

From Adversity to a Life of Recovery: Nikhil's Journey towards Well-Being and a Better Future

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Every journey of recovery begins with courage, hope and the willingness to embrace positive change. With timely care and sustained support, individuals affected by substance dependence can rebuild their well-being, regain confidence and move towards a purposeful future.

Nikhil H. (name changed), a 30-year-old resident of Pathanamthitta district in Kerala, is a determined individual who has always aspired to secure stable employment, become financially independent and build a better future for his family. Educated up to the high-school level and engaged in part-time work, he remained committed to improving his circumstances despite facing difficult experiences from an early age.

Nikhil lost his father when he was only four years old. Thereafter, his mother took responsibility for supporting the family. Observing her perseverance and dedication instilled in him a strong sense of responsibility and motivated him to contribute to the family's well-being. However, challenges in his personal journey eventually led to substance dependence, affecting his health and overall quality of life.



SUCCESS STORY

NATIONAL ACTION PLAN FOR DRUG DEMAND REDUCTION (NAPDDR)

FROM ADDICTION TO RECOVERY

NIKHIL H. (NAME CHANGED)
30 YEARS | KERALA
PATHANAMTHITTA

NAPDDR SUPPORT

- Support began: 17 May 2025
- Free residential treatment
- Counselling and rehabilitation

CHALLENGE
Substance dependence affected his health and well-being.

TREATMENT SUPPORT
Residential de-addiction treatment and psychological counselling.

RECOVERY
Maintaining recovery and remaining free from relapse.

ASPIRATION
Stable employment, independence and a better future for his family.

“ With timely care and rehabilitation support, Nikhil rebuilt his confidence and moved towards a life of recovery. ”

COURAGE. | RECOVERY. | HOPE.

Recognising the need for support, Nikhil received assistance from Gandhibhavan Integrated Rehabilitation Centre for Addicts (IRCA) in Pathanamthitta under the National Action Plan for Drug Demand Reduction (NAPDDR). Beginning on 17 May 2025, he was provided free residential de-addiction treatment, psychological counselling and rehabilitation support.

The structured and supportive environment at the centre enabled Nikhil to address the challenges associated with substance dependence. Regular counselling, professional guidance and institutional care helped him develop healthier coping mechanisms, regain confidence and make steady progress towards recovery.

Today, Nikhil is successfully maintaining his recovery and continues to remain free from relapse. His journey reflects his resilience, determination and willingness to embrace positive change. With renewed confidence and improved well-being, he is looking forward to securing stable employment, achieving financial independence and building a fulfilling future for himself and his family.

Nikhil's transformation demonstrates how timely treatment, compassionate counselling and sustained rehabilitation support under NAPDDR can enable individuals to overcome substance dependence and move forward with dignity, hope and a renewed sense of purpose.

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