From Alcohol Addiction To A Healthier Life

NAPDDR Enabled Pedhapalli Telangana's Ramesh Kumar's Recovery and Rehabilitation

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For Ramesh Kumar **(name changed),** the NAPDDR Scheme represents more than access to de-addiction treatment. It has provided an opportunity to overcome addiction, restore his confidence and rebuild his life with dignity.

His journey reflects the importance of timely intervention, professional rehabilitation, family support and sustained follow-up care in helping individuals overcome substance dependence and reintegrate into society.

The 40 year Ramesh Kumar, a resident of Pedhapalli district of Telangana, faced significant personal, family and professional challenges due to alcohol addiction. His alcohol consumption began during his early adult years, influenced by peer pressure and negative social influences, and gradually developed into addiction. Over time, this adversely affected his health, family relationships, behaviour and employment.

He experienced emotional distress, withdrew from social activities and struggled to maintain financial and professional stability. Despite these difficulties, he remained willing to seek treatment and rebuild his life, while his family continued to extend support throughout his journey towards recovery.

A significant turning point came through the intervention under the National Action Plan for Drug Demand Reduction (NAPDDR) Scheme of the Ministry of Social Justice and Empowerment. Through the Integrated Rehabilitation Centre for Addicts (IRCA), operated by Prakriti Environment Society in Pedhapalli, Telangana, he received comprehensive de-addiction treatment and rehabilitation services.

The support included medical supervision, individual and family counselling, group therapy, motivational enhancement, relapse prevention therapy and regular follow-up sessions.

The rehabilitation programme helped him develop effective coping mechanisms, regain self-confidence and address the emotional and psychological challenges associated with addiction. He also received vocational guidance, medical intervention and support for

social reintegration. Continuous counselling and family participation played an important role in strengthening his commitment to recovery and helping him maintain a healthier lifestyle.



The intervention has brought a positive transformation in his personal and professional life. Ramesh has successfully overcome alcohol dependence and is now sober and regularly employed.

His employment has become more stable, and he currently earns approximately Rs 12,000–15,000 per month. The improvement in his health, emotional well-being and financial stability has also contributed to better family circumstances.

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