

facilities that enable  
faster recovery

anunitha

Centre for Alcohol and Drug De-addiction and Rehabilitation  
Licensed by Government of Karnataka

MEMBER OF



Internationally acclaimed programs  
and world class facilities

AN INITIATIVE OF



A Holistic personal  
approach to recovery



Dear Friends,

Addiction to alcohol and Drugs are on the rise. The younger generation is at a higher risk of developing problems due to easy availability and minimal awareness about alcohol and drugs. There is generally limited understanding about addiction as an illness rather it is considered to be a moral and weak mind's problem.

At 'anunitha' we have provided internationally acclaimed programs with best of living facilities. The therapeutic programs are designed keeping in mind the standards followed in the best of the Addiction Medicine institutes of the world with emphasis on personal recovery.

Services and Programs are so designed that any individual in any stage of addiction to alcohol and drug with any unique requirement and constraint is supported and helped to recover.

It has been my dream to establish a centre of International standards with programs comparable to the best in the world. With my exposure to various best mental health centres and services offered in UK during my health care management study at Manchester UK, foresee change here as well and anunitha is a step in that direction.

Your's

Sandesh R Cadabam BBM, MBA,  
MS (International Health Care)MBS-UK  
Managing Director



# anunitha

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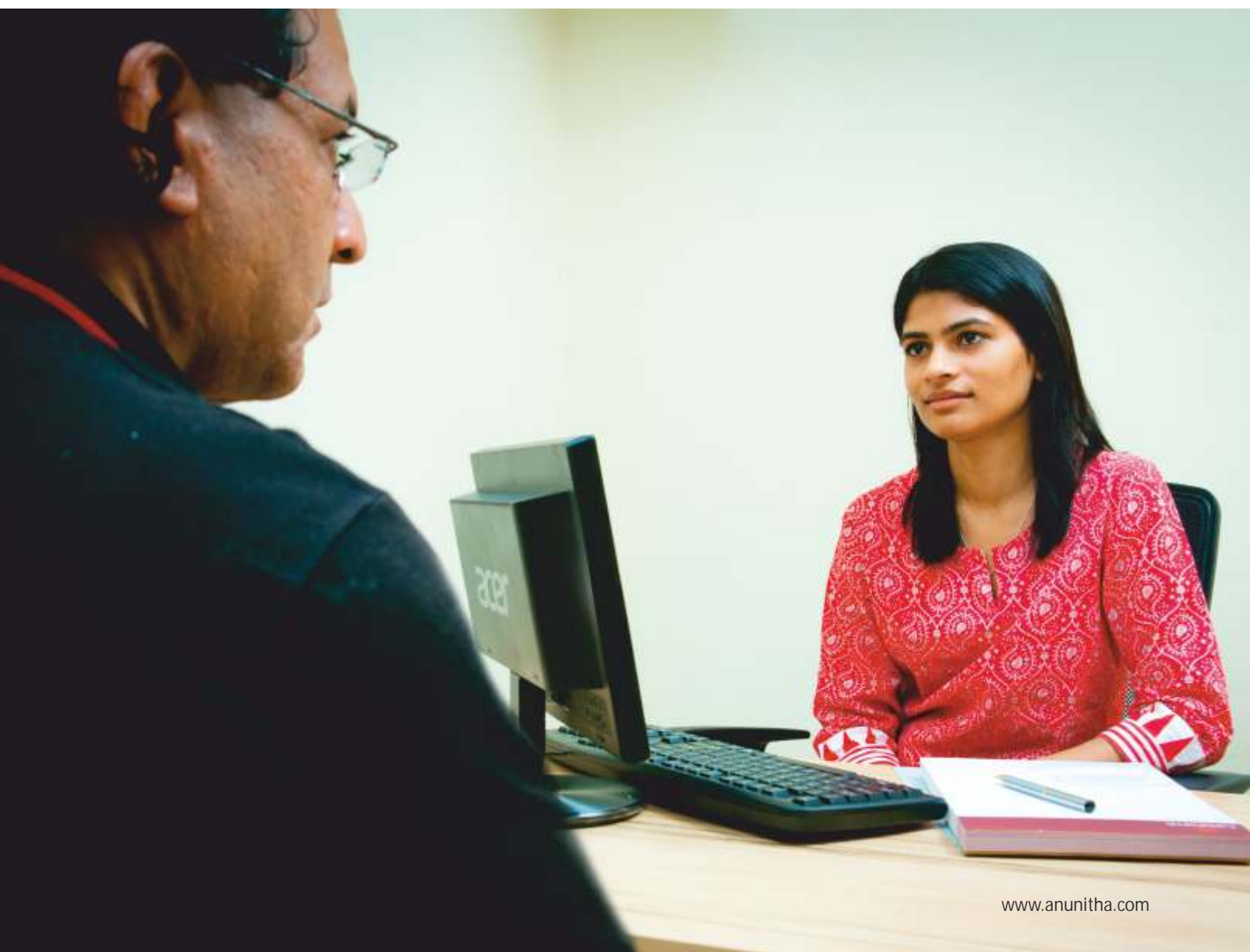
ANUNITHA literally means “Unparalleled”. De-addiction at 'anunitha' is a process of helping a person in various stages of use of alcohol and drugs with or without associated mental health issues to recon, to relinquish or reduce the intake, and eventually recover. The approach is holistic where along with the problem the person who has problem is also professional supported. Various areas of life affected due to alcohol and drug problem like physical, psychological, emotional, occupational, interpersonal, educational and familial are all addressed systematically.

As the individual with problem due to alcohol and drug is unique and different the De-Addiction interventions are also unique to the needs of the individual. Anunitha has various De-Addiction programs to suit to the needs of the individuals.

The De-addiction programs at anunitha are not compartments but they are continuum and anybody that needs

De-Addiction services can fit into it while individual personal issues are addressed with utmost confidentiality at a personal level.

Centre for alcohol and  
drug de addiction and  
rehabilitation







“reckon  
relinquish  
recover...”

{ Drug & Alcohol free life with renewed, rejuvenated & reinvigorated mind & body }

## PROGRAM

Alcohol and drugs use most often starts at a young age to just have fun, to be part of a group or under peer pressure or to feel good. This over a period of time for significant percentage of people leads to abuse and or dependency. At ANUNITHA Centre for alcohol and Drug De-addiction and rehabilitation programs are so designed that it addresses the whole gamut of addiction and related issues.

Alcohol & Drug addiction can happen to anybody and there is no specific sex, occupation, education background, family background, social status that is an exception. Alcohol & Drug addiction along with damaging the physical health has its adverse effects on marital life, personal life, and occupational life leading to divorce, unemployment and even stigmatisation.

## HARM REDUCTION & DETOXIFICATION

Harm reduction program is an innovative approach of ANUNITHA centre to help people with alcohol & Drug abuse or harmful use to recuperate and reduce the intake of alcohol and Drug & eventually to lead a healthy life.

## COMPREHENSIVE ALCOHOL DE-ADDICTION & REHABILITATION

De-Addiction and rehabilitation program is recommended for people with alcohol dependence and harmful use. The Program at ANUNITHA not just focuses on the problem but also the person who is into the problem. The therapies have a range of group and individual focused interventions.

## DRUG DE-ADDICTION AND REHABILITATION

Drug De-addiction is also similar to alcohol de-addiction but the focus is much more on the behavioural consequences of the drug abuse and the therapies have intensive one to one sessions with trained professionals.

## INTEGRATED HOLISTIC DE-ADDICTION AND REHABILITATION

ANUNITHA is the first centre to integrate Indian system and alternative systems of medicine with evidence based conventional standard psycho social interventions. The centre has professionals from various disciplines like Ayurveda, Naturopathy, Yoga & Meditation, Acupuncture, Biofeedback, & Neuro-feedback. ANUNITHA has done extensive research to evolve the holistic program so as to bring the best of the alternative and complementary systems to its best use in combination with evidence based psycho social interventions.

## DUAL DIAGNOSIS PROGRAM

Alcohol and Drug addiction in many situations is a consequence to underlying mental health issue or psychiatric problem or a psychiatric problem could be consequence of an addiction to drug or alcohol problem. 'Anunitha' has a well thought out strategy and program to specially manage the unique needs of people with Dual Diagnosis of addiction and psychiatric problems.



Our De-Addiction program  
ensures Alcohol & Drug free  
life & Recovery for you

#### FOR WHOM

- Alcohol Dependence Syndrome
- Nicotine Dependence Syndrome
- Poly substance Abuse/Dependence
- Cannabis Abuse/Dependence
- Drug Abuses/Dependence like Marijuana, Opioids, etc.,
- Dual Diagnosis of Substance abuse with associated psychiatric problems
- Prescription Drug abuse like Sleeping tablets abuse, Spasmoproxyvon, Codeine, Cough syrups and Etc.
- Drug Induced psychosis
- Mood Disorders with Drug abuse or Alcohol abuse
- Schizophrenia with Drug abuse or Alcohol abuse





Best living facility for a  
sustained & supported  
recovery

## COMMON FACILITIES

ANUNITHA is conceived to be structurally patient friendly. ANUNITHA has specially designed activity area, library, consultation chambers etc.,. It has central dining and kitchen where healthy, hygienic, nutritious and delicious food of various kinds is cooked and served.

- Emergency calling system with round the clock nursing care
- Round the clock Ambulance services
- Professionally designed Activity areas
- Library with pertinent and Stimulating book/magazines
- Well equipped nurses station for attending emergencies
- Centralised Music and Public Addressing system
- CCTV surveillance for security purpose
- Fire safety systems
- Generator back up in case of power failures
- Laundry facility
- Beauty Salon
- Spacious central dining hall
- Well equipped GYM
- Computer lab



Therapeutic spaces which  
enhances recovery

## THERAPEUTIC SPACES

- Spacious well planned Group activity rooms
- Individual session rooms which gives space for confiding and confidentiality
- Space for Yoga and Meditation
- Self Guided and Supervised Bio-Feedback and Neuro-Feedback room
- Consultation chambers for psychiatric consultation and physician consultation
- Family therapy session room
- Massage and Acupuncture room
- Exclusive and well equipped Detoxification room





{ Facilities to reflect  
& rejoice }



Addiction is a devastating problem which deeply erodes morale of the person into addiction & his / her family. At Anunitha we have envisioned to provide best of the recovery programs at world class facility.

It is an opportunity for me to test my skills as clinical administrator of what I had learnt at CMC- Vellore into practice with & under Mr. Sandesh R Cadabam who gives international touch to plan, work & execution.

Dr Sunil Sharma M R  
Director Facilitator



## TAKING PSYCHO SOCIAL REHABILITATION TO THE NEXT LEVEL

### CADABAM'S - an overview

The most comprehensive psycho social rehabilitation centre with over 400 persons with various mental health issues undergoing rehabilitation under one roof and 1000's being reintegrated back to society and family.

The centre is spread across a sprawling 5,59,000 Sq Ft of land area and a built up area of about 2,30,000 Sq Ft. More than 50% of the area being open with greenery, walking path, space for outdoor games it in itself soothes the troubled mind.

Over 70 mental health professionals work round the clock with 24\*7 ambulance and nursing care to not only manage the psychiatric problems but also the associated medical issues.

NEERAJA out lets India's first Supported Employment facility managed by the rehabilitated residents was conceived and founded by CADABAM'S.

Comprehensive psycho social centre with RECOVERY oriented programmes, Short Term & Long Term rehabilitation, care suiting to the needs and challenges posed by the illness.

Centres of Excellence for focussed and specialised interventions:

- MIND TALK Centre for psychological and Neuro psychiatric services
- Centre for short and long term Rehabilitation
- Centre par excellence- 'ANANYA' A Tri-star Care Centre
- Anunitha center for Alcohol and Drug De-addiction and rehabilitation, Licensed by Government of Karnataka
- Half way house for persons with psychiatric disability
- Center for supported living- AAKANKSHA
- Center for supported employment- NEERAJA
- Centre for person with Intellectual & developmental disorders-ANKITHA
- Centre for acute intervention & emergency psychiatry (CINPS, Bangalore)(PROPOSED)

## Unique Initiatives :

- ANVESHA : A platform to explore and exhibit talents of persons with mental illness. To show case mental illness is no bar for excelling in life. To have Nobel laureates like John Nash who had Schizophrenia in India also.
- REEL THERAPY CLUB is a platform for professionals working on cinema therapy to exchange their views and knowledge.
- FILM FESTIVAL a carnival of world class movies screened with a therapeutic aim as CINEMA THERAPY
- BRIGHT STAR a recognition for persons with mental health issues who have won over the illness.
- CADABAM'S BPO an initiative of Residents of centre supported by Mr Sandesh R Cadabam (the young scion of cadabams group) as part of their Recovery.





change happens in your life  
when you have power to control  
the craving over what you don't want

## TESTIMONIALS

25 years of Addiction problem, 7 Rehabilitation centres, countless professionals and unimaginable agony and stress to family. Still with all this I was directionless and did not understand my problem. Every time I am out of a rehabbed me to complain and get back to different one.

Anunitha has changed this for ever with various programs and especially the supported care and relapse prevention strategies its been 3 years of alcohol free life and happy family.

Mr M. Srivatsav  
New Delhi

It was a rude shock to find our son with Ganja abuse and alcohol intake. Though there was gradual change in his behaviour we never could understand that it was because of his habits. Just few months of treatment and support of counsellors and good medication he is back to studies and doing well. I thank doctors and counsellors for all the help and support.

Mr Jose Mathew  
Tiruvananthapuram

My son's behaviour changed so drastically that it worried us and led us to take him to psychiatrist in Mumbai. After initial treatment we were told it was because of drug abuse which he denied. We enrolled in anunitha where he gradually expressed himself and got over the habit. He has written his annual exams and doing well. We are indebted to anunitha for giving us back our child.

Mr and Mrs Sumana Shetty  
Mangalore

Life seemed miserable and felt had reached a dead end with having lost all in life to be called a social human being. It hurt me most when my son said I am useless and unfit to be a father. Not knowing what to do came to India and enrolled at anunitha reluctantly but eventually it changed me so much that I have started seeing life in a different perspective. I have got back not just my family but my life and a life to live. I thank immensely my psychiatrist and my counsellor who took me through this journey.

Mr Narayanan R  
UK

Alcohol, Ganja, Green Weed, Cocaine, Heroin, LSD, MDMA, Smoking Cigarettes the list goes on when I look back at the drugs that I have abused or used. I was furious with my parents when they admitted me to anunitha as I thought I did nothing wrong. Gradually with medicines and support of counsellors started realising how I have gone wrong in my life and failed my parents. It was tough but I did not give up either. I have lost interest in any of the drugs and putting in efforts to establish a business and prove to my parents that I have changed.

Mr K. Desai  
Mumbai

Seeing my husband who was a sweet lover and a handsome boy to a person abusing me and stealing things at home for his drink made me rethink about the my falling in love with him few years back. It is not an exaggeration to say that I have got back my love with the efforts of counsellor and the team at anunitha. He remains abstinent and cheerful while his behaviour has totally changed for good. Thank you anunitha

Mrs Ranjitha B  
Pune

“the outcomes...”

99% of the people who started taking the substance after discharge are using much lesser quantity than what they were using earlier

98% of the people expressed improved relationship after treatment at Anunitha

60% of the people who were discharged are maintaining abstinence from the substance of abuse for which they were admitted

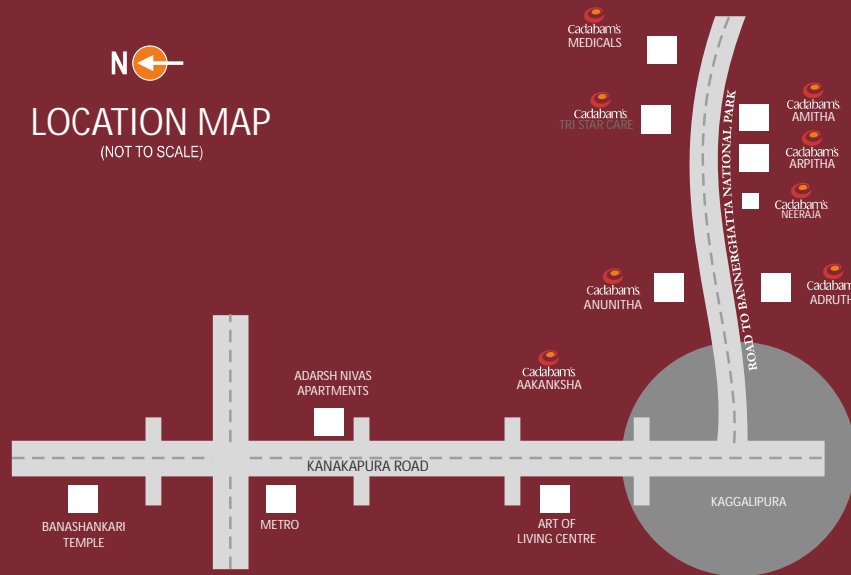
95% of the people behaviour was better and changed as per family after De-Addiction program at Anunitha

97% of the people who took treatment and their family members were satisfied with the treatment received and provided respectively.

\*These statistics are based on the survey conducted in the month of April 2014 on people who were discharged in the preceding 4 months.



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**LOCATION MAP**  
 (NOT TO SCALE)



**anunitha**  
 Centre for Alcohol and Drug De-addiction and Rehabilitation  
 Licensed by Government of Karnataka

Gulakamale Village, Near Kaggalipura,  
 17th Mile Kanakapura Road, Post-Taralu, Bangalore-560 082.  
 E : [info@anunitha.com](mailto:info@anunitha.com)  
 W : [www.anunitha.com](http://www.anunitha.com), M : +91 96111 94949, F : 080-28432840