



WHAT IS
**SOBER N
CLEAN**
HOUSE??





SOBER N CLEAN
HOUSE

ABOUT US:

Sober & Clean House is a leading de-addiction and rehabilitation centre dedicated to providing comprehensive care for individuals struggling with addiction. Our facility is designed to create a safe and nurturing environment for recovery.





OUR VISION:

Recognise drug-addiction as a disease, not a moral flaw. Let's stop demonising the addicts and start fostering recovery."

OUR MISSION:

Our mission is to empower individuals to reclaim their lives from addiction through compassionate and evidence-based treatment. We focus on holistic recovery and tailored support.

- "To provide evidence-based treatment and supportive services in a safe and empowering environment, empowering the drug addicts diseased to overcome addiction and rebuild healthy lives".
- To provide comprehensive & integrated programs that address the physical, emotional, and psychological aspects of addiction.
- To create a supportive and therapeutic environment that encourages open communication and personal growth.
- To engage families and loved ones in the recovery process to strengthen support networks.



CORE VALUES:

Core values represent fundamental beliefs guiding our organization. These principles ensure we offer compassionate and effective recovery services.

- Compassion -> Understanding & Empathy toward patients
- Integrity -> Maintaining honesty and ethical treatment practices.
- Empowerment -> Encouraging clients to take charge of their recovery.
- Community Engagement -> Building networks of support and awareness.
- Clinical Excellence -> Providing the highest standard of care.

GOALS AND OBJECTIVE

Clinical experience

- IMPLEMENT EVIDENCE-BASED TREATMENT MODALITIES LIKE COGNITIVE BEHAVIOURAL THERAPY, MOTIVATIONAL INTERVIEWING, AND RELAPSE PREVENTION STRATEGIES.
- MAINTAIN A HIGHLY QUALIFIED TEAM OF MEDICAL PROFESSIONALS, THERAPISTS, AND COUNSELLORS WITH SPECIALIZED EXPERTISE IN ADDICTION TREATMENT.
- REGULARLY REVIEW AND UPDATE TREATMENT PROTOCOLS TO ENSURE BEST PRACTICES ARE FOLLOWED.

Community engagement

- COLLABORATE WITH COMMUNITY ORGANIZATIONS TO INCREASE AWARENESS ABOUT ADDICTION AND ACCESS TO TREATMENT.
- OFFER EDUCATIONAL WORKSHOPS AND SUPPORT GROUPS FOR FAMILIES AND FRIENDS OF INDIVIDUALS STRUGGLING WITH ADDICTION.
- ADVOCATE FOR POLICIES THAT PROMOTE PREVENTION AND ACCESS TO QUALITY ADDICTION TREATMENT.

Individual experience

- CONDUCT THOROUGH ASSESSMENTS TO DEVELOP PERSONALISED TREATMENT PLANS TAILORED TO EACH INDIVIDUAL'S NEEDS AND CIRCUMSTANCES.
- OFFER A VARIETY OF TREATMENT OPTIONS, INCLUDING FULLY RESIDENTIAL, PARTIAL RESIDENTIAL, AND INTENSIVE DAY-CARE PROGRAMS.
- PROVIDE ONGOING SUPPORT AND MONITORING THROUGHOUT THE RECOVERY PROCESS.

AFTERCARE AND
FOLLOW-UP

COUNSELLING
SERVICES

FAMILY SUPPORT
PROGRAMS

SERVICES OFFERED

DETOXIFICATION
PROGRAMS

OUTPATIENT
PROGRAMS

RESIDENTIAL
REHABILITATION



OUR TEAM



ANKIT TYAGI
FOUNDER &
RECOVERY COACH



SAHIL BHOLA
CO FOUNDER
AND ADMIN



SANJAY MITTAL
PROGRAM AND
RESERACH DIRECTOR



PRAKASH GAIROLA
COUNSELLOR
AND MANAGER



**DR. SATISH
KUMAR**
MD PSYCHIATREIST



**DR SMRITI
CHETTRI**
PSYCHOLOGIST



**DR. ANUJ
TRIPATHI**
MBBS MD PHYSICIAN



HARI SINGH
YOGA
INSTRUCTOR

FACILITIES



FOUR SHARING



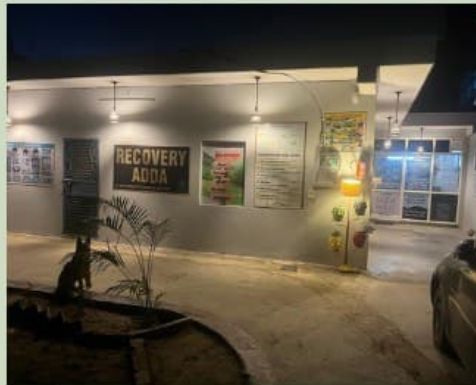
BUNKER BEDS



DOUBLE SHARING



BEDROOM



WALKING AREA



COMMON HALL

FACILITIES



GAMES ZONE



FUN TIME



OPEN PARK



GYM FACILITY



FUN TIME



COMMON GET TOGETHER

FACILITIES



POWE BACKUP



LAUNDRY SERVICE



CCTV



MEDICNIES



WASHROOMS



KITCHEN

FACILITIES



REGULAR DOCTOR
VISITS



PHYSIOLOGIST



REGULAR CLASSES



T I M E T A B L E

Timing	Daily Routine
5:55 am	Wake Up
6:00 am	Freshen up & Morning Tea
6:30 am	Yoga & Meditation
7:30 am	Personal Hygiene
9:00 am	Breakfast
10:00 am	Morning Meeting
11:00 am	J.F.T.
12:00 pm	Input Session
1:00pm	Lunch
2:00 pm	Rest
3:30 pm	Tea Break
4:30 pm	Sharing/Mood Making/Debate
5:30 pm	Sports & Games
6:30 pm	Reflection
7:00 pm	Recovery Addict Meet/TV
8:00 pm	Dinner
8:45 pm	Milk
9:00 pm	Night Prayer
9:30 pm	Lights Off
*Saturday - Movie & Coffee Night	
Sunday - T.D.A. & Leisure Day	

GET IN TOUCH:

IF YOU OR A LOVED ONE IS STRUGGLING WITH ADDICTION, WE ENCOURAGE YOU TO REACH OUT TO US TODAY.

TOGETHER, WE CAN EMBARK ON A JOURNEY OF HEALING AND RECOVERY. REMEMBER, YOU ARE NOT ALONE—HELP IS JUST A CALL AWAY.

REACH OUT FOR HELP:

- **ADDRESS** :PKB-75, SECTOR 122,
NOIDA, INDIA
- **BRANCH ADDRESS**: 7/1 SECTOR 7 RAJNAGAR
GHAZIABAD 201002 UP
- **PINCODE** :201316
- **PHONE NUMBER** : +91-9810440689 / +91-8800629226
- **WEBSITE**: WWW.SOBERNCLEANHOUSE.COM
- **INSTAGRAM**: @SOBERNCLEANHOUSE
- **YOUTUBE**: @SOBERNCLEANHOUSE



SOBER N CLEAN
HOUSE

FOLLOW US FOR MORE



LIKE



COMMENT



SHARE



SAVE