

REPORT ON THE CELEBRATION OF SIX YEARS OF NASHA MUKT BHARAT ABHIYAAN



Organised by: Department of De-addiction Medicine (DAM) and Addiction Treatment Facility (ATF), LGBRIMH

Date: 29 September 2026

Time: 12:00 PM

Venue: OPD, Department of De-addiction Medicine, LGBRIMH, Tezpur

Participants: 60 including patients, caregivers and staff members

Introduction

The Department of De-addiction Medicine (DAM) and Addiction Treatment Facility (ATF), Lokopriya Gopinath Bordoloi Regional Institute of Mental Health (LGBRIMH), organised an awareness programme on 29 September 2026 to mark six years of the Nasha Mukh Bharat Abhiyaan. The programme was held at the OPD of the Department of De-addiction Medicine at 12:00 PM.

The programme focused on creating awareness regarding substance use prevention and treatment, encouraging treatment engagement and follow-up, reducing stigma associated with substance use disorders, and highlighting the importance of recovery and continued support. Approximately 60 participants, including patients, caregivers and staff members, attended the programme.

Proceedings of the Programme

The programme began with Ms Khusboo Khatun, Counsellor, ATF, Department of De-addiction Medicine, welcoming the participants and briefly explaining the purpose and significance of the Nasha Mukh Bharat Abhiyaan. She provided participants with information on substance use prevention and treatment and distributed pamphlets containing relevant awareness messages and information on available treatment support.



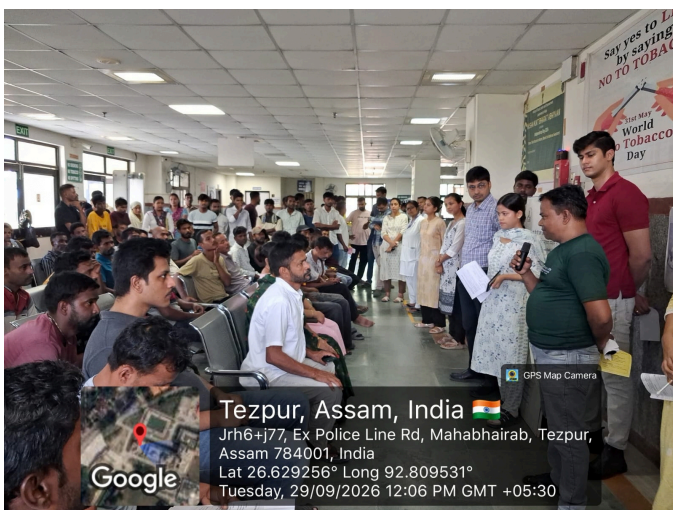
Following this, Dr. Diptadhi Mukherjee, Consultant and Assistant Professor, Department of De-addiction Medicine, LGBRIMH, addressed the gathering and shared his insights on substance use treatment and prevention. His interaction focused particularly on harm reduction, retention in treatment and regular follow-up. He highlighted the importance of continuing treatment and maintaining contact with treatment services as important components of recovery from substance use disorders.



The programme then included a lived experience sharing session, facilitated by Ms. Jupitora Kakoti, Counsellor, ATF. Three patients voluntarily shared their experiences of substance use treatment and their journey towards maintaining abstinence. Prior informed consent was obtained from the participants before their experiences were shared.

The participants spoke about their experiences with treatment and the challenges involved in maintaining recovery. They particularly highlighted the importance of regular follow-up and continued engagement with treatment services. One of the participants also shared that experiencing a lapse should not be considered a reason to discontinue treatment and emphasised the importance of seeking professional help and returning to treatment when required.

The lived experience session provided an opportunity for other patients and caregivers present at the programme to listen to recovery experiences from individuals undergoing treatment. The session also reinforced the message that recovery can involve challenges and that continued treatment and support remain important.



The programme concluded with the collective administration of the Nasha Mukta Bharat Pledge. Patients, caregivers, and staff at the venue pledged to prevent substance use and support the goals of a Nasha Mukta Bharat.



Conclusion

The programme offered a meaningful platform for awareness, interaction, and sharing recovery experiences among patients, caregivers, and healthcare professionals. The discussions emphasised that substance use treatment is not limited to the initiation of treatment, but also requires continued engagement, regular follow-up and appropriate support during periods of difficulty or lapse.

The involvement of patients in sharing their lived experiences added a personal dimension to the programme and encouraged open discussion on treatment and recovery. The programme concluded with a collective pledge, reaffirming the shared responsibility of individuals, families, healthcare professionals and the community in addressing substance use and promoting a healthier and substance-free society.