



Prarambh *Life*

An initiative by: 



Introduction to Addiction

Understanding Addiction: A Global Crisis



- Addiction affects millions globally, with significant impacts on health, relationships, and society.
- In India, addiction is a growing concern with substance abuse and behavioral addictions on the rise.
- **Prarambh Life** offers a tailored solution designed to meet the unique needs of individuals struggling with various forms of addiction.

Causes and Stages of Addiction

The Journey of Addiction

Causes of Addiction

Genetic predisposition



Environmental factors



Psychological issues

Stages of Addiction

Experimentation



Regular Use



Dependence



Addiction



Program Details

3 Months (Basic Program)

In this 3-month Basic Course, you'll embark on a transformative journey to break free from addiction. Starting with detox, you'll learn to identify toxic relationships, challenge harmful thought patterns, and manage stress with grounding techniques—all supported by our Buddy Program. As you progress, Cognitive Behavioral Therapy (T-FAB) will help you tackle triggers and harmful behaviors, while emotional regulation methods like N.L.R. build resilience and self-acceptance. In the final month, you'll master relapse prevention, set healthy boundaries, and strengthen your emotional well-being, preparing for long-term success. This course empowers you with the tools to achieve lasting recovery.

6 Months (Advance Program)

The 6-Month Comprehensive Program guides you through a deep, lasting recovery. Start with foundational detox and goal-setting, supported by our Buddy Program. Progress with Cognitive Behavioral Therapy (T-FAB) and grounding techniques to manage harmful behaviors and build self-acceptance.

Develop resilience by setting boundaries, preventing relapse, and addressing anxiety and depression. Explore trauma's connection to addiction, manage trauma responses, and refine emotional regulation.

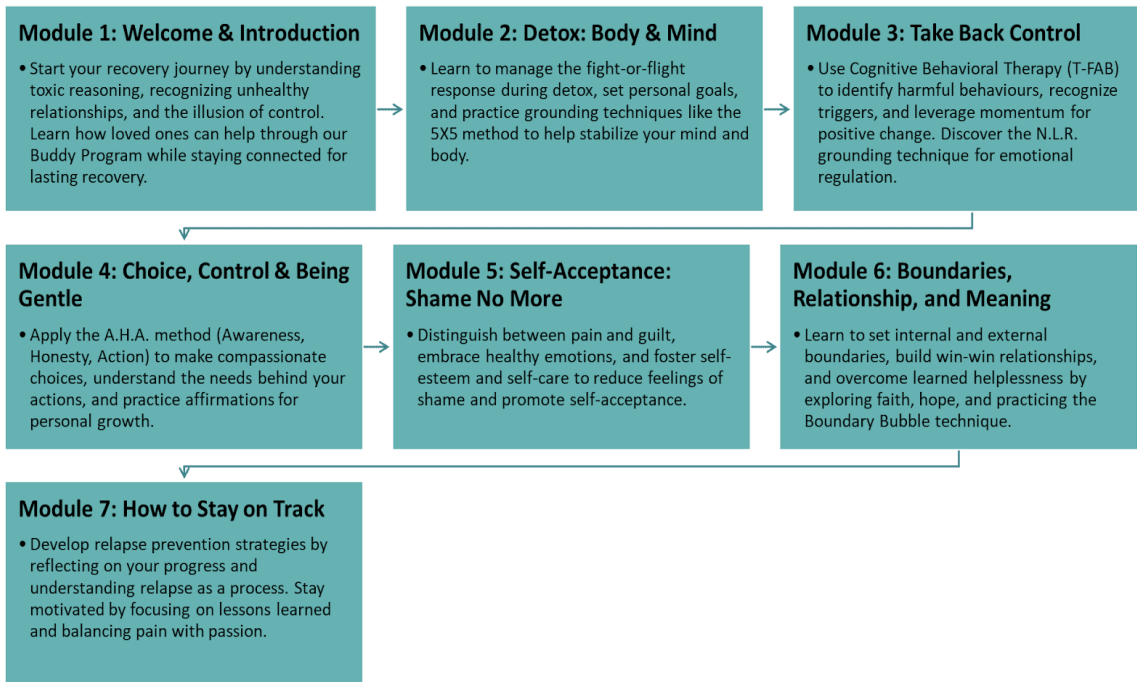
End with a clear vision for your future, celebrating milestones and strengthening relapse prevention. This program empowers you to overcome addiction and rebuild a purposeful life.

How to Enroll in the Prarambha Life Program

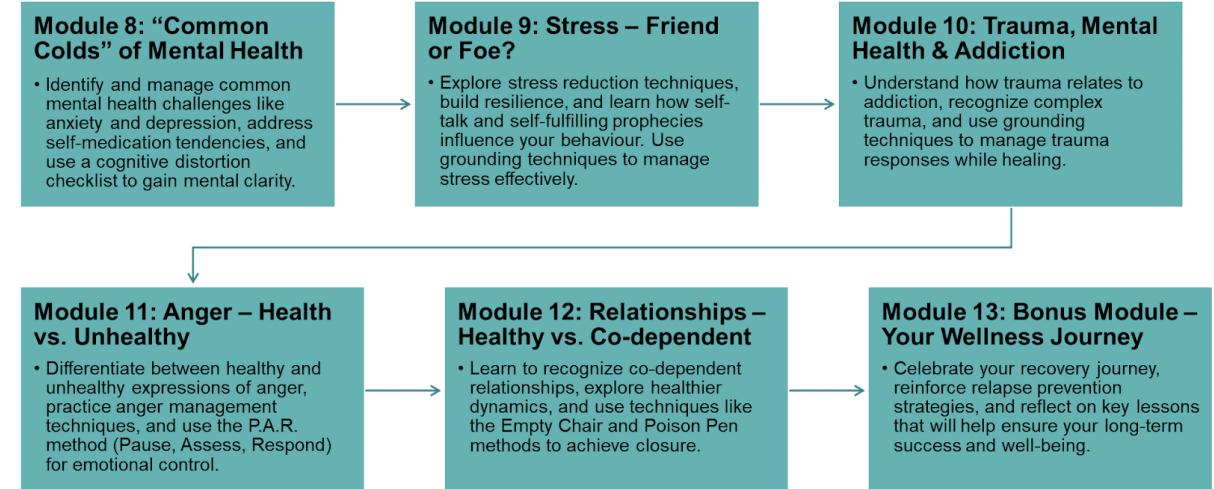


Prarambha Life Program

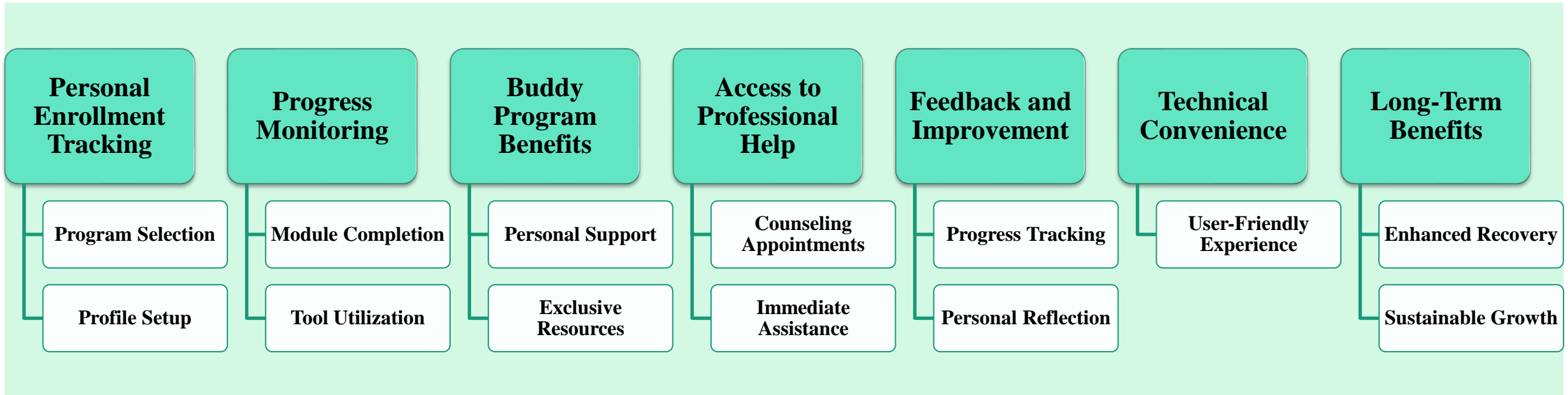
3 Months (Basic Program)



6 Months (Advance Program)



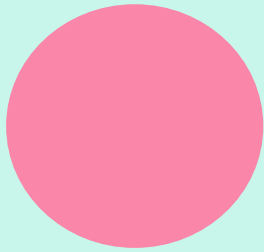
Reporting and Management for Individual Users in PLP



The Prarambh Life program provides a structured, supportive, and personalized approach to recovery, offering you the tools and resources needed to make meaningful progress and achieve lasting change.

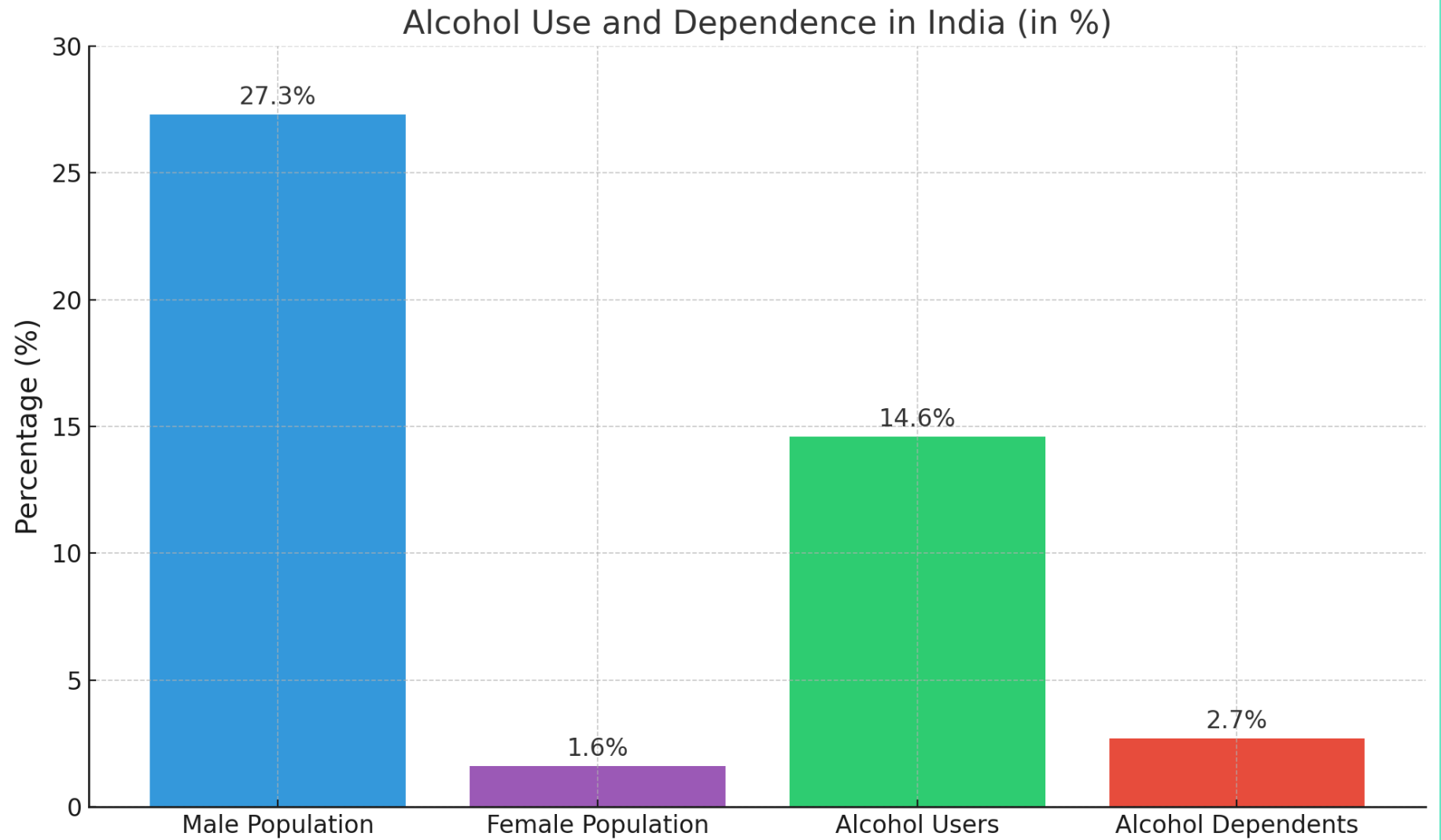
Substance Use and New Age Addictions

From Substances to Screens: The Spectrum of Addiction



- **Substance Use Addictions:** Alcohol, drugs, prescription medication, smoking.
- **Behavioral Addictions:** Social media, gaming, pornography, shopping, gambling.

Statistics/Case Study: Alcohol Addiction in India



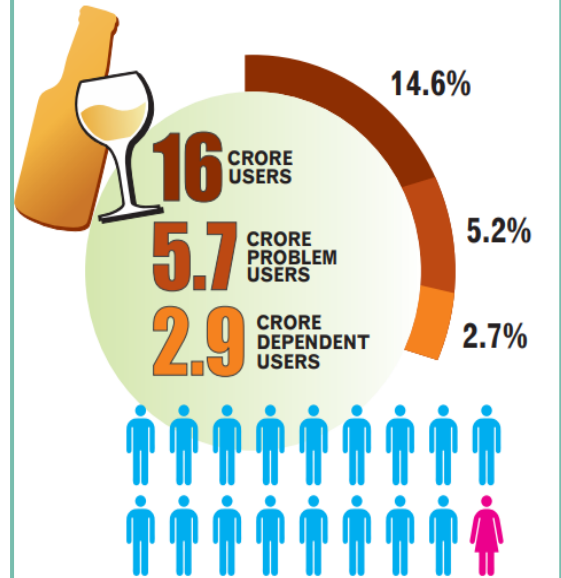
Prevalence: As of recent studies, approximately 14.6% of the Indian population (aged 10-75 years) are current users of alcohol. This translates to about 16 crore people. Among them, around 2.7% of users are dependent on alcohol, equating to over 2.9 crore people requiring help for alcohol addiction.

Demographics: Alcohol use is more prevalent among men, with about 27.3% of males using alcohol, compared to 1.6% of females. However, alcohol use is rising among women, especially in urban areas.

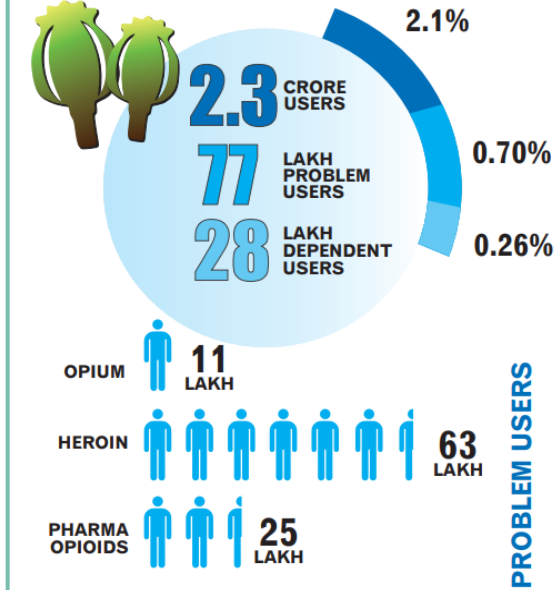
Understanding the Needs of Individuals

Substance-Related and Addictive Usage

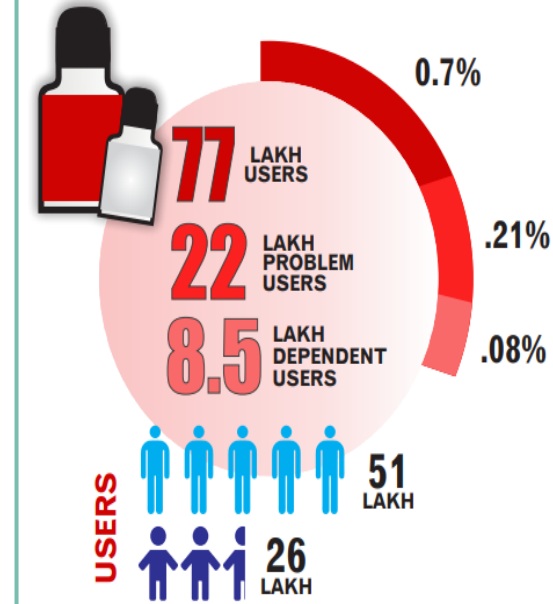
Alcohol Use in India



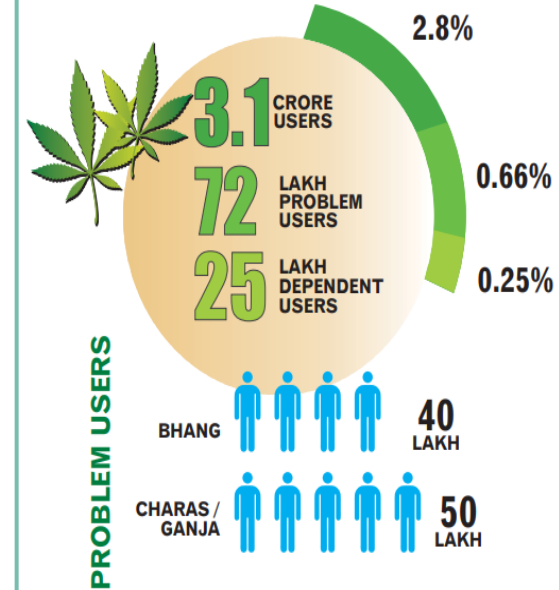
Opioid Use in India



Inhalant Use in India

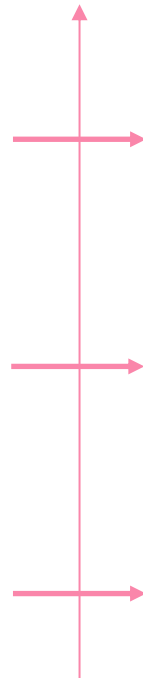


Cannabis Use in India



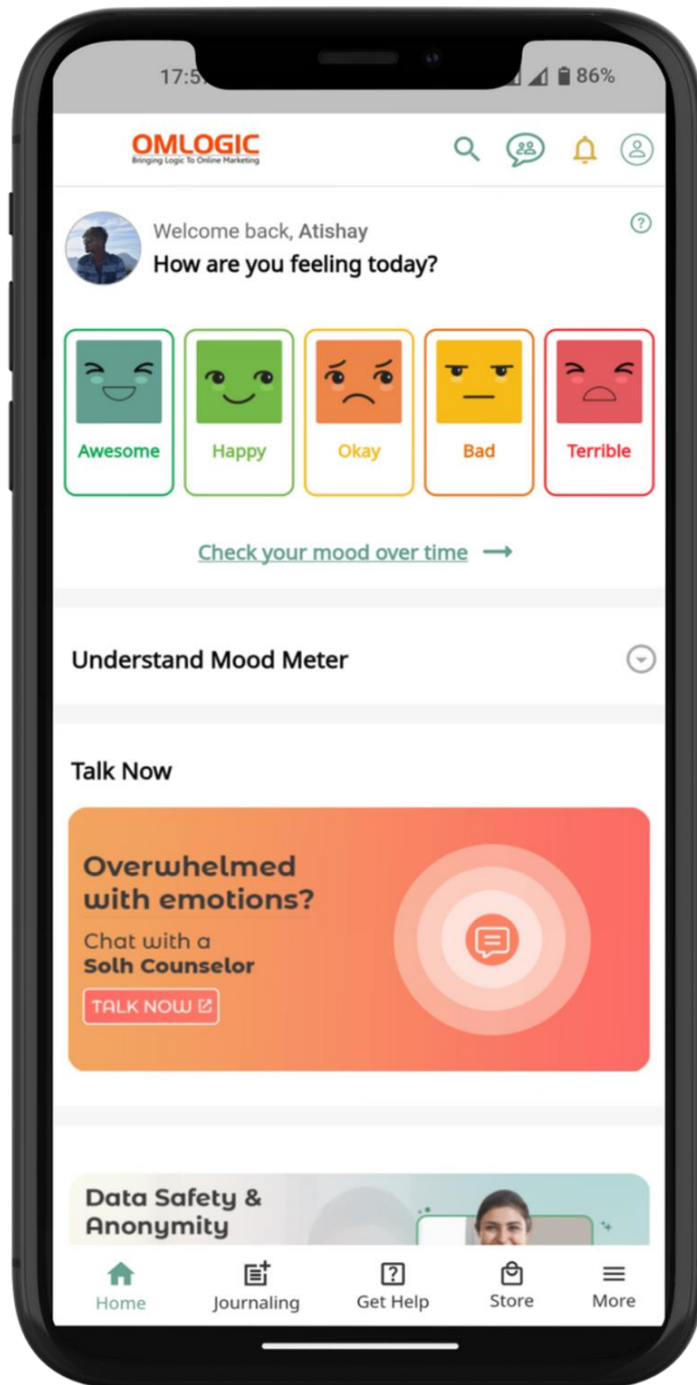
Understanding the Needs of Individuals

Tailoring Solutions to Individual Needs

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- **Cultural Sensitivity:** Respect for cultural backgrounds.
 - **Economic Factors:** Affordable options for all.
 - **Personalized Support:** Different approaches for different levels of addiction.

Praramb Life: Relapse Prevention through Innovative Technology

Leveraging Technology for Lasting Recovery



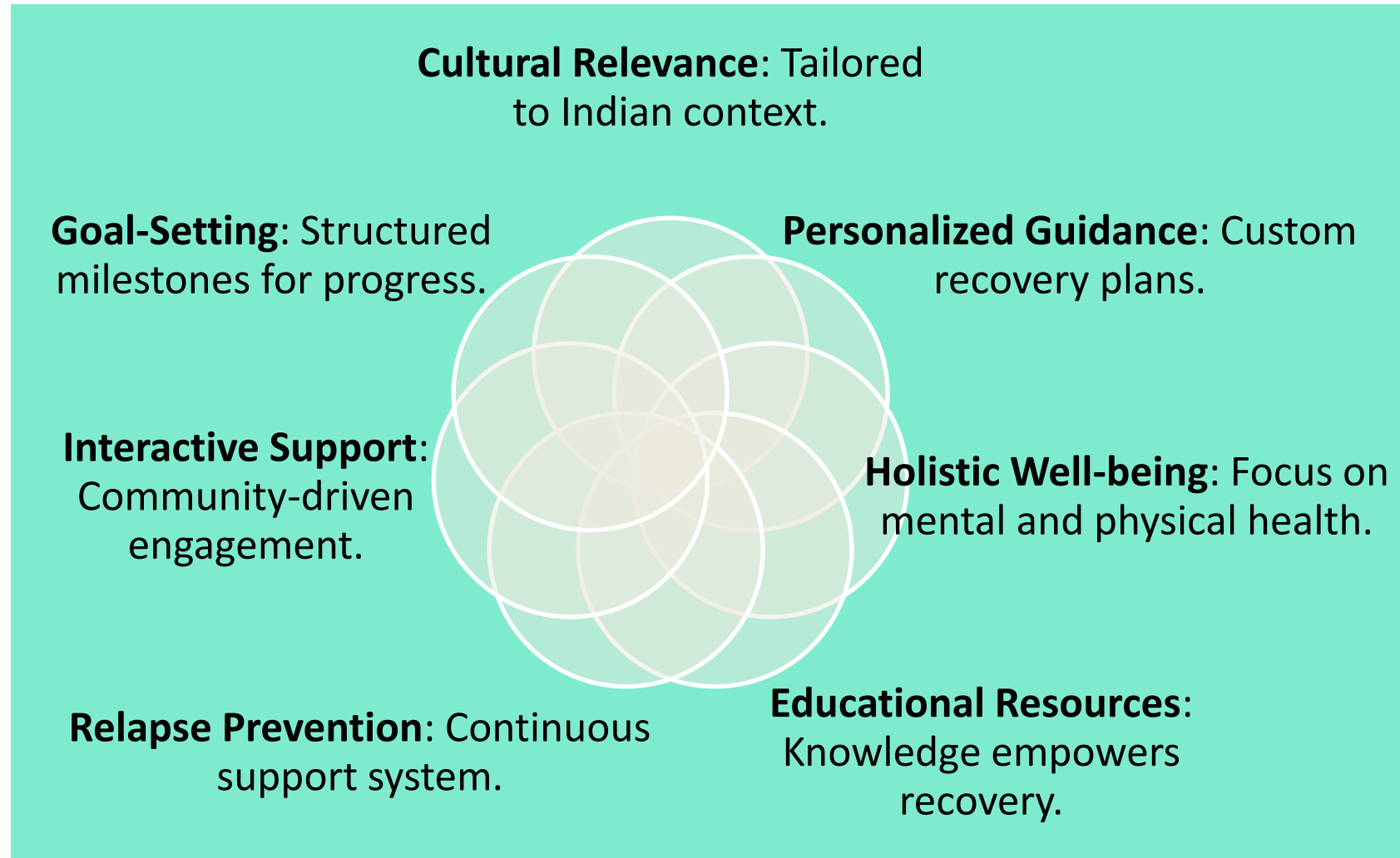
Continuous Support:
Real-time tracking and check-ins.

Relapse Prevention Tools: Personalized reminders & notifications

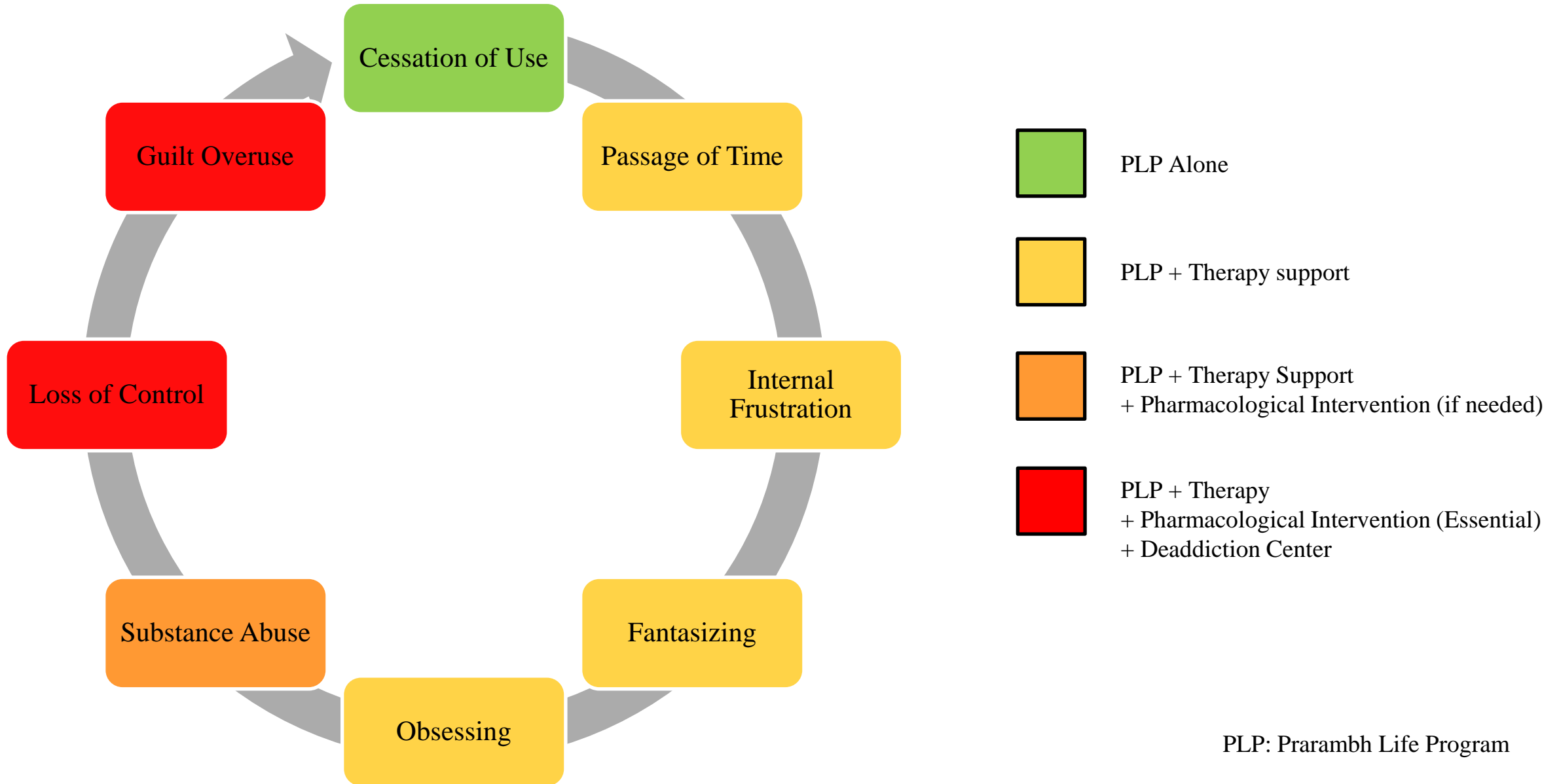
Community Engagement:
Interactive forums and group support

Tech Integration:
Seamlessly integrates with daily life

The Comprehensive Approach: Prarambh Life - A Holistic Path to Recovery



Cycle of Recovery



Addressing Current Obstacles in Addiction Recovery

Prarambh Life: Overcoming Barriers to Recovery

Stigma: Reducing shame through community and education

Relapse: Providing continuous support.

Access: Making recovery accessible to all.

Unique Solutions: Directly addresses each obstacle with innovative approaches.



Investing your time in the **Prarambh Life Program** ensures a rapid and significant impact on combating addiction's societal effects in India. With a proven track record and a data-driven methodology, this program offers a swift, tangible improvement in the well-being of individuals and communities.

Instant Results

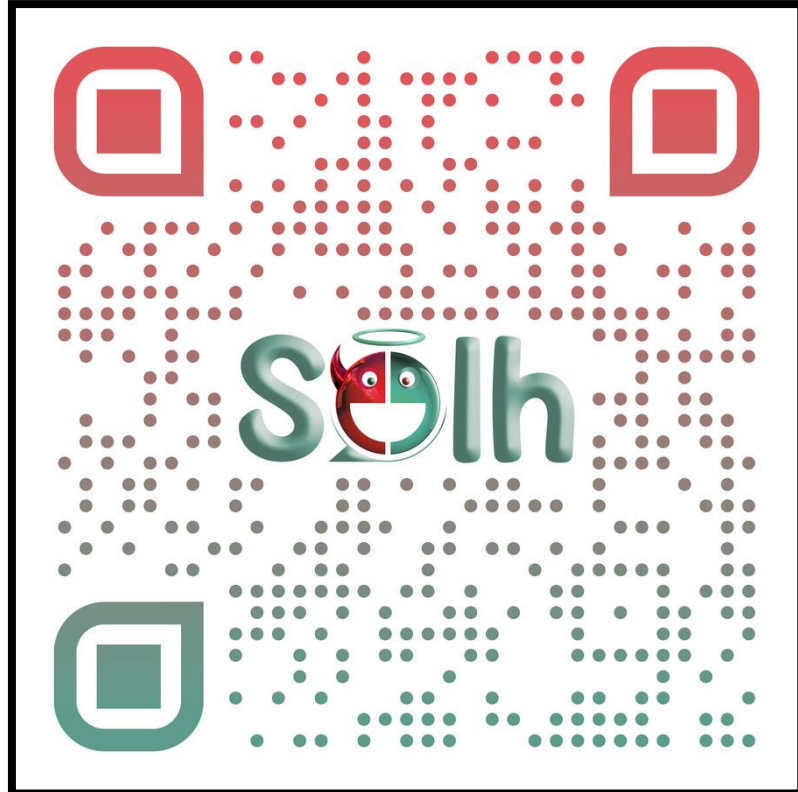
While the immediate results are impressive, the long-term benefits of investing your time in the program are equally compelling. Its scalability and alignment with the evolving healthcare landscape in India make it a strategic commitment with enduring value.

Sustained Benefits

Impact and Return Timeline



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