



From Substance Dependency to a New Beginning: Garry's Journey towards Recovery, Self-Reliance and Social Reintegration

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Substance dependency can disrupt education, relationships and future opportunities, while emotional stress, social stigma and limited access to support can make recovery more difficult. Timely counselling, treatment and rehabilitation can provide individuals with the guidance and confidence needed to rebuild their lives.

Demonstrating the impact of support under the National Action Plan for Drug Demand Reduction (NAPDDR), Garry (name changed), a 27-year-old resident of Tseminyu district in Nagaland, is maintaining sobriety, engaged in self-employment and gradually reintegrating into society. His journey reflects the role of sustained rehabilitation, family involvement and community support in enabling positive transformation.

Belonging to the Scheduled Tribe community and educated up to middle school, Garry faced several challenges due to substance abuse. Emotional stress, lack of direction and negative peer influence gradually led to substance dependency, adversely affecting his personal life, education, social relationships and future opportunities.

His educational progress was interrupted, while his confidence and motivation were significantly affected. Substance dependency also limited his ability to lead a stable and productive life. His family experienced emotional and financial strain while managing daily needs and rehabilitation-related support.

Social stigma and limited awareness within the community created additional barriers during Garry's recovery. Geographical and accessibility challenges further delayed access to counselling, treatment and rehabilitation services during the initial stage.

Despite these difficulties, Garry aspired to rebuild his life, become self-reliant, regain the trust of his family and community, and contribute positively to society. He desired a second chance to lead a healthy and meaningful life free from substance dependency.

With support from family members, community leaders and the District De-Addiction Centre (DDAC), Tseminyu, Garry gradually accepted rehabilitation and recovery support. The intervention under NAPDDR provided him with a safe and supportive environment, emotional guidance and the motivation needed to overcome substance dependency and rebuild his life.

SUCCESS STORY

DISTRICT DE-ADDICTION CENTRE (DDAC)

FROM SUBSTANCE DEPENDENCY TO RECOVERY AND SELF-RELIANCE

GARRY (NAME CHANGED)

27 YEARS | SCHEDULED TRIBE
TSEMINYU, NAGALAND



DDAC SUPPORT

- Counselling & Psychological Support
- De-addiction & Rehabilitation
- Family & Community Support
- Support received: 06 November 2025



Ministry of
Social Justice and
Empowerment
Government of India



CHALLENGE

Substance dependency, emotional stress, negative peer influence and social stigma affected his education, relationships and future.



COMPREHENSIVE SUPPORT

Counselling, psychosocial care, rehabilitation, family support and regular follow-up strengthened his recovery.



POSITIVE PROGRESS

Improved mental well-being, discipline, confidence and relationships with family and community.



SELF-RELIANCE

Maintaining sobriety, self-employed and participating in productive community activities.

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Timely DDAC support helped Garry overcome substance dependency, rebuild confidence and move towards a healthy, self-reliant life.

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RECOVERY.

RENEWED HOPE.

SELF-RELIANCE.

Through DDAC Tseminyu, Garry received individual counselling, psychological support, de-addiction and rehabilitation services, motivational and behavioural guidance, family counselling and community support interventions. Awareness programmes and psychosocial care formed an important part of the assistance provided to him.

During the rehabilitation process, Garry was encouraged to adopt healthy habits, restore his self-confidence and reconnect positively with his family and community. Continuous follow-up monitoring helped support sustained recovery and social reintegration.

The intervention contributed to improvements in Garry's mental well-being, discipline and social behaviour. His relationship with his family and community improved, and he began participating in productive and responsible activities within the community.

At present, Garry is maintaining sobriety, actively participating in productive activities and continuing his journey towards social reintegration with renewed hope and responsibility. He is self-employed and now serves as an example of positive transformation through rehabilitation and support under the NAPDDR scheme.

Garry's journey demonstrates how counselling, treatment, psychosocial care, family involvement and community encouragement can help an individual move beyond substance dependency. With sustained support, he has progressed towards a healthier, meaningful and self-reliant life.

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