

எல்லோரும் இன்புற்றிருக்க நினைப்பதுவே அல்லாமல்
வேறொன்று அறியேன் பராபரமே !



Athma¹⁹⁹³
MIND CARE HOSPITAL
— Beacon of Hope —

With **Athma**, we find joy in the little moments. We are stronger.





Since 1993, Athma has been committed to creating a safe and supportive environment for people facing mental health issues and addiction challenges. Our programs help individuals build confidence, take charge of their lives, and achieve their goals. Individuals can overcome obstacles and lead fulfilling lives with the help of a team of 10 psychiatrists, clinical psychologists, psychologists, social workers, trained nurses, and a support team of 220.



OUR MISSION

To be the most desired destination for all mental health needs.



OUR VISION

To integrate mental health into mainstream of healthcare and reaching the unreachable.





From the Founder's Desk

As the Founder and Managing Director of Athma Mind Care Hospital, I am privileged to share our information with you.

Our journey began on Jan. 29, 1993, with just 3 beds in a rented building with a vision to create a sanctuary where patients receive companionate, evidence based treatment tailored to their unique needs.

Over the years, we have grown into a leading institution, with over 300-bed capacity treatment facilities and 4 outpatient branches. We are renowned for our commitment to excellence in mental health and are recognized as the Best Mental Health Centre in South India (Medibiz.com).

We have achieved success in our mission, as the one-stop center for all mental health needs and strive to fulfill patient's aspirations- the 'Beacon of life.'

Our guiding principle, which has been the forefront of our operations is 'Patient First.'

We are one of the institutions covering all aspects of mental health – prevention strategies, effective, intervention and holistic rehabilitation.

We are proud to offer state-of-the-art facilities, the latest advancement in Psychiatric treatment, ensuring that every patient has access to the best possible care. We have an advanced intensive care unit, a well-equipped laboratory, X-ray, Echo, and USB, and round-the-clock physician availability.

We are the pioneers in addiction psychiatry, with an exclusive ward for women and a separate unit for mobile and gaming addiction. In this brochure, you will find detailed information about our services, the treatment progress, the dedicated professionals who made up our team, and how we can support you or your loved ones on the path of recovery.

Thank you for considering Athma as your trusted mental health care delivery partner. We look forward to your continuous patronage and encouragement.

Dr. K. Ramakrishnan

Managing Director & CEO

From Child Psychiatry to Geriatric Psychiatry



Athma's Journey of Trust & Hope.

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- 1993** Started Hospital
 - 2000** Own Building for the Hospital in Thillainagar
 - 2000** Started Suicide Prevention Centre – 24*7
 - 2001** Started Vocational Training Centre
 - 2005** Shanthivanam - Home for Homeless Person with Mental illness
 - 2006** Started PG Diploma & Diploma courses in Psychology - Affiliated to Bharathidasan University.
 - 2008** Started DNB - accredited by NBE
 - 2009** Athma Special School
 - 2013** M.Phil Clinical Social Work - Affiliated to Tamilnadu Dr. MGR Medical University
 - 2015** Neuromodulation Clinic, First in Tamil Nadu.
 - 2017** Started Outpatient service in Chennai
 - 2017** Own building for Athma Special School
 - 2018** Happy Kids - Centre for Learning Difficulties
 - 2018** Silver Jubilee Celebration & Laying Foundation Stone for Athma's Mind City
 - 2020** Started online Consultation
 - 2021** Started Athma Home Service
 - 2021** NABH Accreditation
 - 2022** Mind City Inauguration
 - 2022** Mind Club for Educational Institutions
 - 2022** Clinical Training Centre for MRCPsych [London]
 - 2022** Started Athma Vocational Training Centre
 - 2022** Training Center for First Responder Training of Tamilnadu APEX skill development centre for Health care.
 - 2023** Examination centre for Texila American University
 - 2024** Started Outpatient service in Kumbakonam
 - 2024** Master Mind Check up, First in India.
 - 2024** Started Nursing & Home Care Aide Program with Tamilnadu APEX Skill Development centre for Health care



We at Athma follow the **9E's**

Ethics

We are transparent, trustworthy, and reliable, protecting the individual's rights, maintaining confidentiality, and respecting the Hippocratic Oath. We strictly follow MHCA 2017 guidelines.

Empathy

Empathy is at the heart of our care. We understand the pain of caregivers, share the burden of patients and their families, and have a genuine interest in listening to clients' problems. We are always available to support them in every step of their recovery.

Equality

Equality is a fundamental principle in our care. We provide care regardless of caste, creed, religion, gender, economic status, and other influences. Everyone is valued and respected in our hospital.

Evidence

We follow the ICD and DSM diagnostic criteria and meticulously record all progress, counselling, and treatment details with a state-of-the-art EMR & HMS software.

Equipment

We work with the latest technology and methodologies are adopted to ensure the best patient care.

Education

We upskill and reskill ourselves with the advancement in the field and update latest technologies in software & AI.

Empower

We acknowledge and recognize individuals' contributions to the institution's growth and patient satisfaction.

Endurance

We work with determination to overcome difficult times.

Excellence

We excel in patient care, counselling, nursing, aftercare, rehabilitation, community outreach, and quality and we are pioneers in comprehensive mental health care with international recognitions.



Our Services

Partial
Hospitalisation
Treatment



Inpatient
Treatment



Outpatient
Treatment



Holistic
Addiction
Treatment



Rehab
Based
Treatment



Therapy
based
Treatment



Emergency
Psychiatric
Services



- 24 hours **Psychiatric Emergency Admission / Counselling.**
- Acute Care with a **100-bed inpatient facility with the ICU Facility.**
- **100 bed de-addiction center** for alcohol, substance abuse, gaming disorders, social media addiction, and more
- Exclusive **Women De-addiction Program.**
- Residential care facility for **mentally ill and dementia patients, with 100 beds.**
- Outpatient departments located in **Trichy, Chennai, and Kumbakonam.**
- Online consultation services.
- **Neuromodulation clinic**, the first of its kind in Tamilnadu.
- **Special school with residential care** for differently abled children.
- **Vocational Training Centre** for the mentally ill.
- 90,000+ happy families and 5,000+ happy NRI's served.
- First **NABH-accredited Psychiatric hospital** in India.

Transforming
Mental Health

Don't hesitate to seek help.

There are many treatment options available for mental illness.
Awareness and understanding can make a difference and save lives.



Look for these signs that you or a loved one may be experiencing signs of mental health conditions

Feeling sad or depressed

Trouble concentrating

Extreme feelings (including fear, guilt, sadness, or anger)

Withdrawal from friends or activities

Extreme mood changes

Alcohol / drug abuse / online gaming / gambling

Unexplained hostility or violence

Inability to cope with stress or feelings

Delusions, paranoia, or hallucinations (such as hearing voices)

Thinking about hurting / killing oneself or others



Neuromodulation

NEW HOPE FOR PERSONS SUFFERING FROM MAJOR MENTAL ILLNESS

Deep Repetitive Transcranial Magnetic Stimulation (rTMS)



VR-based therapy



tDCS - Transcranial Direct Current Stimulation

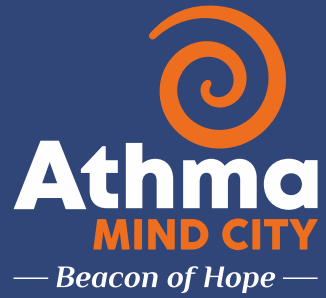


Bio Feed Back



Electroconvulsive therapy (ECT)





Experience the magic of hope and rehabilitation at **Athma Mind City**



At Athma Mind City, we are committed to providing a safe and supportive space where individuals can heal and recover from mental illness and addiction issues.







Awards & Recognitions

Times Health Excellence Award.



Athma Hospitals awarded for the Service Excellence in Psychiatry Hospitals - 2023.

Samooha Sevamani Award



awarded to Dr. K. Ramakrishnan, MD & CEO; for service to the Underprivileged Mentally Retarded in 75th Avatara Mahotsav.

The Fr. Triest Award



Fracarita International, Belgium for the outstanding work in fighting the stigma associated with Mental illness.

Dr. M.S. Ashraf Doctor' Day Award-2019



awarded to Dr. K. Ramakrishnan, MD & CEO; by Thiruchirappalli Branch of Indian Medical Association.

American Association for social Advancement



Recognizes Dr. K. Ramakrishnan, MD & CEO; for his leadership role in professional care and Rehabilitation of Mentally ill.

Heroes of Rehabilitation Award



awarded to Dr. K. Ramakrishnan, MD & CEO; for Excellence in Psycho social Rehabilitation by World Association for Psycho social Rehabilitation - Indian Chapter.

Dr. V.K.R. Award



awarded to Dr. K. Ramakrishnan, MD & CEO; for the Best Professional and Social Services.

Mediniz Recognition



Ranked 2nd among the Private Psychiatric Hospitals in India by mediniz.

Justdial

Reviews ★★★★★

4.9 (9.8K)

Google

Reviews ★★★★★

4.9 (12K)



Your recovery starts with a simple phone call.

TRICHY

Athma Mind Care Hospital

12 - B&C, 10th Cross (East),
Thillai Nagar, Trichy - 620 018

**Ph: 0431 - 2 555 666,
7 901 901 901**

Athma Rehabilitation Centre

Sooravalipatti Road
Alundur, Trichy – Madurai NH
Tiruchirappalli - 620 009

Ph. : 7 99 99 2 99 99

CHENNAI

Athma Mind Care Hospital

(Outpatient & rTMS Centre)
Rani Arcade, 24/5, 1st Avenue
Ashok Nagar, (Near Ashok Pillar)
Chennai - 600 083

Ph : 90 70 90 70 97

Athma Mind Care Hospital

(Inpatient Service)
7/1, 4th Avenue, Ashok Nagar,
(Opp. petrol Bunk) Kodambakkam,
Chennai - 600 024

Ph. : 9 201 202 203

KUMBAKONAM

Athma Mind Care Centre

(Outpatient & rTMS Centre)
184, John Selvaraj Nagar
Kumbakonam - 612 001

Ph. : 83 009 83 009

Online Consultation

Ph. : 80 127 3 00 00

Suicide Prevention Centre (24/7)

Call 8 901 901 901

Pharmacy

Call 96888 30000

For Ambulance Service

**8 901 901 901
80125 22127**



athma@athmahospitals.com



www.athmahospitals.com