



From Substance Dependency to Stability: Raju's Journey towards Recovery

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Substance dependency can affect a person's emotional well-being, family relationships, employment and place within the community. Timely treatment, counselling and sustained rehabilitation support can help individuals overcome dependency and rebuild their lives with stability and confidence.

Demonstrating the impact of structured de-addiction and rehabilitation support, **Raju (name changed), a 23-year-old beneficiary from Ahmedabad district in Gujarat, overcame substance dependency after receiving treatment and counselling at Naya Jeevan-IRCA, run by Gujarat Kelavani Trust.**

Raju is now leading a drug-free life and gradually rebuilding stability in his personal and professional life.

Raju belongs to the Scheduled Caste community and has completed his education up to the Intermediate/Diploma level. He grew up without adequate emotional support, care or a sense of belonging, which made him emotionally vulnerable from an early age. In a difficult and unsupportive family environment, he gradually developed severe substance dependency as a coping mechanism.

Following the death of his adoptive father, Raju's circumstances worsened and he was forced to leave his home because of his addiction. When he later sought support from his biological mother, he faced rejection from her family members. Social stigma and isolation within the community further increased his vulnerability.

He also faced unstable employment opportunities, financial insecurity, limited social acceptance and the absence of a supportive rehabilitation environment. Although he secured work as a security guard for a short period, his unstable circumstances and active addiction made it difficult for him to sustain long-term employment.

Despite these challenges, Raju aspired to recover from substance dependency, become financially independent, secure stable employment and regain acceptance within his family and community. The absence of a strong support system, however, continued to affect his emotional well-being and prospects for recovery.

SUCCESS STORY

INTEGRATED REHABILITATION CENTRE FOR ADDICTS (IRCA)

FROM SUBSTANCE DEPENDENCY TO STABILITY

RAJU (NAME CHANGED)

23 YEARS | AHMEDABAD, GUJARAT



IRCA SUPPORT

- Admitted: 24 July 2024
- De-addiction treatment
- Counselling and follow-up



Ministry of
Social Justice and
Empowerment
Government of India



CHALLENGE

Emotional distress, social isolation and substance dependency.



TREATMENT

Individual and family counselling with rehabilitation support.



RECOVERY

Now leading a drug-free life with renewed confidence.



SELF-RELIANCE

Employed full-time with improved income and financial stability.

“ Timely treatment and sustained support helped Raju rebuild a stable, drug-free life. ”

RECOVERY.

CONFIDENCE.

SELF-RELIANCE.

When Raju was admitted to Naya Jeevan-IRCA in Ahmedabad on 24 July 2024, that proved a turning point in his life. At the centre, he received de-addiction treatment and counselling services, including individual counselling, family counselling and regular follow-up support.

Through structured counselling, rehabilitation services and continuous support, Raju was able to overcome substance dependency and improve his emotional well-being. Follow-up interventions supported his recovery process and helped him move towards social reintegration.

Raju is currently leading a drug-free life and is gradually rebuilding confidence and stability. He is employed full-time and has experienced an increase in salary in his new job, contributing to improved financial security and self-reliance.

Raju's journey shows how timely de-addiction treatment, counselling, rehabilitation and sustained follow-up can help a vulnerable individual overcome substance dependency and rebuild a more stable personal and professional life.

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