



A Journey Towards Recovery and Emotional Well-being

Success Story of Lucknow UP's Rahul Kumar Talks About Rebuilding Life Through Treatment, Counselling and Rehabilitation

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Access to timely treatment, psychological support and rehabilitation plays an important role in rebuilding lives of all those who struggle with substance use disorders.

Alongside medical care and emotional support from family and the community, definitely helps such individuals to regain stability and work towards a healthier future.

A Difficult Phase and the Need for Support

Mr. Rahul Kumar (**name changed**), is the beneficiary from Lucknow, Uttar Pradesh, who faced challenges related to his psychological and emotional well-being. Although family and community relationships remained generally supportive, the family's financial condition continued to be weak. During this difficult phase, access to appropriate medical care, counselling and rehabilitation support became essential for his recovery.

Support Through the NAPDDR Scheme

On 27 April 2026, the beneficiary received assistance under the National Action Plan for Drug Demand Reduction (NAPDDR). The support included in-patient treatment, medical care, psychological treatment and counselling in a structured rehabilitation environment.

The comprehensive care provided him with an opportunity to address his psychological and emotional challenges with professional assistance. During treatment, he reported feeling better and benefited from counselling and continued care. The structured rehabilitation process helped him improve his emotional control and manage his behaviour and thoughts more effectively.

SUCCESS STORY

A STEP TOWARDS RECOVERY AND A BRIGHTER TOMORROW

The Journey of Mr. Rahul Kumar

Mr. Rahul Kumar, a resident of Uttar Pradesh, faced challenges related to his psychological and emotional well-being. Despite support from his family and community, his financial condition remained weak and he needed professional help to overcome substance use related issues and rebuild his life.

BENEFICIARY	: Mr. Rahul Kumar (name changed)
AGE	: 28 years
STATE	: Uttar Pradesh
DISTRICT	: Lucknow
SUPPORTING CENTRE	: National Action Plan for Drug Demand Reduction (NAPDDR)
DATE OF SUPPORT	: 27/04/2026

NAPDDR SCHEME

Under the NAPDDR scheme, the beneficiary received treatment, rehabilitation support and a structured environment that improved his emotional and psychological condition. He reported feeling good during treatment and benefited from counselling and care.

IMPACT

He is now psychologically more stable, with improved emotional control and better management of behaviour and thoughts.

TYPE OF ASSISTANCE

In-patient treatment, psychological treatment and medical treatment.

SUPPORT PROVIDED

Comprehensive psychological and medical treatment, counselling and structured rehabilitation support.

CHANGE IN INCOME

Not applicable — income details were not provided, but the beneficiary is now stable and capable of supporting his family.

DATE/YEAR OF SUPPORT

27/04/2026

“ With the support and care I received under NAPDDR, I feel more stable and hopeful about my future. ”

— Mr. Rahul Kumar (name changed)

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

A Step Towards a More Stable Life

Following the intervention, Mr. Rahul Kumar showed improvement in his psychological and emotional stability. He is now better able to manage his behaviour and thoughts and is in a more stable position to support his family.

Although specific details regarding changes in income were not available, the improvement in his emotional well-being and overall stability marks an important step towards rebuilding his life.

The support received under NAPDDR demonstrates the importance of combining medical treatment, psychological care and rehabilitation to help individuals move towards recovery and reintegration into society.

A Holistic Approach to Recovery

The beneficiary's experience highlights the role of the NAPDDR scheme in facilitating access to treatment, counselling and rehabilitation for individuals affected by substance use disorders. By providing comprehensive care in a structured environment, the scheme supports recovery, strengthens emotional well-being and helps beneficiaries work towards a more stable and dignified life.

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