



## Battle with Substance Abuse

Aditya Mehta, a highly regarded Indian Administrative Service (IAS) officer, is known for his intelligence, dedication, and commitment to public service. He is assigned as the Secretary of a crucial government department responsible for public health and welfare where is entrusted with formulating policies, overseeing programs, and ensuring the efficient delivery of healthcare services to the population.

However, unbeknownst to his colleagues and superiors, Aditya has developed a debilitating addiction to prescription painkillers due to a chronic medical condition. This addiction has started to affect his ability to perform his duties effectively.

Aditya fears the consequences of revealing his addiction - the impact it may have on his career, reputation, and credibility. He decides to hide his addiction, relying on secretive behaviours, and attempting to manage his personal struggles without seeking professional help - which further posed significant risks, such as compromised decision-making, impaired judgement, and potential harm to the public welfare.

What do you think are the risks and consequences of concealing his addiction for Aditya, his colleagues, and the public? How else could Aditya have balanced his personal struggles with his commitment to transparency, integrity, and the public's welfare?

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