

From Alcohol Dependence to a New Beginning: Raihan's Journey towards Recovery, Employment and Self-Reliance

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Raihan (name changed), a 29-year-old resident of Agra district in Uttar Pradesh, faced serious personal, social and economic challenges due to alcohol dependence. Educated up to the high-school level and unemployed, he struggled with low self-esteem, emotional distress and uncertainty about his future.

His recovery was made more difficult by an unstable home environment. Raihan's father was also affected by alcohol dependence, which increased the risk of relapse and placed considerable emotional and financial pressure on the entire family. During the initial stages of recovery, Raihan experienced severe withdrawal symptoms, including anxiety, insomnia and emotional distress. These difficulties affected his confidence and overall well-being.

The family's limited financial resources further compounded the situation. It depended primarily on the modest income generated through a small evening food stall. Raihan's limited educational qualifications restricted his employment opportunities, while unemployment caused him to experience guilt and disappointment over his inability to contribute financially to the household. Social stigma and the absence of a consistently supportive environment also posed obstacles to his recovery.

Despite these challenges, Raihan remained determined to rebuild his life. He aspired to achieve complete abstinence from alcohol, become financially independent and support his family. He also hoped to complete the General Duty Assistant programme supported by the District De-Addiction Centre in Agra and secure stable employment in the healthcare sector.

SUCCESS STORY

DISTRICT DE-ADDICTION CENTRE (DDAC)

FROM ALCOHOL DEPENDENCE TO RECOVERY AND EMPLOYMENT

RAIHAN (NAME CHANGED)
29 YEARS | SCHEDULED CASTE
AGRA, UTTAR PRADESH



DDAC SUPPORT

- Free Treatment & Rehabilitation
- Counselling & Recovery Support
- Regular Follow-up
- Support received: 20 January 2026





Ministry of
Social Justice and
Empowerment
Government of India



CHALLENGE

Alcohol dependence, withdrawal symptoms, unemployment and an unstable home environment affected his confidence and well-being.



COMPREHENSIVE SUPPORT

Treatment, counselling, rehabilitation and regular follow-up strengthened his recovery.



POSITIVE PROGRESS

Improved emotional well-being, renewed confidence and sustained recovery.



EMPLOYMENT

Secured employment in a private hospital, improving financial stability and independence.

“ Timely DDAC support helped Raihan overcome alcohol dependence, regain confidence and move towards a self-reliant future. ”

RECOVERY.

RENEWED CONFIDENCE.

SELF-RELIANCE.

On 20 January 2026, Raihan received support through Samuhik Utthan Sewa Samiti, a District De-Addiction Centre in Agra. He was provided free treatment and rehabilitation services, including counselling, recovery assistance and regular follow-up interventions. These services helped him address his alcohol dependence, manage withdrawal-related difficulties and gradually improve his emotional well-being.

Continuous counselling and follow-up support played an important role in strengthening Raihan's confidence and commitment to recovery. The intervention helped him develop a more positive outlook, regain a sense of purpose and prepare himself for social and economic reintegration.

Raihan's perseverance and the sustained support provided by the Centre eventually led to a significant transformation. He successfully secured employment in a private hospital, marking an important step towards achieving his aspiration of working in the healthcare sector.

His employment has improved his financial stability and enabled him to become more economically independent. It has also restored his confidence and given him an opportunity to contribute to the well-being of his family.

Raihan's journey demonstrates how timely treatment, counselling, rehabilitation and sustained follow-up support can help an individual overcome alcohol dependence and rebuild his life with dignity. From unemployment and emotional distress to recovery and meaningful employment, his story stands as an inspiring example of hope, resilience and the transformative impact of comprehensive de-addiction services.

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