From Substance Dependence to a Healthier, More Independent Life

Sultanpur UP’s Amit’s Journey of Recovery and Rehabilitation Through DDAC

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For Amit 23 year Amit **(name changed),** the District De-Addiction Centre, Sultanpur, Uttar Pradesh has been an important source of support in his journey towards recovery and self-reliance. His journey highlights the significance of accessible de-addiction and rehabilitation services in helping individuals overcome substance dependence, regain confidence and reintegrate into society with dignity and renewed hope.

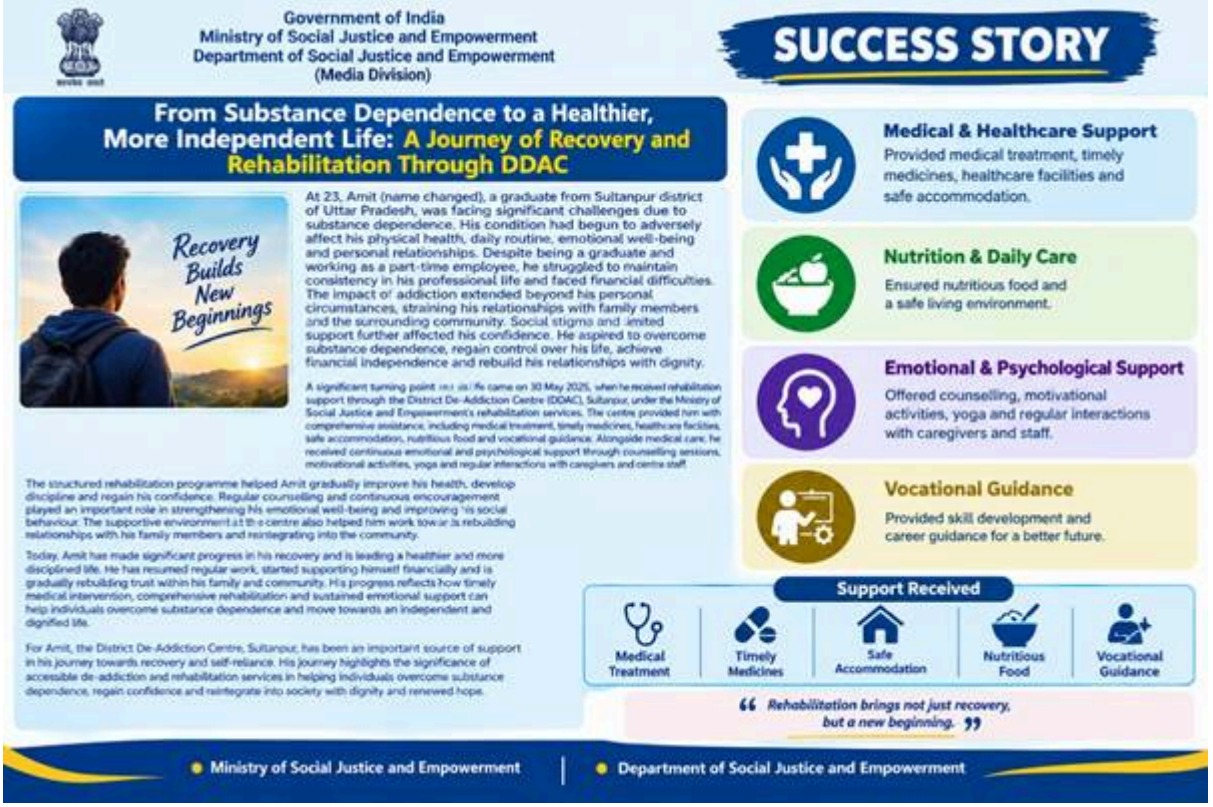
Amit, a graduate from Sultanpur district, was facing significant personal, social and financial challenges due to substance dependence. His condition had begun to adversely affect his physical health, daily routine, emotional well-being and personal relationships.

Despite being a graduate and working as a part-time employee, he struggled to maintain consistency in his professional life and faced financial difficulties. The impact of addiction extended beyond his personal circumstances, straining his relationships with family members and the surrounding community.

Social stigma and limited support further affected his confidence and ability to lead a stable life. He aspired to overcome substance dependence, regain control over his life, achieve financial independence and rebuild his relationships with dignity.

A significant turning point in his life came on 30 May 2025, when he received rehabilitation support through the District De-Addiction Centre (DDAC), Sultanpur, under the Ministry of Social Justice and Empowerment's rehabilitation services.

The centre provided him with comprehensive assistance, including medical treatment, timely medicines, healthcare facilities, safe accommodation, nutritious food and vocational guidance. Alongside medical care, he received continuous emotional and psychological support through counselling sessions, motivational activities, yoga and regular interactions with caregivers and centre staff.



The structured rehabilitation programme helped Amit gradually improve his health, develop discipline and regain his confidence. Regular counselling and continuous encouragement played an important role in strengthening his emotional well-being and improving his social behaviour. The supportive environment at the centre also helped him work towards rebuilding relationships with his family members and reintegrating into the community.

Today, Amit has made significant progress in his recovery and is leading a healthier and more disciplined life. He has resumed regular work, started supporting himself financially and is gradually rebuilding trust within his family and community. His progress reflects how timely medical intervention, comprehensive rehabilitation and sustained emotional support can help individuals overcome substance dependence and move towards an independent and dignified life.

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