From Addiction to Recovery

A Journey Towards Self-Reliance

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At 32, Ramesh Kumar **(name changed),** a resident of Sultanpur district in Uttar Pradesh, faced significant challenges due to substance addiction. The condition adversely affected his physical and mental well-being, social relationships and economic stability.

His struggle created barriers to leading a stable and productive life. Despite these challenges, he remained hopeful of overcoming addiction, rebuilding his life and regaining his place in society with dignity.

The impact of addiction had also affected his family relationships and the trust he shared with those around him. He aspired to lead a healthy and responsible life, become financially independent and restore his relationships with his family and community.

A significant turning point came through the intervention of the Drug De-addiction Centre (DDAC), Sultanpur, supported under the National Action Plan for Drug Demand Reduction (NAPDDR) of the Ministry of Social Justice and Empowerment.

The centre provided him with medical treatment, rehabilitation facilities, timely medicines, healthcare services, safe accommodation and other essential facilities required during his recovery.

Alongside medical care, he received continuous counselling, motivation, yoga sessions and emotional guidance. This sustained support brought positive changes in his mindset, behaviour and lifestyle, helping him overcome addiction.

The encouragement and care provided by the centre also helped him rebuild his confidence, improve social relationships and reintegrate into society with dignity.



Today, Ramesh Kumar has made significant progress towards leading a stable and self-reliant life. He has started his own business, improving his economic condition and achieving financial stability compared to his earlier struggles. He is now living responsibly and has regained social respect and confidence.

Expressing gratitude for the support and guidance received from the centre, he acknowledges its important role in helping him rebuild his life.

His journey reflects how timely medical intervention, sustained rehabilitation, counselling and emotional support can help individuals overcome substance dependence and move towards a life of dignity, independence and social reintegration.

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