

Report on Health Awareness Program

World AIDS Day 2025 - UHTC

THEME: "Overcoming disruption, transforming the AIDS response"

Venue: Gandhimathi College of Nursing, Tiruvannamalai

Date: 01 December 2025

Total Participants: 120 Nursing Students

Under the guidance of Dr. A. Balaji, HOD, Department of Community Medicine, a Health Awareness Programme was organized at Gandhimathi College of Nursing on the occasion of World AIDS Day 2025. The session was conducted by Dr. Janarthanan Dhayanithi (Senior Resident), Dr. Bharath Rajh (Senior Resident) and Mr. Vinoth (MSW) from the Department of Community Medicine.

The programme began with an introduction to the **theme of World AIDS Day 2025 – “Overcoming Disruption,”** emphasizing the need for uninterrupted HIV prevention, testing, and treatment services despite global and local challenges.

This was followed by an explanation of the **modes of transmission of HIV/AIDS**, including unprotected sexual contact, sharing contaminated needles, unsafe blood transfusions, and mother-to-child transmission. The resource persons also addressed **social stigma and discrimination**, highlighting how negative perceptions towards people living with HIV affect access to care and overall well-being. Students were encouraged to promote respect, empathy, and confidentiality in their future professional roles.



The importance of **Pre-Exposure Prophylaxis (PrEP)** as an effective preventive strategy for high-risk populations was discussed in detail. Additionally, the session covered **general prevention measures**, including practicing safe sex, using sterile needles, ensuring safe blood transfusion practices, undergoing regular HIV testing, and improving community-level awareness.

The programme also highlighted the **role of staff nurses** in the prevention and control of AIDS. Key responsibilities such as early identification, patient counseling, treatment adherence support, and community education were emphasized.

Students participated actively and demonstrated keen interest in the topic. The programme concluded with an interactive discussion and positive feedback, reinforcing the importance of continuous HIV/AIDS awareness and education.



Conclusion:

The Health Awareness Programme on World AIDS Day 2025 successfully enhanced the students' understanding of HIV/AIDS, its modes of transmission, preventive measures, and the critical role of healthcare professionals in combating stigma and supporting affected individuals. The session provided valuable insights into evidence-based prevention strategies such as PrEP and highlighted the importance of continuous education, empathy, and community engagement. The active participation and positive feedback from students reflected the effectiveness of the programme in strengthening their knowledge and readiness to contribute to HIV/AIDS prevention and control in their future professional roles.

Report on Health Awareness Programme World AIDS Day 2025 RHTC

THEME: "Overcoming disruption, transforming the AIDS response"

Organized at: Rural Health Training Centre (RHTC)

Total Participants: 30

Under the guidance of **Dr. A. Balaji, Head of the Department of Community Medicine**, a Health Awareness Programme on “**World AIDS Day 2025**” was organized at the Rural Health Training Centre (RHTC). The session was conducted by **Dr. Kalaivanan R (Assistant Professor)**, with the support of **Dr. Saravana Prabu** and **Dr. Priyanka Lucas (CRMIs)**, along with **Mr. Deiveegan** and **Mr. Arikrishnan (Health Inspectors)**.

The objective of the programme was to create awareness about HIV/AIDS among the community and promote preventive health practices. The session began with an introduction to **Understanding HIV & AIDS**, explaining the difference between HIV infection and AIDS, the impact on the immune system, and the significance of early knowledge in preventing disease progression.

This was followed by an explanation of **How HIV Spreads**, describing major modes of transmission such as unprotected sexual intercourse, sharing contaminated needles, unsafe blood transfusions, and mother-to-child transmission. The resource persons highlighted the importance of recognizing these routes to prevent infection effectively.



The speakers also emphasized the **Importance of Early Testing and Timely Treatment**, focusing on the benefits of early diagnosis, regular health check-ups, and the effectiveness of Antiretroviral Therapy (ART) in improving long-term health outcomes.

A key component of the programme was **Breaking the Stigma**, where participants were encouraged to treat individuals living with HIV/AIDS with dignity, empathy, and respect. The session stressed that reducing stigma is essential for improving early testing and ensuring treatment adherence.



Additionally, **Preventive Measures** such as practicing safe sex, using sterile needles, ensuring safe blood practices, and participating in regular screenings were discussed in detail.

The programme concluded with an interactive discussion, during which participants raised questions regarding HIV transmission, testing, and prevention. The resource team provided clear answers and practical guidance.



Overall, the session was informative and well-received, contributing to greater awareness at the community level.

Conclusion:

The Health Awareness Programme on World AIDS Day 2025 at RHTC was highly effective in enhancing participants' understanding of HIV/AIDS, its transmission, prevention, and the importance of early testing and treatment. The session successfully addressed misconceptions, encouraged stigma-free attitudes, and promoted responsible health practices within the community. The active participation and positive feedback from attendees reflected the programme's impact. Overall, the initiative contributed significantly to strengthening community awareness and supporting ongoing efforts in the prevention and control of HIV/AIDS.