

COURAGE

As the old man walked the beach at dawn. He noticed a young woman ahead of him picking up starfish and flinging them into the sea. Finally catching up with the youth. He asked her why she was doing this. The answer was that the stranded starfish would die if left to the morning sun. "But the beach goes on for miles and there are millions of starfish", countered the old man. "How can your effort make any difference?" the young woman looked at the starfish in her hand and threw it to safety in the waves. "It makes a difference to this one", she said.

Too easily can we become overwhelmed by the enormity of the AIDS pandemic. The numbers of patients and their constant needs have caused many to become paralyzed into inactivity and lulled into Indifference. Like the old man. Many ask, "Why bother?"

For the sake of every individual living with HIV. We must focus on what each one of us can do. Each person can make a difference. Believing this, we are empowered to cope with the larger whole.

Adapted from: - *The Unexpected Universe* By Loren Eiseley. Copyright 1969, Harcourt Brace, New York. Used with permission).

RECOMMENDATIONS

1. The study is replicable for a larger sample in the hospital setting and community setting.
2. A comparative study to assess the psychosocial impact of children suffering from AIDS and their principal care-givers admitted in Government Hospitals and Private Hospitals for similar problem.
