

From Vulnerability to Recovery and Self-Reliance: Yogesh Rebuilds His Life with DDAC Support

Posted On: 31 AUG 2026 8:53PM by PIB Delhi

For individuals living in vulnerable circumstances, timely outreach, treatment and rehabilitation support can create a pathway towards recovery, dignity and self-reliance. Such assistance can also help families overcome emotional distress and rebuild trust.

Demonstrating the impact of community outreach and rehabilitation support, Yogesh (name changed), a 35-year-old beneficiary from Udaipur, Rajasthan, overcame a period of instability and progressed towards recovery, social reintegration and financial independence.



NMBA e-pledge QR Code

Yogesh was living in an unstable and conflict-ridden environment with limited emotional support from his family. Belonging to an economically vulnerable household living below the poverty line, he faced generational debt, irregular income and dependence on daily-wage work.

With no formal education, Yogesh had limited livelihood opportunities. He aspired to acquire a sustainable trade or skill that could help him secure stable employment and improve his quality of life. His family was also experiencing financial hardship and emotional distress and, due to limited awareness and social anxiety, often felt helpless in supporting him.



Yogesh received support on 5 October 2023 through Aarogya Sewa Sansthan, a District De-Addiction Centre (DDAC) in Udaipur. Through community outreach and counselling under the Scheme, he was identified and motivated to seek treatment.

He was admitted to a supported rehabilitation facility, where he underwent a structured and medically supervised detoxification process to safely manage withdrawal symptoms.

Group sessions formed an important part of his recovery. These sessions enabled beneficiaries to share their experiences, reduce feelings of isolation, and encourage mutual support and accountability throughout the recovery process.

SUCCESS STORY

DISTRICT DE-ADDICTION CENTRE (DDAC)

FROM VULNERABILITY TO RECOVERY AND SELF-RELIANCE

YOGESH (NAME CHANGED)

📍 UDAIPUR, RAJASTHAN

REHABILITATION SUPPORT

- Centre: Aarogya Sewa Sansthan
- Support began: 5 October 2023
- Treatment, counselling & group sessions

YOGESH
FULL-TIME EMPLOYEE

Ministry of Social Justice and Empowerment
Government of India

CHALLENGE
Unstable environment, financial hardship and irregular income.

SCHEME SUPPORT
Outreach, counselling, supervised detoxification and rehabilitation.

LIVELIHOOD
Employment guidance and access to self-employment opportunities.

IMPACT
Recovery, social reintegration, stable employment and family welfare.

“ Support helped me rebuild my life, regain my family’s trust and become a primary earning member. ”
— YOGESH (NAME CHANGED)

SUPPORTING RECOVERY.

RESTORING DIGNITY.

STRENGTHENING FAMILIES.

The assistance extended beyond treatment and rehabilitation. Yogesh received support in identifying stable employment opportunities and guidance on government-supported self-employment initiatives and micro-financing opportunities for livelihood generation.

Following treatment and rehabilitation support, Yogesh successfully reintegrated into mainstream society. He regained the trust and respect of his family and community, helping him overcome social stigma.



NMBA Mobile App

Yogesh is now a full-time employee. He has transitioned from financial dependence to becoming a primary earning member of his family and contributes towards household expenses, debt repayment and overall family welfare.

The intervention brought meaningful changes not only to Yogesh's personal circumstances but also to his family environment. Stable employment and renewed social acceptance have enabled him to rebuild his life with greater confidence and responsibility.

Yogesh's journey demonstrates how community outreach, counselling, medically supervised treatment, group support and livelihood guidance can work together to support sustained recovery and social reintegration.

ANNEXURE I



Nasha Mukti Mitra Registration QR Code

From living in an unstable environment and depending on irregular daily-wage work, Yogesh has progressed towards stability, employment and self-reliance.

Through timely support from Aarogya Sewa Sansthan, Yogesh was able to overcome isolation, regain the confidence of his family and community, and assume responsibility as a primary earning member. His journey reflects the role of structured rehabilitation and livelihood support in restoring dignity and strengthening family welfare.

SS-54-DDAC-KV-GA-RK

Read this release in: हिन्दी , Kannada