



From Alcohol Dependence to a Life of Dignity: Dara Singh's Journey of Recovery

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Timely treatment, counselling and rehabilitation support can help a person overcome dependence on drugs and psychotropic substances, restore family ties and return to a productive life.

Substance dependence can severely affect an individual's health, relationships, livelihood and place within the community.

Dara Singh (name changed), a 29-year-old self-employed man from Dausa district, Rajasthan, overcame years of alcohol dependence with treatment and rehabilitation support from Nasha Mukti Kendra, Didwana, an Integrated Rehabilitation Centre for Addicts. He is now completely abstinent, has rebuilt his family relationships and earns approximately Rs. 500 per day through self-employment.

For several years, alcohol dependence affected Dara Singh's physical and mental health and disrupted his daily life. He experienced emotional instability, stress and reduced self-esteem, while his family faced conflict, social stigma and growing financial pressure. As household resources were increasingly diverted towards alcohol, the family's economic condition became unstable and his relationships within the family and community deteriorated.

Despite these difficulties, Dara Singh wanted to regain a stable and healthy life, rebuild his family's trust, become financially independent and reintegrate into society. His family remained supportive and sought professional assistance when the impact of alcohol dependence became increasingly severe.

He was admitted to Nasha Mukti Kendra, Didwana, where he actively followed the centre's routine and participated in counselling sessions, yoga, medical care and rehabilitation activities. Daily counselling, behavioural guidance and awareness about productive activities and livelihood opportunities helped him understand the consequences of substance use and develop healthier habits. Regular follow-up interventions further supported his recovery and encouraged him to remain committed to an alcohol-free life.

SUCCESS STORY

NATIONAL ACTION PLAN FOR DRUG DEMAND
REDUCTION (NAPDDR)

FROM ALCOHOL DEPENDENCE TO A LIFE OF DIGNITY

DARA SINGH (NAME CHANGED)
29 YEARS | DAUSA, RAJASTHAN
NASHA MUKTI KENDRA, DIDWANA | IRCA



CHALLENGE

Years of alcohol dependence affected his health, family relationships, social life and financial stability.



REHABILITATION SUPPORT

Counselling, medical care, yoga, behavioural guidance and regular follow-up supported his recovery.



POSITIVE CHANGE

He is completely abstinent, healthier and successfully reintegrated with his family and society.



FINANCIAL INDEPENDENCE

He resumed self-employment and now earns approximately ₹500 per day.

“ Treatment and counselling gave me the strength to leave alcohol behind and begin my life again. ”

RECOVERY.

DIGNITY.

REINTEGRATION.

After successfully completing treatment, follow-up visits and assessments recorded continued positive progress. His health and behaviour improved significantly, and he completely abstained from alcohol. He now stays away from negative influences, maintains healthy relationships with his family and has successfully reintegrated into society.

Dara Singh has resumed self-employment and earns approximately Rs. 500 per day. His income enables him to contribute to his household and move towards financial independence. His recovery has also restored peace within the family and helped rebuild the trust and respect affected by his dependence.

Extending his gratitude **Dara Singh said**, “*The treatment and counselling gave me the strength to leave alcohol behind and begin my life again. Today, I am healthy, earning for my family and living with dignity.*”

Dara Singh's journey demonstrates how family support, professional counselling, medical care and sustained rehabilitation can help a person overcome substance dependence and return to a healthy, productive and dignified life.

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