

# World International Dry Day: Every Government's Primary Responsibility and Mandatory Duty to Eradicate Alcohol: Vision 2030

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## Abstract

The Indian states of Gujarat, Mizoram, Nagaland, and Bihar, as well as the union territory of Lakshadweep, are referred to as "dry states" because they forbid the sale and use of alcoholic beverages. But in Tamil Nadu, the state government owns the TASMAL (Tamil Nadu State Marketing Corporation Ltd). The Main purpose is to make and sell alcohol around the state and kill several families and many people. In the TASMAL website, you can easily access each shop, and its packed products labeled and displayed "**Consumption of Alcohol is Injurious to Health**", in Tamil It means மது நாட்டுக்கு வீட்டுக்கு உயிற்றுக்கு கேடு. "**Alcohol is harmful to the country, home, and life.** How can we save the welfare of the state and the people by eliminating alcohol, which is harmful to the country, home, and life? The courts in the state are watching closely and are forced to take immediate mandatory action to ban anything that is immediately and permanently banned. The welfare of the state is the welfare of the people. The state has no other people to call it. Therefore, the courts can determine the welfare of the people; the people's welfare only determines the state's growth and security. The welfare of the people determines the state. The rulers of the state are for the people. Here, Tamil Nadu is a historical example in the world of the state directly and indirectly forcing people to drink alcohol and then killing them. Making people drink alcohol like this is a Hitler regime. This research article will clearly explain the historical achievements of Tamil Nadu. In Tamil Nadu state, alcoholism affects 70 lakh men. Ninety-two percent of people are lying at the gate of TASMAL stores, the remaining others are standing in the Licensed Alcohol Bar. On three or four days of the week, 22 lakh people drink alcohol. Over the previous ten years, 83% of the women said that their husbands had increased their alcohol intake. According to the study, states with the greatest GDPs, such as California, New York, and Texas, also have some of the highest rates of alcoholism. The Minister also cited data from the National Family Health Survey (NFHS-5), which includes information for individuals over the age of 15 for the 2019–2021 period. At number one on this list, Arunachal Pradesh has 24.2% of women and 52.7% of males who drink alcohol. In Kerala, only 19.9% of men and 0.2% of women drink alcohol.

**Keywords:** Primary Responsibility. Mandatory Duty, Alcohol. Eliminate, Eradicate, Necessity, Government. Dry Day

## 1. Introduction:

"Dry day" redirects here. For other uses, see Dry day (disambiguation). The legal drinking age in India and the laws that regulate the sale and consumption of alcohol vary significantly from state to state [21]. In India, consumption of alcohol is prohibited in the states of Bihar, Gujarat, Nagaland, and Mizoram, as well

as the union territory of Lakshadweep [29,22]. There is a partial ban on alcohol in some districts of Manipur [16]. All other Indian states permit alcohol consumption but fix a legal drinking age, which ranges from different ages per region. In some states, the legal drinking age can be different for different types of alcoholic beverages. Despite legal restrictions, alcohol consumption in India

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has risen by over 55% over 20 years (according to OECD figures) as the laws are generally not followed in a customer business relationship [48,7]. The maximum permitted ABV is 45.5% [17].

The Tamil Nadu government told the Assembly on Friday that the sales of liquor in 2023–2024 brought in ₹45,855.67 crore, which included ₹35,081.39 crore in VAT and ₹10,774.28 crore in excise tax (2025) [44]. In 2023–2024, the Tamil Nadu State Marketing Corporation (TASMAC) made ₹16.70 lakh from service costs, while the government received ₹53.93 crore from the special fee on imported foreign liquor. A total of 3,20,024 cases of beer were exported in 2023–2024, generating ₹187.79 lakh in income. Online export permit applications are being accepted for both the United States and the Union Territories. The policy statement presented to the House stated that "the government is determined to take stern action against distillation, sale, and transport of illicit liquor, as well as the sale of narcotic drugs and psychotropic substances." 12,422 distillers were detained, 4,64,152 liters of unlawful arrack were destroyed, and 12,431 charges of criminal arrack distillation were filed in 2023–2024. The Prohibition Enforcement Wing often conducts raids in conjunction with law enforcement and revenue agencies. It claimed that the Prohibition Enforcement Wing's enhanced raids, thorough inspections of FL/DL-licensed establishments, seizure of cars used in unlawful activity, freezing of assets and bank accounts, and ongoing Collectors' monitoring "have started yielding results."

Between April 1, 2023, and March 31, 2024, 2,797 calls were received on the toll-free prohibition helpline 10581 or the WhatsApp number 9498410581. The report stated that the necessary measures were implemented. In collaboration with the Health and Family Welfare Department, 25 additional de-addiction centres would be established at government hospitals this year to aid in the rehabilitation of drug users, the statement stated. It further stated that steps would be conducted in collaboration with different departments to eradicate drugs from Tamil Nadu. Tasmac operated 4,829 retail vending machines in 38 districts as of March of this year, with 2,919 bars connected to them. The 854 FL3-licensed hotels and 546 FL2-licensed clubs are supplied with alcohol by Tasmac [44].

## 2. Literature Review:

The Prohibition on Alcohol was first imposed in 1954 by Morarji Desai, who was Chief Minister of Bombay Province. The Prohibition was imposed on the Koli people who were traditional distillers of alcohol or wine in Maharashtra, mostly in Dharavi. Kolis of Bombay distilled the alcohol from Jamun, Guava, Orange, Apple, and Chikoo. In 1954, Morarji Desai imposed a Prohibition on liquor, but there was a strong protest by the Koli community, and there were rallies far and wide by the Koli people. Kolis alleged to the Desai that 'This is not a Daru-Bandi, this is Desh-Bandi', due to the Desai administration's allowance on the selling the foreign alcohol in the state and prohibitions on homemade liquor [1,36]. Before the prohibition on alcohol, Kolis of Dharavi manufactured the alcohol legally, and when prohibition was enacted, commercial alcohol production ceased, and Kolis had a virtual monopoly in

this area [49]. Mr. Bharath H discussed in his research articles that the ban on alcohol in India is good for every perspective and avoids illegalities [8].

## 3. Aim of the study:

These prohibitions are intended to support cultural customs, preserve social peace, or advance public health. While alcohol is prohibited nationwide in certain nations, it is restricted in others for certain populations or areas.

Many nations strictly prohibit alcohol inside their country, but they give importance to public health and importance is given to preserve social peace to support cultural lives from children to the elderly. Where the given importance to peace is that national authorities only have a great to their traditional inheritance and everyone lives peacefully with their social norms. Which countries ban alcohol? Their traditions will have a good future, and they only future pole stars to other nationalities.

## 4. Nations banned by alcohol:

Globally, alcohol laws vary greatly; in certain nations, its use is completely prohibited for legal, cultural, or religious reasons. Alcohol prohibition in some countries reflects strong social norms or a religious belief, such as the prohibition of alcohol consumption in Islam. Several nations and areas, notably Muslim-majority nations like Saudi Arabia, Kuwait, Iran, and portions of Sudan, Pakistan, and Afghanistan, have alcohol bans, frequently for religious or cultural reasons [31].

**4.1. Muslim-majority nations:** Since alcohol is deemed "haram" (forbidden) in Islam, many Muslim-majority nations have banned its manufacture, distribution, and use, either generally or exclusively for Muslims.

**4.2. Afghanistan:** Sharia law prohibits alcohol consumption by all citizens at any age, and those who do so face penalties.

**4.3. Brunei:** Brunei enforces a complete ban on the sale and consumption of alcohol as part of its strict adherence to Islamic law [52]. The implementation of Sharia law in 2014 under Sultan Hassanal Bolkiah further solidified the ban. Non-Muslims, however, are permitted to bring limited quantities of alcohol into the country for personal use, provided they declare it at customs.

**4.4. Iran:** Following the 1979 revolution, a stringent ban was put in place, with harsh consequences for infractions.

**4.5. Kuwait:** Since 1965, alcohol sales and purchases have been prohibited in Kuwait.

**4.6. Libya:** Libya's ban on alcohol dates to 1969, when Colonel Muammar Gaddafi assumed power and aligned the nation's policies with Islamic principles. The Prohibition Law of 1974 officially outlawed the production, sale, and consumption of alcohol, reflecting Libya's commitment to Islamic law.

**4.7. Maldives:** In the Maldives, alcohol is generally banned for its citizens under Islamic law, as the country is a predominantly Muslim nation. However, the unique dependence on tourism has created exceptions. Alcohol is legally permitted on resort islands, where it is served to foreign tourists. This compromise helps maintain the country's religious values while supporting its vital tourism industry.

**4.8. Mauritania:** Mauritania enforces a complete ban on alcohol, rooted in its strict adherence to Islamic principles. The country's legal system is based on Sharia law, and the prohibition reflects its commitment to upholding Islamic values. Historically, Mauritania has never been a significant consumer or producer of alcohol, as its cultural and religious framework has always discouraged its use. The ban, therefore, aligns with societal norms, making alcohol less of a contentious issue compared to other nations [31].

**4.9. Pakistan:** Has regulations that forbid Muslims from using alcohol at all, while non-Muslims are only allowed to use a certain amount.

**4.10. Saudi Arabia:** Since the early 1950s, Saudi Arabia has prohibited the sale and drinking of alcohol.

**4.11. Sharjah, UAE:** Alcohol is strictly prohibited in Sharjah, one of the seven Emirates of the United Arab Emirates.

**4.12. Somalia:** It has been announced a dry day in their country.

**4.13. Sudan:** The country's Sharia-based legal system and Islamic identity are the foundations of its ban on alcohol.

**4.14. Yemen:** The sale and distribution of alcoholic beverages are illegal in Yemen.

### 5. Dry days:

Dry days are designated days when alcohol sales are prohibited. These days are observed by many Indian states on significant national holidays and celebrations, including Gandhi Jayanti on October 2, Independence Day on 15 August, and Republic Day on January 26 [17]. In India, there are also dry days during election seasons [25,6].

*States and union territories' dry days:* In West Bengal, five-star hotels, clubs, and resorts are exempt from the dry day restriction. Even on dry days, drinks can be offered and consumed in those West Bengal locations. On dry days, private use is also permitted. On those days, only the open selling of alcohol at eateries, liquor stores, and other approved locations is prohibited. Additionally, prohibited days are stated during the state's election process [14,15]. Prohibited days for Lok Sabha or Vidhan Sabha elections are 48 hours before the voting closes and on the day or days of the count. Prohibited days are the day of the poll, the day before, and the day of the count for elections to the Municipality, Panchayat, Municipal Corporation, or Darjeeling Gorkha Hill Council [39].

Month	Dry Days & Events
January	New Year
	Thiruvalluvar Day
	Thiruvalluvar Day
	Republic Day
	Martyrs' Day
February	Vadalur Ramalinga Adikalar Jothi
March	Maha Shivaratri
	Holi
	Mahavir Janma Kalyanak
	Rajasthan Formation Day
April	Ram Navami
May	May Day
	Prophet Mohamad's Birthday (Nabigal Nayagam)
	Maharashtra Day
June	Eid-UI-Fitr
	Ashadi Ekadashi
	Muharram
Aug	Independence Day
	Eid Al-Adha (Bakrid)
Sep	Krishna Janmashtami
	Sree Narayana Guru Jayanthi

	Sree Narayana Guru Samadhi
	Anant Chaturdashi
Oct	Gandhi Jayanthi
	Gandhi Week
	Harijan Day
Nov	Guru Nanak Jayanti
	Eid-UI-Milad
	Kartiki Edadashi
Dec	Eid al-Mawlid (Milad-un-Nabi)

**Table 1: Sources: So, the UNO may try to announce the International Dry Day before 2030**

**6. Drinking Ages in India:**

Drinking age is decided by the Indian national states based on their provisions may be fixed by their condition of weather and environment. Many of the state governments fixed 21 as the right age to consume alcohol. But no one encourages to consumption of alcohol because alcohol is dangerous and bad for health and affects the vital functions.

18 to 21 is the active stage as a youth. In this stage, if anyone consumes alcohol, they continue and be change as an addiction to the liquor. After that, no one doesn't stops them. Hence, their family and their descendants undergo serious economic effects. Society also keeps them in the drunken category. Their children are mentally and philosophically affected by the respective government. So, every government authority must take appropriate action to prohibit and stop selling alcohol in their regions, with appropriate prevention and control the affected family and the respective person are admitted to the recovery rehabilitation centres [20].

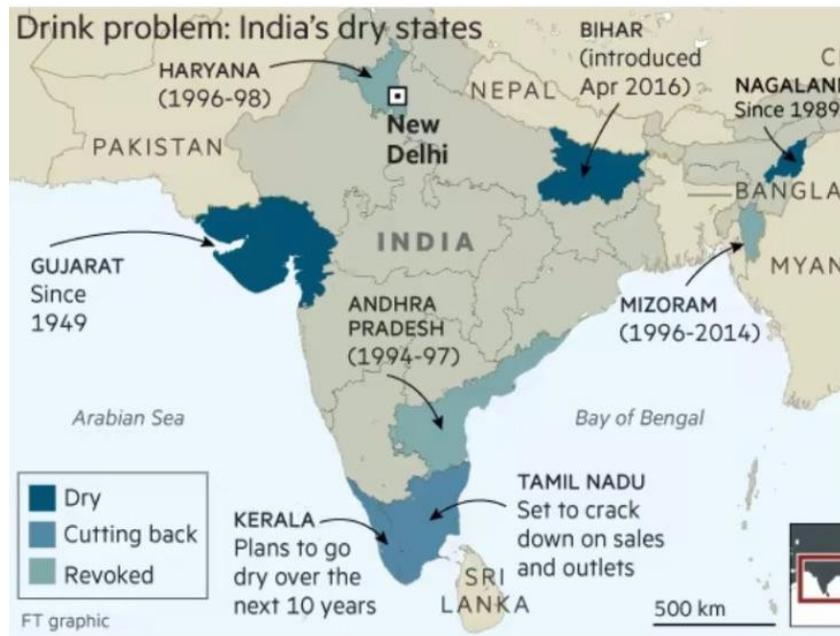
Goa, Himachal Pradesh, Jammu and Kashmir, Karnataka, Ladakh, Puducherry, Rajasthan, and Sikkim states have fixed 18 age to consume alcohol [27,30]. Andaman and Nicobar Islands, Andhra Pradesh, Arunachal Pradesh, Assam , Chhattisgarh , Dadra and Nagar Haveli and Daman and Diu, Haryana , Jharkhand, Madhya Pradesh, Manipur, Meghalaya, Tamil Nadu, Telangana, Tripura, Uttar Pradesh, Uttarakhand, and West Bengal have fixed 21 age to consume alcohol. Kerala state has only fixed the age of 23 to consume alcohol [22,34,18,45,19,42,26]. Chandigarh, Delhi [11,13]. Maharashtra and Punjab States have fixed 25 age to consume alcohol [9].

**7. Alcohol prohibited dry states in India:**

According to Article 47 of the Indian Constitution, the government. Of India prohibits the consumption of "intoxicating drinks" as an endeavour to improve public health. Below is a complete list of dry states in India.

In India, the union territory of Lakshadweep and the states of Bihar, Gujarat, Mizoram, and Nagaland all have laws against drinking alcohol. There is a partial ban on alcohol in some districts of Manipur.

1. In 2016, Bihar imposed complete prohibition. The sale and consumption of alcohol are punishable by harsh penalties under the Bihar Excise (Amendment) Act, 2016, which include jail time and hefty fines. In anticipation of the Assembly elections, Bihar Chief Minister Nitish Kumar declared the prohibition as a pledge to the state's women.
2. Alcoholic beverage production, storage, sale, and use are all prohibited by Gujarat's sumptuary law. The law has been in effect since Bombay State was divided into Gujarat and Maharashtra on May 1, 1960. The only state in India that has the death sentence for producing and selling homemade alcohol that causes death is Gujarat.
3. As a Union Territory, Lakshadweep complies with the central government's alcohol prohibition regulations. Except for Bangaram, where alcohol is allowed to increase tourism, the island has strong restrictions prohibiting its sale and consumption.
4. Alcohol sales and consumption were outlawed by the Mizoram Liquor Total Prohibition Act, 1995, with effect from February 20, 1997. The MLTP Act was changed in 2007 to permit the production of wine from grapes and guavas, subject to limitations on the amount of alcohol and volume contained. On 10 July 2014, Mizoram lifted the ban, which had been in place for 17 years. However, on March 20, 2019, the Mizoram Liquor Prohibition Act, 2019 was passed, repealing the Mizoram Liquor (Prohibition and Control) Act, 2014.
5. Alcohol sales and consumption were outlawed in 1989 by the Nagaland Liquor Total Prohibition Act (NLTP Act). Indian-made foreign liquor is widely accessible, and the prohibition is not strictly enforced. Illegal sales are typically ignored by authorities. According to reports, some police officers are also involved in bootlegging.



**Figure 1: Dry States in India**

In these areas, social, cultural, and political considerations are the main drivers of the alcohol ban. According to Article 47 of the Directive Principles of State Policy, the Indian Constitution encourages governments to enact laws that prohibit the use of alcohol and other harmful substances. However, each state is free to decide whether to apply this principle, which results in a diverse range of alcohol laws across the nation. Alcohol ban in India is a multifaceted issue that not only has political, but also socio-cultural influences. So, every state tries to ban alcohol to stop it in their respective state as soon as possible.

**8. India's Alcohol Death Rates:**

India's alcohol death rates are more than double that of China, says a new report from the World Health Organisation, which projects a steep rise in India's per capita alcohol consumption over the next six years despite the intoxicant [24]. India has 38.5 alcohol-related deaths per 100,000 people (both sexes), compared to 16.1 in China. Indian male numbers rose significantly to 63.0 compared to China's 29.6, while Indian female numbers rose to 13.5 compared to China's 3.3. More than 31% of Indians currently drink, according to the WHO study, which summarizes the global situation on alcohol and drug abuse. However, males consume significantly

more alcohol (40.9%) than females (20.8%). Substance abuse negatively impacts a person's health, raising the likelihood of mental health issues, chronic diseases, and, unfortunately, millions of avoidable deaths annually. According to the Deccan Herald, Tedros Adhanom Ghebreyesus, the director general of the World Health Organization, stated in a media statement that it puts a great burden on families and communities, increasing their vulnerability to accidents, injuries, and violence [50].

The WHO research highlights several issues, including the prevalence of binge drinking among Indian youths between the ages of 15 and 19. The report states that 7.1 percent of male youths and 5.2 percent of female youths engage in excessive episodic drinking. India used 4.9 liters of alcohol per person in 2019, and by 2030, that amount is expected to rise to 6.7 liters. Comparatively, the world's per capita consumption is 5.5 liters, with the Americas coming in second with 7.5 liters and Europe at the top with 9.2 liters [47].

**9. Annuals Per Capita:**

Average annual per capita consumption expenditure on Alcoholic Beverages Rupees at current prices:

State	2014-15	2015-16	2016-17	2017-18	2018-19	2019-20	2020-21	2021-22	2022-23
Andhra Pradesh	365	1,162	1,324	1,219	1,126	1,339	1,258	1,492	1,306
Assam	151	142	237	158	112	28	36	166	198
Chhattisgarh	500	542	594	682	1,037	1,036	845	1,128	1,227
Goa	1,413	2,127	2,307	1,246	1,142	503	39	331	445
Haryana	195	428	944	1,098	1,033	977	783	622	812

Jharkhand	555	601	293	440	758	842	511	403	624
Karnataka	429	472	370	267	166	321	298	100	374
Kerala	1,020	1,161	1,358	1,231	691	593	425	297	379
Madhya Pradesh	55	99	128	350	421	436	288	206	197
Maharashtra	177	165	209	317	522	476	221	562	346
Odisha	193	318	541	531	947	1,353	506	575	1,156
Punjab	364	428	637	1,228	1,533	1,283	776	906	1,245
Rajasthan	49	73	108	124	35	48	33	46	140
Tamil Nadu	594	833	774	733	779	1,536	750	895	841
Telangana	745	1,089	951	1,173	1,293	1,584	1,719	1,694	1,623
Tripura	N.A.	N.A.	N.A.	142	81	3	1	0	148
Uttar Pradesh	216	242	126	139	102	101	46	46	49
West Bengal	30	33	15	28	31	16	5	3	4

Source: Computed from the CMIE's CPHS Database

**Table 2: Annual percapita**

From this survey, the above table highlights that the states following Kerala and Tamil Nadu are the top-ranked in terms of alcoholic consumption in India [40]. They are concentrating their income to kill the state people, but the ruling parties aim to destroy the public and fully plan to make the state wash out without human life. After a few years, the political parties make use of the empty land and hand it over to some of the brokers to export the natural mineral. These are their final plans to kill the people. These are against human rights. So, every state jurisdictional authority immediately forms a committee and eradicates the alcohol sale and production in the country. Otherwise, you will be a right responsible for all. All state high courts take themselves as a special case and take a necessary step to eradicate alcohol in India.

### 10. Primary Duties of the Government:

Three million people lose their lives to the negative consequences of alcohol each year. Therefore, the World Health Organization (WHO) has identified 10 major policy choices and national actions to lower the morbidity and mortality rates associated with alcohol abuse and the societal repercussions that follow.

1. Leadership, mindfulness, and responsibility.
2. Health administrations' reaction.
3. Community activity.
4. Drink-driving strategies and countermeasures
5. Availability of liquor.
6. Marketing of mixed refreshments
7. Pricing strategies.
8. Reducing the negative results of drinking and liquor inebriation.
9. Reducing the general well-being effect of unlawful liquor and illegally delivered liquor.
10. Monitoring and reconnaissance

Article 47 of the Indian Constitution's Directive Principles of State Policy (DPSP) provisions that "the State shall endeavour to bring about prohibition of the consumption except for medicinal

purposes of intoxicating drinks and of drugs which are injurious to health."

### 10.1. Sexual Risk:

In our society, men generally have more social liberties than women in terms of alcohol use as well as sexual activities. Teenage pregnancies are also on the rise. Sexual experimentation outside marriage is increasing. Risky sexual behaviours continue regardless of a confirmed STI/HIV status, as mentioned in India, Zambia, Belarus, etc. Liquor use has additionally been connected to early sexual encounters. Liquor use and sexual danger practices are especially predominant in settings, for example, dance clubs, bars, dull houses, interstate eating joints and inns, and massage parlours. Liquor use and sexual danger practices increase during specific merriments and festivities across nations [53].

### 10.2. State Powers to Regulate Alcohol:

1. *State List (Entry 8)*: The Seventh Schedule of the Constitution of India places alcohol under the State List, meaning states have the power to regulate the production, manufacture, possession, transport, purchase, and sale of intoxicating liquors.
2. *Industrial Alcohol*: The Supreme Court has held that states can regulate industrial alcohol to prevent its misuse for making potable liquor.
3. *Synthetics & Chemicals Ltd. v State of Uttar Pradesh*: A 1990 Supreme Court case established that "intoxicating liquors" only referred to potable alcohol, not industrial alcohol.
4. *Recent Ruling*: A recent Supreme Court ruling affirmed that states have the power to regulate industrial alcohol, including denatured alcohol and raw materials for alcohol production.
5. *Tamil Nadu Prohibition Act 1937*: Enforcing the Tamil Nadu Prohibition Act, 1937, which forbids the production, distribution, and use of intoxicating liquors and narcotics, with the exception of those used for industrial, scientific, or medical purposes, is the court's main responsibility in the

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state's effort to eradicate alcohol [46].

### 10.3. Union Government Power to Regulate:

The Court was right in limiting states' regulatory power over industrial liquor to only tackle issues of public health. If Synthetics is overruled, states can regulate industries which are under the Union's control, under Entry 33 of the Concurrent List [37].

As per the involvement and contribution to World Alcohol-Free Day, Movendi International Organizations promoted World Alcohol-Free Day on October 3rd from 2024. Based on this view, every national authority takes a step to implement this alcohol-free day as a 'Dry Day' in all nations [54].

### 11. Court Roles:

The idea that an individual who chooses to use drugs or alcohol is accountable for their conduct while under the influence is acknowledged by Section 86 of the Indian Penal Code. For such individuals, it offers a limited defence in situations when a conduct necessitates specific knowledge or purpose [23].

1. *Enforcing the Law:* The main duty of the court is to make sure that the Tamil Nadu Prohibition Act, 1937, which forbids the state's manufacture, production, possession, export, import, transportation, purchase, sale, and use of alcoholic liquors and medicines, is followed [33].
2. *Judicial Review:* The court has the authority to examine whether any government or other authority activities pertaining to the implementation of the prohibition policy are lawful and constitutional [43].
3. *Case adjudication:* The court has the authority to decide cases concerning infractions of the 1937 Tamil Nadu Prohibition Act, such as those pertaining to the illegal distillation, sale, possession, and transit of alcoholic beverages [10].
4. *Imposition of Penalties:* If a person or organization is found to have violated the act, the court may impose fines and imprisonment as punishments [4].
5. *Public Health Role:* The court can help advance public health by making sure that the government properly controls and limits the sale and use of alcohol, especially to safeguard vulnerable groups [28,38].
6. *Oversight of prosecuting officers:* The Directorate of Prosecution was created to have general authority over and oversight of the prosecuting officers employed by the courts [28].

### 12. Religious Principles about Alcohol Eridictions:

*In Hinduism,* Although alcohol use is discouraged or prohibited in various Hindu texts and traditions, particularly for priests and spiritual practitioners, this is not always the case, and different sects and sub-sects have differing views.

1. *Substance Abuse:* Hindu law and tradition generally discourage substance abuse, including alcohol, as it can lead to actions that a sound person wouldn't normally take. Hindu law states that Brahmins or the practitioners of Hinduism are not

permitted to drink alcohol and depend on substances, as it has a direct impact on the nervous system, leading to actions that a sound person normally wouldn't. They may lead to slurred speech and go against usual norms. Similarly, Hallucinogens can force the body to perform actions out of the simplicity and a time which is disastrous [5].

2. *General Discouragement:* Since drugs and alcohol can impair judgment and impede spiritual development, Hinduism typically stresses restraint and abstinence [32].
3. *Bhagavad Gita:* The sacred Hindu literature known as the Bhagavad Gita does not specifically outlaw alcohol consumption, but it does label people who have an obsession with wine, women, and gambling as having a "demoniac" mindset.
4. *Vaishnavism:* Followers of Vaishnavism, a major Hindu sect, are often strictly advised against alcohol consumption.
5. *Priests and Brahmins:* Hindu priests and Brahmins are traditionally expected to abstain from alcohol and other intoxicants, as these are seen as ritually polluting [5].
6. *Shaivism and Shaktism:* While generally restricted, alcohol consumption is sometimes permitted in certain Tantric sub-sects of Shaivism and Shaktism [32].

### 13. Consumption of Alcohol Arises Various Problems:

The effects of drinking alcohol. We now understand what alcoholism is. Let's talk about the factors that enable someone to progress from occasional alcohol consumption to complete alcohol addiction. Numerous significant and minor elements are involved. Among them are:

1. *Drinking Underage:* Much research indicates that early alcohol consumption raises the risk of alcohol addiction due to both prior habits and the body's increased capacity for tolerance [3].
2. *Drinking for Taste:* A small percentage of adults and teenagers drink alcohol merely to experience the flavour for the first time. Curiosity of this nature can occasionally lead to habit and addiction.
3. *Difficult Environment:* People who work in difficult environments are more inclined to drink alcohol in an attempt to cope with their stress. Not all stress is caused by work or a job; it can also arise from family issues, health issues, or relationship issues, among other things.
4. *Mental Health Problems:* Any mental illness, such as bipolar disorder, depression, or anxiety, increases the risk of drinking. Most people try the quick fix of drinking alcohol since it is a quick and temporary fix for mental health problems.
5. *Using Drugs with Alcohol:* A lot of people use drugs and alcohol together. It's a widespread custom. Alcohol toxicity can be increased by some medications. It can be harmful at times.
6. *Genetic issue:* A person's family history greatly influences whether they may develop an alcohol addiction. Since we all know that traits can be passed down through DNA from one generation to the next, this is a straightforward biological process.
7. *Absence of parental supervision:* Children who experience

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a lack of parental or family support may develop an alcohol addiction. The family's financial situation may also have an impact.

***A few dangerous health diseases can be caused by excessive alcohol drinking:***

1. Breast cancer. 2. Coronary heart disease. 3. Intentional injury (violence). 4. Liver disease. 5. Alcoholic cirrhosis. 6. Morbidity. Etc.

**14. Suggestion and Recommendations:**

**14.1. Suggestion to the Government:**

Every nation takes this opportunity and bans to consume the alcohol in their country without any trouble in the proper manner, and the public is advised to get regular advice through designated practice and rehabilitation centres, which may be run by their respective governments. Then only the environment grows with any misconduct and eradicates the sexual abuses in the world. When the sexual abuse has been stopped, then only the global economic and social responsibility will be considered by the national authorities, which may president and minister, or the chief minister, or other jurisdictional and social authorities.

**14.2. Recommendations:**

Within the field of de-addiction treatment, "12-Steps" is a widely used term. How can the 12-Step recovery program aid in the fight against addiction, and who are the people who created it? This piece aims to provide additional light on the same.

- ***Alcoholics Anonymous (AA):*** About 80 years ago, the international community known as AA was founded. Dr. Bob Smith and Bill Wilson formed it in 1935, and in 1939, it added two more groups. There are already over 115,000 organizations in the community worldwide. The idea of Alcoholics Anonymous (AA) was to unite individuals who were battling alcoholism and enable them to support one another through meetings and conversations by sharing their stories, overcoming their addiction, and avoiding relapse. This group developed the 12-step program, which includes a spiritual component, to help people overcome alcoholism. Although it was founded entirely on Christian beliefs at first, as the group grew, the principles were shaped to become secular, and it is now creed-agnostic [2]. The following are the 12 steps of AA that aid in addiction recovery:

1. We admit that we were powerless against alcohol and that our lives had become unmanageable.
2. We have come to believe that a Power greater and beyond ourselves would be able to restore sanity in our lives.
3. We have decided to turn our will and our lives over to the protection and care of God as we understand him.
4. We have made a searching and fearless moral inventory of ourselves.
5. We admit to God, to ourselves, and other human beings, the exact nature of our wrongs.
6. We are ready to have God eliminate all such defects in our character.

7. We humbly ask God to help remove our shortcomings.
8. We have made a list of all the persons whom we have harmed, and we are willing to make amends for the same to those persons.
9. We have made direct amends to such persons to the greatest extent possible, except if to make such amends, we would have to do something that risks causing injury to them or to others.
10. We have continued to take personal inventory, and if we went wrong, we promptly admitted our mistakes.
11. We have sought, through prayer and through meditation, to improve our conscious contact with God, as we understand him, and we pray only for the knowledge of His Will for us and for the power to carry out the same.
12. After having had a spiritual awakening because of following these steps, we tried to carry this message to alcoholics to help them in addiction recovery and also continue to practice these principles in all our affairs.

From the above, it should be clear how a 12-step recovery program helps in alcohol addiction. The 12 steps of AA try to tap into the inner core of a person through spirituality and equip him or her to emotionally empower themselves to be able to shun alcohol addiction.

**15. Discussion:**

To boost support for the accelerated implementation of the global strategy, decision-makers and the general public must be made more aware of the negative effects of alcohol and the efficacy of policy measures. This requires strategic and well-developed international communication and advocacy. In order to maintain public health and promote widespread political commitment to reducing the harmful use of alcohol, special efforts and activities are required to organize many stakeholders for coordinated initiatives [51].

It is necessary to raise awareness among decision-makers and the general public about the risks and harms associated with alcohol consumption. Appropriate attention should be given to the prevention of the initiation of drinking among children and adolescents; the prevention of drinking among pregnant women; and the protection of people from pressures to drink, especially in societies with high levels of alcohol consumption, in which heavy drinkers are encouraged to drink even more. The unique circumstances of indigenous populations require special culturally appropriate efforts in addressing the levels and patterns of alcohol consumption, alcohol-related harms and the social and economic factors that influence the impact of alcohol consumption on their health and well-being. An international day or week of awareness of alcohol-related harm or a "World no alcohol day/week" could help to focus and reinforce public attention on the problem. Public health advocacy is more likely to succeed if it is well supported by evidence and based on emerging opportunities and if the arguments are free from moralizing. International discourse on alcohol policy development and implementation should address the health inequalities associated with the harmful use of alcohol

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and its broad socioeconomic impacts, including the impact on the attainment of the health-related and other targets of the 2030 Agenda. Awareness of the impact of use of alcohol on health and well-being should not be limited to the impact on NCDs, including issues related to interactions between alcohol and medicines used in management of NCDs and mental health, and should be expanded to include other areas of health and development such as injuries, violence, infectious diseases, productivity at workplaces, family functioning and a “harm to others” perspective, including the impact on financial and psychological security.

Modern communication technologies and multimedia materials are needed for successful advocacy and behavioural change campaigns, including social media engagement. Such awareness, along with the development and enforcement of alcohol policies, needs to be protected from the interference of commercial interests. Appropriate mechanisms that involve academia and civil society must be set up in order to systematically monitor, prevent, and counteract such interference. Global target 2.1: By 2030, 75% of countries have developed and enacted national written alcohol policies. Global target 2.2: By 2030, 50% of countries will have produced periodic national reports on alcohol consumption and alcohol-related harm. Proposed actions for Member States are 10 points, proposed actions for members' secretariat are ten points, proposed actions for international partners, civil society organizations, and academia are two baselines, and Proposed measures for economic operators in alcohol production and trade [51].

Dr. Shanthi reported in her interview. 83 percent of the women said their husbands were consuming more alcohol over the past 10 years. Those within a one km radius of liquor outlets tend to be regular drinkers. 84 per cent of them resorted to verbal abuse and 64 percent were ‘wife beaters. Those who drink daily spend Rs 6,552 per month on alcohol, so close to Rs 44,000 crore is spent per year across Tamil Nadu. 34 percent of the women said that the main wage earner lost 14 man-days per month to alcohol. Per year, this entails a loss of Rs 20,500 crores for families. The total economic loss for the people of Tamil Nadu amounts to Rs 67,444 crores per year [35].

Mr. Bharath H discussed in his research articles about the ban on alcohol in India. The prohibition of alcohol has numerous drawbacks. Nonetheless, one of the main concerns is that it might result in an increase in violent crime. This is significant because it means that people will have to use unlawful means to get alcohol when it is prohibited. Alcohol bans are based on this fear. Complete Prohibition of any substance immediately or over time brings with it its pros and cons. The pros and cons of the alcohol Ban in India are many and varied in nature. The pros are that it improves the mental and social health of society and will lead to a healthier population in the future. However, the disadvantages of the alcohol ban are a rise in crime, an impact on the economy, and much more. Alcohol is a highly addictive substance, and despite trying to balance Banning Alcohol Pros and Cons, we must try to find a solution. One of the main benefits of prohibition would be

improving mental and social health around us. It would also lead to fewer health problems associated with substance abuse, leading to a healthier population. This is one of the reasons why alcohol should be banned [8].

## 16. Conclusion:

Alcohol prohibitions are frequently implemented in nations to uphold social, cultural, or religious norms, illustrating the close ties that exist between legal requirements and societal ideals. These restrictions emphasize how crucial it is to accept diversity in global behaviours, regardless of whether they are based on public health concerns or religious precepts. Such regulations might not be in line with everyone's viewpoints, but they offer important insights on how societies value the welfare of the whole. Alcohol is one of the great conundrums of human existence. It makes you feel so good while progressively destroying your physical, mental, and social well-being. It's addictive and destructive to your health. While it is possible to drink responsibly, the substance still has a significant impact on you and can lead to alcohol abuse. Alcohol is highly addictive, and alcohol problems cause significant distress to the person and their families. Over 107 million people across the world are affected by alcohol addiction. The 2030 Agenda for Sustainable Development, with its 17 Sustainable Development Goals, aims to address global challenges, including health and well-being. The harmful use of alcohol can negatively impact various SDGs, including health, well-being, and economic development [53]. The 2030 Agenda is a framework for achieving sustainable development by 2030, and the Global Alcohol Action Plan aligns with this broader vision [54]. So, UNO take a step to announce the International Dry Day and ask all members are planned to proceed for Dry Day to live without alcoholism and prevent from the alcoholic diseases and good health and safe to provide a strong legal remedy through legal and Jurisdictional authorities and immediately process to start the mobilization through the state authorities. Organizations like Movendi International promote World Alcohol-Free Day on October 3rd.

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