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Social Reflections

Activity III

Alcohol abuse – “Think before you drink”

Alcohol Abuse - Think before you drink

“Why is there such a commotion? I only had a few drinks. I didn’t steal or rob anyone.” This is the mantra of those who use alcohol to excuse their actions. Some people rationalize their drinking by claiming they enjoy the sensation of alcohol going to their heads as if it were a pleasure. Others may succumb to peer pressure from friends or bosses, thinking that drinking is “cool” or will help them advance in their careers.

However, the reality is that drinking can be dangerous and have devastating consequences. While it may feel enjoyable or lighter, it can quickly become a harmful habit that negatively impacts work, relationships, and the well-being of loved ones.

“Anything is justified until nothing is left. This addiction is such a bane.”

In such situations, food loses its significance as alcohol becomes the sole focus, fueling addiction. There is a reason why alcohol takes precedence, causing bodily systems to shut down, leading to dehydration and malnutrition. Even if one eats, the body fails to process it properly due to the overwhelming addiction to alcohol. Driving after drinking is hazardous and may cost you your life and others.

There is much to enjoy in life. But the pre-requisite is life itself.

Corruption - “Kings Every Day”

The episode explores how citizens can participate in the democratic process and hold the government accountable for its actions. It features stories of people who have used tools such as the Right to Information (RTI), social audits, public hearings, and grassroots movements to expose corruption, demand transparency, and improve public services. It also showcases examples of how some villages in Kerala have empowered themselves by taking charge of their welfare and development. The episode urges viewers to become active citizens, not just passive voters.

Some of the guests on the show are Justice Santosh Hegde, former Lokayukta of Karnataka, who exposed the mining scam; Ram Singh, a farmer from Rajasthan who used RTI to get his land records corrected; Shankar Singh, a social activist who mobilized people to demand their rights; and Sowmya Kidambi, director of Society for Social Audit, who conducted public audits of government schemes.

The episode also features a song by Swanand Kirkire and Ram Sampath, titled "Humara paisa, humara hisaab", which means "Our money, our account".