

## Heal in the Himalayas with World's First Luxury Rehab in the Eastern Himalayas - By Veda Rehabilitation and Wellness

Veda Rehabilitation and Wellness launches its new luxury mental health and rehabilitation centre in Sikkim, offering private, personalised care in the serene Eastern Himalayan region.



**Mumbai, Maharashtra May 21, 2026** ([Issuewire.com](https://www.issuewire.com)) - [Veda Rehabilitation and Wellness](https://www.vedarehab.com) has announced the launch of its new residential mental health and rehabilitation centre in Sikkim, positioning it as the world's first luxury rehab in the Himalayas. The new centre marks an important expansion for Veda, which currently operates luxury rehabilitation and wellness centres across Mumbai, Bengaluru and New Delhi.

Located in the Himalayan region, the Sikkim centre has been developed to offer a private, structured and restorative environment for individuals seeking support for addiction, emotional health concerns, stress, burnout, anxiety, depression and related mental wellness challenges. The centre combines clinical care with a calm natural setting, giving clients and families access to treatment in an environment designed for privacy, dignity and recovery.

The launch reflects Veda's broader vision of making high-quality mental health and rehabilitation care

more personal, discreet and humane. The organisation's treatment model brings together psychiatry support, one-to-one therapy, counselling, family sessions, relapse prevention planning and holistic wellness practices such as yoga, meditation, nutrition support, art therapy and music therapy.

[The Sikkim centre](#) has been created for individuals and families who prefer a quieter, more private setting away from everyday pressures. The Himalayan location allows clients to receive structured care while being surrounded by nature, clean air and a slower pace of life. For many people dealing with emotional distress or addiction, the treatment environment can play an important role in helping them feel safe enough to begin recovery.

Speaking about the launch, Manun Thakur, Founder and CEO of Veda Rehabilitation and Wellness, said, "The idea behind the Sikkim centre was to create a place where clinical treatment and the healing power of nature could come together. Mental health and addiction recovery require privacy, compassion and consistency. The Himalayas offer a sense of calm that supports the inner work clients come to do."

Veda's approach focuses on personalised care rather than a standardised program. Each client's treatment plan is created after understanding their emotional, psychological, medical and family background. The goal is to support long-term recovery by addressing not just the immediate concern, but also the underlying patterns, triggers and lifestyle factors that may contribute to relapse or emotional distress.

Family involvement is also an important part of Veda's model. The organisation works with families to help them understand boundaries, communication patterns, relapse warning signs and the emotional dynamics that often surround addiction and mental health concerns. This is especially important in India, where families are often deeply involved in the recovery journey.

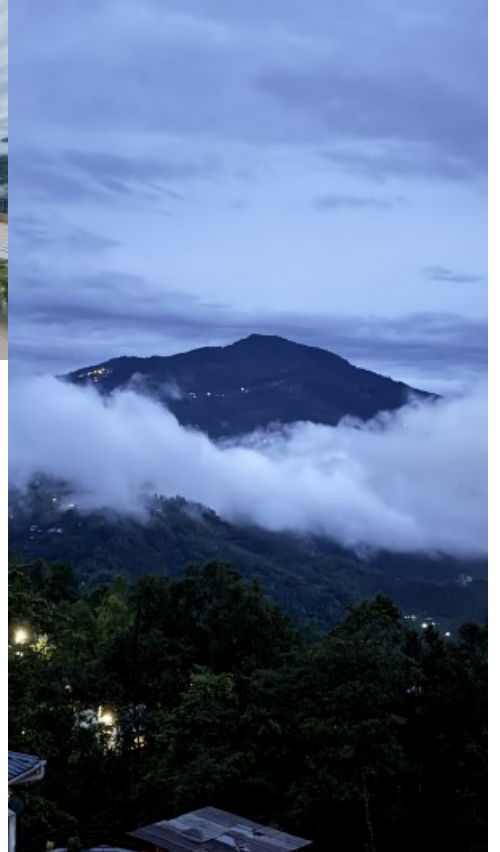
The launch of the Sikkim centre also comes at a time when more individuals, professionals, families and NRIs are seeking private and high-quality mental health support in India. Veda's centres are designed to offer care in an environment that feels less institutional and more respectful of a client's personal dignity and privacy.

Over the years, Veda Rehabilitation and Wellness has served clients from India and abroad, including working professionals, entrepreneurs, public figures, families and international clients seeking discreet residential care. The new Sikkim centre expands this offering into the Himalayan region, creating a distinctive option for people looking for structured support in a peaceful setting.

With this launch, Veda aims to continue building a treatment ecosystem that combines evidence-based care, holistic healing and client-centred residential support. The Sikkim centre represents a new chapter in the organisation's journey to redefine how luxury rehabilitation and mental wellness care can be delivered in India.

## **About Veda Rehabilitation and Wellness**

Veda Rehabilitation and Wellness is a luxury mental health and rehabilitation organisation in India, offering private, personalised treatment for addiction, anxiety, depression, burnout, trauma, emotional distress and related concerns. With centres in Mumbai, Bengaluru, New Delhi and Gangtok, Veda combines expert clinical care with holistic healing practices in discreet, comfortable and supportive environments.



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