

ACTIVITY REPORT
ON
AWARENESS ON THE PROBLEM OF
ALCOHOLISM



AASHAA BORA FOUNDATION

Nikita Complex, 1ST Floor,
345, G.S. Road, Khanapara

INTRODUCTION

On 4th September 2015 a programme, “Awareness on Alcoholism and its Impact on Families” was organised in Aashaa Bora Foundation Office, Khanapara. The objective of this programme was to create awareness among the people on the problem of alcoholism.

ABOUT THE PROGRAMME

In this programme Sister Rose Paite, General Counsellor for Social Apostolate was invited as Chief Guest and Mr.Pushan V, Ms.Vijaya, and Mr. Aapi from “Alcoholics Anonymous” were also invited to share their experiences as alcoholics and the ups and downs they went through as a result. Dr. Aashaa Bora welcomed the gathering on highlighting on Alcoholism and its awareness.

Mr.Pushan V, Ms. Vijaya, and Mr. Aapi from Mumbai delivered a brief lecture on alcoholism that it's a disease characterized by habitual intake of alcohol. They gave a brief description how they got addicted to alcohol, how it affected their families and how they got rid from it. The members of Alcoholic Anonymous gave awareness speech about alcohol and gave lecture to people how to get rid of it. They said that there is alcoholic anonymous, an international mutual aid in every where to get relieve from this disease. They also gave a brief discussion about how alcoholic anonymous solve problem to an alcoholic patient:-

1. A.A. members share their experience with anyone seeking help with a drinking problem; they give person-to-person service or "sponsorship" to the alcoholic coming to A.A. from any source.
2. The A.A. programme, set forth in our Twelve Steps, offers the alcoholic a way to develop a satisfying life without alcohol.
3. This programme is discussed at A.A. group meetings.

- I. Open speaker meetings-open to alcoholics and non alcoholics. (Attendance at an open A.A. meeting is the best way to learn what A.A. is, what it does, and what it does not do.) At speaker meetings, A.A. members "tell their stories." They describe their experiences with alcohol, how they came to A.A., and how their lives have changed as a result of A.A.
- II. Open discussion meetings-one member speaks briefly about his or her drinking experience, and then leads a discussion on A.A. recovery or any drinking-related problem anyone brings up.(Closed meetings are for A.A.s or anyone who may have a drinking problem.)
- III. Closed discussion meetings-conducted just as open discussions are, but for alcoholics or prospective A.A.s only.
- IV. Step meetings (usually closed)-discussion of one of the Twelve Steps.
- V. A.A. members also take meetings into correctional and treatment facilities.
- VI. A.A. members may be asked to conduct the informational meetings about A.A. as a part of A.S.A.P. (Alcohol Safety Action Project) and D.W.I. (Driving While Intoxicated) programme. These meetings about A.A. are not regular A.A. group meetings.

CAUSES OF ALCOHOLISM

The biological causes of alcohol addiction include each person's unique physiology. People differ in the degree to which they like or dislike a particular addictive substance or activity. Some people may enjoy a substance or activity so much that it becomes very tempting and difficult to resist.

Psychology also helps to understand the causes of alcohol addiction. Psychological research has helped us to understand why people repeat certain behaviors, even when these behaviors are harmful. These benefits can range from stress reduction, relief from boredom, pleasurable sensations, coping with negative feelings or situation, or simply the benefit of avoiding withdrawal symptoms.

Socio-cultural influences also contribute to the development of alcohol addiction. For our purposes, the term culture, describes a group's learned and shared pattern of values and beliefs. When a culture accepts or tolerates drunkenness, the members of that culture are more vulnerable to addiction. The greatest social influence is the family. This is how culture is transmitted from one generation to the next.

Spirituality is another casual factor that can determine whether an addiction develops and flourishes. Spirituality reflects a belief that life has a meaning and purpose. It includes the many different, specific, beliefs that people have about that meaning and purpose.

AWARENESS ON ALCOHOLISM

Alcoholism is a specific type of addiction. Drinking too much alcohol increases people risk of health related injuries, violence, and drowning, liver disease and some types of cancer.

Education is an essential component for any comprehensive approach to alcohol prevention and policy and can help reduce the risk for harm. Including young people, pregnant women or individuals and groups within the mainstream for prevention and health care require particular attention with regard to alcohol education. Education programs take many forms and vary in their effectiveness while some are successful in raising in awareness, others can bring about behavior change.

Providing alcohol education is to raise awareness and share knowledge and skills that will enable consumers to make healthy and informed choices about their drinking and also help those who choose to drink avoid patterns that are associated with health and social harm to themselves and others.

The Alcoholic Anonymous members gave their view points regarding its causes and also awareness and its impact on families.

Family has been shown to be the strongest single influence of all external factors on young people attitudes about drinking. Strong relationship between young people and their parents, family structure, communication, adult monitoring and supervision and parental involvement may all act as positive influences on choices around alcohol consumption. Programs have been developed that can play an important role in strengthening parental influence and the role of the family. Such initiatives integrate behavioral training for parents, family skill training, education, support and brief therapy, and appear to be cross-culturally applicable.

After the brief lecture by the Alcoholic Anonymous members, the people interacted with them by asking some of their problems on alcoholism, which had badly affect on their families. The program was ended with a vote of thanks from Aashaa Bora, president of Aashaa Bora Foundation.

CONCLUSION

The main objective of this programme was to make people aware on alcoholism. Those who attended in this programme were highly benefitted by the interaction. We got so much knowledge from the members of Alcoholic Anonymous. From this programme the people were aware and also gathering knowledge about alcoholism and its impact of family and society. And Aashaa Bora Foundation will also take such kind of initiative in future as well.

PHOTO GALLERY

