

ADDICTION: FIND FREEDOM TODAY

Have you ever felt trapped by something you couldn't break free from? Addiction can affect your choices, relationships and future—but it doesn't have to define your life. This month, discover real stories of people who found freedom and a new beginning through prayer, faith and turning to God.

Tune into Ek Nayee Zindagi, Monday to Friday at 6:30 AM on Colors TV and be a part of a community of people that needs you right now. 📺

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When Addiction Lost Its Hold

What began with drinking gradually became an addiction that affected Shantanu Roy's daily life and relationships. When his cousin noticed the alcohol bottles in his home, Shantanu began to face how far he had fallen.

A friend invited him to church, where he heard about Jesus and began to see his life differently. He started praying, reading the Bible and seeking God. Over time, the addiction gradually began to lose its hold.

Watch Shantanu Roy's story in Hindi and Nagamese.



At stake on the gambling table was the life of a family

Dalveer Mattu's gambling addiction brought financial struggles, arguments and broken trust into his family. But his wife, Komal, continued to pray and share God's Word with him. As Dalveer began reading the Bible and attending church, the grip of gambling gradually began to break.

Today, his family is moving forward with faith, stability and hope.

Superbook Season 4 Hindi Is Here!

The wait is over—Superbook Season 4 is premiering in Hindi on 5th September 2026 at 6:30 PM 🎉

This Teacher's Day, join Chris, Joy and Gizmo as they discover what it means to pray in "Teach Us to Pray!" 🙏

Gather your family and join us for the premiere! Subscribe Now!

Watch on Superbook Hindi YouTube! 📺

Follow on [Instagram](#) for exciting puzzles, fun activities, sneak peeks and much more related to Season 4.



Celebrating 21 Years of Ek Nayee Zindagi!

Countless stories. Changed lives. A journey of hope.

Ek Nayee Zindagi has been bringing hope and transformation through television and digital media. Even through pandemic the daily show was broadcast everyday. Now, we're looking ahead to an exciting milestone—25 years of broadcasting! Your support can make this milestone possible.

[Click here](#) to Join the Ek Nayee Zindagi Family and be part of the journey. ❤️