Additional Secretary, MoSJE Smt Mona K Khandhar Visits Government Drug Rehabilitation Centre, Raiwala, Uttarakhand

Centre Promotes Recovery with Care, Respect and Dignity

Promotes A Holistic, Dignity-Centred Approach Combining Medical Care, Counselling, Wellness Activities And Resident Participation

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The Government Drug Rehabilitation Centre at Raiwala, Uttarakhand, is promoting a holistic, dignity-centred approach to drug rehabilitation by combining medical care, professional counselling, structured daily routines and wellness activities to support residents on their journey towards recovery.

Additional Secretary, Ministry of Social Justice and Empowerment, Government of India, Smt Mona K Khandhar, visited the Centre, managed by the Society for Promotion of Youth and Masses (SPYM), and interacted with the residents to understand their experiences and learn about the rehabilitation programme being implemented at the facility.

During the visit, Smt Khandhar expressed her intention to engage with the Ministry of AYUSH to explore the integration of appropriate traditional wellness practices, including yoga and naturopathy, into drug rehabilitation programmes.

She said the experience at the Raiwala centre could serve as a starting point for exploring pilot projects in collaboration with the Ministry of AYUSH adding the proposed initiative could examine how yoga, meditation, naturopathy and other suitable wellness practices may complement evidence-based medical treatment and professional counselling under appropriate clinical supervision.

The Additional Secretary said the proposed projects would require structured planning, documentation and evaluation to assess the safety, acceptability and potential benefits of these interventions. Medical professionals, AYUSH practitioners, mental health experts, research institutions and rehabilitation specialists could contribute to developing suitable protocols and quality standards, she added.

Smt Khandhar said subject to the findings of such assessments and the approval of the concerned ministries, successful practices could be considered for adaptation at other government-supported drug rehabilitation Centres across the country.

She said recovery is a gradual process built through small but significant steps, including healthier routines, open communication, restored confidence and preparation for a return to family and community life.

The Addl Secretary said the experience at the Government Drug Rehabilitation Centre, Raiwala, offers an opportunity to examine how professional treatment, psychological support, appropriate wellness activities and compassionate care can work together to support recovery.

With careful documentation, scientific evaluation and institutional collaboration, the initiatives at Raiwala could contribute to wider learning on strengthening drug rehabilitation services across India, she added.

Smt Mona noted that every person deserves care, respect, patience and an opportunity to rebuild their life.

Ms. Mona Kandhar's heard residents' experiences and took note of the initiatives being undertaken at the Raiwala Centre.

Smt Khandhar underlined the importance of transparent institutional practices, qualified professionals, effective grievance-redressal systems and safeguards against abuse. Rehabilitation facilities must provide safe, professional and humane care, ensuring that individuals seeking treatment are protected from violence, intimidation and humiliation, she said.

Smt Khandhar proposed engagement with the Ministry of AYUSH that could open avenues for dialogue on integrating appropriate traditional wellness practices into rehabilitation services. Documenting the programme and evaluating selected interventions through carefully designed pilot projects could help the concerned ministries determine their suitability for wider application, she said.

She said such collaboration could also contribute to common guidelines, staff training, resident participation and quality standards, while ensuring that evidence-based medical care remains central to treatment.



Executive Director of Society for Promotion of Youth and Masses (SPYM) Dr. Rajesh Kumar said the residents shared their experiences of participating in daily activities and explained how structured routines, wellness practices and a supportive environment had become part of their recovery journey. He said the interaction highlighted the importance of addressing not only substance dependence but also the physical, psychological and social challenges associated with recovery.



Dr. Kumar informed that the Centre incorporates wellness activities such as Yoga, Yoga Nidra, Acupressure, Massage, Mud Therapy And Epsom Salt Therapy as part of its broader rehabilitation environment. These activities helped them manage stress, maintain healthier routines and improve their overall sense of well-being, the official said.

The Executive Director said these practices are intended to complement, rather than replace, appropriate medical treatment, professional counselling and clinically supervised withdrawal management adding their safety and effectiveness in supporting recovery would require systematic assessment and evaluation.

He said the approach seeks to address the overall well-being of residents by combining professional support with structured activities that encourage healthy habits, emotional resilience and renewed self-confidence.



Dr Kumar said at the Raiwala Centre, the residents are encouraged to participate in daily routines, share their concerns and contribute to group activities. He added that participation in maintaining their surroundings, supporting fellow residents and undertaking shared responsibilities helps foster a sense of belonging and mutual respect.

Executive Director said the residents are also encouraged to express their preferences regarding daily routines, food, menus and recreational activities. Shared meals and group interactions provide opportunities to build relationships and strengthen community bonds, he added.

The SPYM Official further said the approach recognizes that rehabilitation must be rooted in respect for individual dignity, patience and compassionate care. Giving residents a voice in their rehabilitation helps to create a supportive environment that encourages meaningful participation in the recovery process, he said.



The Raiwala centre's experience presents an opportunity to explore how medical treatment, counselling, wellness activities and resident participation can be brought together within a structured rehabilitation programme.



Further strengthening of such services could include individualized rehabilitation plans, regular resident feedback, confidential grievance-redressal mechanisms, greater family involvement, discharge planning, community reintegration and follow-up support after residents leave the facility. Training for staff in professional, compassionate and safe care would also be important.



Systematic monitoring and independent evaluation could help assess treatment engagement, psychological well-being and longer-term recovery outcomes. Such evidence would be essential before recommending wider adoption of particular wellness interventions or rehabilitation practices.

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