

“Step back in perspective,
open your heart and
welcome transition into a
new phase of life.”



Parivartana

...Re-inventing Hope & Happiness

Centre for de-addiction and rehabilitation



Parivartana

Mental health problems like Psychiatric illness & Substance abuse causing a lot of psychosocial disturbances. It not only affects the individual but whole family & society will be disturbed. It impairs their ability to lead meaningful life.

In Substance abuse body physiology is so altered by the repeated administration of drug, that withdrawal symptoms occur when the administration is not continued. Drug addiction causes compulsive drug seeking and use, despite harmful consequences to the drug addict and those around them.

Drug addiction is a brain disease because the abuse of drugs leads to changes in the structure and function of the brain. Although it is true

that for most people, the initial decision to take drugs is voluntary, over time the changes in the brain caused by repeated drug abuse can affect a person's self-control and ability to make sound decisions, and at the same time create an intense impulse to take drugs. Drug abuse causes multiple health related problems & may isolate the individual from the community. The medical and psychological effects are very obvious. They cannot function as normal members of society. They neglect or abuse their families, and eventually require expensive treatment or hospitalization.

Only solution is Change.

From the depths of self pity to a confident self image.

A change that benefits the families, benefits the society.

This is where **Parivarthana steps in.**

Vision

Parivartana will be a centre for transformation for those who wish to seek care & support in their quest towards overcoming substance addiction, better mental health care, and lead a healthy, quality life full of hope and happiness.

“ A change that benefits the families, benefits the society.

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About Parivarthana

Parivarthana, means change. Change for a better future. A positive transformation, to inculcate new values into life for a better tomorrow.

Parivarthana is a centre for treatment and rehabilitation of victims of substance abuse & Psychiatric illness. It is established with the sole purpose of helping those who are willing to build bridges among their loved ones, and wipe off the social stigma haunting them. Parivartana is a transformational centre for those, who are in search of hope and happiness.

At Parivartana, we do not just treat the inmates. We facilitate change in their lives and help them to regain hope and fulfilment of their lifetime dreams. We set forth on this mission in creation of an addiction free society and bring smile back on the innumerable families who are indirect sufferers of substance abuse. To translate it into reality, we employ awareness

programs, de-addiction treatment facilities and comprehensive rehabilitation programs.

At Parivartana, we believe in addressing all aspects of a person's life which is critical in creating a sustainable recovery from the depths of desperation. We begin our transformation process of the client's life, by relocating the client from their unhealthy environment and placing them in a safe and supportive environment of our centre, with an personalised program of recovery and treatment.

Parivartana offers clients an opportunity to overcome their addiction to substance or alcohol. And support them medically and psychologically. Here they acquire the ability to learn about the disease of addiction, learn about themselves, understand underlying causes driving these behaviours, and gain the tools necessary for ongoing recovery.

Mission

“To serve the pluralist society and the communities in large, by engaging in therapeutic health care, ensuring dignity in mental health and a addiction free civic society, through education, consultation and holistic approach to health care.”



“
New
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into life
for a
better
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De-Addiction Counselling

Facilities with care

Parivartana is an exclusive centre for treatment of Psychiatric illness & de-addiction and rehabilitation with unique programs.

There is a need for an exclusive program which is able to address not just addiction but also the underlying mental health problem most often missed / unrecognised along with rejuvenating debilitated physical health the de-addiction and rehabilitation.

The facility at **Parivarthana** is designed for clients who would like the highest quality residential treatment in a more affordable setting. It is a home-like environment, where clients stay in our friendly, modern, aesthetically designed residential environment providing a safe, soothing environment.

Parivartana also provides exclusive facilities for those who need privacy and protection of their identity. Air conditioned deluxe rooms with family accommodations are also provided to those who wish to support the victims of addiction to overcome the trauma, by sharing their family bondage and moral support.

Parivarthana plans to develop small cottages as an intimate, restful setting for recovery, within

the landscaped area adjacent to the existing centre.

The prospective residents will have options to choose from Dormitory to that of a Cottage in-between with various options of accommodation like regular dormitories, deluxe dormitories, single room, single deluxe room, double occupancy rooms and accommodation.

With vast campus has pockets of therapeutic areas where specific activities are conducted to which residents of **Parivartana** go and attend under the supervision of de-addiction counsellors.

Parivartana provides inmates with numerous opportunities to integrate with the outside world. Incorporating yoga, meditation, gym, landscaped gardens and entertainment, in to the daily activity regimen along with treatments in complimentary medicines like Ayurveda & Naturopathy, **Parivartana** ushers a new era in resolving best practices for the de-addiction program through a holistic approach.

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Quality residential treatment in a more affordable setting.
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Best psychologists and counselors near you

Parivartana – Initiating Change

Access to Quality mental health care, the Vision in mind and passion to work for persons with mental health problems and shoulder the care and responsibility with family is what inspired Dr. Prakash Tolar and Dr. Satish Poojary to establish an organisation to serve persons with mental health problems. As sequel to quality care offered and commitment for betterment of persons with mental health problems, **Parivartana** today is evolving into a specialised psycho social rehabilitation centre with various specialty offerings.

Parivartana is an exclusive centre for de addiction and rehabilitation with unique programs. Recognising the need for an exclusive program which is able to address not just addiction but also the underlying mental health problem most often missed / unrecognised along with rejuvenating debilitated physical health, **Parivartana** is set up with an aim of providing comprehensive recovery oriented therapies to address addiction, underlying or associated mental

health problems and also the physical health problems which is unparalleled in this mental health segment.

Programs

Parivartana - Centre for Alcohol and Drug De-addiction and rehabilitation has innovative programs and follows international standards of care. The de-addiction centre team has evolved many therapeutic interventions keeping abreast with many of the professional bodies of the west and as well as India. As an individual with problem due to alcohol and drug is unique and different, the interventions are also unique to suit the needs of the individual while broadly some general programs are available. The De-addiction programs undertaken here are not compartments but they are continuum and anybody who needs De-Addiction services can fit into it while individual personal issues are addressed at confidentially personal level.



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Location

Located in the beautiful environment adjacent to the highway 2 kms from the tranquil Arabian sea at Kota, a small town on the national highway, halfway between the temple city of Udupi and the newly developing city of Kundapura, Parivarthana, is a calm and friendly environment where clients stay in their quest for change, hope and healing.

Spread over 1 acre of land, with a modern, state of the art facility for consultations and in-patients, warmly decorated rooms and expansive common areas provide a family-like environment designed to help foster a sense of security. The manicured lawns and garden areas with walking paths, constantly helps the clients in re-energising their commitment to overcome their fight against addiction.



A hall for yoga & meditation



Air conditioned rooms



Lawns and garden

“ Engaging in therapeutic health care, ensuring dignity in mental health.

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The Team

Dr. Prakash C. Tolar
Medical Director



Dr. Prakash is a psychiatrist & Chief Medical Officer in Sri Matha Hospital, Kundapur, Former President of IMA Kundapur, and actively involved in social welfare and voluntary organisations. With his vast experience and passion to serve the troubled minds, Dr. Prakash has added a holistic and integrative approach towards healthcare at Parivartana.

Dr. Sathish Poojary
Director - ENT Specialists



Dr. Satish is ENT specialist & Medical Director of Sri Matha Hospital, Kundapur, and actively involved in social welfare and voluntary organisations. He is deeply involved in the development of the centre, with strong commitment to social values and brings in new values and new approaches to the project.

Dr. Nitin
Psychiatrist



Joining hands, are a team of Psychiatrists, Counsellors & Specialised Staff.



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Parivartana
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people with psychiatric disorder victims of substance abuse.



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For more information
call to the general help line +91 94481 07553
and talk to our professional counselors or
You can send in a quick query and
you will receive reply within 24 hours.

You can visit to PARIVARTANA
on any week day including Saturday's & general holidays
between 10:00AM to 3:00PM
to personally discuss & see the campus yourself.



NH-66, Chitrapady Post, Kota, Udupi Taluk & District, Karnataka, INDIA - 576 225
+91 94481 07553 | mail@parivartana.org.in | www.parivartana.org.in