

From Substance Dependence to Sporting Ambition: J&K's Sajjad's Journey of Recovery and Reintegration

Posted On: 22 SEP 2026 3:03PM by PIB Delhi

Timely treatment, counselling and rehabilitation can help affected individuals regain their health, rebuild confidence and return to productive community life. Otherwise substance dependence can interrupt education, employment, family relationships and personal aspirations.

Sajjad (name changed), a 25-year-old graduate, full-time employee and talented regional cricketer from Central Kashmir's Budgam district in Jammu and Kashmir, overcame substance dependence with support from CHAARAH SAAZ, a District De-Addiction Centre supported under the National Action Plan for Drug Demand Reduction. He has resumed sporting activities and now motivates other young people through the Nasha Mukh Bharat Abhiyaan.

Substance dependence had significantly affected Sajjad's physical health, emotional well-being and sporting career. It led to a loss of confidence, social isolation and disruption of his athletic aspirations. His family faced severe financial hardship, emotional stress and social stigma as they witnessed his condition deteriorate, making access to quality treatment and rehabilitation difficult.

SUCCESS STORY

NATIONAL ACTION PLAN FOR DRUG DEMAND REDUCTION (NAPDDR)

FROM SUBSTANCE DEPENDENCE TO SPORTING AMBITION

SAJJAD (NAME CHANGED)
25 YEARS | GRADUATE | FULL-TIME EMPLOYEE
BUDGAM, JAMMU AND KASHMIR

COMPREHENSIVE SUPPORT

- Free treatment and detoxification
- Counselling and psychological care
- Fitness, yoga and digital literacy
- Sports reintegration and follow-up



Ministry of Social Justice and Empowerment
Government of India

CHALLENGE

Substance dependence affected his health, confidence and promising cricket career.

TREATMENT

CHAARAH SAAZ, DDAC Budgam provided free treatment, counselling and rehabilitation.

RECOVERY

He regained his health, emotional resilience and confidence, and returned to sport.

ROLE MODEL

Today, he supports peers and campaigns for the Nasha Mukh Bharat Abhiyaan.

“ Treatment and support helped me return to cricket and rebuild my future. ”

RECOVERY. | RESILIENCE. | REINTEGRATION.

Despite these challenges, Sajjad remained determined to overcome substance dependence, support his family and return to cricket. He also aspired to acquire technical skills, rebuild a meaningful future and encourage others to stay away from substance use.

Through NAPDDR-supported services at CHAARAH SAAZ, DDAC Budgam, Sajjad received free medical detoxification and treatment, medical supervision, individual and family counselling, psychological care and nutritional support. His rehabilitation also included fitness and yoga sessions,

computer and digital literacy training, skill development, sports reintegration support, livelihood guidance and regular follow-up interventions.

The comprehensive intervention helped Sajjad regain his physical health, strengthen his emotional resilience and restore his confidence. With sustained treatment and support, he successfully reintegrated into society and resumed his sporting activities.

Today, Sajjad actively participates in counselling and peer-support sessions and serves as a campaigner for the Nasha Mukta Bharat Abhiyaan. By sharing his recovery journey, he has emerged as a role model who inspires other young people to seek help, pursue recovery and choose a healthy, purposeful and drug-free life.

SS-90-TAR-KV-GA-RK

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