

# COMPLETION REPORT

*MPT APPLICATION 2023 (SPRING)*

Project Title HIV/AIDS Prevention Education and Awareness Program among School Adolescents & Youth in Bihar (India)

**Project period: October'23 – July'2024 (10 Months)**



*Sponsored by*

**The Mercury Phoenix Trust, UK**

*Organized by*

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**Brief outline of the Project:**

|                           |   |
|---------------------------|---|
| Project title             | HIV/AIDS Prevention Education and Awareness Program Among School Adolescents & Youth in Bihar (India)   |
| Geographical coverage     | Daniawan Block in Patna and Karai Parsurai in Nalanda district, Bihar (India)   |
| Funded by                 | The Mercury Phoenix Trust, UK   |
| Grant Release             | £4,000.00 on 29 <sup>st</sup> September'2023  |
| Project No.               | None (sanctioned on 21 <sup>st</sup> August'2023)   |
| Reporting period          | October'23 – July'2024 = 10 months  |
| Target Groups             | <ul style="list-style-type: none"> <li>▪ School Students (age 12-19 years) and rural Youth ( age 15-24 years)</li> <li>▪ Secondary School Teachers</li> <li>▪ Health Service Providers (HSPs), Parents, Rural Young Women.</li> </ul> <p>These groups were chosen to maximize the reach and impact of the intervention, addressing key demographics that can influence and disseminate information throughout their communities.</p>  |
| Highlight                 | <p>HIV/AIDS remains one of the world’s most significant public health challenges. To address this, global commitment is essential to both halt new HIV infections and ensure that everyone living with HIV has access to effective treatment.</p> <p>Our project has focused on generating knowledge and awareness about HIV/AIDS through various interventions, including training and workshops, rallies, pre- and post-assessment studies, and the distribution of Information, Education, and Communication (IEC) materials.</p> <p>The project specifically targeted increasing knowledge, awareness, and attitude changes regarding HIV/AIDS among target groups in project area. Observations from the program and feedback collected will inform the development of tailored strategies for future HIV/AIDS control programs in Bihar, India.</p> |
| Goals and Objectives      | <ul style="list-style-type: none"> <li>• To increase Knowledge, awareness and access to prevention methods,</li> <li>• To improve education on HIV/AIDS and promote safe practices.</li> </ul>  |
| Implementation Activities | <ul style="list-style-type: none"> <li>▪ <b>Educational Sessions</b> - Training, Workshops and Seminars, etc</li> <li>▪ <b>Interactive Activities</b> – Counseling in practicing safe behaviors, World AIDS Day celebration and Debates &amp; quizzes.</li> <li>▪ <b>IEC Material Distribution</b> – Pamphlets, Posters, Booklets and Educational videos, etc.</li> <li>▪ <b>Community Involvement</b> - Parent and Teacher Sensitization and conducted training sessions for local health service providers &amp; women groups.</li> <li>▪ <b>Assessment and Evaluation</b> - Pre- &amp; Post-Program Assessments, Feedback and Impact Analysis, etc.</li> </ul>   |
| Outcomes/Results          | <ul style="list-style-type: none"> <li>❖ Increased Knowledge and Reduced Misconceptions</li> <li>❖ Increased awareness about health &amp; hygiene services.</li> <li>❖ Positive Behavioral Changes amongst target beneficiaries.</li> <li>❖ Community Engagement- the involvement of parents, teachers, rural women and local health providers created a supportive environment for ongoing HIV/AIDS education and awareness.</li> </ul>  |
| Report compiled by        | Mr. Naresh Chandra Verma, MD and Rishi Prakash Gautam, Program Manager  |
| Date of submission        | 13 <sup>th</sup> September,2024   |

## Executive Summary

The human immunodeficiency virus (HIV) represents one of the most significant challenges to public health, human rights, and development globally. Inadequate knowledge and risky practices continue to seriously hinder HIV/AIDS prevention efforts. According to the most recent report for 2024, the HIV situation in India remains a major public health challenge.

As reported by UNICEF and others, HIV/AIDS in Bihar reflects both progress and ongoing challenges. Bihar is among the states with a significant burden of HIV/AIDS in India, with approximately 8,000 new cases reported annually. The prevalence rate of HIV in Bihar remains relatively high compared to many other states, partly due to the migration of individuals to cities and towns for employment opportunities.

Youth in our project area often migrate to nearby towns and cities in search of work, returning to their native villages upon completing their employment. During their time in these urban areas, they often encounter unprotected sex with strangers and are reluctant to discuss sexually transmitted diseases with their communities or family members.

The project implementation and evaluation have shown that the younger age group (12-19 years) is more prone to unsafe sex practices and has limited access to contraceptives. We also assessed the knowledge and perceptions of school adolescents and rural youth regarding HIV/AIDS, reproductive health, and reproductive organs. Only 21% of participants were aware of the full form of the abbreviation HIV/AIDS. Furthermore, just 23% of respondents knew that women are more vulnerable to HIV/AIDS than men. Most participants lacked knowledge about the modes of HIV transmission. Regarding menstruation, 47% of adolescents viewed it negatively and believed that menstruating individuals should not enter the kitchen. This indicates a low level of understanding about puberty and menstruation.

The evaluation conducted among 509 students and 112 stakeholders revealed that students had limited knowledge about HIV transmission and AIDS. Poor knowledge was observed in several areas: prevention (59.8%), actions to prevent HIV transmission (68%), availability of blood tests (63%), and availability of medicines (73%). Male stakeholders generally demonstrated better knowledge in these areas compared to female stakeholders.

BOARD has successfully implemented an HIV/AIDS prevention education and awareness program for rural school adolescents (ages 12-19 years) and out-of-school youth (ages 15-24 years) in classes IX to XII in Patna district, Bihar. The program aimed to raise awareness and sensitize school-aged adolescents, youth, mothers, Anganwadi workers, ASHA workers, and rural HSPs about HIV/AIDS prevention.

The program focused on increasing knowledge about prevention methods, such as using condoms during intercourse, not sharing needles and syringes, and avoiding alcohol and other drugs before or during sex. Participants have been enhancing their knowledge and awareness of HIV/AIDS through training and counseling sessions. We have concluded that students are now receiving and benefiting from important information on HIV/AIDS prevention.

To effectively reduce HIV transmission, sustained, comprehensive communication strategies are needed to motivate adolescents and youth to change their behaviors toward HIV risk. School-based AIDS programs, which provide sexual and reproductive health education, play an important role in this effort. Such programs can delay the onset of sexual activity among adolescents and promote safe practices. There is a need for programs aimed at spreading awareness and encouraging behavior change among girls, especially in rural areas.

## PROJECT ACTIVITIES UNDERTAKEN

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|---------------------|--|
| <b>ACTIVITY (1)</b> | Sensitization/initial meetings with teachers, school staffs, students and stakeholders   |
| <b>OBJECTIVE</b>    | <ul style="list-style-type: none"> <li>To sensitize stakeholders &amp; school students about HIV/AIDS and project objectives.</li> <li>To encourage safe practices and promote openness about discussing HIV/AIDS.</li> <li>To motivate them for their true and sincere participation in the project.</li> </ul> |

**PROGRESS:**

Successfully conducted a one day HIV/AIDS awareness workshop and sensitization meeting with the support of project staff and experienced health experts with an objective of which is to raise awareness about HIV/AIDS and provide accurate information including the importance of its prevention and protection.



A total of **679** participants attended, including **509** school students & **58** teachers, **21** village frontline health workers, **64** rural women and members of women’s self-help groups (SHGs), and **27** parents. The attendees gained valuable knowledge on HIV/AIDS infections, sex, and sexuality.

The program began among stakeholders with keynote addresses by Mr. Naresh Chandra Verma, Managing Director of BOARD and Mrs. Pallavi Bharti, the Gram Panchayat Mukhiya. They provided an overview of HIV transmission and emphasized the crucial roles of village frontline health workers such as ANMs, ASHAs, AWWs, and mothers of girls, in reducing the risk and vulnerability of those affected by HIV/AIDS. They also advised to discuss with colleagues on HIV. If you want additional training in future, BOARD and Gram Panchayat can help to you.

Proposed meeting sessions were conducted by Rishi Prakash Gautam, Anupam Niti, Asmita Singh and Mamta Singh with the help of Ruby Devi and Rekha Kumari. Each meeting featured a presentation on HIV/AIDS, followed by interactive discussions, question-and-answer sessions, and role-playing activities. The sessions were designed to be both engaging and informative. Participants were encouraged to ask questions and provide feedback throughout the meetings, which helped address their specific concerns and misconceptions.

The following topics were addressed during the sessions:

- *The importance of open discussions about sex, sexuality, HIV, and condom use.*
- *Promotion of accessible health services, including reproductive health and the prevention of mother-to-child transmission of HIV.*
- *Protection of women's rights in the context of HIV risk.*
- *Enhancing knowledge about sexual behaviour among the wives of migrant workers.*
- *A Hindi-language video presentation on HIV/AIDS.*

#### **Participant Feedback:**

The participants expressed satisfaction with the information provided by the trainers on the aforementioned topics. They highlighted that the wives of migrant workers, who often come from low socio-economic backgrounds with poor living conditions, are typically illiterate, financially dependent on their husbands, and have limited awareness about HIV. This demographic is particularly vulnerable to HIV infection due to their circumstances. Participants stressed the urgent need for strategies by the government and BOARD to increase knowledge and awareness about HIV/AIDS in this at-risk community.

#### **Regarding Sensitization meetings:**

- The training and workshop were crucial for gaining a comprehensive understanding of HIV/AIDS, sex, reproductive health, and risk practices associated with MSM (men who have sex with men). They now will recognize HIV as a serious health issue caused by a virus.
- The workshops have fostered a positive environment for discussing HIV/AIDS within local communities and among children. We understand that anyone can contract HIV, and are now prepared to receive appropriate information about the disease.
- **Knowledge Improvement:** Participants demonstrated a significant increase in their understanding of HIV/AIDS, including modes of transmission and prevention methods. They told that we should use male/female condom every time to reduce your risk of contracting HIV, Anal, oral, or vaginal sex, which is the main ways that HIV is transmitted, we can prevent it by abstinence. Condoms are very effective against

#### **Challenges:**

- **Knowledge Levels:** Maintaining the attention and engagement of all participants, especially those with varying levels of prior knowledge, was challenging at times.
- **Logistical Issues:** Organizing meetings in accessible locations and ensuring timely attendance were occasional hurdles.

**Conclusion:** The sensitization meetings with village-level stakeholders, teachers, school adolescents and rural youth effectively increased awareness and understanding of HIV/AIDS. By addressing misconceptions and providing accurate information, these sessions contributed to improved knowledge and safer practices. Continued efforts in education and community engagement are essential to sustain and build upon these positive outcomes.

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| <b>ACTIVITY (2)</b>         | Pre- and Post Test and Assessment   |
| <b>GOAL &amp; OBJECTIVE</b> | The objective of this program is to summarize the activities and findings of pre- and post-test assessment to assess the knowledge and perceptions of HIV/AIDS among school students and non-school going adolescents and rural youth. The goal was to measure the effectiveness of educational interventions and identify areas requiring further attention.   |
| <b>Methodology</b>          | <p><b>Pre-Test Activities -</b><br/>A self-designed questionnaire was created to assess basic knowledge and perceptions regarding HIV/AIDS. The questionnaire was distributed to 509 participants, including both school students and non-school-going adolescents and youth. The sample included a mix of school-going adolescents and those not enrolled in formal education. Efforts were made to ensure diverse representation across different age groups and socio-economic backgrounds. Completed questionnaires were collected and analyzed to determine initial levels of understanding and common misconceptions about HIV/AIDS.</p> <p><b>Post-Test Activities -</b><br/>A post-test questionnaire, similar to the pre-test version, was administered to the same participants to assess changes in knowledge and perceptions after the educational interventions. Responses were collected and analyzed to evaluate improvements in understanding and to identify any remaining gaps or misconceptions.</p> <p><b>Note:</b> <i>The study was conducted anonymously for class IX to XII students and non-going school youth; the students were assured of the confidentiality of their responses. The purpose of the study was explained and informed consent was obtained verbally from the participating students and their parents.</i></p> |

**PROGRESS:**





A pre and post study was conducted among the youth of 08 villages near Shahjahanpur and Karai Parasurai Panchayat and students of 04 government high schools to assess the knowledge, attitudes and sexual behavior related to HIV/AIDS. These teenagers and young students are poor and vulnerable who are living with minimum needs. The self-designed questionnaire consisted of 36 questions which could be easily understood and completed quickly (set of questions with answers is attached herewith). The questions were divided into two categories: questions related to general knowledge about HIV/AIDS, including routes of transmission and preventive measures, and attitudes of the infected. A total of 509 (356 girls and 153 boys aged 14–19 years) were surveyed.

#### **Pre-Test Findings:**

- **Knowledge Gaps:** Many participants demonstrated a lack of comprehensive understanding of HIV/AIDS. Common misconceptions included beliefs that mosquitoes could transmit HIV and that sharing utensils or towels was a risk factor. Participants also thought that HIV could be spread through the sharing of eating utensils, towels, or other personal items. This reflects a misunderstanding of how HIV is actually transmitted, which is through specific body fluids like blood, semen, vaginal fluids, and breast milk, and not through casual contact. Participants often lacked knowledge about effective preventive measures such as the use of condoms; using sterile needles, barber razor, etc. Many participants were unaware of how can help these methods to reduce the risk of HIV transmission.
- **Attitudes:** Although participants expressed a general willingness to seek care for persons living with HIV/AIDS, but knowledge about preventive measures and transmission was inadequate.

***The detailed report of the pre-assessment study has been sent along with the half-yearly report.***

#### **POST-STUDY**

BOARD focused on HIV/AIDS prevention awareness program after pre-assessment study established because adolescent and youth were lack of knowledge on issues of sex and sexuality and access to health care. Under this project, BOARD was conducted advocacy and awareness related activities on prevention of HIV among them included behaviour change communication, health care, training of peer educators, debate & quiz and raising community awareness through the use of creative media systems.

However, continuous efforts are needed to address remaining misconceptions and reinforce accurate information. Engaging community members and incorporating feedback from participants can enhance the effectiveness of future educational programs.

**RESULT:** Now knowledge increased of school students & rural youth about modes of transmission of HIV. We finding following after post test study;

#### ***Knowledge about Mode of Transmission -***

- A majority of respondents (84%) correctly identified that HIV is not transmitted through casual contact such as shaking hands, touching, or hugging an infected person. Only 9% incorrectly believed these activities could transmit HIV, and 2% did not express an opinion.
- Regarding the use of common barber tools, 89% of respondents (456 out of 509) recognized that sharing razors could potentially transmit HIV. In contrast, 10% thought it was not a risk, and 1% did not provide an opinion. There were no significant differences observed between boys and girls in this regard.

#### **Knowledge of HIV Transmission Routes -**

- **Needle/Syringe Sharing:** A significant majority (83%) knew that unsterile sharing needles or syringes are a mode of HIV transmission. About 81% were aware that an HIV-infected person could remain asymptomatic for many years.
- **Kissing:** Most respondents (70%) correctly understood that kissing does not transmit HIV, though 26% still believed it could.

#### **Sexual Transmission and Breastfeeding**

- **Sexual Contact:** An overwhelming 91% of respondents (149 boys and 312 girls) recognized sexual contact as a route of transmission.
- **Breastfeeding:** Knowledge about HIV transmission through breastfeeding varied, with 79% overall (and 77% among girls and boys 82%) acknowledging this route of transmission.

#### **Gender Differences**

- **Overall Knowledge:** Girls demonstrated a higher overall knowledge about HIV compared to boys.
- **Protection Methods:** When asked about protective methods against HIV/AIDS, respondents suggested using condoms, avoiding intravenous drug use, not sharing barber tools, and regular premarital testing.

#### **General Knowledge**

- **HIV Identification:** A large majority (93%) of respondents correctly identified HIV as a viral infection.
- **Misconceptions and Needs:** The study highlighted some persistent misconceptions about HIV/AIDS, emphasizing the need for targeted education and awareness programs.

#### **Conclusion**

Pre- and post-test evaluations have shown that there is general awareness of HIV/AIDS among school students and out-of-school adolescents and youth, but misconceptions persist. The higher knowledge levels and recognition of key preventive measures among girls compared to boys is encouraging, but there is a clear need for continued education to address gaps and reinforce accurate information. These findings will help guide future interventions in Bihar to increase HIV/AIDS awareness and prevention strategies.

***Assessment study reports (Pre & Post study) are attached separately.***



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| <b>ACTIVITY (3)</b> | Peer Educators training   |
| <b>OBJECTIVE</b>    | <ul style="list-style-type: none"> <li>• To provide peer educators (adolescents &amp; youth) with comprehensive knowledge about HIV/AIDS, as modes of transmission, prevention methods, and treatment options, etc.</li> <li>• To develop effective communication skills to use in your outreach activities and develop a network for discussion of high-risk sexual behavior among your peers and other stakeholders.</li> </ul> |

**PROGRESS:**



BOARD organized a 3-day training program for student peer educators across four units, involving 139 youth and adolescents (92 girls and 47 boys) from four high secondary schools in the Daniawan and Karai Parsurai blocks. The training was conducted by Rishi Prakash Gautam, Sriman Narayan Pathak, Anupam Niti, and Anju Ji, with support from Nirmala Kumari, Soni Kumari, and Rekha Kumari.

The training helped to promote peer education among student peer educators to prevent and reduce high-risk sexual behaviours and to challenge peer group sexual norms. Key messages during the training included postponing sexual involvement, using condoms correctly, and promoting respectful relationships and open communication about sex and HIV. It was emphasized that sex is not the only way to show love and care. Peer educators were encouraged to make healthy behaviour choices more acceptable and fashionable.

The training also provided clear guidelines to peer educators on the important messages to convey and how to effectively share these messages with their peers and teachers. The role of peer educators was outlined as follows:

- *Increasing awareness and promoting healthy behaviours related to HIV*
- *Presenting participatory activities in schools*
- *Engaging and involving learners in discussions*
- *Developing context and values for discussing sexual relations and gender issues*

At the end of the training and evaluation process, it was concluded that the peer educators are likely to succeed in involving their peers in health-related activities despite potential obstacles. Analysis revealed that 61% of the learners indicated they would gather information for a peer education program in their schools, while 33% expressed their intention to engage.

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| <b>ACTIVITY (4)</b> | Refresher Training to Peer Educators and School Adolescent.  |
| <b>OBJECTIVE</b>    | <ul style="list-style-type: none"> <li>▪ To update peer educators on the latest information and developments in HIV/AIDS prevention, treatment, and support.</li> <li>▪ To review and reinforce key concepts &amp; skills necessary for effective peer education.</li> <li>▪ To address any challenges or gaps identified since the last Peer Education training.</li> <li>▪ To enhance the capacity of peer educators to engage their peers and promote HIV/AIDS awareness in their communities.</li> </ul> |

**PROGRESS:**



Experienced trainer Mrs. Mamta Singh led the sessions to provide current and accurate information and address emerging issues in HIV/AIDS education. The refresher training for adolescent peer educators and school students aimed to update their knowledge, enhance their skills, and reinforce their roles in educating their peers about HIV/AIDS. The training focused on addressing new issues, reviewing key concepts, and evaluating the effectiveness of peer educators in their outreach efforts.

Feedback from participants indicated that they found the refresher training informative and practical. The interactive elements and real-life scenarios were particularly appreciated.

The refresher training for adolescent peer educators successfully updated their knowledge, enhanced their skills, and reinforced their roles in HIV/AIDS education. This training equipped them with the tools and confidence needed to effectively engage their peers and promote HIV/AIDS awareness.

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| <b>ACTIVITY (5)</b> | HIV/AIDS awareness workshop for School Students and Village Youth.   |
| <b>OBJECTIVE</b>    | <ul style="list-style-type: none"> <li>• To increase awareness and knowledge about HIV/AIDS among school students and rural youth.</li> <li>• Promote safe sexual practices and preventive measures against HIV/AIDS and create a supportive environment for open discussion.</li> <li>• Addressing and correcting misconceptions about HIV/AIDS transmission and prevention.</li> </ul> |

**PROGRESS:**



A total of 457 adolescents & youth (261 girls and 196 boys), both school-going and out-of-school, successfully participated in 08 workshops held at schools and community venues. The workshop structured into several interactive sessions, including presentations, group discussions, and role-playing activities. Each session was designed to address different aspects of HIV/AIDS awareness and education. The workshops addressed several important issues, including:

- Causes and impacts of HIV/AIDS.
- Possible actions and responses to mitigate the negative impacts of HIV/AIDS.
- Open discussions about sex, sexuality, and HIV/AIDS with peers.

At the beginning of the workshop, all adolescents and youth shared their expectations. Most participants wanted updates on HIV/AIDS issues in general and sought more information on prevention and care methods. Specific expectations were as follows;

- *How vulnerable individuals can manage their situation when migrating.*
- *How to face differing readiness levels regarding sex.*
- *How to prevent HIV if tested positive.*

Effectively conveyed by trained facilitators and experienced teachers to ensure accurate information as per the expectations of the participants. The participants discussed mainstreaming HIV/AIDS awareness, both internally and externally, including modes of transmission, symptoms, health effects and treatment options. Preventive measures including above addressing the issue were explained such as the importance of condom use, safe sexual practices and regular testing, etc. At the end of the workshop, a draft HIV policy was developed with input from peer educators. This draft is being consolidated by the BOARD for future implementation.

#### **OUTCOMES:**

- 83% of participants (including school students, stakeholders, rural women, and youth) gained latest knowledge and information about HIV/AIDS and its prevention.
- Participants acquired not only factual information about HIV/AIDS but also communication skills essential for improving health practices. They are now better prepared to address these issues.
- Safer sex practices were promoted through the use of condoms.
- Efforts were also made to strengthen health practices in the project area.

#### **Challenges**

- *Difference Knowledge Levels:* Participants had varying levels knowledge, which required tailored approaches to address different needs effectively.
- *Engagement Levels:* Maintaining high levels of engagement throughout the whole workshop was a challenge, particularly for larger groups.

#### **Feedback from Field Staffs:**

BOARD conducted a post-study to assess the interest in this topic of rural people by field staffs. Field staffs observed that women and girls attended in greater numbers. They believed that men, engaged in livelihood activities during the day, has less opportunity to participate, while women showed more interest in HIV/AIDS issues. However, some individuals were unable to attend due to restrictions; women were sometimes prevented by their husbands, and children by their parents. Overall, the workshop and program were well-received by nearly all community members in the project area.

#### **CONCLUSION:**

These workshops have provided a platform to acquire innovative skills critical for an effective response to the HIV epidemic. The participants' knowledge and understanding about HIV/AIDS has effectively increased. The Board made a positive contribution to the community by dispelling misconceptions and promoting safe practices. Thereby participants developed a stronger ability to assess and measure their commitments and actions within their communities. Discussions also included the impact of the HIV response on health and society, highlighting how HIV programs can shape current and future responses to the epidemic. Sustained and sustained efforts in education and community engagement are required to maintain and advance these positive outcomes.

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| <b>ACTIVITY (6)</b> | Counseling Sessions and Group Educational Activities on HIV/AIDS Among Rural Adolescents & Peer Youth at Village and school Level and distribution of IEC materials.  |
| <b>OBJECTIVE</b>    | <ul style="list-style-type: none"> <li>• To provide counseling and education on HIV/AIDS to rural adolescents and youth.</li> <li>• To address misconceptions and provide accurate information about HIV/AIDS.</li> <li>• To distribute IEC materials to reinforce learning.</li> </ul> |

**PROGRESS:**

At the village level, counseling sessions and group educational activities on HIV/AIDS were conducted in 08 villages and 04 schools for rural adolescents and peer youth. It also included distribution of education and communication (IEC) materials to increase awareness and support among these groups. These sessions were focused on providing basic information about HIV/AIDS, known routes of transmission, and describing the progression of HIV disease and infections to the onset of serious illness and possible death possibilities.



209 school students, 119 village youth as well as 44 Peer educators and 23 stakeholders (total-395), participated in 16 units of counseling sessions. One-to-one and small group counseling sessions were held to provide individual support and address specific concerns. At the beginning of the education session, all the teenagers and youth expressed their expectations. Most participants wanted to get the latest information on HIV/AIDS issues in general such as vaginal discharge, anal sex, oral sex, transgender sex, etc. and wanted to know more about HIV/AIDS prevention and care methods. The specific expectations were also as follows:

- How can vulnerable people handle this situation while migrating?
- How to be with a coworker if they're not up for it but I need sex.
- How HIV can be prevented, when I found out after getting tested.

Apart from these, Participants ask questions about when one's immune system is severely damaged and when one can experience the serious illnesses that define AIDS, what precautions should be taken, etc.?

The counselors- Rishi Prakash Gautam, Ms. Mamta Singh, Anju Kumari and Ashmita Kumari were sensitive to cater to different types of questions by the participants. She/he told participants about the ways of HIV prevention that may spread through infected semen or vaginal fluids. HIV in vaginal fluids can penetrate the thin, delicate skin of the penis and urinary opening at the tip of the penis. During anal sex, small cuts may allow HIV in semen and small cuts or sores in the mouth allow HIV vaginal fluid by oral sex to pass directly into the bloodstream. The breast milk of an infected mother can also expose her infant to HIV. We have learned a lot about this strange and scary disease as yet but not enough. In this sessions, focused on providing basic information about HIV/AIDS, known routes of transmission, and describing the progression of HIV disease and infections to the onset of serious illness and possible death possibilities.

**Results:**

**Increased Knowledge and Reduced Misconceptions:** Participants demonstrated a significant increase in their knowledge about HIV/AIDS, including modes of transmission, prevention strategies, and treatment options. Many misconceptions about HIV/AIDS were addressed, leading to a clearer understanding of the virus and its prevention.

**Effective Use of IEC Materials:** The distribution of IEC materials helped reinforce the information presented during sessions and provided participants with resources for ongoing reference. Posters and leaflets increased the visibility of HIV/AIDS information within the community.

**Feedback from Participants:**

Participants indicated that they found the counseling sessions and educational activities both helpful and informative. They particularly appreciated the participatory components and personal support. Suggestions should increasing the frequency of this type of sessions and providing more examples to better address.

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| <b>ACTIVITY (7)</b> | World AIDS Day – December 1, 2023  |
| <b>OBJECTIVE</b>    | <ul style="list-style-type: none"> <li>• To create awareness on what is AIDS.</li> <li>• To increase public awareness about HIV/AIDS and its impact on individuals and communities.</li> <li>• To promote HIV/AIDS prevention, treatment, and support services.</li> <li>• To mobilize community action and advocacy for continued efforts in combating HIV/AIDS.</li> </ul> |

**PROGRESS:**

World AIDS celebration is a global event dedicated to raising awareness about HIV/AIDS, commemorating those who have died from this disease, and supporting people living with HIV. World AIDS Day Event-2023 was a collective effort to recognize the ongoing challenges in the fight against HIV/AIDS and to promote equality and access for all individuals in the project areas. The day's rally helped highlight the importance of educational initiatives, community support and advocacy in achieving the goal of ending the AIDS epidemic. This year's focus was that all individuals, regardless of their socio-economic status, gender, can to access to HIV prevention, treatment and care services. The activities were coordinated by a committee comprising local health service providers, school authorities and peer teachers cum

volunteers. The program was organized at various venues including local schools and public places and promoted through community networks to ensure wide participation and awareness. The following slogans, quotes, images, and posters were displayed to realize the importance of celebrating the day.



A mass rally started from higher secondary school at Karai Parsurai and Shahjahanpur and traveled through target villages and local markets.

Principle of the schools and Managing Director of BOARD, flagged off the rallies. 44 peer Educators and 92 girls & boys took part in the rally. Peer Educators and school students were given T-shirts with the MPT logo. All participants chanted slogans and holding placards. The youth volunteers addressed the street corner meetings and distributed IEC materials at the locations. The rally demonstrated that proper awareness of HIV/AIDS can help in its eradication one day.

**Conclusion:**

The World AIDS Day activities on December 1, 2023, were successful in raising awareness, providing valuable education. The event fostered community support and highlighted the ongoing need for effective prevention and treatment efforts. To continued dedication to HIV/AIDS awareness and advocacy to be needed in addressing the challenges and advancing progress in the fight against the virus.

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| <b>ACTIVITY (8)</b> | Debates, Quiz Competitions, and Prize Distributions  |
| <b>OBJECTIVE</b>    | <ul style="list-style-type: none"> <li>▪ To provide a unique platform to school students to put their knowledge and quizzing instincts to the test.</li> <li>▪ To encourage critical thinking and informed discussions about HIV/AIDS issues.</li> <li>▪ To reward participants for their engagement and knowledge in HIV/AIDS education.</li> <li>▪ To foster a supportive and educational environment through public involvement.</li> </ul> |

The event aimed to engage contestants and other peer educators in meaningful discussions, enhance their knowledge about HIV/AIDS, and recognize and encourage their efforts through prize distributions. Such activities were conducted to promote a deeper understanding of HIV/AIDS among the participants and encourage community involvement.

**PROGRESS:**

Mr. Afzal Hussan, Principal; Mr. Amit Kumar Ojha, Teacher at Higher Secondary School, Karaiparsurai; and Mr. Naresh Chandra Verma, MD of the BOARD delivered speeches on HIV/AIDS prevention. Debates & quiz competitions organized on 24-25/07/2024 and final prize distributions event held on 27/07/2024. The focus was on discovering new information and knowledge for the prevention of HIV/AIDS.



Debates and quizzes covered a wide range of HIV/AIDS topics. Participants offered various remarks and suggestions for a more engaging and well-prepared class discussion. A total of **90 participants** took part in these competitions. The program was organized in the following steps:



### Round One - Written Knowledge Test

(Total: 25 questions, Total Marks: 25)

1. **Team One for Girls:**

- 20 Minutes per unit
- 16 girls per unit in 3 batches; Total: 48 girls

2. **Team Two for Boys:**

- 20 Minutes per unit
- 14 boys per unit in 3 batches; Total: 42 boys

### Oral Question & Answer Test:

- 4 questions, 2 minutes per participant; this session aimed to enhance communication skills.

Based on the results, 30% of students were selected for the second round through their scores in the written and oral tests.

### Round Two - Written Knowledge Test

(Total: 15 questions, Total Marks: 15)

1. **Team One for Girls:**

- 15 Minutes per unit
- 8 girls per unit in 2 batches; Total: 16 girls

2. **Team Two for Boys:**

- 15 Minutes per unit
- 7 boys per unit in 2 batches; Total: 14 boys

### Oral Question & Answer Test:

- 4 questions, 2 minutes per participant.

Based on the results, 15 students (50%) were selected for the third round through their scores in the written and oral tests.



### Round Three - Written Knowledge Test

(Total: 10 questions, 10 Minutes, Total Marks: 10)

- Total: 15 students (6 girls and 9 boys) participated in this round.

### Oral Question & Answer Test:

- 4 questions, 2 minutes per participant.

Scores were recorded throughout the competition, and winners were determined based on the highest scores and fastest responses.

According to the results, 6 students (**4 boys and 2 girls**) were selected for the final round. They are as follows:

1. Rohit Kumar, 2. Niraj Kumar,
2. 3. Priyanshu Raj, 4. Shurity Kumari,
3. 5. Ayush Kumar and 6. Raushani Kumari

The students in the final round excelled in the debate and quiz competition on HIV transmission and general knowledge of HIV/AIDS with great enthusiasm, under the supervision of Mr. Vikash Kumar Pathak, school teacher. Ms. Shurity Kashyap received the 1st prize, Ayush Kumar received the 2nd prize, and Niraj Kumar received the 3rd prize in this competition. Mr. Rohit Kumar, Priyanshu Raj, and Ms. Raushani Kumari were awarded consolation prizes.



1<sup>st</sup> Prize –Shurity Kashyap

2<sup>nd</sup> Prize – Ayush Kumar

3<sup>rd</sup> Prize – Niraj Kumar

**CONSOLATION PRIZE**



4<sup>th</sup> Prize – Rohit Kumar

5<sup>th</sup> Prize – Priyanshu Raj

6<sup>th</sup> Prize – Raushani Kumari

**OTHER CONSOLATION PRIZE (MEDAL OF HONOR) TO ALL THIRD ROUND SELECTED STUDENTS**





### Conclusion:

Utilizing debates in the classroom provides students with the opportunity to explore real-life topics and issues. Debates encourage self-reflection and facilitate learning through peer interaction. During the question-and-answer session, all participants engaged actively and responded to questions in a detailed and informative manner.

We believe that the HIV/AIDS Prevention Education program, conducted among school adolescents and rural youths in the project areas, is effectively conveying both information and preventive messages. These conclusions are based on a qualitative study that included key informant interviews, written tests, group discussions, and direct observations among different age groups of school students from both genders.

The concluding remarks and vote of thanks were delivered by Mr. Afzal Hussan, Principal of Karai Parsurai School. He praised the efforts of the BOARD staff and volunteers and encouraged them to continue spreading awareness throughout the community.

### Thank You,

Thank you once again. We are very proud of our relationship with the Mercury Phoenix Trust, UK and truly grateful for your support.

## MEDIA COVERAGE in Hindi

03.12.2023 शताब्दी जाय हायर एजुकेशन म शुक्रवार का एड्स दिवस मना।

### एड्स दिवस पर जागरूकता कार्यक्रम हुआ

पटना। राजधानी के हिमालया इंस्टीट्यूट ऑफ हायर एजुकेशन में शुक्रवार को एड्स दिवस मनाया गया। मौके पर सभी एएनएम, जीएनएम, बीएससी नर्सिंग एवं बीपीटी के छात्रों की ओर से स्कर्ट पोस्ट भाषण प्रश्नोत्तरी प्रतियोगिता आयोजित की गई। मौके पर कॉलेज की प्राचार्य प्रियंका कुमारी, शैक्षणिक प्रभारी डॉ. सचिन्द्र नारायण, सूरज कुमारी, एलिना चौधरी आदि थे।

### ‘एचआईवी और एड्स को सामाजिक सुरक्षा जरूरी’

पटना, हिन्दुस्तान ब्यूरो। राज्य के सभी एचआईवी संक्रमित व्यक्तियों, प्रभावित बच्चों एवं ट्रांसजेंडरों के लिए राज्य सरकार द्वारा संचालित बिहार शताब्दी एड्स पीड़ित कल्याण योजना व परवरिश योजना के लाभार्थियों को योजना का लाभ सुनिश्चित करने के लिए राज्यस्तरीय कार्यशाला आयोजित की गई।

कार्यशाला में राज्यभर के बाल संरक्षण इकाई के पदाधिकारी, विभिन्न एआरटी केंद्रों के चिकित्सा पदाधिकारी, समाज कल्याण निदेशालय के पदाधिकारी बिहार राज्य विधिक सेवा प्राधिकार के पदाधिकारी, एनआईसी के पदाधिकारीगण शामिल हुए। कार्यशाला का उद्घाटन करते हुए बिहार राज्य एड्स नियंत्रण समिति के परियोजना निदेशक अनिल कुमार ने कहा कि राज्य के सभी एचआईवी संक्रमित व्यक्तियों, प्रभावित बच्चों एवं ट्रांसजेंडरों को राज्य सरकार द्वारा चलाए जा रहे विभिन्न सामाजिक सुरक्षा योजनाओं का लाभ दिया जाना सुनिश्चित किया जाए। कार्यशाला में बिहार राज्य विधिक सेवा प्राधिकार के संयुक्त सचिव धृति जैसलीन शर्मा, समाज कल्याण निदेशालय के एम एम हाशमी, समिति के अपर परियोजना निदेशक डॉ एनके गुप्ता, संयुक्त निदेशक मनोज कुमार सिन्हा, सहायक निदेशक सरिता कुमारी, एनआईसी के शक्ति शरण शामिल हुए।

पटना, शनिवार, 2 दिसंबर 2023 12

# राज्यपाल को ट्रांसजेंडर समुदाय ने बैच लगाया



**विश्व एड्स दिवस**

पटना, कार्यालय संवाददाता। विश्व एड्स दिवस पर राज्यपाल राजेन्द्र विश्वनाथ आर्लेकर को रानी तिवारी ने रेड रिबन और अनुप्रिया सिंह ने बैच लगाया। यह कार्यक्रम वाईआरजी केयर तथा दोस्तानासफर के सहयोग से किया गया। रानी तिवारी ने कहा कि लोगों में स्वास्थ्य के प्रति जागरूकता के लिए ट्रांसजेंडर समुदाय आगे बढ़कर आया है। विश्व एड्स दिवस पर प्रमुख बात यह है कि कोई व्यक्ति अगर संस्कार को प्राप्त करता है तो खासकर युवा और किशोर इस मुश्किल से मुक्त रहते हैं। सभी व्यक्तियों को जागरूक होने की आवश्यकता है। अपने संस्कारों को समाप्त न करके जीवन में खून के लेनदेन में सुरक्षा मानदंड का पालन आवश्यक है। जीवन में यदि खुशहाली रखना है तो भारत में मौजूद पूर्व समय से संस्कारों का पालन आवश्यक है।



राज्यपाल राजेन्द्र विश्वनाथ आर्लेकर को रेड रिबन लगाकर जागरूकता का संदेश देने पहुंचे ट्रांसजेंडर समुदाय के लोग व अन्य। • हिन्दुस्तान

## एड्स के खात्मे के लिए लोगों को निरंतर जागरूक करने की जरूरत : सविल सर्जन

पटना। विश्व एड्स दिवस के अवसर पर शुक्रवार को जिला यक्ष्मा कार्यालय अगम कुआं में एड्स पर कार्यक्रम आयोजित हुआ। जिसकी अध्यक्षता जिला सिविल सर्जन डॉ. श्रवण कुमार ने की। इस अवसर पर उन्होंने कहा कि एड्स को लेकर निरंतर लोगों को जागरूक करने की जरूरत

है। जिससे लोग इसके खतरे को समझ सकें। लोगों को जागरूक करने के लिए एड्स मरीजों को भी आगे आने की जरूरत है। उन्होंने कहा कि समुदाय को एड्स पीड़ित लोगों के प्रति भेदभाव वाला नजरिया बदलने की जरूरत है। राज्य में अभी 27 एआरटी सेंटर काम कर रहे हैं।

युवा और किशोरों को जीवन में अपने लक्ष्य के प्रति संकल्पित होकर आगे बढ़ाने की जरूरत है।

आज समाज जिस तरीके से परिवर्तित हो रहा है, इसके लिए यह बहुत ही आवश्यक है।

## जागरूकता से ही एड्स से बचाव संभव

पटना। पटना विश्वविद्यालय के पटना ट्रेनिंग कॉलेज में विश्व एड्स दिवस पर विशिष्ट व्याख्यान का आयोजन किया गया। कार्यक्रम की अध्यक्षता महाविद्यालय के प्राचार्य डॉ आशुतोष कुमार के द्वारा किया गया। अध्यक्षीय भाषण में उन्होंने कहा कि एड्स एक भयावह बीमारी है, जिसका इलाज अंतरराष्ट्रीय स्तर पर हो रही है। मुख्य वक्ता वर्धमान महावीर अस्पताल पावापुरी के चिकित्सक डॉ

## जन्म लेते ही बच्चे दे रहे एड्स की मात

**एड्स दिवस आज**

भारत में एचआईवी पीड़ित दंपती से संक्रमित बच्चा ही पैदा होगा, यह सोच अब बोलते दिनों की बात हो चुकी है। एड्स संक्रमितों के बच्चे अब जिंदगी में प्रवेश करने के चंद दिनों बाद ही एड्स प्रवेश करने के चंद दिनों बाद ही एड्स को पूरी तरह से मात दे रहे हैं। यानी वे एड्स को मात देने के बाद हम-आप जैसी एड्स से मुक्त जिंदगी बीता सकेंगे। जवाहर लाल नेहरू मेडिकल कॉलेज एंड हॉस्पिटल (मायागंज अस्पताल) के एआरटी (एंटी रेट्रोवायरल थेरेपी) सेंटर में मां बनने वाली एचआईवी संक्रमित महिलाओं की कोख से पैदा होने वाले बच्चे जन्म

- जन्म के बाद 45 दिनों तक खास प्रकार का सीरुम देने से भिल रही एड्स से मुक्ति
- मायागंज अस्पताल में निःशुल्क इलाज की है व्यवस्था

लेने के कुछ ही दिन बाद एड्स निगेटिव होने लगे हैं। हां, इसे लेकर कुछ इलाज व जरूरी एहतियात की जरूरत है, जो कि एआरटी सेंटर मायागंज अस्पताल में पूरी तरह से निःशुल्क उपलब्ध है। एआरटी सेंटर के प्रभारी डॉ. राजकमल चौधरी कहते हैं कि एचआईवी संक्रमित मां से उसके जन्मे बच्चों को 20 से 30 प्रतिशत एड्स होने का खतरा होता है, लेकिन अगर

एचआईवी संक्रमित मां गर्भवती होने के बाद जागरूक हो जाए तो उसका बच्चा एड्स से पूरी तरह से मुक्त मिलेगा। उन्होंने बताया कि एचआईवी संक्रमित महिला को गर्भवती होने के बाद उसे एआरटी सेंटर को जानकारी देनी होगी। प्रसव के बाद उसके नवजात को वजन के हिसाब से जन्म से लेकर अगले 45 दिनों तक एक खास सीरुम दी जाती है। इसके बाद ईआईडी, डीएनए, पीसीआर जांच करायी जाती है, जिससे पता चल जाता है कि बच्चा एचआईवी निगेटिव है कि नहीं। मायागंज अस्पताल के एआरटी सेंटर के जरिये इलाज किये गये 76 नवजात बच्चे एड्स निगेटिव निकले।

## एड्स की रोकथाम में पियर एजुकेटर्स की बड़ी भूमिका

**बोले डॉ. गुप्ता**

पटना, हिन्दुस्तान ब्यूरो। बिहार राज्य एड्स कंट्रोल सोसाइटी के अपर प्रियोजना निदेशक डॉ. एनके गुप्ता ने कहा कि राज्य सरकार की ओर से चआईवी/ एड्स की रोकथाम को निश्चित करने के लिए सभी स्तरों प्रयास किया जा रहा है। इन्हीं प्रयासों में पियर एजुकेटर्स का स्तर पर महत्वपूर्ण भूमिका है।

सभी पियर एजुकेटर्स को राज्य सरकार की ओर से हर तकनीकी सहायता प्रदान की जाएगी। बुधवार को शहर के एक होटल में प्रशिक्षण शिविर में डॉ. गुप्ता ने कहा कि पियर एजुकेटर का प्रशिक्षण 9 वर्षों के बाद हो रहा है। कार्यक्रम में टागैटेड इंटरवेंशन के संयुक्त निदेशक डॉ. राजेश और उपनिदेशक मन्तेश्वर पाठक व मिथिलेश पांडेय ने एचआईवी/ एड्स को कम करने के लिए सभी प्रतिभागियों को तन-मन से कार्य करने को कहा।