

Marathwada Shikshan Prasarak Mandal's
VINAYAKRAO PATIL MAHAVIDYALAYA, VAIJAPUR

National Service Scheme

'Health Counselling' by Mr. Vijay Patil (27-12-2018)

REPORT

Mr. Vijay Patil, Counsellor, Integrated Counselling and Testing Centre (ICTC), Sub-District Hospital, Vaijapur delivered a counselling session for the students on 'HIV/ AIDS' on 27-12-2018. Pratik Darekar welcomed and introduced the resource person.

With the charts and pictures, Mr. Vijay Patil, explained the causes of HIV/AIDS. He said that very often people use the terms HIV and AIDS, however, it is not so. They are interrelated but are different. He said that the students must have heard about HIV/AIDS on Television, but they might not know much about it. He said that prevention is better than cure.

He explained the importance of immunity in human body because we encounter millions of microorganisms every moment. However, the immunity helps us retaliate them. He said that HIV destroys the important cells in human immune system. These cells are called as CD4 or T cells. These are important cells because they fight with infection. When their number declines, it goes difficult for our body to fight the infection. This leads to AIDS, unless treated. He identified the channels of transmission: blood, semen, vaginal fluid, anal fluid, breast milk. According to him having unprotected sex, having another sexually transmitted infection such as syphilis, herpes, chlamydia, gonorrhoea and bacterial vaginosis, sharing contaminated needles, syringes and other injecting equipment and drug solutions when injecting drugs, receiving unsafe injections, blood transfusions and tissue transplantation, and medical procedures that involve unsterile cutting or piercing and experiencing accidental needle stick injuries may lead to HIV/AIDS infection

He suggested the different prevention strategies to the students in order to be safe from HIV/AIDS. He stressed the need for sex education which needs to be incorporated in our curriculum. He said that HIV test is important. Once you are tested, you can take measures to limit its spread. This helps you start medication immediately. Thus we can even stop the progression of HIV. The ICTC offers free counselling. He pointed out that people believe that having HIV means sure death but the fact is that with proper medication HIV patients can lead a normal life if they follow the treatment properly. He informed that HIV/AIDS does not spread from physical touch or social contact. He also explained the three stages of HIV/AIDS. With proper medical treatment and care, the patient can live their normal life span. He called upon the students to have scientific approach to HIV/AIDS. Nikhil Nana Gaware proposed the vote of thanks and also conducted the proceeding.