

Addiction is NORMAL & can happen to ANYONE.
We understand the ADDICT as well as YOU!
TAKE YOUR FIRST STEP, WE WILL TAKE CARE OF THE REST!



MOKSHA CAN HELP YOU TRANSFORM

BODY:

Recovering from the physical effects of Drinking, Drug consumption.

(By Skilled Doctors)

MIND:

Help & train your mind overcome the obsession of Alcohol, Drug addiction.

(By Psychiatrists / Counsellors)

SOUL:

Rejuvenating your inner peace & calmness which was lost due to Alcohol, Drug addiction.

(Spirituality)

Our panel of qualified & certified MD Physicians & Psychiatrists work along with our team of counsellors to focus on RECOVERY of every aspect of your Body, Mind & Soul.

ARE "YOU" OR "ANYONE YOU KNOW" SUFFERING FROM THESE ISSUES DUE TO ALCOHOL / DRUG ADDICTION?

- Continuously drinking or consuming drugs against all odds.
- Unable to control drinking or addiction despite various attempts.
- Suffering from mood swings, anxiety, lack of sleep, restlessness, etc.
- Facing financial difficulties & issues.
- Emotionally unstable due to self-conflict, constant struggle, lack of hope & self-belief.
- Constant nagging from near ones, confused state of mind.
- Feeling of loneliness even at home leading to depression.
- Facing social stigmas from family & relatives

IF "YES", THEN MOKSHA IS FOR YOU!

ABOUT MOKSHA:

“Moksha (liberation) means eternal bliss, ultimate Freedom (mukthi) from all misery.

WE at MOKSHA, focus on “**FREEDOM FROM THE MISERY OF ALCOHOL & DRUG ADDICTION BY TRANSFORMING YOUR BODY, MIND & SOUL**” – A Life beyond Addiction.

Moksha was born out of a profound realization of the various sufferings experienced by alcoholics and drug addicts. We are committed to guiding individuals not only through the process of recovery but also towards attaining **Liberation (bondage of self)**.

Moksha firmly believes in **WORKING AT THE CORE OF AN INDIVIDUAL** by first helping the alcoholic or drug addict to understand the root cause of their addiction. With the help of our program & proven techniques we help them explore a new way of life.

Our meticulously designed program is **AIMED** at empowering alcoholics / addicts to embark on a life-time journey of recovery, which ultimately helps them rebuild their family, social, professional & financial aspects of life as well. **Join us** on this transformative journey, where liberation becomes a reality, and the promise of a brighter future awaits.”



SWAPNIL JOSHI

FOUNDER & CEO (MOKSHA)

STAGES:

At MOKSHA, our simplified and professional approach transforms the challenging road of recovery into an accessible journey. We follow a personalized approach and expertise at each stage of Recovery:

1

SHUDDHI

(Cleansing of Body & Mind)

- PHYSICAL & MENTAL HEALTH CHECK (By Qualified Doctors)
- DETOX (Under Doctor's Observation)
- ACUTE CRAVING MANAGEMENT
- PROFESSIONAL COUNSELLING
- INTRODUCTION TO MEDITATION TECHNIQUES

2

BUDDHI

(Acquiring Knowledge & Wisdom)

- EDUCATING ABOUT ADDICTION
- IDENTIFICATION OF TRIGGERS
- SELF REALIZATION
- EXPERIENCE SHARING
- ACCESS TO RECOVERED MEMBERS

3

SHAKTI

(Empowering Inner Strength)

- UNDERSTANDING COMPULSIVE OBSESSION
- IDENTIFYING SELF DESTRUCTIVE PATTERNS
- ACCEPTANCE & RECOVERY
- TAKING RESPONSIBILITY OF SELF RECOVERY
- DEVELOPING MANNER OF LIVING WITHOUT ADDICTION

4

PRAAPTI

(Gaining Recovery from Addiction)

- RELAPSE PREVENTION PROGRAM
- PERSONAL MENTOR ACCESS (24x7)
- REGULAR FELLOWSHIP & GATHERINGS
- LITERATURE ASSIGNMENTS
- EXPERIENCING & SHARING RECOVERY

PROGRAM OPTIONS :

Keeping in mind the limitations of addicts & their time investment, we have designed custom based options to avail the program in the most convenient way:

	OFF SITE	IN FACILITY	DAY CARE
Duration	21 Days	3 Months	Optional
Location	Our Luxurious Farmhouse (Options available)	<input type="checkbox"/> Air Conditioned Dormitory <input type="checkbox"/> Twin Sharing <input type="checkbox"/> Single Occupancy (VIP)	Day care
Counsellor & Professionals	Dedicated on 1:1 basis	Daily On-site access.	4 days a week counselling session of 1 hr each
Qualified Doctor Visit	Twice a week	Twice a week	Monthly consultation
Accommodation, All Meals & Laundry	Inclusive	Inclusive	NA
Add - Ons	<input type="checkbox"/> 1 year – RELAPSE PREVENTION PROGRAM <input type="checkbox"/> Access to Counsellor/Mentor <input type="checkbox"/> Family Support Program	<input type="checkbox"/> 1 year – RELAPSE PREVENTION PROGRAM <input type="checkbox"/> Access to Counsellor/Mentor <input type="checkbox"/> Family Support Program <input type="checkbox"/> Group Therapy Session	1 year access to Fellowship Gatherings & Facility Conventions

NOT JUST A REHAB, BUT AN ORGANIZATION OFFERING FREEDOM FROM ADDICTION.



- ✓ Air Conditioned rooms
- ✓ 24/7 Medical & Support Staff
- ✓ Experienced Counsellors & Therapists
- ✓ Panel Of Medical & Psychiatric Staff

WHAT MAKES MOKSHA DIFFERENT?

NOT JUST A REHAB, BUT OFFERING ADDICTION FREE LIFE:

- Rather than just offering treatment, we offer - A PROMISE of ADDICTION Free Life.
- Unlike regular rehabs, we don't believe in punishment process. We offer care & concern program.
- We offer Voluntary Walk in & Walk out. As we believe Freedom from Addiction is a choice & can't be FORCED upon anyone.
- Our program is Unique as it is designed by those who have recovered from addiction & know WHAT DIDN'T WORK for them in the PAST.

WORKING ON ONE LIFE, TOUCHING MANY LIVES:

- Our **MISSION** :
ONE RECOVERED ADDICT = ONE HAPPY FAMILY.
- Our program aims not just at recovery from addiction, but also helps rebuild the family, social, professional and financial aspects of the addict.
- We offer programs not just to the addict but their family members as well, as we understand their NEED to recover from their past sufferings too.
- We have seen in many cases that family members availing our programs have been one of the biggest support & contributing factor in RECOVERY of the addict.

PANEL OF DOCTORS & PROFESSIONAL COUNSELLORS:

- On Board Qualified Doctors for co-occurring mental & physical issues.
- A team of dedicated & passionate Counsellors.
- Expert Meditation Practitioners, Yoga Experts & Dieticians.

FLEXIBLE & AFFORDABLE TREATMENT :

- Always offering flexibility to switch between the Program Options. You can at any time opt between the 3 program options available.
- We care for your recovery, so once enrolled in our Program, we offer you a lifetime access to 'Moksha' – to our counsellors, recovered members & doctors which helps you to stay on the path of recovery forever.

CONDUCT A QUICK SELF-TEST TO FIND OUT HOW ADDICTION IS AFFECTING YOU:

Just Tick Yes / No wherever applicable to you / your known one :-	YES	NO
1. Do you lose time from work due to drinking / drug addiction ?		
2. Is your drinking / drugs making your home life unhappy?		
3. Is drinking / taking drugs affecting your reputation?		
4. Have you ever felt remorse after drinking / taking drugs ?		
5. Have you got into financial difficulties as a result of drinking / taking drugs ?		
6. Has your ambition decreased since drinking / taking drugs ?		
7. Do you crave a drink / drugs at a definite time daily?		
8. Do you want a drink / take drugs the next morning?		
9. Does drinking / taking drugs cause you to have difficulty sleeping?		
10. Has your efficiency decreased since drinking / taking drugs ?		
11. Do you drink / take drugs to escape from worries or trouble?		
12. Do you drink / take drugs alone?		
13. Do you drink / take drugs to build up your self confidence?		
14. Have you ever been to a hospital or institution on account of drinking / taking drugs ?		

If your answer for 3 or more questions is YES, then for professional help to quit / control / moderate your addiction, reach out to MOKSHA.

TESTIMONIALS:



Prashant Sharma (43 yrs)

"I was suffering from severe alcoholism to the point that I had lost all hope of coming out of it despite several self-attempts, promises to the family & forced breaks. A friend suggested me 'Moksha' when I had no further desire left to live as I didn't know that a life without alcohol will be possible at all. After doing the Moksha Off Site 3 months program I got hope of freedom from alcoholism & also a completely different spiritual approach to life & all its aspects in a peaceful & contented manner. Today I can say proudly that I am a recovering alcoholic...Believe me RECOVERY IS POSSIBLE at MOKSHA"
- Business Director, (Alcoholic for 15 years)

"I grew up in a very well to do family & got exposed to drugs at a very young age of 17 yrs. By the age of 21 yrs, I got addicted to Cocaine & even got involved in some small crimes to manage my drug supply. For recovery I had been to 5 rehab centers but every time I used to relapse within few weeks of coming out of rehab. In my last rehab we met Mr. Tripathi as a guest speaker who has undergone program with 'MOKSHA' & his sharing gave me a new hope. It has been almost a year since I am with Moksha and can happily say that I have not been using drugs since Day 1. I feel positive now that if I continue on this path, one day my life will be addiction free" - Real Estate Trader, (Drug Addict for 8 years)



Yash Thakur (29 yrs)



Mrs. Sheetal Sachdeva

"My son Abhijit got addicted to alcohol & drugs at a very young age under peer pressure & bad friend circle. Because of which he started stealing money & gold from house & was not able to focus on studies, got expelled from college with his health continuously deteriorating & emotionally becoming distant from us & the society. That is when our family doctor recommended us 'MOKSHA'. After 6 months program, he not only got control on addiction, but his behavior towards family & society changed. Now he has been living an alcohol & drug free life & as a mother I am thankful to MOKSHA to get our son back" - HR Manager (Mother of 21 yr old – alcohol & drug addict for 7 yrs)

"Being a working mother, maintaining a work life balance and mental peace was never easy for me. Things got worse with my husband's non-stop drinking problem. Our family doctor recommended 'Moksha' for my husband. But when I also joined the 'Moksha' program, it not only helped me to understand his alcoholism better, but helped me cope with an alcoholic husband, manage a 5-year-old kid, deal with nagging in-laws, look after parents staying far, handling office politics, all along with maintaining my social well-being" - Working professional, Wife of an Alcoholic



Priya Thakkar (31 yrs)



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moksha by swapnil joshi

moksha.swapniljoshi

www.moksha.org.in



Scan QR Code for Whatsapp

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