

HIV/AIDS awareness

WORLD AIDS DAY 1st DECEMBER 2021 Brief Report



**CENTRE FOR TRIBAL & NORTH-EASTERN YOUTH
DEVELOPMENT (CTNEYD)**



RGNIYD

राजीव गांधी राष्ट्रीय युवा विकास संस्थान
Rajiv Gandhi National Institute of Youth Development
(संसदीय अधिनियम की सं. 35/2012 के द्वारा राष्ट्रीय महत्व का संस्थान)
(Institution of National Importance by the Act of Parliament No.35/2012)
युवा कार्यक्रम और खेल मंत्रालय, भारत सरकार
Ministry of Youth Affairs and Sports, Government of India



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WORLD AIDS DAY - 1 DECEMBER 2021

END INEQUALITIES. END AIDS. END PANDEMICS

Organized by

**CENTRE FOR TRIBAL & NORTH-EASTERN YOUTH
DEVELOPMENT (CTNEYD)**

In Collaboration with

**DEPARTMENT OF SOCIOLOGY &
DEPARTMENT OF PSYCHOLOGY, RGNIYD**

ABOUT THE PROGRAMME

The Centre for Tribal & North-Eastern Youth Development (CTNEYD) in collaboration with the Department of Sociology and the Department of Psychology, Rajiv Gandhi National Institute of Youth Development (RGNIYD), Sriperumbudur organized a one day webinar on *Young People and HIV/ AIDS* to commemorate World AIDS Day on 1st December 2021.

Every year, the 1st of December is commemorated as World AIDS Day. Since its inception in 1988, the World AIDS Day is the first ever international day for global health. The day not only marks the United Nations' and the world's commitment in extending solidarity for people living with HIV/ AIDS but also our collective effort to end the HIV/AIDS epidemic. The UN World AIDS Day theme for 2021 is **End Inequalities. End AIDS. End Pandemics.** This international day of importance is dedicated to create awareness about HIV/ AIDS and to extend our support to those who have lost their lives due to the disease.

According to UNAIDS, forty years since the first AIDS cases were reported, HIV continues to threaten the world in many ways, and the world still has a long way to go from delivering on the shared commitment to end AIDS by 2030 not because of a lack of knowledge or tools to defeat AIDS, but majorly because of the structural inequalities that hamper proven solutions to HIV prevention and treatment. This day thus calls to action all governments, civil society, organizations, and individuals to fight and triumph over this global health crisis in a collective manner.

OBJECTIVE OF THE PROGRAMME

The programme was organized with an objective to create awareness about HIV/AIDS among young people and towards a safer and resilient society in our fight against HIV/AIDS.

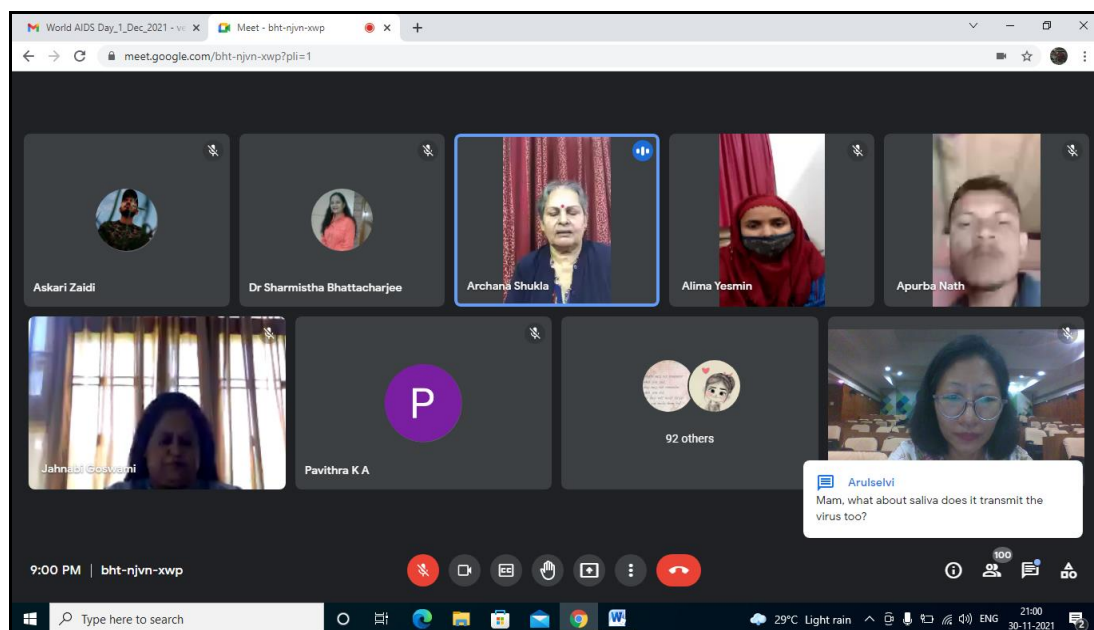
PROGRAMME REPORT

The backdrop of the programme was introduced by Ms. Avinu Veronica Richa, I/c, CTNEYD and Assistant Professor, Dept. of Sociology, RGNIYD who also welcomed the gathering.

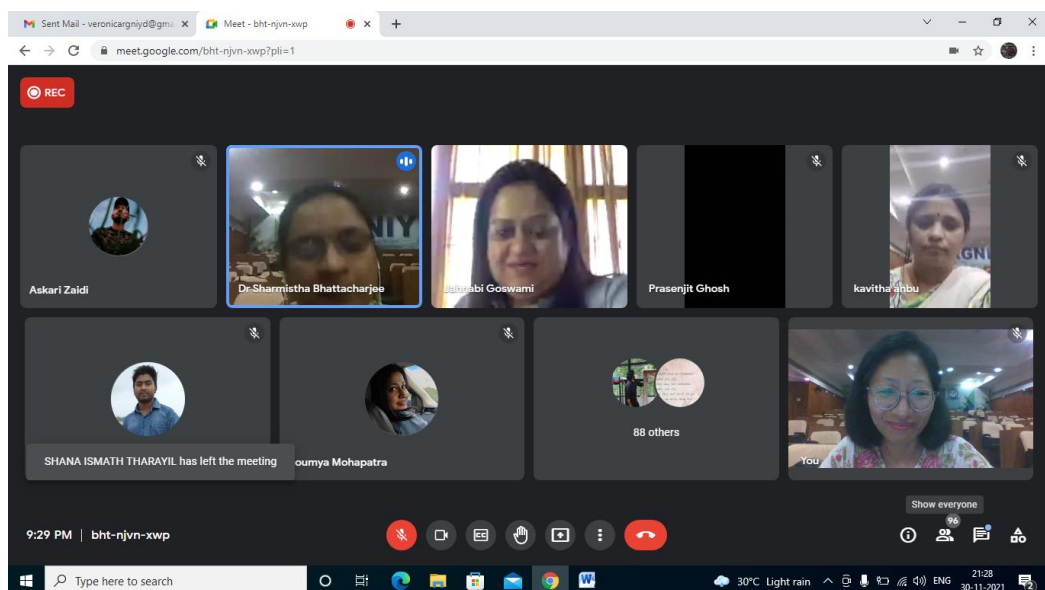
Dr. Archana Shukla, Former Professor and Head, Department of Psychology, Lucknow University the first speaker of the day delivered an elaborate session on HIV/AIDS. Dr. Shukla deliberated on the topic with an illustration on the nature of the HIV/ AIDS as ESSE - Exit, Survive, Sufficient, Enter. Dr. Shukla also highlighted the various routes of its transmission, testing and counselling mechanisms, treatment facilities and that everyone is vulnerable to HIV/AIDS and underlined that there were high risk groups such as sex workers, MSM, and a bridge population like the truck drivers and migrants. She emphasized the importance of adopting a safe behaviour by all individuals as a prevention strategy and that HIV/AIDS is more than a health problem. It is an economic, emotional, social and an educational problem and young people need

to be informed about its causes, effects and consequences and underscored the role of society to enhance the skills of the youth.

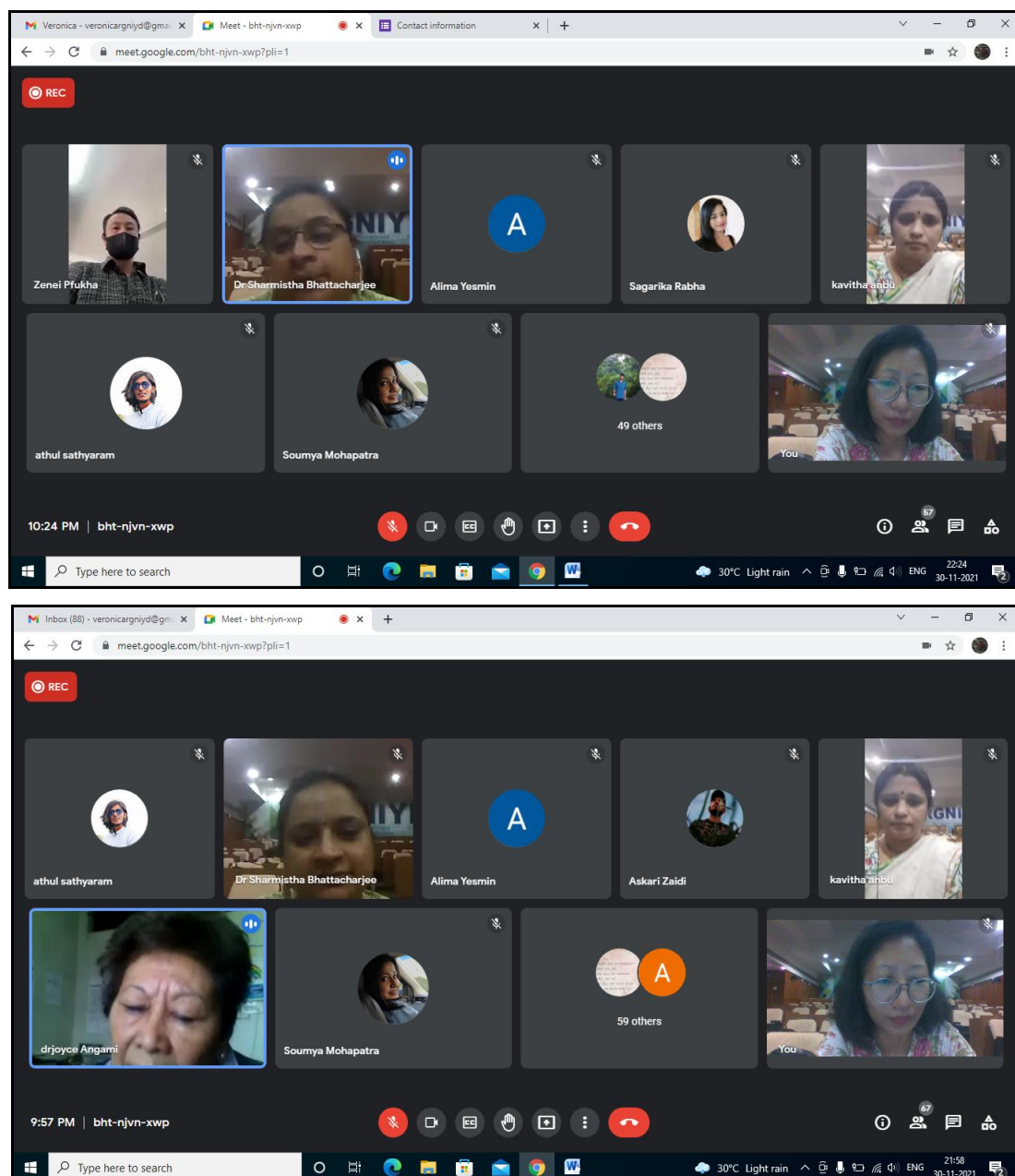




Ms. Jahnabi Goswami, an HIV/AIDS activist, Founder, Assam Network of Positive People (ANPP), and President, Indian Network for People living with HIV/AIDS (INP+), Assam shared her lived experience of living with HIV/AIDS. Ms. Jahnabi was the first woman from the northeast to openly declare her HIV positive status. Her journey as an HIV positive person was both a struggle and a learning journey especially having experienced it at a time when there was so much of societal stigma around the problem. But she was determined to fight the discrimination and today her life story is a life of example and inspiration especially to those living with HIV. Her core message was, there is a life after HIV and it can be very rewarding as well. She encouraged that any HIV positive person should follow a healthy and regular treatment and should never be discriminated by the society. She also shared how she is now a resource for the community serving as a rich source of information through her lived experience by creating awareness and also empowering the lives of people who are infected with the disease by engaging them in various productive activities.



Dr. Joyce Zinyii Angami, President, Nagaland Medical Council, and former Project Officer, UNODC delivered a lecture on Young People, HIV and AIDS. Dr Joyce provided the context of high HIV/AIDS prevalence in the north-eastern states. She reiterated that the dominant mode of transmission of HIV/AIDS in the northeast was through injecting drug use among drug users unlike the rest of India. Dr. Joyce stated that even when state mechanisms like the National AIDS Control Organization (NACO) were gradually set up to provide HIV/AIDS services, access to HIV treatment facilities remained poor due to social stigma and discrimination which was coupled with 'self-stigma'. She also pointed out that unlike earlier times when the societal support and open discussions on the topic was minimal, today with a lot of support mechanisms available any affected person should feel free to access the facilities available. She stated that HIV/AIDS has no gender or age preference and anyone can be infected if one indulges in risk behaviour and she stressed on the importance of safe sexual practices. She also emphasized the need to get one tested for HIV if one is exposed to risk behaviours and underlined the importance of pre and post-test counselling. She underscored the need to de-stigmatize HIV positive persons because it destroys the person and affects the way in which services provided are accessed and encouraged the youth to make good choices.



The programme concluded with the feedback by Dr. Anbu Kavitha, Assistant Professor, Department of Sociology, and the vote of thanks was proposed by Dr. Sharmistha Bhattacharjee, Associate Professor and Head, Department of Sociology, RGNIYD. More than 100 participants benefitted from the programme.

WAY FORWARD

- Enabling increased awareness of safe practices to prevent HIV infection especially among young people and youth functionaries.
- The realization that outreach peer education programmes on HIV/AIDS is essential to help people, communities and youth to be aware of the various care mechanisms, treatment, and counselling facilities available, and such facilities to be made accessible to everyone without any stigma and discrimination towards people living with HIV/ AIDS and for their care takers as well.
- RGNIYD is committed and will continue to be informed and organize programmes on issues of importance and conduct various awareness programmes, training and workshops on HIV/AIDs, healthy lifestyles, etc.

BRIEF PROFILE OF THE SPEAKERS

Dr. Archana Shukla



Dr. Archana Shukla is a clinical psychologist by profession, a researcher and trainer who served as Professor and Head, Department of Psychology, Lucknow University (2009-2012) and she was also the faculty-in-charge for Saksham project, Lucknow University looking after HIV/AIDS counselling, training and counselling supervision in UP, Uttarakhand, West Bengal, Odisha, and Andaman & Nicobar Islands. Besides Lucknow University, she has had her training from the Lakehead University, Thunderbay, Canada; Arizona State University, Tempe, AZ and Florida International University, Miami, USA. She has presented her work at International Interdisciplinary Congress on Women at Dublin, Ireland and chaired sessions on gender related issues at Hunter College, NY and Akron University, Ohio, USA. She has produced 23 Ph.Ds and has widely published in various international and national Journals. Her research interests include HIV/AIDS counselling, prevention of suicidal ideation, stress management, counselling skills, CBT, REBT, positive strategies for wellness and happiness.

Ms. Jahnabi Goswami



Ms. Jahnabi Goswami is a Counsellor at the Assam State AIDS Control Society (2001 onwards); Founder and President, Assam Network of Positive People (ANP+); Ex-member Indian Network for People Living with HIV & AIDS; and general member of NCPI. In recognition of her work, she has received several awards: Gold medal from UNAIDS by Petor Piot, Best North east women activist award by NACO, IBN7 award from IBN group, AGNI KONYA award by Assam Sahitya Sobha, Matri award by Rotary Guwahati, Iron Lady awarded by JCI Marwari women association, Brahmputrakonya by Bindu women magazine, LUIT KONYA award by Rodali Media Gusthi, etc. She has been actively training and creating awareness on HIV/AIDS. Since 2003, she has been successfully running the ANP+

NGO working for people living with HIV/AIDS in Assam. Advocacy, service delivery and network building are the main agendas of the organization. Under the aegis of ANP+, an orphanage home 'Kasturi Child Care Home' for orphaned children who are both affected and infected by HIV, and a self-help group 'Kapau' where workshops related to livelihood and self-help practices were rendered to women, transgender persons and children living with HIV. Besides, ANP+ also maintains an LGBTQ wing called 'Udaan' where various services are provided to the LGBTQ community for sexual/mental health and wellbeing, and for social acceptance. Ms. Jahnabi is a board member of various organizations such as, GFATM INDIA Board member CCM (country coordinator mechanism) Global Fund AIDS TB MALARIA India Board; member, Asian Pacific Network, Bangkok; governing body committee member in Assam State AIDS Control Society, etc.

Dr. Joyce Zinyii Angami



Dr. Joyce Zinyii Angami is the President, Nagaland Medical Council, Former Project officer, UNDOC, Former Project Director, KRIPA Foundation, Nagaland, Secretary, Indian Red Cross Society Kohima District. Dr. Joyce was awarded the Classic Award 2001 in recognition of HIV/AIDS awareness to the general public and women in particular, and received the President's Silver Star Award 2004-2005 from National Bharat Scout and Guide for her outstanding contribution. She has published a number of articles such as 'Facts of Life', a chapter for class VIII students under NBCC, 'Down Memory Lane' personal experience of Nagaland BSG souvenir for 100 years GSGG 2013, 'NE drug scenario' in CMAI newsletter, 'Social Concern' on SEWEDA, 'My vision for the Youth' in Tenyidie for Ura Academy, and 'Journey to Recovery' a collection of testimonies from recovering addicts. Dr. Joyce has undertaken a number of projects related to Drug De-addiction and Rehabilitation Centre, Awareness Program on Drug abuse and HIV/AIDS, etc. Her interests are Social Concerns: Drug/HIV prevention, disability, youth and women issues, Covid-19; music; gardening; reading: handicrafts; and collecting books.

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World AIDS Day - 1 December 2021

Programme Schedule

Date: 01.12.21

Platform: Google Meet

Date	Time	Programme	Details
01.12.21 Wednesday	10.00am – 1.00pm	About the Programme	Avinu Veronica Richa I/c, CTNEYD, Assistant Professor, Dept. of Sociology, RGNIYD
		Special Lecture	Prof. Archana Shukla (retd.) Dept of Psychology, Lucknow University
		Living with HIV Personal Stories and Experience	Ms Jahnabi Goswami HIV/AIDS activist Founder Assam Network of Positive People (ANPP) President Indian Network for People living with HIV/AIDS (INP+) Assam
		Young People, HIV and AIDS	Dr Joyce Angami President Nagaland Medical Council Former Project Officer UNODC
		Feedback	Dr Anbu Kavitha Assistant Professor Dept. of Sociology, RGNIYD
		Report Presentation	Dr Suresh Sundaram Associate Professor & Head Dept. of Applied Psychology, RGNIYD
		Vote of Thanks	Dr Sharmistha Bhattacharjee Associate Professor & Head Dept. of Sociology, RGNIYD

ACKNOWLEDGEMENTS

The organizing team of the Centre for Tribal and North-eastern Youth Development, the Department of Sociology, and the Department of Psychology, RGNIYD is thankful to the following members for every help and support extended for ensuring the smooth success of the programme.

- Prof. Sibnath Deb, Director, RGNIYD
- Resource Persons:
Dr. Archana Shukla
Ms. Jahnabi Goswami
Dr. Joyce Zinyii Angami
- Administrative and non-teaching staff
- ICT department
- Faculty members, students and participants
