



**USAID**  
FROM THE AMERICAN PEOPLE



National AIDS Control Program



Family Health  
International

# DOSTI

(Dare to Sensitize, Train & Inform)

ISSUE  
3

SUMMER  
2005

*Promoting Responsible Behaviors*

## EDITORIAL

## Let Your Voice Be Heard

Sometimes holes in the ground just aren't big enough to swallow your shames, mistakes & your ignorance. But still don't bottle up your feelings or else you will feel that no one cares for or understand you.

**LET YOUR VOICE BE HEARD!** If there is no one to console you, then do it yourself but don't let yourself suffer, feel forgotten & left out because,

**"NO ONE CAN MAKE YOU FEEL INFERIOR WITHOUT YOUR CONSENT".**

Many patients of this incurable disease known as HIV/AIDS grade themselves as the worst human beings on earth WHY?

Because they think that they have nothing to offer the world and the world does not have anything to offer them. The victims of HIV around us are like unexplored worlds, they possess seasons & landscapes inside them, they have seas & oceans; volcanoes & deserts; lush green meadows and some undiscovered places existing within. They pass through different seasons, which are fostered by their minds and souls. They go through the winters of grief, springs of mirth, summers of blooming hopes, along with the autumn of monotony, rains of confusion, sunlight of heartiest desires, mirages of the flowery promises; all is the nature prospering in the unraveled of humans.

AIDS is not only a sexually transmitted disease (STD), it has more than one way to infect people & especially less literate people are quite confused about this particular disease. Its impact is so heavy, gloomy and scary that one can't bear its insulting and embarrassing weight.

The word 'YOUTH' and 'AIDS' have always been interlinked because youth being the solid wall and the steam engine for every nation, can be a heroic team or a losing depressed face.

All we are lacking in our youth is the positive activities towards any crucial issues.

Actually we don't need any seminars, teasing speeches and angry behavior, what we need, is the individual revolution which can only be brought up by improving one's self responsibility & how important a single person can be to us, you and for the entire humanity.

**Shaheer Ellahi Khan**

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SACHET (Society for the Advancement of Community, Health, Education and Training) is a registered organization under the Voluntary Social Welfare Agencies (Registration & Control Ordinance 1961) Registration No. VSWA/ICT/306

Our Mission..... Promoting Human Development of the Disadvantaged in Gender Perspectives





*"The tough part is living with knowing that someday my wife won't be there. But I really believe that the good stuff outweighs the bad. Now I'm more open and willing to help people that are having a hard time. I'm not perfect - but I'm better than I was."*

**Silvia Pellegrini**, the partner of a woman living with AIDS.



*"If there's anything that I'd like to say to someone with HIV, it would be that there is hope. There is someone for you. Having the HIV diagnosis does not mean that you should give up."*  
**Sandra Fletcher**, a woman infected with HIV, who educates people about HIV and AIDS.



The family of Sara Joyce, an eight year old girl who died of AIDS.

*"I just did what had to be done. You don't really think about it. I know she's at peace now, but I miss her terribly. In eight years she went through more than most people do in a lifetime."*

**Bonnie Galloway**, Sara Joyce's mother



## GET CONNECTED:

### HIV/AIDS NEWS

South Africa: Slowly Closing the HIV/AIDS Treatment Gap (news article)

[http://www.plusnews.org/AIDSreport.asp?ReportID=4989&SelectRegion=Southern\\_Africa&SelectCountry=SOUTH\\_AFRICA](http://www.plusnews.org/AIDSreport.asp?ReportID=4989&SelectRegion=Southern_Africa&SelectCountry=SOUTH_AFRICA)

South Africa is falling short of the AIDS treatment targets set by the World Health Organisation (WHO) '3 by 5' campaign, according to a new report. The report, which covered progress on the initiative to place three million HIV-positive people in the developing world on treatment by the end of 2005, found that between 10 and 14 percent of South Africans living with HIV/AIDS were being treated.

Gates Targets Global Health Crisis (news article)

<http://www.cnn.com/2005/TECH/science/06/28/gates.grants/>

The Bill and Melinda Gates Foundation has awarded \$450 million to 43 projects aimed at fighting diseases, including HIV, in the developing world. The grant proposals were submitted after the Foundation called for scientists to propose solutions to 14 serious health threats. Projects will work on rapid testing for bacterial and HIV-related infections, improving nutritional content of staple food crops, creating childhood vaccines that do not require refrigeration, and more.

HIV Drugs Block Malaria in Tests (news article)

<http://news.bbc.co.uk/2/hi/health/4070250.stm>

Powerful drugs used to treat HIV can also block malaria, researchers say they have shown for the first time.



## STIGMA, DISGRACE, SHAME, SPOILED IDENTITY, STAIN, BLEMISH, REPROACH

In 1996, Govend Singh, a 25-year-old migrant worker, left the village of Churcher in the Indian state of Uttar Pradesh to find employment in Mumbai. Like many of his fellow migrant worker, he slept with commercial sex workers (CSWs). In 1999, when he began to feel tired and to lose weight, he went to Mumbai's Lash Deep Hospital for a checkup. He was HIV-Positive. Govend Singh's fellow migrant workers, many of whom came from the same village, wrote home to their families that Govend had AIDS and that nobody should touch, talk with or see him. Too weak to work, when Govend returned to his village in April 2000, seeking shelter and care, he was shunned by his neighbors and family members, including his wife. Villagers dragged him into a pen where cattle and goats were kept. His captivity became a centre of attraction for the villagers, who peeped into the enclosure. As Govend became weaker, he lay on the floor and was often stepped on by the animals. On July 5<sup>th</sup> 2000, Govend was found dead in the enclosure. Since his death, his wife and two children have become social outcasts in the village. (Adapted from: Singhal, A & Rogers, EM. (2003) combating AIDS.)



❖ On World Aids Day, December 1<sup>st</sup>, 1998, Gugu Dhlamini, a 36-year-old woman living in Durban, South Africa, disclosed her HIV status in a radio broadcast. A few days later she was stoned to death by a gang of boys from her own neighborhood.

❖ "Prejudice kills during life... Such a death is worse than real death" (Herbert Daniel, HIV-positive Brazilian writer)

❖ "AIDS attacks the body, Prejudice attacks the spirit, One is caused by a virus. One is caused by ignorance. Both can kill." (Berer M and Ray S. Women and HIV/AIDS. In: Jackson

H (2002) AIDS in Africa).







# MISSING CHILDHOOD



## Message from USAID!

Pakistan stands at a crossroads. As of September 2004, the Government of Pakistan's National AIDS Control Program (NACP) has reported 2,308 HIV positive cases including 304 people living with AIDS. UNAIDS estimates that more than 80,000 HIV/AIDS cases exist in the country. Young people constitute more than 63% of the total population in Pakistan; thus, their role to fight against AIDS remains unequivocal.



The key objective of USAID/Pakistan's HIV/AIDS program over the past 20 months has been to support the capacity building of partner organizations and implementation of formal disease prevention interventions in six major cities including Rawalpindi, Lahore, Multan, Karachi, Larkana and Islamabad of Pakistan.

The USAID/FHI program has reached more than 97,000 primary beneficiaries from the most at risk groups, of which 20,000 are college-aged students. Of these students, life skills, abstinence and faithfulness have been the focus of education and outreach program. By the end of 2005, USAID/FHI's in-school youth projects will have reached more than 100 public and private academic institutions in the twin cities of Islamabad and Rawalpindi and Multan. This increasing outreach has been made possible through highly professional and dedicated project partners, including 60 Outreach Workers and more than 1,000 trained Peer Educators.

Responding to the recent HIV/AIDS concentrated epidemic in Larkana, USAID/FHI has expanded one of its partner's Home Based Care (HBC) operations to Karachi. This geographic expansion will further assist in identifying new cases and aims to provide HBC to HIV+ individuals. The program for Home Based Care has already reached 757 individuals including 61 HIV+ individuals from all over Pakistan.

High quality communication skills are imperative in obtaining the desired knowledge for those most at risk. USAID congratulates Family Health International in its production of HIV/AIDS preventive communication materials that provide complex and sensitive HIV/AIDS messages in simple ways. These materials have also been designed to enhance the inter-personal communication skills of its field workers.

USAID has also supported the publication of 7 case studies on "Voices of People Living with HIV/AIDS." These publications serve as a meaningful medium in reducing stigmas and discrimination against people living with HIV/AIDS.

It is USAID's hope that this Youth Magazine brings relevant information, knowledge, and updates on critical health issues, and HIV/AIDS in particular, to its intended audience; the youth and future of Pakistan.

Sherry F. Carlin  
Health Office Director

United States Agency for International Development/Pakistan

## A YOUNG RUNAWAY'S SUCCESS STORY

It's a story of a 14 years old boy named SHAKIR AZEEM. His father was out of work as Shakir was forced and beaten by his father regularly to get some money for him and for the family. This daily routine took him to a cruel decision of running away from his home and he started living at a place which has been highlighted as a high risk area for the vulnerable youth known as Pirwadhai. He wasn't able to find any employment as well as place to stay at night. Some times he earned a few rupees by washing buses but at most times he was hungry and wandering helplessly. Being in such a stress, people started taking advantage of his miserable and poor condition. He was sexually abused for number of occasions, his needs made this activity more often but this too was proved difficult and unreliable, because mostly clients used him and then refused to pay. Police caught him several times but the results were even devastating. Shakir lived in this insulting atmosphere for about two months and was going through a particularly difficult time because his money had been snatched by the police. He was found by one of our Outreach Workers lying on the bare floor of a Musafir Khana (Traveler's waiting area) and was starving to death.

The Outreach Worker brought Shakir to Our Information Center in Pirwadhai. After listening to his sad story we realized that he was at a great risk of becoming infected with HIV, engaging in petty crimes or worse becoming a drug addict, we immediately made arrangements for a safe place for him to sleep at night. Food was arranged from a local hotel at subsidized rates which OSD paid for.

OSD runs a regular Peer Educators Training course for the youth of Pirwadhai. The course is aimed at bringing about behavioral changes in their sexual practices in order to keep them safe from HIV/AIDS/STIs. Shakir was enrolled in the course and graduated with a batch of fifteen other boys.

Now, he is working as a waiter in a restaurant close to our office where he is earning a respectful amount.

Although his father has been encouraged by the OSD to visit and reconcile but Shakir refused to be back with his family. We are very encouraged by the way things turned out for Shakir and it is very gratifying to see him busy and so happy.

As an NGO, OSD has been working in the Pirwadhai Bus Terminal area since 2001. One of the components of our project is a street children's program designed to help and support children like Shakir.

OSD is always available to help such people to get them back on to the road to success, good health and happiness.

Contributed By: ORGANIZATION FOR  
SOCIAL DEVELOPMENT (OSD)



A million  
missing  
childhoods

A VERY SMALL DEGREE OF HOPE IS  
SUFFICIENT TO CAUSE THE BIRTH OF LOVE.





The International AIDS candlelight memorial is designed to honor the memory of those lost to HIV/AIDS on May 16 every year. It acts as a catalyst for communities around the world to begin talking about HIV/AIDS in their community. It is a unique event that promotes discussion, education, awareness and action.

The first large scale HIV/AIDS/STI intervention program to be implemented in a refugee crisis took place in Rwandan refugee camps in Tanzania during 1994-1996. The project included a strong focus on community awareness and improvement of STI case management. Over the course of the project, the number of reported syndromes at clinics increased from 20 per week to 250 per week. Increased attendance could be the result of increased awareness, increased confidence in the services and improved diagnosis.

A recent global survey has revealed that in the first three months of 2005 alone, more people have already died from AIDS-related conditions than the total number taking Antiretroviral (ARVs) throughout the world.

Antiretroviral drugs are produced only in three countries including INDIA, BRAZIL and SOUTH AFRICA.

India is home to around 5 million people living with HIV/AIDS (PLWHA).

## HIV/AIDS in South Asia

Over 7.4 million people in Asia are living with HIV/AIDS, comprising nearly one fifth of the world's HIV infections, according to UNAIDS. Almost two thirds of those infected are living in India. However, high-risk behaviors and infection rates are growing in most other South Asian countries. Unless vigorous and timely action is taken, these countries run the risk of experiencing the devastating social and economic impacts of the kind of full-blown AIDS epidemics seen elsewhere in the world. There is still a window of opportunity to act to prevent this situation in South Asia.



## AIDS IN AFRICA

A new report by UNAIDS, presents three possible case studies for how the AIDS epidemic in AFRICA could evolve over the next 20 years based on policy decisions taken today by African leaders & the rest of the world.



The scenarios set out to answer one central question: "Over the next 20 years, what factors will drive Africa's and the World's responses to the AIDS epidemic, and what kind of future will there be for the next generation?"



## WHAT ARE UNIVERSAL PRECAUTIONS?

Universal precautions are simple infection control measures that reduce the risk of transmission of infections through exposure to blood or body fluids.

## WHY ARE THEY CALLED UNIVERSAL PRECAUTIONS?

All blood and body fluids from all people should be considered as infected with HIV or other infectious agents, regardless of the known or supposed status of the person.

HIV is not the only infection we must worry about. Other infections can also be transmitted through blood and other body fluids, e.g., hepatitis B, hepatitis C and syphilis through blood; shigella and other diarrheal disease pathogens through feces.

Appropriate infection control practices are part of good quality and ETHICAL health care practice and should be followed when caring for *all patients, in all places, at all times*. This includes home care settings and traditional practices.

## WHAT DO UNIVERSAL PRECAUTION CONSIST OF?

- Safe blood transfusions
- Safe injections
- Safe surgical procedures
- Safe technique
- Safe processing of instruments
- Safe environment
- Post-exposure prophylaxis



(Refer to p.87 of "HIV/AIDS Prevention and Control, A short course developed by the women's commission for refugee women and children).



"I didn't mean to get HIV. I'm sorry that I exposed you."



"I made a mistake...and now I am paying the price..."



"My child has HIV"





# TOWARDS YOU



## Prevention

The program has reached more than 97,000 primary beneficiaries of the disease prevention program. This increasing outreach has been made possible through the IAs' project staff including 60 Outreach Workers and more than 1,000 trained Peer Educators. Out of these 20,000 students were informed about life skills, abstinence and faithfulness.

## Care and Support

Responding to the recent HIV/AIDS concentrated epidemic in Larkana; FHI has expanded New Light's HBC operations to Karachi. The new initiative will help identify new cases and will provide emotional, psychological support to PLHA.

## STI Service Delivery

FHI started its HIV/AIDS prevention program on BCC since September 2003. Peer education was the main strategy. Over the last years FHI has brought good preventive education to the most at risk groups operating at various geographic locations and created a demand for information and services. Realizing that information needs to be packaged with services; provides meaningful contribution to HIV/STI prevention.

## Distribution of BCC Kit for IPC by Outreach Workers

FHI has produced HIV/AIDS/STI communication materials for the field staff recently. The material is being used in inter-personal and small group settings in the field by its partners. BCC KIT aims to communicate complex and sensitive HIV/STI messages in simple ways, are the students from Islamabad and Multan cities.

## News from the Field

One may see more than 500 street children walking and running at the busy bus terminal of Rawalpindi city of Pakistan. Children's vulnerability to social exploitation can be very well understood from their age and status in the society.

With support from the USAID, FHI has implemented a project for supporting street children; designed interventions to reduce their social vulnerability as well as provision of health services for common ailments. The project provides training on desired *Life Skills* to the kids and also social services to improve their health situation in the area. In this regard FHI's local partner, Organization for Social Development (OSD) provides Personal Hygiene Kits for dental and body care to these children. The kit contains tooth brush, tooth paste, soap, anti-lice shampoo and a comb. Also that it provides seasonal clothing; boots and sleepers to the children. To date OSD has distributed 336 kits to street children along with hair cutting services fortnightly in the project area.



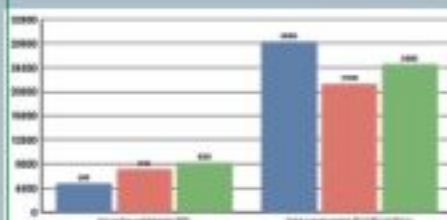
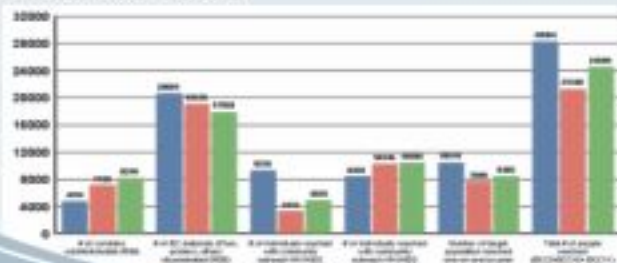
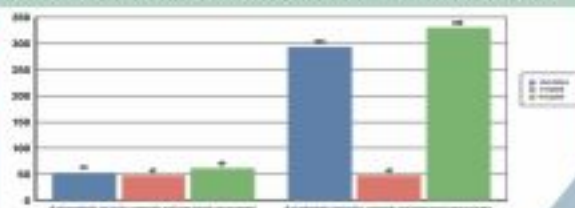
## Youth Participation towards combating HIV/AIDS:

Young people constitute more than 63% of the total population in Pakistan and their role to fight against AIDS remains unequivocal. With support from the FHI/USAID, its Islamabad based partner SACHET - Agehi Resource Center has developed a Youth Advocacy Network (YAN). YAN is a group of potential young leaders studying at various educational institutions in Islamabad and Rawalpindi. YAN provides supervised and structured peer education on desired Life Skills and compliments USAID's AB (ABSTINENCE and BE FAITHFUL) approach in 25 academic institutions of the twin cities.

The intervention aims to improve strategic knowledge on HIV/AIDS/STI among male and female adolescents and youth studying in various institutions in the twin cities.

## Mobilizing communities for improved access to social and health services:

Drug Users especially Injecting Drug Users are at the highest risk of contracting HIV/Hep. C and other infectious diseases. With FHI/USAID support PAVHNA in collaboration with Mehran Welfare Trust organizes peer education sessions on HIV/STI transmission; prevention and referral for drug users in Larkana district. Larkana was recently declared a high risk area owing to recent concentrated epidemic of HIV. The district has so far identified more than 100 HIV +ve drug users.







# PROJECT UPDATE



4<sup>th</sup> Quarter (April 2005- July 2005)

## Theater Performance:

Youth Advocacy Network Members performed in a shadow theater "An open letter to my son whom I couldn't give birth" on April 9, 2005 at AGEHI Resource Center- SACHET. The theater was focused on gender discrimination. Dr Naseer Nizimani (Country Director, Family Health International) distributed the certificates among the AGEHI Theater Group Members.

## 'One day Training Workshop for Female Teachers'

was organized on 28<sup>th</sup> April 2005. The workshop focused on creating awareness and sensitizing teachers on HIV/AIDS, capacity building on effective communication skills. 21 Female Teachers from different institutions attended the workshop.

Dr. Muhammad Tariq (Program officer- FHI) gave presentation on "BCC Strategies".

## Experience Sharing with Uk's Team:

A five member team from Uk's NGO visited SACHET on 19<sup>th</sup> May 2005 to discuss about strategies adopted under this project. The project team made a presentation and shared their experiences. The visitors took keen interest in the project design.

## Meeting with Joseph Rittman:

A meeting with Joseph Rittman BCC Advisor, National AIDS Control Programme, was held on June 3, 2005. The meeting focused on the implementing strategies in Behavior Change Communication and their outcomes.

**HIV/AIDS E-Zine:** From April to July 2005, Three electronic magazines "HIV/AIDS E-Zine" went online. This E-Zine on HIV/AIDS aims at sharing of information/knowledge practices & experiences on prevention of HIV/AIDS epidemic among the concerned circles in Pakistan.

## Family Fun Fair:

AGEHI Resource Center of SACHET organized a *Family Fun Fair* to sensitize & raise awareness about HIV/AIDS among youth at Vision International College, G-11/3 Islamabad from 9:00 am to 6:00 pm on Saturday, May 21, 2005. around 500 students and teachers participated in the event.

Different Celebrities, Singers, VJs, DJs & Director General Sports- Mr. Waheed Mughal visited the Family Fun Fair. Dr. Naseer Nizamani, Country Director of Family Health International was the chief guest in the certificate distribution ceremony.

## DoSTI Cricket Mela:

A cricket tournament named "DoSTI Cricket Maila" was organized between two high schools (boys) of Sihala (rural Islamabad) on May 25, 2005. around 550 students participated in the event

## Training of Young male & female Peer Educators:

Training sessions on peer education and HIV/AIDS were organized with students (14-21yrs) of different partner educational institutions of Islamabad and Rawalpindi. A total of 354 peer educators (81 F/ 273 M) were trained during April to June.

## YAN's Training Session:

Our objective for this training session was to sensitize and aware especially young people in the age rank of 15 to 24 about the wrath of HIV/AIDS. We are spreading the responsible behaviour among these young people who'll be riding the future's horse.

AGEHI Resource Centre, SACHET invited the Youth Advocacy Network members on 20<sup>th</sup> of July 2005 for the whole day training session on healthy life styles.

The post test showed the enormous progress within the minds of YAN members as they expressed their feelings in front of the honorable guests.

**Advocacy Meeting:** Six advocacy meetings with the heads and teachers of the institutions were held during April to June. The institutions include Vision international Islamabad, Grammar Public School Rawalpindi, Spring Field School Rawalpindi, Marjan Public School Islamabad, Arid Agriculture University Rawalpindi and the Nikon Computer College.

The objectives of the meetings were:

✍ To get their support in HIV/AIDS prevention measures in their institutions for the effective implementation of the project.

✍ To build a very positive and profound partnership with the educational institution so that to work collaboratively for the promotion and to create an enhancing Environment for adolescents/youth development.







# Sport For Good...



## LIVE 8

LIVE 8 was the part of a day of action across the world which kick-starts The Long Walk to Justice that calls on the leaders of the world's richest countries to act when they met in Gleneagles on 6th-9th July. On July 2nd in London, Edinburgh, Philadelphia, Berlin, Paris and Rome millions came up together to call for complete debt cancellation, more and better aid and trade justice for the world's poorest people.

## G8

The G8 brought together the leaders of the worlds most powerful countries the USA, Canada, Great Britain, France, Germany, Italy, Japan and Russia. This year they met from 6th 9th July in Gleneagles with Britain's Prime Minister, Tony Blair hosting the summit.

## Live Aid

13th July 1985 saw the world sit up and take notice when rock stars from around the world held unique dual concerts in London and Philadelphia, which saw millions of people watching as Live Aid, called on people to take action to help the sufferers of the famine hitting Africa.

Live Aid rose over \$100 million. But 20 years on poverty, famine and disease is still a major problem in Africa. The public have shown how important this is to them now it is time to get governments to act.

**LIVE 8 is about justice**

**Not charity.**



## HIV/AIDS and cricket

"The threat of HIV/AIDS in many of the countries in which cricket is played is acute and it is in keeping with the spirit of cricket that the ICC exercises this social responsibility," "Since the launch of our partnership with UNAIDS, many of cricket's highest profile teams have worn the red ribbons that show solidarity with HIV and AIDS sufferers around the world. In 2004, on World AIDS Day, the captains of all of our top ten nations signed a pledge to fight HIV and AIDS.

ICC PRESIDENT EHSAN MANI

"When a young man living with the virus was invited to toss the coin during last year's historic Test series between India and Pakistan, the captains of both sides accompanied him out to the middle of the pitch. It may seem like the smallest of gestures but in a society where the stigma attached to the illness is huge it was a massive step forward in the understanding and acceptance of HIV and AIDS.



**Grand Slam Star FEDERER** serves up his first Laureus; Kelly Holmes and Liu Xiang make it an Olympic double; Emotional moment as Zanardi wins Comeback award.

Ricky Ponting should consider golfing career says Laureus golf legend Gary Player.

**SPORT FOR GOOD:** Every year the Laureus World Sports Academy recognizes the spirit of sport through the Laureus Sport for Good Award. This award is given to an individual or organisation that's made an outstanding contribution to society.

This year after long deliberation, the Laureus World Sports Academy concluded that as in sport we sometimes have two winners. The Awards went to The Mathare Youth Sport Association and jointly presented to the Indian Cricket Team and the Pakistani Cricket Team. The Mathare Youth Sport Association was Laureus' first supported project. Its work is so unique and awe inspiring that it merited a nomination for this year's Nobel Peace Prize.

In Kenya the Mathare area contains one of the largest and poorest slums in Africa with hundreds of thousands of inhabitants. In 1987 MYSA, the Mathare Youth Sports Association was established to help combat the widespread disease and drug abuse in this community.



Gilson Assis performs in a play about HIV/AIDS prevention in a program through the USAID-funded Adolescents' Integral Reference Center in Salvador







# Looking Forward



HIV can get inside a person's body through three channels only:

- a. SEX: 70% (Unprotected Sexual Transmissions)
- b. BLOOD: 20% (Blood Transfusions/needles: 5-10%; injecting drug users: 10%).
- c. MTCT: 10% (In Mother-to-child route about

One in every three babies born to HIV-Positive mothers will also become infected with HIV).

HOW HIV IS NOT TRANSMITTED: Many myths exist about how HIV is transmitted. HIV is not transmitted through: coughing, sneezing, donating blood, shared clothing, touching, shared food or dishes, water, kissing, shaking hands, toilet seats, insect bites, telephones, living or working with a person with HIV.

(Refer to p.26 of "protecting the future")



## THE SPIRIT OF VOLUNTEERS

**Dr. Mumtaz Ellahi** Along with his wife **Dr. Tahira Mumtaz** had a free medical campaign



with couple of objectives:

One is to aware people about the deadly disease known as HIV/AIDS concerning basically on Stigma & Denial.

The second motive was to test people almost freely for Hepatitis 'B' & 'C'.

Dr. Mumtaz Ellahi who is currently working as an Asst. Dir Health in Gujranwala has a deep concern about the people who are not fully aware about the Hepatitis 'C' and **HIV/AIDS**.

They tested about 1100 persons on 2<sup>nd</sup> & 3<sup>rd</sup> of July by organizing full day campaign. Sadly 50% of the people were resulted as Hepa'C' positive & all of them had no information or clue about **HIV/AIDS**.

Dr. Mumtaz has taken this noble cause of reaching out to the ignorant masses.

The Medical People across Pakistan would take him as a role model and should serve the Nation by looking forward and awakening the spirit of volunteers within themselves.

## Towards Peer Educators Training

Training is a process to impart some technical knowledge/skill to a group of audience about a particular issue or subject. Training process may vary keeping in view the intensity of issue, time span, education, target audience, venue, age group, education level etc. Training on HIV/AIDS with students at age 16 or 17 is of strenuous and sensitive. Observation during the peer educator's trainings affirms student's interest and will getting information on HIV/AIDS. On contrary, teachers have been reluctant regarding the training sessions in their institutions. Denial or non acceptance of this issue as problem of our own society was the root cause in most of the cases. Misconceptions about the modes of transmission of HIV was lying among the students, whenever I discussed sex as one of the modes of transmission, a tender voice of laughter always emerged out of the students which interpreted sex as he sole source of HIV transmission, but the facts and figures in Pakistan regarding HIV/AIDS do not reflect the same picture as well. A similar set of mind was also found with reference to students' prior level of information on HIV/AIDS, that was 60%, more or less same both in urban and rural settings. But the average outcome of the post test result met 90%. Overtly, 30% increase in the basic knowledge on HIV/AIDS may not favorable but covertly it should be valuable that the students information level on HIV/AIDS is 90%, This is much better than those who are staying at zero point respective to now how on HIV/AIDS. As a master trainer, I observed three major challenges of HIV/AIDS in Pakistan's perspective.

Denial of HIV/AIDS as issue prevailing in Pakistan. Assurance of other modes of transmission of HIV except sex.

Realization of the fact that AIDS is a collection of disease not a sign of sin.

*We don't wait for the adventure on AIDS as India did, but to realize the fact, difficult to own. AIDS is to condemn and we should block it, because our future hide in prosperity, not in darkness.*

**Mr. Muzaffar Iqbal**  
Master Trainer  
(BCC Project)



**"IT IS NOT WHAT THEY TAKE AWAY FROM YOU THAT COUNTS. IT'S WHAT YOU DO WITH WHAT YOU HAVE LEFT."**





# Celebrities Fight AIDS

## JACKIE CHAN

Blockbuster action star Jackie Chan became a Goodwill Ambassador to help both UNICEF and UNAIDS try to arrest the spread of HIV/AIDS. The actor and martial arts expert is also interested in advancing the cause for children, especially children affected by armed conflict. In his latest role, Goodwill Ambassador Jackie Chan has already visited HIV/AIDS and landmine awareness projects in Cambodia.



## FACTOIDS ABOUT AIDS

**7** Number of countries in sub-Saharan Africa that report 20% or more of their population is HIV-positive.

**55** Percentage of HIV/AIDS infected population in Africa that is girls and women. Because of culture and gender bias, poverty and lack of education, females are infected with HIV more often than men.

**More than 1/2** Number of youth in developing countries that could not name a single method for protecting themselves against HIV/AIDS.

**Every 14 seconds** Another child is orphaned due to AIDS.

**Nearly 14 million** Number of kids who have been orphaned as a result of AIDS worldwide.

**25 million** Estimated number of kids who will be orphaned as a result of AIDS worldwide by the year 2010.



**Number of people living with HIV/AIDS:**  
39.4 million (35.9 - 44.3m)

**Adults:**  
37.2 million (33.8 - 41.7m)

**Women:**  
17.6 million (16.3 - 19.5m)

**Children under 15 years:**  
2.2 million (2.0 - 2.6m)

**AIDS deaths in 2003:**  
3.1 million (2.8 - 3.5m)

**Adults:**  
2.6 million (2.3 - 2.9m)

**Children under 15 years:**  
510,000 (460,000 - 600,000m)

Source: 2004 Report of the global AIDS epidemic, UNAIDS

## JACKIE SHROFF in Patna

While flagging off the UNICEF-sponsored AIDS Awareness Rath from Sri Krishna Memorial Hall in Patna on Wednesday, Hind film star Jackie Shroff accepted a support ribbon from a little girl affected with the HIV virus.



"I am neither an expert on AIDS nor very educated but I can tell you this deadly disease must be brought under control and affected patients given proper medical care or it will devour many of our people," said the actor.

## Fitzgerald's Three Needles to open Atlantic festival

Toronto -- Halifax director Thom Fitzgerald's film *Three Needles*, a movie about the global HIV/AIDS epidemic, has been selected to be screened during the opening gala of the Atlantic Film Festival in September. The film festival, now celebrating its 25th anniversary, features movies and documentaries created by Eastern Canadian, Canadian and international filmmakers. It will be held this year from Sept. 15 to 24.

## Statistics (estimates) for Pakistan

**HIV-Infected People:** 74,000

**AIDS Deaths in 2003:** 4,900

Source: UNAIDS, July 2004

**ANGELINA JOLIE** was in Ethiopia, filing papers in her quest to adopt a girl



from that country orphaned by AIDS. The actress, who has toured the world as a goodwill ambassador for the United Nations' High Commissioner on Refugees, made the trip with her adopted 3-year-old Cambodian son.

(SOURCE: MTV)  
(July)







# National Response

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**Pakistan** has a narrow window of opportunity to act immediately and decisively to prevent a widespread HIV/AIDS epidemic. Although the estimated HIV/AIDS burden is still low around 0.1 percent of the adult population the threat due to the presence of risk factors is significant. Already there has been an outbreak of HIV among injecting drug users in Sindh.

It is estimated that 70,000 to 80,000 persons, or 0.1 percent of the adult population in Pakistan, are infected with the HIV according to UNAIDS.



However, by the end of December 2004, only 2308 HIV-positive and 246 AIDS cases had been reported to the government's National AIDS Control Program.

## Non governmental Organizations (NGOs).

At least 54 NGOs are involved in HIV/AIDS public awareness and in the care and support of persons living with HIV/AIDS. These NGOs also work on education and prevention interventions targeting sex workers, truck drivers, and other high-risk groups.



## NATIONAL RESPONSE TO HIV/AIDS Government.

Pakistan's Federal Ministry of Health initiated a National AIDS Prevention and Control Program (NACP) in 1987. In its early stages, the program was focused on diagnosis of cases that came to hospitals, but progressively began to shift toward a community focus. Its objectives are the prevention of HIV transmission, safe blood transfusions, reduction of STI transmission, establishment of surveillance, training of health staff, research and behavioral studies, and development of program management.

In early 2001, the Government of Pakistan, through a broad consultative process, developed a national HIV/AIDS Strategic Framework that sets out the strategies and priorities for effective control of the epidemic.

NACP has started Enhanced HIV/AIDS Programme with the objective to: "prevent HIV from becoming established in vulnerable populations and spreading to the general adult population, while avoiding stigmatization of the vulnerable populations". The program would be implemented in all four provinces, AJK and Northern Areas during the period 2003-2008 with the financial assistance from international donor agencies.

NACP is also implementing a program under global funds for AIDS to enhance the health impact of public and private health services amongst target communities at risk and vulnerable to HIV and pulmonary TB. Overall National Goal for the period 2003-2007; to prevent HIV from becoming a concentrated epidemic in vulnerable populations and spreading to the general adult population while avoiding stigmatization of the vulnerable populations.



## HIV/AIDS BASIC FACTS

"HIV" stands for HUMAN IMMUNODEFICIENCY VIRUS.

"AIDS" stands for ACQUIRED IMMUNE DEFICIENCY SYNDROME.

AIDS is caused by the HIV. Sixteen thousand HIV viruses can fit on the head of a pin. Examples of viruses that make people sick: the common cold virus, the polio virus, the measles virus, the hepatitis virus & more recently, the severe acute respiratory syndrome (SARS) virus.

## THE DIFFERENCE BETWEEN HIV & AIDS:

When the HIV enters the body, we say the person is infected with HIV or "has got HIV". When the person's immune system has been weakened to the point at which s/he is suffering severe opportunistic infections, we say s/he has AIDS.

The AIDS syndrome was first recognized as a new in 1981 in the USA. In 1983, the HIV1 was identified by scientists in the UNITED STATES. The HIV2 was identified in FRANCE the same year.



WHAT ABOUT AIDS?







# YAN CORNER

## Scattered Me

With an aching heart  
Waiting for someone to come  
Share my loneliness  
My internal fear  
How far can I live?  
Tell me,  
Why does it happen to me?  
I know some angel will  
Come for me  
To take my pain away  
Hold my hand  
Lending me a shoulder  
To cry on  
To help me fight  
And stop my drowning soul  
Pulling me out from darkness  
And giving me a hope to live  
To make the sun shine fall on me  
To make stars glow at me  
Even for a moment  
I will be happy.  
Because I had been loved  
Just one time  
But it would last with me for a  
Lifetime  
World is not a bad place to live in  
Only if you have been loved  
Cared and felt by others  
My silence is telling you something  
Please help me  
My silence is trying to tell me  
something  
Please help me  
Come for me  
I am a lost soul  
I can't even feel my shadow  
Life is painful for me; I know  
you will surely giving me a hand  
In making it able for me to live in  
My dreams are scattered  
Help me; Help me;  
For I am a lost soul  
Help me; Find me

Michelle Iftikhar  
OII, Springfield  
public school.

NAME: Sana Khalid  
AGE : 18 years  
INSTITUTION:  
Beacon house School System



The Training session on healthy life styles helped improve my knowledge on HIV/AIDS, and helped change my behavior toward AIDS patients through awareness session on modes of transmission of HIV and how it can be prevented. It helped us know the ways in which HIV does not spread so that we can free ourselves from discrimination towards AIDS patient.

## Counsel Teen ...Breaking The Silence!

(Young People under 13 and above)  
Counsel Teen is the segment of DoSTI where you can share your confusion/ queries/anything .....about your health needs. Do write to us with full confidence at Counsel Teen, AGEHI Resource Centre, Al Babar Center, Park Rd, F-8 Markaz, Islamabad or Email to [counselor@sachet.org.pk](mailto:counselor@sachet.org.pk)

## A DAY GONE BY

A thousand minutes, days gone by  
Rainy days with tears in my eyes  
Filled with only your love has gone by  
Seasons called spring and winter  
And no more for me  
Because I am a living dead soul  
Memories flashing in my mind when I lived  
  
With every single second gone by  
Today and tomorrow would not make a difference  
Without your love in me to take this,  
Pain away to the past season  
Days, and minutes gone by.

Michelle Iftikhar  
OII, Springfield  
public school.

## AGEHI Resource Center-SACHET Youth Advocacy Network Membership Form

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Gender: \_\_\_\_\_

Class: \_\_\_\_\_

Institution: \_\_\_\_\_

Address: \_\_\_\_\_

Phone No. \_\_\_\_\_

Email: \_\_\_\_\_

Hobbies: \_\_\_\_\_

Have you ever participated in school/college extra curricular activities? If yes please specify the activities: \_\_\_\_\_

Why do you want to be a YAN Member? \_\_\_\_\_

What are your expectations from the Youth Advocacy Network? \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Around the world are rings,  
Of a plaque of insensitivity,  
That beheads the nerves  
Science shirks and politics shrugs,  
Footprints become grave holes,  
And life a disease,  
Where life put it arms around you,  
And draws you in to an end  
I am of a generation,  
Invented a newer oppression,  
A murderous, murdered generation,  
With a nick name AIDS.

Nayab Malik  
OII, Springfield  
public school.

