



From Addiction to Self-Reliance: A Journey of Recovery and Renewed Hope

Gorakhpur UP's Amit Kumar's Journey towards Recovery and Financial Stability through the NAPDDR

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Through the National Action Plan for Drug Demand Reduction (NAPDDR), the Ministry of Social Justice and Empowerment provides support to individuals affected by substance use through treatment, counselling, rehabilitation and social reintegration services.

Access to de-addiction treatment, rehabilitation and sustained psychological support can play an important role in helping individuals overcome substance dependence and rebuild their lives.

Amit Kumar (**name changed**), aged 47, belongs to the Other Backward Classes (OBC) community and resides in Gorakhpur district of Uttar Pradesh. He was engaged in self-employment but faced significant personal, social and economic challenges due to substance addiction. Influenced by bad company and stress, he developed a habit of smoking and using addictive substances. Over time, his addiction adversely affected his physical and mental well-being, reduced his self-confidence and created difficulties in maintaining regular work and healthy social relationships. Coming from a financially disadvantaged family, he experienced economic hardship and an unstable income due to irregular employment. Social stigma further contributed to his isolation, while strained family relationships added to his difficulties.

Despite these challenges, Amit Kumar aspired to overcome his addiction, regain his self-respect, lead a healthier life and support his family financially. He had previously undergone treatment in 2018 and experienced improvement, but subsequently relapsed. Determined to recover and rebuild his life, he sought treatment again and committed himself to the recovery process.

SUCCESS STORY

FROM ADDICTION TO SELF-RELIANCE A JOURNEY OF RECOVERY AND RENEWED HOPE

Amit Kumar's Journey towards Recovery and Financial Stability through the National Action Plan for Drug Demand Reduction

BENEFICIARY: Amit Kumar (name changed)
age 47 years, Male, OBC

STATE: Uttar Pradesh

DISTRICT: Gorakhpur

GRANT-IN-AID CENTRE: Basudev Tiwari Sewa Sansthan, Punarjanm IRCA, National Action Plan for Drug Demand Reduction (NAPDDR)

SCHEME:

YEAR OF SUPPORT: 2021





Ministry of Social Justice and Empowerment
Government of India



ADDITIONAL INCOME
Now earns approximately ₹30,000 per month, a significant increase from his earlier irregular income.



BETTER FAMILY SUPPORT
Improved financial stability has helped him support his family and meet his children's educational needs.



IMPROVED LIVING STANDARDS
Greater financial security and reduced stress in managing household expenses.



LONG-TERM IMPACT
A healthier life, renewed confidence and a dignified, self-reliant future.



SCHEME SUPPORT
Comprehensive de-addiction treatment, counselling, medical care, rehabilitation and follow-up support at Punarjanm IRCA under the NAPDDR scheme.

Type of Assistance: Treatment, counselling, medicines, rehabilitation, follow-up care

Support Provided: Free treatment, medical care, psychological support, family counselling and guidance.

“ With the right support and determination, I have regained my life and my purpose. ”

— Amit Kumar (name changed)

HEALTHIER LIVES. STRONGER FAMILIES. A DRUG-FREE TOMORROW.

On 13 August 2021, Amit Kumar received support under the National Action Plan for Drug Demand Reduction (NAPDDR) through Basudev Tiwari Sewa Sansthan's Punarjanm Integrated Rehabilitation Centre for Addicts (IRCA) in Gorakhpur, Uttar Pradesh. The centre provided free de-addiction treatment, medical care, prescribed medicines, psychological counselling and motivational support. Regular counselling sessions and follow-up care helped him address the challenges associated with addiction and remain committed to his recovery. Family counselling and emotional support also played an important role in rebuilding his confidence, improving family relationships and supporting his reintegration into society.

With sustained assistance from the centre and his own determination, Amit Kumar successfully quit smoking and substance use. Following his recovery, he resumed working and established a livelihood by driving his own auto-rickshaw. He now earns approximately ₹30,000 per month, a significant improvement from his earlier situation of irregular work and unstable income. His earnings have helped improve his family's financial condition and enabled him to contribute more consistently towards household expenses. The combination of treatment, counselling, rehabilitation and follow-up support has helped him move towards a healthier, more responsible and financially stable life.

Amit Kumar's journey highlights the role of the National Action Plan for Drug Demand Reduction in supporting recovery, rehabilitation and socio-economic reintegration among individuals affected by substance dependence. The assistance provided through Punarjanm IRCA helped him regain his confidence, resume productive work and work towards financial self-reliance. His experience demonstrates how timely treatment, psychological support and family involvement can create opportunities for individuals to overcome addiction, rebuild relationships and lead a dignified life.

Amit Kumar's transformation from addiction and economic uncertainty to recovery and livelihood security stands as an encouraging example of resilience and renewed hope. His journey reinforces the importance of accessible de-addiction services and sustained rehabilitation support in helping individuals reclaim their lives, strengthen their families and move towards a healthier and more secure future.

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