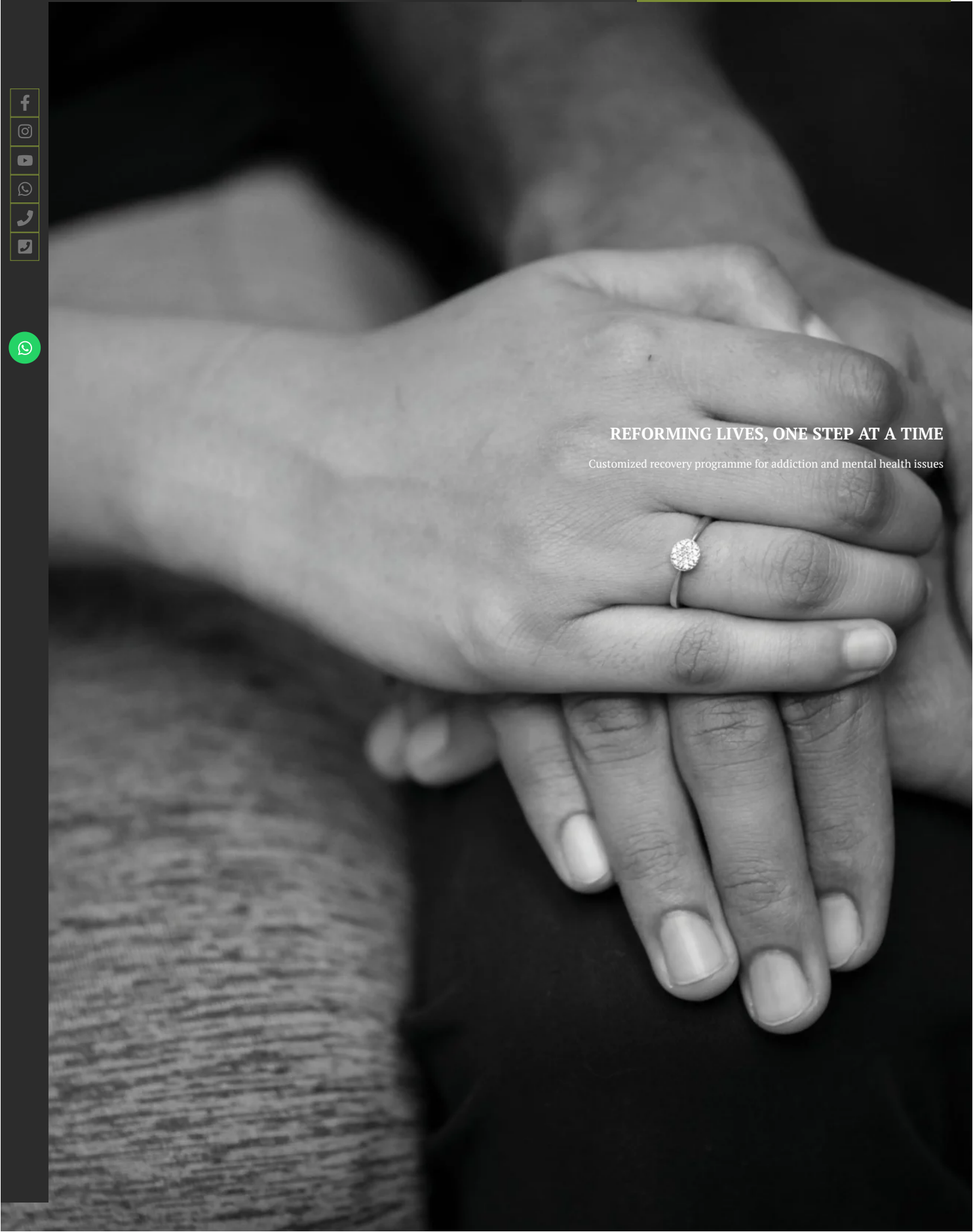




REFORMING LIVES, ONE STEP AT A TIME

Customized recovery programme for addiction and mental health issues



OUR CENTRES

TAMIL NADU THONDAMUTHUR



TAMIL NADU – COIMBATORE EXCLUSIVE WOMEN CENTRE



MAHARASHTRA KARJAT



ABHASA- IN SANSKRIT MEANS “CONSTANT EXERCISE”

Abhasa in Sanskrit means “Constant Exercise”. It is a practice that brings serenity to one’s mind and which we believe is a practice for those who take the route of recovery from any form of addiction and mental health disorders. We at Abhasa Rehabilitation Centre provide a wellness retreat to the ones who have taken a step towards de-addiction and mental health related issues by understanding their mindset from the roots and take care of them with integrity in a luxurious environment by a panel of experts. We lend our hands to each and every one who is wanting to step out of any form of addiction and be their support system until they completely recover and see the better things in life. Our Abhasa Campus is establishing a new standard for addiction rehabilitation and care, in keeping with our status as one of the leading rehab institutions in India. We are a dedicated group of enthusiastic carers who think that everyone deserves the opportunity to live a meaningful and fruitful life.

OUR PHILOSOPHY

Our center is inspired by the ancient Eastern philosophy of the five elements Earth, Wind, Water, Fire, and Space – which represent the fundamental forces that make up the universe and everything within it, including ourselves. Abhasa recognizes the importance of incorporating this philosophy into their treatment approach as it promotes a holistic approach to healing. Each element is associated with different aspects of life, and by incorporating activities that relate to these elements, clients are able to tap into the healing powers of nature.

MISSION

To de-stigmatize and eliminate blemishes surrounding mental health and addiction, aiming to achieve our purpose through building a holistic community and customised treatment approach that aids in healing and recovery.

VISION

To establish a comprehensive footprint that would widen our reach and open our doors to aid in recovery for the needy with a compassionate, holistic and customised treatment approach.

WHY CHOOSE ABHASA?



Location



Holistic Approach Towards
Recovery



Customized Treatment



Support, Care and Love



High Standards for Quality





Mrs. Gayathri Arvind

FOUNDER & MANAGING DIRECTOR

Mrs. Gayathri Arvind, a visionary entrepreneur, philanthropist, and mental health advocate. Fueled by a desire to revolutionize conventional rehabilitation, she founded Abhasa Rehabilita... [show more](#)



Mr. M.N. Arvind

CHAIRMAN

Mr. M.N. Arvind, a devoted farmer from Pollachi, is the chairman of the Abhasa Rehabilitation and Wellness Home. He started by building an educational institution, while his life experien... [show more](#)



EXECUTIVE TEAM



Dr. Naveen Kumar V

MEDICAL DIRECTOR

Dr. Naveen Kumar V is a highly skilled psychiatrist with 15 years of experience. As the Medical Director at Abhasa Rehabilitation and Wellness Home, he brings expertise in treating patien... [show more](#)



Mr. Ramalingam

CHIEF EXECUTIVE OFFICER – HOSPITALITY

Mr. Ramalingam (Ramly): CEO – Facility & Hospitality at Abhasa Wellness and Rehabilitation Centre With a strong background in the hospitality industry, Mr. Ramalingam (Ramly) brings exten... [show more](#)



FACILITIES AND AMENITIES

Our Rehabilitation Centre situated in Coimbatore and Maharashtra is equipped to help you identify specific issues around mental health and wellness. This helps us provide the right treatment regime that shows noticeable results. We have created a serene and luxurious atmosphere in a 'one of its kind' wellness resort. This helps you in complete the treatment of detoxification, de-addiction and mental health disorder processes.

<p>FACILITIES</p> <p>Each of our institutions provides first-rate accommodations, private rooms, and an assortment of amenities.</p>	<p>ACCOMMADATION</p> <p>As they work toward a better life, clients can expect high levels of privacy and comfort at each of our locations.</p>	<p>AMENITIES</p> <p>Each programme emphasises autonomy, adaptability, and comfort with a variety of amenities to support these objectives.</p>
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"Abhasa was the best place I could have possibly seen for de-addiction. The staffs are truly dedicated to healing and bringing out the best in each client. I highly recommend choosing Abhasa as it is one of the best rehabilitation centers in India and if you want to change your life in a peaceful and calm, truly healing environment."

sibi raj, Customer



[CONTACT US](#)



TAMILNADU

1. #500/3,4,5,
KANNAPIRAN MILL,ROAD,
SOWRI PALAYAM,
COIMBATORE,
TAMIL NADU 641028

2. NO.38,
KEMBANUR ROAD
THONDAMUTHUR,
COIMBATORE
TAMIL NADU-641109

MAHARASHTRA

1. SURVEY NO. 71,
HISSA NO 11 & 13,
AT-POST-NALDHE TAL KARJAT,
MUMBAI, MAHARASHTRA - 410201

QUICK LINKS

- FACILITIES
- ACTIVITIES
- SCHOOLS OF THERAPY
- GALLERY
- CONTACTS
- POST-TRAUMATIC STRESS
- BULIMIA
- PERSONALITY DISORDER
- DEMENTIA
- ALZHEIMER
- DELIRIUM

ADDICTION

- ALCOHOL ADDICTION
- CANNABIS
- OPIOIDS
- PRESCRIBED DRUGS
- HEROIN
- COCAINE
- HALLUCINOGENS
- TOBACCO PRODUCTS
- SEXUAL
- GAMBLING

DISORDERS

- SCHIZOPHRENIA
- DEPRESSION
- BIPOLAR DISORDER
- SCHIZOAFFECTIVE
- DELUSIONAL
- OCD
- PHOBIA
- PANIC DISORDER
- MANIA
- GAD
- DISSOCIATIVE DISORDER