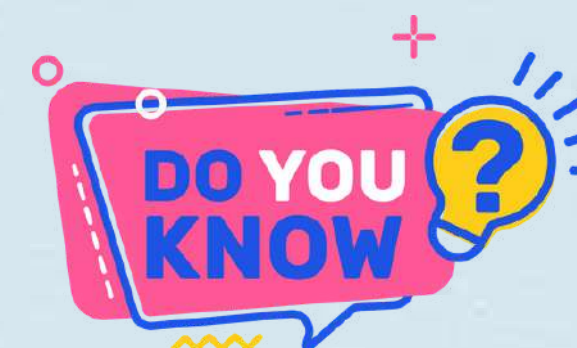


A transformative Journey to Drug-Free Life:

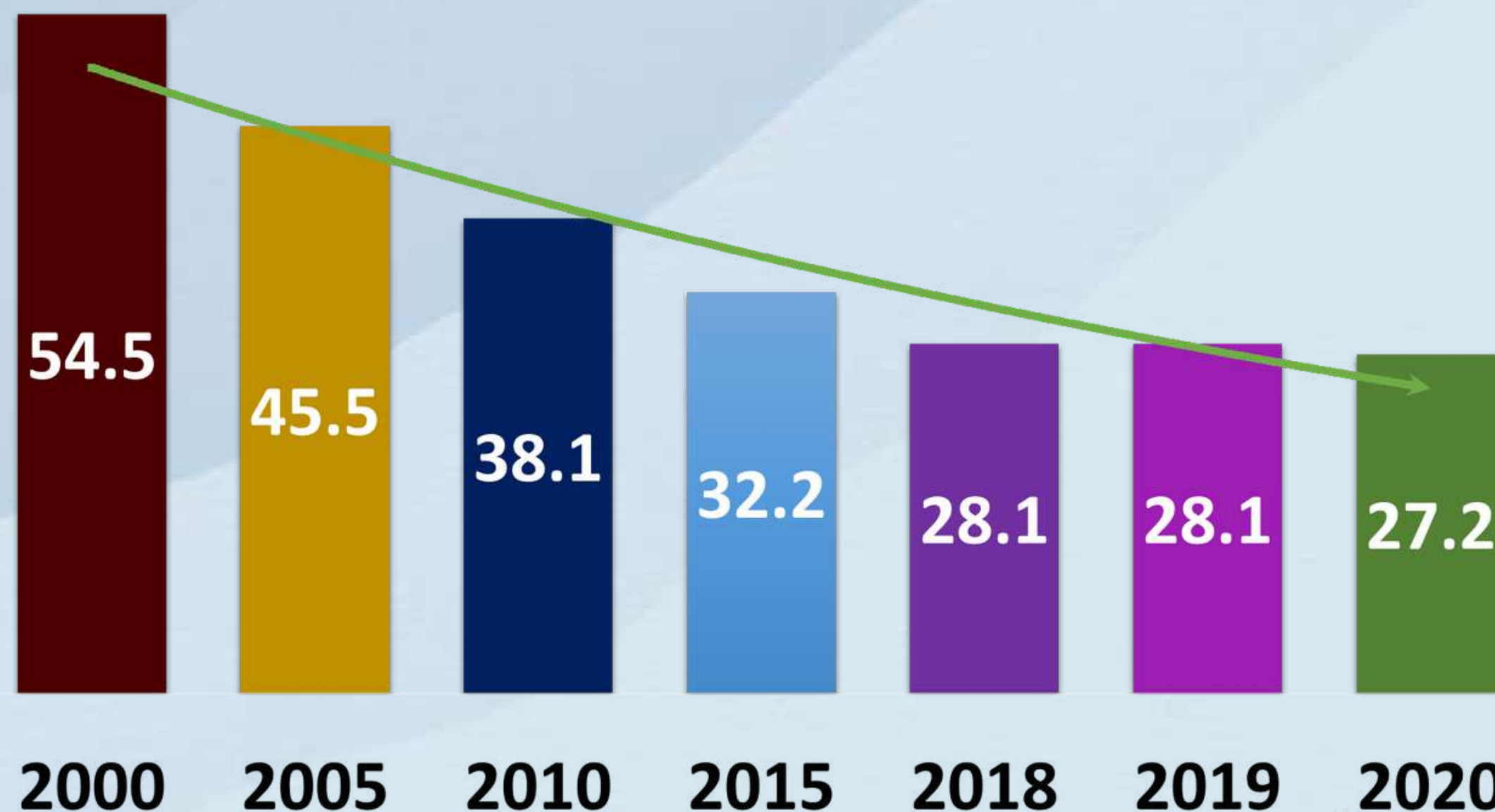
Acknowledge the problem, seek support, engage in therapy, adopt healthy coping, build a positive network, and maintain unwavering dedication.



Smoking Rate in India



The smoking rate in India
is declined by 27.3 % in
the past 20 years



Data is in percentage

Article: India Smoking Rate 2000-2023

Source: www.macrotrends.net

Quit Smoking



Choose a date



Change daily habits



Be committed to not smoking



Determine why you want to quit



Ask for support



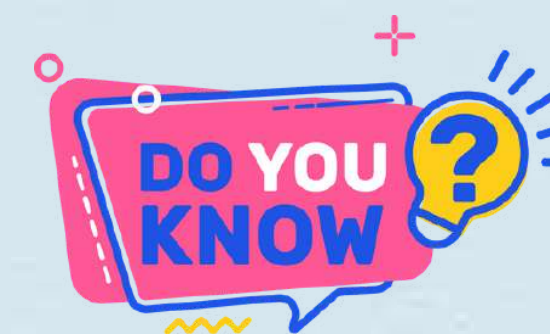
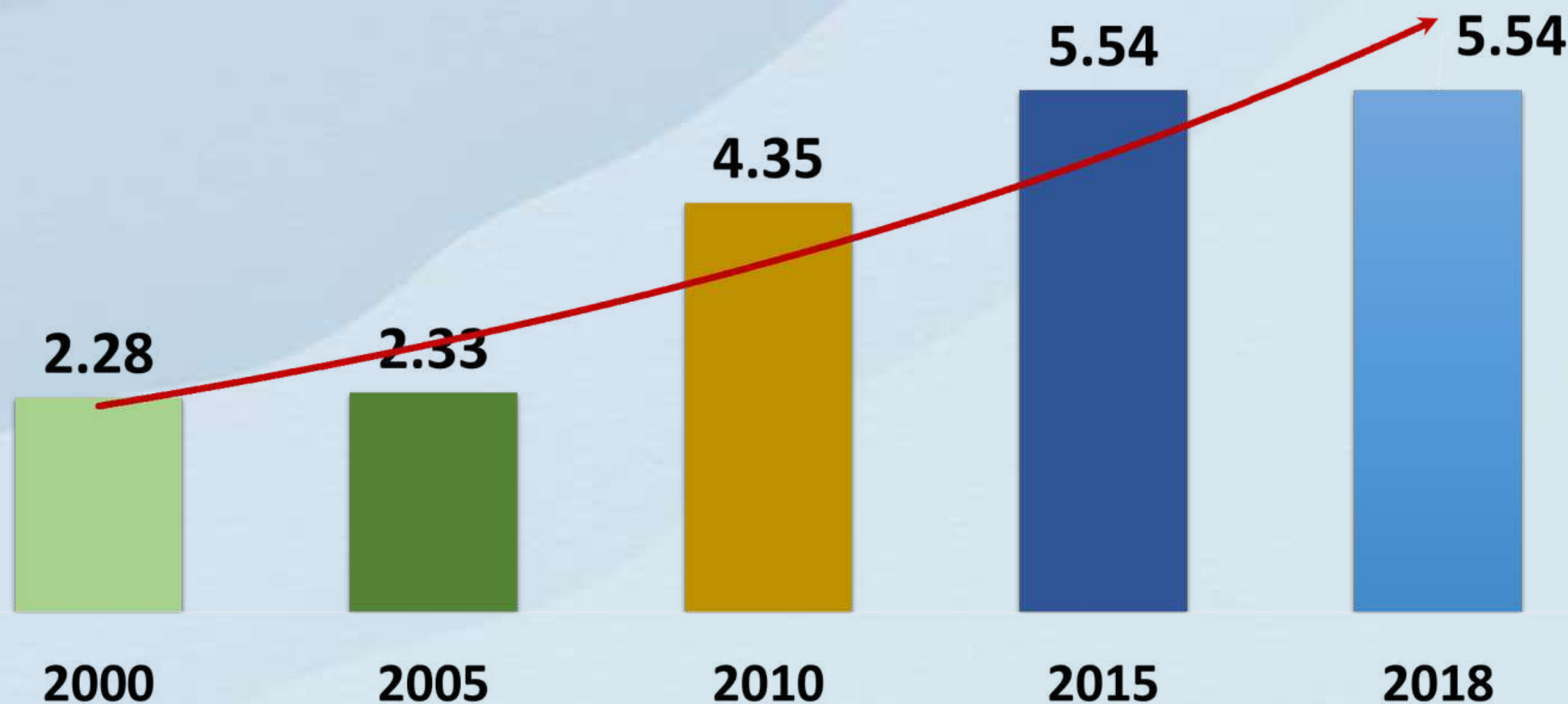
Celebrate your victories

Ending Substance Abuse Forever

Quitting substances may be uncomfortable but, over some time it will bring permanent relief from the discomfort.



Alcohol Consumption in India



Alcohol consumption in India has increased by 3.26 % in the past 18 years



Total alcohol consumption per capita (liters of pure alcohol, 15+ years of age)

Source: Our World in Data

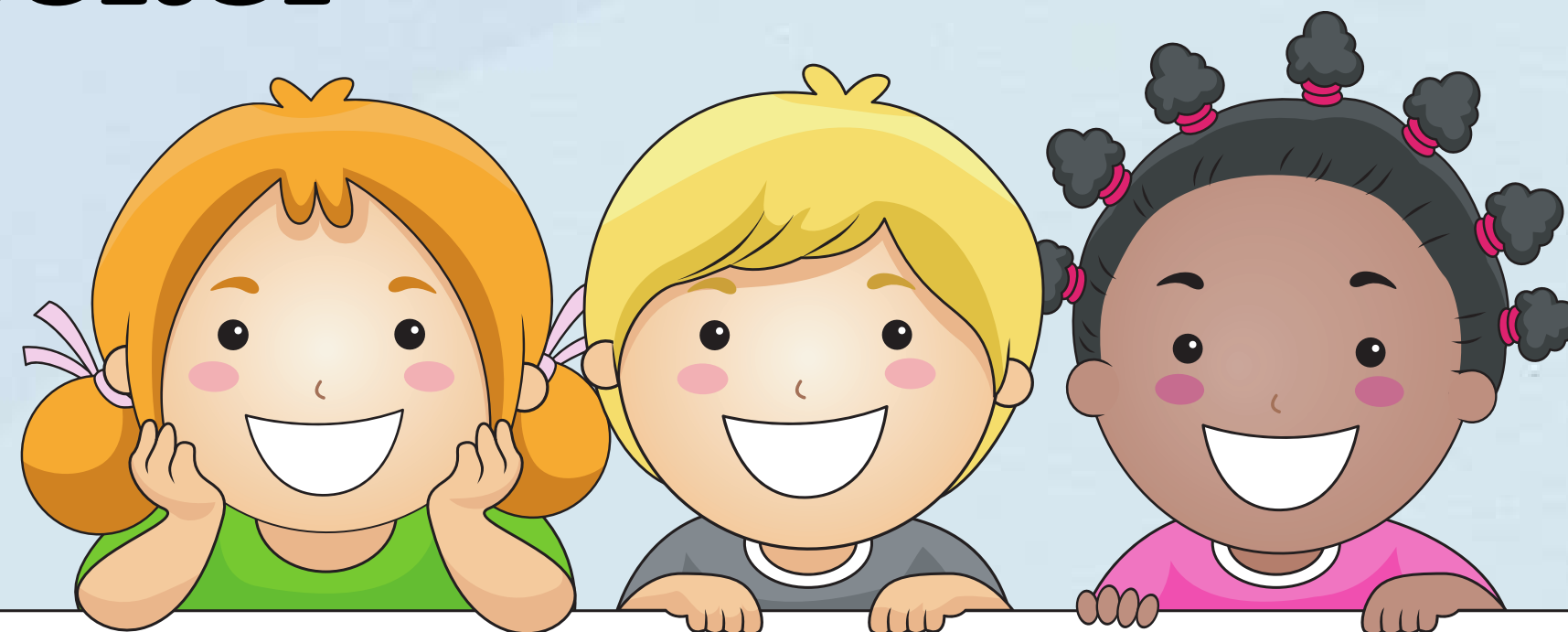
Quit Alcohol



Set firm dates to begin your plan

Ask your friends and family for support

Make a coping plan for unavoidable triggers



Fill your time with new activities

Write down your reasons for quitting

Stay strong through relapses

**“Success is the sum of small efforts,
repeated day in and day out.”**

– Robert Collier

MORE RESOURCES



DB YaR Forum