Annexures
## ANNEXURE-A

### LIST OF SELECTED COLLEGES FOR STUDY

<table>
<thead>
<tr>
<th>SL. NO.</th>
<th>NAME AND ADDRESS OF THE COLLEGES</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Sri Ganesha Rural Pre-university College, Gulur, Tumkur Tq, and District-572118.</td>
</tr>
<tr>
<td>2.</td>
<td>Sree Siddaganga Rural Pre-university College, Halanur, Tumkur Tq, and district</td>
</tr>
<tr>
<td>3.</td>
<td>Sree Vinayaka Pre-university College, Nittur, Gubbi Tq, Tumkur district.</td>
</tr>
<tr>
<td>4.</td>
<td>Sree Swamy vivekanda Pre-university College, Turuvekere, Tumkur district-570007.</td>
</tr>
<tr>
<td>5.</td>
<td>Sree Siddaganga Pre-university College of Arts, Sciences and Commerce for boys, B.H. road, Tumkur.</td>
</tr>
<tr>
<td>7.</td>
<td>Sree Siddaganga Pre-university College, B.H. road, Tumkur.</td>
</tr>
<tr>
<td>8.</td>
<td>Sree Siddaganga Pre-university College, Gudemarana halli, Magadi Tq.</td>
</tr>
</tbody>
</table>
Dear Participants

I Jyothi M.S., student of Ph.D., conducting research study on “Effectiveness of structured teaching programme on knowledge, attitude and behaviour on AIDS and its prevention among Pre-University students in selected colleges of Tumkur”. I request you to participate in the study.

The information obtained will be kept confidential and anonymity will be maintained throughout and after the study.

The tool consists of four sections:

**Section A:** consists of 15 items related to socio-demographic variables.

**Section B:** Structured knowledge questionnaire consisting of 31 items on knowledge on AIDS and its prevention.

**Section C:** Attitude scale consisting of 25 items on social and emotional aspects of having HIV/AIDS.

**Section D:** Behavioural checklist consisting of 17 items.

All the items in section ‘B’ and section ‘D’ are given scores, one score for each correct answer and zero score for wrong answer.

I thank you for participating in the study.

Your faithfully

(Jyothi. M. S.)
SELF ADMINISTERED KNOWLEDGE QUESTIONNAIRE.

(Section ‘A’)

Socio-demographic data

Guidelines

Kindly fill your answer by placing a right mark (✓) Against your appropriate response or complete the sentence.

1. Age [Years]: _________.

2. Gender:
   1. Male: (  )
   2. Female: (  )

3. Course of study
   1. Science: (  )
   2. Arts: (  )

4. Ordinal position. First/Second/Third+

5. Numbers of siblings: _________.
   1. Brothers (  )
   2. Sisters (  )

6. Type of family:
   1. Nuclear family: (  )
   2. Joint family: (  )

7. Family Size (Members):___________.

8. Place of residence:_______________.
   1. Urban (  )
   2. Rural (  )

9. Educational Level of parents:
   1. Mother _____________.
   2. Father _____________.
10. 1. Occupational status of parents:
    2. Mother: ________.
       Father: ________.

11. Family Income/month: Rs. ________.

12. The History of any previous serious illness:
    If yes, type of illness. ________.
    Duration of illness: ________.

13. Pocket money given/month: Rs. ________.

14

<table>
<thead>
<tr>
<th>S/L</th>
<th>Habits</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>Leisure time activates</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1.</td>
<td>Yoga</td>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td>Meditation</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td>Sports</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td>Cultural activities</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td>Watching, T.V.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td>Chit chatting</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7.</td>
<td>Any other (if yes, specify)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>B</th>
<th>Habit of reading</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Health</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td>Sports</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td>Stories</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td>Sex</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td>Academic</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td>General</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

15. Do you have the habit of:

1. Alcoholism ( )
2. Smoking ( )
3. Pawn chewing ( )
4. None ( )
SECTION ‘B’

Self Administered knowledge Questionnaire on AIDS and its prevention.

The following statements are related to various aspects of AIDS and its prevention. Please read each statement carefully and underline the most appropriate response.

**For Example,**

AIDS is a__________

**Now begin………..**

a) Curable disease.
b) Fatal disease.
c) Hereditary disease
d) Non-communicable disease.

1. **The disease AIDS is**
a) hereditary.
b) a curse from God.
c) Life threatening.
d) not dangerous.

2. **The word AIDS stands for**
a) Acquired immuno deficiency syndrome.
b) Altered immuno deficiency syndrome.
c) Acquired image deficiency syndrome.
d) Altered image deficiency syndrome.

3. **The expansion of HIV is**
a) Human illness virus.
b) Human infected virus.
c) Human insufficiency virus.
d) Human immuno deficiency virus.

4. **AIDS is caused as**
a) an infection
b) a punishment.
c) an impurity of blood.
d) a curse.
5. **The first case of AIDS was reported in India in the year**
   a) 1980.
   b) 1986.
   c) 1985.
   d) 1988.

6. **The first state where AIDS reported was**
   a) Karnataka.
   b) Rajastan.
   c) Tamilnadu.
   d) Delhi.

7. **The causative organism of AIDS is**
   a) Virus
   b) Bacteria
   c) Fungus
   d) Worms.

8. **AIDS spreads from**
   a) Animals.
   b) Birds.
   c) Humans.
   d) Insects.

9. **Immune system means**
   a) an ability of the body to protect from infection.
   b) the body gets infected.
   c) an ability of the body to protect from pain.
   d) Body response to combat over growth.

10. **HIV is an organism which cause**
    a) Improvement of immune system.
    b) Impairment of immune system.
    c) Increased resistance.
    d) Increased strength.

11. **AIDS is often associated with**
    a) Cancer.
    b) Tuberculosis.
    c) Diabetes.
    d) Hypertension.
12. **One can get AIDS by**

   a) having multiple sex partners.
   b) using public toilet.
   c) sharing food with HIV patient.
   d) having protected sex.

13. **The body fluid which is more infectious is the**

   a) Stool.
   b) Vaginal secretions.
   c) Urine.
   d) Vomits.

14. **The major sign of HIV is**

   a) persistent cough.
   b) severe vomiting.
   c) bleeding disorder.
   d) weight loss of more than 10% within a month.

15. **Drug addicts are more prone to get AIDS due to**

   a) sharing needle.
   b) drug over dosage.
   c) chemical poisoning.
   d) body impairment.

16. **Women with AIDS**

   a) can have children.
   b) can cannot have children.
   c) have children with precautions.
   d) should not have children

17. **AIDS can not be cured by**

   a) Medical treatment.
   b) Surgical treatment.
   c) Any treatment
   d) Naturopathy.

18. **The drugs used to treat AIDS are**

   a) Steroids.
   b) Antibiotics.
   c) Antiviral drugs.
   d) Antiseptics.
19. a) **All blood donars need to be screened for**
b) Physique.
c) Fever.
d) Weakness.
   AIDS.

20. **Sex education should be for**
a) any age group.
b) children only.
c) young people only.
d) adult only.

21. **The routes of AIDS transmission is**
a) unprotected sex.
b) infected blood.
c) sharing of needles.
d) all the above.

22. **AIDS spreads more by**
a) Commercial sex workers.
b) beggars.
c) health professionals.
d) Flower venders.

23. **An infected mother may pass AIDS to her child**
a) before and after birth.
b) during and after birth.
c) before, during and after birth.
d) after birth.

24. **One of the ways of HIV transmission from mother to child is**
a) Kissing the child.
b) Feeding the child.
c) Caring the child.
d) From pregnant mother with AIDS to unborn child.

25. **The positive way of diagnosing AIDS is**
a) physical examination.
b) laboratory examination.
c) radiological examination.
d) self examination.
26 The test to diagnose AIDS is
   a) V D R L.
   b) W I D A L.
   c) E L I S A.
   d) E C G.

27 AIDS patient be cared at
   a) Home
   b) Hospital.
   c) Both at home and hospital.
   d) Not sure.

28 The most appropriate means of preventing AIDS in the community is
   a) stopping blood transfusion.
   b) isolation of AIDS patients
   c) doing regular screening.
   d) creating awareness through health education.

29 AIDS can be best prevented by
   a) washing and reusing the needle.
   b) using the disposable needle
   c) boiling and reusing the needle.
   d) using the clean needle.

30 Sexual transmission of AIDS can be prevented by
   a) Oral pill.
   b) Condom use.
   c) Copper. T.
   d) Cream/Jelly.

31 People traveling from country to country must be screened for AIDS is
   a) Compulsory.
   b) Not compulsory.
   c) Some time necessary.
   d) Not sure.
## ATTITUDE SCALE- HIV /AIDS

### SECTION ‘C’

Scale related to some of the social and emotional aspects of having HIV/AIDS. For each item circle your answer:

- Strongly disagree (SDA), disagree (DA), Undecided (UD), agree, (A), or strongly agree (SA)

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>STATEMENTS.</th>
<th>SDA.</th>
<th>DA.</th>
<th>UD.</th>
<th>A.</th>
<th>SA.</th>
</tr>
</thead>
<tbody>
<tr>
<td>01</td>
<td>An individual with HIV/AIDS deserves to feel guilty</td>
<td>SDA.</td>
<td>DA.</td>
<td>UD.</td>
<td>A.</td>
<td>SA.</td>
</tr>
<tr>
<td>02</td>
<td>Having HIV/AIDS is being worse of oneself.</td>
<td>SDA.</td>
<td>DA.</td>
<td>UD.</td>
<td>A.</td>
<td>SA.</td>
</tr>
<tr>
<td>03</td>
<td>If one admits that he/she is having HIV/AIDS, then he/she will lose his/her social relation with others.</td>
<td>SDA.</td>
<td>DA.</td>
<td>UD.</td>
<td>A.</td>
<td>SA.</td>
</tr>
<tr>
<td>04</td>
<td>The teacher should remove the student from the school who found to infected with HIV.</td>
<td>SDA.</td>
<td>DA.</td>
<td>UD.</td>
<td>A.</td>
<td>SA.</td>
</tr>
<tr>
<td>05</td>
<td>An individual with HIV/AIDS will try to work hard to keep his HIV/AIDS a secret.</td>
<td>SDA.</td>
<td>DA.</td>
<td>UD.</td>
<td>A.</td>
<td>SA.</td>
</tr>
<tr>
<td>06</td>
<td>An individual with HIV is not as good a person as others.</td>
<td>SDA.</td>
<td>DA.</td>
<td>UD.</td>
<td>A.</td>
<td>SA.</td>
</tr>
<tr>
<td>07</td>
<td>An individual with HIV/AIDS need not feel ashamed of having HIV/AIDS.</td>
<td>SDA.</td>
<td>DA.</td>
<td>UD.</td>
<td>A.</td>
<td>SA.</td>
</tr>
<tr>
<td>08</td>
<td>There is nothing wrong in treating HIV/AIDS infected individuals like out casts.</td>
<td>SDA.</td>
<td>DA.</td>
<td>UD.</td>
<td>A.</td>
<td>SA.</td>
</tr>
<tr>
<td>09</td>
<td>Person who has HIV/AIDS is dirty.</td>
<td>SDA.</td>
<td>DA.</td>
<td>UD.</td>
<td>A.</td>
<td>SA.</td>
</tr>
<tr>
<td></td>
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</tr>
<tr>
<td>10</td>
<td>Only unclean persons will have HIV/AIDS.</td>
<td>SDA.</td>
<td>DA.</td>
<td>UD.</td>
<td>A.</td>
<td>SA.</td>
</tr>
<tr>
<td>11</td>
<td>A person with HIV/AIDS need not be disgusting.</td>
<td>SDA.</td>
<td>DA.</td>
<td>UD.</td>
<td>A.</td>
<td>SA.</td>
</tr>
<tr>
<td>12</td>
<td>Having HIV/AIDS dose not mean that the person is bad.</td>
<td>SDA.</td>
<td>DA.</td>
<td>UD.</td>
<td>A.</td>
<td>SA.</td>
</tr>
<tr>
<td>13</td>
<td>It is safe, to reject the individuals who have HIV/AIDS.</td>
<td>SDA.</td>
<td>DA.</td>
<td>UD.</td>
<td>A.</td>
<td>SA.</td>
</tr>
<tr>
<td>14</td>
<td>People who know one is with HIV/AIDS, should try to maintain more distance</td>
<td>SDA.</td>
<td>DA.</td>
<td>UD.</td>
<td>A.</td>
<td>SA.</td>
</tr>
<tr>
<td>15</td>
<td>It is not correct to discriminate against the individuals who have HIV/AIDS.</td>
<td>SDA.</td>
<td>DA.</td>
<td>UD.</td>
<td>A.</td>
<td>SA.</td>
</tr>
<tr>
<td>16</td>
<td>It makes me uncomfortable, if I know Some one around me is having HIV/AIDS.</td>
<td>SDA.</td>
<td>DA.</td>
<td>UD.</td>
<td>A.</td>
<td>SA.</td>
</tr>
<tr>
<td>17</td>
<td>An individual with HIV/AIDS has the need to hide the fact.</td>
<td>SDA.</td>
<td>DA.</td>
<td>UD.</td>
<td>A.</td>
<td>SA.</td>
</tr>
<tr>
<td>18</td>
<td>An individual with HIV/AIDS has no need to worry when he/she learns that he/she is having HIV/AIDS.</td>
<td>SDA.</td>
<td>DA.</td>
<td>UD.</td>
<td>A.</td>
<td>SA.</td>
</tr>
<tr>
<td>19</td>
<td>An individual with HIV/AIDS has to feel worthless of himself.</td>
<td>SDA.</td>
<td>DA.</td>
<td>UD.</td>
<td>A.</td>
<td>SA.</td>
</tr>
<tr>
<td>20</td>
<td>If we know somebody is having HIV/AIDS, we should not disclose it to all others.</td>
<td>SDA.</td>
<td>DA.</td>
<td>UD.</td>
<td>A.</td>
<td>SA.</td>
</tr>
<tr>
<td>21</td>
<td>An individual with HIV/AIDS dose not</td>
<td>SDA.</td>
<td>DA.</td>
<td>UD.</td>
<td>A.</td>
<td>SA.</td>
</tr>
<tr>
<td></td>
<td>Deserve to regret himself having told some people that he has HIV/AIDS.</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>---</td>
<td>-----------------------------------------------------------------------</td>
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</tr>
<tr>
<td>22</td>
<td>Sometimes it is acceptable that individuals with HIV/AIDS will be hurt by the people reaction of learning that he has HIV/AIDS.</td>
<td>SDA.</td>
<td>DA.</td>
<td>UD.</td>
<td>A.</td>
<td>SA.</td>
</tr>
<tr>
<td>23</td>
<td>People with HIV/AIDS are touchables.</td>
<td>SDA.</td>
<td>DA.</td>
<td>UD.</td>
<td>A.</td>
<td>SA.</td>
</tr>
<tr>
<td>24</td>
<td>If it is known that some individuals have HIV/AIDS, his friends can cut off his friendship.</td>
<td>SDA.</td>
<td>DA.</td>
<td>UD.</td>
<td>A.</td>
<td>SA.</td>
</tr>
<tr>
<td>25</td>
<td>The good point of people with HIV/AIDS are ignorable.</td>
<td>SDA.</td>
<td>DA.</td>
<td>UD</td>
<td>A.</td>
<td>SA.</td>
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</tbody>
</table>
## SECTION ‘D’

### Behavioural Checklist

### Guideline

The following statements are related to behavioural aspects kindly encircle the most appropriate answer.

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>STATEMENTS.</th>
<th>Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>01</td>
<td>Do you read moral stories?</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>No</td>
</tr>
<tr>
<td>02</td>
<td>Do you follow good old customs and Tradition?</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>No</td>
</tr>
<tr>
<td>03</td>
<td>Do you make friends without any hesitation?</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>No</td>
</tr>
<tr>
<td>04</td>
<td>Do you hide certain facts from your parents?</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>No</td>
</tr>
<tr>
<td>05</td>
<td>Do you encourage your friends to attended AIDS awareness programme?</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>No</td>
</tr>
<tr>
<td>06</td>
<td>Do you have fear about AIDS?</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>No</td>
</tr>
<tr>
<td>07</td>
<td>Are you ready to accept a friends with AIDS?</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>No</td>
</tr>
<tr>
<td>08</td>
<td>Do you get angry if you are tested/screened for AIDS?</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>No</td>
</tr>
<tr>
<td>09</td>
<td>Do you insist on usage of disposable syringe/needle when required?</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>No</td>
</tr>
<tr>
<td>10</td>
<td>Do you discuss about AIDS among your friends?</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>No</td>
</tr>
<tr>
<td>11</td>
<td>Do you discourage your friend to have free sex?</td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>No</td>
</tr>
<tr>
<td></td>
<td>Question</td>
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<tr>
<td>---</td>
<td>--------------------------------------------------------------------------</td>
<td>---</td>
</tr>
<tr>
<td>12</td>
<td>Do you accept your friend who is a drug addict?</td>
<td>Yes</td>
</tr>
<tr>
<td>13</td>
<td>Do you watch late night movies?</td>
<td>Yes</td>
</tr>
<tr>
<td>14</td>
<td>Do you encourage a person having multiple partners?</td>
<td>Yes</td>
</tr>
<tr>
<td>15</td>
<td>Do you encourage a mother with AIDS to have a child?</td>
<td>Yes</td>
</tr>
<tr>
<td>16</td>
<td>Is sex education required for your age group?</td>
<td>Yes</td>
</tr>
<tr>
<td>17</td>
<td>Do you like to attend late night parties.</td>
<td>Yes</td>
</tr>
</tbody>
</table>
ANNEXURE-C

structured teaching programme on AIDS and its prevention

Blue print for structured teaching programme (STP)

<table>
<thead>
<tr>
<th>SL. No.</th>
<th>Contents</th>
<th>Duration in min</th>
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</thead>
<tbody>
<tr>
<td>1.</td>
<td>Introduction.</td>
<td>6. Min</td>
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<tr>
<td>2.</td>
<td>Announcement of the topic.</td>
<td>1. Min</td>
</tr>
<tr>
<td>3.</td>
<td>Meaning of HIV/AIDS.</td>
<td>8. Min</td>
</tr>
<tr>
<td>4.</td>
<td>Causative organism.</td>
<td>8. Min</td>
</tr>
<tr>
<td>5.</td>
<td>Stages of HIV infection.</td>
<td>10. Min</td>
</tr>
<tr>
<td>6.</td>
<td>Predisposing factor of HIV/AIDS.</td>
<td>15. Min</td>
</tr>
<tr>
<td>7.</td>
<td>Sources of infection of HIV/AIDS.</td>
<td>6. Min</td>
</tr>
<tr>
<td>8.</td>
<td>Incidence of HIV/AIDS.</td>
<td>10. Min</td>
</tr>
<tr>
<td>9.</td>
<td>Signs and symptoms of HIV/AIDS.</td>
<td>10. Min</td>
</tr>
<tr>
<td>10.</td>
<td>Routes of HIV transmission.</td>
<td>15. Min</td>
</tr>
<tr>
<td>11.</td>
<td>Routes by which HIV is not transmitted.</td>
<td>15. Min</td>
</tr>
<tr>
<td>12.</td>
<td>Diagnosis of HIV/AIDS.</td>
<td>6. Min</td>
</tr>
<tr>
<td>13.</td>
<td>Social and emotional aspects of having HIV/AIDS.</td>
<td>15. Min</td>
</tr>
<tr>
<td>14.</td>
<td>Management and prevention of HIV/AIDS.</td>
<td>15. Min</td>
</tr>
<tr>
<td>15.</td>
<td>Risk prone behaviour towards HIV/AIDS.</td>
<td>15. Min</td>
</tr>
<tr>
<td>17.</td>
<td>Summary</td>
<td>10. Min</td>
</tr>
</tbody>
</table>

**Total:** 180 Min.
Structured Teaching Programme [STP]

**Topic:** AIDS and its prevention

**Group:** Pre-university students.

**Place:** Pre-university colleges

**Method of teaching:** Lecturer cum discussion

**Medium of Instruction:** English

**Teaching aids:** Black Board, overhead projector, charts and flash cards.

**Time:** Three hours/four sessions.

**General objectives:**

At the end of structured teaching programme Pre-university students acquires knowledge and changes attitude and behaviour in positive directions.

**Specific Objectives:**

At the end of structured teaching programme, the pre-university students.

- Enumerates the meaning of HIV/AIDS.
- Gains understanding about causative organism
• Mentions the stages of HIV infection.
• Mentions the predisposing factors of HIV/AIDS.
• List the sources of infection of HIV/AIDS.
• Explains the incidence of HIV/AIDS.
• Identifies the signs and symptoms of HIV/AIDS.
• Enumerates the routes of HIV transmission.
• Gains understanding about the route by which HIV is not transmitted.
• Mentions the method of diagnosis of HIV/AIDS.
• Explains the social/emotional aspects of having HIV/AIDS.
• Describes the management and prevention of HIV/AIDS.
• Lists the risk prone behaviour towards HIV/AIDS.
• Mention the non-risk prone
<table>
<thead>
<tr>
<th>Time</th>
<th>Specific Objective</th>
<th>Content</th>
<th>Teaching strategies</th>
<th>Learning activity</th>
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<td>06 Min.</td>
<td></td>
<td><strong>1. Introduction</strong>&lt;br&gt;HIV/AIDS is a complex condition and as an adolescent students, you are likely to have many questions. Structured teaching programme is an attempt made to answer some questions and to cover same aspects of HIV/AIDS and its prevention. With the aim to impart knowledge on HIV/AIDS. Social and emotional aspects of having HIV/AIDS and to suggests the way in which the HIV/AIDS can be managed and also the behaviours through which HIV/AIDS can be best prevented. It intended as a brief introduction to the condition and related issues.</td>
<td>Investigator Introduces</td>
<td>Listening</td>
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</table>
2. Announcement of the topic
   “AIDS and its prevention”

3. Meaning of HIV/AIDS.
AIDS is a fatal disease, as there is no cure. The first AIDS case in the world reported in 1981 and in India in 1986 at Tamilnadu. Since then HIV has spread to all the states in India. AIDS affects both male and female and all age group. Significantly, the disease is moving from “high risk” groups to the general population and from Urban to rural.

AIDS stands for Acquired Immuno Deficiency Syndrome.
**Acquired:** Not genetically inherited, but one gets it from some body who is already affected.

**Immune deficiency:** weakening or inadequacy of the body’s main defence mechanism which is the immune system.

**Syndrome:** Not just one disease or symptom but presents as a group of symptoms or diseases.

**4. Causative Organism:**
AIDS is a condition caused by a virus. Acquired as a result of infection with HIV. HIV stands for Human Immuno Deficiency virus. The virus weakens the body’s immune system. Immune system means the combination of body mechanism that
provides organisms with the ability to protect themselves from infection by germs. This results in the body losing its natural ability to fight diseases, and results in common infections. Illnesses like tuberculosis, pneumonia diarrhea etc. AIDS is the last stage of the HIV infection.

### 5. Stages of HIV infection.

Stage-I (Primary/acute infection).
Begins just at the time of infection and lasts until the body’s initial immune response gains some control over viral replication it may be for a few weeks time. This is highly infective period. During this period a blood test will not reveal the presence of HIV antibodies.
Stage-II (Asymptomatic)
During this stage the HIV antibodies can be detected in the blood stream. The infected individual remains clinically healthy and does not display any symptoms. This asymptomatic period may vary from 3 months to 15 years depending upon the immune response of an individual/patient

Stage-III (Symptomatic)
The HIV destroys a subset of immune system cells. The replacement rate of the cells destroyed cannot quite keep up with the rate of loss of these cells. Loss of these cells makes the individual susceptible to diverse opportunistic infections such as tuberculosis, candidiasis etc. this marks
15 Min. | Mentions the predisposing factors of HIV/AIDS. | the beginning of the final stage of HIV infection i.e. clinical AIDS. | 213

### 6. Pre-Disposing factors of HIV/AIDS.

**A. Epidemiological features:**

**Agent factors:**

HIV persists within cells for years cannot be eradicated from host cells with any of the currently available drugs.

- Reservoir of infection: people harboring HIV in their body are the reservoir of infection. They may be asymptomatic, healthy carriers or full blown AIDS cases.

- Sources of infection: contaminated blood, semen, vaginal fluids are the prime source of infection.

| Lecture | Charts and Flash cards | Listening |
Contaminated breast milk may be source of infection for transmission from mother to child.

**Host Factors:**
- Age and sex: young people are disproportionately affected by HIV/AIDS. Around half of the new infections are in people aged 15-24 years.

**High risk groups.**
- Presence of STD: there is a strong evidence that men and women with genital ulcer disease or urethral discharge are at increased risk of acquiring and transmitting HIV.
- Frequency of exposure: Unprotected
sex acts and number of high risk partners with whom the person has had sexual contact.

- Mixing pattern of population: injecting drug users who share injecting equipment within their own groups but have sexual partners that are both within and outside their identified groups.

- Immunity: in a healthy immune system, specialized T-cells called “helper T cells” assists B cells and antibodies to fight infection while their counter parts, suppressor T cells inhibit this activity. Healthy
individuals have twice as may helper cells as suppressor cells. In AIDS patients, the ratio is reversed.

**B) Political and cultural factors**
- Acceptability of certain unhealthy sexual practices.
- War and civil disturbance.
- Limitations on Social interventions.
- Unacceptance of condoms.
- Women’s status.
- National Polices.
- Norms and practices.
- Culture and ethnic practices.
- Marginalized population.

**c) Social and economic factors**
- Low literacy.
- Urbanization.
7. **Sources of infection of HIV/AIDS**

HIV present in large amounts in semen, vaginal secretions, cerebro spinal fluid and in the blood of the HIV infected individual. The virus also may be found in breast milk.

8. **Signs and symptoms of HIV/AIDS.**

- Significant and unexplained weight loss.
| 10 Min. | Explains the Signs and symptoms of HIV/AIDS. | • Intermittent fever  
• Swollen glands  
• Persistent watery diarrhea  
• Night sweating and body ache.  
• Infection of lungs and central nervous system.  

**9. Incidence of HIV/AIDS.**  
HIV/AIDS is not just a health issue but it is of socio-economic importance as well. Males and females in peak of their socio-economically productive period and reproductive period are being affected. HIV/AIDS infection has assumed pandemic proportions and cases are being now reported from all over globe. WHO estimates that at the end of 1998, there already were 33.1 million, including 1.4 |

| Lecture | O.H.P. | Listening and asking questions |

| Lecture | O.H.P. and Block board | Listening |
219 million children infected with HIV worldwide. WHO further estimates that the HIV has infected eight million people in south and south east Asia with India and Thailand among the worst affected countries. It fears that if the current trend continues, India would as many as 5 million HIV infections by the turn of the century.

### 10. Routes of HIV transmission

- Unprotected sexual intercourse with an HIV infected person.
- Sharing of HIV contaminated syringes/needles.
11. **Routes by which HIV is not transmitted.**

- Socializing or casually living with people having HIV/AIDS.
- Caring or looking after people with HIV/AIDS.
- Shaking hands, hugging or kissing a person with HIV/AIDS.
- Working with people having HIV/AIDS.
- Casual contacts such as sitting next to an HIV/AIDS patients, coughing or sneezing or from food,
water, clothing, utensils and other shared objects.
- Donating blood.
- Swimming in pools used by people with HIV/ADIS.
- Sharing toilet seats.
- Mosquitoes, bed bugs, lice and other insects bites do not spread HIV/AIDS.

12. Diagnosis of HIV/AIDS.
- AIDS can be diagnosed by testing of blood in the laboratories. The test is called as ELISA test, means Enzyme Linked Immune Solvent Assary. The blood test is done in surveillance centres, blood banks, Hospitals.
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<tr>
<th>Time</th>
<th>Activity</th>
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- If you are clean and even if your friend/family member has HIV/AIDS, you won’t get it why?  
- Is a person with HIV/AIDS disgusting  
- Just because he/she has HIV/AIDS will you get it.  
- Neither HIV/AIDS affected nor others need to feel guilty because it is only a disease not a crime.  
- You help HIV/AIDS affected person |
| 15 Min. | Explains the social/emotional aspects of having HIV/AIDS. | |
to be cheerful and encourage for positive feelings.

- Continue social relation with him/her affected with HIV/AIDS will always remember you with thanks

- Teachers need not remove HIV/AIDS affected students, because it won’t spread through causal contact.

- Those who do not have adequate knowledge, get fear.

- Though a person is good still, he/she may get HIV/AIDS.

- Try to make HIV/AIDS affected one,
feel comfortable.

- Do not discriminate, it shows you are not thinking critical.

- HIV/AIDS affected are touchable

- HIV/AIDS if treated like outcasts, it is only a sin-harassing/neglecting a suffering soul for no benefit.

- If we think ourselves are suffering from AIDS/HIV, what we will expect others to do - that we should do for others.

- People living with HIV/AIDS are in no way inferior but equal to us in
their wealth and ability.

- Death can have many reasons. And differentiating shows ‘ego’ and ignorance.

### 14 Management and prevention of HIV/AIDS.

Person with HIV/AIDS can be managed both in the hospital and at home. One must support and care the person with AIDS. Get him treated symptomatically and with antiretroviral drugs. A person with HIV/AIDS need both moral support and physical care.

There is no preventive vaccine or cure for
HIV/AIDS, the only option available today is to prevent the condition by observing practices that are safe which includes:

- Avoid having many or unknown sexual partners.
- Avoid exposure to sexually transmitted diseases.
- Use condoms.
- Avoid drug use/smoking/alcohol.
- Women with HIV/AIDS should not conceive as they will transmit the disease to their children.
- Screen the person traveling from one country to another.

15. **Risk prone behaviour**
- Not sticking to one uninfected partner or having multiple sex
Lists the risk prone behaviour towards HIV/AIDS.

- Having sex with a person who have multiple sex partners.
- Sharing unsterilized needles/syringes.
- Accepting untested blood transfusion.
- Making friends without any hesitation.
- Hiding certain facts from parents
- Having fear of HIV/AIDS.
- Hesitating to get screened/tested for HIV/AIDS.
- Accepting a fried who is a drug addict.
- Watching late night movies.
- Interested to attend late night

Lecturer Cum Discussion
Charts
Listening and asking questions
16. **Non-risk prone behaviour.**

Developing right behaviours

Moral stories help everyone internalize morality. Following good old customs and tradition guide us to have peaceful society and develop supporting culture. Similarly encourage friends attend AIDS awareness programmes and try to organize such programmes as much as possible as a welfare activity.
|
|---|---|---|---|
|15 Min. | Mentions the non-risk prone behaviour towards HIV/AIDS. | Try to visit centers for HIV / AIDS affected persons and make chance to mingle with them to rebuild their self-esteem. Insist on usage of disposable syringe/needle when required. Discuss more about positive approach towards who suffer from HIV/AIDS. Discourage friends to have free sex. Do not encourage persons having multiple partners. |
| | | | • No sex before marriage.  
• Sex with uninfected mutually faithful partner.  
• Use of condoms during sexual contact.  
• Use of sterilized/disposable needles and syringes. |
| Lecturer | Lecturer Cum Discussion | Charts | Listening and asking questions |
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- Ensuring of HIV free syringes/blood transfusion if and when necessary.
- Reading the books related to moral stories, Health etc.,

- Following good customs and tradition.
- Attending health related/AIDS related awareness programmes etc.

17. Summary

In this section we have discussed regarding “AIDS and its prevention” meaning of HIV/AIDS, causative organism, stages of HIV infection, predisposing factor of HIV/AIDS, sources of infection of HIV/AIDS, incidence of HIV/AIDS, signs and
symptoms of HIV/AIDS. The routes of HIV transmission, the routes by which HIV is not transmitted, diagnosis of HIV/AIDS, social and emotional aspects of HIV/AIDS, risk prone and non-risk prone behaviour towards HIV/AIDS.

**List of questions for evaluation/Discussion.**

1. Expand the word AIDS?.
2. What is immune system?.
3. Expand the word HIV?.
4. Mention the stages of HIV infection?.
5. Which are the pre-disposing factors of HIV/AIDS?.
6. Mention the sources of HIV infection?.
|   | 7. What are the sings and symptoms of AIDS?.
|   | 8. Which are the routes of HIV/AIDS transmission?.
|   | 9. Name the routes by which HIV is not transmitted?.
|   | 10. Name the test used to diagnose AIDS?.
|   | 11. What is tested for AIDS?.
|   | 12. How do you prevent HIV/AIDS?.

**Reference**

**Website**

[www.nacoonline.org](http://www.nacoonline.org)

[www.nacoindia.org](http://www.nacoindia.org)