

nirvan+
MENTAL HEALTH FIRST

NABH ACCREDITED

Belpatra

MIND · BODY · SOUL

A COMPLETE GUIDE TO NIRVAN HOSPITAL

When no one cares, **we care.**

2026 EDITION

Nirvan Hospital & Post Graduate Institute of Mental Health & Allied Sciences

LUCKNOW
Est. 1990

WELCOME TO NIRVAN

A complete mental health ecosystem, **built on one promise**

Nirvan Hospital is a full-fledged psychiatric hospital in Lucknow, Uttar Pradesh, offering psychiatry, de-addiction and mental health rehabilitation under one roof. This guide introduces our story, our people, our accomodations and the care we provide.

36+	500,000+	100+	4.8	24×7
YEARS OF CARE	PATIENTS SERVED	BEDS	GOOGLE RATING	PSYCHIATRIC EMERGENCY ONLY

IN THIS GUIDE

Why Belpatra	03	Private Rooms	11	Elderly	19
Our Story	04	AC Wards	12	N.A.M.Y. and Udbhav	20
Leadership	05	Schedule of Charges	13	School Wellness	21
Our Team	06	Our Services	14	Teaching, Why Nirvan	22
Firsts and Honours	07	Beyond the Ward	15	Life at Nirvan	23
Project SPARK	08	Ambulance Services	16	Find Us	24
Inside Nirvan	09	Children & Adolescents	17		
Vistara Privé	10	Adults	18		

WHY BELPATRA

Three leaves, one stem: **mind, body and soul**

The **Belpatra**, the leaf of the bael tree, grows as three leaflets joined on a single stem. We chose it as the name of this guide because recovery at Nirvan works the same way: mind, body and soul are cared for together, and none of them is treated alone.

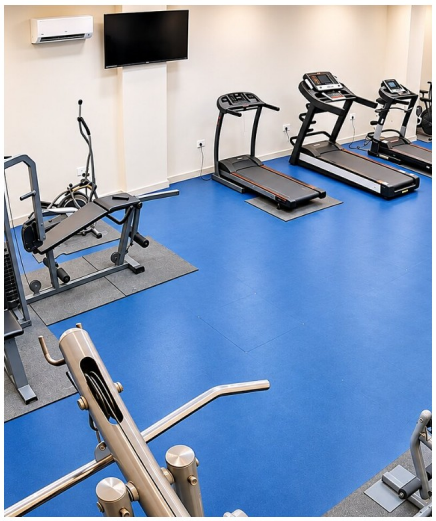


THE FIRST LEAF

Mind

Psychiatry, clinical psychology and counselling, supported by rTMS, EEG and neuro bio-feedback.

Our Services, page 14
Treatments, pages 17 to 19



THE SECOND LEAF

Body

The Swastham gym, morning yoga and fresh meals from Amrit Rasoi, because a healthy body is part of a healthy mind.

Beyond the Ward, page 15
Life at Nirvan, page 23



THE THIRD LEAF

Soul

Morning pooja, meditation and the four sewa groups, which rebuild routine, confidence and purpose.

Beyond the Ward, page 15
Life at Nirvan, page 23

One leaf, three parts. **One recovery.**

OUR STORY

From five beds to a **centre of healing**

Every great institution begins with a single conviction. For Nirvan, it began in 1990, when Dr. H.K. Agarwal, a senior psychiatrist from KGMU, opened a modest 5-bed centre in rented premises in Indira Nagar, Lucknow. The vision was simple and bold: that people struggling with mental illness and addiction deserve dignity, expertise and hope.



THE RECEPTION, NIRVAN BHAWAN

1990

Indira Nagar. A 5-bed centre in rented premises, and a founding promise.

2000

Ismailganj, Faizabad Road. Within ten years, the centre outgrew its walls and moved to a 50-bed hospital.

Today

Kalyanpur, Ring Road. A permanent, purpose-built campus: a full-fledged psychiatric hospital with 100+ beds, a range of stay-in options from rooms to wards in fully air-conditioned campus, along with novel & advanced diagnostic & therapeutic techniques and technologies at affordable costs.

Over 36 years. 500,000+ patients. One promise: **when no one cares, we care.**

THE PEOPLE BEHIND NIRVAN

A family-led institution, **built on clinical excellence**



FOUNDER & CHAIRPERSON

Dr. H.K. Agarwal

MD Psychiatry, FIPS

The visionary who started Nirvan in 1990 and still leads its mission: that people struggling with mental illness and addiction deserve dignity, expertise and hope.



DIRECTOR

Dr. (Mrs.) Shubhra Agarwal



MEDICAL DIRECTOR

Dr. Deeptanshu H. Agarwal

MBBS, MD Psychiatry
FIPS, FNMSI



DIRECTOR

Dr. Pranjal Agarwal

MBBS, MD, DCMH (NIMHANS)
FCCM, FCGP

OUR TEAM

A multidisciplinary **clinical team**

Behind every treatment plan is a team of psychiatrists, clinical psychologists and counselling psychologists working together.

Clinical Team

DIAGNOSIS AND MEDICAL CARE

Dr. H.K. Agarwal
Founder Chairman & MD
MBBS, MD Psychiatry
FIPS, FIACP
Formerly at SGPGI, Lucknow

Dr. Deeptanshu H. Agarwal
Medical Director
MBBS, MD Psychiatry,
FIPS, FNMSI

Dr. Pranjal Agarwal
Director
MBBS, MD, DCMH (NIMHANS)
FCCM, FCGP

Dr. Jesna Manoj
MBBS, DPM, DNB (Psychiatry)

Dr. Sumitabh Gupta
MBBS, MD Psychiatry

Dr. Kopal Dixit
MBBS, MD Psychiatry

Licensed Clinical Psychologists

RCI LICENSED · THERAPY AND ASSESSMENT

Ms. Astha Sharma
Head, Clinical Psychology
M.Phil (Clinical Psychology)
(IHBAS, Delhi)

Ms. Swati Srivastava
Clinical Psychologist
M.Phil (Clinical Psychology)
(PGIBAMS, Raipur)

Ms. Siddhi Srivastava
Clinical Psychologist
M.Phil (Clinical Psychology)
(PGIBAMS, Raipur)

Ms. Kaustubhi Chaturvedi
Associate Clinical Psychologist
PDCP (Clinical Psychology)
(Gujarat University)

Ms. Samikshaa Tewari
Clinical Psychologist
M.Phil (Clinical Psychology)
(Amity University, Lucknow)

Ms. Pooja Singh
Clinical Psychologist
M.Phil (Clinical Psychology)
(Amity University, Lucknow)

Psychologists & Counselling Psychologists

COUNSELLING

Ms. Shriya Pandey
Counselling Psychologist

Ms. Walia Fatima
Counselling Psychologist

Ms. Suhani Saleem
Counselling Psychologist

Ms. Ritika Rawat
Psychologist

Ms. Anshika Mishra
Psychologist

FIRSTS AND HONOURS

A record of **excellence**

NABH ACCREDITATION · JUNE 2023

India's first NABH-accredited 100 Bedded private psychiatric & addiction treatment hospital

In June 2023, Nirvan became the first 100-bed hospital in India to receive full NABH accreditation in psychiatric and addiction care, a recognition of its commitment to quality care in a safe environment.

YEAR	RECOGNITION
2025	Accreditation by National Board of Examinations in Medical Sciences (NBEMS) · DNB in Psychiatry Post Graduate Program
2024	National Award for Clinical Excellence in Psychiatry · Economic Times Healthcare Awards
2024	Top 3 Addiction Treatment Centre Award
2024	Game Changers of Mental Health
2021	India Fame Award for Excellence in Mental Healthcare
2018	The Golden Star Award
2017	National Business Leadership & Service Excellence Award

4.8 / 5

Google rating across 4,000+ reviews, the highest in mental healthcare

80,000+

Subscribers on the Nirvan YouTube channel, with informative content uploaded regularly

www.youtube.com/@nirvanhospital

PROJECT SPARK · 2025–2026

A hospital that keeps **reinventing itself**

Project SPARK (Systems, Patient-centred care, Academia, Research & Knowledge) is a hospital-wide transformation that turned a treatment-focused hospital into a complete mental-health ecosystem, where care, education, technology and patient experience strengthen one another.

01 Academia

An NBEMS-accredited DNB Psychiatry programme welcomed its first batch of residents, making Nirvan a centre for training the next generation of psychiatrists.

02 Clinical expansion

The Department of Clinical Psychology grew with comfortable consultation spaces, better privacy and ventilation, more consultant psychiatrists and two structured clinical units for personalised, multidisciplinary care.

03 Advanced technology

rTMS, biofeedback, neuro-biofeedback and EEG-supported assessment are now part of routine care for complex conditions.

04 Operations

Amrit Rasoi, a centralised kitchen built for hygiene and nutritional consistency, and Swaccham, a state-of-the-art laundry that raises linen and infection-prevention standards.

05 Patient experience

Renovated wards and rooms across the campus with better light and ventilation, modern washrooms, and the new Dopamine Café.

06 Safety

A Command and Control Centre coordinates monitoring and emergency response across the hospital, helping prevent crises such as suicide attempts during hospitalisation.



THE NEW DOPAMINE CAFÉ



CONTROL AND COMMAND CENTRE

A WALK THROUGH THE CAMPUS

Inside **Nirvan**

Spaces designed for privacy, light and calm, from the first welcome at reception to consultation, treatment and recovery.



Reception
The first welcome



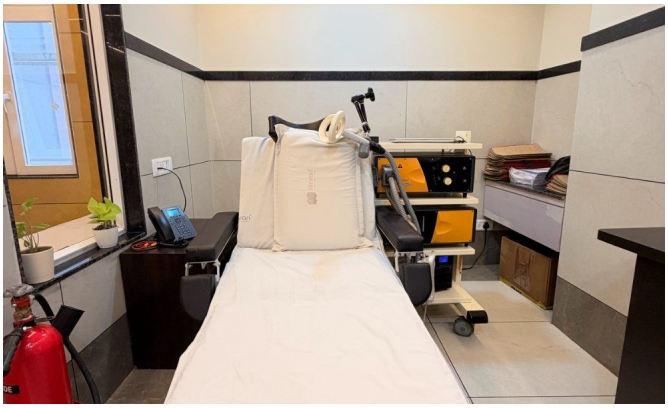
Dedicated Deptt. of Clinical Psychology
Consultation spaces



Waiting lounge
Outside the consultation rooms



In consultation
Private, unhurried conversations



Neuromodulation suite
rTMS treatment room



Pharmacy
Open 12 hours a day, with home delivery

PREMIUM ROOMS

Vistara Privé

Nirvan's most private address. Vistara Privé is a collection of premium rooms where recovery unfolds in calm, residential surroundings, with the full clinical strength of the hospital only a few steps away.



01 THE BED



02 PREMIUM ROOM



03 THE LOUNGE



04 THE EN-SUITE

A room of one's own

A private room with a fully adjustable bed, warm concealed lighting and a sofa so a loved one can stay close.

The en-suite

A modern attached washroom, finished in stone tones and textured tile, for complete privacy and comfort.

A quiet lounge

Armchairs, greenery and soft light: a composed space to sit with family, little separate from the pace of the hospital.

Vishishth care

Room patients are looked after by Vishishth, a dedicated sewa group, with trained security and safety round the clock.

Privacy, without distance from care. **ENQUIRE: +91 89602 11222**

PRIVATE ROOMS · PATIENT WITH ATTENDANT

A stay for **every need**



Executive Plus Private Rooms



Executive Private Rooms



Super Deluxe Private Rooms



Deluxe Private Pods



Corridors

WARDS · SHARED, SUPERVISED STAY

Air-conditioned **wards**



AC Dormitory Ward, panoramic view

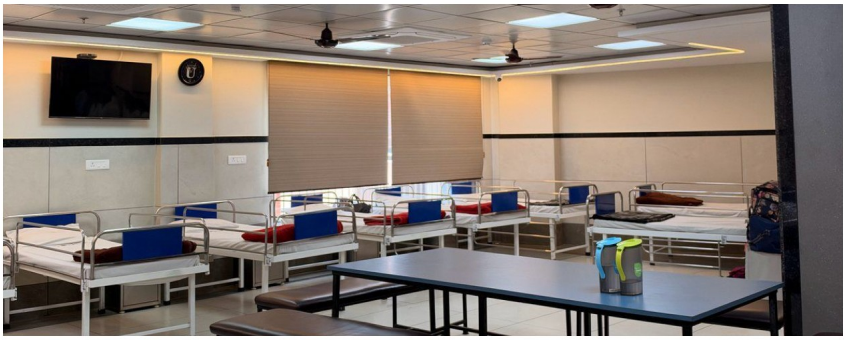


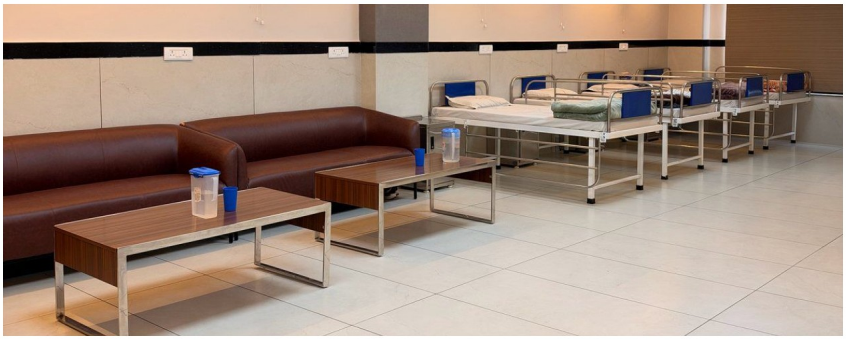
AC Dormitory Wards

Multiple Air Conditioned wards with 15 Beds in each ward.

AC Dormitory Wards

With In-Ward Dining, Table Tennis and Indoor Board Games





Premium AC Dormitory Wards

With lounge seating & only 7 Beds in each ward.

SCHEDULE OF CHARGES - ACCOMMODATIONS

Rooms, wards and **what they include**

CATEGORY	STAY	ROOMS	PER DAY (INR)
Presidential Suite	1 patient + 1 attendant	2007, 2008	**10,000**
Executive Plus	1 patient + 2 attendants	105, 209, 305	**6,000**
Premium	1 patient + 1 attendant	2001–2006	**5,000**
Executive	1 patient + 1 attendant	201–208, 210–214, 301–304, 306	**4,000**
Super Deluxe	1 patient + 1 attendant	101–104, 106	**3,000**
Deluxe Pods	1 patient only	107–120	**2,000**
Premium AC Dormitory Ward	Separate for Males & Females (7 Bedded)	Ward	**1,400**
General AC Ward	Separate for Males & Females (15 Bedded)	Ward	**900**

WITH EVERY STAY

Kitchen food: complimentary, as per the standard menu.

Yoga, gym and music: complimentary.

Doctor consultation: 800 per visit, capped at once daily in rooms and twice weekly in wards.

Nursing: 250 per day in rooms, 125 per day in wards.

GOOD TO KNOW

Extra attendant: 1,000 per day, including food.

Advance deposit at admission: 30,000 up to Executive rooms, 40,000 for Premium, 50,000 for the Presidential Suite.

GST: applies to accommodation of 5,000 or more per day, as per rules.

Payment: cash, card, demand draft, UPI and Paytm.

Disclaimer: Charges indicated are as of November 2026. They should be confirmed from the hospital front desk. Terms & Conditions apply.

OUR SERVICES

Complete care, **under one roof**

Nirvan is a full-fledged psychiatric hospital offering care under one roof.

De-Addiction Services

Medically supervised detoxification, individualised treatment plans, counselling, relapse prevention, and family involvement with aftercare.

Clinical Psychology

Individual, group and family therapy, plus psychological assessments.

Neuromodulation (rTMS)

Advanced, medicine-free treatment for selected patients with treatment-resistant conditions such as depression and OCD.

EEG (Electroencephalography)

Brain-wave assessment to support accurate diagnosis and treatment planning.

Holistic Healing

Therapy blended with yoga and lifestyle care for long-term recovery.

Visa Facility for Foreign Patients

Documentation and coordination for international patients.

Psychiatric Care

Diagnosis, medication management and monitoring, and long-term follow-up through inpatient and outpatient care.

Psychodiagnostic Evaluations

Standardised cognitive, personality and behavioural testing with detailed diagnostic reports.

Neuro Bio-Feedback

Non-invasive brain training that supports focus, stress and emotional regulation.

Multi-Behaviour Therapy

Integrated cognitive and behavioural interventions.

Ambulance Facility

24/7 emergency transport with trained staff.

Round-the-Clock Safety

24/7 trained security staff and controlled access.

DIAGNOSTIC SERVICES Pathology and Microbiology services are available through accredited outsourced partners.

PROGRAMMES Inpatient and outpatient programmes, therapy and counselling, and aftercare and follow-up carry recovery well beyond discharge.

WHOLE-PERSON RECOVERY

Recovery that reaches **beyond the ward**

NEWLY INAUGURATED GYM

Swastham: a gym for everyone

Nirvan's gym, Swastham, is open to all inmates, because a healthy body is part of a healthy mind.

REHABILITATION CELLS

Srijan and Sankalp

Two rehabilitation cells give patients a space for structured indoor activities that rebuild routine, confidence and purpose during recovery.

OPEN 12 HOURS A DAY

A pharmacy that reaches you

Our pharmacy stocks nearly all psychiatric medicines. For those who cannot visit, we offer home delivery and courier services across the country, so treatment is never interrupted.

ONLINE CONSULTATION

Care from anywhere

Our online consultation service offers both psychiatric consultation and counselling, so expert help is a call away, wherever you are.

Four sewa groups

Inside the hospital, patients are cared for in four groups, each with its own focus.

Vasudha
Female patients

Vishishth
Room patients

Vimukti
Addiction patients

Vikasit
Psychiatric patients

NIRVANONE · OUR OWN APP

Book appointments with all our doctors

Download NirvanOne from the Google Play Store or the Apple App Store.

NIRVAN HOSPITAL ON YOUTUBE

www.youtube.com/@nirvanhospital

New, informative content is uploaded to our YouTube channel regularly.

80,000+
SUBSCRIBERS

AMBULANCE SERVICES

Timely, safe transport **in a psychiatric emergency**

Our ambulance services ensure timely and safe transport during psychiatric emergencies.



Trained medical and support staff

Safe patient transfer protocols

24/7 emergency transport

EMERGENCY & AMBULANCE **72751-72750**
8960-211-222

LOCAL & LONG-DISTANCE TRANSFERS · UP TO 1,000 KM

Our ambulance facility is extended up to a distance of 1,000 km from the hospital (within Indian boundaries only), on appropriate charges. For more information, please contact the helpdesk.

When to seek help immediately

Certain behaviours and thought patterns can signal a psychiatric emergency that puts the person, or others, at risk. Call us at once if you notice any of the following.

Risk of harm to oneself

- Persistent suicidal thoughts, or repeated attempts
- Deliberate self-harm, such as cutting
- Giving away treasured belongings
- Sudden, hasty major decisions

Risk of harm to others

- Violent behaviour towards family members or others
- Destroying property or household belongings
- Threatening others, verbally or with a weapon

Losing touch with reality

- Hallucinations: seeing or hearing things that are not real
- Paranoia
- Severe mental confusion
- Behaving in unusual or peculiar ways

Acute distress and illness

- Acute stress reaction or panic attacks
- Severe depression or marked lethargy
- Alcohol or substance abuse
- Sudden crises in dementia, epilepsy or personality disorders

TREATMENTS AVAILABLE ·

Children & **Adolescents**

Childhood and adolescence are when minds are most tender and most capable of change. Nirvan's care for young people begins with a gentle, thorough assessment of emotional, learning and behavioural concerns, so that every plan fits the child and not just the diagnosis.

We support children and adolescents with

- Behavioural difficulties, including anger and aggression
- Neuropsychiatric challenges
- Intellectual and developmental disabilities
- Phobias and obsessive-compulsive behaviour
- Sleep disturbances
- Epilepsy and fits
- Emotional and learning challenges that affect school, friendships and family life

How we care

Understanding first

Psychodiagnostic evaluations, including cognitive, personality and behavioural testing, give parents and teachers a clear, detailed picture.

Therapy built around the child

Clinical psychologists offer individual and family therapy, behavioural and emotional interventions, and coping and life-skills training.

Technology where it helps

EEG supports the assessment of seizure disorders, and neuro bio-feedback can help with attention, stress and emotional regulation.

Parents as partners

Families are involved at every step, with guidance on supporting the child at home and at school.

Every plan fits the child, **not just the diagnosis.**

TREATMENTS AVAILABLE ·

Care for **Adults**

Care at Nirvan is personalised and spans every stage of life. For adults, we offer comprehensive treatment for:

Anxiety and depression, mood disturbances and adjustment problems	Alcohol and drug dependency
OCD, phobias and PTSD	Psychotic disorders and personality disorders
Anger and aggression, sleep disturbances, and eating disorders	Neuropsychiatric problems, epilepsy and fits
Workplace stress, and marital and family relationship difficulties	Sexual problems, treated confidentially and respectfully
Chronic and vague body pains linked to psychological stress	



A CONSULTATION AT NIRVAN: CONFIDENTIAL, RESPECTFUL, UNHURRIED

TREATMENTS AVAILABLE ·

Elderly: **Geriatric Psychiatry**

Growing older should never mean losing dignity, memory or peace of mind. Nirvan's geriatric psychiatry care, guided by a consultant geriatric psychiatrist, looks after the mental health needs that come with later life, for the patient and for the family who care for them.

We support older adults with

- Dementia and memory problems
- Depression and anxiety
- Neuropsychiatric conditions
- Sleep disturbances
- Epilepsy and fits
- Other behavioural disorders that appear or change with age

How we care

Careful assessment

Psychiatric evaluation, psychological testing and EEG help separate age-related changes from treatable illness and guide the right plan.

Gentle, individualised treatment

Medication management with close monitoring, supported by counselling and therapy suited to each person's abilities.

Safety and comfort

24/7 inpatient care, round-the-clock monitoring and an ambulance for emergencies.

Families supported too

Guidance for caregivers, with follow-up and aftercare so that care continues at home.

N.A.M.Y. · EFFECTIVE FROM 16.08.2025

Nirvan Antyodaya Manoseva Yojana

'Serving the last person in line with dignified mental healthcare'

10% less

For B.P.L. (Below Poverty Line) card holder patients, on bed charges, nursing charges, IPD medicines, dietician charge and doctor's consultations, only in General Wards. Also applicable on package charges of the General Wards only.

INR 100 per consultation

General Psychiatry OPD consultation charges for B.P.L. card holders.

The discount is not applicable to any other accommodation under any circumstances. Any other card or proof, such as proof of income or an Ayushman card, is not applicable for this discount.

NIRVAN UDBHAV · SCHOOL WELLNESS PROGRAMME

Nurturing healthy minds. **Building brighter futures.**





Regular training sessions at Nirvan Hospital

At Nirvan Hospital, we believe that mental well-being is an integral part of a child's overall development. Our School Wellness Programme is a comprehensive initiative dedicated to promoting mental health, emotional resilience and positive behavioural development among school-going children and adolescents.

Through our collaborations with schools, we create awareness, encourage early identification of mental health concerns and provide access to professional psychological and psychiatric support.

NIRVAN UDBHAV · SCHOOL WELLNESS PROGRAMME

Our key **focus areas**

Mental Health Awareness

Promoting awareness about emotional and psychological well-being.

Behavioural Health

Addressing screen addiction, gaming disorders, substance use and behavioural concerns.

Life Skills Development

Encouraging confidence, communication, interpersonal skills and positive decision-making.

Parent Awareness

Promoting positive parenting, effective communication and a better understanding of childhood and adolescent mental health.

Emotional Wellness

Developing emotional intelligence, resilience and healthy coping mechanisms.

Academic Wellness

Supporting students in managing examination stress, anxiety and academic pressure.

Teacher Wellness

Empowering teachers to recognise early warning signs and support students' emotional needs.

Counselling & Clinical Support

Facilitating professional counselling, psychological assessment and psychiatric consultation whenever required.

OUR APPROACH

Our programme integrates awareness sessions, interactive workshops, mental health assessments, counselling services and capacity-building initiatives for teachers and parents. We work closely with educational institutions to create supportive, inclusive and psychologically healthy learning environments.

At Nirvan Hospital, we believe that every child deserves not just quality education, but also **a healthy mind, emotional security and the opportunity to thrive.**

A TEACHING HOSPITAL

A training hub **for the region**

DNB Psychiatry. An NBEMS-accredited programme, training the next generation of psychiatrists.

Nursing. The preferred centre for clinical exposure in psychiatry for GNM, B.Sc. Nursing, Post Basic B.Sc. Nursing and M.Sc. Nursing (Psychiatry) students from nursing colleges within 300 km.

Clinical Psychology. Clinical training centre for M.Phil (Clinical Psychology), now M.Clin.Psy., for Amity University, Lucknow Campus.

WHY NIRVAN

Seven reasons families **place their trust in us**

01	36+ years of psychiatric and de-addiction care, and 500,000+ patients served
02	100+ bedded NABH-accredited private psychiatric and addiction hospital
03	A teaching hospital: DNB Psychiatry, nursing and clinical psychology training
04	24×7 emergency, admission and counselling support
05	Advanced technology (rTMS, EEG, neuro bio-feedback) at affordable cost
06	Whole-person recovery: four patient groups, Swastham gym, Srijan and Sankalp rehabilitation cells, and experienced and dedicated team
07	Care that travels: 12-hour pharmacy, home delivery, courier and online consultation

Nirvan Hospital: because every mind deserves care, **and every recovery deserves a second chance.**

LIFE AT NIRVAN

A day **at Nirvan**

Recovery is built from ordinary days done well: movement, prayer, good food, conversation and learning.



Morning yoga
Open-air sessions on the rooftop



Morning pooja
A calm, shared start to the day



Quality food
Fresh meals from Amrit Rasoi, our kitchen



Counselling sessions
One-to-one time with our psychologists



Music therapy
Music sessions as part of daily recovery



Swastham gym
A healthy body is part of a healthy mind



WHERE TO FIND US

Nirvan Hospital, Lucknow

When no one cares, we care.

Nirvan Bhawan, Kalyanpur, Ring Road, Lucknow, Uttar Pradesh, India,
PIN 226022

HELPLINE
+91 89602 11222

EMERGENCY & AMBULANCE
+91 72751 72750

OPD HOURS · CLOSED ON SATURDAYS
9:00 AM to 9:00 PM

EMAIL
info@nirvanindia.org

nirvan+ MENTAL HEALTH FIRST

Nirvan Hospital & Post Graduate Institute of Mental Health & Allied Sciences

www.nirvanhospital.com
YouTube:
youtube.com/@nirvanhospital