



ETTRAM PUBLIC CHARITABLE TRUST

Serving for a better society

Cordially invites you to
GUEST LECTURE

on

DRUG ADDICTION AWARENESS



**A STEP TOWARDS
DRUG-FREE INDIA**



VENUE:

Love & Care Foundation



PLACE:

Maduravoyal, Chennai



DATE:

24/04/2026



TIME:

2 Pm Onwards

RESOURCE PERSON



Mrs. Hindumathi.A

Ph.d - Research Scholar
VISTAS - Pallavaram, Chennai

INVITE BY

Mr. R. Subramaniam

Founder & Chairman,
Ettram Public Charitable Trust

Trustees & Organising Committee

On **24th April 2026**, a meaningful and deeply impactful awareness programme on **Drug and De-addiction** was conducted at the **Love and Care Foundation for Deaddiction**, bringing together voices of experience, science, and compassion. The event was thoughtfully organized by Ettram Public Charitable Trust, Nesapakkam, Chennai, with a clear objective—to ignite hope, spread awareness, and reinforce the belief that recovery is not only possible, but achievable with the right support.

The programme witnessed the participation of around **50 attendees**, each carrying their own stories, struggles, and aspirations. The atmosphere was not one of judgment, but of understanding and encouragement. It was a space where individuals felt seen, heard, and most importantly, valued. The event was graced by an eminent panel of speakers who brought diverse perspectives to the subject of addiction and recovery.

Among them, **Ms. Hindumathi**, a Ph.D. Research Scholar from VISTAS, Pallavaram, delivered an insightful session grounded in science. She explained the **neurobiological mechanisms of addiction**, detailing how substances alter brain chemistry, particularly affecting dopamine pathways, which influence pleasure and reward systems. Her explanation was not merely academic—it was empathetic. She emphasized that addiction is not a moral failing but a **treatable condition**, and recovery begins with awareness, acceptance, and structured intervention. Her words helped dismantle stigma and replace it with understanding.

Following this, **Mr. Sridhar** took the stage and brought a powerful human dimension to the discussion. Through **real-life stories of individuals who had battled alcoholism and emerged stronger**, he demonstrated that recovery is not a distant dream but a lived reality for many. His narratives were raw, honest, and inspiring. He spoke of setbacks, resilience, family support, and the turning points that redefine lives. His message was clear—**no matter how deep one falls, there is always a way back**.

The presence of **Mr. D. Sundaresh**, Managing Director of Love and Care Foundation, added institutional depth to the programme. As someone directly involved in rehabilitation efforts,

his insights reflected years of hands-on experience. He highlighted the importance of structured de-addiction programs, counseling, and community support systems. He stressed that recovery is not a one-time effort but a **continuous journey requiring patience, discipline, and a nurturing environment.**

Mr. Raja Kalimuthan also addressed the gathering, reinforcing the social responsibility we all share in addressing addiction. He spoke about the need for **collective awareness**, urging families and communities to become active participants in supporting those struggling with substance abuse rather than isolating them.

The event was led and anchored by **Mr. R. Subramaniam**, Managing Trustee of Ettram Public Charitable Trust. His leadership was evident not only in organizing the programme but also in setting its tone—one of dignity and encouragement. He warmly welcomed all the speakers and honored them with shawls as a token of respect and gratitude. His gesture symbolized the trust's commitment to recognizing those who contribute to social transformation.

In his concluding remarks during the **Vote of Thanks**, Mr. Subramaniam expressed heartfelt appreciation to all the speakers, participants, and the hosting foundation. He reiterated the mission of the trust—to **uplift lives through awareness, education, and compassionate action.** His words resonated with sincerity and purpose, leaving the audience with a sense of belonging and responsibility.

What made the programme truly special was not just the exchange of knowledge, but the **emotional connection it fostered.** Attendees were not passive listeners; they were engaged, reflective, and visibly moved. For many, it was a moment of realization. For others, it was a step toward healing. The session concluded on a warm and positive note, with **sweets, snacks, and savories** being distributed to all attendees. This simple gesture added a layer of comfort and community bonding, reinforcing the idea that recovery spaces must also be spaces of warmth and inclusion.

Overall, the programme stood as a **beacon of hope**. It reminded everyone present that addiction, though challenging, is not insurmountable. With the right awareness, support systems, and inner determination, individuals can reclaim their lives. The initiative by Ettram Public Charitable Trust is not just an event—it is part of a larger movement toward building a healthier, more compassionate society.

Such efforts deserve recognition and continuity, because every life saved from addiction is not just an individual victory—it is a victory for families, communities, and humanity as a whole.











SYMPTOMS OF ALCOHOL USE DISORDER


~ the DSM-5 criteria ~


 DRINKING MORE OR FOR A LONGER PERIOD THAN ORIGINALLY PLANNED

 TRYING TO CUT DOWN ON OR QUIT DRINKING BUT NOT BEING ABLE TO


 SPENDING A LOT OF TIME DRINKING OR BEING SICK AS A RESULT OF DRINKING

 CRAVINGS FOR ALCOHOL, OR THE STRONG NEED FOR A DRINK

 NOTICING THAT DRINKING CAUSES PROBLEMS AT HOME, WORK, SCHOOL

 CONTINUING TO DRINK DESPITE THE TROUBLES IT CAUSES

 ENDING UP IN RISKY OR DANGEROUS SITUATIONS AS A RESULT OF DRINKING

 QUITTING ACTIVITIES THAT WERE ONCE IMPORTANT




 FEELING DEPRESSED OR ANXIOUS, OR ANOTHER HEALTH PROBLEM

 NEEDING TO DRINK MORE TO ACHIEVE THE DESIRED EFFECT

 NOTICING THE PRESENCE OF WITHDRAWAL SYMPTOMS

CATEGORIES OF ALCOHOL USE DISORDER

THERE ARE THREE DIFFERENT CATEGORIES OF AUD DIVIDED DOWN BY THE NUMBER OF CRITERIA A PERSON DISPLAYS:

-  MILD (2 TO 3 CRITERIA)
-  MODERATE (4 TO 5 CRITERIA)
-  SEVERE (6 OR MORE CRITERIA)