLOGY LAB IN PANEL

Dr. Sanjana Nautiyal's Pathology Lab

Trusted partner for all diagnostic and medical testing needs.



TAKE THE FIRST STEP TODAY

Your New Beginning Starts Here



JEEVAN SANKALP REHABILITATION
& DE-ADICATION CENTRE

Location: Brampuri, Sahasdhara road
Detail Information

Call for Admission & Support (24/7):
7078701387, 7906832337,
9456142599

Email: jeevansankalp993@gmail.com

Website: www.jeevansankalp.org

Instagram @Jeevan_Sankalp