



From Recovery to Self-Reliance – A Journey Towards a Healthier Life

Nagaon Assam's Ranjit Das's Journey Towards Recovery and Financial Independence

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Access to timely counselling, rehabilitation and psychological support can help individuals overcome substance-related challenges and rebuild their lives.

The journey of Ranjit Das (name changed), a 31-year-old resident of Nagaon district, Assam, reflects the importance of comprehensive de-addiction services in promoting recovery, restoring confidence and enabling individuals to move towards self-reliance and a dignified life.

Ranjit Das, belonging to the Scheduled Caste community, had studied up to the high school level and faced several socio-economic challenges. Financial difficulties, limited educational opportunities, unemployment and a lack of vocational training affected his ability to secure a stable livelihood. Limited access to healthcare and counselling services, coupled with social stigma, low self-confidence and inadequate awareness of available support systems, further compounded his difficulties.

Despite the challenges, he aspired to recover, become self-dependent, support his family financially and lead a healthy and socially fulfilling life. Although his family remained supportive, financial constraints and a lack of guidance made it difficult to access appropriate assistance.

On 3 March 2026, Ranjit received support from the District De-Addiction Centre (DDAC), Nagaon, Assam. The centre provided comprehensive assistance focused on his recovery, psychological wellbeing and rehabilitation. The support included counselling services, medical referrals, psychological assistance, awareness sessions and life-skills education. Family counselling and regular follow-up services helped strengthen the support system essential for sustaining recovery. Emotional support and motivational counselling further encouraged him to regain confidence and work towards a healthier and more independent future.

SUCCESS STORY

From Recovery to Self-Reliance – Ranjit Das's Journey Towards a Healthier Life

(Name changed to protect his identity)

AGE: 31 years

GENDER: Male

CATEGORY: Scheduled Caste

OCCUPATION / EDUCATIONAL STATUS: Self-employed / High School

STATE: Assam

DISTRICT: Nagaon

GRANT IN AID CENTRE: District De-Addiction Centre (DDAC), Nagaon

TYPE OF CENTRE: DDAC

BACKGROUND

Ranjit faced multiple socio-economic challenges such as financial hardship, unstable income, limited education, poor skill development opportunities, social stigma and lack of access to healthcare. Despite the difficulties, he aspired to become self-reliant, support his family and live a dignified life.

SCHEME INTERVENTION

The District De-Addiction Centre (DDAC), Nagaon provided comprehensive support including counseling, rehabilitation, medical referral, psychological support, awareness and life skills education, family counseling and follow-up services.

TYPE OF ASSISTANCE

Counseling services, rehabilitation support, medical referral, psychological support, awareness and life skill education, family counseling and regular follow-up services.

CHALLENGES

Ranjit faced multiple challenges, including limited education, financial difficulties, unemployment, social stigma, low confidence and restricted access to healthcare. His family was financially weak but supportive, though lacking awareness and guidance.

SUPPORT PROVIDED

He received counseling, rehabilitation support, medical referral, psychological support, awareness and life skill education, family counseling and regular follow-up services. Emotional support, motivational counseling and community support helped him stay on track.

CURRENT SITUATION

Ranjit has successfully recovered, gained confidence, and is now self-employed. He is earning at least ₹10,000 per month, which has brought greater financial stability to his family.

IMPACT

The support has helped him build a healthier life, achieve financial independence and regain social acceptance.

“ Recovery is not just about overcoming addiction, it is about rebuilding dreams. ”

– Ranjit Das (Name changed)

With continued support and determination, Ranjit successfully recovered and regained his confidence. He is now self-employed and earns at least ₹10,000 per month. This improvement in income has contributed to greater financial stability for his family and enabled him to move towards his goal of self-reliance. His progress reflects how appropriate counselling, rehabilitation, family participation and continued encouragement can help individuals overcome challenges and rebuild their lives.

Ranjit Das's journey highlights the important role played by District De-Addiction Centres in facilitating recovery, strengthening self-confidence and promoting the social and economic reintegration of individuals affected by substance use. Through comprehensive support and continued follow-up, he has made meaningful progress towards a healthier life, a stable livelihood and greater financial independence. His experience demonstrates how access to institutional support, combined with personal determination and family encouragement, can help individuals move towards dignity, wellbeing and a more secure future.

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