

**Foundation Course**  
**Semester 1**  
**UNIT 6**  
**GROWING SOCIAL PROBLEMS IN INDIA**

**CAUSES OF TRANSMISSION OF AIDS**

**Sexual Intercourse:** - This is the first cause of spread or transmission of the HIV. It occurs through sexual intercourse. **Reuse of Contaminated Syringes and Needles:-** The unsterilized needles and syringes can transmit HIV. People who use illegal drugs are also vulnerable to HIV infection. Drug users mostly share the injected syringes.

**Infection through birth or nursing from mother to child:-** HIV is transmitted from infected mother to her child. Even the breast feeding mothers also can transmit HIV to the baby.

**Child could be cure from infection if mother is taking any treatment for HIV during her pregnancy.** **Blood Transfusion:-**The transfusion of infected blood and

blood products such as, whole blood, packed red cells, fresh- frozen plasma and platelets can transmit HIV into normal person.

**SIGNS AND SYMPTOMS OF AIDS**

It includes the following :

- Loss of weight
- Fever for more than a month
- Tiredness or fatigue with little work
- Shortness of breathing
- Body loss more than 10% in about two months
- Night sweating
- Prolong dry cough
- Enlarged lymph glands
- Loss of appetite
- Diarrhoea for more than a week
- Severe dehydration and loss of essential fluids from body

**PREVENTION OF HIV/AIDS**

**Avoid multiple partners:** - One should avoid visiting prostitutes, sex workers etc. It calls for a check or control on infidelity of spouses. The married partners should avoid multiple partners, otherwise they may contract AIDS. **Safe sex:** - It refers to sexual activities which do not involve any blood or sexual fluid from one person getting into another person's body. It emphasizes on the use of condoms while having sexual intercourse with an infected partner.

**Immediate Treatment for STDs:** - In case of sexually transmitted diseases, without hesitation immediate and adequate treatment to be sought from special doctor. **Use of Sterilized Needles and Syringes:** It involves the following :

- Give up drug addiction and stop injecting drug use.
- Use sterile needles, syringes and other equipment every time.
- Never share injecting equipment.
- Clean equipment before use.
- Prevention of Mother-to-Child Transmission (MTCT):- The
- provision of anti-retroviral treatment to HIV- positive women
- and their infants around the time of delivery has shown to
- reduce MTCT. It also involves the following :
- Prevention of HIV among prospective parents.
- Prevention of unwanted pregnancies among HIV-positive
- women.

The care and treatment of HIV-positive pregnant women. Preventing the transmission of HIV positive mothers to their infants during pregnancy, labour, delivery and breast feeding. Early Detection: An early detection of infected people in the population may prevent the occurrence of the disease. ELISA and Western Blot tests provide screening tools to identify the infected people in the population. ELISA is the enzyme-linked immunosorbent assay test for antibody and western blot is a confirmatory test for anti-body. School based Education Programme: Most countries are seeking to develop school-based AIDS education as a part of their AIDS Prevention Programme. Knowledge about how HIV/AIDS is transmitted can be given through school curriculum. Programmes based on HIV/AIDS prevention should be organized by the schools. Peer Education : Peer Education has been a component of HIV/AIDS prevention efforts for the last decade. The teenagers are comfortable discussing matters such as HIV/AIDS and sex amongst themselves only. A recent survey of HIV/AIDS highlights the need to integrate peer education programmes with other interventions such as condom distribution, medical care, voluntary counseling and HIV testing.

**Role of Governments :** The role of government includes the following :

Collecting and spreading information about HIV/AIDS.

Promoting safer behavior among people who are most likely to contract and spread the virus.

Ensuring that the most destitute are not denied access to the means to protect themselves from HIV.

The government along with the collaboration of the corporate sector has implemented many worthwhile HIV/AIDS prevention programmes.

Provide education about HIV/AIDS to the people in vernacular language.

Government have launched National Aids Control Programme (NACP) to cure and prevent HIV in 1987

National AIDS Control Organization (NACO) in 1992 which provides funds to state AIDS control in society.

Mumbai District AIDS Control Society (MDACS), in 1999 which runs the mobile clinic.

Role of World Bank: The World Bank has been a long standing partner to developing countries to finance for education and for HIV/AIDS programs and activities

worldwide.

The World Bank plays an important role by :

- Strengthening political commitment for Anti-AIDS efforts.

Building awareness at government levels about the importance of education in the fight against HIV/AIDS.

Working in partnership to help countries implement HIV/AIDS prevention in schools.

Ultimately what we can say that, Prevention is the only cure for AIDS.

## TREATMENT AND SERVICES

Highly Active Antiretroviral Therapy which is known as HAART.

HAART tries to reduce the virus level from the blood with three important drugs they are as follows:

1. Anti-retroviral Drugs
2. Fusion Inhibitors:- T-20
3. New Treatments

## **AWARENESS RELATED TO HIV/AIDS**

**Exhibition on AIDS:** The government and NGO's must organize exhibitions on regular basis to create awareness among the masses of the menace of HIV/AIDS. These exhibitions must be held in the HIV sensitive areas and also at the railway station, especially in metro cities. **Publicity:** A wide publicity must be given in the mass media, especially in television and radio. **Effective posters** can be displayed inside and outside public transport vehicles such as trains, buses etc. **In-built Serials/Programmes:** There should be certain serials or programmes with in-built AIDS awareness campaigns. Such programmes would provide entertainment and at the same time enrichment of knowledge regarding HIV infections and myth surrounding it. **Street Plays:** Street plays should be organized by the youth organizations. NGOs and others, especially in AIDS sensitive areas. The causes, prevention and effects of the AIDS can be dramatized in such plays.

**Curriculum:** The school and the college curriculum should carry a chapter on AIDS. This will help to create knowledge about AIDS amongst the young generation. **Health Camps:** Regular health camps must be conducted at work places, schools, colleges etc. The health campaigns should be organized not only to provide health check but also to create awareness about AIDS.