

Contact Detail

Name

Address

City Pin L L L L L L

State Country.....

Mobile No.

Email

* Must ☒ do the resolution you are taking

* Fill the information of the contact formula in clear letters

* Detach this form and hand it over to the Anuvrat worker

* You can also send the photo of the form through WhatsApp or email

To fill resolution letter online...

<http://www.anuvibha.org/pledge>

or scan the QR code....



For Office Use

Anuvrat Pledge Chain

S.No.:

Date :

Anuvrat Goals

1. Inspiration to human beings for self-restraint irrespective of caste, colour, creed, country and language
2. Friendship, unity, peace, spiritual and moral valuesreputation
3. Structure of a nonviolent society

Anuvrat Sadhana

1. I will practice Prekshadhyan, introspection.
2. I will practice peaceful coexistence in family life.
3. I will practice moderation in consumption.
4. I will practice labour, self-reliance and simplicity.
5. I will abstain from non-vegetarian food.
6. I will immerse some part of my earnings every year.
7. I will attend at least one nuclear training camp.



Anuvrat Vishwa Bharati Society

P.O. Box no. 28, Rajsamand- 313324 (Raj.)

+91 2952 220516, +91 91166 34515

head.office@anuvibha.org

www.anuvibha.org



Anuvrat Pledge Chain

Introduction of Anuvrat

A ray of hope emerged in the form of 'Anuvrat' in the pessimistic period of the bomb. Acharya Tulsi started the Anuvrat movement from Sardarshahar (Rajasthan) on March 1, 1949 in the form of a thought revolution and showed the way to bring change in life through small resolutions. The proclamation of 'Sayamah Khalu Jeevanam' was established as the foundation stone of Anuvrat. Anuvrat's philosophy based on human values touches every aspect of life. Anuvrat is a non-violent and abstinent holistic lifestyle that presents a better alternative to the consumerist lifestyle. While

Anuvrat lifestyle creates the basis of self-welfare by awakening the moral consciousness of a person, it also paves the way for the welfare of the society and the world. At present Anuvrat Anushasta Acharya Shri Mahashraman is providing his spiritual guidance to the Anuvrat movement.

Introduction of Anuvibha

Creation of ideal society on the basis of human values is the basic goal of Anuvrat movement. Anuvrat philosophy considers individual reform as the foundation of social reform. Anuvrat Vishwa Bharti Society, popularly known as Anuvavibha, is an international organization working with this basic goal in mind. This organization is affiliated with the Civil Society Department of the United Nations. Many programs aimed at building a non-violent and peace-loving society are conducted by Anuvrat Vishwa Bharati through a strong network spread across the country and abroad.

Anuvrat's organization is present in more than 150 cities / towns in India, with which thousands of workers are engaged in taking this mission forward. Along with this, Anu Vibha has networking with like-minded organizations and individuals in more than 50 countries.

I am a responsible citizen of the world.

I believe that my own peacefulness is necessary for a peaceful world. For a non-violent world, I must free my every thought and conduct from violence. I have to limit my needs for sustainable development of the world and conservation of nature.

- To move forward in this direction, the code of
- conduct of Anuvrat plays the role of a guide. I believe
- that man is the master of his own life. Therefore, external circumstances cannot become a hindrance in adopting these human resolutions in life.

Anuvrat Code of Conduct

- ☐ **I will not willfully kill any innocent creature.**
I will not commit suicide.
I will not kill foetus.
- ☐ **I will not attack.**
I will not support aggression.
I will strive for world peace and disarmament.
- ☐ **I will not take part in violent agitations or any destructive activities.**
- ☐ **I will believe in human unity.**
I will not consider anyone high or low on the basis of caste, color etc.
I will not treat anyone as an untouchable.
- ☐ **I will practise religious toleration.**
I will not rouse sectarian frenzy.
- ☐ **I will observe rectitude in business and general behaviour.**
I will not harm others in order to serve any ends.
I will not practise deceit.
- ☐ **I will set limits to the practice of continence and acquisition.**
- ☐ **I will not resort to unethical practices in elections.**
- ☐ **I will not encourage socially evil customs.**
- ☐ **I will lead a life free from addictions.**
I will not use intoxicants like alcohol, hemp, heroin, tobacco etc.
- ☐ **I will always be alert to keep the environment pollution-free.**
I will not cut down green trees.
I will not waste water and electricity etc.

Make sure to write down the resolution you are ☒ accepting here as well and keep it safe for future reference.

Resolution Form

There is loyalty in Anuvrat. With determination, I accept the following vows from self-witness. I will not intentionally kill any living being. ☒

- ☐ **I will not willfully kill any innocent creature.**
I will not commit suicide.
I will not kill foetus.
- ☐ **I will not attack.**
I will not support aggression.
I will strive for world peace and disarmament.
- ☐ **I will not take part in violent agitations or any destructive activities.**
- ☐ **I will believe in human unity.**
I will not consider anyone high or low on the basis of caste, color etc.
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Signature