

BACK TO LIFE FOUNDATION TRUST



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WELLNESS CENTRE for TREATMENT & REHABILITATION of SUBSTANCE ABUSE & MENTAL HEALTH

Head Off. : C-6/2A, S/F, KH No. 2 Gali No.5 Chauhan Banger Near Haji Iqram Delhi-53

Branch Off. : A.C 216 Ansal East End, Near Mariyam Hospital, Tronica City, Loni, GZB (UP) 201102

Contact: +91 88512 50016, 99530 67868

Email- backtolife72@gmail.com, Website: www.backtolifefoundation.in

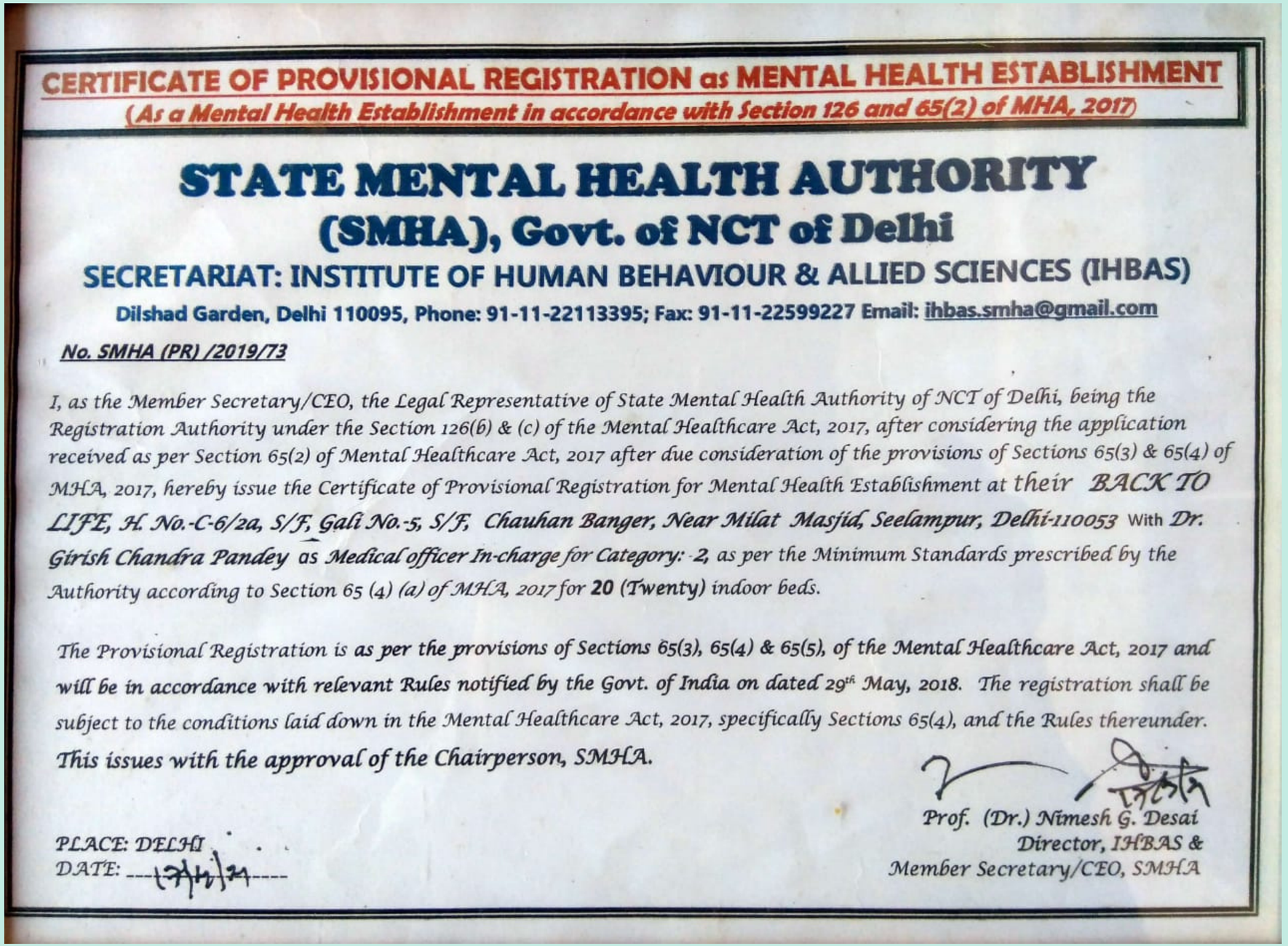


Mr. Mustaqim Ansari
Founder Managing Trustee (Director)

An experienced and passionate social worker, who helps people. He has years of Experience in SAHARA and SHARAN NGO in past for their health related projects in providing various demand/harm reduction service among the people who use drugs. He also specialized in treating mental health, behavioural and emotional issues.

About us

- Back to Life Foundation Trust (BTLFT) established in the year 2017 by a group of like-minded indiviuals who are committed to undertake various social activities relating to health, environment, and social economics sustain ability among the most marginalized sections in the society. BTLFT, was formally registered in 2017 as a not-for profit organization under the trust Act 1882,Delhi
- Our rehabilitation &wellness Center is registered under the Mental Health Act, 2017 by State Mental Health Authority, Delhi (Secretariat: IHBAS) and State Mental Health Authority, Uttar Pradesh.
- Registration No. ***SMHA (PR)/2019/73*** (SMHA, Delhi)
- Registration No. ***129/SMHA/2021-22*** (SMHA, Uttar Pradesh)



CERTIFICATE OF PROVISIONAL REGISTRATION as MENTAL HEALTH ESTABLISHMENT

(As a Mental Health Establishment in accordance with Section 126 and 65(2) of MHA, 2017)

STATE MENTAL HEALTH AUTHORITY
(SMHA), Govt. of NCT of Delhi
SECRETARIAT: INSTITUTE OF HUMAN BEHAVIOUR & ALLIED SCIENCES (IHBAS)

Dilshad Garden, Delhi 110095, Phone: 91-11-22113395; Fax: 91-11-22599227 Email: ihbas.smha@gmail.com

No. SMHA (PR) /2019/73

I, as the Member Secretary/CEO, the Legal Representative of State Mental Health Authority of NCT of Delhi, being the Registration Authority under the Section 126(b) & (c) of the Mental Healthcare Act, 2017, after considering the application received as per Section 65(2) of Mental Healthcare Act, 2017 after due consideration of the provisions of Sections 65(3) & 65(4) of MHA, 2017, hereby issue the Certificate of Provisional Registration for Mental Health Establishment at their ***BACK TO LIFE, H. No.-C-6/2a, S/F, Gali No.-5, S/F, Chauhan Banger, Near Milat Masjid, Seelampur, Delhi-110053*** With ***Dr. Girish Chandra Pandey*** as ***Medical officer In-charge for Category: 2,*** *as per the Minimum Standards prescribed by the Authority according to Section 65 (4) (a) of MHA, 2017 for* **20 (Twenty)** *indoor beds.*

The Provisional Registration is ***as per the provisions of Sections 65(3), 65(4) & 65(5), of the Mental Healthcare Act, 2017 and will be in accordance with relevant Rules notified by the Govt. of India on dated 29th May, 2018.*** *The registration shall be subject to the conditions laid down in the Mental Healthcare Act, 2017, specifically Sections 65(4), and the Rules thereunder.*

This issues with the approval of the Chairperson, SMHA.

PLACE: DELHI
DATE: ---17/11/21----

Prof. (Dr.) Nimesh G. Desai
Director, IHBAS &
Member Secretary/CEO, SMHA

Registration Certificate: State Mental Health Authority, Delhi

STATE MENTAL HEALTH AUTHORITY,
UTTAR PRADESH

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Reg No-129/SMHA/2021-22 Date-27/12/2021

[Rule 11(3)]

CERTIFICATE OF PROVISIONAL REGISTRATION

The State Authority, after considering the application dated **20/12/2021** submitted by **Mustaqim Ansari** under section 65 (2) or section 66(10) of the Mental Healthcare Act, 2017, hereby accords provisional registration/renewal of provisional registration to the applicant mental health establishment in terms of section 66 (4) or section 66 (11), as per the details given here under.

Name- **BACK TO LIFE REHABILITATION CENTRE.**

Address- **A.C-216, Ansal East End, Near Mariyam Hospital, Tronica city, Loni, Ghaziabad (U.P) - 201102**

No. of beds- **30.**

The provisional registration certificate issued, is subject to the conditions laid down in the Mental Healthcare Act, 2017 and the rules and regulations made there under and shall be valid for a period of twelve months from the date of its issue and can be renewed.

Place: **Lucknow,**
Date: 27/12/2021

STATE MENTAL HEALTH AUTHORITY U.P.

Seal of the Registration Authority

CHIEF EXECUTIVE OFFICER
STATE MENTAL HEALTH AUTHORITY
UTTAR PRADESH
Registration Authority

Registration Certificate: State Mental Health Authority, UP

Revive Yourself

Today, stance abuse is a serious problem affecting many youths, families and households in India. Back to Life Foundation Trust, being one of a lead organization in the field of substance
abuse and mental health issues, delivers state of the art treatment for those, who are struggling to cope up with their lives due to chemical dependency in India. Keeping in mind the need for fresh air, the center was established in a locality with an open and spacious area around a land, situated on a private locality, nestling amongst the greeneries, is the Back to Life Foundation Trust's Counseling, De-addiction and Rehabilitation center at the Estate. As the name suggests it is a place of absolute tranquility, where one wakes up to the song of birds as the sun slowly rises from the east.

The Center was started with the aim to redefine treatment standards in the de-addiction field. We at Back to Life Foundation Trust provide our beneficiaries a safe and homely environment.
The “Center” has a great number of open areas to sit out and relax with a book or do yoga, the meditation and personal reflection, or simply sit out at the dining courtyard and enjoy the natural view of the Estate.

An attempt has been made to keep the Center a place for complete rest and relaxation in the fresh oxygen rich unpolluted air of the environs away from the hustle & bustle and pressures of city life. It is a place for rejuvenation, a place to recharge yourself and recover from substance abuse and mental stress. The Centre is uniquely advantageous for a long term residential treatment program. You can enjoy the cooler climes in summer, the crackling cheery warmth of the fires in winter, the coolness and color splashes of the wild flora in spring. See the blue mists roll in with the falling rain creating a time zone of its own during the rains.

Back to Life Foundation Trust looks after chemically dependent (alcohol & drugs) beneficiaries of different kinds, of both sexes and all ages. Back to Life primarily follows the state of the art designed program, empowering intensive reflection, counselling, study, clean living, recreation, yoga/meditation, and exercise; free all use of substances alcohol and drugs. We at Back to Life Foundation Trust endorse a widely acceptable and secular approach. This approach has made us one of the unique and only de- & Rehabilitation Centre in Delhi NCR of India.

Our Believe

We believe substance abuse and chemical dependency 1s a disease and total abstinence is the best way to manage the condition. Our approach 1s holistic, working with mind, body and spirit targeting a complete turnaround in behavioral change and attitudes of our beneficiaries putting them on the path to a healthy and productive life style.

We believe that every patient and his/her family that and set of circumstances. Therefore, treatment for each individual 1s customized and 1s targeted to achieve strong recovery. The treatment plan is based upon the individual's family history, choice of substance(s), gender, and physical health alongside various other factors.

As we know, the majority of the patients have a co- occurring mental health disorder such as anxiety or approach that treats the mental health issues at the same time along with the addiction, as anxiety & depression is associated with substance abuse, which also needs to be treated 1n order to enable complete recovery.

Our Program: Removing addiction from your Life may seem impossible.
However, recovery is never out of reach

Our beneficiaries go through a full day of our state of the art unique program and wellness therapy that starts at 7:30 a.m. and ends at 9:30 p.m.

- Morning yoga and meditation followed by nutrition & breakfast as per the menu
- Administration of medications according to Doctors advise & prescription
- Sessions on various topics and lectures followed by Focus Group Discussions (FGDs) on specific substance use disorders/topics on health and wellnes
- Reading time
- Quiet time & Personal reflection
- Lunch & afternoon nap
- Individual confidential Counselling sessions by experienced counsellors and psychologists.
- One-on-one appointments with Psychiatrist, Physician, and Counsellors.
- Physical exercise and recreation (Table tennis, Chess, Badminton, Carom, Ludo, TV,) followed by special group discussions in the evenings.

Facilities -

- Dining cum Conference hall
- Room service for Tea/ Coffee
- Nutrition, Breakfast, Lunch & Dinner.
- Housekeeping & Laundry services.
- Car /Taxis /Train & Flight bookings.
- Coffee nights/Music on weekends.
- Pick-up & drops from IGI Airport, Railway station & Delhi by Cars/Taxis.
- Care and support and medications.
- Doctor on call.
- Emergency Hospitalization Service
- Barbeque Nights.
- Psychotherapies including CBT, Music Therapy, Hypnotherapy, Family Therapy and Family Meetings.



Room with Two Beds



Room with Three Beds



Room with Three Beds



Room with Three Beds



Room with Three Beds



Room with Three Beds



Room with Three Beds

Accept the formal Education



Back to Life Strongly believe that involvement of family members and other key stake holder and building capacity for peers is essential in addressing the substance use related issues in the community.





Consultation with Psychiatrist





Consultation with Psychiatrist





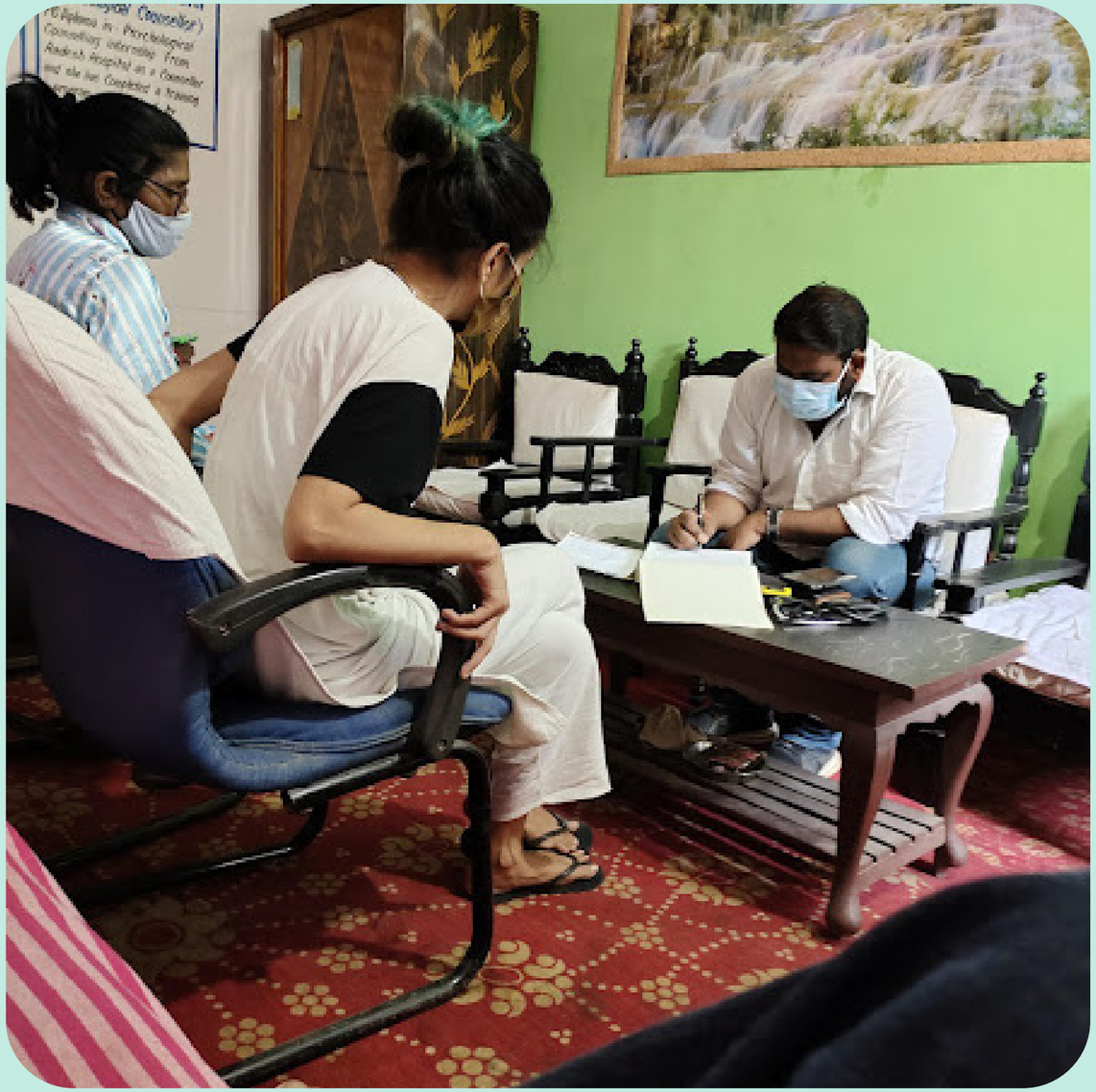
Consultation with Psychiatrist





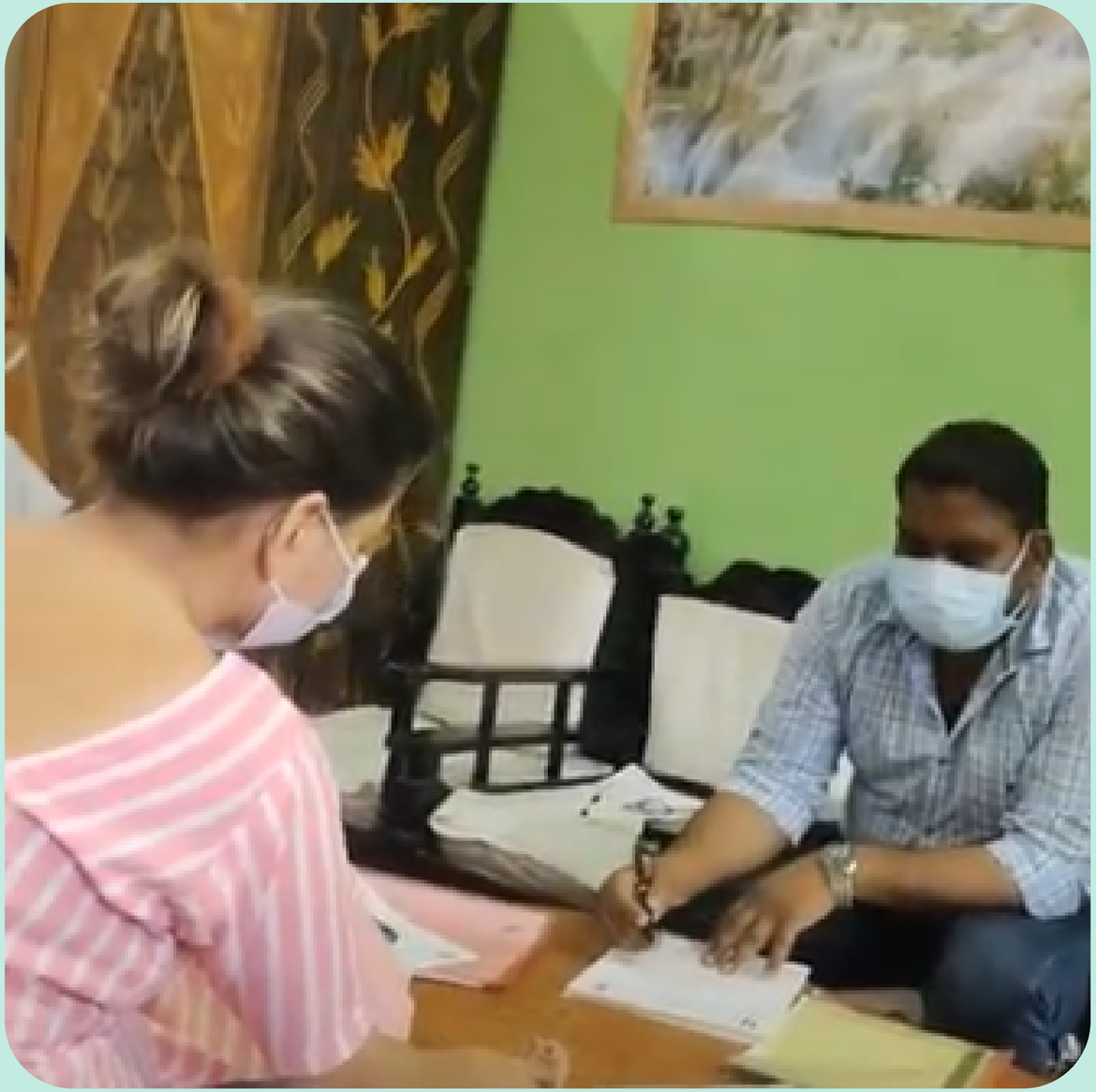
Consultation with Physician





Consultation with Physician



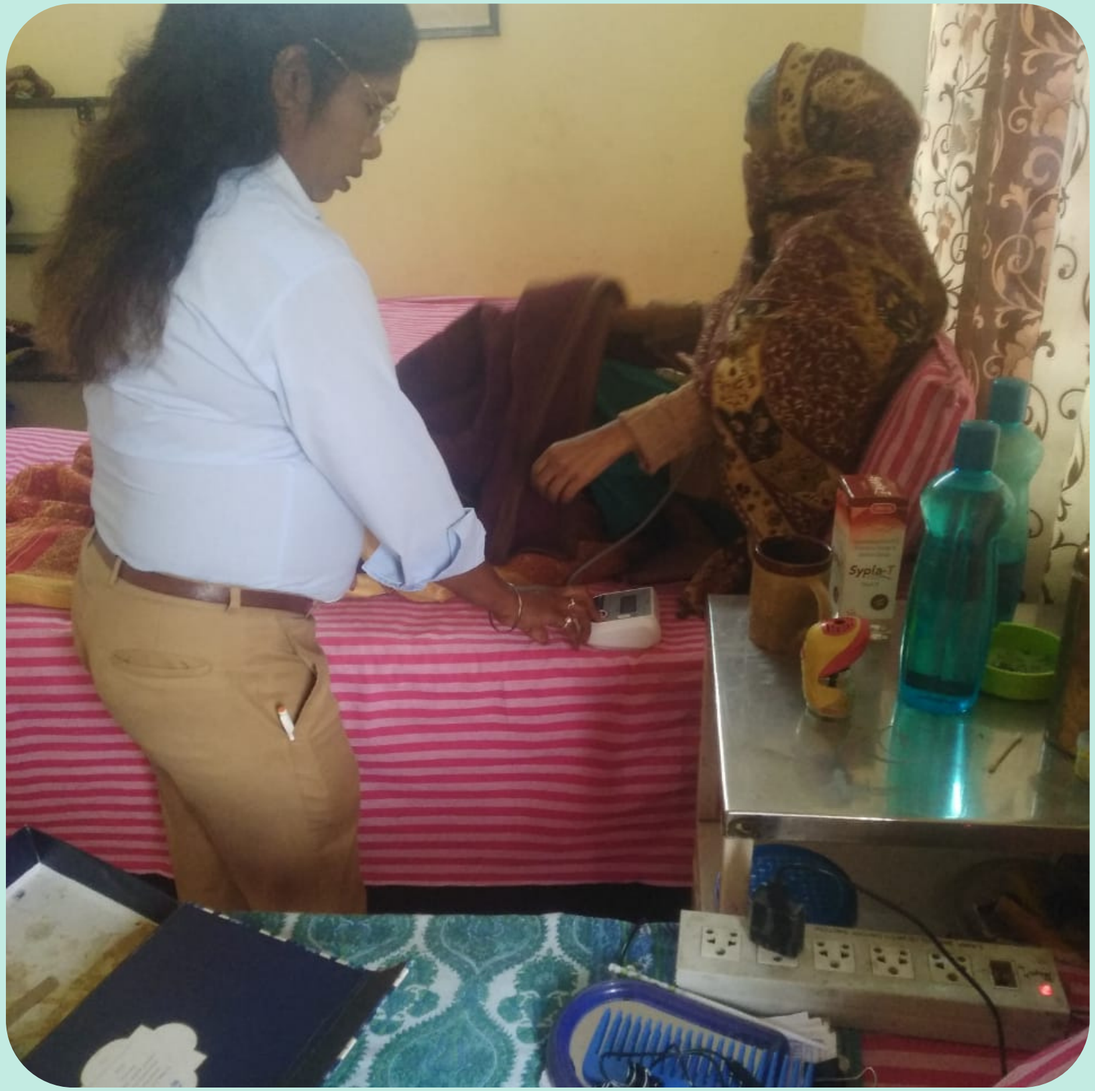


Consultation with Physician





Blood testing Facility.





Measurement of BP, Temperature, & Heart Rate on Regular Basis





Group Counseling, Family Meetings, and Discussions







Input Session





Guidance and Counseling



Family Meetings



Family Meetings



Mini Gym







Exercise



Yoga Classes



Yoga Classes



Yoga Classes



Yoga Classes



Yoga Classes



Yoga Classes



Yoga Classes


BACK TO LIFE
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YOGA, MEDITATION &


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Meditation





Indoor & Outdoor Games



Events and Celebrations



Events and Celebrations



Events and Celebrations



Events and Celebrations





Dance





Events and Celebrations



Dining Hall





Dining Hall

Events and Celebrations







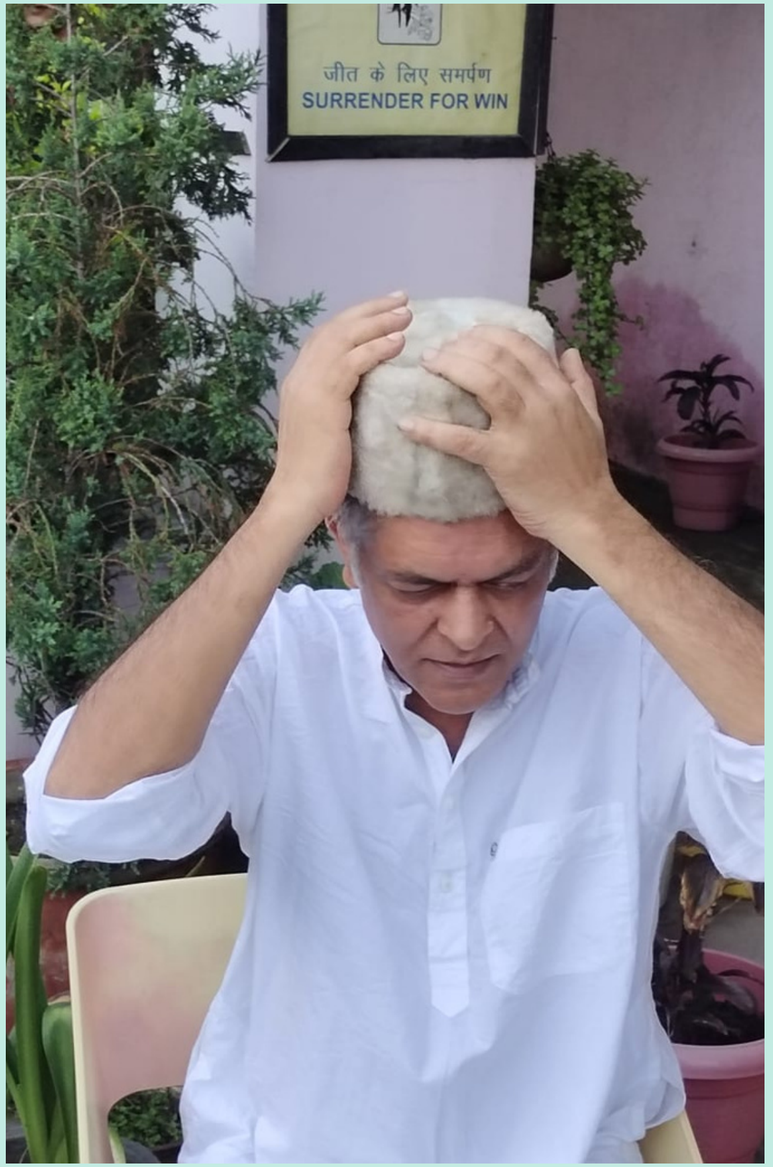








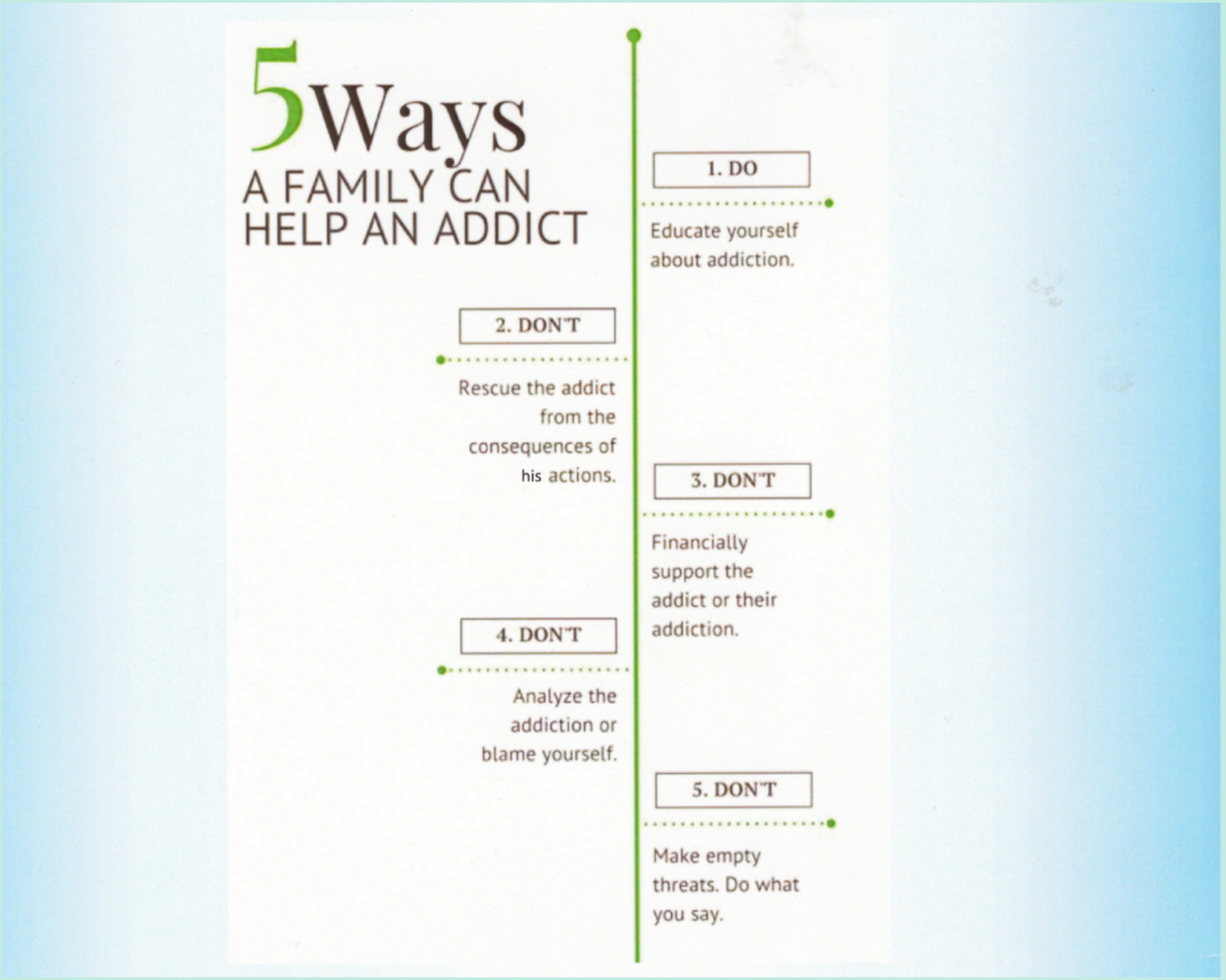




Before and After: A Testimonial



Before and After: A Testimonial



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