

## TALK ON ALCOHOLISM

**“Some people spend the day in complaining of a headache, and the night in drinking the wine that gives it.”**

Alcohol is one of the biggest social evils of the modern society. Its effects are far-fetching, far-lasting. Numerous families have been ruined, lives destroyed due to voluntary or involuntary drinking of this consciousness dissolving fluid.

The problem of alcohol is more profoundly founded in the youngsters of the country. It has been widely observed in certain reputed surveys that unable to cope up with the academic pressure. Often talented youth in frustration succumb to peer pressure and bow down to the brain-conquering nature of this deadly poison.

With this thought in mind, NSS IIT Mandi organized a "Talk on Alcoholism" on Friday, 4<sup>th</sup> October, 2013. The talk was given by Dr. Rupinder Kapoor. The talk was informational and helped to wipe out the misconceptions from students' minds. It's no secret that alcohol consumption can cause major health problems, including cirrhosis of the liver and injuries sustained in automobile accidents. But if you think liver disease and car crashes are the only health risks posed by drinking, think again:

"Alcohol does all kinds of things in the body, and we're not fully aware of all its effects"

Here are 12 conditions linked to chronic heavy drinking:

- Anemia
- Cancer
- Cardiovascular disease
- Cirrhosis
- Dementia
- Depression
- Seizures
- Gout
- High blood pressure
- Pancreatitis
- Nerve damage
- Infectious disease

Regular drinking more than the recommended daily limits risks damaging your health. There is no guaranteed safe level of drinking, but if you drink less than the recommended daily limits, the risks of harming your health are low.

But avoiding alcohol altogether is the best solution for youths. The harms are so numerous that no discussion ever taken place can justify drinking it. If not for yourself, for the benefit and lives of your loved ones, **Quit Drinking.**