

From Recovery to Renewed Livelihood

Chennai, Tamil Nadu's Nathan's Journey towards a Stable and Healthy Life

Posted On: 08 OCT 2026 4:57PM by PIB Delhi

Timely and sustained support through de-addiction and rehabilitation services can play an important role in helping individuals overcome substance dependence, regain stability and return to productive and independent lives. Counselling, medical treatment, peer support and structured follow-up can provide individuals with the necessary support to sustain recovery and rebuild their personal and professional lives.

Mr. Nathan, aged 34, (name changed) from Chennai, Tamil Nadu, is a self-employed professional with an MBA degree. He received support through **Concern, a Drug De-Addiction Centre (DDAC)**, to overcome challenges associated with relapse and restore stability in his life.

The intervention included **regular counselling, medical treatment, spirituality-based support and participation in Alcoholics Anonymous (AA) meetings**. Continuous counselling, medicines and structured follow-up sessions helped him overcome relapse, develop a stable routine and strengthen his recovery.

SUCCESS STORY - 121

FROM RECOVERY TO RENEWED LIVELIHOOD

Chennai, Tamil Nadu's Nathan's Journey towards a Stable and Healthy Life

Timely and sustained support through de-addiction and rehabilitation services can play an important role in helping individuals overcome substance dependence, regain stability and return to productive and independent lives. Counselling, medical treatment, peer support and structured follow-up can provide individuals with the necessary support to sustain recovery, and rebuild their personal and professional lives.



ABOUT THE BENEFICIARY
Mr. Nathan, aged 34, (name changed) from Chennai, Tamil Nadu, is a self-employed professional with an MBA degree. He received support through Concern, a Drug De-Addiction Centre (DDAC), to overcome challenges associated with relapse and restore stability in his life.

Government of India
Ministry of Social Justice and Empowerment
Department of Social Justice and Empowerment

SUPPORT PROVIDED
Regular counselling, medical treatment, spirituality-based support and participation in Alcoholics Anonymous (AA) meetings.

CONTINUOUS CARE
Counselling, medicines and structured follow-up sessions helped him overcome relapse and develop a stable routine.

POSITIVE CHANGE
Regained control over his life, maintained a healthier lifestyle and a stronger recovery journey.

REBUILT LIVELIHOOD
Restarted his company, regained financial stability and now supports his family.

“ The continuous counselling, medical support and AA meetings helped me overcome relapse and regain stability in my life. I have restarted my company and am now able to support my family while continuing my recovery journey. ”

HEALTHIER LIVES. | STRONGER FAMILIES. | A SELF-RELIANT INDIA.

SS-015 DAK/KJ/GA/RK
Date: 08.10.26

With sustained support and his own determination, Mr. Nathan gradually regained control over his life. Regular participation in AA meetings, along with counselling and medical support, helped him maintain a healthier and more stable lifestyle.

Today, Mr. Nathan is happy, healthy and stable. He has restarted his company and regained financial stability, enabling him to support his family. He continues to attend follow-up sessions and AA meetings regularly, demonstrating his commitment to sustained recovery.

Mr Nathan expressed his joy and said, *"The continuous counselling, medical support and AA meetings helped me overcome relapse and regain stability in my life. I have restarted my company and am now able to support my family while continuing my recovery journey."*

Mr. Nathan's journey demonstrates how timely intervention, continuous counselling, medical care, peer support and structured follow-up can help individuals overcome addiction, rebuild their lives and return to productive livelihoods. His experience reflects the importance of sustained rehabilitation support in promoting healthier, more stable and self-reliant lives.

SS-121-TAR/KV/GA/RK

(Release ID: 2320802) Visitor Counter : 153

Read this release in: Urdu , हिन्दी

Share

