



National Action Plan For Drug Demand Reduction (NAPDDR)

Supporting South Delhi's Rahul Kumar's Journey Towards Emotional Stability And Rehabilitation

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Access to appropriate treatment, psychological care and structured rehabilitation help individuals overcome personal challenges and work towards a healthier and more stable life.

The journey of **Rahul Kumar (name changed)**, a 32-year-old beneficiary from South Delhi, Delhi, highlights the importance of institutional support in improving emotional well-being and helping individuals work towards fulfilling their family responsibilities.

Rahul Kumar was receiving support at SPYM IRCA Dakshinpuri, an Integrated Rehabilitation Centre for Addicts (IRCA) in South Delhi. Before the intervention, he faced challenges in managing anger and maintaining emotional balance. The limited availability of consistent family support, coupled with financial dependence during rehabilitation, contributed to his stress. Despite these difficulties, he aspired to become more responsible towards his family and contribute to their financial and emotional well-being.

A significant step towards recovery began when Rahul Kumar received assistance under the National Action Plan for Drug Demand Reduction (NAPDDR). Through the intervention, he received in-patient treatment, medical care, psychological support and structured rehabilitation. Counselling and a supportive care environment helped him focus on his recovery and work towards better emotional regulation and behavioural management.

Following the intervention, Rahul Kumar reported feeling better during treatment and demonstrated improvement in his psychological well-being. He is now more emotionally stable and better able to manage his behaviour and thoughts. The treatment and rehabilitation support have helped him develop greater control over his emotions and strengthened his motivation to take responsibility for his family.

SUCCESS STORY

NAPDDR: Supporting Rahul Kumar's Journey Towards Emotional Stability and Rehabilitation

Access to appropriate treatment, psychological care and structured rehabilitation can help individuals overcome personal challenges and work towards a healthier and more stable life. The journey of **Rahul Kumar**, a 32-year-old beneficiary from South Delhi, Delhi, highlights the importance of institutional support in improving emotional well-being and helping individuals work towards fulfilling their family responsibilities.

ABOUT THE BENEFICIARY

Name (changed) : Rahul Kumar
Age / Gender : 32 years / Male
State / UT : Delhi
District : South Delhi
Scheme : NAPDDR
Centre : SPYM IRCA Dakshinpur (IRCA)

THE SCHEME'S SUPPORT

Under the National Action Plan for Drug Demand Reduction (NAPDDR), Rahul Kumar received in-patient treatment, medical care, psychological support and structured rehabilitation at SPYM IRCA Dakshinpur.

TREATMENT & CARE
In-patient treatment, medical care, psychological support and structured rehabilitation under NAPDDR.

PSYCHOLOGICAL SUPPORT
Counselling and a supportive care environment helped him manage his emotions and behaviour.

IMPROVED WELL-BEING
He reported feeling better, is more emotionally stable and better able to manage his behaviour and thoughts.

FAMILY RESPONSIBILITY
His improved emotional stability and motivation now help him work towards supporting his family.

A BRIGHTER FUTURE
The support has helped him gain greater self-confidence and move towards a more stable and independent future.

HEALTHIER MINDS. STRONGER FAMILIES. INCLUSIVE INDIA.

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Recovery Builds Hope

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

Although specific changes in income have not been reported, Rahul Kumar 's improved emotional stability and readiness to support his family represent important progress in his rehabilitation journey. His experience highlights how access to medical treatment, psychological care and structured rehabilitation can help individuals address personal challenges and work towards greater independence and social well-being.

Supported on 27 April 2026, Rahul Kumar 's journey reflects the importance of the NAPDDR scheme in facilitating access to treatment and rehabilitation services. Through institutional care, counselling and psychological support, the intervention has helped him move towards improved emotional health, greater self-confidence and a more stable future. His experience underscores the value of sustained rehabilitation support in helping individuals rebuild their lives and strengthen their relationships with their families and communities.

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