BHAROSA™
Neuro Psychiatry Hospital

BHAROSA 360° WELLNESS PROGRAM

Heal the whole you.

A 90-day program that treats mind, sleep, gut, body and daily habits — together, with one team and one plan.



Dr. Uday Kiran
MBBS, MD (Psychiatry)
Founder & Chief Consultant Psychiatrist

7 experts

90 days

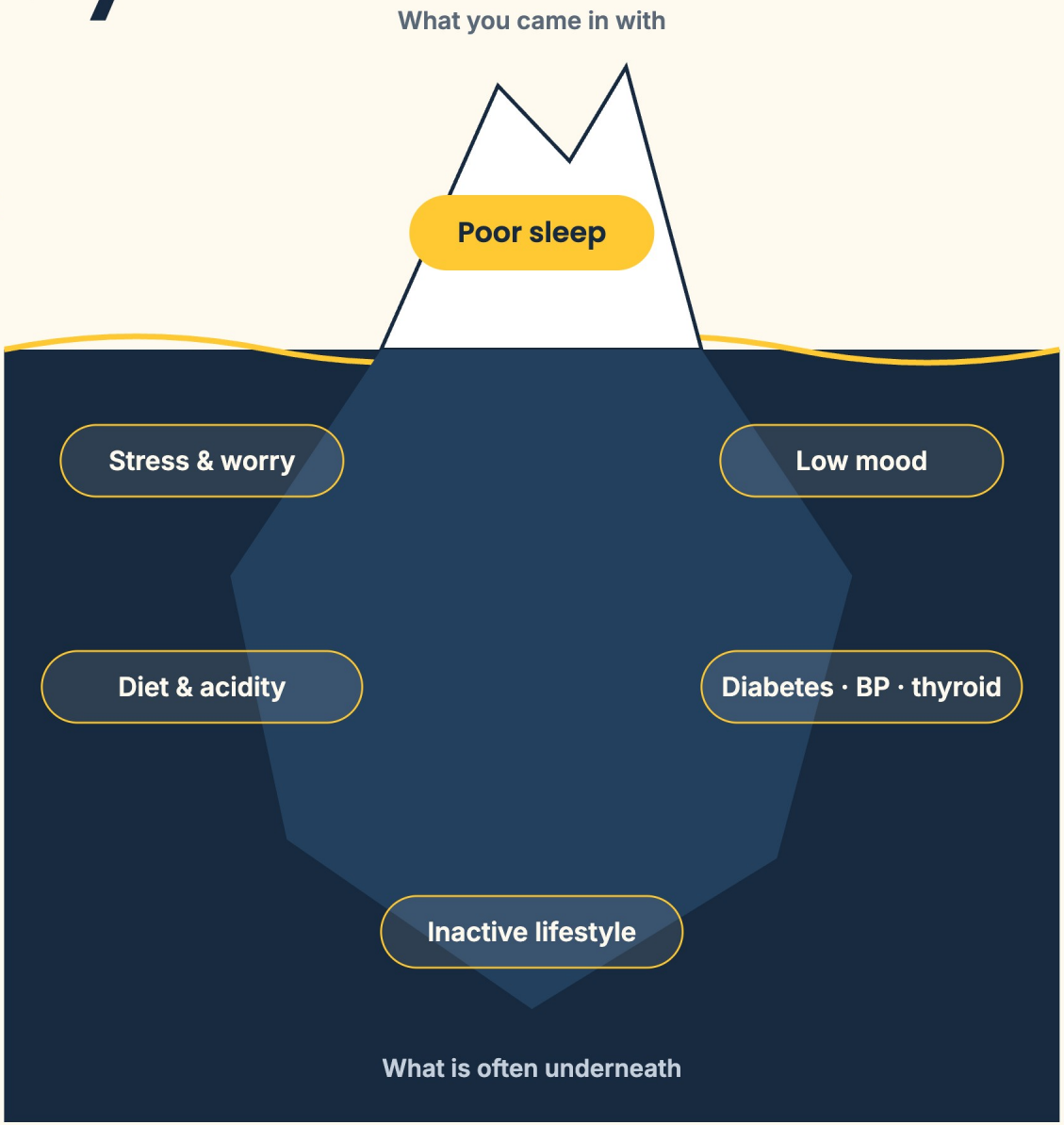
1 care group

3× progress scores

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Your symptom is rarely the whole story.

Most patients who come to our OPs carry several problems at once. Treat only the one on top, and the rest pull it back.



1. Find every driver on Day 1
2. Treat them together, with one team
3. Build habits that keep you well

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Seven experts. One plan. Built around you.

Every specialist sees the same history, the same scores and the same plan. Your program manager keeps it all moving — so you never chase anyone.



Every 15 days the physician and psychiatrist review you together, so medicines and treatment are always in step.

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We look at the whole picture first.

Tests and a full history are done before Day 1, so every doctor walks in with your results already in hand.

OP visit

Your doctor checks if the program fits you

Whole-body tests

One morning, fasting. Results ready for Day 1

Your full story

History, medicines, habits, weight and BP

You say yes

Consent, and your Day-1 date is fixed

What the test package checks

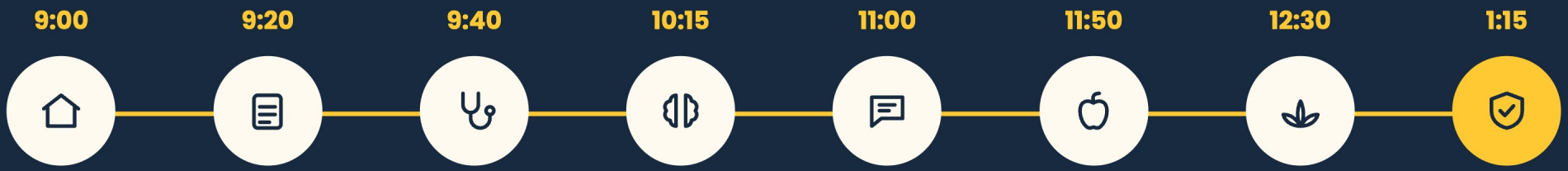
- Blood count
- Sugar & HbA1c
- Cholesterol
- Liver
- Kidney
- Thyroid
- Vitamin D & B12
- Iron
- Urine
- ECG

05 · DAY 1

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Meet your whole team in one morning.

About five hours. You leave with a signed plan, your schedule and your private care group.



1 visit — no running between departments on different days

45 example baseline 360 Index — your starting line

90 days of care start the next morning

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Reset. Build. Sustain.

MONTH 1 · DAYS 1–30

Reset

Sleep, meals and routine back on track.

- Diet chart 1
- Sleep routine
- Reviews D15, D30

MONTH 2 · DAYS 31–60

Build

Strength, therapy depth and new habits grow.

- Diet chart 2
- Fitness re-test
- Day 45 score
- Reviews D45, D60

MONTH 3 · DAYS 61–90

Sustain

A routine you can run on your own — for life.

- Diet chart 3
- Relapse-prevention plan
- Day 90 score + report

Daily

Yoga & mindfulness · check-in

2× a week

Therapy with the psychologist

3× a week

Fitness training

Every 15 days

Physician + psychiatrist review

07 · A TYPICAL WEEK

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Small steps, every single day.

Example week. Your exact slots are fixed on Day 1.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Yoga & mindfulness	●	●	●	●	●	●	rest
Therapy session		●			●		
Fitness training	■		■		■		
Daily check-in on WhatsApp	○	○	○	○	○	○	○
Diet check-in & weekly summary							●

Every 15 days your physician and psychiatrist review progress and medicines — Day 15, 30, 45, 60, 75 and 90.

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Measured, not guessed.

Five short checks become one number — your Bharosa 360 Index — on Day 1, Day 45 and Day 90.

- Sleep
- Anxiety
- Mood
- Gut health
- Body & lifestyle



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You see your own progress.

Example patient: 42-year-old woman with diabetes and thyroid, poor sleep, worry and acidity.





Grey = Day 1 · Yellow = Day 90

Illustrative example to explain the scoring. Every patient's results are different.

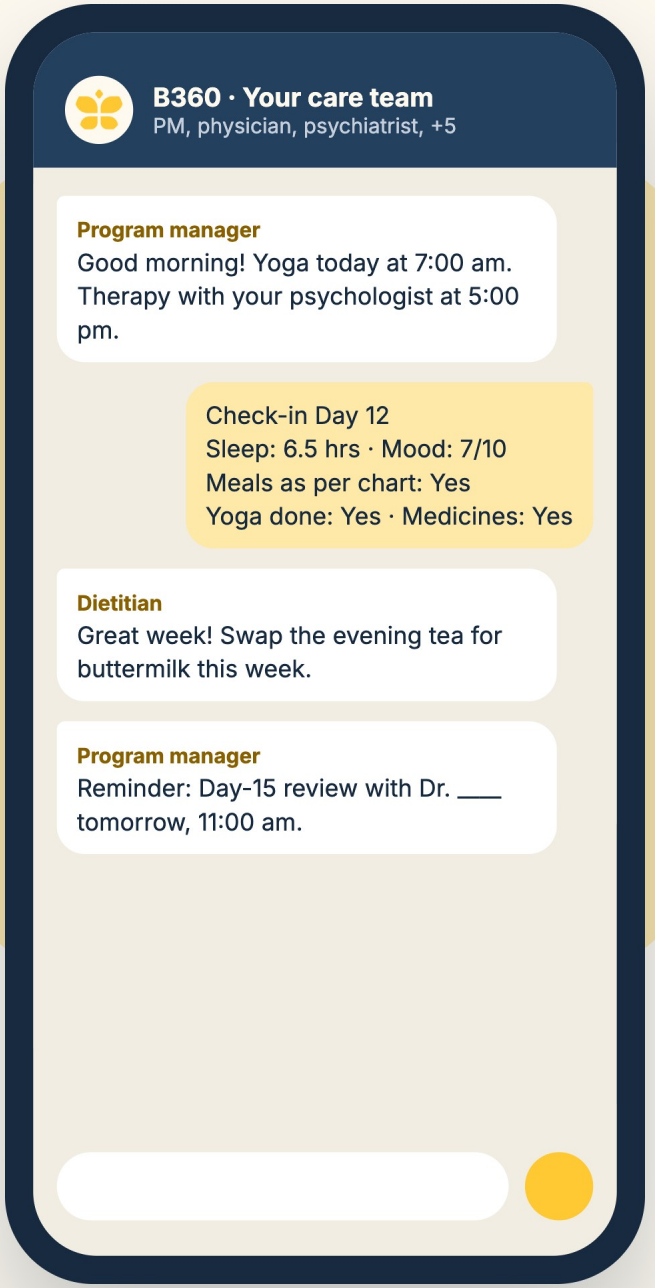
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Your team, one tap away.

A private WhatsApp group with your care team for all 90 days, run by your program manager from a Bharosa number.

- **Reminders & daily check-ins** — sleep, mood, meals, yoga
- **Family can join** — only if you say yes
- **Private** — therapy talk and reports stay off the group

Emergency? Call — never message



BHAROSA™
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Everything in one program.

1
Whole-body lab package, before & after

7 + 7
Physician and psychiatrist reviews

~24
Therapy sessions with a psychologist

3
Personal diet charts + weekly check-ins

~72
Yoga & mindfulness sessions

~36
Fitness training sessions

3
Progress scorings + your 90-day report

90
Days in your private care group

Day 120
Follow-up visit to keep gains

Your safety comes first

Medicines are started, changed or reduced only by your doctor.

Exercise starts only after your physician clears you.

Warning signs mean a doctor sees you the same day.

Your information stays private and is used only for your care.



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MBBS, MD (Psychiatry) · Founder, Bharosa

BHAROSA™
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Start your 90 days.

Ask your doctor or the program desk today. We'll book your tests and your Day-1 visit.

CALL / WHATSAPP
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VISIT US · TWO BRANCHES

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