



From Alcohol Dependence to Renewed Stability: Kavi's Journey towards Recovery, Responsibility and Hope

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Alcohol dependence can gradually affect an individual's physical health, emotional well-being, family relationships and ability to maintain a stable livelihood. Timely counselling, structured rehabilitation and sustained family support can help individuals overcome dependency and rebuild their lives with confidence and dignity.

Demonstrating the impact of support under the National Action Plan for Drug Demand Reduction (NAPDDR), Kavi (name changed), a 31-year-old resident of Erode district in Tamil Nadu, has overcome nearly six years of alcohol dependence and is now leading a healthier and more stable life. His journey reflects the role of counselling, rehabilitation and continuous follow-up in enabling lasting recovery.

Kavi, who belongs to the General category, studied up to high school and works as a full-time employee. What began as occasional drinking gradually developed into dependency as he attempted to cope with emotional stress, family pressure and personal disappointments.

Over time, alcohol dependence adversely affected his physical health, emotional well-being, relationships and ability to manage daily responsibilities. He experienced emotional instability, disturbed sleep, reduced motivation and loss of self-confidence, leaving him increasingly isolated and uncertain about his future.

His family became deeply concerned as they witnessed his emotional outbursts and withdrawal from social interactions. Alcohol dependence also affected his attendance and performance at work, making it difficult for him to maintain a stable income and manage his finances. This added to the emotional and economic strain experienced by the family.

Despite these challenges, Kavi remained determined to change his life. On 7 October 2025, he received support from the Centre for Action and Rural Education, an Integrated Rehabilitation Centre for Addicts (IRCA) in Erode district, Tamil Nadu.

Under a structured recovery plan, Kavi received individual counselling, emotional and psychological support, family counselling, motivational and behavioural guidance, relapse-prevention education and regular follow-up monitoring. The programme also focused on emotional regulation, healthy coping strategies, group therapy, family involvement and lifestyle modification.

SUCCESS STORY

NATIONAL ACTION PLAN FOR DRUG DEMAND REDUCTION (NAPDDR)

FROM ALCOHOL DEPENDENCE TO RENEWED STABILITY

KAVI (NAME CHANGED)
31 YEARS | TAMIL NADU
ERODE



NAPDDR SUPPORT

- Support received: 07 October 2025
- Counselling and psychological support
- Family counselling and rehabilitation



Ministry of
Social Justice and
Empowerment
Government of India



CHALLENGE

Nearly six years of alcohol dependence affected his health, family relationships and employment.



COMPREHENSIVE SUPPORT

Counselling, rehabilitation, family involvement and relapse-prevention guidance.



POSITIVE PROGRESS

Improved confidence, emotional stability, work performance and financial management.



RECOVERY

Maintaining sobriety and leading a healthier, stable and productive life.

“ With sustained counselling, rehabilitation and family support, Kavi rebuilt his confidence and moved towards a life of stability and hope. ”

RECOVERY.

RESPONSIBILITY.

RENEWED HOPE.

Kavi actively participated in the rehabilitation programme and demonstrated a strong commitment to recovery and personal growth. Continuous counselling helped him understand the impact of alcohol dependence, manage stress more effectively and adopt healthier ways of responding to emotional challenges.

With sustained guidance and family support, he gradually regained confidence and emotional stability. He rebuilt healthy relationships with his family members and became more responsible in managing his daily routine and professional commitments.

The recovery process also brought positive changes to his employment and financial condition. Improved attendance, work performance and financial management strengthened his earning capacity and contributed to greater economic stability for his family.

At present, Kavi is maintaining sobriety and leading a healthier, more stable and productive life. He continues to attend follow-up counselling sessions and remains committed to sustaining his recovery. His transformation has also become a source of encouragement for others facing similar challenges.

Kavi's journey demonstrates that alcohol dependence can be overcome through determination, appropriate treatment, family participation and sustained institutional support. With renewed confidence and responsibility, he has moved towards a life of dignity, economic stability and hope.

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