

## ROLE OF THE TEACHER IN SAFEGUARDING THE YOUTH FROM THE TRANSMISSION OF HIV/AIDS

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**Abstract:** *"Bliss is the dawn of life, but to be young is very heaven."*

It is the apt saying of Tennyson, the immortal poet. It is true to say that the responsibility of the nation should be to build and safe guard the colourful youth with good health and the quality of living. Youth is the most precious part of human life. The way we utilise in this period will decide the nature of the coming years that lie ahead of us. Our happiness, success, honour and goodness depend upon the way in which we live now, in this period. This wonderful period of the first state of our life is related to us as the soft wet clay in the hands of a potter. Skilfully the potter gives it the right and correct shape and form, which he intends to give. Teachers can be the best substitutes in the place of potter to easily mould the lives of their students. They are the reliable source to shape the character, physical health and strength and psychological fitness of the students. Since there is no cure for the HIV, AIDS the one and the only way is prevention. Hence, it is the responsibility of the teachers to understand the students with more compassion and care when they are on the cross roads in taking a right and decision and in judging the conditions they come across.

**Keywords:** HIV and AIDS, Prevention, Teacher, Youth.

**Introduction:** Masses of Human killings have been a merciless practice in olden days and even in the present day due to the non-philanthropic attitude among all the nations on this blessed globe. Second World War was the worst and the deadliest example. This military conflict swept nearly sixty millions of precious lives. It was equal to 3 per cent of the then world population. This massacre can be averted if we are able to educate the masses.

A small and microscopic organism has been threatening this well connected Global village because its death toll already crossed 39 million people who are vigorous in youth and the bread winners of their family. Since the start and identification of the epidemic due to this virus in 1981, around 78 million people have become infected and nearly 50 per cent of them were no more. No other disease in the history of mankind has caused such devastation in terms of not only human losses but also grave economic consequences. The optimistic and the most consoling word to remind us is that the global incidence of HIV is declining over the years. The World Health Organization declared 1st December as World AIDS Day in 1988 and the red ribbon was recognized as the international symbol of AIDS awareness in 1991.

**Brief Historical scenario:** Three and half decades ago, a 31year-old gay man was admitted to the medical centre at the University of California, Los

Angeles with prolonged fever and unexplained weight loss of 28 kg over few months. He was found to have severe immunodeficiency, which could not be explained at that time.

During the same time, Rock Hudson, a famous celebrity of American theatre was diagnosed as having a rare skin cancer and he died in 1985, becoming the first major celebrity to die from an AIDS related illness.

In 1981, Dr Gottlieb described it as the syndrome of unusual illness that was commonly seen in Gays. Hence, he termed it as "Gay Related Immune Deficiency" (GRID). Such symptoms were also seen among the drug addicts and the people who received blood transfusions from other persons. In 1982, the Centre for Drug Control and prevention (CDC) formally coined the term "Acquired Immuno Deficiency Syndrome" (AIDS).

In 1983, Dr Robert Gallo and his colleagues at the National Cancer Institute in the United States and Luc Montagnier in France identified the causative organism of the disease. They named it as the "Human Immunodeficiency Virus (HIV).

Dr. SunitiSolmon identified the first AIDS case in 1986 in Chennai. It is thought that these foreigners were the ones responsible for the first infections.

**Main Objectives:** It is essential to impart the knowledge of HIV/AIDS to one third population of any nation i.e. the children in the age group of 15 to

20 years and the classroom is the right place to fulfil this objective. The present paper deals with following objectives to safe guard the future citizens from the clutches of this tiny insect.

1. To develop in the students a desire to live and to show themselves as the useful members of the society and to contribute their best for the common good.
2. To inculcate a positive attitude among the students this gives them a desirable value, self-reliance, dignity and cooperation.
3. To help students in understanding the preventive measures to keep them away from HIV/AIDS.
4. To encourage the students to participate in socially useful productive work as they go from place to place.
5. To identify their individual need in the family and to the society in respect of food, health, recreation and other social concerns.

**AIDS is not a disease but it is worse than worst Disease:** The full form of AIDS is Acquired Immuno Deficiency Syndrome. It is not a disease with particular characteristics. It is a syndrome with different symptoms to be noticed. It is a group of pathological disorders spread by a microorganism. It is not contagious. It is acquired through different ways and means. Due to the human immune deficiency virus, the immunity system is deteriorated and weakens the defence mechanism.

**Preventive measure:** There is no discrimination in prevalence and spread of HIV among the Human beings. There is no vaccine to prevent HIV and there is no cure for AIDS. But persons with foresight, self-discipline and education, HIV transmission and AIDS can be prevented. By educating our self and our children about HIV and its prevention we can save the lives.

The following preventive measures might seem personally restrictive, but they are effective in the prevention of HIV infection:

1. Do not have sexual partnership with the known or suspected people with HIV.
2. Do not engage in unprotected sex unless you're absolutely certain your partner is not infected with HIV.
3. Do not use intravenous drugs and do not share needles or syringes.
4. Avoid exposure to blood contacts and from injuries or nosebleeds where the HIV status of the bleeding person is unknown. Using protective

clothing, masks and goggles may be appropriate when caring for people who are injured.

5. The blood supply should be well screened and is considered safe.
6. HIV positive women should be counselled, before becoming pregnant, about the risk to unborn babies. Pregnant women with HIV should be made aware of medical advances that may help prevent the foetus from becoming infected.
7. If there is no controlling capacity due to infatuation, use only latex condoms. Use of male and female condoms at the same time is not suggestible.
8. If you think that you have had contact with someone who has HIV test it immediately.
9. The medication helps to prevent HIV from making a new virus as it enters in the body.
10. Take medicines as instructed each day for effectiveness and to prevent resistance.

#### **Million Dollar Questions:**

1. Can HIV be transmitted through Saliva?
2. Can the bite mosquito, bug and insect will transmit the Virus?
3. Can air drop lets through sneezing and cough transmit HIV?
4. Can bleeding and sweating contact of the co-players' cause this transmission?
5. What about the urine, sweat and other body fluids of the patients in hospitals for the nursing staff?

#### **Land Marks in the eradication of HIV/AIDS:**

"More than ever before, there is hope that ending AIDS is possible. It is the hope of the ray for the entire human community who have been victimised by knowingly or unknowingly. The report says that the number of people infected with HIV was stabilising at around 35 million worldwide. The present slogan of the every nation is AIDS epidemic can be ended in every region, every country, in every population and every community by 2030."

According to UNAIDS, 19.1 billion dollars was available from all sources for the AIDS response in 2013. Nearly 15 million persons require antiretroviral therapy (ART).

The National AIDS Control Organization (NACO) was established in India in 1992 and the first National AIDS Control Programme (NACP) was launched.

In 1992, the government set up the National AIDS Control Organisation (NACO) to oversee policies and prevention and control programmes relating to HIV and AIDS and the National AIDS Control Programme

(NACP) for HIV prevention. The State AIDS Control Societies (SACS) was set up in 25 societies and 7 union territories to improving blood safety.

In 1999, the second phase of the National AIDS Control Programme (NACP II) was introduced to decrease the reach of HIV by promoting behaviour change.

In 2007, the third phase of the National AIDS Control Programme (NACP III) targeted the high-risk groups, conducted outreach programmes, amongst others.

**Guidelines for the Teachers:**This paper discusses the following guidelines for the prospective teachers to protect the future citizens during their counselling sessions.

1. Apart from the professional development programs, trainee teachers should understand the complex characteristics of the epidemic with in the Indian culture and society.
2. Every counselling strategy should ensure that the Decision- making is widely shared in order to create a caring environment for the students.
3. Schools should ensure that the entire student should have equitable opportunities to learn and understand the preventive measures and to meet the high standards of health.

4. Teachers should encourage the students to understand that the imparted knowledge should be applied to personal life on ethical dimensions.
5. Verbal and non-verbal incentives should be provided to the students who practice and implement the virtually shared values by all the groups in and out of the school premises.

**Conclusion:**One third of the population i.e. in the age group of 15 to 20 will be in the age group of 25 to 30 year in the coming 10 years. It means they become the main source to the society and they will be in productive period both socially, politically, financially and physically.

Teachers are the key adults\figures in the average pupils' school day. Teachers are the most influential be it positive or negative to the average student. They are the key advisers to the children and represent the best hope of personalisation of learning. Teachers can be the best substitutes in the place of potter to easily mould the lives of their students and they are the responsible and the reliable source to shape the character, physical health and strength and psychological fitness.

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