

By Post/E-mail/Portal

From

Additional Chief Secretary to Government Haryana,
Higher Education Department, Chandigarh.

To

1. The Registrars of All State & Private Universities in the State of Haryana
2. The Principals of Govt. Colleges in the State of Haryana
3. The Principals of Govt. Aided Colleges in the State of Haryana.
4. The Principals of Self Financed Colleges in the State of Haryana.

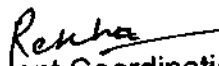
Memo No. 9/191-2023 Co.(3)
Dated Panchkula, the 20.11.2023

Subject:- Regarding Spreading Awareness Regarding Alcoholism among Students

Kindly refer to the subject cited above.

I have been directed forward you a copy of letter dated 17.09.2023 received from Alcoholics Anonymous Society with the direction to allow Alcoholics Anonymous (AA) Society to conduct the Alcoholism awareness programs amongst students in your respective institutions.

Enclosed : As above.

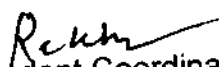

Superintendent Coordination
for Additional Chief Secretary to Government Haryana,
Higher Education Department, Chandigarh.

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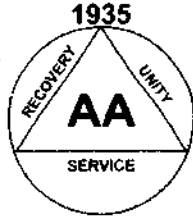
Dated : Panchkula the 20.11.2023

A copy of the above is forward to the following for information and further necessary action, please:-

1. Kamal Kant Jain, CPC Chairman Alcoholics Anonymous Society E-mail aaravimports@hotmail.com w.r.t. their letter dated 17.09.2023.
2. In-Charge IT Cell to upload on the Portal


Superintendent Coordination
for Additional Chief Secretary to Government Haryana,
Higher Education Department, Chandigarh.

1318 cc
06/02/23



ALCOHOLICS ANONYMOUS (AA)

DELHI GOLDEN FOOTWORK INTERGROUP DELHI
F-12/2, FIRST FLOOR, MODEL TOWN-II, DELHI-110009
Email: aaravimports@hotmail.com, www.aagsoindia.org

God, grant us the serenity to accept the things we cannot change,
Courage to change the things we can, and
Wisdom to know the difference

Dated : 17.09.2023

all to
ACSHG

Hon'ble Shri Anand Mohan Sharan Ji (IAS)
Addl. Chief Secretary Higher Education
Room No. 46, 9th Floor, Haryana Civil Secretariat
Sector-1,
Chandigarh-160001

Sub: Spreading Awareness Regarding Alcoholism among Students

Respected Sir,

We members of Golden footwork inter-group public information committee of Alcoholics Anonymous – an International Non-Profitable Society would welcome the opportunity to provide information about our recovery from alcoholism through a specific program of the **twelve steps**.

Alcoholics Anonymous (AA) is a world wide fellowship of more than four million men and women all over the world who help each other to maintain sobriety and who offer to share their recovery experience with others. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA Membership. We are self supporting through our own contribution. We wish to make people aware of this cunning baffling powerful incurable progressive killer disease ALCOHOLISM.

Sir, alcoholism is serious issue in India. In Alcoholics Anonymous (AA) we have been helping active alcoholics **FREE OF COST** for the past 67 years in India. The count of the middle-aged and the **YOUTH** getting trapped in the web of alcoholism is increasing rapidly.

- Kindly allow the AA fellowship to conduct Public information awareness meetings for 15 minutes during assembly time. We would share information about the family disease of alcoholism. Furthermore, we would share about the dangerous consequences of consuming alcohol. This would educate students and teachers about this killer disease about its grave effects on the brain of students and how to recover from them and protect the future of many students. We would also like to distribute pamphlets and addresses of Alcoholics Anonymous meetings so that the young generation stays away from it. We provide newcomer with a separate sponsor who helps the habitual drinker to remain sober in the long term. There 3000 AA Groups working in India that have 40000 Sober Members who are always ready to help students who have become dependent on Alcohol.

We request you to allow us to conduct Alcoholics Anonymous (AA) meetings in government school premises in **HARYANA**, timing- 7:00 p.m. to 8:30 p.m. and in addition allow us to fix AA message boards with helpline numbers in school premises

DGHE (07)
02/10/23

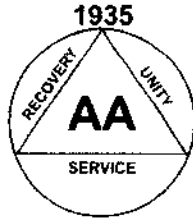
DS-Book
05/11/23

Supdt
(Co)
4/11/23

ACSHE: 7481
DIARY
DATE: 03/10/23

06/10/23
03/10/23

Put upon file with typed notes
06/10/23



ALCOHOLICS ANONYMOUS (AA)

DELHI GOLDEN FOOTWORK INTERGROUP DELHI
F-12/2, FIRST FLOOR, MODEL TOWN-II, DELHI-110009
Email: aaravimports@hotmail.com, www.aagsoindia.org

-
- We had become habitual drinkers since the age of 16, starting from our 11th standard. This unhealthy habit took a toll on us physically, financially, emotionally, and in our relationships. Despite various attempts, neither medicine nor our family's efforts were able to help us overcome this addiction. It was only through the grace of God at the age of 30 that we learned about Alcoholics Anonymous meetings, and from the very first day of attending, we have been able to maintain our sobriety. This transformation has brought happiness back into our lives and our family's lives.
 - Our primary goal now is to stay sober and extend a helping hand to other alcoholics seeking sobriety, without any cost involved. We understand the pain that families of alcoholics go through and are committed to helping them.
 - We are conducting public information and awareness meetings in hospitals, cluster areas, colonies, schools, police stations, bus depot, railway hospitals and colleges etc. However, **we are facing a shortage of places to hold AA (Alcoholics Anonymous) meetings.**

An early positive action in this matter would be highly appreciated.

With warm regards

Yours sincerely

Kamal Kant Jain

CPC Chairman

Email : aaravimports@hotmail.com

9/191-202360.(3)



**PRESIDENT'S SECRETARIAT
(PUBLIC SECTION)
RASHTRAPATI BHAVAN
NEW DELHI - 110004**

No.18/05/P(1)/2015

21 May, 2015

Dear Sir,

Kindly refer to your letter dated March 06, 2015
addressed to the President of India.

The same has been sent to the Secretary,
Department of Higher Education, Ministry of Human
Resource Development, New Delhi.

With regards,

Yours sincerely,

(Purushottam Dass)
Under Secretary

Shri Kamal Kant
Chairman
Alcoholics Anonymous (AA)
St. Thomas Church
Khyber Pass, Civil Lines
Delhi- 110065

राजस्थान सरकार
शिक्षा (ग्रुप-8) विभाग

क्रमांक: सं.17(45)शिक्षा-8/2012

जयपुर, दिनांक:-

8/6/17

1. निदेशक,
माध्यमिक/प्रारम्भिक शिक्षा,
राजस्थान, बीकानेर ।
2. निदेशक,
संस्कृत शिक्षा,
राजस्थान, जयपुर ।

विषय:-Our society has been destroyed by Alcoholism
There is a solution

संदर्भ :- विभाग के पूर्व समसंख्यक पत्रांक दिनांक 06.04.2017 के क्रम में।

महोदय,

उपरोक्त संदर्भित विषयान्तर्गत, राष्ट्रपति सचिवालय से माननीय मुख्य सचिव महोदय को संबोधित पत्र P2/D/2003170129 दिनांक 20.03.2017 की प्रति मय Chairman, Alcoholics Anonymous(AA) Delhi के पत्र दिनांक 20.03.2017 प्रेषित कर निवेदन है कि पत्र में उल्लेखित गतिविधियों को कराये जाने के सम्बन्ध में जिला शिक्षा अधिकारियों प्राथि/माथि एवं संभागीय संस्कृत शिक्षा अधिकारियों के माध्यम से समस्त संस्था प्रधानों को दिशा निर्देश जारी करावे ताकि नशा मुक्ति का संदेश जन-जन तक पहुँचाया सकें।

कृपया इस संबंध में आवश्यक कार्यवाही कराकर, की गई कार्यवाही से इस विभाग को अवगत कराने का श्रम करावें।

संलग्न: उपरोक्तानुसार ।

भवदीया,

Sd.

(आभा बेनीवाल)

उप शासन सचिव

प्रतिलिपि निम्नांकित को सूचनार्थ प्रेषित है :-

1. निजी सचिव, (AR), राष्ट्रपति सचिवालय, राष्ट्रपति भवन, नई दिल्ली, 110004 को उनके संदर्भित पत्र के क्रम में सूचनार्थ प्रेषित है।
2. निजी सचिव, सहायक शासन सचिव/अनुभागाधिकारी (प्रधानमंत्री/राष्ट्रपति प्रकोष्ठ) जन अभियोग निराकरण विभाग, शासन सचिवालय जयपुर।
3. Shri Kamal Kant Chairman Alcoholics Anonymous(AA), St. Thomas Church, Khyber Pass, Civil Lines, Delhi-110054 को उनके पत्र के क्रम में।

Kami

उप शासन सचिव



ਮੁੱਖ ਮੰਤਰੀ, ਪੰਜਾਬ
CHIEF MINISTER, PUNJAB

No.CMP -Confi-17/ LG-3/CM/104

June 21, 2017

Dear Shri Kamal Kant Ji,

Thank you for your letter of the 15th June 2017 offering an unconditional support to those struggling with alcohol and to launch an awareness campaign against alcoholism among the students.

I am asking Addl Chief Secretary in the Department of Education to examine your suggestion with a view to take advantage of your fellowship.

With regards,

Yours sincerely,

(Amarinder Singh)

Shri Kamal Kant,
Chairperson,
Alcoholics Anonymous(AA),
F-12/2. Model Town-II, Delhi-110009

**Office of Director General School Education-cum-
State Project Director, Sarva Shiksha Abhiyan Authority, Punjab
Vidiya Bhawan, E - block, 5th floor, PSEB complex, Phase - 8, SAS Nagar**

Ph. No. - 0172-5212313 & 355

Fax No. - 0172-5212359

To,

✓ Sh. Kamal Kant
Chairman, ALCONOLICS ANONYMOUS (AA)
Delhi Golden footwork Intergroup
St. Thomas Church, Khyber Pass
Civil lines, Delhi - 110054

Memo No.: - 2017/DGSE/Coord./ 6865-66

Date: - 03/07/17

Sub: - Meeting regd. "Our society has been destroyed by Alcoholism"
on date 11-07-2017 at 11:00 noon in that O/o Director General
School Education, Punjab.

1.0 Kindly refer to the subject cited above in concern with the letter sent
by you to the Hon'ble Chief Minister of Punjab on dated 20-03-2017.

2.0 It is hereby to inform you that Hon'ble Director General School
Education, Punjab has fixed the meeting regd. the subject mentioned above on
11-07-2017 at 11:00 noon, in his office at E-block, 5th floor, Punjab School
Education Board complex, Phase - 8, SAS Nagar, Punjab.


3.0 You are requested to attend the meeting accordingly.


Deputy State Project Director,(SSA)
O/o DGSE, Punjab.

Endst No:- 2017/DGSE/Coord./

Dated:-

Copy of above letter is forwarded to Sh. Abhijeet Rai, OSD (AR) President's
Secretariat (Public - II Section), Rashtrapati Bhawan, New Delhi - 110004 in
concern with their letter no: P2/D/2003170151 of dated 20-04-2017.


Deputy State Project Director,(SSA)
O/o DGSE, Punjab.



GOVERNMENT OF KERALA

No. 1429885/G2/17/TD

Taxes (G) Department
Thiruvananthapuram, Dated: 20.05.2017

From
The Additional Chief Secretary to Government

To
Sri. Abhijeet Rai,
OSD (AR),
President's Secretariat,
(Public II Section),
Rashtrapati Bhavan,
New Delhi - 110004

Sir,
Sub:- Taxes Dept- Excise - Solution for Alcoholism - Reg.

Ref:- Your Letter No P2/D/2003170145 dated 20/03/2017.

I am to invite your attention to the reference cited and to inform you that the representation dated 20/03/2017 from the Chairman of Alcoholics Anonymous (AA) has been forwarded to General Education Department, Government of Kerala for further necessary action.

Yours faithfully,
Sini Sabu

Under Secretary
For Additional Chief Secretary to Government.

Approved for Issue


Section Officer

Copy to : 1. Sri. Kamal Kant,
Venue St. Thomas Church,
Khyber Pass, Civil Lines,
Delhi - 110054

2. General Education Department (with copy of the representation dated 20/03/2017 from the Chairman of Alcoholics Anonymous for taking further action).

From

The Collector of Nilgiris,
Udhagamandalam.

To

- 1) The Superintendent of Police,
Udhagamandalam.
- 2) The Chief Educational Officer,
Udhagamandalam.

Re.F3/15467/17 dated .07.2017

Sir

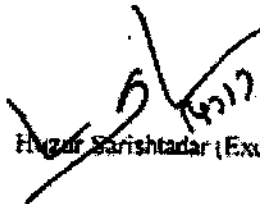
Sub:	Prohibition and Excise -Petition received from the President Secretariat-request by Thiru .Kamal Kant- Forwarded- regarding.
Ref:	Letter received from Commissioner of Prohibition and Excise Letter No-P&E9(1)6878/2017 dated 23.06.2017

I invite kind attention to the reference cited. The copy of the Petition of Thiru.Kamal Kant received with the letter cited is enclosed herewith for necessary action
Encl/-

Sd/-
For Collector,
The Nilgiri

Copy to
Thiru .Kamal Kant,
Venue Street,
Thomas Khyber Pan
Civil lines,
Delhi, Pin-110054

Lc.h.o/


Huzar Sarishtadar (Excise)

14.07.17

F. No.1-20/Genl Edn/PF-II/2014 2316
अण्डमान और निकोबार प्रशासन
ANDAMAN AND NICOBAR ADMINISTRATION
शिक्षण निदेशालय
DIRECTORATE OF EDUCATION
वी.आई.पी.रोड, पोर्ट ब्लेयर
V.I.P. ROAD, PORT BLAIR.

Port Blair, dated the 11th May, 2017

To

✓ Shri Kama! Kant (Chairman)
St. Thomas Church
Kyber Pass
Civil Lines
D.S.B-110954

Sub:- Permission to conduct meeting in the school:- reg

Sir,

I am directed to refer your letter No. P2/D/2003170162 dated 20.03.2017 on the subject mentioned above, in this regard before giving permission to conduct meeting in the school premises, you are requested to visit to this Directorate to discuss about the design and modalities of the programme please.

Yours faithfully


21/5/17
Deputy Director Education (Academic)

3

President's Secretariat

GOVT. OF NCT OF DELHI
OFFICE OF THE ADDL. DIRECTOR OF EDUCATION
DIRECTORATE OF EDUCATION: OLD PATRACHAR BUILDING
LUCKNOW ROAD, TIMARPUR, DELHI-110054.

No. HQ Br./2017/President/ 1242-1243

Dated: 25/17

To,

The DDE (School Branch),
Directorate of Education,
Govt. of NCT of Delhi,
Old Secretariat, Delhi.

Sub: Grievance of Sh. Kamal Kant dt. 20.3.2017 regarding Society has been destroyed by Alcoholism.

Sir/Madam,

I am directed to forward herewith a letter received from President's Secretariat, Rashtrapati Bhavan vide No. P2/D/2003170106 dated 20.03.2017 through GAD vide No. GAD/2017/19944 dated 27.04.2017 on the above mentioned subject which is self-explanatory.

The subject matter of letter pertains to your district/branch. It is, therefore, requested that the above mentioned subject matter in the letter may be examined and appropriate action may be taken in the matter and settles the issue expeditiously. The action taken in the matter may please be sent directly to the complainant under intimation to this office.

Encl: As above

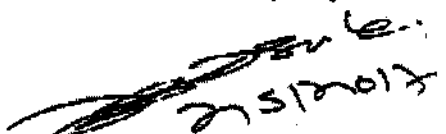
Yours faithfully,


(JAGDISH KUMAR)
Office Superintendent (HQ)

No. HQ Br./2017/President/ 1242-1243
Copy to:

Dated: 25/17

~~Sh. Kamal Kant, Chairman, Alcoholics Anonymous (AA), St. Thomas Church, Khyber
Pass, Civil Lines, Delhi-54.~~


(JAGDISH KUMAR)
Office Superintendent (HQ)

**GOVERNMENT OF ASSAM
SECONDARY EDUCATION DEPARTMENT
DISPUR, GUWAHATI-6**

No.ASE.452/2016/35

Dated Dispur, the 16th May, 2017

From : Smt. S.G. Kalita, ACS
Joint Secretary to the Govt. of Assam
Secondary Education Department

To : The Director of Secondary Education, Assam
Kahilipara, Guwahati-19

Sub : Correspondence from the Rashtrapati Bhavan.

Sir,

I am directed to send herewith a copy of the letter No.P2/D/2003170121, dttd. 20/03/2017 alongwith its enclosure received from OSD (AR), President's Secretariat (Public-II Section), Rashtrapati Bhavan, regarding a petition dttd. 20/03/2017 submitted by Chairman, Alcoholics Anonymous (AA) and request you kindly to furnish your views at the earliest on the permissions sought by Alcoholics Anonymous (AA) from the State Govt.

Encls. : As stated above

Yours faithfully,

sd/-

Joint Secretary to the Govt. of Assam
Secondary Education Department

Memo No.ASE.452/2016/35-A

Dated Dispur, the 16th May, 2017

Copy for information to:

1. OSD (AR), President's Secretariat (Public-II Section), Rashtrapati Bhavan, New Delhi-110004.
2. Shri Karnal Kant, Chairman, Alcoholics Anonymous (AA), Delhi Golden Footwork Intergroup Delhi, St. Thomas Church, Khyber Pass, Civil Lines, Delhi-110054.

By order etc.

[Signature]
Joint Secretary to the Govt. of Assam
Secondary Education Department

**OFFICE OF THE CHIEF MINISTER
GOVT. OF ASSAM
DISPUR**

U.O No. CMO 4/2017/1614

Dated Dispur, the 24 March, 2017

Commissioner & Secretary, Education (Secondary) Department

I am directed to enclose herewith a copy of letter dated 11/03/2017 (in original) along with its enclosures received from Sri Kamal Kant, Chairman, Alcoholics Anonymous (AA), Delhi which is self explanatory for favour of your taking appropriate action as per rule from your end.

Action taken in this regard may also kindly be intimated to Chief Minister's Office.

sd/-

Deputy Secretary to the Govt. of Assam
Chief Minister's Secretariat

✓ Copy for information to :-

Sri Kamal Kant, Chairman, Alcoholics Anonymous (AA), St. Thomas Church, Khyber Pass, Civil Lines, Delhi-110054.

[Signature]

Deputy Secretary to the Govt. of Assam
Chief Minister's Secretariat

No. RPG -A (7) 14/2008- out of State -Part-VII
RPG Department
Government of Himachal Pradesh.

From:

Additional Chief Secretary (RPG) to the
Government of Himachal Pradesh, Shimla-2.

To

Additional Chief Secretary / Pr. Secretary/ Secretary
(Home/ Education) to the Government of Himachal
Pradesh, Shimla-2.

Dated Shimla, -171002. the 2017

Subject:-

Petition of Sh. Kamal Kant, Venue St. Thomas Church,
Khyber Pass Civil Lines, Delhi-110054.

Sir,

I am directed to enclose herewith a photo copy of letter No. P2-D 2003170125 dated 20.3.2017 alongwith its enclosures received from the O/o Hon'ble President of India, addressed to Worthy Chief Secretary to the Government of HP on the subject cited above and to request you to kindly take further necessary action on the demand / grievances of the applicant under intimation to this department as well as to the office of the Hon'ble President of India, and applicant at the earliest.

Yours faithfully,

Under Secretary (RPG) to the
Government of Himachal Pradesh

Enclst.. No as above

Shimla-2

Dated: 15/12/2017

✓ Copy is forwarded for information to Sh. Kamal Kant, Venue St. Thomas Church, Khyber Pass Civil Lines, Delhi-110054.

Under Secretary (RPG) to the
Government of Himachal Pradesh

प्रेषक,

अजय कुमार ओझा,
अनु सचिव, मुख्यमंत्री,
उत्तर प्रदेश शासन ।

सेवा में,

अपर मुख्य सचिव/ प्रमुख सचिव/ सचिव,
समाज कल्याण/मैत्रिक कल्याण, उत्तर प्रदेश शासन

मुख्यमंत्री कार्यालय,
लोक शिकायत अनुभाग-2

लखनऊ: दिनांक 10/12/2018

विषय :- राष्ट्रपति सचिवालय मन्दर्भ संख्या - P2- डी/2003170093 /2017, दिनांक 20/03/2017 के सम्बंध में।

महोदय,

राष्ट्रपति महोदय को सम्बोधित/पृष्ठांकित स्टाफ आफिसर, मुख्य सचिव के माध्यम से प्राप्त पत्रांक- 447 /MS/P/2017 दि. 25/04/2017 श्री कमल कंट एस0टी0 थोमस चर्च हैबर पास सिविलजनपद दिल्ली का पत्र, दिनांक 20/03/2017 को मूल रूप में आपको प्रेषित करते हुए मुझे यह कहने का निदेश हुआ है कि इस पर कृपया नियमानुसार यथोचित कार्यवाही शीघ्र की जाए तथा कृत कार्यवाही के बारे में प्रार्थी को भी कृपया समुचित उत्तर दे दिया जाये ।

संलग्नक यथोक्त ।

भवदीय,

(अजय कुमार ओझा)
अनु सचिव

संख्या-कम्प्यूटर P-2/76,950 (1)/लो.शि.-2/2018, तद दिनांक

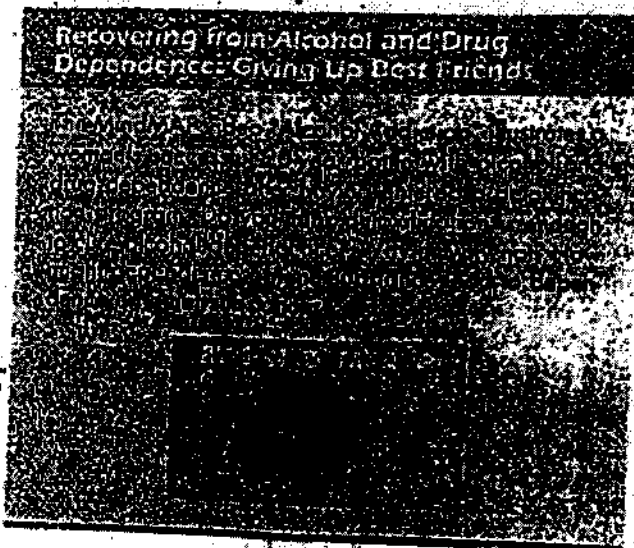
प्रतिलिपि श्री कमल कंट एस0टी0 थोमस चर्च हैबर पास सिविल जनपद दिल्ली को इस आशय से प्रेषित कि वे प्रश्रगत प्रकरण के संबंध में उपरोक्त अधिकारी से संपर्क करने का कष्ट करें ।

आज्ञा से,

(अजय कुमार ओझा)
अनु सचिव

**Alcoholics Anonymous Public
Information Awareness Meetings with
Students, Hospital, Police Department,
Cluster Areas, Railway Department etc.**

rate on Alcohol Abuse and Alcoholism, 2001). How well does it work? Miller, Walters, & Bennett (2001) recently examined how effective alcoholism treatment is in the United States. Combining the findings from seven large multisite studies, these researchers concluded that during the first year after treatment, about 1 in 4 clients remained completely abstinent; the remainder of the clients abstained for 3 days out of 4 and reduced their average alcohol consumption by 87 percent.



Multimodal Treatments Virtually all treatments for alcoholism are now multimodal, addressing physical, psychological, and social problems simultaneously. In the best multimodal programs, patients are provided with occupational therapy, to help them learn or relearn job skills; relaxation training, to teach them how to reduce tension without alcohol; group and individual therapy, to help them learn something about themselves and to show them how to relate to others without drinking; family and marital therapy, to resolve the problems at home that may have contributed to and/or resulted from their drinking; and job counseling, to get them back to work. These various forms of treatment are given concurrently, and most, if not all, patients participate in them daily. That, however, is the ideal scenario. In practice, most alcohol treatments, inpatient or outpatient, consist of group therapy twice a week plus educational films and Alcoholics Anonymous meetings.

Sometimes hospital treatment programs supply an additional deterrent to drinking, in the form of a drug called Antabuse. Antabuse (disulfiram) is a chemical that interferes with the normal metabolic processing of alcohol for about two days after the medication is taken. When the Antabuse-taker drinks alcohol, a toxic by-product of alcohol metabolism, acetaldehyde,

accumulates in the bloodstream, causing flushing, increased heart rate, and intense nausea. Antabuse treatment is based on the assumption that it will help alcoholics to avoid impulsive drinking (Moss, 1999), because if they want to take a drink without becoming violently ill, they must stop taking the Antabuse at least two days in advance. The drug thereby provides support for the patient's willpower. However, the support is artificial. Once out of the hospital, many alcoholics simply stop taking the drug. Moreover, it is not clear that Antabuse is particularly effective for those who go on taking it. A review and analysis of data from multiple studies showed that Antabuse-treated groups demonstrated modest evidence of drinking less frequently than placebo groups—but showed no evidence of greater abstinence (Garbutt, West, Carey, et al., 1999). Some alcoholics keep drinking despite the Antabuse and the vomiting or nausea it induces (Kalar, 2001).

Alcoholics Anonymous and Other Self-Help Groups

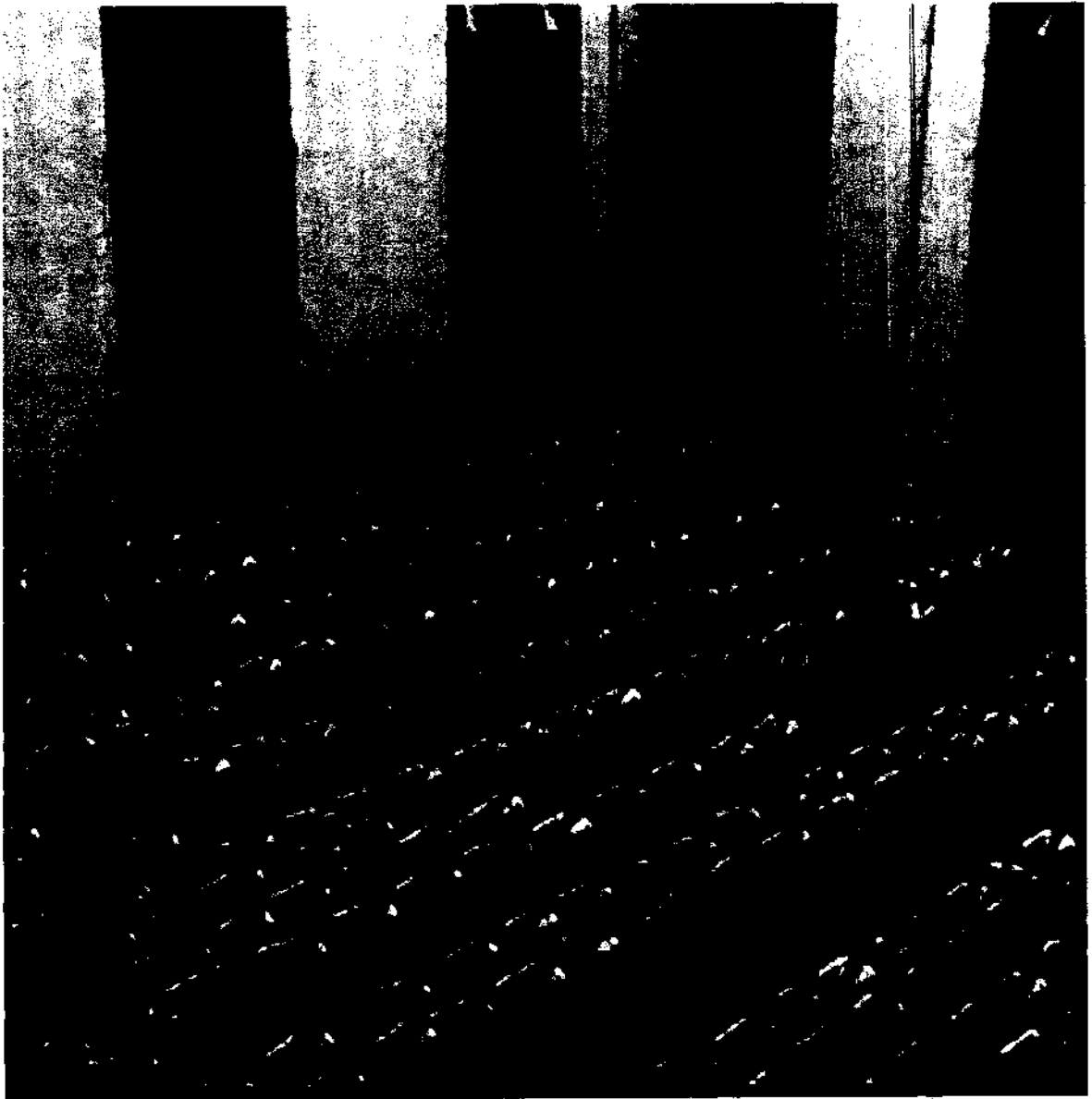
One part of most successful rehabilitation programs is support groups. Ex-patients may attend one or more meetings a week for 3 to 6 months, or they may continue indefinitely. This continued contact reminds people recovering from alcohol dependency that they need not battle their problem alone—that help is available. Follow-up meetings give them the opportunity to continue working on their problems and to learn additional interpersonal coping skills.

The most widely known of these regular meeting programs is Alcoholics Anonymous, better known as AA. The AA program started in the mid-1930s and has since spread around the world. AA operates on two basic tenets: (1) once an alcoholic, always an alcoholic and (2) an alcoholic can never go back to "normal" drinking. AA sees alcoholism as a lifelong problem; to combat it, the alcoholic must abstain from drink. For help in this difficult task, AA offers not just regular meetings, at which members come together, usually several times a week, to air their problems; but also a sponsor system. New members are assigned a sponsor from among the regular members. If the new member has an overpowering urge to drink, he or she can call the sponsor, who will then give support over the phone or even stay with the new member until the crisis passes. Sponsors also help new members to begin the so-called Twelve Steps to recovery, which, while spiritual in focus, involve some very practical measures, such as self-examination, admission of fault, and the making of amends.

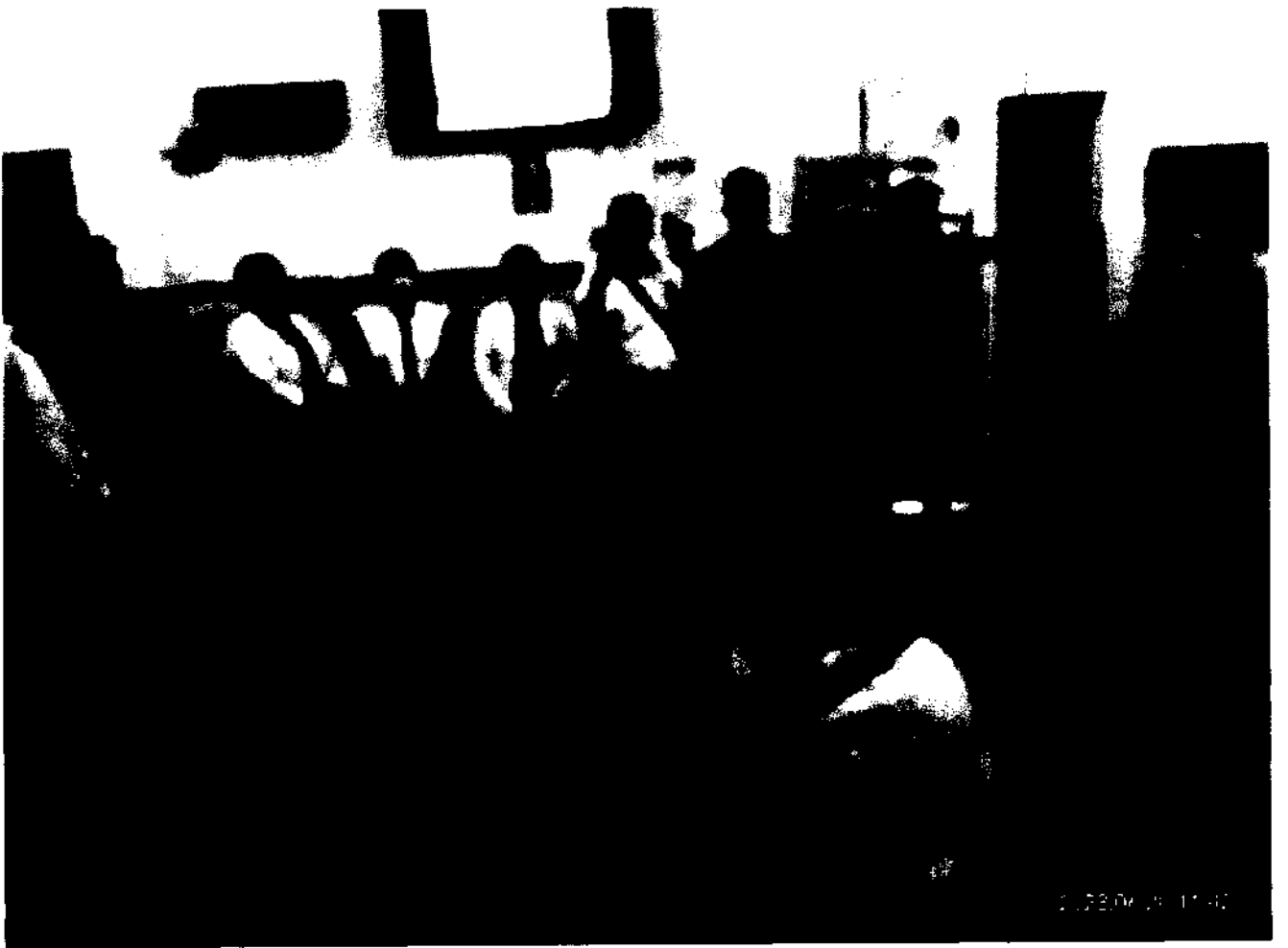
AA appears to have an extremely high dropout rate. Less than 10 percent of people who go to an AA meeting continue in treatment, become abstinent,

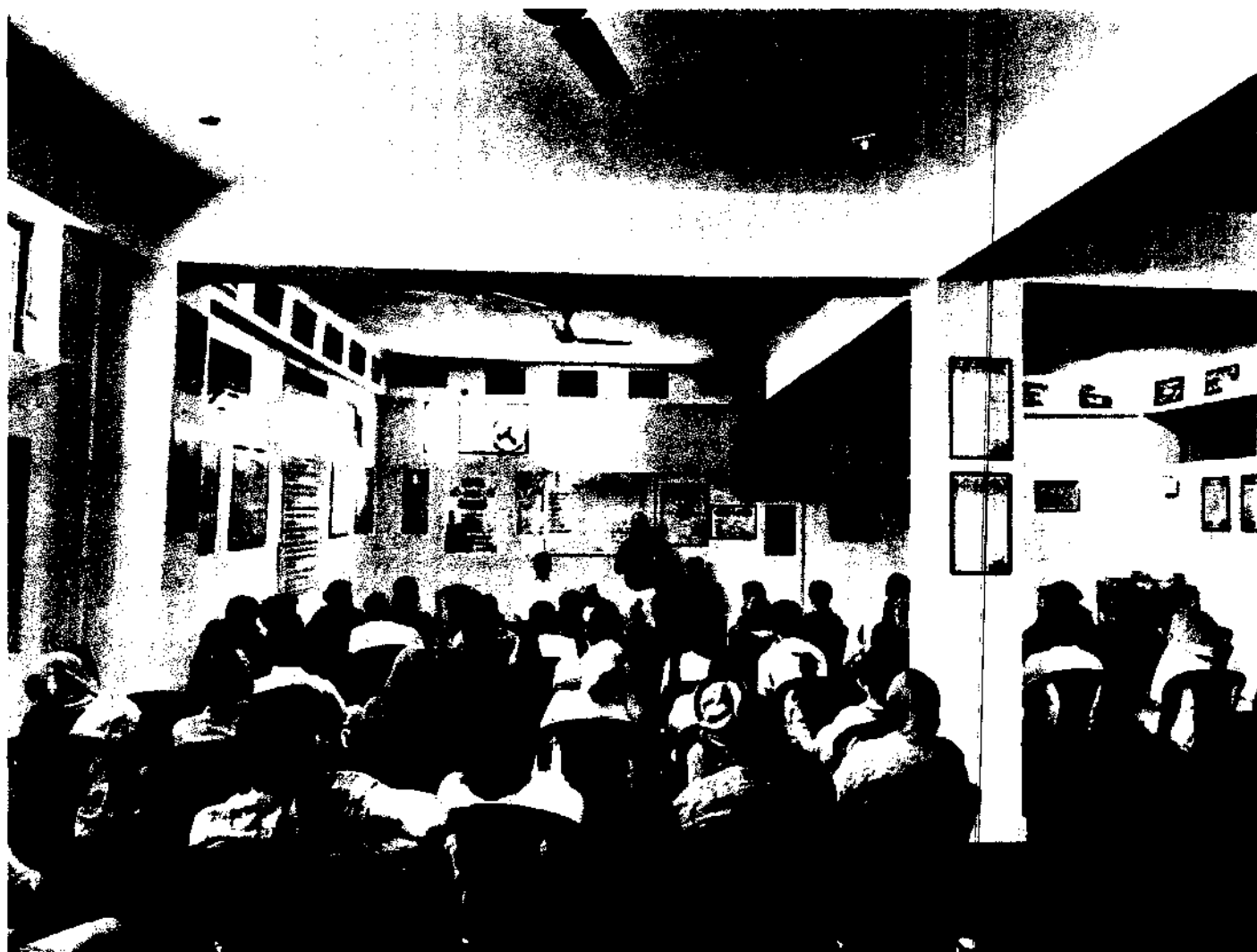
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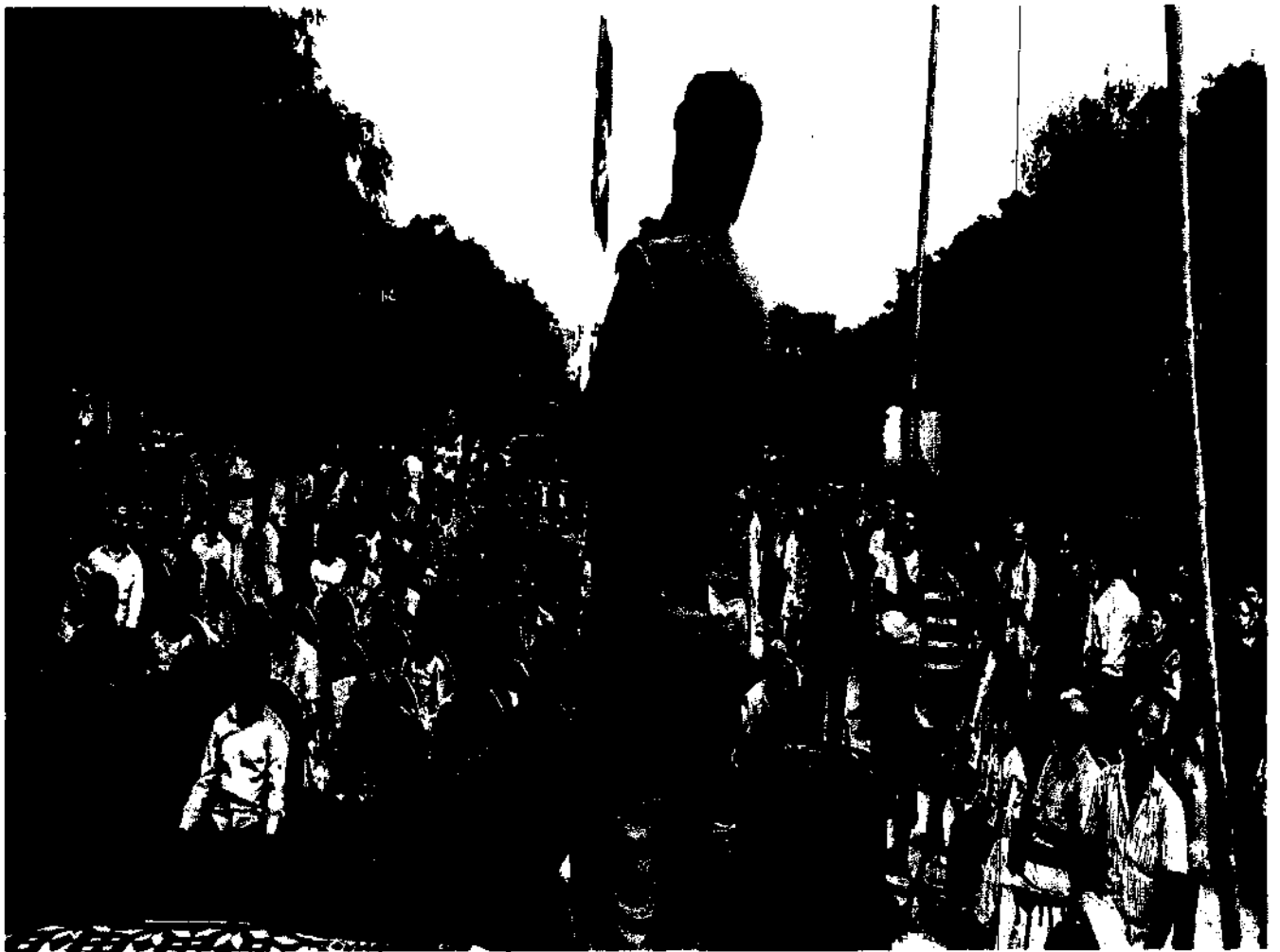






















Alcohol Abuse Is on the Rise, but Doctors Too Often Fail to Treat It

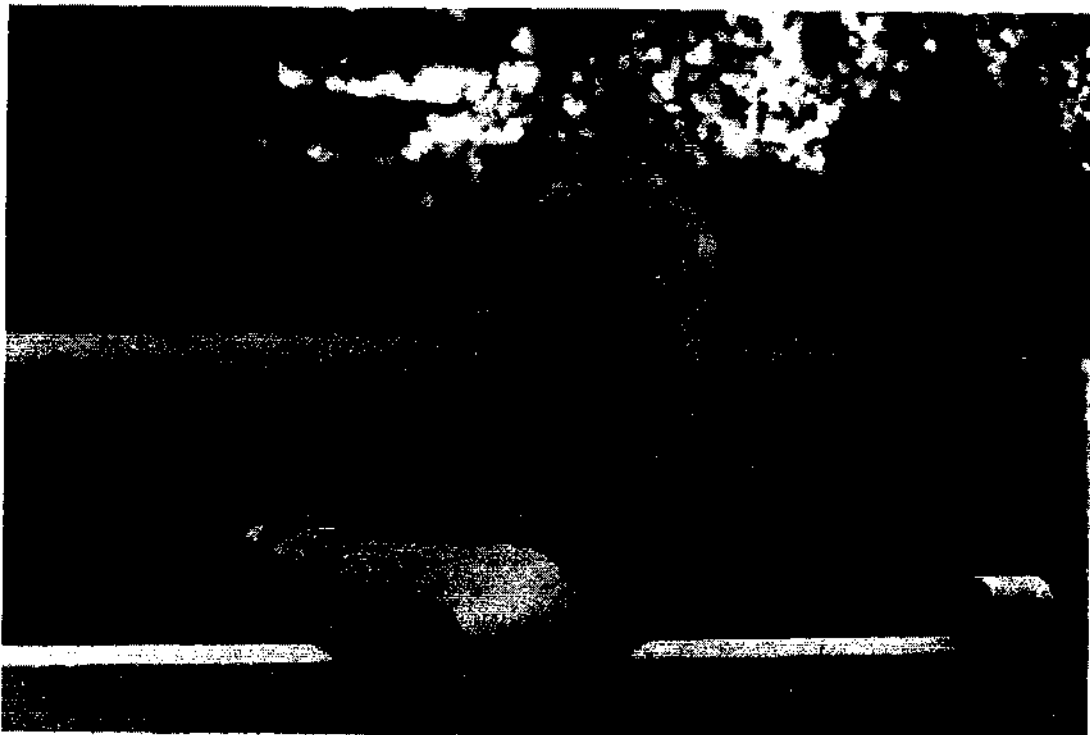
People with alcohol use disorder are often seen in clinics and hospitals, but medical professionals too often ignore the condition.



Give this article



321

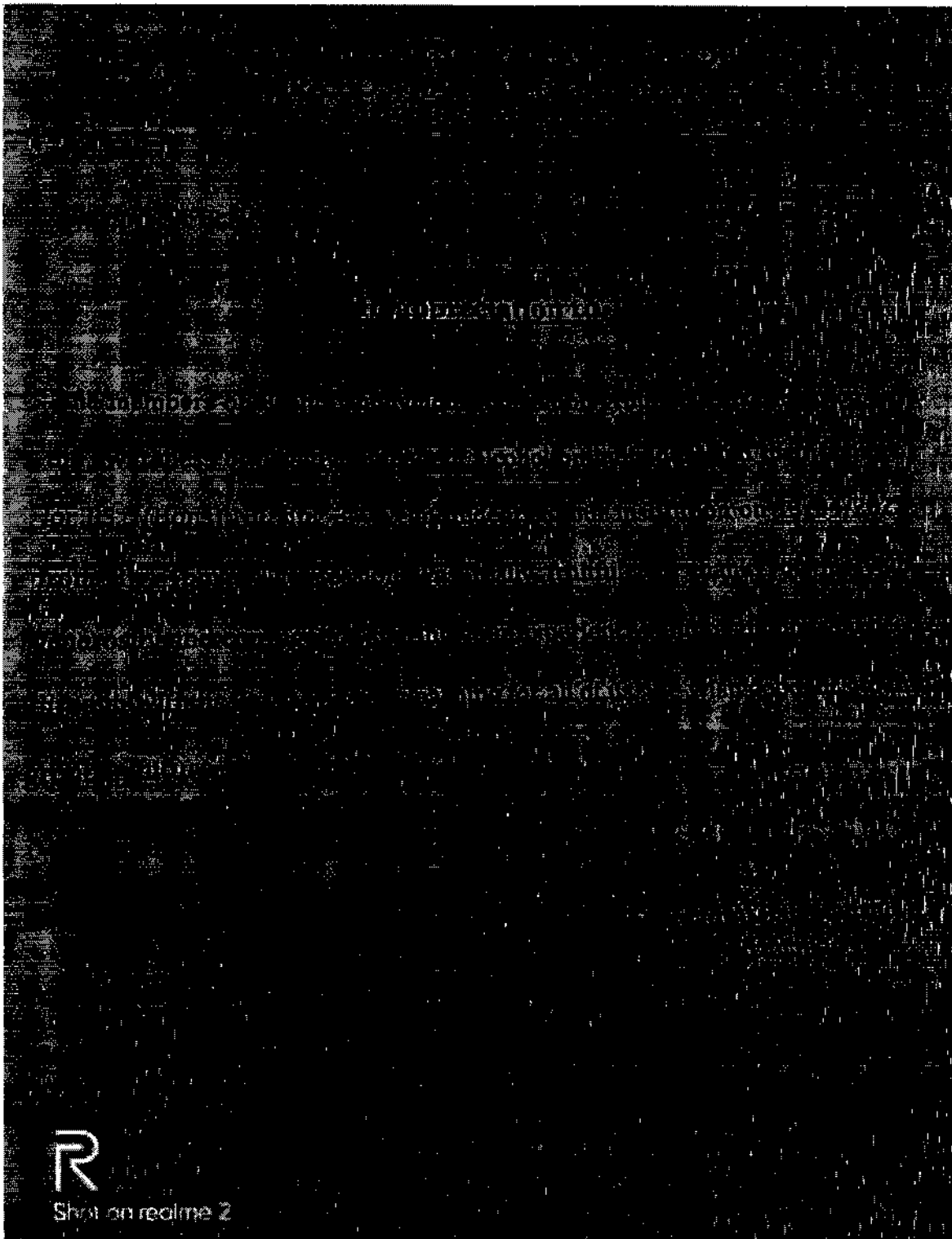


Andy Mathisen sits in Thompson Park in Lincroft, N.J., after a difficult pandemic year in which his drinking became excessive. Eliana Clinton for The New York Times

Most medical professionals agree. The American Medical Association (AMA) classified alcoholism as a disease in 1956 and included addiction as a disease in 1987.

 <https://iuhealth.org> > thrive > is-add...
⋮

Is Addiction Really a Disease? - IU Health





डॉ. मनसुख मांडविया
DR. MANSUKH MANDAVIYA



75
आजादी का
अमृत महोत्सव ।

मंत्री
स्वास्थ्य एवं परिवार कल्याण
य रसायन एवं उर्वरक
भारत सरकार

Minister
Health & Family Welfare
and Chemicals & Fertilizers
Government of India

FTS No. 2976546/2023/VIP/HFM

Dated 31st January, 2023

Respected Dr. Harsh Vardhan Ji,

I am in receipt of your letter number HV-MP(L)/CC/2022/ 121/1699 dated 04 December, 2022 forwarding therewith a representation of Shri Kamal Kant regarding spreading awareness on alcoholism.

With regards,

Yours Sincerely,

(Dr. Mansukh Mandaviya)

Dr. Harsh Vardhan,
Member of Parliament (Lok Sabha),
8, Tees January Marg, New Delhi - 110 011

X.11029/54/2014-DDAP

1/3571047/2023

No. X.11029/54/2014-DDAP
Government of India
Ministry of Health & Family Welfare
(DDAP Division)

Nirman Bhawan, New Delhi
Dated the 09th February, 2023

OFFICE MEMORANDUM

Subject: Spreading Awareness Reading Alcoholism -reg.

The undersigned is directed to refer to letter NO.HV-MP(L)/CC/2022/12/1699 dated 04.12.2022 forwarding therewith a letter of Sh. Kamal Kant, CPC Chairman, Alcoholics Anonymous (copy enclosed) on the above captioned subject and to request to take necessary action as per Government of India Allocation of Business Rules 1961. Department of Social Justice & Empowerment takes care of rehabilitation of victims of Alcoholism and Substance (Drugs) Abuse and their families.

2. This issues with the approval of competent authority.

Encl: As above.

Signed by Deepak Trehan
Date: 09-02-2023 09:48:43

(Deepak Trehan)
Assistant Programme Officer
Tele: 011-23061182

To
Ministry of Social Justice & Empowerment,
{Shri Rajeev.Kumar, Under Secretary DP-II}
Shastri Bhawan, Dr. Rajendra Prasad Road,
New Delhi-110 001

Copy to:

1. Dr. Harsh Vardhan, Member of Parliament- Lok Sabha, 8, Tees January Marg, New Delhi-110 011
2. Shri Kamal Kant, CPC Chairman, Alcoholics Anonymous, F-12/2, First Floor, Model Town-II, Delhi-110 009

IMMEDIATE

भारत सरकार

स्वास्थ्य एवं परिवार कल्याण मंत्रालय
निर्माण भवन, नई दिल्ली - 110011

Government of India

Ministry of Health & Family Welfare
Nirman Bhavan, New Delhi - 110011

D.O.No.X.11029/54/2014-DDAP

Dated: 5th January, 2015



A. Samra
OSI Sec.
7-1-15

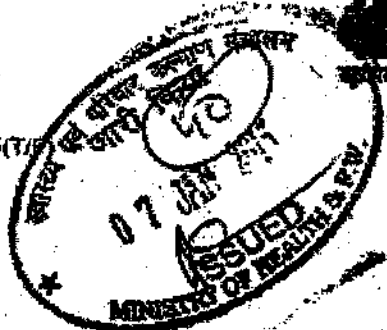


K.C. SAMRIA, I.A.S

Joint Secretary

Phones: 23061481, 23063506(T/F)

E-mail: kcsamria@nic.in



Dear

The Alcoholics Anonymous (AA), a non-profitable and charitable society, approached the Ministry of Health and Family Welfare with a request to facilitate their access to the government hospitals / dispensaries for the purpose of conducting public information meetings for the doctors, patients and nursing staff, safia karmacharis, members of backward classes / schedules castes, panchayatas, villages and chaupals all over India, to create awareness in society about recovery from alcoholism.

2. Considering that the request is made for a noble cause, and is for providing public service without any cost to the government, it is requested to carefully examine the request for appropriate action. For this purpose, nomination of a Nodal Officer in each Hospital / Institution / Dispensary may also be considered, who could be approached by the Alcoholics Anonymous in connection with their functioning, which may include putting up public notice / boards etc., subject to approval from competent authority.

3. I would greatly appreciate if you could let us know your views or action taken in the matter.

4. A copy of the letter dated 18/11/2014 from M/s Alcoholics Anonymous addressed to the Hon'ble Minister of Health and Family Welfare, GoI is enclosed for reference.

Yours sincerely,

KS

K.C. Samria
(K.C. Samria)

To

- i) Medical Supdt(s)/ Director(s) of Central Govt. Hospitals
- ii) Principal Secretaries (Health) of All States / UTs.

KAMAL KANT - 09811168272

डॉ. ओ. हाशमी
स्वास्थ्य एवं परिवार कल्याण,
महिला एवं बाल विकास
एवं भाषा केंद्र
FAIZI O. HASHMI
Secretary to
Minister of Health &
Family Welfare Women
& Child Development and Language



राष्ट्रीय राजधानी क्षेत्र, दिल्ली सरकार
GOVT. OF NATIONAL CAPITAL TERRITORY OF DELHI
दिल्ली प्रशासन, अर्थो पी. एस्टेट, नई दिल्ली-110002
DELHI SECRETARIAT, 1/F. ESTATE, NEW DELHI-110002

TEL. NO.: 23392987

D.O. NO. *Min Health 5357/09*

दिनांक: *20/10/09*

Date

Dear Dr. Chaudhary,

The Alcoholic Anonymous (AA) approached the Hon'ble Minister of Health & Family Welfare sometime back to facilitate their access to the Hospitals, Dispensaries, Institutions and Medical Colleges under the Government of Delhi, for the purpose of spreading awareness regarding recovery from alcoholism. The same was conveyed to you by this department's letter dated 09.06.2009 of Sh. H.R. Sharma, Dy. Secy. (H&FW). But this has not been good enough. The Minister of Health & Family Welfare has taken a view in the matter. She feels that this is a noble cause, which needs to be supported in right earnestness, specially as the organization is keen to provide the public service without any cost to the government. It will save a lot of social cost to the society by way of weaning away the persons who are hooked on to alcohol.

In view of the above, it becomes imperative that the Alcoholic Anonymous is provided necessary support by all concerned institutions. It would be appropriate to nominate one Medical Officer in each Hospital/Institution who can be approached by the Alcoholic Anonymous in connection with their functioning, which may include putting up public notices/boards etc.

I would greatly appreciate if you let me know in a week's time the action taken in the matter for kind perusal of the Hon'ble Minister.

Copies of their letter addressed to the Hon'ble CM and Hon'ble Minister of Health are enclosed for reference.

with regards,

Yours sincerely,

F.O.
(FAIZI O. HASHMI)

Dr. Vaena Chaudhary
Director,
G.B. Pant Hospital
Delhi.

Kamal Kant
CPC Chairperson
9811158777

Office of the Divisional Commissioner (Revenue)
(Coordination Branch)
Govt. of NCT of Delhi
5-Sham Nath Marg, Delhi-54

F. 36(90)/Coord./Div.Comm./2023/ 2177

Dated: 17/07/2023

To,

The Director (Higher Education)
Directorate of Higher Education
Govt. of NCT of Delhi
BTE Complex, Muni Maya Ram Marg
Pitampura, Delhi-110034.

Sub: Letter from Vice-President Secretariat dated 19.04.2023.

Sir/Madam,

Please find enclosed herewith a letter No. VPS-18/01/2023-Admn., dated 19.04.2023 received from Under Secretary, Vice President Secretariat enclosing therewith a representation dated 10.04.2023 from Shri Kamal Kant, CPC Chairman, Alcoholics Anonymous (AA), F-12/2, 1st Floor, Model Town-II, Delhi-110009 in respect of spreading awareness regarding alcoholism.

The Alcoholic Anonymous (AA) fellowship has requested to the Hon'ble Vice President of India to send a circular to all Vice Chancellors of Universities all over India to allow them to conduct Alcoholic Anonymous (AA) meetings in college premises from 7:00 PM to 8:30 PM and in addition permit them to do public information work with students.

As informed, there are 3000 AA groups working in India that have 40,000 sober members who are always ready to help newcomers. Due to scarcity of meeting rooms, AA has sought permission to conduct AA meetings in colleges in order to help students struggling with alcohol problem.

It is, therefore, requested to look into the matter and take necessary action as required at your end.

This issues with the approval of Competent Authority.

Yours faithfully,

Encl As above.


(Arvind Kumar)
Sub-Divisional Magistrate (HQ)

Copy for information to:

1. Under Secretary, Vice President Secretariat, New Delhi-110011.

2. ✓ Sh. Kamal Kant, CPC Chairman, Alcoholics Anonymous (AA), F-12/2, 1st Floor, Model Town-II, Delhi-110009


(Arvind Kumar)
Sub-Divisional Magistrate (HQ)

RT-25035/28/2023-RS (222874)
Government of India
Ministry of Road Transport & Highways
(Road Safety Cell)

Transport Bhawan, 1, Parliament Street,
New Delhi - 110001

Dated: 13 May, 2023

To

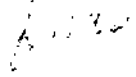
The Executive Director,
Association of State Road Transport Undertakings
Plot No. 4A, PSP Block, Pocket 14,
Sector-8 Dwarka,
New Delhi, India 110077

Subject: Spreading awareness regarding Alcoholism.

Sir,

I am directed to forward herewith a representation received from Alcoholics Anonymous (AA) regarding spreading awareness for eradicating alcoholism for further appropriate action.

Yours faithfully,



(Kiran Mala Kujur)
Under Secretary to the Govt. of India
Ph: 011 - 237 1472
e-mail: kiran.kujur27@nic.in

To,

Alcoholics Anonymous (AA), Delhi Golden Footwork Intergroup Delhi, F-12/2, First
Floor, Model Town-II, Delhi-110009 (e-mail: aaravimports@hotmail.com).

**SCHOOL HEALTH SCHEME
DIRECTORATE OF HEALTH SERVICES
DGD BUILDING KARKARDOOMA, DELHI-92
PH- 01120824133-36
E-mail: schoolhealthscheme.dghs1@gmail.com**

No. F.7 (124)/2023/DHS/SHS/

Date:

To
The Director
Directorate of Education
Room No 12, Old Secretariat, Near Vidhan Sabha Metro Station,
Civil Lines, New Delhi,
Delhi -110054

Sub: - Regarding letter of Alcoholics Anonymous for conducting meeting in schools

Sir/Madam,

Please find the attached letter, with enclosures, as mentioned above, by Alcoholic Anonymous, addressed to President of India, received from H&FW Department, GNCTD, in which they want to conduct meetings in school premises.

You are requested to look into the matter & do the needful.

Enclosure: As above.


Dr. Alok Gupta
Head of Office / L.O.
School Health Scheme
DGHS, GNCTD

No. F.7 (124)/2023/DHS/SHS/1739-4)

Date 31/07/2023

Copy to:

- ✓ CPC Chairman, Alcoholic Anonymous
- PA to DGHS, GNCTD


Dr. Alok Gupta
Head of Office / L.O.
School Health Scheme
DGHS, GNCTD

**DIRECTORATE OF HIGHER EDUCATION
GOVT. OF NCT OF DELHI
MUNI MAYA RAM MARG,
PITAMPURA, DELHI-110034
(E-mail: dtehedu@gmail.com)**

No. F. DHE-6(213)/2019-20/GOI/5147-53

Dated: 31/07/23

To:

The Registrar, Gobind Singh Indraprastha University, Sector-16C, Dwarka, Delhi-110078.	The Registrar, Ambedkar University, Kashmere Gate, Delhi-110006.
The Registrar, National Law University, Sector-14, Dwarka, New Delhi-110078.	The Registrar, Delhi Sports University, Ludlow Castle Sports Campus, Sham Nath Marg, Delhi-110054.
The Asstt. Registrar, Delhi Teachers University, P-625 & 745, Outram Lane Campus, Mukherjee Nagar, New Delhi-110009.	

Subject:- Spreading Awareness Regarding Alcoholism.

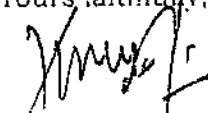
Sir/Madam,

Please find enclosed herewith the Letter dated 17.07.2023 received from SDM (HQ) enclosing therewith a letter of Under Secretary, Vice-Presidents Secretariat with a representation dated 10th April, 2023 of Sh. Kamal Kant, CPC Chairman, Alcoholics Anonymous(AA) on above noted subject.

It is, therefore, requested to take appropriate necessary action in the matter at your end.

Yours faithfully,

Encl.: As above.


Admin Officer (HE)

Copy for information:-

1. Under Secretary, Vice President Secretariat, New Delhi-110011.
- ✓ 2. Sh. Kamal Kant, CPC Chairman, Alcoholics Anonymous (AA), F-12/2, 1st Floor Model Town-II, Delhi-110009.


Admin Officer (HE)



PRESIDENT'S SECRETARIAT

**RASHTRAPATI BHAVAN
NEW DELHI - 110004**

No.18/05/P(1)/2015

21 May, 2015

Dear Sir,

**Kindly refer to your letter dated March 06, 2015
addressed to the President of India.**

**The same has been sent to the Secretary,
Department of Higher Education, Ministry of Human
Resource Development, New Delhi.**

With regards,

Yours sincerely,

**(Purushottam Dass)
Under Secretary**

**Shri Kamal Kant
Chairman
Alcoholics Anonymous (AA)
St. Thomas Church
Khyber Pass, Civil Lines
Delhi- 110065**

अवर सचिव
UNDER SECRETARY



उप-राष्ट्रपति सचिवालय
VICE-PRESIDENT'S SECRETARIAT
नई दिल्ली/NEW DELHI - 110011
TEL: 23016344/23016422 FAX: 23018124

29th August, 2017

VPS/R-29.08.2017/US

The Secretary
Ministry of Law & Justice
Shastri Bhawan
New Delhi.

Sir,

I am enclosing herewith a representation in original dated 19th August, 2017 of Shri Kamal Kant, Chairperson, Alcoholics Anonymous (AA), Delhi Golden Footwork Intergroup Delhi, F-12/2, Model Town-II, Delhi - 110009 regarding his views on problem of Alcoholism in the society.

The representation is being forwarded for your appropriate attention.

Thanking you,

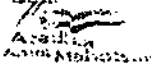
Yours faithfully

(HURBI SHAKEEL)

Copy to: Shri Kamal Kant, Chairperson, Alcoholics Anonymous (AA), Delhi Golden Footwork Intergroup Delhi, F-12/2, Model Town-II, Delhi - 110009. For further clarification on this matter you are requested to contact the Ministry of Law & Justice directly.

Hurbi Shakeel

(HURBI SHAKEEL)



Government of India (भारत सरकार)
Ministry of Railways (रेल मंत्रालय)
Railway Board (रेलवे बोर्ड)

No. 2011/H-1/18/2/Misc.

New Delhi, dated 22.11.2021

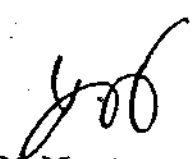
Shri Kamal Kant,
F 12/2, First Floor, Model Town II,
Delhi-110009

Sub:- Spreading awareness regarding alcoholism.
Ref:- Alcoholics Anonymous (AA)'s letter dated 07.09.2021

Please refer to the letter dated 07.09.2021 cited under reference above forwarded by Prime Minister's Office to Ministry of Railways regarding recovery from alcoholism through specific programme.

Necessary step on the above mentioned programme to be taken at Railways and Production Units' level.

It is requested to contact All Indian Railways and Production Units directly for the above mentioned programme.


(P.M. Meena)
Jt. Director(Health)
Railway Board
Ministry of Railways
Tele.No.: 011-47845222
Email ID: Pooranmal.meena@gov.in

GOVERNMENT OF INDIA
Ministry of Home Affairs
Police Division-II
[Resettlement & Welfare Directorate]

16 JAN 2015

Room No. 171-1
North Block, New Delhi

Subject: Letter dated 09/08/2014 of Shri Kamal Kant Jain, Chairman Alcoholics Anonymous (AA) addressed to the Hon'ble Home Minister regarding helping in the All India Police Force/Patient/Society with the Solution to Alcoholism for Free.

Enclosed please find herewith a copy of Letter dated 09/08/2014 of Shri Kamal Kant Jain, Chairman, Alcoholics Anonymous (AA) addressed to the Hon'ble Home Minister on the above subject.

It is requested, to look into the matter and if deemed fit programs may be organized for eradicating the Alcoholism problem.

Encls: As above.


(Raman Kumar)
Under Secretary (PMA)
Ph: 2309 2933

Dsg: BSF, CRPF, CISF, ITBP, SSB & AR (Through LOAR)

No. 27011/30/2014-R&W

Dated the: January, 2015

16 JAN 2015

OK!
Issued
PMA
AR
16-1-15

डॉ हर्ष वर्धन

सांसद- लोकसभा चांदनी चौक, दिल्ली

Dr Harsh Vardhan

Member of Parliament - Lok Sabha
Chandni Chowk, Delhi



पूर्व केंद्रीय मंत्री, स्वास्थ्य एवं परिवार कल्याण
विज्ञान एवं प्रौद्योगिकी और पृथ्वी विज्ञान
पर्यावरण, वन और जलवायु परिवर्तन
भारत सरकार
पूर्व चेयरमैन, कार्यकारी बोर्ड, विश्व स्वास्थ्य संगठन
Former Union Minister, Health & Family Welfare
Science & Technology and Earth Sciences
Environment, Forest and Climate Change
Govt. of India
Former Chairman, Executive Board,
World Health Organization

HV-MP (L)/CC/2022/12/1699

04th December, 2022

Dear Dr. Mansukh Mandaviya ji,

I am enclosing a letter received from Shri Kamal Kant, CPC Chairman, Alcoholics Anonymous (AA), Delhi Golden Footwork Intergroup Delhi, F-12/2, First Floor, Model Town-II, Delhi-110009 regarding spreading awareness about alcoholism. Letter is self-explanatory.

I shall be grateful if you could kindly look into the matter for appropriate action.

With regards,

Yours sincerely,
Sd/-
(Dr. Harsh Vardhan)

Dr Mansukh Mandaviya
Hon'ble Minister,
Health & Family Welfare
Govt. of India
A Wing, 3rd Floor,
Nirman Bhawan,
New Delhi-110 011.

Copy for information to: Shri Kamal Kant, CPC Chairman, Alcoholics Anonymous (AA), Delhi Golden Footwork Intergroup Delhi, F-12/2, First Floor, Model Town-II, Delhi-110009


(Dr. Harsh Vardhan)

वैभव डांगे
VAIBHAV DANGE



निजी सचिव
सड़क परिवहन, राजमार्ग
एवं पोत परिवहन मंत्री
भारत सरकार
PRIVATE SECRETARY TO
MINISTER OF ROAD TRANSPORT,
HIGHWAYS AND SHIPPING
GOVERNMENT OF INDIA

DO. 1233031
MIN/RT&H/VIP/2017

31st May, 2017

Dear Shri Kant ji,

The office of Hon'ble Minister Road Transport, Highways & Shipping has received your letter dated 08.05.2017 regarding public information meeting with transport buses staff alongwith their families to stop alcohol consumption.

The same has been forwarded to Joint Secretary (Transport) of this Ministry for necessary action.

With regards,

Yours sincerely,


(Vaibhav Dange)

Shri Kamal Kant
Chairperson,
Alcoholics Anonymysous (AA),
Delhi Golden Footwork Intergroup Delhi,
F-12/2, Model Town-II, Delhi – 110009



MOST IMMEDIATE/TIMED

OFFICE OF THE COMMISSIONER OF POLICE : DELHI

NEW POLICE HEADQUARTERS, JAI SINGH ROAD, NEW DELHI-110001.

Tele/Fax No.011-23473546

Enclosed please find herewith a copy of letter dated 15.11.2021 received from Sh. Kamal Kant, CPC Chairman, Alcoholics Anonymous (AA), F-12/2, First Floor, Model Town-II, Delhi-09 which is self explanatory. It is requested that all Distt./Units Addl. CsP/DCsP including Dy. Directors, Delhi Police Academy /Jharoda Kalan, Wazirabad & Dwarka and FRRO to contact/support ALCHOLICS ANONYMOUS (AA) and programmes may be organized for eradicating the problem at your end.

ACP/GA-I

**FOR DY. COMMISSIONER OF POLICE
HEADQUARTERS: DELHI**

Encls. As above.

No. 29263-323/Admn: (II)/PHQ dated, Delhi the 30 /11/2021.

Copy forwarded for necessary action to all Distts./Units Addl. CsP/DCsP including Dy. Directors, Delhi Police Academy /Jharoda Kalan, Wazirabad & Dwarka and FRRO, Delhi/New Delhi.

4334
24/3/14

18/3/14
0002 Lt
18/3/14



3860
18/3/14
Law & Order, G.D.

वज सिंह
A.J. NIMBS
DELHI 110054

1686
21/03/14

Please find enclosed herewith the letter addressed to Hon'ble Lt. Governor received from Shri Kamal Kant, CPC Chairperson, Alcoholics Anonymous, St. Thomas Baptist Church, Khyber Pass, Civil Lines, Dehi-54 under diary No. RN/2014/2074 regarding request for spreading awareness among the student/patient/society for anti alcoholism.

CP/PHR It is requested that the matter be looked into and programmes may be organized for eradicating the problem, if deemed fit.

Jt. Commissioner

Encls. : As above.

(Ajay Chaudhry)
O.S.D. to Lt. Governor.

Special Commissioner of Police
Law & Order, Delhi

18/3/14 Commissioner of Police.

Director (Education), GNCT of Delhi

Director, Health Services, GNCT of Delhi

U.O.No. F.47(1)/RN/2014/102/5522

Dated: 14/03/2014.

Sp. CP/L2

depho

3/10/14
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Commissioner of Police
No.

MP Singh

F.NO. 1-5/2016-Sch.3
Government of India
Ministry of Human Resource Development
Department of School Education & Literacy
.....

New Delhi, Dated 11th February, 2016

To
The Chairman,
Central Board of Secondary Education,
Shiksha Kendra,
2 Community Centre,
Preet Vihar, Delhi

Subject: Representation received from Shri Kamal Kant, Alcoholice Anonymous (AA), St. Thomas Church, Khyber Pass, Civil Lines, Delhi.

Sir,

I am directed refer to this Ministry's letter No. F.1-5/2015-Sch.3 (Pt.) dated 14.09.2015 on the subject mentioned above. a copy of letter dated 02.02.2016 received from Shri Kamal Kant on the same subject is enclosed.

2. It is requested that necessary action on the matter be taken and suitable reply sent to petitioner/organization directly under intimation to this Ministry.

Yours faithfully



(Kundan Nath)
Under Secretary to the Govt. of India
Tel: 23384412

✓ Encls:- As above.

Copy to: Shri Kamal Kant, Alcoholice Anonymous (AA), St. Thomas Church, Khyber Pass, Civil Lines, Delhi - 110054.



**You're not alone and you're not
the first.**

Many of us were sent to our first A.A.
meeting by judges as a result of being
arrested for drunk driving, family disputes or
some other problem involving alcohol. Some
of us were sent here by our employers. If
you're come to AA for any of these reasons,
you problem have some questions. We hope
this article answers some of them.

Here's what AA has to say about AA.

Alcoholics Anonymous is a fellowship of
men and women who share their experience,
strength and hope. Millions of people have
found recovery through AA, including many
who were sent by the courts or their
employers. There are meetings in virtually
every country in the world from Australia to
Zambia.

British Asian Medical Association-BAMA

Patient information Leaflet

Alcohol Dependence

Dr Claire Poehlington

1. Introduction

Alcohol dependence is a group of symptoms a person has due to drinking too much alcohol for a long period of time. Alcohol dependence is a type of addiction. Not all people admit to having a problem with alcohol, the CAGE questionnaire is often used to identify people who may have such a problem. A 'yes' answer to two questions or more suggests a person has an alcohol problem.

The CAGE questionnaire:

1. Have you ever felt you should Cut down on your drinking?
2. Have people Annoyed you by criticizing your drinking?
3. Have you ever felt bad or Guilty about your drinking?
4. Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover (Eye opener)?

The recommended alcohol intake for a man is 21 units per week and 14 units for a woman. 1 unit is the equivalent of half a pint of beer. 1.5 units is the equivalent of a pub measure of spirits or a small glass of wine.

2. Types

Alcohol dependence is just one problem due to excessive alcohol intake. 'Problem drinking' is an alcohol consumption greater than the recommended intake but without alcohol dependence being a feature. Both alcohol dependence and 'problem drinking' cause physical, psychological and social consequences to the person and has effects upon their family. When someone is said to be alcohol dependent his or her need to consume alcohol takes precedent over other activities in their life.

3. How common is it?

Alcohol dependence is more common in men than woman - 6 out of every 100 men are affected whereas only 2 out of every 100 women are. However 1 in 3 men and 1 in 7 women currently drink more than the recommended alcohol limit.

4. Why does it happen?

There is not just one single cause of alcohol dependence. The condition is a result of several different factors; genetics, the environment and social pressure. People are at an increased risk of becoming alcohol dependent if a relative is or has been - there is a genetic tendency. Children with alcohol dependent parents are four times more likely to develop alcohol dependence. Environment factors, such as occupation and stress, are important. Peer pressure can be very influential. People drink alcohol to relieve anxiety and depression but this is only a short-term solution as in the long-term alcohol makes such problems worse.

5. How does it present?

There are several features of alcohol dependence:

- Compulsion to drink alcohol
- Difficulty controlling alcohol seeking behaviour
- Repeated attempts to unsuccessfully stop drinking
- Withdrawal symptoms when alcohol not consumed
- Tolerance - increasing amounts of alcohol required to achieve desired effects
- Neglect of other interests, activities and alternative sources of pleasure, and increasing amount of time (preoccupation) taken up by obtaining alcohol, drinking and recovering from effects
- Persistent use despite known harmful consequences

Withdrawal syndrome is a cluster of symptoms that occur when someone has been drinking a large amount of a long period and suddenly stops.

British Asian Medical Association-BAMA

Patient information Leaflet

Symptoms include tremor, sweating, nausea, vomiting, agitation, difficulty sleeping (insomnia), confusion, impaired memory, hallucinations (commonly seeing or hearing animals or peoples that are not real). The symptoms of withdrawal syndrome are known as delirium tremens, which is a serious, life-threatening condition. Symptoms cause people to resume drinking.

Side effects of drinking excessive alcohol, rather than the actual drinking problem itself, can lead people to seek medical advice. Various parts of the body can be affected for example

- Liver – cirrhosis, hepatitis
- Stomach – inflammation, ulcers
- Pancreatitis – severe abdominal pain due to alcohol causing inflammation in the pancreas
- Nervous system – nerve damage, epilepsy, head injury from accidents whilst intoxicated, unsteadiness in walking
- Psychological – depression, suicide
- Cardiovascular system – high blood pressure, increased risk of stroke
- In pregnancy – facial abnormalities, low birth weight, low intelligence and learning disabilities are just some features of fetal alcohol syndrome.

Alcohol dependence increases your risk of developing certain types of cancer (liver, stomach, bowel, lung, pancreatic and breast). Poor diet and general neglect causes vitamin deficiencies and an increase susceptibility to infections. Alcohol dependence causes financial difficulties due to cost of increasing amounts of alcohol use and unemployment is common.

6. What tests are available?

As mentioned previously the CAGE questionnaire is commonly used to assess a persons alcohol intake, however other more sophisticated and complex questionnaires are available. A persons level of dependence has to be assessed, this is achieved through sensitive and non-judgemental questioning. Tests are commonly not used to assess alcohol dependence. Investigations, such as blood tests and body scans, are used to assess other

conditions that may be a side effect of excessive alcohol intake.

7. When should people seek help?

People often only seek medical help for alcohol dependence when they are capable of admitting to having a problem with alcohol. Emotion, social or financial repercussions also force people to seek help. Alcohol induced health problems lead to people presenting to a doctor and after careful enquiry drinking problems are identified.

8. What help is available?

Several different options are available to people who have problems with alcohol. These range from self-help through to group therapy, for example the support group Alcoholics Anonymous. Counselling is effective and aims to make a person understand why they drink and provide them with skills to control their drinking. Vitamin supplements can be given to combat dietary deficiencies.

A programme of detoxification is often needed and recommended to enable someone to give up alcohol completely. Detoxification is the process of alcohol withdrawal under the supervision of a doctor, medications – such as benzodiazepine – may be needed to prevent withdrawal symptoms.

9. Long term outcomes

Alcohol dependence can be overcome with determination and will power. Plenty of support is available to advise and supervise a person through this challenging process. Often once people have stopped drinking alcohol they relapse and resume their old patterns of drinking. Most people avoid alcohol completely to prevent this from happening.

10. Other information

www.alcoholics-anonymous.org.uk ←
www.al-anonuk.org.uk
www.dryoutnow.com
www.drinkaware.co.uk

Court-Ordered Into Alcoholics Anonymous

Most people find themselves court-mandated to attend Alcoholics Anonymous meetings as a result of a drunk-driving conviction.^[1] In addition, AA may be ordered for other alcohol-related convictions, as well as certain domestic violence situations.

Due to prison overcrowding and the high cost of incarceration, alternative or diversion programs such as AA will sometimes be offered instead of jail time.^[2]

BOARD
ALCOHOLICS ANONYMOUS

Is alcohol your problem?

Do you need help?

क्या शराब आपकी समस्या है?

क्या आप सहायता चाहते हैं?

FREE HELP

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