



From Addiction and Distress to Recovery and Stability: Dev M's Journey through Counselling and Rehabilitation

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Addiction can affect not only an individual's health but also family relationships, livelihood, emotional well-being and social standing. Timely counselling, medical treatment and sustained follow-up can help a person understand addiction-related triggers, develop healthier coping mechanisms and move steadily towards recovery and rehabilitation.

Demonstrating the value of coordinated rehabilitation support, Dev M (name changed), a 29-year-old self-employed man from the OBC community in Akola district, Maharashtra, received counselling and medical treatment through the Purogami Bhaiyyuprasad Samaj Kalyan Vikas Vyayam Prasark Sanstha, an Integrated Rehabilitation Centre for Addicts (IRCA). The intervention helped strengthen his recovery process and contributed positively to his overall well-being.

Before receiving support, Dev was facing multiple family, financial and social challenges that had significantly affected his personal and professional life. Addiction contributed to financial difficulties, and its adverse impact was also reflected in the performance of his business and his overall economic stability.

Frequent family conflicts and strained relationships created an emotionally stressful environment for Dev and those around him. At the same time, social stigma and disrespectful treatment affected his mental well-being and weakened his confidence. These combined pressures made it more difficult for him to regain stability in his personal life and livelihood.

Despite these challenges, Dev aspired to overcome addiction completely, improve his family relationships and lead a peaceful and stable life. He also wanted to develop better emotional control and seek support from trusted individuals whenever he faced stress or difficulties.

On 5 October 2025, Dev received support through the IRCA in Akola. As part of the rehabilitation process, he was provided free medical treatment, psychological therapy, family counselling, addiction-related medicines, free food during treatment and regular follow-up services.

Through individual, group and family counselling sessions, Dev received guidance to address his personal challenges and recognise the triggers associated with addiction. The sessions also helped him understand how stress, strained relationships and emotional difficulties could influence his behaviour and recovery.

SUCCESS STORY

NATIONAL ACTION PLAN FOR DRUG DEMAND REDUCTION (NAPDDR)

FROM ADDICTION TO RECOVERY AND STABILITY

DEV M (NAME CHANGED)
29 YEARS | MAHARASHTRA
AKOLA



NAPDDR SUPPORT

- Support began: 5 October 2025
- Free medical treatment
- Counselling and regular follow-up





Ministry of
Social Justice and
Empowerment
Government of India



CHALLENGE

Addiction affected his family relationships, livelihood and emotional well-being.



TREATMENT SUPPORT

Medical treatment, psychological therapy and family counselling.



RECOVERY SUPPORT

Stress management and regular follow-up strengthened his recovery.



ASPIRATION

A peaceful, stable life with improved family relationships.

“ Counselling and medical care helped me gain better emotional control, improve my family relationships and move towards a more stable life. ”

COURAGE. | RECOVERY. | STABILITY.

Dev was introduced to practical stress-management techniques, including deep-breathing exercises, maintaining a daily activity diary and engaging in regular physical exercise. He was also encouraged to discuss his concerns with trusted individuals instead of facing difficult situations alone. These measures supported the development of healthier responses to stress and addiction-related triggers.

Counselling and medical treatment provided the structured support required to facilitate his recovery and rehabilitation. Family counselling helped address strained relationships, while regular follow-up reinforced the guidance received during treatment and strengthened his commitment to the recovery process.

The intervention has contributed positively to Dev's overall well-being and helped him move towards better emotional control, improved family relations and a more stable life. Continued counselling, medical care and follow-up support have remained important components of his rehabilitation journey.

Talking about the facilitation, **Dev M expressed his views**, “*Counselling and medical care helped me gain better emotional control, improve my family relationships and move towards a more stable life.*”

Dev's experience highlights how accessible treatment, psychological support, family participation and regular follow-up can help individuals facing addiction work towards recovery with dignity. His journey reflects the importance of timely institutional support in enabling beneficiaries to rebuild confidence, restore relationships and move towards a peaceful and productive future.

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