INTRODUCTION

Alcohol misuse is a major public health problem, placing a heavy burden on society, and affecting a large number of individuals of all ages. Why this happen? Some of the relevant points which are picked up from a quite long time study about alcohol and related problems. The most important thing to know is the lack of information or knowledge about alcohol and health. Generally people are under the impression that alcohol has lots of health benefits. So it’s just fine to drink and enjoy life. But in actual this is not true and life becomes a hell with alcohol use. Why this happens is just because of lack of knowledge about who should drink and the quantity and frequency of alcohol you drink. The harmful effects of drinking are almost entirely related to the genetic make up, environmental conditions and alcohol content of what you drink, not the type of drink. In other words, beers are no safer than spirits. What matters is how much you drink. From my experience of counseling people with alcohol related problems I understood that most of the people lack in knowledge about alcohol and its use.

In any case excessive drinking can harm very badly from every angle. Through proper guidance and counseling many of the students able to quit drinking alcohol and made alternative choices that were not harm full to them. It is found out that brief interventions always helped the college students to control on drinking. Those receiving the brief preventive intervention reported significant additional reductions,

In Indian colleges very rarely we see these kinds of educational programs for students. It is necessary for students to get some ideas about alcohol and its effects. Being a student counselor the researcher felt that young generation are quite fast movers and quick to adapt many habits which are necessarily harm them. From the researcher’s experience, a proper education about alcoholism helped students a greater level of changes about their attitudes about alcohol intake.

Excessive drinking can be hazardous to everyone's health! It can be particularly stressful if you are the sober one taking care of your drunken roommate, who is vomiting while you are trying to study for an exam. Some people laugh at the behavior of others who are drunk. Some think it's even funnier when they pass out. But there is nothing funny about the aspiration of vomit leading
to asphyxiation or the poisoning of the respiratory center in the brain, both of this can result in death.

The college students’ culture of drinking puts the students at risk for many serious problems, ranging from fights, injury, sexual abuse, accidents etc. Heavy drinking over a long period of time can lead to health problems, such as cirrhosis and various types of cancer. More over they just get in to alcohol intake thinking that it’s their life style, drinking is normal and they can control the drinking alcohol at any time they want just like any other drinks. Alcoholism is the cyclic presence of tolerance, withdrawal, and excessive alcohol use; the drinker's inability to control such compulsive drinking. This psychosocial education discusses all the issues related to alcoholism, so the students get awareness about their drinking and they can adopt healthy ways of drinking with their own way of life style. This way they enjoy drinking and they may them selves restrict from heavy drinking because this psychosocial education may help them to understand that it is specially prepared for their health and a happy future. If we advice them not to drink, then they may have the curiosity to try at least one’s and if they like the way the drink gives them pleasure then this one time drinking may often lead to more and more drinking. My work experience in this field made me to do some basic and simple form of education about alcohol and its effects. I think it may help the students to choose whether to drink moderately or why to drink and get into troubles.

In India there is only very few studies is done on college drinking. So it has become an utter need for this kind of a study. This research work mainly focuses on giving psychosocial education for college students to understand clearly about alcohol and its effects on people, the danger hiding behind alcohol when drinking exceeds from moderate to higher levels. Most importantly people should able to control alcohol intake instead of alcohol start controlling them. More alcohol intake means opening ways to severe health and other problems.