

From Recovery to Employment

Madhya Pradesh's Uday's Journey towards Stability

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Treatment, counselling and family support helped Uday take steps towards recovery and employment. Otherwise, health concerns, unemployment and financial hardship can make it difficult for a young person to regain confidence and build an independent life.

Uday (name changed), a 22-year-old from Rewa district, Madhya Pradesh, received treatment and rehabilitation support at the Nivedita Kalyan Samiti Integrated Rehabilitation Centre for Addicts (IRCA). With sustained support, he made positive progress and is now employed in a private job thereby making a great human success story.

Having studied up to middle school, Uday was unemployed and faced physical and mental health concerns. Negative peer influences affected his personal and social life, while low self-confidence made it harder to seek work. His father worked as a labourer, and the family's financial difficulties added to these challenges. Uday hoped to become emotionally stronger, find stable employment and support himself.

From 29 April 2025, Uday received medical treatment and rehabilitation services at the centre. Individual, group and family counselling helped him address personal difficulties and family conflicts.

SUCCESS STORY

NATIONAL ACTION PLAN FOR DRUG DEMAND REDUCTION (NAPDDR)

A NEW BEGINNING THROUGH RECOVERY

UDAY (NAME CHANGED)
22 YEARS | REWA, MADHYA PRADESH





Ministry of Social Justice and Empowerment
Government of India

CHALLENGE
Health concerns, unemployment and low confidence affected his personal and social life.

TREATMENT
Nivedita Kalyan Samiti IRCA provided medical care, counselling and rehabilitation support.

FAMILY SUPPORT
Family counselling helped address conflicts; yoga and meditation supported well-being.

NEW BEGINNING
Uday has made positive progress and is now employed in a private job.

Treatment, counselling and rehabilitation helped Uday rebuild confidence and find work.

RECOVERY | FAMILY SUPPORT | EMPLOYMENT

Daily monitoring by a doctor, medication, and yoga and meditation sessions supported his well-being and helped him manage aggression. Rehabilitation counselling also focused on building a stable source of income.

With this support, Uday's emotional well-being and confidence improved. He has shown positive progress in his recovery and is currently working in a private job.

Uday's journey shows how sustained treatment, counselling and rehabilitation support can help a young person rebuild confidence and move towards a more stable, productive life.

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