

## **District De-addiction Centre (DDAC) Leh Discharges First Recovering Individual**

Leh, February 26, 2026: The District De-addiction Centre (DDAC), Leh marked a significant milestone with the successful discharge of its first recovering individual, reflecting the continued commitment of the District Administration towards addressing substance dependence through structured treatment, counselling, and rehabilitation services.

The programme witnessed the presence of Additional Deputy Commissioner, Leh, Ghulam Mohd (JKAS); DySP (HQ), Leh, Rishab Shukla, IPS; District Social and Tribal Welfare Officer, Leh, Mohd Safdar Bhat (JKAS); Consultant Psychiatrist Dr. Padma Angmo; the LBA Youth Wing Advisor; officials of DDAC Leh, along with the parent of the recovering individual.

At present, a total of six (06) male recovering individuals undergoing de-addiction treatment and rehabilitation are admitted at the Centre. One recovering individual, who had been admitted for the past one month, was successfully discharged on February 26, 2026 after completing the prescribed treatment, counselling sessions, and behavioural rehabilitation programme under medical supervision.

The discharged individual demonstrated significant improvement through continuous psychiatric care, therapeutic counselling, and structured rehabilitation activities. Officials highlighted that recovery from substance dependence is achievable through timely intervention, professional support, and active family involvement. The occasion served as an encouraging example for individuals and families seeking assistance through institutional rehabilitation services.

Speaking on the occasion, Additional Deputy Commissioner Leh Ghulam Mohd (JKAS) emphasized that the District Administration remains committed to supporting recovering individuals even after discharge. He stated that future measures will focus on rehabilitation through livelihood support, skill development opportunities, and facilitation for self-employment and small business initiatives to help individuals rebuild their lives with dignity and financial independence.

The LBA Youth Wing Advisor appreciated the efforts of the District Administration and healthcare professionals in creating a supportive environment for recovery. The Advisor emphasized the importance of youth engagement, community awareness, and preventive initiatives to discourage substance abuse and promote healthy lifestyles among young people in the region. The Youth Wing also expressed its commitment to supporting awareness campaigns and community outreach programmes in coordination with the administration.

The District Administration reiterated that sustained recovery remains a priority and outlined measures for continued support, including post-rehabilitation follow-up, regular counselling, family guidance, and community reintegration planning to help recovering individuals maintain long-term recovery. Authorities further informed that awareness drives, school and community outreach programmes, and inter-departmental coordination mechanisms are being strengthened to prevent substance abuse and ensure long-term social rehabilitation.

The District De-addiction Centre, Leh continues to function as a dedicated facility providing comprehensive medical treatment, psychological counselling, and rehabilitation services, reaffirming the Administration's commitment towards building a healthy, aware, and drug-free society.



