



From Childhood Adversity to a More Stable Future: Mrinas's Journey towards Recovery

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Accessible treatment, counselling, empathy and rehabilitation support can help individuals facing substance dependency rebuild their lives. Mrinas's journey reflects how assistance under the National Action Plan for Drug Demand Reduction (NAPDDR), through COSEHDA's District De-Addiction Centre (DDAC) in Jorhat, Assam, has supported his recovery and progress towards greater stability.

Mrinas (name changed), a 26-year-old man belonging to the OBC community in Jorhat district, Assam, is currently a full-time employee. Support under NAPDDR has helped him address substance dependency, develop skills for rebuilding his life and move towards greater financial independence.

His childhood was marked by difficult family circumstances and limited emotional support. The loss of his father at an early age disrupted his home environment and forced him to discontinue his education. Without adequate care, guidance and supervision, he began using substances at the age of 11.

Mrinas shared that a lack of support within his family, coupled with limited acceptance and encouragement from society, affected his emotional well-being. Despite these challenges, he held on to an aspiration to join the Indian Reserve Battalion (IRBN) and build a stable future through service and meaningful employment.

On 31 August 2025, he received support through COSEHDA's DDAC in Jorhat under NAPDDR. The assistance included a highly subsidised treatment plan, counselling services and rehabilitation support to help him address substance dependency and rebuild his life.

SUCCESS STORY

NATIONAL ACTION PLAN FOR DRUG DEMAND REDUCTION (NAPDDR)



Ministry of
Social Justice and
Empowerment
Government of India

FROM CHILDHOOD ADVERSITY TO A MORE STABLE FUTURE

MRINAS (NAME CHANGED)
26 YEARS | JORHAT, ASSAM



RECOVERY SUPPORT

- Highly subsidised treatment
- Counselling and rehabilitation
- Community support
- Support provided: 31 August 2025



CHALLENGE

Early loss of his father, disrupted education and substance use from age 11.



SCHEME SUPPORT

Treatment and counselling through COSEHDA's DDAC in Jorhat under NAPDDR.



RECOVERY

Personal development, skills for rebuilding life and social reintegration.



CURRENT SITUATION

Full-time employee moving towards financial independence and stability.

Treatment, counselling and community support helped Mrinas rebuild his life and move towards greater stability.

RECOVERY

DIGNITY

INDEPENDENCE

Counselling and rehabilitation assistance supported his personal development and helped him acquire skills needed to rebuild his life. Community support and preventive interventions strengthened his recovery and supported social reintegration and long-term rehabilitation.

The treatment, counselling, empathy and community support helped Mrinas rebuild his life and move towards greater stability.

Today, Mrinas is a full-time employee. His aspiration to serve in the IRBN remains part of his hopes for the future. His journey illustrates how accessible treatment, counselling and sustained community support can help people facing substance dependency regain direction and work towards a more stable and purposeful life.

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