**ALCOHOLICS ANONYMOUS IN THE INDIAN AIR FORCE – since 2012
“TAMING THE BREW”**

We are pleased to inform you that after a year and half of hard work, presentations, discussions, meetings, PI meetings at the headquarters and other units, a pilot project of carrying the AA message in the Indian Air Force driven from the top level was launched in the WAC (Western Air Command – it is the largest and most important Air Command of the IAF, comprising sixteen Air Force Bases in New Delhi, Jammu and Kashmir, Himachal Pradesh, Punjab, Haryana, and some parts of Uttar Pradesh). AA could get the support of the PMO of WAC; Director General Medical Services, Air Marshal Anil Behl, AVSM PHS DGMS; the AOA; and presentation was done to Air Chief Marshal Norman Anil Kumar Browne, also known as “Charlie” Brown, who is the current Chief of the Air Staff (CAS) of the Indian Air Force who has welcomed AA to pass on the message of hope.

After the success in the Western Air Command we have been given green signal to duplicate the same format in all the other commands all over India by the AOA and Director General Medical Services with immediate effect (May 2013). Group Cpt Sanjay Sharma has been appointed as the nodal officer for all India and 3 wings Air Force Station Palam, New Delhi is the nodal center for all activities in the IAF in India.

**Presentation by DGMS (Air) during the Commanders Conference and PERAC committee:** A presentation titled “Taming the Brew” was given by DGMS (Air) during the Commanders Conference highlighting the need for effecting a mind change. He reiterated the importance of a top driven multipronged approach for tackling the public health problem of alcohol use disorders and AA was presented.

**Formation of CORE GROUP:** A Core Group was formed at the headquarters at New Delhi. The first Coordination meeting under the chairmanship of PMO WAC IAF for formulating the action plan was held in the office of PMO WAC IAF on 22 Aug 12 at HQ WAC IAF. A Core Group constituting of dedicated members from both the Alcoholics Anonymous and the IAF was formed for implementation of the pilot project for prevention of Alcohol Use Disorders in the WAC AOR. Ravi D, who is currently the Chairman of AA New Delhi-NCR Golden Footwork Intergroup, accepted the responsibility of executing the operations from the AA in his capacity of Chairman Core Group with assistance from Kannan as chief coordinator for the AA Core Group. Grp Capt Sanjay Sharma, SMO Air Force Station Palam, was appointed as Secretary of the Core Group and designated as Officer In charge of the programme for prevention of Alcohol Dependence Syndrome among the Air Warriors along with other members (Please see list below). The Core Group shall meet once a quarter in the office of PMO WAC IAF to review the programme and assess the progress made. SMC 3 Wing AF is designated as the Nodal center for conducting AA activities in WAC. The AA Core Group of 3 Wing AF ‘Suhani Subah’ shall act as the functional arm of AA in the WAC. Activities to be facilitated and monitored by DPMO(A).

**Security clearance of the members of the Core Group:** Security concerns have been addressed and all members of the Core Group have been given Security clearance before undertaking activities inside the Air Force.

In future all coordination’s will be done from the head quarters at New Delhi by the Core Group where all security issues would be addressed and uniformity will be maintained.
We are looking forward to contact all AA members who were or are in the Air Force. Kindly pass on this message around.

It gives the Core Group immense pleasure to say that the AA message has reached all the doctors of the IAF. Now alcoholism is seen as a disease rather than as a problem. A separate page with the AA message is also on the AF Intranet with the sharing’s of AA steps, traditions and concepts, recorded at the 1st AA workshop at the HQ WAC, so far 15 PI meetings conducted, 6 AA groups started, 150 Big Books given, recovery kits sent across, a 4 day road trip made to stations in North India.

**CORE GROUP MEMBERS COORDINATING WITH THE COMMANDS**

**THE CORE GROUP CONSISTS OF:
Ravi. D – Chairman Core Group (Mobile: 09868030419)
Grp. Cpt. Sanjay Sharma –** **Coordinating officer for IAF (Mobile:8860944900)**

The following activities were conducted at each Air Force Station. (TO BE DUPLICATED IN ALL THE COMMANDS)

(a) An interactive session was conducted by Grp Capt Sanjay Sharma SMO 3 Wing AF wherein the Section Commanders and Supervisors were made aware of the social, occupational and medical issues related to Alcohol abuse. Training was imparted for early detection of problem drinking amongst Air Warriors placed under their charge and institution of brief interventions recommended for prevention of increase of Alcohol use related disorders by the use of AUDIT (Alcohol Use Disorder Identification Tool), a validated peer reviewed tool developed by the WHO, which would be used during the mandatory counseling sessions conducted by them.

(b) Ravi. D with assistance from the members of the local branch of Alcoholics Anonymous conducted Public Interaction Meetings for the Air Warriors, NCs(E) and DSC personnel of the station with a view to increase the knowledge base, introduce the principles of the Alcoholics Anonymous and provide a self assessment tool in order to unmask the latent and hidden Alcoholics residing inside the Air Force Station.

(d) An independent Alcoholics Anonymous group has been commissioned with the help of members from the local branch of the Alcoholics Anonymous inside each Air Force Station. Office bearers have also been appointed with the consensus of the members. **These groups shall function as branches of the Core Group ‘Suhani Subah’ which is operating at Air Force Station Palam and shall be linked to it through the AFNET**, Teleconferencing and IP Phone. The Core Group ‘Suhani Subah’ shall give assistance in procurement of AA Literature and provide the templates for printing of pamphlets and banners by the station administration in order to maintain uniformity of the message. A helpline number shall also be provided by the station administration. A room which is easily accessible to the members for holding the meetings anonymously has been made available by the administration. The AOCs of the stations have been requested to permit security cleared members from the local AA groups to interact with the members of the Alcoholics Anonymous group of the Air Force Station and to facilitate its functioning in accordance with the principles and traditions of the Alcoholics Anonymous.

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**Visit by the AA Core Group and Conduct of Public Information Programmes**: The AA Core Group ‘Suhani Subah’ shall liaise with the local AA Groups and help the Station Health Organization to conduct Public Information Programmes with the help of security cleared members of the Alcoholics Anonymous during station welfare meetings. It is proposed to conduct Public Information Programmes in each Command HQ by the end of Apr 13. Representatives from the major Air Force Stations of the respective Commands may be detailed by Command HQs to attend so that the programme can be replicated in their units in a phased manner with assistance from the AA Core Group ‘Suhani Subah’. It is proposed that visit of the Core Group to Command HQs be arranged during the PMOs conference / Commanders conference in order to have personal contact and maintain uniformity.

**Formation of AA Groups inside the Air Force Station premises:** AA Core Group ‘Suhani Subah’ shall liaise with the local AA Groups and assist the station administration in the formation of an independent AA Group inside the Air Force Station premises. These groups shall function in accordance with the principles and traditions of the Alcoholics Anonymous as branches of the Core Group ‘Suhani Subah’ which is operating at Air Force Station Palam and shall be linked to it through the AFNET, Teleconferencing and IP Phone. A helpline number shall be provided by the station administration. An easily accessible room for holding the meetings anonymously is to be made available to the members by the administration. It is proposed that each major Air Force Station of the IAF should have a functional AA Group linked to the Core Group ‘Suhani Subah’ in a phased manner by 31 Mar 14.

**Use of Information Technology** The use of information technology through the platform of AFNET shall help the core group to reach out to the needy Air Warriors who are stationed in remote locations. The following is proposed.

(a) Designing of a password protected web page linked to the AOAs web page shall permit the Air Warrior to interact confidentially with the core group and participate in all activities being conducted centrally from ‘Suhani Subah’. It is proposed to provide links for accessing AA literature, Audios of sharing’s by AA members, recordings of AA meetings etc. Availability and timings of AA meetings in nearby locations and contact numbers will be displayed.

(b) Scheduled Teleconferencing sessions on the format of a standard ‘Open Meeting’ of the AA can be planned between several stations thus enabling a larger number of members from different bases to attend the AA meetings being held at a designated nodal station in the command.

(c) Provisioning of a dedicated IP number / mobile number as Helpline shall assist the core group in providing aid to the needy.

**May God bless all the alcoholics.**

**Ravi. D
Chairman
Core Group AA in the IAF**

**AA-IAF** **TELECONFERENCE
3 WING PALAM NEW DELHI
EVERY TUESDAY 5.30 KINDLY CONTACT YOUR SMO**

**Sanjay Sharma 8860944900 Ravi. D 9868030419**