

POST REHABILITATION CARE

Volume II Issue II

15 June 2013

Addiction is beatable challenge

I would like to share my experience that how I overcame my addiction I suffered 10 to 11 years with in these longtime. I was breathing but as a dead human being cause I had no feelings, emotional or spirituality. I don't used to care about my family, friends and the people those who lived around me and slowly they started staying away from me, like I wasn't part of them. I became more selfish started searching my life totally in drugs but I always felt that I was wrong but at that time I couldn't help myself. After few years, I got some message about NA from my friends. I thought this is the last chance to get rid of this hell then I regularly attended the meeting and shared my feelings to relief my pain and guilty. Then one of my peers who worked in Youth Vision understood and provided me the information about Post Rehabilitation Program. I was influenced by the program and I visited regularly in YV. When Youth Vision flashed notice about admission in PRC, I applied and was short listed. After few days they informed me about the selection then I regularly attended the sessions, trainings and other activities likes school awareness, community development program which helped me to build my self-esteem and my new identity. PRC made me a human being and helped me to cultivate learning attitude and foster positive relationship. Lastly PRC provided me opportunity to develop vocational skills to repair mobile phones.

With great support of PRC I 've been able to be recognized in my family and society today I have managed to start a small business of mobile repairing shop which helps me to survive and top of all I am happy and not dependent in drugs and I am clean.

Sanjay Dutta

"I want to start my own snack shop so please support me 10,000/- to 12,000/- I will return it in installment of 3 months. "

Rajesh Gupta) Lot VI.

"I convinced my family and they supported me 10 to 15 thousand to establish my mobile repairing store at Bypass road but all my capital amount finished in maintaining the store and I need more 10,000/- to 12,000/- to buy some manual repairing equipment so please help me to upgrade it."

Sanjay Dutta Lot V.



Graduate PRC member working in his mobile repairing store.

In This Issue

- Vicious circle of drugs use.
- We are first Change
- I have had enough but!
- Service for people who use drugs in Parsa.



Graduate PRC member working in his butcher shop.

nfu"kbfsf]b'irqm

dj]!% j ifsf]pd] b]v r/f] vfg z? u/] l j :tf/}d]f]r/f] vfg]afgl r/f]df
मात्रे सिमित रहेन मेरो पाईलाहरू नशाको अध्यारो शुरू भित्र लम्कदै थियो । साथीभाईको
nxnx]df pglx?sf]b]f]l; lsdf dj]uf]f x]c]l]odf a]pg ; u/sf] ; jg ug{yfn]
t/ ; w} ; don] ; fy sxf]lbbf] / 5 / k]zsf] nflu kl/j f/ ; # agfpg] axfgsf
e08f/x? g]l]l]t; s]sf lyP . kl/j f/sf]cf]f c]o d]f]g]l]l]ts}d c]k]m}k; n,
3/df r]f]L ug]uy]. t/ d]f]of]3]ft Joj x/ klg sxf; w]l]ls/Syof]kl/j f/n]d
k]t Ps bd]lgu/flg ug{yfn]kl5 c]k]m]g]z]f lng]r]fxnf0{d]fpg d d]f nfu]sf]
7p]f h]f v]hpg] 9f]g] r]g]ug{; Dd klg kl5 gkg]cj :ydf lyP . l j :tf/
k}sf]cef]n]ubf{dj]a9l z]Ns ltg'kg]a]pg ; u/sf] ; f6f] ; 0f f6 nfu"kbfsf]
k]f]l ug{yfn]. dnf0{lbg lbg}g]z]n]d/] t]No agf0{/x]sf]lyof]t/ d To; d]f g}
d]f] ; #f/ 5 e]g]e]df af]r /x]sf]lyP . c]odf k]f]l]sf]nflu d]f]z/l/n]klg
d]f] ; fy lbg 5f8]d]f]d]f]v]d]f l]x8g klg g; Sg]ul/ 3fpm eof]. 3fpm kfs]
c]o]t l]k]n]l5Psf]cj :yf k]Zrft dnf0{dxzz eof]ls d cj of]l]h]g]f6 d]l]Qm
k]pg r]fx65'. dnf0{g]z]f 5f8g'5 e]b}d @ lbg ; Dd c]k]m}3/df al; /x]sf]
cj :ydf dnf0{d]f]Ps c]k]m]t]n] ; Dem]pb}e]g'ef]t]f]a]af d ; # c]f/ ?65, tF
lsg o:tf]u5{\tnf0{h]r]flx65, h]f]fh]g d]gn]l]5 eg t/ o:tf]sfd lsg u5{\
h:n]t]f]h]l]g aaf] u5{t]f]kl/j f/sf]z]f]t e# u5{e]b}dnf0{o]y leh]g]f/]
h]f]gsf/l lbg'eof]/ d]f]a]afn]dnf0{; f]; #ydf nlu pkrf/d] egf{ul/lbg'eof].
pkrf/d] h]f]f d]f] dgdf d]f]sf/0fn]ubf{d]f] kl/j f/sf]6f]sf] ; w} tn
e0{/x65 . d]f]l]q]m]f]sn]k]n]ubf{d]f]ef0{alxgl d ; # a]f]l]b]g]g\ d]f]5f]f 5f]l
klg 7h]f]xb}u0{x]sf]lyof]. dnf0{ltglx?sf]el]io s]x65 e]g]dj]Vofn ul/g
eg]pglx?sf]s]x65 . c]fb 0f]obl ef]g]f]ds bafan]dnf0{lk/f]lg y]l]of]. o:tf
ef]g]gnf0{dj]p]h]f]sf]?kdf k]f]l u/] pkrf/ k]Zrft b]gs ?kdf yv df Day
Care ug{yfn]. To; k]Zrft dj]PRC sfo]m]ddf ; fd]h xg]cj ; / k]P . PRC
sfo]m]d c]t]t]sf k/fdz{ slff tyf t]l]dx?n] d]f]c]f]d]l]z]f; nf0{cem
बढाउन मद्दत गर्‍यो ।

x]n d c]k]m]g]kl/j f/sf]df; 'Joj ; fodf xft a9f0{/x]sf]5' / d d]f]kl/j f/ ; # ; f]
Joj ; fodf Psbd v'; l 5'. dj]g]z]sf] ; jg u/] h]l]g aj]f] ul//x]sf]lyP . x]n
h]l]gnf0{h]l]gsf]lx; fadf hl0{x]sf]5' . kl/j f/ v'; l e]Psf]b]y]dd]f klg

Editorial

Youth Vision (YV) ,
A common name among
the people who use drugs
since 1985. The services
are spread from 8 districts
through 14 service stations
along with the geographical
extension of the services
through camps at additional
places.

YV believes in Rights based
health and social services
for people affected by drug
use. The people affected by
drug use should always be
approached with the
intervention that is accept-
able for them. We urge all
the service

providers, concern authori-
ties and individual through
this publication to respect
the rights of people who
use drugs and people
infected with HIV. Do inform
about the intervention pro-
grams, services, treatment
facilities that are available
but let the individual
choose.

c]f]d; Gtli6 eP/ c]f]p5 .
g]z] ; j]gsf]cj :ydf a]af]cdf,
>ldt]l, 5f]f]5f]l k]l]tsf]st]o tyf
l]h]d]f/l l]l; P]sf]lyP+t/ c]f]h
d ; j]sf]j]f]d]f ; f]5' / Ps
h]l]d]f/ 5f]f, >ldfg\tyf a]af]sf]
el]dsf l]g]f] ul//x]sf]5'.
d]f]a]af]cdf / d]f]x]f]
k]f]f]df ; xof]l ug] o]y
leh]g ; #f]k]l]t d]f]gof]h]l]gsf]
cef/ k]6 ub]5'.

k/d]b]v8]l

पहिलो परिवर्तन हामी



/f/ > j/

nfu' cfjfwsf]; jg tyf cf] f/ kf] f/ gkfnsf] nflu dfq ge0{lj Zj s} nflu 7hf] 6fpsf] bvf0{ag}sf] 5 . o; las/fn ; d:ofaf6 lasl; t dh'sn] cfkmgf] ctofwlgs ; fjt / ; f]sf] kl/rfngaf6 s}l /fxt kfpklg विकासोन्मुख राष्ट्रहरू भने अहिले पनि यो समस्याबाट नराम्ररी गाजिएका छन् । विकासोन्मुख राष्ट्रले यस दलदलबाट hlt dIom kfpq] kpf; u5{ ptl ulx/f0{leq w:b} u0/fv}sf] 5 . xfdl] lb3}sfing ; dfwfgsf] kpf; lb3}sfing ; d:of aGb} u0/fv}sf] 5 .

राष्ट्रिय तथा अन्तर्राष्ट्रिय प्रयासको बावजुद विश्वमा लागु औषधको व्यवसाय र सेवनकर्ता हवात्तै बढेको छ । यो कुनै एक राष्ट्रको लागि dfq ge0{lj Zj s} nflu vt/fsf]; rs xf] eGb] km/s gknf{. z?df ; fy / nxnx}df o; sf] kpf] ug[u5} . t/ of] v/fj xf] eG] s/f aem-hjh; Dd pglx? wj} cl3 al9; s}sf xG5g . hxfaf6 pglx?nf0{kj ; fdf6o hlj gdf kmf}pg lgs} ufXf] xG5 . तर भनिन्छ नि “ सास रहुञ्जेलसम्म आश गर्न सकिन्छ ” भनेर, त्यही अनुरूप लागु औषध सेवनकर्तालाई यसको चंगुलबाट जोगाउन विभिन्न दातृराष्ट्र र संस्थाको सहयोगमा बीरगंज लगायत आसपासका क्षेत्रमा लागु औषध पूर्णस्थापना केन्द्रको संचालन भइराखेको छ । स्थापना भएका केन्द्रले सोचे जस्तो काम गर्न नसकेपनि, “ नहुनु मामा भन्दा काना मामा जाति ” भने जस्तै बीरगंजस्थित पूर्णस्थापना s}b}h] cfkmgf] ; fjt / ; fwgsf] clwstd kl/rfgn u/} nfu'cfjfw ; jgstf}f0{kj{yfkf ug[kpf; df h6}sf 5g\ al/u}hdf nfu' cfjfw kj{yfkf s}b}h] yfkf xg] qmddf kl5Nnf]; dodf cfP/ oy lehgsf] klj :yfkf ePsf] xf]. oy lehgn] nfu' cfjfw ; jgstf} kj{yfkf sf] lqdf sfd ub}cf0/x}sf] 5 . To; jfx} al/u}hdf ; fg] kf0{f / lahfd nufotsf ; yfn] klj nfu' cfjfw kj{yfkf s}b}h] ; fng u/L nfu' cfjfw ; jgstf} kj{yfkf ug] sfodf sfodf ; t kl}tzt ; km}tf gldn] klj xfdln] dxz' ; u}sf 5f].

Pp6f lau}sf] AolQm ; lwg] kpf; u5{ eg} xfdl p; nf0{pT; flxt ug}sf]; f6f] pN6}xtf]; flxt ug[u5f].

xfdln] gkfnlx? cfkmgf 5f] f5f] lnf0 bfoTj k/f ePsf] 7fG5f]. cfkmgf] k5{eG] ; f} lakl/t, a? s; }sf] lhDdf nfpq kfP /fdl] dfG] cleefj sx?sf] ar}j xfdl] ; dfhdf a9b} u0/x}sf] 5 . ha; Dd xfdl] ; dfhdf o:tf] dfG] ; stf hlj t /xG5 ta; Dd xfdln] ; f]h:tf] ; dfhsf] lgdf} xg} ; Qm . t; y{ xfdln] cfkmgf] afnaflnsfnf0{h} lj Bfnodf egf{u/fP klj, pglx?sf] :ofx/ ; ; f/ / pglx?nf0{ug} dfodf sld cfpg lbg'xb} . lsgeg] lj Bfnosf] klxn] bfoTj eg}sf] lzlf kbfg ug}xf] ; :sf/ t xfdl cleefj sn]g] lbgk5{.

dh]dfly of] s/fsf] rrf{rnfpqsf] vf; sf/of s] xf] eg] oltj hf al/u}hdf nfu' cfjfw ; jgstf} ; Vofdf xj ft} a[4 ePsf] 5 . of] tYon] cleefj snf0{eGb] o; lqdf sfd ug] ; } ; yfsf] lrgtfnf0{emg a9fPsf] 5 . of] ; a}sf] nflu lrgtfsf] laifo xf].

nfdf] ; dob}v o; lqdf sfd ub}cf0/x}sf lj leG ; } ; yfsf kbflwsf/Lx?sf cg; f/ nfu' cfjfw ; jgstf}f0{kl/j t} ug] sfodf, kj{yfkf s}b}h] eldsf eg}sf] dlZsnn}) kl}tzt dfq}xf]. To; kl5sf] bfoTj kl/j f/ / ; dfhsf] xf].

xfdln] gkfnlx?df Pp6f uhasf] cfbt 5 . To] s] xf] eg] sf] lau}5 eg] To; sf] vj k}f/ k}f/ ul/lbG5f]. t/ Pp6f lau}sf] AolQm ; lwg] kpf; u5{ eg} xfdl p; nf0{pT; flxt ug}sf]; f6f] pN6}xtf]; flxt ug[u5f]. h; n] ; jgstf}sf] dgdf of] ; dfh eg}sf] xfdl] nflu xb}xf} eg] e} kg{hfG5 . kl/ffdf: j?k kj{yfkf s}b}h] # dlxg; Dd a; } cfknhf0{kl/j t} ul/ ; s}sf oj fx? kj ; dfhsf] 3f}k}sf] sf/of km}L ToxL hx/ lng] u5} .

t; y ; dfhsf xfdl al4dfg AolQmx?n] lalul s}sf AolQmf0{ 3f}k} ug}sf] ; f6f] a? pglx?sf] kj{yfkgsf] nflu s] ug] ; S5f] eG] tkm(a9L cu/ / xg ; Sgk5{. tadq xfdln] sNkgf u}sf] h:tf] goF ; dfhsf] lgdf} xg; S5 . xf} eg] nfu' cfjfw ; jg / o; sf] Aofk/n] xfdl] ; dfhsf] dNo / dfotfnf0{ ; w}sf] nflu ; dkt gkfnf{eg} eG ; lsG . t; y{ nfu' cfjfw ; jgstf} kl/j t} df dfq uDel/ ge0{ ; a}Gb] klxn] xfdl] ; f} / Aoj xf/df klj kl/j t} Nofpg' clgj fo{5 . o; j xg ; Sof] eg] dfq 7fp 7fpdf :yfkf ePsf kj{yfkf s}b}h] cf}To /xg} / o; af6 xfdln] ; f]h:tf] kl}tkm kl}t ug] ; S5f}.

n]ys PleGoh 6]nlehgsf lqlo Aof]k}v xg

I have had enough but

I have had all my share of pain in a very short of life. I know that it is really hard to find a positive out of every situation or outcome because sometime times some situations are very difficult and very painful. But I have learned in these years drugs certainly is not a solution. Sometimes something's are out of control and I really do not have any choice rather than accepting the truth and having a faith.

I am happy and proud of myself. I have been beaten down over and over but yet I am still crawling and living. I don't know how much more hits I can take before, I can't get up.

Each day I just try to get better and stronger no matter how hard it is. Some days I just feel like giving up but I have that little voice in my head that says keep pushing no matter how tough the situation is, every day is a battle and every day I came out alive and stronger is another victory and another step forward in the right direction. I wake up every day with a smile on my face and I try hard to stay positive no matter how hard it may be.

Youth vision has changed a raw mud into a substance of value within positive and motivational classes. PRC classes have made me understand nobody is perfect they are the ones who loved me for who I am and allowed me to be myself around them with their positive influence over me. Since the day I started understanding the values of life and its worth. I have been given opportunity to meet 100's of people through school awareness programs, social works and made me believe life exists without drugs either. I had always been running away from my fear and not facing them it really helped me built to keep me strong and moving forwards. Not only this it also encouraged me to achieve and study further giving an opportunity to study computer programming to enhance my horizons of knowledge. Thanks a lot Youth Vision for providing me a path to walk.



Ashish Acharya

Published By: YV, PRC

Editor: Rajiv Rijal

Supported By: Save the children (SSF) R10

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Visit us on the web at
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Participation on Blood donor 's Day.

SERVICE FOR PEOPLE WHO USE DRUGS

Service for Female Drug Users

Richmond: 01-5536382

Dristi Nepal: 01-6214906

Sparsha Nepal: 01-5537814

Service for People Living with HIV

Bijam: 051-520576

Nepal Aradhana Samaj: 051-69028

Drug Treatment and Rehabilitation Program

Bijam: 051-531083

Sano Paila: 051-525880

Youth Vision: 057-522764

Harm Reduction Program

Bijam: 051-520576

Post Rehabilitation Care Program

Youth Vision: 051-520035

Please contact Youth Vision for information regarding the treatment and service facilities.