

Punarjjany

Recovery and Rehabilitation Centre · Poomala, Thrissur, Kerala

Freedom from addiction. A new beginning in life.

Punarjjany is a 21-day residential recovery and rehabilitation programme in Kerala, for people who are willing to leave alcohol or other substances behind. Professional guidance from medical, psychiatric, psychological and Ayurvedic practitioners is arranged according to each person's needs. One family member stays on campus with you for all 21 days.

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www.punarjjany.com

About us

What is Punarjjany?

The name Punarjjany means rebirth, a new beginning. Addiction harms a person's body and mind, and also the family, relationships, work and the whole of life. So we believe treatment must care for all of these together.

Punarjjany was founded in 2004 by the late Dr. Johns K. Mangalam, a college professor who overcame alcoholism himself and gave the rest of his life to helping others recover. Today the centre continues his work with compassion, dignity and the full participation of the family.

The campus stands in the quiet, green surroundings of Poomala, beside the Poomala dam, about 12 km from Thrissur town.







A different path

Not a typical de-addiction centre

Our founder, Dr. Johns K. Mangalam, lived with alcoholism for about twenty years. In the 1990s he went through many of Kerala's de-addiction centres himself, and found none that gave a person the support he truly needed.

He came to see the person as someone harmed by a substance, not as a wrongdoer. In 2004 he founded Punarjjany as an alternative: a place where that human being is understood and met with love, respect and compassion. Only people who are willing to come are admitted.

Our philosophy

> Medicines alone do not change a life. Proper treatment, the support of the family, a healthy way of living and the support of a community lead to real healing.

For this reason, at Punarjjany medicines are used only when necessary. More importance is given to Ayurvedic treatment, counselling, community living, yoga, meditation and life skills training.

Why families choose Punarjjany

A family member stays with you
A spouse or parent lives on campus for the whole programme and takes part in counselling.

Importance to Ayurvedic care
Abhyangam, Nasyam and Dhara relax the body, calm the mind, reduce stress and support good sleep.

Medicine only when needed
Medicines are used only when a consulting doctor advises them, not as a routine.

Professional guidance
Medical practitioners, a psychiatrist, psychologists and Ayurvedic practitioners are consulted through scheduled visits, according to each person's needs.

Community living
This is not a closed, locked facility. People live together, support each other and learn responsibility.

Care after you go home
Relapse prevention training during the stay, and follow-up guidance after discharge.

What the 21-day programme may include

Treatment is more than counselling. Every day has a structure that builds confidence, emotional well-being and healthy habits. What a person's programme includes is decided by individual assessment, and it may include the following.

- Medical assessment
- Psychiatric consultation
- Psychological assessment
- Individual counselling
- Group therapy
- Family counselling
- Psychoeducation classes
- Life skills training
- Yoga and meditation
- Mindfulness practice
- Relapse prevention programme
- Aftercare planning

Ayurvedic wellness therapies

- Abhyangam
- Nasyam
- Dhara
- Other Ayurvedic therapies according to individual need

These therapies help to reduce stress, improve sleep and relax the body and mind.

Punarjjany has no ICU and does not provide hospital-level emergency treatment, emergency detoxification or inpatient psychiatric care. Anyone who needs that level of care is referred to an appropriately equipped hospital.

Classes and activities

- Addiction awareness classes
- Mental health education
- Sessions to improve family relationships
- Music and group activities
- Indoor and outdoor games
- Personality development sessions

Community living

We do not create a hospital-like, closed atmosphere. Treatment takes place in a safe, structured and friendly setting. Through community living, people:

- learn to take responsibility

- build healthy relationships
- improve the way they communicate
- learn to work as a team
- prepare with confidence to return to family and society

Programme fee

Programme fee

₹45,000

21 days, residential

The fee includes

- 21 days of residential stay
- Dormitory accommodation
- Meals for the client
- Accommodation for one family member (bystander)
- Medical assessment
- Counselling
- Group therapy
- Family counselling
- Ayurvedic therapies as per the treatment plan
- Yoga and meditation sessions
- Psychoeducation classes
- Community living programme

The fee does not include

- Laboratory tests, if required
- Emergency hospital treatment outside the centre
- Medicines prescribed by the doctor
- Personal expenses and travel

Admission criteria

- The person must be willing to take part in the programme.
- Admission is given only after a suitability assessment and medical clearance, and the final decision on suitability rests with the professionals.
- One family member (bystander) must stay with the person for the whole treatment period.
- The rules and daily schedule of the centre must be followed.
- The person must take part in all the activities of their own programme.

What to bring on the day of admission

Documents

- Aadhaar card of the client (original and copy)
- Aadhaar card of the family member
- Passport-size photographs of both
- Previous treatment records and medical reports
- Discharge summaries and laboratory reports, if available

Medicines

- All medicines currently being taken
- The doctor's prescriptions for those medicines

Personal belongings

- Comfortable daily clothing and nightwear
- Towel and slippers
- Toothbrush, toothpaste, soap, shampoo and comb
- Other personal hygiene items

Rules of the centre

- Alcohol, drugs, tobacco, cigarettes, beedi, gutka, pan masala and all other addictive substances are strictly not allowed on campus.
- Everyone must take part in counselling, classes, group activities and the Ayurvedic therapies in their plan.
- The privacy and dignity of other residents and of the staff must be respected.
- Everyone is expected to help keep the campus peaceful and suitable for treatment.

Our promise

> Our mission is not only freedom from addiction, but to give a person a new life.

Punarjjany is not only a treatment centre. It is a family, a source of hope and a new beginning.

Contact us

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Phone and WhatsApp answered 24 hours a day

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Punarjjany is on Dr. Johns K. Mangalam Road, Poomala, about 12 km from Thrissur town. Thrissur has a railway station, and Cochin International Airport is the nearest major airport. From Thrissur you can come by taxi or auto-rickshaw. Call us before you travel and we will guide you.

This brochure gives general information and is not medical advice. Each person's plan is decided by the professionals involved after an individual assessment, and results differ from person to person. Punarjjany is not an emergency service. In a medical emergency, please go to the nearest hospital.

Punarjjany was founded in 2004 by Punarjjany Charitable Trust, which owns the campus. The programme is operated by The Shore Wellness Pvt Ltd. Reg. No. 217/2004/IV · ISO 9001:2015