



From Addiction to Recovery

Asha Ram's Journey Towards Renewed Hope and Social Reintegration

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Mr. Ramesh Kumar's **(name changed)** experience demonstrates how timely intervention and compassionate rehabilitation can help individuals move beyond addiction and work towards a healthier, more dignified future.

Through support under NAPDDR at the Saidhantik Drug De-Addiction Center, Mandla, Madhya Pradesh, he has taken meaningful steps towards renewed hope, improved well-being and social reintegration. His story reflects the importance of inclusive services that support recovery and help individuals reconnect with their families and communities.

At the age of 55, Mr. Ramesh Kumar, a resident of Mandla district, Madhya Pradesh, faced significant challenges due to long-term substance abuse. Belonging to the Scheduled Caste community and having studied up to middle school, he was unemployed and experienced a decline in his physical and mental well-being, financial stability and family relationships. His struggles included depression, social isolation and difficulties in meeting basic needs.

Substance dependence affected his concentration and memory and made it difficult for him to regain control over his daily life. Financial resources were frequently spent on substances, resulting in further economic hardship. Stigma and discrimination associated with addiction added to his difficulties and discouraged him from seeking timely assistance. Strained family relationships and social exclusion further intensified these challenges.

A turning point came when he received support at the Saidhantik Drug De-Addiction Center, operated by Saidhantik Shiksha Samiti in Mandla, Madhya Pradesh, under the National Action Plan for Drug Demand Reduction (NAPDDR). On 7 May 2026, he began receiving comprehensive assistance to address the medical, psychological, emotional and social dimensions of substance dependence.

The Centre provided free and structured support, including medical detoxification, individual counselling, cognitive behavioural therapy (CBT), family therapy, rehabilitation activities and safe shelter during recovery. Through counselling and therapeutic interventions, he received guidance to understand the effects of substance dependence, manage emotional distress and develop healthier coping mechanisms.

Family counselling and education helped strengthen mutual understanding and encouraged a supportive environment for his recovery. Group therapy and relapse-prevention training helped him rebuild confidence, develop essential life skills and prepare to manage situations that could threaten his progress. This integrated approach supported not only his treatment but also his emotional well-being, family relationships and social reintegration.

SUCCESS STORY

From Addiction to Recovery – A Journey Towards Renewed Hope and Social Reintegration

A Beneficiary of the Saidhantik Drug De-Addiction Centre
under NAPDDR, Mandla (Madhya Pradesh)

NAME
Ramesh Kumar
(name changed)

AGE
55 Years

GENDER
Male

CATEGORY
Scheduled Caste

STATE
Madhya Pradesh

DATE OF SUPPORT
07/05/2026

THE CHALLENGE
Mr. Ramesh Kumar struggled with long-term substance abuse, which affected his physical and mental health, financial stability, family life and social standing. He faced depression, social isolation, financial ruin and stigma, which discouraged him from seeking help.

THE SUPPORT
Under NAPDDR, the Saidhantik De-Addiction Centre provided comprehensive support including medical detoxification, individual counselling, CBT, family therapy, rehabilitation activities, group therapy and relapse prevention training, along with safe shelter during recovery.

TYPE OF ASSISTANCE
Medical detoxification, individual counselling and cognitive behavioural therapy (CBT), family therapy, rehabilitation activities.

THE IMPACT
With the support of the Saidhantik De-Addiction Centre, he received medical detoxification, counselling, therapy, family support and rehabilitation. He has now regained his physical and mental well-being, rebuilt his confidence and improved his family relationships, and is reintegrating into society.

A STEP TOWARDS SELF-RELIANCE
Though currently unemployed, he has regained stability and confidence to pursue livelihood opportunities. His recovery has brought hope, improved family relations and a positive outlook for the future.

ADDITIONAL SUPPORT
Free and comprehensive support including medical detox, counselling, therapy, family education, rehabilitation activities, relapse prevention and safe shelter during recovery.

From Struggle to Recovery
A New Chapter in Life

“Recovery is not just the end of addiction,
but the beginning of a better life.”
— Ramesh Kumar (name changed) —

Date: 15.10.26

With support from the centre, Mr. Ramesh Kumar has made encouraging progress towards recovery. His physical and mental well-being have improved, and he has regained greater emotional stability and confidence. His family relationships have also improved, helping him move towards a more stable and socially connected life.

Although he remains unemployed, the recovery process has helped him regain confidence and prepare for future livelihood opportunities. His journey highlights the importance of accessible de-addiction services, professional counselling, family participation and sustained rehabilitation in helping individuals overcome substance dependence and rebuild their lives.

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