



From Addiction To Independence Karimganj Assam's Rahul Sharma's Journey Of Recovery And Rehabilitation

NAPDDR Supports Recovery, Livelihood Restoration and Social Reintegration Through Comprehensive De-addiction Services

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The National Action Plan for Drug Demand Reduction (NAPDDR) under the Ministry of Social Justice and Empowerment, continues to focus on the prevention, treatment and rehabilitation of individuals affected by the substance dependence.

The journey of Rahul Sharma (**name changed**), a 30-year-old resident of Jalalnagar village in Karimganj district, Assam, highlights how timely intervention, compassionate care and comprehensive rehabilitation can help individuals overcome challenges and work towards a healthier and more independent life.

Following the death of his father, Rahul had to leave school at an early age to take on family responsibilities. Financial difficulties, emotional distress and limited opportunities gradually affected his well-being. In search of temporary relief, he began using drugs in the company of peers, eventually developing substance dependence.

This affected his health, work productivity and relationships with family members. Financial strain, social stigma and limited access to nearby rehabilitation services further compounded his difficulties. Despite these challenges, Rahul aspired to rebuild his life and fulfil his dream of establishing his own transportation business.

A turning point came when Rahul received support under the NAPDDR through the Drug De-addiction and Rehabilitation Centre (DDAC) operated by WODWICHEE in Karimganj, Assam. With guidance from doctors, counsellors and centre staff, he underwent residential rehabilitation and received medical treatment, individual and group counselling, family counselling, cognitive behavioural therapy (CBT), 12-Step Therapy, yoga and meditation.

These comprehensive services supported his recovery, helped him develop healthier habits and enabled him to regain confidence. Family counselling and community reintegration support further assisted him in rebuilding relationships and preparing for a more stable future.

SUCCESS STORY

FROM ADDICTION TO INDEPENDENCE

Rahul Sharma's Journey of Recovery and Rehabilitation

Through the National Action Plan for Drug Demand Reduction (NAPDDR), Rahul Sharma (name changed), a 30-year-old resident of Karimganj, Assam, received comprehensive treatment and rehabilitation support to rebuild his life and livelihood.

BENEFICIARY	: Rahul Sharma (name changed)
AGE	: 30 years
LOCATION	: Karimganj, Assam
SUPPORT	: DDAC, WODWICHEE under NAPDDR
DATE	: 26 October 2026

SUPPORT THROUGH NAPDDR
The Drug De-addiction and Rehabilitation Centre (DDAC), operated by WODWICHEE in Karimganj, provided structured treatment and rehabilitation.

JOURNEY TO INDEPENDENCE
With determination and continued support, Rahul redirected his efforts towards productive work and a more secure future.

“ Recovery is possible with compassionate care, sustained support and the determination to begin again. ”

— Beneficiary's journey

TYPE OF SUPPORT
Residential rehabilitation, medical treatment, individual and group counselling, family counselling, CBT, 12-Step Therapy, yoga and meditation.

REHABILITATION
Doctors, counsellors and centre staff supported recovery, healthier habits and renewed confidence.

IMPACT
Rebuilt family relationships, improved well-being and regained confidence through sustained support.

CURRENT SITUATION
Runs his own small transportation business and earns more than before, strengthening family financial stability.

RECOVERY RESTORES HOPE. REHABILITATION BUILDS A STRONGER FUTURE.

With sustained support and determination, Rahul gradually regained control over his life and redirected his efforts towards productive work. Today, he operates his own small transportation business and earns more than he did previously. The improvement in his income has strengthened his financial stability and enabled him to contribute more effectively to his family's well-being. His journey demonstrates how access to treatment, rehabilitation and continued support can help individuals overcome substance dependence and pursue their aspirations with renewed confidence.

The support provided to Rahul reflects the importance of comprehensive rehabilitation in addressing not only substance dependence but also the social and economic challenges associated with it. Through initiatives under NAPDDR, the Ministry seeks to strengthen access to de-addiction services, promote recovery and facilitate the social reintegration of individuals affected by substance use. Rahul's experience underscores how appropriate care and sustained support can help individuals rebuild their lives, restore their livelihoods and move towards a more secure future.

The Ministry continues to encourage awareness, early intervention, access to treatment and community-based support to address substance dependence and promote a healthier, more inclusive society.

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