

Press Release from Center for Addiction Medicine, Chuwatar  
Counselling Camp Held at Awake Female Drug Rehabilitation Center, Saramsa Garden  
Gangtok, 10 January 2026: A Counselling camp was successfully conducted at the Awake Female Drug Rehabilitation Center, Saramsa Garden, on 10th January 2026, focusing on the mental health and recovery needs of women undergoing treatment for substance use disorders. The camp was led by Dr. Satish Rasaily, Addiction Medicine Specialist, from the Center for Addiction Medicine, Chuwatar. During the program, Dr. Rasaily carried out detailed psychosocial assessments and provided both individual and group counseling sessions, addressing emotional distress, relapse prevention, self-esteem, and coping skills. The counseling sessions created a safe and supportive environment where women residents openly shared their struggles, fears, and hopes for recovery. Many participants expressed that being heard without judgment gave them renewed confidence and motivation to continue their recovery journey. The group discussions emphasized resilience, self-worth, and the importance of social support, especially for women facing stigma and isolation due to substance use. The initiative highlighted the importance of outreach mental health services for female patients, who often face unique social and psychological challenges in addiction and recovery. At the conclusion of the program, Mr. Gopal Sapkota, Center In-Charge, offered a heartfelt vote of thanks, expressing sincere appreciation to the Center for Addiction Medicine, Chuwatar, for extending outreach counseling services to the female residents. He acknowledged that such professional interventions play a crucial role in strengthening recovery outcomes and empowering women to rebuild their lives with dignity and hope. The counseling camp marked another meaningful step toward holistic and compassionate care for women in recovery, reinforcing the message that recovery is possible with timely support, understanding, and professional guidance.