



From Addiction To Independence

Thoubal, Manipur's L. Delay Rebuilds His Life Through ODIC Support

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Timely counselling, medical assistance, rehabilitation and family support can play an important role in helping individuals overcome substance dependence, rebuild their confidence and return to productive livelihoods. Targeted intervention can also help beneficiaries restore family relationships, develop a disciplined lifestyle and move towards greater social and economic self-reliance.

At the age of 24, **L. Delay (name changed)**, an OBC beneficiary from Thoubal, Manipur, was struggling with alcohol dependence that had gradually affected his education, family relationships and emotional well-being. He began consuming alcohol after completing Class 12, initially under peer pressure. Over time, occasional consumption developed into a serious dependence, with alcohol becoming a daily necessity. His addiction had a significant impact on his education and family life. Frequent quarrels at home and the stigma associated with his condition further deepened his distress.

Following a family conflict, L. Delay left home and began staying with his close relative in Bishnupur district. Recognising his need for professional assistance, he was brought by his relative to the nearby **Outreach and Drop In Centre (ODIC), Nambol Phoijing Makha, Bishnupur District, Manipur**, where he received timely support and rehabilitation.

The ODIC provided L. Delay with a comprehensive package of support, including home detoxification, medical assistance, psychological counselling, behavioural rehabilitation and family counselling. He was also provided guidance to strengthen his ability to resist peer pressure, along with vocational support and assistance in rebuilding his social and family relationships. The structured intervention enabled him to address the underlying challenges associated with his alcohol dependence while gradually restoring his confidence and sense of purpose.

SUCCESS STORY

OUTREACH AND DROP IN CENTRE (ODIC)

FROM ADDICTION TO INDEPENDENCE: L. DELAY REBUILDS HIS LIFE THROUGH ODIC SUPPORT

STATE: MANIPUR | DISTRICT: THOUBAL
GRANT-IN-AID CENTRE: OUTREACH AND DROP IN CENTRE (ODIC), NAMBOI PHOJING MAKI, BISHNUPUR DISTRICT, MANIPUR
TYPE OF CENTRE: ODIC

COMPREHENSIVE SUPPORT

Home detoxification, medical assistance, psychological counselling, behavioural rehabilitation, family counselling, vocational support and guidance to resist peer pressure.

Ministry of Social Justice and Empowerment
Government of India

CHALLENGE

At 24, L. Delay, an OBC beneficiary from Thoubal, Manipur, was struggling with alcohol dependence that affected his education, family life and well-being.

TREATMENT

The ODIC provided home detoxification, medical care, counselling, behavioural rehabilitation and family support.

RECOVERY

Over three months of support, L. Delay regained his confidence, followed a disciplined lifestyle and committed to stay alcohol-free.

ROLE MODEL

Today, he works as a salesman at a large clothing store in Kakching Bazar, earning a stable income and contributing to his household.

“ Timely support can help individuals overcome substance dependence, rebuild their confidence and move towards a better future. ”

RECOVERY. | INDEPENDENCE. | A BRIGHTER TOMORROW.

Over a period of three months of structured intervention and continued support, L. Delay successfully recovered from alcohol dependence. The counselling and rehabilitation process helped him develop a more disciplined lifestyle and make a firm commitment to remain free from alcohol. Continued family support also played an important role in helping him regain stability and reconnect with his responsibilities.

Today, L. Delay is working as a salesman at a large store in Kakching Bazar, earning a stable salary and contributing to his household. From a period marked by financial instability, family conflict and alcohol dependence, he has moved towards productive employment, financial independence and a more stable life.

L. Delay's journey demonstrates how timely intervention, counselling, medical care, family support and vocational rehabilitation can help individuals overcome substance dependence and return to mainstream social and economic life. His experience reflects the importance of accessible rehabilitation services in enabling individuals to rebuild their lives with discipline, dignity and renewed purpose.

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