



SRI RAMAKRISHNA MISSION VIDYALAYA COLLEGE OF ARTS & SCIENCE

COIMBATORE – 20

REPORT OF THE

“CENTRE FOR ALCOHOLIC 12 STEP RECOVERY PROGRAMME”

Alcoholics Anonymous (AA) is a fellowship of people who come together to solve their drinking problem. It doesn't cost anything to attend A.A. meetings. There are no age or education requirements to participate. Membership is open to anyone who wants to do something about their drinking problem. AA adopts 12 steps to recover from the addiction.

A.A.'s primary purpose is to help alcoholics to achieve sobriety. To achieve a society with abstinence of alcohol and to help the people who want to come out of their drinking issues, with the request of members of AA, the college provided them a space for their weekly meetings and entrusted the responsibility of coordination to Department of Social Work.

Objectives of the Centre

- To coordinate the activities of AA meeting
- To conduct awareness programmes with the support of AA members
- To strive to build a community without alcohol

Methodology of functions

- The members of the AA assemble on every Tuesday to discuss the developments in their life without alcoholic addiction in a closed group meeting.
- Awareness programmes are conducted with the contribution of AA members for the student community and general public to lead a healthy life without alcohol.

Inauguration

The AA meeting was inaugurated at the college on December 09, 2018. Swami Nirmaleshnanada, Assistant Secretary of Ramakrishna Mission Vidyalaya inaugurated the centre, members of AA and they thanked Vidyalaya for having provided them a space which would in turn benefit the society. They proclaimed that it will be a milestone in the journey of AA in serving the society. They were happy in working hand-in-hand with Sri Ramakrishna Mission Vidyalaya College of Arts & Science.



Programmes organised

(I) Regular meetings

- 30 meetings were conducted and 220 members including 7 new members were benefitted.

(II) Awareness programmes

Apart from this, the college wanted AA to share their experiences to the students and public to sensitize the society on the issues of alcoholism.

II. 1. Alcoholic Ideation and Resilience

A workshop on “Alcoholic Ideation and Resilience” was organised on 24.01.2017 to inculcate students with appropriate habits; making students aware of the alcoholic addiction and disseminating knowledge on the concepts of addiction. Dr. Udayakumar, a member of the AA



Address of Dr. Udayakumar

group, explained the causes, effects of alcoholic ideation and techniques to achieve sobriety. He has explained the work of Alcoholics Anonymous in Coimbatore and encouraged the students to carry this message to their known people in order to help them. 300 Undergraduate students and 40 MSW students had participated in the first session.



Sharing by a Mr. S. Premkumar

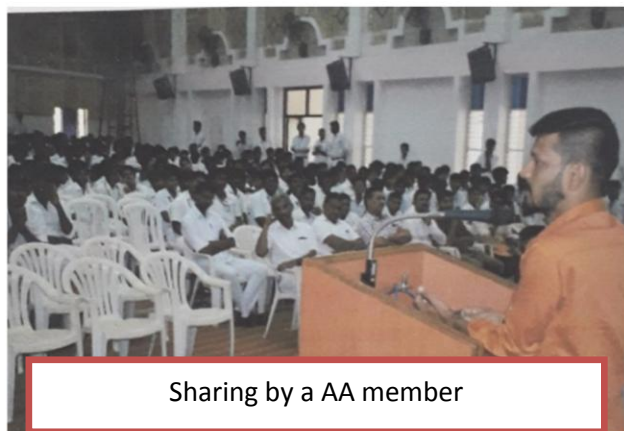


Sharing of a member of AI-Anon

Mr. S. Premkumar of the AA and a lady member of AI Anon group shared their life experiences with the students and encouraged them to ask questions. Students openly shared their experiences and received suggestions.

II. 2. Causes and Consequences of Substance Abuse

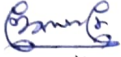
A one-day workshop on “Causes and Consequences of Substance Abuse” for all the first UG



Sharing by a AA member

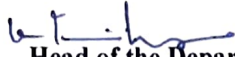
students was organised on 29.01.2019 at GKD Auditorium. The members of Alcoholics Anonymous, Coimbatore shared their life experience. They shared the conditions of them when they are under the influence of alcohol and the way they have transformed with the help of AA.

Thus, the college endeavours its best to build a sober less society by sensistizing people on the issues faced both by the addicted persons and their families. Coordinating and collaborating with AA found to be of great help and the college is successful in reaching out to students and public.



Coordinator

J.B.CHANDRA SEKAR
MA (SW), GDSW (DIN), M.Phil., MBA.,
Assistant Professor
PG and Reserch Dept. of Social Work
SRMV College of Arts and Science
Coimbatore - 641 020



Head of the Department

Dr. K. THIRUMALAIAMY, MA, M.D.S., Ph.D.,
Assistant Professor and Head
PG and Research Department of Social Work
Sri Ramakrishna Mission Vidyalaya
College of Arts & Science
SRKV (Post), Coimbatore - 641 020



Principal

SRI RAMAKRISHNA MISSION VIDYALAYA
COLLEGE OF ARTS AND SCIENCE
COIMBATORE-641020.