

## **Excessive Alcohol Consumption should be considered an Offence**

***Nilesh Shah***

*Professor and Head, Department of Psychiatry, Lokmanya Tilak Municipal Medical College, Mumbai.  
E-mail –drnilshah@hotmail.com*

---

Dear Sir,

Excessive consumption of alcohol and getting drunk should be considered as an offense and a person indulging in it as well as the persons promoting it (like the bar owners or the hosts of a party) should be taken to task. There should be a law restricting unlimited serving of alcohol and excessive consumption of alcohol to the point of intoxication. The individual consuming alcohol has a social responsibility of consuming alcohol in a socially acceptable manner. He has no right to consume unrestricted quantity of alcohol to the point of intoxication. Getting drunk or intoxicated is harmful to the individual himself as he may fall and sustain injuries. It is also dangerous for the people at large as he may under the influence of alcohol misbehave, get into unnecessary arguments, brawl and exhibit disinhibited behaviour and once in a while may run down few innocent individuals on the road while driving a vehicle.

The law should clearly consider it as an offense and there should be some punishment in the form of fine for the first time offenders and a compulsory admission in a rehabilitation centre for the treatment of alcohol abuse and dependence for the individuals who get repeatedly intoxicated. There should also be some punishment in the form of fine to the hosts of the party and fine as well as suspension of licence for the bar owners who serve unrestricted quantity of alcohol to their customers

The law and recommended punishment may deter some individuals from excessive consumption of alcohol and may also deter the bar owners and hosts of the party from serving unrestricted quantity of alcohol to their customers and guests.

Yours sincerely

DR. NILESH SHAH