From Recovery To Self-Reliance: A Journey Of Renewed Hope

NAPDDR Support Helps a Beneficiary Overcome Alcohol Dependence and Establish a Livelihood

Posted On: 29 OCT 2026 6:47PM by PIB Delhi

At 34, Mr Mahesh Kumar's **(name changed),** journey highlights how compassionate care and sustained rehabilitation helps individuals rebuild their lives, strengthen family relationships and move towards a future of dignity and renewed purpose. His journey also reflects how timely treatment and livelihood support can help individuals work towards recovery and rebuild family well-being.

Mr. Kumar, a resident of Yadagiri district in Karnataka, has taken important steps towards a healthier and more self-reliant life.

Before receiving support, Mr. Kumar worked as a farm labourer. Alcohol dependence affected his health and employment and contributed to difficulties within his family. With limited awareness of available treatment options and financial constraints, accessing appropriate care was challenging. His wife and two children also experienced financial uncertainty and emotional distress. Despite these challenges, he aspired to overcome alcohol dependence, establish a small business and provide a more stable future for his family.

Under the National Action Plan for Drug Demand Reduction (NAPDDR), Mr. Kumar received support at the Shri Vaishnavi District De-Addiction Centre (DDAC), Yadagiri. He underwent a 30-day residential rehabilitation programme that included medically supervised detoxification, health monitoring, psychiatric evaluation and psychological support. Individual counselling, group therapy and Alcoholics Anonymous (AA) meetings helped him strengthen his commitment to recovery and develop healthier coping strategies.



The Centre also provided yoga, meditation, recreational activities and life-skills development to support his overall well-being. Family counselling helped improve communication and rebuild relationships at home. Vocational training and livelihood guidance supported his goal of establishing a small business. Treatment, medicines, food, accommodation and training were provided free of cost, alongside aftercare and relapse-prevention support.

Mr. Kumar has remained alcohol-free for the past four months, according to the information provided by the centre, and has established a small tea shop near Yadagiri bus stand. The business generates an income of approximately ₹12,000 per month, helping him meet household expenses and provide greater financial stability for his family. His children have returned to school, and the family is moving forward with renewed confidence and hope.

The NAPDDR intervention, delivered through the Shri Vaishnavi District De-Addiction Centre, Yadagiri, demonstrates the value of combining treatment, counselling, family support and livelihood guidance.

Mr Kumar continues to attend monthly follow-up sessions at the DDAC and receives guidance to support his recovery and livelihood. Aftercare, peer-group interactions and relapse-prevention sessions has helped him remain focused on long-term well-being and self-reliance.

***

SS-154-TAR/KV/GA/RK

(Release ID: 2330172) Visitor Counter : 244
Read this release in: Urdu , Tamil

Share

395 words | 2 min read