

ANNUAL REPORT OF DRUGS DEADDICTION & REHABILITATION CENTER (2024-2025)



Supported by
Social Security & Empowerment of Person with Disabilities
Govt. of Odisha

IMPLEMENTED BY



MUKTI FOUNDATION



**Drug De-Addiction and Rehabilitation
Centre under DISHA Scheme**

Plot No- 1273, At - Palla, Po - Pallahat, Dist - Khordha, Odisha, Pin - 752056

Message from Chairman, Mukti Foundation



We express our heartfelt gratitude to all those who have contributed to the success of drug de-addiction and rehabilitation centre during the year 2024-2025. We sincerely thank the Social Security & Empowerment of Person with Disabilities (SSEPD), whose consistent financial and administrative support has been the backbone of our operations. Their guidance has enabled us to expand our reach and improve the quality of services provided to those affected by substance abuse.

Substance abuse and drug addiction are chronic, relapsing conditions in which the user obsesses over finding and using illegal drugs. Neurochemical and molecular alterations in the brain are hallmarks of this type of addiction. Heroin, cocaine, lysergic acid diethylamide (LSD), mandrax, barbiturates, and other opiates are among the substances that drug users frequently take. In India, an estimated three million people suffer from drug addiction.

Drug abusers are typically viewed as the responsibility of their families or the social group to which they belong in India. The primary cause of drug addiction is often the unstable sociocultural, economic, and psychological characteristics of the person as well as the family and community environment. In terms of these drug users' rehabilitation and therapy, they are often given voluntary treatment through general health services. Today, through their psychiatry departments, the government works with state-level hospitals to provide rehabilitation Center for inpatient treatment to severe addicts. In consideration of this, the Mukti Foundation's Drugs Deaddiction and Rehabilitation Center is passionately and fully implementing a number of training programs, awareness-raising, and sensitization initiatives on the prevention, treatment, and rehabilitation of drug users.

We acknowledge the tireless efforts of our medical officers, clinical psychologists, social workers, counsellor, nurses, and support staff. Their compassion, dedication, and professionalism have been instrumental in helping hundreds of individuals on their journey to recovery. Special thanks to the volunteers, peer educators, local leaders, and community stakeholders who have been vital in building trust and raising awareness in vulnerable populations.

We deeply appreciate the families who have stood by their loved ones and actively participated in the treatment and recovery process. Their involvement and resilience have been key to successful rehabilitation. We honour all the individuals who have come forward with courage to seek help and commit to recovery.

While producing this Annual Report of Drugs Deaddiction and Rehabilitation Center under DISHA Scheme as a consolidated document of the activities being undertaken by the Mukti foundation drug de-addiction centre Palla, Khordha including the awareness programme, sensitization activities and counselling, I feel pleasure to dedicate it to the general public.

I convey my heartiest thanks to the governing body members of Mukti foundation for their timely advices towards effective management of activities in Mukti foundation drug de-addiction Centre. I also give my deep regards to the entire team of Mukti foundation whose tireless effort and dedication helped to complete the activities successfully.

I give my special thanks to the documentation team for keeping record of all activities, systematically arranging it and finally making the report presentable.

Lastly, I convey my heartiest thanks to the participants for undertaking the activities smoothly for which the report has got important inputs to present.

Priya Ranjan Dash
(Priya Ranjan Dash)
Chairman, Mukti Foundation

ABBREVIATIONS

SSEPD	Social Security & Empowerment of Person with Disabilities
MSJ&E	Ministry of Social Justice and Empowerment
IEC	Information, Education and Communication
MSC	Minimum Standard Care
NISD	National Institute of Social Defence
OSACS	Orissa State AIDS Control Society
IRCA	Integrated Rehabilitation Centre for Addicts
RRTC	Regional Resource and Training Centre
SHG	Self Help Groups
BCC	Behaviour Change Communication
CBO	Community Based Organisation
IDU	Injecting Drug Users
NGO	Non-Government Organisation
DDRC	Drug De-addiction and Rehabilitation Centre
RRTC	Regional Resource and Training Centre
HIV	Human Immuno-deficiency Virus
AIDS	Acquired Immunodeficiency Syndrome
PVTG	Particularly Vulnerable Tribal Groups

Brief Introduction about our Mukti Foundation

The Mukti Foundation is a non-governmental, non-profit social organization that was founded in 2014 with the intention of strengthening the lives of rural and tribal impoverished people in Odisha. Overcoming extreme poverty and hunger, advancing social justice and inclusion, offering health care (including HIV and AIDS, non-communicable illnesses, Drugs demand reduction and reproductive and child health), and ensuring good governance are its primary goals. Community Development; Training & Research; Natural Disaster Management; Intervention with Street Children on Child Rights; Life Skills & Education; Prevention of Substance Use & Dependency; Rehabilitation of Children and Youth Dependent on Drugs; Supporting communities in identifying and initiating development projects; Providing training and other capacity-building assistance to poor organizations and individuals; and executing research and advocacy on behalf of the underprivileged, especially the tribal people.

The inspiration and drive for this organization came from their realization that it was necessary to do so in order to support community development and address local

requirements. MUKTI FOUNDATION is the result of an increasing motivation among international humanitarian organizations operating in the densely populated tribal area to challenge the notions of "Inclusive Growth and Development" and "Millennium Development Goals" by utilizing the Bio-Industrial Watershed Development model, which included a development equation of human capital, natural capital, such as land-water-biomass, and market capital connected to knowledge, microfinance, and other critical infrastructure supports. Their encouragement of the foundation of youth organizations and their promises to support youth organizations in improving capacity building and include study and advocacy for the underprivileged & needy in addition to multifaceted experimental projects, led to the establishment of the aim at achieving sustainable results from developmental activities & initiatives to our PVTG communities—especially with the youth, children, women, widows, transgender & the disabled. The organizations ardently support legal assistance while remaining committed to their goals of development and human rights protection. One of these sincere organizations hoping to make a big difference is Mukti Foundation. Its primary objectives are to guarantee social fairness, promote good government, alleviate extreme poverty and hunger, and protect people' rights. Some of its primary emphasis areas include inclusive governance, sustainable livelihoods, climate resilient disaster management, child rights, gender equity, health, water and sanitation, youth employability, rehabilitation of impoverished women, and transgender issues. Over many years, our foundation has shown to be a strong leader and authority in tackling the poverty and vulnerability faced by Odisha's coastal and tribal populations. In addition, through training and workshops with active participation from concerned NGO of all the districts of Odisha, it has made a significant contribution to the intellectual and policy discourse of state, national, and international fora on a number of governance, livelihood, and coastal vulnerability issues. Its continued existence has been reliant on innovations, the capacity-building of democratic states and non-state actors, and heightened engagement from civil society.

Our Foundation's mission is to provide an inviting and comfortable environment for the elderly who are the most neglected by founding the Gurujana Sevashram in Bhubaneswar, the state capital. In order to put people first, policymakers and service providers must actively defend everyone's human rights by removing obstacles to evidence-based, voluntary services across the continuum of care, dispelling preconceptions about gender, age, and other characteristics, and emphasising rehabilitation and reintegration rather than punitive measures.

Governments should invest more in education to help young people become resilient and make informed decisions about their life. Early prevention is vital. In addition to controlling the risks of diversion and non-medical use and managing economic constraints, public health should be carefully taken into account while implementing laws to ensure availability and access when required.

Legal Status:

- Registered under the Indian trust Act, 1882 during the year 2014
- Niti Aayog Unique ID. of the Organization is OR/2022/0326930
- NGO Registration No of the organization is 41081407740
- PAN No. of the Organization is AAETM929L
- 12A No. of the organization is AAETM4929LE20221
- 80G No of the organization is AAETM4929LF20231

Aim and Objectives of MUKTI FOUNDATION:

With the goal to advance its mission and strive for the advancement of the state, MUKTI FOUNDATION employs five enticing and complementary strategies. The guiding principles of the strategic plan place a heavy emphasis on the necessity of a robust civil society in the state, the ways in which community-level development projects may succeed, and the ways in which research, capacity building, lobbying, and partnerships may support stronger government activities. NGOs, educational institutions, and media outlets all contribute significantly to state development and disaster relief efforts under the guidance of civil society. Despite the fact that three major issues that touch on all strategy areas are information-backed advocacy, gender equality, and drugs and disaster risk reduction, each of the foundation's five primary components has its own program.

More specifically the building blocks of MUKTI FOUNDATION strategy are

a) Promoting livelihoods: MUKTI FOUNDATION's livelihood policy places a priority on ensuring the food and nutrition security with drugs demand reduction of rural poor households, especially tribal and PVTG, as well as increasing their access to income-generating possibilities.

b) Supporting Inclusive Governance: It works to strengthen the system of government that really reflects the voice of the underprivileged. The democratic bodies and organizations that provide services are open and answerable to their constituents while also working to strengthen the access, entitlements, and rights of underprivileged and marginalised populations, such as women, transgender people, and people with disabilities.

c) Reducing community susceptibility to disasters and fostering climate change adaptation: It aspires to maintain its position as a significant regional actor in disaster response and preparedness while stepping up its efforts to develop cutting-edge techniques for and research on adaptation to climate change. The organisation will also deepen its awareness of global frameworks including RED+, Carbon Trading, COP Process, Voluntary Carbon Market, etc. as well as mitigation-related concerns.

d) Promoting an accommodating state: It works to make the state accommodating to the agenda for inclusive growth. In order to do this, the group would design an action plan to build the capacity of political and administrative actors, enable cross-sectoral development discourse, and support a thriving civil society, including the media. Instead of viewing kids as an afterthought, the organisation will use children as a focus group and treat them as future citizens of India.

e) Legal service Support: to render legal services pro-bono to strengthen access to justice for marginalised and undertakes juridical advocacy for legal reform. It originated with a view to broaden the horizon of legal services in its various dimension for promotion, protection and enforcement of human right. Over the years it evolved as a specialized organization in the field of law and justice. Broadly the Legal Service Institute endeavors to eliminate injustice from the society and engaged to promote justice. Through its strategic legal intervention, the foundation re-affirms its commitment to strive towards

progressive realization of fundamental human rights with dignity of individuals and the communities.

Objectives of MUKTI FOUNDATION:

- ⌘ The Mukti Foundation's primary goal in social development is to safeguard and promote human rights. Other goals include relieving suffering, advancing the interests of the underprivileged, preserving the environment, offering essential social services, and engaging in community development. They fight prejudice, advance social justice, and defend the rights of underprivileged and vulnerable groups.
- ⌘ To assist the most vulnerable groups, especially children and young people, in avoiding or postponing the onset of substance use or substance use dependency.
- ⌘ To offer the identified substance-using population evidence-based comprehensive treatment and rehabilitation or to help establish connections with treatment and rehabilitation services.
- ⌘ To assist in the social and economic reintegration of families and communities by utilizing the State and Central Government's current programs.
- ⌘ Studying the psychological underpinnings of those suffering from mental illness, sadness, anxiety, etc.
- ⌘ Research on the methods for treating drug addicts and aiding in the rehabilitation of mentally sick and suffering individuals.
- ⌘ To give drug addicts the greatest care and interventions possible.
- ⌘ Assist individuals in need, particularly those impacted by armed conflict, disasters, and famines.
- ⌘ Through our charitable Endeavour. Instead, we hope to rehabilitate the families affected by substance abuse and dependency disorders.

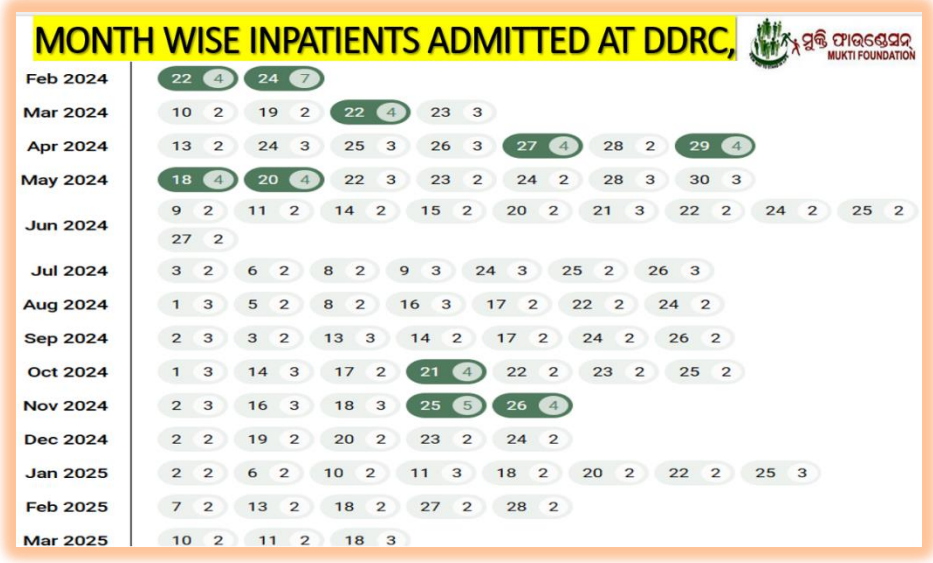
Drug De-Addiction & Rehabilitation Center

On February 20, 2024, a representative of CDMO and other officials officially opened the 30-bed Drug De-Addiction & Rehabilitation Center managed by Mukti Foundation under the DISHA scheme. This facility is a flagship project of the Government of Odisha's Social Security and Empowerment of Persons with Disabilities (SSEPD) Department.



Addressing the state's escalating substance abuse issue is its primary goal. The effort is built on a comprehensive, community-based, and inclusive approach to prevention, treatment, and rehabilitation. In 2024, the Social Security and Empowerment of Persons with Disabilities (SSEPD) department of the government of Odisha initiated a program to set up Drug De-addiction and Rehabilitation Centers (DDRCs) in each of the state's several districts.

The Drug Abuse Prevention is one of the core concerns of the Mukti Foundation and through active guidance of DISHA scheme is a flagship project of the Social Security and Empowerment of Persons with Disabilities



(SSEPD) Department of the Government of Odisha, the Foundation has been able to expand its activities and has worked out strategies for tackling the issues of substance abuse and bring about qualitative improvements in service delivery. It has evolved a strategy for the capacity building of the service providers through a series of training and orientation courses. To formulate effective intervention modules and programmes, impetus has been provided to research and documentation activities to develop deeper insight into the problem and collection of information on extent, trends and patterns of drug abuse through feedback from the field.

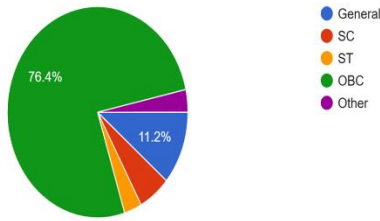


Drug abuse has become a worldwide problem in modern times. Today, there is no part of the world that is free from the curse of drug trafficking and drug addiction. Drug means a habit-forming substance which is taken pleasure or excitement and which induces sleep or produces insensibility. Youth and teenagers are more prone to become the victims of drug abuse.

Illegal production and distribution of drugs have spawned crime and violence worldwide. Drug abuse manifests itself in euphoric behaviour by the user - and at most times unnaturally so. This leads to a sequence where the users keep on repeating the same action of drug abuse. When this pattern continues the brain tries to adapt to the usage by reducing its own dopamine production as well as dopamine receptors. The user tries to adapt to this through drug abuse so that his or her dopamine production level can be brought back to a level that seems normal to him or her.

Prevention is one of the ways in which drug abuse can be dealt with. In fact, it is one affliction that can be prevented according to medical experts and practitioners.

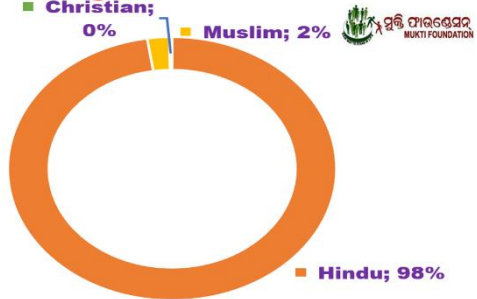
CASTE WISE PATIENTS ADMITTED AT DDRC



Prevention programmes involving entities such as families, schools, drug treatment centre functionaries and also the immediate communities are important in this regard. The Sustained treatment is the option for people who have already gone down the road of drug abuse and are highly into it. The treatment for a drug abuser normally depends on the kind of

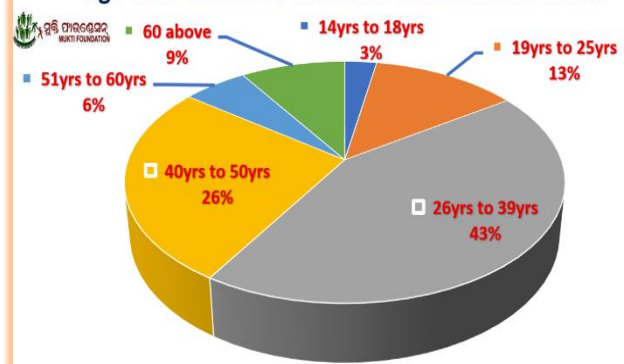
drug that the person has been using. It is said that the best treatments normally emphasize on phenomena related to the individual's life. This includes areas such as medical, psychological and work-related needs as well as issues in relationships with other people in the person's life. The treatment sessions combine medication and behavioral therapy so that the victim of drug abuse gradually stops feeling the urge to do drugs. These treatment programmes also impart the skills and capability required in order to say no to drugs in the future, which is highly critical for a complete cure to drug abuse. The mandate of the unit is to provide technical support to the Government on policies relating to substance abuse prevention and facilitate a wider and improved coverage of services throughout the country for substance demand reduction. Drug use disorders are harming health, including mental health, safety, and well-being. Stigma and discrimination make it less likely that people who use drugs will get the help they need. Fewer than 20% of people with drug use disorders are in treatment, and access is highly unequal. The harms caused by drug trafficking and illicit drug economies are contributing to and compounding many of these threats, from instability & violence to environmental devastation. Illegal drug markets continue to expand in terms of harm as well as scope, from the growing cocaine supply & drug sales on social media platforms to the relentless spread of synthetic drugs-cheap and easy to manufacture anywhere in the world & in the case of fentanyl, deadly in the smallest of doses.

Religion wise Patients

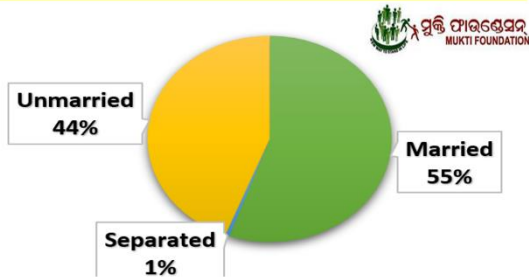


Though they make up just 27% of the people receiving treatment, women make up over half of all amphetamine-type stimulant users. Pharmaceutical opioids, which are controlled substances that are essential for palliative care and pain management, are not readily available to people who need them most in many nations, mostly low-and middle-income nations where 86% of the world's population resides.

Age wise Victims of Alcoholic and Substance abuse



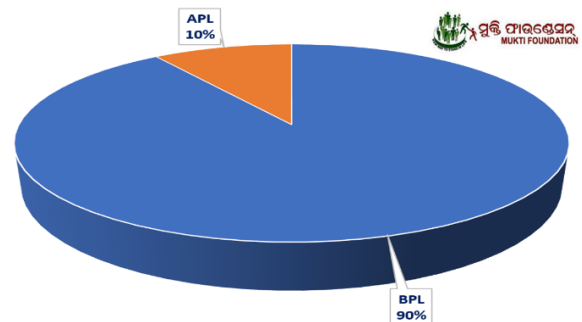
Marital Status of Patients of DDRC



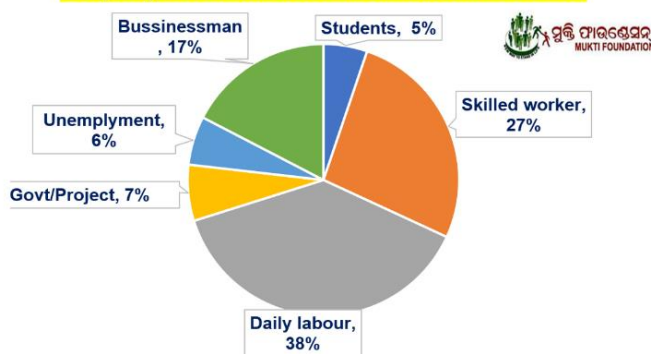
The drug problem presents complex policy issues that are too big for any one nation or area to handle on its own. In order to foster discussion and cooperative solutions, Our Mukti Foundation will present a comprehensive analysis of the global and domestic drug problems from an objective point of view. I draw attention to the ever-intricate nature of the hazards posed by drugs and

examine the ways in which crimes involving drugs interconnect with environmental degradation and instability, impoverished rural communities, and Indigenous peoples bear the brunt of these connections. The other examines pressing issues such as drug usage in humanitarian contexts, drug use during hostilities, and the evolving nature of the synthetic drug industry. Our Foundation also explores cutting edge developments in drug treatment and other services, medicinal cannabis usage, and new clinical research including psychedelics.

Economical Status of Patients



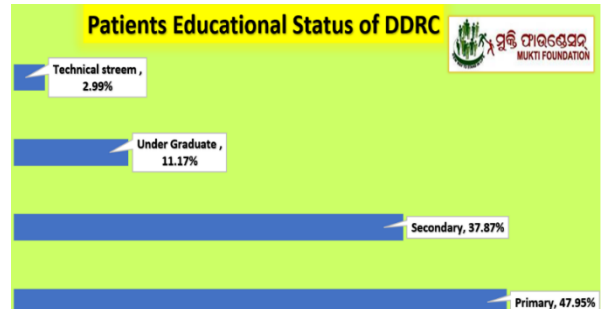
Empolymnt Status of Patients of DDRC



Although the world's drug issues are widespread, not everyone is impacted equally. In underdeveloped and underserved communities across all of our nations, towns, and villages, as well as in the global South, it is the poor, the vulnerable, and the excluded that bear the greatest costs. In addition to limited access to and availability of restricted medications, they suffer from the

violence and instability that are fostered by drug trafficking. They have a higher propensity to develop drug use problems, live with associated illnesses like HIV, and receive fewer evidence-based services and treatment. People who live in poverty and have limited access to resources, opportunities, and the rule of law are more likely to become involved in the manufacturing, trafficking, and cultivation of illegal drugs.

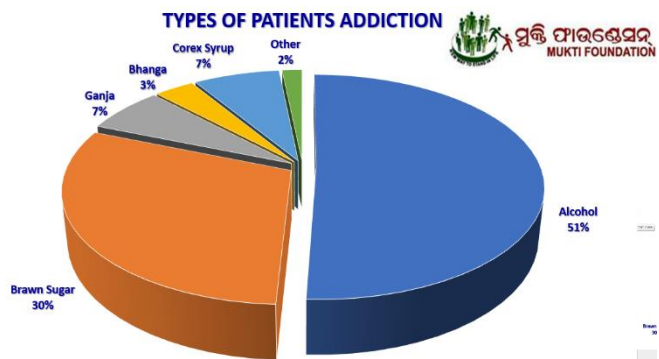
Patients Educational Status of DDRC



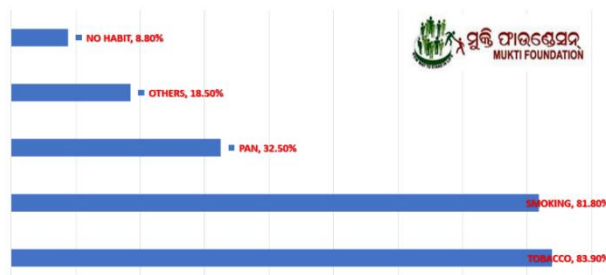
Aims and Objectives of DDRC:

It is the endeavour of the DDRC, Mukti Foundation to achieve the following:

- ⌘ Raising the competency standards of the functionaries/ personnel working in substance demand reduction and other related sectors;
- ⌘ Standardization of care in substance abuse prevention;
- ⌘ Updating information and creating a database on extent and pattern of substance abuse and interventions developed at local, regional, national and international levels; and
- ⌘ Promoting advocacy and networking in the field of substance abuse prevention.
- ⌘ Evolve culture-specific models for the prevention of alcoholism and substance abuse and for rehabilitation of drug dependent persons;
- ⌘ Promote collective initiatives and self-help endeavour among individuals and groups vulnerable to addiction or found at risk;
- ⌘ Increase community participation and public cooperation in the reduction of demand for dependence-producing substances;
- ⌘ Create and sustain an infrastructure of trained human resource personnel and service providers to strengthen the service delivery mechanisms;



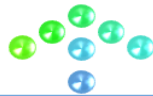
OTHER BAD HABITS OF PATIENTS



- ⌘ Establish and foster appropriate synergy between State interventions, corporate initiatives, the voluntary sector and other stakeholders in the field of substance abuse prevention;
- ⌘ Facilitate networking among policy planners, service providers and other stakeholders, with an aim to encourage appropriate advocacy.

- ⌘ Promote and sustain a system of continuous monitoring and evaluation including self-correctional mechanism.
- ⌘ To provide accessible and efficient medical, psychological, and social interventions to those with drug use problems.
- ⌘ To raise knowledge and educate people about the negative impacts that drug and alcohol addiction have on communities, particularly for young people and other vulnerable groups.
- ⌘ To provide social reintegration programs, vocational training, and aftercare in order to promote long-term recovery and rehabilitation.
- ⌘ To use support networks, education, and counselling to engage families and communities in the healing process.
- ⌘ To foster empathy and understanding in order to lessen the stigma attached to addiction and to motivate behaviour that seeks treatment.
- ⌘ To increase our combined influence by forming alliances with governmental agencies, non-governmental organizations, academic institutions, and medical facilities.

MISSION AND VISION:



MISSION

Our mission is to provide comprehensive, compassionate and evidence-based treatment for individuals struggling with substance use disorders. We are dedicated to supporting their journey to recovery by offering medical care, psychological counselling, social reintegration, and continuous aftercare. Through community outreach and education, we aim to reduce stigma and promote a healthier, addiction-free society.



VISSION

Our vision is to support all alcoholics and addicts who approach us in their quest for recovery in leading happy, healthy lives. To establish a society in which all those impacted by substance misuse have access to high-quality care, assistance, and chances for an entirely new beginning.

APPROACH OF DDRC:



Progress of the centre at a Glance (February 2024-March 2025)

Over the course of the year, Mukti foundation drug de-addiction centre under DISHA scheme Palla, Khordha made significant strides in providing treatment and support for individuals battling substance abuse. Our key achievements include:

• **Total Number of inmates admitted**

310



• **Number of inmates detoxifications completed**

310



• **Total No of Outpatient Consultations**

293



• **Individual counselling sessions conducted**

1324



• **Family counselling sessions conducted**

592



• **Group Counselling therapy Sessions held**

211



• **Total Number of Patients Successful Rehabilitated**

24



• **Awareness programs conducted**

310



• **Number of relapse cases identified and managed**

293



• **Total Home Visit of Inmates by Social Worker and other staffs**

342



• **Total follow up inmates through telephonic counselling**

944



• **Received Telephonic calls from Inmates for suggestion**

566



Services Provided at the Centre

Mukti foundation drug de-addiction centre under DISHA scheme Palla, Khordha offers a comprehensive range of services designed to address the physical, psychological and social aspects of addiction. Our approach is holistic and patient-centered, ensuring support throughout every stage of recovery.

- ⌘ Medical Detoxification: Supervised withdrawal management to ensure safe and comfortable detox.
- ⌘ Inpatient & Outpatient Rehabilitation: Structured treatment programs tailored to individual needs.
- ⌘ Individual Counseling: One-on-one therapy sessions focusing on behavior change and mental well-being.
- ⌘ Group Therapy: Peer support sessions to encourage shared learning and emotional healing.
- ⌘ Family Counseling: Involving family members in the recovery process to rebuild trust and support systems.
- ⌘ Psychiatric Consultation: Mental health assessments and treatment for co-occurring disorders.
- ⌘ Vocational Training & Skill Development: Programs to help patients gain employment post-recovery.
- ⌘ Aftercare & Follow-Up: Ongoing support to prevent relapse and promote long-term recovery.
- ⌘ Awareness & Prevention Programs: Community outreach to educate about substance abuse and available help.

Treatment Procedure:

Through treatment, people may reclaim control of their life and reverse the negative consequences of addiction on their brain and behaviour. Our de-addiction center's treatment approach is divided into three thorough stages: primary, secondary, and tertiary. From detoxification to rehabilitation and long-term reintegration into society, our staged method guarantees a comprehensive recovery process.

1. Primary Phase:

Medical intervention is the main emphasis of this phase in order to control withdrawal symptoms and provide physical stability.

- ⌘ Duration: Usually 7-10 days, depending on the patient's health and the drug.
- ⌘ Medication for managing withdrawals;
- ⌘ Interaction with intake counseling;
- ⌘ Individual treatment;
- ⌘ Medical examination and diagnosis;

2. Secondary Phase:

This is the core phase of psychological and behavioural therapy that addresses the root causes of addiction.

- ⌘ Duration of stay: 30 days (can be extended as needed)
- ⌘ Detoxification outdoor/indoor
- ⌘ Individual counseling, group counseling and family counseling
- ⌘ Livelihood skill development training

- ⌘ Yoga, meditation and physical activities

3. Tertiary Phase:

This phase supports the patient's long-term recovery and return to normal life

- ⌘ Regular follow-up (home visits, phone calls)
- ⌘ Referral to livelihood or skill training programs
- ⌘ Medical check-up and advice.
- ⌘ Engagement with peer support networks (NA/AA groups)
- ⌘ Counseling
- ⌘ Linkage with social welfare schemes (pension, employment support)

Steps of Treatment Process

The Addiction Treatment Process Steps Patients can start along the path to long-term recovery by being aware of every stage of the addiction treatment process, from admission to ongoing care.

The first step to recovery is deciding to deal with one's drug or alcohol addiction. A person can start working on their sobriety in a welcoming and secure setting in treatment centers. However,



there is no one-size-fits-all method of treating substance use problems. Depending on a number of variables, including as the extent of their addiction, whether they have co-occurring mental health illnesses, physical health difficulties, associated legal issues, and more, each person needs an individually tailored therapy strategy.

One way to reduce fear or any preconceived conceptions is to understand what happens during the addiction

treatment process. There are choices to help you recover, whether you're looking for a facility with robust aftercare programs, medication-assisted therapy, or a holistic approach.

The Admissions Process

Once the patient and his family have chosen a treatment center, the admissions team will help you with the initial admissions process. This entails verifying one's identity, availability, and readiness to participate in the program. Important information may be obtained during the first conversation with a DDRC. To answer any questions and provide a smooth applications process, the admissions staff is available.

Certain entrance criteria, such pre-assessment interviews or medical examinations, apply to our DDRC treatment centers. Treatment assistance and appropriate planning can be facilitated by having a thorough understanding of the admissions process.

The Procedure for Intake

Patients will probably meet with professionals at intake to go over their medical history, consumption habits, and any mental health issues. This critical step helps the treatment team create a personalized plan to address your specific needs. The intake may take a few hours and often includes signing consent forms and learning about DDRC rules, expectations, and what to bring with you to rehab.

While treatment planning should be individualized, there are addiction treatment stages that tend to be somewhat universal like assessment and detoxification.

Assessment

One of the most crucial phases in the addiction treatment process is an in-depth assessment, which gives the clinical and medical staff a greater understanding of each patient's mental and physical well-being as well as their preparedness for change. A thorough history of variables, including the kinds of drugs used, the length and intensity of usage, and the existence of any co-occurring mental health issues, will be assessed by our doctor at this phase. This might involve blood tests, psychiatric testing, and other exams.

Creating a comprehensive, individualized treatment plan that takes into account the full person and not simply substance use is the aim of assessment. The majority of treatment centers see evaluation as a continuous process, and patients are appraised during their stay to make sure their changing requirements are satisfied and their recovery strategy is still working.

Detox

Usually, the first stage of therapy for those who are drug or alcohol dependent is detoxification. A medically supervised detox is the safest alternative since it allows medical professionals to properly monitor the moderate to severe withdrawal symptoms. In addition to lowering risks, having sympathetic medical personnel on hand to assist patients feel more at ease during the procedure helps guarantee that patients feel supported. Treatment drugs are also available to assist control withdrawal symptoms and, if required, lessen cravings. Depending on the substance used and the intensity of usage, the detoxification period can last anywhere from a few days to several weeks.

Inpatient Treatment

People who require intense assistance for drug use or mental health issues can get care around-the-clock in a regulated, encouraging atmosphere through inpatient or residential therapy. These programs could be provided in specialist treatment centers or in hospitals.

Although each patient's inpatient treatment duration varies, 30-90 days is a common beginning point. A wide range of therapy, psychoeducation, peer support, and wellness activities are commonly included in inpatient treatment. People may focus on their rehabilitation without the interruptions and pressures of daily life because to the immersive nature of this inpatient or residential treatment.

Family Therapy And Support Groups

Addiction impacts not only the individual with a substance use illness but also the entire family. When a loved one is struggling with addiction, family members may feel isolated. Rebuilding trust, enhancing communication, and educating loved ones about treatment and recovery are all possible with family therapy.

Treatment Outside of the Hospital

People who get therapy services through outpatient programs are able to resume their regular activities, like taking care of their families, working, or attending school. The degree of this level of therapy varies, but it frequently involves organized programs such as intensive outpatient programs (IOP) and partial hospitalization programs (PHP). A step down from inpatient treatment, PHP usually offers around six hours of programming every day, five days a week. During therapy, education, and skill-building sessions, clients might live at home or stay at a treatment center.

Another step down is IOP, which provides around nine hours of therapy each week, often three hours a day, three days a week. Patients usually continue at home at this stage and continue to receive group and individual treatment.

Planning for Aftercare

Long-term results are considerably improved by ongoing participation in rehabilitation. Working with your treatment team to create an aftercare plan that fits your lifestyle and personal objectives is crucial before you leave treatment. This could include follow-up appointments, relapse prevention techniques, regular treatment, and participation in support groups.

Discharged from DDRC.

The discharge phase marks a turning point and a fresh start in the addiction treatment process. After therapy, patients will have useful resources, strong coping mechanisms, and, ideally, a strong support system. To support the work that begins in treatment, a person's treatment team will recommend them to therapists, primary care physicians, or community recovery groups.

Sober Living

After inpatient treatment, some people benefit from staying in a sober living facility for a while. This is a long-term solution in which residents live in accountable, structured, and drug- and alcohol-free housing with peer support. For those who need to gradually reintegrate into society, sober living facilities are very beneficial.

Alumni Participation

After treatment is over, our center's alumni programs assist former clients maintain relationships and support. These programs frequently include of mentorship possibilities, social gatherings, continuing education, and 12-step meetings. Similar to aftercare, alumni engagement is a continuous process that can continue for years, assisting individuals in preserving connections with like-minded individuals.

In our DDRC former Patients band together to create their own support systems, while others employ specialized alumni coordinators to plan activities and encourage involvement. Although every alumni program is different, they all aim to foster long-lasting rehabilitation by interaction and common experiences.

Continuing Care

After therapy is ended, recovery continues. The path of sobriety frequently calls for ongoing assistance. Through 12-step programs or other peer support groups, where accountability and support are provided through regular meetings and sponsor relationships, many people discover connection, inspiration, and motivation. Sustained individual or group therapy can also play a significant role in addressing underlying mental health issues, strengthening coping mechanisms, and overcoming obstacles in life.

Medication management and participation in community-based rehabilitation programs are further examples of continuing care. As they create a better life, this long-term recovery method keeps them centered and in control.

Yoga Therapy

As part of the DISHA project in Palla, Khordha, the Mukti Foundation Drug De-Addiction & Rehabilitation Center, committed to the rehabilitation and reintegration of those affected by alcohol and drug abuse, embarked on a new chapter in 2024-2025. Since addiction continues to be a serious threat to individuals, families, and communities, our center has remained committed to providing compassionate, evidence-based treatment and promoting long-term recovery. Many individuals have benefited from our multidisciplinary approach, which combines medical care, psychological counselling, and social support, as they begin the journey toward a healthy and addiction-free life.



According to studies, yoga may be a helpful adjunctive treatment for drug use disorders. Yoga has been shown to improve mental health, reduce cravings, and assist people with drug use disorders manage their withdrawal symptoms. In addiction treatment programs, yoga therapy is becoming recognized as a beneficial supplement to traditional treatments.

Yoga not only heals illness but also helps individuals understand the underlying causes of illness, which leads to better health. Medical yoga therapy should ideally be a personalized, holistic approach that takes into account the patient's emotional, physical, and spiritual health as well as their family, support network, employment, and culture as part of their individual treatment plan. For instance, if a patient has been diagnosed with anxiety, may recommend certain breathing exercises (pranayamas), relaxing poses (asanas), mindfulness exercises and/or meditation, along with other lifestyle recommendations. This kind of therapy can assist the patient long



after their contact with the healthcare professional is over, and it does not have the potentially negative side effects of pharmaceuticals.



Yoga's mindfulness and meditation practices help to educate the mind to avoid becoming sidetracked and enmeshed in its never-ending, whirling stream of thoughts. These techniques assist the patient handle possible anxiety triggers, cope with stress, and develop resilience. Additionally, they might encourage introspection that could reveal the cause or causes of one's worry.

If necessary, anti-anxiety medications and/or

psychotherapy may be used in tandem; medical yoga in such cases is strongly adjunctive and complementary.

Yoga therapy offers significant benefits in substance abuse recovery by addressing both physical and mental aspects of addiction. It helps reduce stress, manage cravings, and improve emotional regulation, ultimately supporting a healthier and more sustainable recovery process.

The positive effects of yoga therapy for recovering from substance abuse. The parasympathetic nervous system is activated by its mix of physical postures, breathing techniques (pranayama), and meditation. This promotes relaxation and lowers stress, which is a key relapse trigger. Yoga promotes bodily awareness and mindfulness, which aids people in better recognizing and controlling emotional triggers and desires. By raising levels of calming neurotransmitters like GABA, yoga can help balance brain chemistry and lessen the severity of withdrawal symptoms. Regular yoga practice develops mental toughness, discipline, and focus—all of which are essential for sustaining sober and fostering resilience against relapse. Yoga enhances general well-being, flexibility, and physical fitness—all of which can be harmed by substance misuse and withdrawal. Better sleep is necessary for both physical and emotional recuperation, and yoga may help with relaxation and anxiety reduction. By integrating the mind, body, and spirit, yoga offers a comprehensive rehabilitation strategy that tackles the root causes of addiction and fosters long-term wellbeing. Yoga can be used



with other conventional therapies, such as counselling and medicine, to offer a more thorough approach to healing. It can help people deal with despair, anxiety, and trauma—all of which are frequently linked to substance use problems. Yoga assists people in creating constructive coping mechanisms to deal with stress, cravings, and other difficulties that arise throughout the healing process.

Our employees at the DDRRC, Mukti Foundation consistently encourage people to embrace better lifestyle choices that promote long-term sobriety, such as consistent exercise, a balanced diet, and mindfulness exercises.

Counselling Therapy:

Counselling in addiction treatment refers to the process in which trained professionals help individuals understand their addiction, identify triggers, and build coping mechanisms to live a drug-free life. It is a core component of rehabilitation programs



and plays a crucial role in helping individuals maintain sobriety. This approach involves both one-on-one and group therapy sessions, and it is designed to address the emotional and psychological aspects of addiction, which are often overlooked by medical treatments alone.

Family-based

SUD interventions focus on encouraging clients with SUDs to initiate and sustain recovery, improving their family communication and relationships to support and sustain their recovery, and helping family members engage in self-care and their own recovery. When family members change their thinking about substance misuse and their behavioral responses to substance misuse, the entire family system changes. You can help clients and their family members initiate and sustain recovery from substance use disorders (SUDs) by actively involving family members in treatment.



All family counselling approaches for SUD treatment reflect the principles of systems theory. Systems theory views the client as an embedded part of multiple systems—family, community, culture, and society. Family counselling approaches specific to SUD treatment require SUD treatment providers to understand and manage complex family dynamics and communication patterns. They must also be familiar with the ways family systems organize themselves around the substance use behaviours of the person with an

SUD. Substance misuse is often linked with other difficult life problems— for example, co-occurring mental disorders, criminal justice involvement, health concerns including sexually transmitted diseases, cognitive impairment, and socioeconomic constraints (e.g., lack of a job or home). The addiction treatment field has adapted family systems approaches to address the unique circumstances of families in which substance misuse and SUDs occur.

It is beyond the scope of this TIP to cover all family therapy theories and counselling approaches. Mukti Foundation reviews the most relevant and research-based family counselling approaches specifically developed for treating couples and families where the primary issue within



the family system is an SUD. It describes the underlying concepts, goals, and techniques for each approach. This chapter covers the following family-based treatment methods.

MONTH WISE INPATIENTS DISCHARGED AT DDRC,



Mar 2024	23 4	24 5	25 3					
Apr 2024	10 2	19 2	22 3	23 3				
May 2024	13 2	15 2	26 4	27 7	28 2	29 4		
Jun 2024	18 3	24 5	25 2	28 3	29 2	30 2		
Jul 2024	10 3	11 2	15 3	22 4	23 4	24 2	25 2	27 2
Aug 2024	3 2	8 2	9 3	24 4	26 2	27 2	28 2	
Sep 2024	2 2	9 2	10 5	16 2	18 3	23 3	24 2	
Oct 2024	2 2	3 2	10 3	14 2	15 3	18 2	25 2	
Nov 2024	1 2	14 3	18 2	20 3	21 2	22 2	23 2	25 2
Dec 2024	2 2	5 3	18 2	21 2	26 3			
Jan 2025	7 5	11 2	13 2	20 2	25 2	29 2		
Feb 2025	1 2	5 3	8 3	11 2	13 2	18 2	21 2	
Mar 2025	5 2	10 2	17 2	18 3				

Awareness Programme for community and Outreach

Community engagement and preventive education are key pillars of our mission at drug de-addiction centre Palla, Khordha. In 2024-25, we strengthened our outreach efforts to raise awareness about the dangers of substance abuse and the importance of early intervention.

SUCCESS CASE STORIES OF NIRAJAN BEHERA

Niranjana Behera is a 45-year-old married father of two who works as a daily wage employee for a private company. He and his family live in Saguan Bagicha, Khordha. In terms of academic achievement, he's not performing as well as he did in Class 9. He started taking Ganja at the age of 24 out of curiosity. At that time, he was regularly drinking brown sugar and alcohol. His father is a successful businessman, and the family has a solid reputation.



His addiction was forcing him to engage in illegal activities that were wrecking his life and creating problems for his family. His admission to the Drugs Addiction and Rehabilitation Centre of the Mukti Foundation in April 2024, however, marked an important turning point. He took the therapy seriously and encouraged the inmate to change after three months since he wanted to change on his own. He received yoga treatment, health counselling, skill training, and follow-up to begin living a drug-free life on a regular basis. He inspired other prisoners to give up drugs and improve the sustainability of their lives. He had participated in a number of skill-building activities throughout the course of the program, including constructing Phenyl & Dhoop sticks and cultivating mushrooms. He was presently living a drug-free life, managing a mushroom farm, and working at his private employment. He was also a skilled motivational speaker who had changed the lives of other addicts. He was now welcomed by his family, who were likewise pleased with his recuperation.

SOMANATH HAS MODIFIED HIS STANDPOINT ON LIVING

Somanath Mohapatra, a 26-year-old single son of Prasanta Mohapatra, resides in Gurujanga, Khordha, alongside his family. His academic career is going smoothly; he has a diploma. At the age of seventeen, he began using Ganja for the sake of curiosity. Following that, he began consuming alcohol, brown sugar, and occasionally Ganja smoking. His father is a merchant, and he comes from a well-known Brahmin family.

He engaged in illicit activities as a result of his addicted behavior, which was ruining his life and causing issues for his family. But in April 2024, he was accepted to Mukti Foundation's DDRC under the DISHA Scheme and got three months of thorough rehabilitation. He was admitted with weariness, lack of appetite, jaundice, stomach discomfort, edema, and, in the final stages, a state of confusion



After a pathological examination of his LFT, it was found that the GGPT is high and the other parameters are unusually high. He was well after receiving treatment from our medical personnel. A big transformation had occurred; he wanted to change on his own, so he took the treatment seriously and pushed the convict to do the same. He underwent continued therapy and follow-up to help him begin his drug-free lifetime. He persuaded other offenders to choose a drug-free lifestyle, making his life more manageable. During his rehabilitation, he obtained poultry farming instruction. Now he lived a drug-free life, owned a chicken farm in Gurujanga, assisted his father in business, and provided training at a de-addiction center. He was also a good motivational speaker who had changed the lives of other addicts. Now he was welcomed by his family, who were equally pleased with their son's recuperation. His family expressed gratitude to our Mukti Foundation and team.

DISHA STAFF AND THEIR TRAINING

An interdisciplinary team of committed specialists supports the DISHA Project in ensuring the successful execution of preventive, treatment, rehabilitation, and outreach programs. Each staff member plays a key role in offering comprehensive treatment and assisting patients in their recovery journey.

There are seventeen employees working on the DISHA project, including a project coordinator, a medical officer, a clinical psychologist, two social workers, three ward boys, two security guards, a PET trainer, a yoga trainer, a nurse staff member, a pharmacist, a cook, an assistant, and an attendant.

At the SSEPD conference hall on the month of July 2024, the Project Coordinator, a clinical psychologist, and two DISHA social workers are receiving training from SSEPD on drug addiction prevention and documentation.

School Sensitization Programme

Fourteen number of one day Sensitization school-based Program on drug abuse prevention for school / college students from 9th to 12th class were organized. The major objectives of this sensitization programme were to create awareness among the young students about the negative impacts of drugs and substance abuses, to spread the information about different types of drugs, addictions and the difficulties caused by it, to train and sensitize the teen agers to deal with peer pressure effectively for preventing the drug abuse among them and also to develop the life skills among the young students to prevent drug and substance abuse in the premises of schools or colleges. Keeping the above objectives in focus, a 'One Day Sensitization Programme' was conducted in different school and college Premises of Khurda district. The entire schedule of activities undertaken in the sensitization programme is mentioned in the following table.

Awareness Programmes on Drug Abuse Prevention (February 2024-March 2025)

Sl. No	Target Group	Objective	No. of Programme	No. of Participants
1	School Students	Sensitize youth on harmful effects of drug abuse and promote healthy habits	13	722
2	College Students	Raise awareness about substance use, peer influence and coping strategies	1	29
3	SHG Members	To educate SHG members on the ill effect of drug and alcohol abuse and empower them to play a preventive and supportive role within their families and communities	2	56
4	PRI Members	Involve local leaders in advocacy and support for rehabilitation	5	116
5	Community (Rural & Urban)	To sensitize the general community about ill effect of drug and alcohol abuse	27	526
6	Police Personnel	To sensitize police personal on the causes, consequences and prevention strategies related to substance abuse and promote coordination with rehabilitation services	1	14
7	Transgender community (TG)	To create awareness among the transgender community (TG) on the harmful effects of substance abuse	3	94

OBSERVANCE OF SPECIAL DAYS

The DDRC, Mukti Foundation has organized almost 6 different activities as special programmes in specific locations. The following table gives a detailed illustration of the activities.

Sl. No	Name of the Activity	Date & Venue	Target Group	No. of Participants
1.	Observation of World No Tobacco Day	31 st May, 2024 DDC premises, Palla, Khordha	Community leaders, PRIs, Women leaders, Youth, students, Teachers & CBO functionaries, Staff of DISHA	65
2.	Observation of International Yoga Day	21 st June, 2024 premises of DDC, Palla, Khordha	Inmates of the DDC along with recovery addicts and DISHA staff	57
3.	Observation of International Day Against Drug Abuse & Illicit Trafficking	26 th June, 2024 Collectorate, Khordha	NCC Girls Cadet, Ex-drug addicts, Youth Leaders, College Students, & Youth PRIs, Social Activists, Govt. officials, NGOs Chief Functionaries	510
4.	Awareness Programme on Prevention of Alcohol & Substance Drug Abuse	27 February, 2024 Nial village, Khordha	village People and children and social worker and staff of DISHA	17
5.	Awareness Programme on Prevention of Alcohol & Substance Drug Abuse	24 June, 2024, Totapada high school, Khordha	School children, teacher and staff of DISHA	35
6.	Awareness Programme on Prevention of Alcohol & Substance Drug Abuse	31 st August, 2024, Ommkar basti, Bharatpur	TGs communities and staff of DISHA	46

DETAILS OF OBSERVANCE OF SPECIAL DAYS:-

(i) Observance of World No Tobacco Day

In commemoration of "World No Tobacco Day," the Mukti Foundation hosted a session on "Prevention-Use of Tobacco and Drugs" on May 31, 2024, at the DDC office in Palla, Khordha. This time, the presentation was seen by 65 people, including the delegates, former drug abusers, current drug users, volunteers, and young people.

Mr. Priya Ranjan Dash, Chairman of the Mukti Foundation, presented a welcoming speech and officially launched the program during an inaugural gathering. Following that, our doctor presented on the prevention of drug and tobacco use. Following the presentation, there



was an open sharing period when attendees engaged with one another and exchanged opinions. Finally, the project coordinator offered a vote of gratitude and praised each and every participant.

(ii) Observance of International Yoga Day on 21st June, 2024

The Mukti foundation organized a workshop on "Yoga for Peace" on the observance of "International Yoga Day" on 21st June, 2024 at the premises of DDC, Palla, Khordha, to motivate the inmates for a better health care practice. Almost 57 participants including the delegates, inmates and all staff of DISHA participated in the programme and learned different "Yogasanas" of good health and meditation from the resource person.

(iii) Observance of 'International Day against Drug Abuse and Illicit Trafficking'

The Mukti Foundation, in collaboration with the District Social Security Office (DSSO) of Khudha, Odisha, hosted a huge demonstration and public awareness gathering at Khordha town hall on June 26, 2024, to commemorate the 'International Day against Drug Abuse and Illicit Trafficking'. The demonstration and public awareness gathering attracted almost 510 attendees, including 50 NCC girl cadets, ex-drug users, government officials, and social workers. The collector chaired the entire occasion. Shri Chanchal Rana, IAS, Collector of Khordha, Odisha, launched the rally, which began at the collector's office and marched to the Khordha Town Hall. The participants displayed Pla-cards, posters and banners as well as raised slogans on the theme of "Prevention of Drug Abuse and Illicit trafficking to create awareness among the people. Following this, various cultural events including rock band shows and skit play were also organized on the theme of 'prevention of drug abuse'.

After the DSSO training program was over we organized a meeting at our DDRC campus. In these meetings ex-drug users, school going children and recovery addicts participated in the program. Overall, it was an enlightening meeting for the participants and many of them got the opportunity to clear their genuine doubts about the issue. It was the ideal meeting for spreading awareness on a day of great significance. The project coordinator congratulated all the participants and proposed vote of thanks.



(iv) Awareness Programme on "Prevention of Alcohol & Substance Abuse in schools, colleges, SHG members, community people, youth mass, TGs community, PRIs members in various rural and urban areas of Khordha district.

The Mukti foundation organised an awareness programme on 'Prevention of alcohol and substance abuse in various rural and urban areas of Khordha district. The programme aimed to raise awareness among children, youth and the community about the harmful effects of alcohol and substance and to promote a healthy and drug free lifestyle. The awareness programme was conducted in both urban and rural areas of Khordha district. The target groups are school children and college students, local youth and adolescents,

teachers, parents, community leaders, TG community, SHG members and women's groups. The programme successfully sensitized diverse segments of the population in Khordha district about the dangers of alcohol and drug abuse. Continued follow-up, community mobilization, and support services are essential to build on the momentum created through this initiative.

(v) Awareness Programme on Prevention of Alcohol & Substance Drug Abuse with TGs community.

The DDC organised an awareness Program on Drug Abuse Prevention for TGs community. To address this issue, an awareness programme was organized to educate, sensitize, and empower TGs about the harmful effects of substance abuse and the importance of a healthy lifestyle. The TG community shared personal experiences related to substance use and recovery and participants raised questions, shared doubts, and received practical guidance. IEC materials were distributed to the TG community for more information.

Networking and Advocacy

To ensure effective implementation and wider reach of the awareness programme the Mukti foundation maintains a good established network with the Department of Social Security & Empowerment of Persons with Disabilities, Govt. of Odisha. Similarly, the CBOs, voluntary agencies, police, academicians, social scientists, Social Activists, doctors and human right activists are in good touch with the DDRC.



Documentation of IEC and Resource Materials

The DDRC has developed various materials for the dissemination of information. Among them leaflets, brochures and posters are the ones which are published by the DDRC for the use of trainees, resource persons and general public. The materials were written in Odia language, so that it will be easily understandable by all.

SKILL TRAINING PROGRAMME FOR INMATES UNDER DISHA PROJECT

The DDRC conducted various skills training development programme for inmates at the Drug De-Addiction Centre Palla, Khordha. These trainings aim to build confidence, provide livelihood options, and ensure a sustainable recovery journey.



Sl. No	Name of Training Programme	Objective	No. of Beneficiaries Trained
1	Mushroom Cultivation	To equip inmates with practical knowledge and skills in mushroom farming for self-employment and sustainable livelihood.	71
2	Candle Making	To provide inmates with basic vocational skills in candle making, enabling them to generate income through home based	83
3	Poultry Farming	To develop technical and practical knowledge on poultry rearing, enabling inmates to take up poultry farming as a sustainable livelihood option	71
4	Phenyl Making	To provide practical skill in making phenyl enabling them to engage in income generating activities after rehabilitation	63
5	Incense Stick Making	To provide inmates with the skill to produce incense sticks at home based income generating activities	20
6	Badi Making	To empower inmates with the traditional skill of Badi making	63
7	Thonga Making	To impart practical skills in eco-friendly thonga making, encouraging sustainable livelihood option and self employment among inmates	37
8	Auto Mobile Training	To provide inmates with technical knowledge in vehicle repair and maintenance, helping them to become self-reliant	37
9	LED Ball Making	To provide practical and technical skills in LED ball making, enabling them to engage in low investment and home based activities	53
10	Electrical Training	To train inmates in basic electrical maintenance and repair	53
11	Roti Making	To train inmates in efficient and hygienic methods of roti preparation and enabling them for self-reliant	46
12	Mason Training	Provide construction related skills for labour opportunities	16



SUGGESTIONS OF THE VISITOR:

Mukti Foundation believes that having a solid support system is essential to recovery, and that include family members in the therapeutic process will help you adjust, continue therapy longer, and see great outcomes. The District Malaria Officer, DSSO, Vigilance SP, SSEPD personnel, NGO leaders, Head Maters, Teachers, Advocates, Reporters, and patient family members were among the 189 visitors and Government representatives who attended during the course of the previous year. For their feedback and suggestions on how to make DDRC more effective, DDRC maintained a guest book and visitor registration.

GOVT. OFFICIAL VISITED FOR REVIEW & MONITORING OF PSYCHOACTIVE SUBSTANCES ABUSES PATIENTS AT OUR DDC



GOVT. OFFICIALS VIEWS ON CARE OF PSYCHOACTIVE SUBSTANCES ABUSES PATIENTS AT OUR DDC

14/05/2024
 Visited the DDC, Khordha run by Mukti Foundation under GIA support of SSEPD Department. The centre is running smoothly with full staff strength. There are 25 inmates who are being inducted into scientifically based drug deaddiction methods and it will work for the treatment of the youths of the area.

(Signature)
 DSSO Khordha

(Signature)
 DSSO (Hq)

(Signature)
 SSEPD

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(Signature)
 DSSO Khordha

(Signature)
 DSSO (Hq)

(Signature)
 SSEPD

(Signature)
 DSSO (Hq)

(Signature)
 SSEPD

12/3/2024

Visited Mukti Foundation today with Counselor Mrs. Namita Panda from AI Centre, NIMHESK. Participated in the advisory meeting on the problems of Drug use and thence, associated complications and the benefits of art therapy for 100 Hq's and best of clinical services aimed at persons with Substance Use Disorders. Major associated with drug use is HIV and TB and discussions were held to address the issue of house inmates. Visited the rehabilitation facilities as well and the efforts put in by Dr. Garudhara Babu & commendably with state-of-the-art facilities. Wishing the whole team very best for future endeavors aiming for Drug-Free India!

(Signature)
 Dr. A. G. Mohanty
 DSSO Khordha

Visited the centre with the equivalent of exercise, Khordha to celebrate the 10th Annual Day against drug abuse & illicit trafficking with the members of the Recovery Centre. Found a remarkable emphasis on the treatment & after arrangement of the centre.

Only dedicated people can do the work. All the best to the organization.

(Signature)
 DSSO Khordha

(Signature)
 Supd. of Base Khordha

LEARNING FROM THE DDRC:

Holistic approaches are becoming increasingly popular in the treatment of addiction, as seen in many case studies on drug addiction. These approaches combine traditional therapies with alternative treatments like mindfulness meditation, yoga, fitness, and nutrition. Many individuals find that integrating physical health practices into their recovery improves their overall well-being and helps them cope with stress in a healthier way. In fact, research shows that physical activity and mindfulness can reduce cravings and enhance mental clarity, making it easier for individuals to stay sober.

- ⌘ The Role of Family Support: Family support is a key element in the recovery process.. Interventions by family members or loved ones can be the turning point that encourages individuals to seek help and start their recovery journey.
- ⌘ The Importance of Early Intervention: Early intervention can be in preventing a full-blown addiction. Identifying signs of substance abuse early, especially in young professionals, can prevent the progression of addiction.
- ⌘ Holistic Approaches to Treatment: Many rehabilitation centers in India are now incorporating holistic treatment options, such as yoga, meditation, and mindfulness, alongside traditional methods. This approach has proven effective in managing the physical and psychological aspects of addiction.
- ⌘ Addressing Stigma and Mental Health: There is often a significant stigma associated with addiction. As these case studies show, overcoming this stigma and addressing the underlying mental health issues, such as anxiety, depression, or trauma, is essential for recovery. Depression treatment is a critical part of the process. .
- ⌘ Sustaining Long-Term Recovery: Recovery doesn't end after rehab; it is an ongoing journey. Support groups and continued therapy play an essential role in sustaining long-term sobriety.

Challenges Faced

Despite significant progress in our treatment and outreach efforts, drug de-addiction Palla, Khordha encountered several challenges during the year 2024-25. These challenges highlight the ongoing need for support, innovation and collaboration in the fight against substance abuse.

- ⌘ Stigma and Social Barriers: Many individuals and families continue to hesitate in seeking help due to fear of judgment and social exclusion.
- ⌘ Relapse and Continuity of Care: A lack of structured aftercare and community support systems made it challenging to prevent relapse in some patients.
- ⌘ Lack of Awareness in Rural Areas: Limited access to information and services in remote areas hindered early intervention and treatment.
- ⌘ Addressing these challenges is critical to improving outcomes and expanding the reach of our services. We remain committed to overcoming these barriers through strategic planning and

YOGA THERAPY ON PSYCHOACTIVE SUBSTANCES ABUSES PATIENTS AT OUR DDC



GOVT. OFFICIAL VISITED FOR REVIEW & MONITORING OF PSYCHOACTIVE SUBSTANCES ABUSES PATIENTS AT OUR DDC



ORIENTATION ON PSYCHOACTIVE SUBSTANCES ABUSES AT PANCHAYAT LEVEL



RECREATIONAL ACTIVITIES FOR PSYCHOACTIVE SUBSTANCES ABUSES PATIENTS AT OUR DDC



SKILL TRAINING FOR PSYCHOACTIVE SUBSTANCES ABUSES PATIENTS AT OUR DDC



YOGA THERAPY ON PSYCHOACTIVE SUBSTANCES ABUSES PATIENTS AT OUR DDC

