

**Rufaida College of Nursing
School of Nursing Science and Allied Health, Jamia Hamdard**

Report of the “Session on Alcoholism and Alcohol Anonymous group”

INTRODUCTION

Theme: Awareness regarding Alcoholism and Alcoholics Anonymous Group
Venue: Seminar hall/ Multi purpose hall , Rufaida College of Nursing.

Date: 3rd March 2022
Time: 2:00 PM to 3:00 PM

Participants: Faculty-05
Students- 80

Participating groups: B.Sc. (H) Nursing 3rd Year
Post Basic B.Sc Nursing 3rd Year
M.Sc. Nursing 1st Year
M.Sc. Nursing 2nd Year

INTRODUCTION

Alcoholics Anonymous is an international fellowship of men and women who once had a drinking problem.it is nonprofessional, self supporting, non denominational, apolitical, and available almost everywhere. There are no age and educational requirement. Membership is open to anyone who want to do something about his/her drinking problem.

ACTIVITY:

Alcoholics Anonymous group members took a session to create awareness among the Nursing students regarding alcoholism and Alcoholics Anonymous group as they are the first contact person in community as well as hospital settings where they may find persons with alcohol related problems. They took a session of 1 hour on 3rd March 2022 from 2:00 PM -3:00 PM.during their session they sensitized the students regarding the problems related to Alcohol dependence eg. Physical ,psychological and psycho social problems by sharing their personal testimony and by showing videos. A.A Members shared their drinking experience with students, how they came to A.A and how their lives have changed as a result of A.A.They updated the students regarding correctional and treatment facilities also. They informed about their individualized services and “ sponsorship” to the alcoholics coming to A.A from any source.

CONCLUSION:

The session held was very informative and was appreciated by participants. Participants gained knowledge about alcoholism and facilities provided by A.A groups for people dealing with alcohol dependence.