

Save your life

(dont drink alcohol)



Aikyam mentor coaches

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what challenge does your project adress?

Drinking alcohol is becoming easier like drinking a cup of tea. Availability of alcohol is spoiling peoples lives in society. For example, drink and drive accidents, family struggles, students and youngsters involving in drinking and spoiling their future. Seeing these problems directly inspired is to create awareness to addicted people.



Heavy drinker from Hallikeri village

Why did the team select this topic ?

According to the National Family Health Survey (NFHS-5), around 22% of men in India consume alcohol, while in Karnataka, the percentage is slightly higher at 23.1%, indicating a higher rate of alcohol consumption among men in Karnataka.

In Hallikeri there is gram panchat for 7000 population. Hallikeri itself has MSIL which is a government authorized alcohol shop. In the population of 7000, 3000 people are drinkers. 1000 people are heavily addicted. More than 50 students and 300 youngsters are involving in drinking. As per Talati of hallikeri panchayat said due to drinking every year 10 deaths happen. More than 200 family suffering from this alcoholic effects.

Finding this information out from the villagers themselves compelled us to tackle the problem.

Hallikeri Gram Panchayat office



How is this a real world problem?

Alcohol abuse is Real world problem. It can have serious health, social, and financial consequences.

Health

- Cancer: Alcohol is a carcinogen that increases the risk of developing cancers of the mouth, throat, esophagus, liver, colon, rectum, and breast.
- Heart disease: Alcohol can cause high blood pressure, heart damage, and heart attacks.
- Liver disease: Heavy drinking can lead to liver inflammation, fatty liver, hepatitis, fibrosis, and cirrhosis.
- Brain damage: Alcohol can cause brain damage, stroke, and dementia.
- Pancreatitis: Alcohol can cause the pancreas to produce toxic substances that can lead to pancreatitis.
- Immune system: Drinking too much alcohol can weaken the immune system.
- Mental health: Alcohol is linked to depression, anxiety, risk-taking behavior, personality disorders, schizophrenia, and suicide.

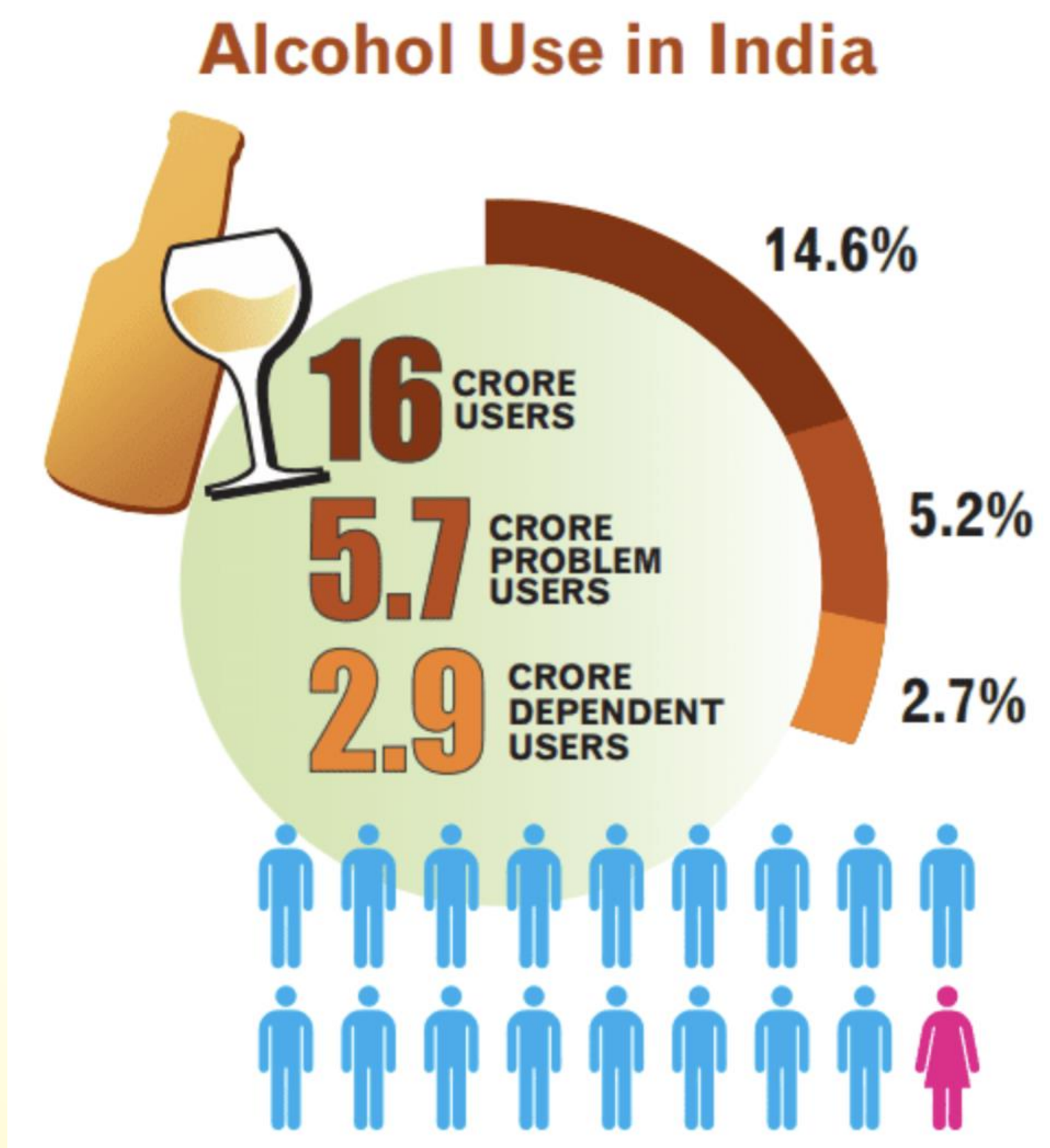
It also causes Family problems like divorce, break up and domestic violence, unemployment, homelessness.

Research data helped to understand the problem?

In Science curriculum we learned:

- 1) Excessive consumption could lead to significant health issues for individuals, disrupt relationships within families, contribute to violence and crime, cause accidents due to impaired driving, and result in substantial economic costs related to healthcare and lost productivity.
- 2) Increases risk of serious health conditions, including heart disease, stroke, high blood pressure, liver disease and cancer.
- 3) Lead to legal consequences, violence, and financial problems.

[NGO - Movendi International - Magnitude of Alcohol Problems](#)



Learnings from interviews.

We visited Hallikeri village. Which is 5 km away from our school. Village has one alcohol shop serving drinks from students to aged persons. It's about 60% of the village population that is consuming alcohol. We interviewed two people. They shared their bad experiences and effect of the alcohol. What was shocking to us was that one person said they earned 1 lakh rupee per year and spent 1 lakh rupee per year on alcohol. He does not have a family and is very lonely. He was happy to listen to us.

these are photos and videos of interviews.



How did the information you learned motivate you to act in an impactful way?

Everyday we saw people who drink heavily. And after that how badly they act towards the family members and society members.

We want to influence doctors to fight for these drinkers and help them become addiction free. Also, work with yoga camps and rehabilitation centers to offer recovery programs for the alcoholics in Hallikeri village.





Photos from investigation phase



How did your team influence others.

Our team approached some close families and friends who have alcohol problems, and we gave them addiction free tablets with a prescription and guidelines from doctors.



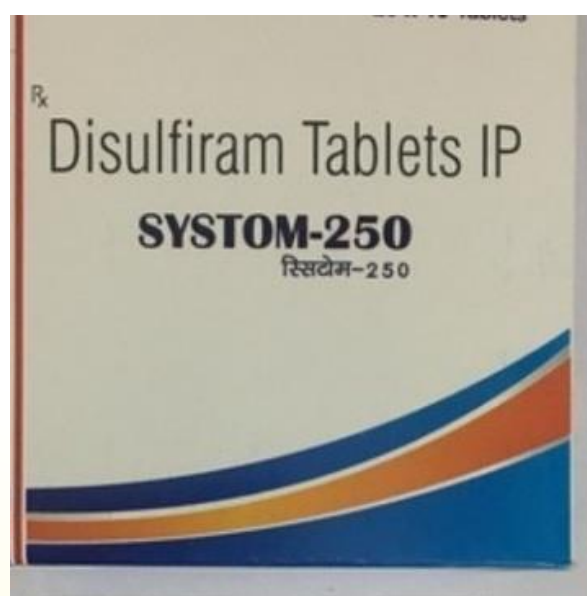
We conducted a rehabilitation camp with Guru Kumar Guruji.



In camp we have more than 20 drinkers who are motivated towards living a healthy and happy life.

How are you planning for permanent change?

First of all, drinkers need consultation and close talks with psychiatrists and yoga healers. We want to continue what we have started. We will teach them yogasanas, pranayama, dhyana and physical exercises which help them to improve their body, mind, Bhava. We will guide them towards healthy life, healthy food, healthy behaviour to family and society. Collaborate with an organization that can provide mass rehabilitation camp. We also will teach them fun activities to engage with people and move beyond their past problems. Lastly, we will work with doctors to give them prescription tablets to ease the recovery from addiction.



Community Collaboration

With the support of our respected Principal Sir, our team is ready to take this project to spread wider. He connected us to the Ministry of social justice and empowerment, Govt. of India promoting “nasha mukt bharat abhiyan”. We plan to collaborate with them to continue our project.



[Nasha mukt bharat abhiyaan](#)

Creative use of technology

To participate in the meetings conducted by Mentor coaches, and to know about the UN-SDG project step by step, we used: ZOOM app.



To communicate with ourselves and share our ideas also with Mentor coaches we used Whatsapp messenger.



To prepare slides of our work in a beautiful way, we used canva.

For more information in the process of investigation also for implementation, we used Google.



To update & Upload the work done Googledrives

For zoom links to participate in the meetings, in the calendar, we used G-mail.

Photos of team members on the Project Journey.



Thank you