



DHEERAH ANTI-DRUGS PROGRAMS

**INTERNATIONAL DAY AGAINST DRUG ABUSE – 25TH JUN
2026**

- ANTI-DRUGS RALLIES
- ANTI-DRUGS & WELLNESS, EMPOWERMENT COMMITTEES' FORMATION
- HUMAN CHAIN FORMATION
- OATH TAKING
- COMPETITIONS – ART, ESSAY WRITING, ELOCUTION
- DEBATES, STAGE SHOWS
- MEDITATION, PRAYERS FOR VICTIMS

DHARMA SEVA



CONDUCTING ANTI-DRUGS PROGRAMS

ANTI-DRUGS RALLIES, HUMAN CHAIN FORMATION, TAKING OATH

1. The Purpose (To be explained to Students by the Teacher)
 - a. Rally is a way of expressing our concern on the Issue of Drug abuse.



- b. Rally Sensitizes (makes us feel) for the victims of Drugs & Substance abuse.
- c. Victims get hope and courage.
- d. Rally is a strong message to people involved in Drug crimes to step back.
- e. Rally motivates Policy makers and Law enforcement agencies to do more.
- f. Solution to major issues come when people step out on the streets.
- g. People get inspired by seeing youth doing Rally.
- h. Participants in the Rally experience Oneness – a feeling of strength
- i. Shouting slogans during Rally has a direct positive impact on the participant.
- j. Human Chain formation makes the participants feel Oneness. They make a commitment that they will be there for each other in Ups and Downs of Life.



k. Taking Oath to lead a healthy life and stay away from Drugs and intoxicants



2. Rally requires a Banner, Slogans Placards, Mike.

- a. Banner: [Click here](#) to open the Template. Enter your institution details in the blank space and print.
- b. Slogans: To watch Audio on how to shout slogans. Students have to feel for the cause when shouting slogans. They must do so at top of the voice.

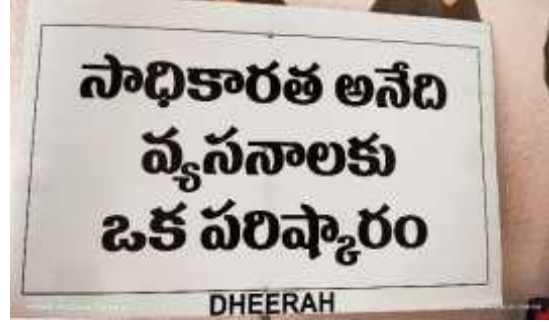
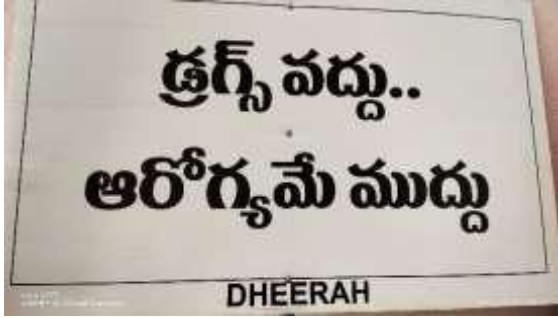


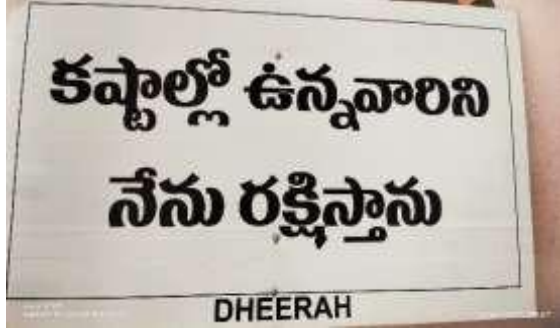
c. Placards: Placards give important messages to the participants as well as to the people watching. The students can make the placards at school.

i. The English placards content is:

1. I will follow Natural lifestyle
2. I will protect mother nature
3. Drugs & intoxicants are gateway to hell
4. We the people of Bharat, let us be united
5. I will seek help if I am depressed
6. I will meditate for mental strength & balance
7. I will raise voice against the wrong
8. Martial arts, sports, strength training give a positive high
9. Wellness, Empowerment is a Solution for addictions
10. I will vote for right candidate
11. Selfless service is the key to happiness
12. I will protect the vulnerable
13. Say yes to good health say no to drugs
14. I will follow Natural lifestyle

ii. The Telugu placards content is:





- d. Mike: A mike facility with battery backup is essential for an effective Rally. They are available for rent.
3. Distance: Rally may be done for a distance up to 1km and back.
4. Human Chain formation: Traffic may be stopped at the signal for 3-5 minutes with the permission of Traffic Police. The Teachers will guide students to form Human chain by holding each other's hands. While holding hands, students shall be made to say: "We promise that we will stay united. We will protect each other from Social Evils. We will support each other during ups and downs of life"
5. Oath Taking: Students shall be made to take Oath as follows:
"I promise to follow healthy lifestyle. I promise to stay away from Drugs, alcohol, smoking, gambling and any other form of addiction."
6. Code of conduct and Precautions: Students shall be alert on the road and walk in a disciplined manner. A few senior students shall keep watch on the traffic and make sure students walk at the edge of the road. Students shall drink water before starting the Rally and after the Rally is over. They shall wear caps or cover the head with cloth. Any students not feeling well must not participate in the Rally.

ART COMPETITIONS

Topics:

Save the Girl child from Drugs (Up to 12 years)

Say No to Drugs, Say Yes to Good Health (Above 12years)

ESSAY WRITING AND ELOCUTION COMPETITIONS

Topics:

- Social problems related to Drug abuse
- Health consequences of Drug abuse
- Drug addiction and Crime
- Wellness, Empowerment techniques that keep us healthy

STAGE SHOWS

Topics:

Students shall perform a Stage show on the effects of Drugs on a person & their family member.

DHEERAH WELLNESS, EMPOWERMENT COMMITTEES FORMATION

1. The Purpose (Teachers shall explain to the students)
 - b. Learn what is Wellness, Empowerment (Feeling good in a healthy way)
 - c. Learn various Wellness, Empowerment techniques
 - d. Establish Committee Leaders, coordinators and members
 - e. Conduct meetings, increase members, go beyond school & college
 - f. Sustain the Dheerah Values, Wellness, Empowerment program for a better society
2. The following Empowerment Committees may be formed

Committee Name	Committee Responsibilities
Anti-Drugs, Activism & Protection	Courageously report Drugs/substance abuse, harassment, cyber-crime, pollution, tree cutting, etc.
Mental Health & De-addiction	Identify students suffering from mental health issues, addictions & help them
Vipassana Meditation, Values	Encourage the practice of Vipassana meditation for Mental balance & strength, Develop Values, Organize lectures
Natural Lifestyle	Understanding and adopting Natural, Healthy lifestyle & Healthy Food preparation, Leading disease & medicine free life
Yoga	Encourage the practice of Yoga for good Mental and Physical health
Strength Training, Martial Arts	Encourage the practice of Strength Training, Martial arts for Mental & Physical strength, protection of self & others

Sports, Adventure, Nature

Encourage Sports for fun, leadership, Mental and Physical strength

Life Skills	Training on natural farming, Natural lifestyle, Vipassana, Relationships mgmt., Financial mgmt., Legal awareness
Celebrations, Arts	Celebrate Festivals, organize events in eco-friendly way, learn & exhibit/perform arts during events
Selfless Social Service	Engage in selfless social service for spiritual progress, realize purpose of life
Environment	Participate in Tree plantation, conserve natural resources, organize lectures
Academics, Entrepreneurship	Jobs, Organize lectures to improve Academic performance, Job skills, entrepreneurship skills
Science & Technology Awareness	Technology demos at campus/industry visits for generating interest in students - Drones, Robots, eV cars can be shown
Newsletter & social media	Consolidate all Empowerment activities, make School / College newsletter, post in social media
DHEERAH Leadership	Encourage Wellness, Empowerment activities, meetings, enrollment of all students

3. Selection of capable students as committee Leaders

- a. Students who are interested and talented in that activity and with Leadership skills may be selected as Committee Leader. For eg. If a student is good in cricket and has good leadership skills, he/she may be selected as the Sports Committee leader.
- b. The student should be capable of adding more members in his/her committee.
- c. The student shouldn't have any bad habits or behavior.
- d. Academic performance should not be considered in selection.

4. How it works

- a. Principal will designate 3 teachers who will select Students as Committee leaders. Principal will also select one teacher each for each committee based on their interest.
- b. Each Committees will comprise of one teacher, one student leader and multiple members.
- c. Student leader will identify and add members
- d. Committee will do activities. For eg. Sports committee will play various sports
- e. Committee will make a monthly report on number of activities, members and ways of increasing members and activities.
- f. Committee will be in touch with Dharma seva central committee to exchange ideas or conduct online programs or competitions. For eg. Students and teachers can attend free online yoga session.

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