



ANUVRAT VISHVA BHARATI SOCIETY

Presents



E L E V A T E

EXPERIENCE THE REAL HIGH

आओ ज़िंदगी की बात करें



**Associate NGO
UN - DGC**

Inspiration

Anuvrat Anushasta Acharya Shri Mahashraman

Supported by



**Greater
Mumbai Police**

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



Status Enhancer



Stress Buster



Escape from Trauma

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**



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

WHAT CAN YOU DO

PLEDGE to be Drug-Free

Feel **PROUD** to be Drug-Free

PROMOTE and encourage others to be Drug-Free

I 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



TEACHERS

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



Ice Breaking Activity



Introduction Video



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!*



SCAN TO JOIN US NOW



एक सही फैसला 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



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