

SANJEEVANAM AYURVEDA HOSPITAL

A WORLD-CLASS
AYURVEDA
DESTINATION











Located in Kochi, Kerala, Sanjeevanam Ayurveda Hospital is a one of its kind premium holistic hospital where we have successfully integrated modern diagnostics, yoga, functional fitness & physiotherapy into our core practice of Ayurveda to create a truly unique healing experience. With all the comfort and opulence of a luxury hotel, our healing experience is rooted in Traditional Ayurvedic Medicine that will help you to restore your body, mind, and soul.



HOSPITAL







MESSAGE FROM THE MANAGING DIRECTOR



Dear Friends,

Namaste & Greetings from Sanjeevanam!

As many of you might know, Sanjeevanam has been at the forefront of holistic wellness through its centers across India. The success of Sanjeevanam Ayurveda Hospital at Kochi in Kerala is one such, which has been leveraged from the vast experience and knowledge acquired over these years. With a strong vision to merge the tenets of ayurveda and modern medical technology, we at Sanjeevanam affirm to provide utmost care, thus helping patients to heal and revitalize, thereby enabling them to enjoy a healthy and fruitful life. Our healing process is carefully designed and are customized according to the individual needs of the patient.

At Sanjeevanam, we are confident in our ability to offer a full-service holistic retreat where patients can benefit from the goodness of pure ayurveda and thus making them realize the new 'Elixir of Life'.

I personally welcome you to feel and experience Sanjeevanam.

Dr. A V ANOOPManaging Director, AVA Group



WHAT WE STAND FOR

To provide the best standards of healthcare using the tenets of ayurveda and other allied wellness disciplines in the most enjoyable hospitality environment.

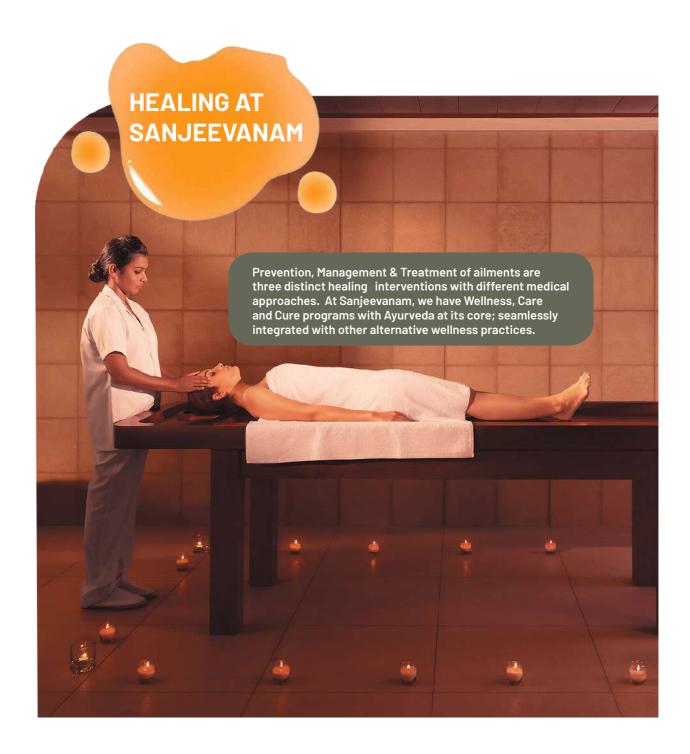
SIMPLY SPEAKING

Specialty Medical Departments Yoga Studios

70Beds

25 Seater Movie Theatre

Restaurants



Authentic Ayurvedic Treatment for Every Disease

List of Specialities

General Medicine & Neurology

(Kayachikitsa & Naadeeroga Vibhaga)

Women's Health

(Prasoothi Evam Sthree Roga)

Anorectal & Sports Medicine

(Shalya Chikitsa Vibhaga)

Ayurvedic Pediatrics

(Baalaroga Chikitsa Vibhaga)

Wellness & Panchakarma

(Swasthya Samrakshanam & Panchakarma)

Physiotherapy & Rehabilitation

(Electro Therapy & Functional Fitness)

Dietetics & Yoga

(Naturopathy Evam Yoga)

At Sanjeevanam, we have successfully integrated yoga, physiotherapy and functional fitness into our core ayurveda program to create a unique healing experience.



YOGA (HATHA AND KRIYA YOGA)

Through certified and experienced instructors, we have inculcated Hatha yoga and Kriya yoga into our daily healing routine. We have multiple yoga zones across the facility so that patients can choose a site of their choice to practice yoga. Classes are customized to the specific needs of the guest and training is imparted in small groups, not exceeding 10 guests at a time.

PHYSIOTHERAPY

Our full-fledged Physiotherapy department supports in the healing process, specifically when it comes to neuromuscular and rehabilitation cases.





FUNCTIONAL FITNESS

A state-of-the-art functional fitness centre ensures that guests have an active, fun-filled workout routine that focuses on improving flexibility, mobility, strengthening and toning to the core.

NO HEALING IS COMPLETE WITHOUT SKIN AND HAIR CARE

The Sanjeevanam Skin & Hair Care Clinic uses a wide range of freshly made and skin-friendly preparations. The treatment procedures are found to be very effective in dealing with issues like hair loss, acne and other common skin & hair problems. At Sanjeevanam, we have separate sections for men and women guests at the clinic.





PERSONALIZED, FRESHLY PREPARED MEDICATIONS

Another unique aspect of our treatment philosophy is that we prepare medications afresh at our state-of-the-art in-house medicine preparation center. It ensures that the medications have precise efficacy and that an optimum quality and hygiene standard is charted during the preparation process. The dosage is also adjusted to the exact body conditions of the patient.



OUR MEDICAL LEADERSHIP TEAM



Dr. Anil V. Kaimal
BAMS, MD (Ay)
Chief Ayurveda Physician
HOD Dept. of General Medicine
& Neurology
(Kayachikitsa & Naadeeroga Vibhaga)



Dr. R. S. Hridhya
BAMS, MS (Ay), FMC, PGDY
Senior Medical Officer
HOD Dept. of Women's Health
(Prasoothi Evam Sthree Roga)



Dr. R. Rahul Unnithan

BAMS, MD (Ay)
Senior Medical Officer
HOD Dept. of Wellness & Panchakarma
(Swasthya Samrakshanam & Panchakarma)



Dr. Aiswarya Jayaram BAMS, MD (Ay), PGDHHM Senior Medical Officer HOD Dept. of Guest Relations



Dr. Nandu M. S BAMS, MD (Ay), CDM-CBR, PhD (Scholar) Senior Medical Officer HOD Dept. of Ayurvedic Pediatrics (Baalaroga Chikitsa Vibhaga)



Dr. Sreejith P. C BAMS, MS (Ay) Medical Officer Dept. of Ayurvedic Surgery (Shalya Chikitsa Vibhaga)

Our Medical leadership team is aided by a team of highly skilled talented and spirited ayurveda doctors, allopathic specialists, dieticians, yoga & fitness instructors, therapists and nurses who combine ayurveda, yoga, naturopathy based diet, physiotherapy and functional fitness in a seamless and integrated manner.





Guest Rooms

Make yourself at home in our spacious and well-appointed guestrooms, each with a spectacular view of the green lush valley and paddy fields outside. Rooms range from Suite rooms, Deluxe rooms, Family rooms & Dorm beds.



SUITE ROOM

This superior category suite features a king size bed, large living room, dining area, a spacious washroom and a private balcony with panoramic views of Kadambrayar river.



FAMILY ROOM

Families and group travellers will appreciate idyllic comfort of this room with three beds, large living room, dining area and two washrooms.





DELUXE ROOM

A stunning room with a soft and comfortable bed, modern decor and a private balcony with splendid views and scenic beauty.

Entertainment

We have wide range of entertainment options for you



Ayurvedic Cooking Master Classes

Educational courses, workshops on different aspects of Ayurveda and healthy life style





Neightbourhood tours that gives the flavours of Kochi



A game room with a wide range of board & video games

A 25 - Seater Movie Theatre that plays international and Indian movies through the day





Video conferencing facilities to stay intouch with your friends and family back home

FOOD FOR THE SOUL

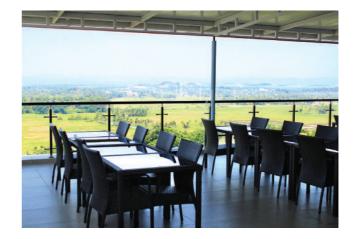


Sanjeevanam Vegetarian Restaurant

No healing is complete without the right food. Sanjeevanam has for long, operated health restaurants across India. We bring that expertise to Sanjeevanam with two restaurants, Sanjeevanam - a multi cuisine veg restaurant.

Melam Non-Vegetarian Restaurant

The rooftop cozy open-air dining area boasts spectacular views and peaceful atmosphere.



SUSTAINABILITY

Sustainability is at the core of the design and day-to-day operations of Sanjeevanam Ayurveda Hospital. We have a slew of initiatives to ensure that we leave behind a minimal carbon footprint.



Recycling Water

All waste water is subjected to the best practices of purification and is reused in gardening and flushing.

Minimizing Plastic

We continuously strive to minimize plastics in our day-to-day operations and have had a fair bit of success on this front.





Heating Water from Waste

All hot water requirements at Sanjeevanam is met by capturing and re-using the waste heat dissipated by our air conditioners.

Energy Efficient Appliances

All lights, fixtures and electronic appliances have the highest energy efficiency ratings.





SANJEEVANAM AYURVEDA HOSPITAL - KOCHI -



For Booking: \$\mathbb{\operator} +91 484 284 5000 \Omega +91 6282980003

Chakkothmala Road, Pallikkara, Kakkanad, Kochi-683565, Kerala







