From Substance Dependence to a Healthier and More Stable Life

Tengana’s Suresh Kumar’s Journey Towards Recovery and Rehabilitation

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For 30 year Suresh Kumar **(name changed),** the support provided under the NAPDDR Scheme has marked an important step towards recovery, economic stability and a renewed sense of purpose.

His journey highlights the importance of timely intervention, sustained counselling, family participation and structured rehabilitation in helping individuals overcome substance dependence and rebuild their lives with dignity and confidence.

Mr Suresh Kumar, a resident of Karimnagar district in Telangana, faced significant personal, social and financial challenges due to prolonged alcohol and tobacco consumption. His journey towards substance dependence began during his late teenage years, largely influenced by peer pressure and emotional stress. Over time, his dependence intensified, adversely affecting his physical and mental health, family relationships and professional life.

The decline in his confidence, reduced motivation, irregular work attendance and financial instability further complicated his situation. His relationships with family members became strained, and he gradually withdrew from social interactions. Despite these difficulties, his family continued to support him and remained committed to helping him overcome his dependence.

A significant turning point came on 12 November 2025, when he received support at the Integrated Rehabilitation Centre for Addicts (IRCA), operated by Prakriti Environment Society in Karimnagar, Telangana, under the National Action Plan for Drug Demand Reduction (NAPDDR) Scheme of the Ministry of Social Justice and Empowerment.

Through the intervention, he received comprehensive assistance, including individual counselling, group therapy, family counselling, motivational interviewing and relapse prevention therapy. Medical supervision and emotional support helped him address the challenges associated with substance dependence. Vocational guidance and rehabilitation services further supported his efforts to rebuild his confidence and reintegrate into family and social life.



With continued counselling, family involvement and structured rehabilitation, Mr. Kumar gradually regained control over his life. The intervention helped him develop healthier coping mechanisms, strengthen family relationships and work towards sustained recovery. The combined support of professional counselling and family participation played an important role in his progress towards a healthier lifestyle.

Today, Mr. Kumar is maintaining sobriety and leading a healthier and more stable life. He has resumed regular employment, actively participates in family and social activities, and has regained his confidence and motivation. His improved employment stability has also strengthened his financial position. From a phase of irregular earnings and financial difficulties, he is now earning approximately ₹15,000 per month.

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