

Press Release from Center for Addiction Medicine, Chuwatar

Counseling Program on Substance Use Disorder at Freedom Rehabilitation Center

Gangtok, 7th January 2026: A counseling and awareness program on Substance Use Disorder was successfully conducted at Freedom Rehabilitation Center, Gangtok on 7th January 2026. The program was organized by the Center for Addiction Medicine, Chuwatar, West Pandam, with the objective of educating residents about addiction, recovery, relapse prevention, and the importance of psychosocial support.

The session was led by Dr. Rajiv Gurung as the resource person, along with Psychologist Ranju Chettri and Ms. Asha Sharma. The speakers addressed the psychological, medical, and social aspects of substance use disorders in a simple and interactive manner. Participants were encouraged to share their experiences, ask questions, and actively engage in discussions.

The program emphasized motivation for recovery, coping skills, and the role of counseling in long-term rehabilitation. The session was well received by both residents and staff, making it a meaningful step toward strengthening recovery-oriented care at the center.