



### **ANUVRAT VISHVA BHARATI SOCIETY**

Presents

# ELEVATE EXPERIENCE THE REAL HIGH

## आओ ज़िंदगी की बात करें

Supported by

(((mm))))

Greater Mumbai Police

Anuvrat Anushasta Acharya Shri Mahashraman

Inspiration

Associate NGO UN - DGC

### **ABOUT US**

Anuvrat Vishva Bharati Society, popularly known as **ANUVIBHA**, is an international organization working with the basic goal of creating an ideal society based on human values.

This organization is affiliated to the **Civil Society Department of the United Nations**. There is a strong organization of the Anuvrat movement in the form of Anuvrat Samitis in more than 200 cities/towns in India, with thousands of workers involved in carrying forward this mission. There is also a networking with ideological organizations and individuals in more than 50 countries.

### OUR VISION AND MISSION

Through Mission **"ELEVATE",** Anuvrat Vishva Bharati Society (ANUVIBHA) is passionate towards building a **"DRUG FREE INDIA".** 

By collaborating with communities and individuals from diverse backgrounds, we aim to empower today's young generation to cultivate their inner strength so that they do not resort to substance abuse. This will be achieved through their spiritual elevation and self acceptance. Our programmes will result in a community of self confident people who are really "HIGH ON LIFE".

### THE DRUG TRAP INFLUENCE WHY THE YOUTH FALL FOR IT?

Peer Pressure Social Influence •----• IN ŕĭ Status Stress Enhancer Buster

### WHAT DRUGS ACTUALLY DO **DRUGS ARE SILENT KILLERS**



### DECREASED ACADEMIC PERFORMANCE Lower GPA, increased dropouts,

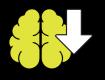
and defocus from future goals



Regular usage leads to severe and recurrent **VOMITING, NAUSEA & DEHYDRATION** 



Drugs contain TOXINS, IRRITANTS & CARCINOGENS which may lead to EARLY DEATH



Early chronic use can LOWER INTELLIGENCE **BY 8 IQ POINTS** 



3 to 7x more likely to cause a **ROAD ACCIDENTS** 



Every 1 in 6 Teens who try it get ADDICTED

Escape from Trauma







### WHAT CAN YOU DO

PLEDGE to be Drug-Free Feel PROUD to be Drug-Free PROMOTE and encourage others to be Drug-Free

### **THE SOLUTION CULTIVATING ABCD TO ELEVATE**

Acceptance of the self. 'I am perfect as I am. My imperfections make me unique and perfect!' **Belief** in the self. 'I have infinite power.' **Conscience** 'I understand what's good and what's harmful for me.' **Determination** to be Drug-Free, through meditation. **Elevate** yourself to experience the real high in life

## am proud to be **#DRUGFREE**



### **LET'S STOP SUBSTANCE ABUSE!**



### STUDENTS

Workshops:

To educate about the consequences of drug abuse and empower informed decision making

**Meditation Sessions:** 

1. To foster relaxation and mindfulness 2. To teach healthy coping mechanisms



### **T**EACHERS

**Curriculum Integration:** 

1. To incorporate drug prevention techniques into curriculum and classroom activities.

#### Training workshops:

1. To impart skills to educators to detect substance abuse.

2. To teach preventive actions and help students in a sensitive and empathetic manner.



### **OFFICIALS & STAFF**

Training workshops:

- 1. To protect the youth from the ills of substance abuse.
- 2. To support students in their journey to stay drug-free.

3. To empower staff and officials to detect and prevent substance abuse sensitively and skillfully.



### PARENTS

#### **Awareness Programmes:**

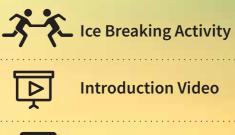
1. To spread awareness about the issue as well as the role of parenting in the management of their child's stress.

2. To educate them on how to bridge the generation gap and thus effectively communicate with their children.

3. To assist parents in supporting their children to live a drug-free life.

By taking well-rounded, collective actions, we can strive towards our goal of creating a drug-free society in India. Together, let us empower educators, equip students with knowledge, and engage society in efforts to combat drug abuse.

### **SNAPSHOT OF ELEVATE SESSION**





**Interactive Information Exchange** 



Meditate to Elevate

Pledge to Stay Drug Free

Q & A Feedback

Let's come together and make a chain to break free from drugs!





### एक सही फ़ैसला जारी रखेगा जिन्दगी का सिलसिला



Join us in spreading the message of a drug-free India today! To know more about our initiatives,

Please contact us at : +91 99307 08888, +91 91166 34512 | Email : elevate@anuvibha.org



ANUVRAT VISHVA BHARATI SOCIETY HEAD OFFICE : Children's Peace Palace Post Box No. 28, Rajsamand - 313324 Rajasthan - India

head.office@anuvibha.org



O elevate\_therealhigh

alhigh 🕟 @ANUVIBHA

