



MANN VAIBHAV

MENTAL HEALTH • DE-ADDICTION • WELLNESS

DR. VAIBHAV JOSHI • DR. ANUJA JOSHI
(GOLD MEDALISTS)



Back to life...



MANN VAIBHAV

MENTAL HEALTH • DE-ADDICTION • WELLNESS

OUR MISSION

We are committed to providing compassionate, patient-first care to alleviate mental pain and promote holistic recovery. Available 24/7, we deliver a wide range of services under one roof, fostering hope and healing.



Dr. Vaibhav Joshi
M.D. PSYCHIATRY
GOLD MEDALIST

A renowned psychiatrist, specializes in de-addiction and neuromodulation therapies, helping individuals overcome substance addiction through advanced treatments.



Dr. Anuja Joshi
M.D. PSYCHIATRY
GOLD MEDALIST

An acclaimed psychiatrist, focuses on de-addiction and psychotherapy, offering personalized counseling, stress management, and therapeutic interventions to enhance mental well-being.

ABOUT

MANN VAIBHAV

Set across 1.6 lakh sq. ft., Mann Vaibhav is a world-class rehabilitation center offering luxurious facilities for deaddiction recovery and mental well-being. We treat addiction to alcohol, cannabis, opioids, nicotine, and behavioral dependencies like gaming and gambling. Patients stay for 1-6 months, ensuring a serene and supportive recovery environment.





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TREATMENTS OFFERED

MEDICATION

To manage withdrawal symptoms and cravings.

BEHAVIORAL THERAPY

Expert counseling for motivation and coping strategies.

COMBINED THERAPY

Medication with counseling for optimal outcomes.

TMS THERAPY

Non-invasive treatment targeting addiction-related brain circuits.

SUPPORT GROUPS

Participation in AA and NA meetings.

SERVICES

DEADDICTION

Treating addiction through detox therapy, and counseling.

The commonly used drugs are

- Alcohol (English and country Liquor)
- Nicotine (Cigarette, Bidi, Pan Masala)
- Marijuana (ganja, bhang, charas and hashish)
- Opium and its derivatives such as heroin (brown Sugar / smack)
- LSD, Mescaline, Cocaine, Amphetamine (speed), Barbiturates, Tranquillizers etc.
- Any medication prescribed by a doctor, if it is abused
- Behavioral addictions like internet, gambling, gaming addictions.

MENTAL HEALTH DISORDERS

Confidential care for depression, anxiety, OCD, schizophrenia, and bipolar disorder.

OBESITY MANAGEMENT

Individualized, customized, curated weight management nutritional program for one's specific need.

DEMENTIA CARE

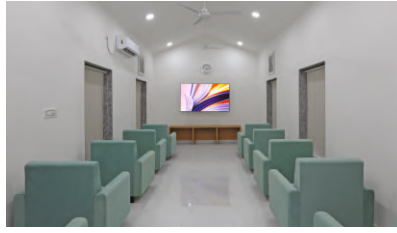
Specialized support for cognitive conditions like Alzheimer's and vascular dementia.



REHABILITATION FACILITIES



LIBRARY & INDOOR GAMES
For learning and relaxation.



THEATER ROOM
Movies and educational videos.



DINING HALL
Nutritious meals for recovery.



FITNESS CENTER
Gym and indoor sports facilities.



YOGA
Tailored sessions for well-being.



MASSAGE THERAPY
Professional treatments to promote relaxation.



VIRTUAL REALITY
Innovative VR therapies for recovery.



ORGANIC FARMING
Therapeutic engagement in farming.



ART & MUSIC
Reduce stress and improve mental and physical health.



OUR PROGRAMS

DE-ADDICTION PROGRAM

Focused on recovery skills and relapse prevention through therapies like CBT and mindfulness.

BRAHM MUHURAT THERAPY

Morning yoga, meditation, and nature connection for clarity and spiritual growth.

MIND & BODY DETOX

Holistic refresh with nutrition, mindfulness, and physical activities.

EMOTIONAL TRAUMA HEALING

Therapy and mindfulness to foster resilience and healing.

SILENT DIGITAL DETOX

Reducing screen time and fostering mindfulness.

DE-STRESS PROGRAM

Combines yoga, art therapy, and mindfulness to relieve stress.

ANGER MANAGEMENT PROGRAM

Tools to manage triggers and improve emotional control.

GRIEF RECOVERY PROGRAM

Therapy and mindfulness to process loss and foster resilience.

DEMENTIA CARE PROGRAM

Tailored care for safety, independence, and quality of life.

WEIGHT LOSS MANAGEMENT

Personalized plans for healthy, sustainable weight loss.

SCHIZOPHRENIA REHABILITATION

OPD consultations, therapy, and social skills training for reintegration into society.





HOW WE HELP AT

MANN VAIBHAV?

We never look at someone struggling with addiction as "bad" or "broken." We see the pain behind the pattern - the stress, the trauma, the loneliness - and we meet you with compassion, not judgment.

Our de-addiction program includes:

SAFE DETOXIFICATION

If your body is physically dependent, we start with a medically supervised detox to manage withdrawal symptoms safely and comfortably. You won't be alone through it.

COUNSELING & THERAPY

Addiction is not just about the substance it's about what's underneath. We work with you to understand your emotional triggers, past trauma, self-esteem issues, and habits that fuel the addiction. One-on-one sessions, group therapy, and family therapy help address all layers.

DAILY STRUCTURE & PURPOSE

In addiction, the mind loses rhythm. So we create a daily routine that includes meaningful activities, physical movement, rest, and moments of calm. Patients begin to reconnect with real life - step by step.

RELAPSE PREVENTION & LONG-TERM SUPPORT

Recovery is a journey, and relapses can happen. That doesn't mean failure. We teach you how to handle cravings, deal with stress without using, and stay strong in high-risk situations. Even after discharge, we stay in touch to support your long-term recovery.

FAMILY INVOLVEMENT

Addiction affects the whole family. We help loved ones understand what's happening, how to support recovery, and how to rebuild trust - with boundaries, patience, and hope.

WHY CHOOSE

MANN VAIBHAV?

COMPREHENSIVE TREATMENT

Detox, therapy, yoga, and mindfulness practices.

RELAPSE PREVENTION

Personalized plans to identify triggers and prevent relapses.

24/7 SUPERVISION

Professional care ensures patient safety and support.

CONTROLLED ENVIRONMENT

A secure, substance-free facility.

POSITIVE ATMOSPHERE

Supervised interactions in a distraction-free space.

NEW SOCIAL CIRCLES

Group meetings to foster connection and recovery.

FOCUS ON NUTRITION

Balanced meals to restore health.

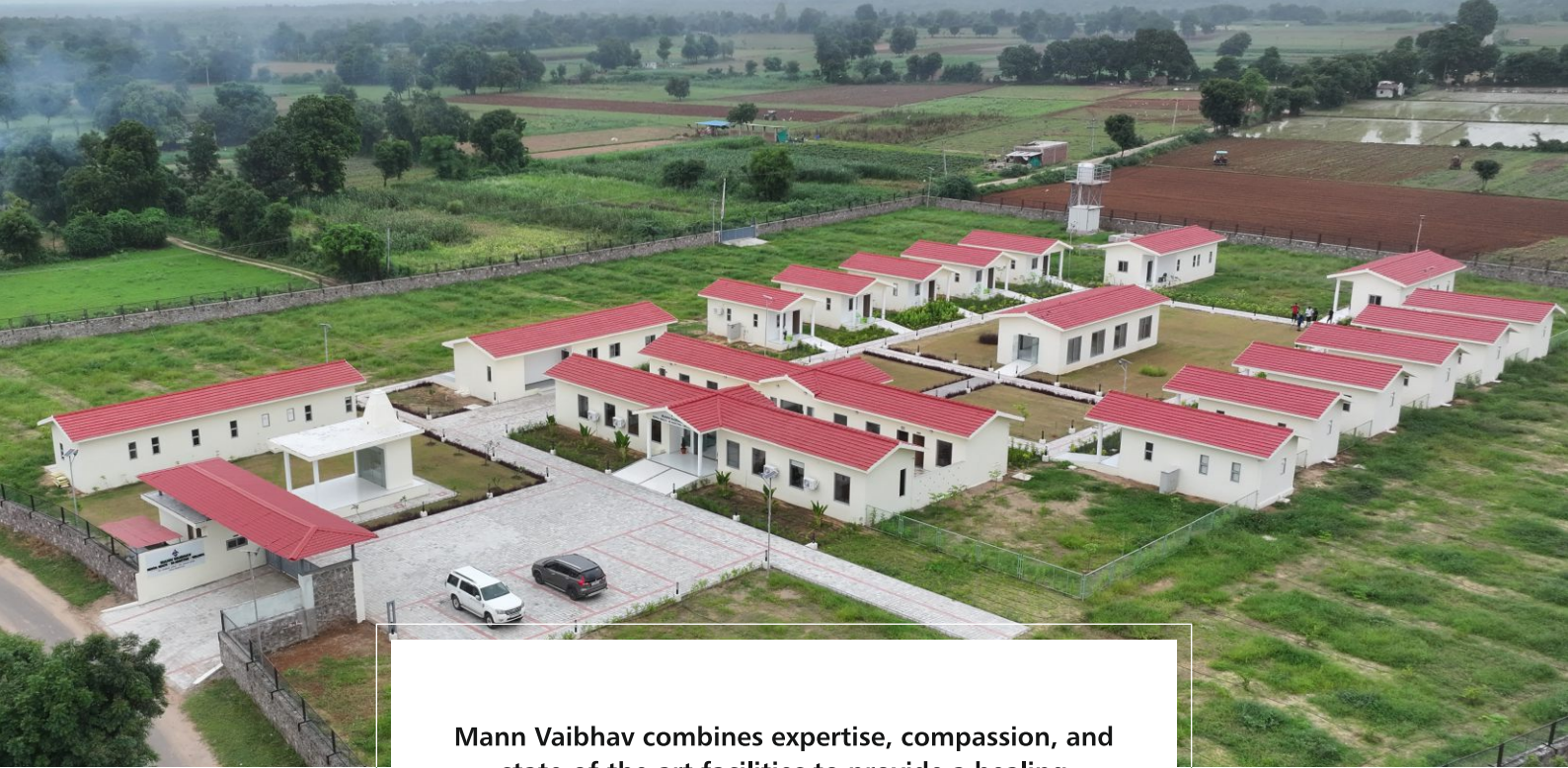
CONTINUOUS SUPPORT

Customized programs for sustained recovery and a healthier life.



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Mann Vaibhav combines expertise, compassion, and state-of-the-art facilities to provide a healing environment for lasting recovery and better living.

REACH US



BY AIR

Fly to Ahmedabad
(Domestic & International)
Our centre is 60 min drive
from airport



BY TRAIN

Ahmedabad Railway station
(Kalupur): 80 min drive
Gandhinagar Railway station:
55 min drive



BY ROAD

Connect with NH-48;
Easily connected with all
major highways



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LOCATION



At Vaghpur, Nr. Prantij, Ahmedabad-Himmatnagar Highway, Gujarat - 383205

AHMEDABAD

BRAIN CARE HOSPITAL

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Opp. Bhavik Publication, S G Highway, Gota - 382 481,
GUJARAT.

GANDHINAGAR

BRAIN CARE HOSPITAL

B-204, 2nd Floor, Shyamshukan Complex,
PDPU Cross Road, Kudasan - 382 421,
GUJARAT.

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