



ASHA FOUNDATION BANGALORE

ANNUAL REPORT
2022-2023



SERVING WITH PURE PASSION

ASHA FOUNDATION BANGALORE



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Executive Summary

This document presents an overview of ASHA Foundation's activities from April 2022 to March 2023.

The year opened on a positive note with all projects of ASHA Foundation operating in pre covid mode.

The five service projects of ASHA Foundation continued as described below:

HIV Counseling and Testing Services:

Since inception, there have been almost 35,035 telephone counseling calls, around 1133 email queries and almost 10,535 counseling sessions, of which this year accounted for:

- 1707 telephone counseling calls.
- 614 counseling sessions.

This year six awareness programs were conducted in Yelahanka, Dasarahalli, Kodigehalli, Maranepalya and Sahakar Nagar.

The project co-ordinator of this project resigned due to personal reasons after ten and half years of service at ASHA Foundation.

The Adolescent Health Education Project:

This financial year one teachers' training workshop (the 69th) was held in the month of May 2022, in Dimapur, Nagaland under the Kohima Diocese and 110 teachers from 56 schools from all over Nagaland attended the workshop and very good feedback was obtained. Currently 54 schools of these 56 schools have started implementing the program with 3059 students doing the program as of now. The program has also consolidated in the other schools and as of now 575 institutions and 57,230 students are using our curriculum. A brief breakup is given below:

NO	Region	schools	other	colleges	Total students doing program
1	Karnataka	28	4	3	8954
2	Pune	156	0	4	23675
3	Mumbai	114	0	0	8280
4	Vidarbha	212	0	0	13262
5	Nagaland	54	0	0	3059
		564	4	7	57230
		564 +4 +7 = 575			

During the year two other master trainers were appointed at ASHA Foundation and they also had a one day orientation program at ASHA Foundation. They will attend at least three Teachers' Training Workshops before conducting sessions independently. Negotiations are going on to conduct workshops in Salem, Mysore, Belgaum , Shimoga and Amravathi.

The Children-at-Risk Project :

This project supports HIV infected and affected children and HIV positive men, women and families. Free medical care and consultation is provided for all the HIV positive patients, including children. The services include routine medical care, treatment for opportunistic infections, counseling services, socio-economic assessments, free or subsidized Antiretroviral Treatment (ART), free or subsidized costs for investigations, empowerment of women through Self Help Groups, and educational and nutritional support for HIV infected and affected children. This year, 66 children received support for education and there were 1772 patient visits to the free HIV clinic. The number of clinic visits is reduced this year compared to the previous year because we have started Differentiated Service Delivery (DSD) based on individual need. So where patients are doing well are stable and regular on treatment they are seen only once in three months or six months, the others who require more counseling and medical care are seen more frequently. Eleven SHG meetings were held this year on the third Sunday of every month. This year a Carnival Day was conducted on the 26th of January 2023. Game Stalls and popcorn and cotton candy stalls were organized and lunch was provided after the event. Eighty two children and 53 adults attended the Carnival day. The children all received a hoodie each as a gift.

The Prevention of Mother-to-Child Transmission (PMTCT) of HIV Project:

HIV positive pregnant mothers are identified and treated so that their babies are born HIV negative. So far, more than 2,34,135 pregnant mothers have been tested for HIV under this project, of which 1102 were identified as HIV positive. The risk of transmission of HIV from mother to child has been reduced from 45 % to 1.6% in our cohort. This year:

- 9986 pregnant mothers were tested for HIV, of which 37 were identified as HIV positive and treated and monitored.
- Thirty eight babies were born during the specified time period, 33 were tested for HIV, at 6 weeks and all were negative and 20 received final testing at 15 to 18 months and all were HIV negative.

- There was no HIV positive child born this year.
- Sixty nine counseling sessions were conducted for pregnant HIV positive mothers by the senior program officer.

Camp Rainbow Project:

Camp Rainbow is a psycho-social program to provide opportunities for children living with HIV. It aims at enhancing campers' adherence to treatment and medication, to improve their quality of life with the primary focus on providing children with serious fun! In the year 2022-23, two residential camps were held, but both were out of Bangalore. The first one was at Mahesh Foundation in Belgaum in the month of May 2022, and the second was in Snehasadan located in Mangalore in the month of October 2022. A total of 53 children CLHIV in the age group of 10 to 17 years attended Camp. One hundred and fifty nine children in the age of 18 to 24 years attended the leadership in training programs during the year. Camp Rainbow also had the opportunity to present their work at a Satellite Symposium conducted along with Serious Fun at the International AIDS Conference held in Montreal Canada from 29th August 2022 to 2nd July 2022.

Miscellaneous Activities

This year the Director and seven staff from ASHA Foundation attended the International AIDS Conference that was held in Montreal, Canada from the 29th of July 2022 to the 2nd of August 2022. ASHA Foundation conducted a Satellite Symposium at this conference on their work in Camp Rainbow along with Serious Fun Network, USA. The conference was attended by around 8000 persons on site and 4000 online. There were lot of plenary sessions and six tracks focusing on various components of the latest information and research on HIV. There was also a global village where NGOs, CBOs and community had booths. It was a vibrant place with lots of talks, songs and dances. ASHA Foundation also had a stall in the global village and it was a good opportunity to interact globally with so many others.

ASHA Foundation first received recognition as a Scientific and Industrial research Organization (SIRO) in 2009 for two years and thereafter every three years . The latest recognition was granted From April 1st 2003 to March 31st 2026.

The research projects continue on schedule.

During this period, ASHA staff conducted 36 training programs and attended 11 training programs.

The Board of Trustees of ASHA Foundation had regular quarterly meetings.

ASHA Foundation would like to place on record their gratitude to the Board of Trustees, the Research Advisory Board, long-standing supporters Mr. Krishna Chivukula and Indo-MIM Ltd. The Serious Fun Network USA, WIPRO Cares, The International AIDS Society (IAS), The IAS Educational Fund, Mr. S.D Reuben and the Scripture Gift Mission, Divya and Bernard Lallier, Kurian Foundation Trust, Stichting Kettingreactie, and all those individual donors who have contributed so generously.

Finally, our gratitude to the staff and volunteers of ASHA Foundation for their hard work and commitment, without which the organization could not have made such a difference in so many lives.

Title: "A Lifeline of Hope: How ASHA Foundation Changed My Life"

In a remote village, I spent the first four years of my life battling an unknown illness. My parents were desperate, searching for a glimmer of hope to save their ailing child. Little did we know that our lifeline would be found within the pages of a telephone book.

Our journey began when my parents stumbled upon ASHA Foundation, an organization that would become our beacon of hope. Chitra Ma'am and Sunitha Ma'am, the first points of contact, greeted us with warmth and unwavering support. Their motivation and encouragement were the initial sparks that ignited our connection with this extraordinary organization. With a single phone call, our lives were forever changed. The kindness and support we received during that first call were overwhelming, and they immediately arranged for us to visit them. Upon our arrival, the organization assessed my condition, which included a swelling near my jaw that required immediate surgery. They wasted no time and swiftly sent us to the nearby Hospital, where a dedicated doctor was waiting, even though it was late. Thanks to their swift action, the surgery was a success, and the swelling was cured.

But ASHA Foundation wasn't content with just addressing the immediate issue. They delved into every aspect of my condition, treating other ailments that had gone unnoticed. Sister Rebekah, Shruthi Ma'am, and Rukmini Ma'am, like the pillars of social support, managed our files and ensured we received the necessary medications and care. They talked to us like a family and made us feel very good every time we visited the clinic.

As my treatment journey continued, I realized that ASHA Foundation was not merely a healthcare provider; they were a lifeline. They organized regular activities, camps, and counseling sessions to boost our self-confidence and educate us about our conditions. They considered every facet of our diseases, providing counseling and follow-ups for any medication changes or side effects. Ravikant Sir, a dedicated education monitor, ensured that our academic dreams remained within reach. He oversaw the allocation of education funds, making sure that we had the resources to pursue our studies and build brighter futures.

Regular blood tests were an essential part of our treatment, and they even covered the costs, alleviating a significant financial burden. Their commitment extended beyond treatment – they aimed to build our futures. They offered financial support for our education, encouraged our

participation in events, and provided travel funds to ensure we never missed an opportunity. What sets ASHA Foundation apart is their unwavering dedication to inclusivity and community. They personally involved us in decision-making, ensuring our convenience was always a priority. They didn't just provide treatment; they created a home away from home, where we could share our fears and hopes freely.

Ramu Sir, a guiding light, motivated us like a big brother, always ready to lend an ear and a word of encouragement. Dr. Sarita, my doctor for over 19 years, went above and beyond. She not only treated me but also ensured that my health was a priority, even when I sought care elsewhere. Dr. Glory, the driving force behind ASHA Foundation, was the cornerstone of its success. Her dedication was evident in the numerous accolades she received. Her exemplary leadership and unwavering commitment were instrumental in the organization's growth.

Every individual within ASHA Foundation played a unique role in my life. They taught me resilience, compassion, and the value of selfless service. Thanks to their unwavering support, I stand here today as a successful engineer, employed and pursuing my dreams – a dream that wouldn't have been possible without them. I owe my life's journey to ASHA Foundation, an organization that not only saved my life but also shaped it into something beautiful. They are, without a doubt, some of the best people I've ever had the privilege to know.

ASHA Foundation

1. **Mailing Address:** No.42, 4th Main, SBM Colony,
Anand Nagar,
Bangalore –560024
Karnataka
2. **Telephone numbers:** 00 91 80 2333 2921 / 2354 5050
Fax: 00 91 80 2333 2921
3. **Email:** ashafblr@yahoo.co.in
4. **Website:** www.ashaf.org
5. **Contact person:** Dr. Glory Alexander

Statutory requirements and registrations:

- Registered on 07.03.1998 as a Charitable Trust in Shivaji Nagar, Registrar's office, Bangalore. Registration number- **849/97-98**
- Amended trust deed document No.- **899/04-05**
- Certificate under 12(A) of IT Act 1961 renewal approved for a period of five years from AY 2022-23 to 2026-27.
- Recognized U/S 80 G of IT Act 1961 latest recognition was approved for a period of five years from AY 2022-23 to AY 2026-27
- PAN No. is available. TAN No. is available.
- Registered under FCRA. Received approval under FCRA from 1.4.2022 to 31.3.2027. FCRA bank account is opened in SBI Branch, New Delhi and is functional.
- Renewal of recognition granted as Scientific and Industrial Research Organization under DSIR, GoI from 01.04.2023 to 31.03.2026.
- Accredited as member of Credibility Alliance for Desirable Norms for five years from 20.09.2019 to 19.09.2024. Accrd. No- CA/39/2019.
- Registered with Regional provident Fund Commissioner-**KN/41859**
- Bankers Name- Punjab National Bank, Anand Nagar, Bangalore-560024.
- Registered under KPMEA Act 2007& Rules 2009. Reg.No. **BLU02880AACD** valid from Oct.2019 to Oct.2024.
- Registered under Ministry of Corporate Affairs for undertaking CSR activities and Registration No. is **CSR0000446**

Vision:

Our vision is to prevent HIV infection in the community and to empower and uplift people infected and affected by HIV/AIDS and other vulnerable communities

Mission:

- ❖ To build the capacity of vulnerable communities and to advocate for them.
- ❖ To provide awareness, prevention, education, training and to network effectively with all stakeholders.
- ❖ To provide counseling, testing, treatment, support and rehabilitation to people infected and affected by HIV/AIDS and vulnerable communities.
- ❖ To conduct research in all aspects of our work.
- ❖ To empower the communities that we work with.

Aims:

1. To build awareness of HIV/AIDS infection in the community.
2. To provide HIV testing in a non-coercive and non-stigmatized environment both voluntary and anonymous.
3. To train counselors in HIV/AIDS.
4. To provide counseling to HIV patients, their families and the community.
5. To provide a character based comprehensive Adolescent Health Education curriculum in schools.
6. To provide personalized, quality, medical care and palliative care to patients with HIV/AIDS irrespective of their ability to afford treatment.
7. To interact with other institutions of learning and constantly update our knowledge of the illness and to incorporate new teachings into our treatment and care of patients.
8. To network with other voluntary, state, central and other institutions including Non-Governmental Organizations to provide wide ranging care effectively
9. To rehabilitate HIV / AIDS patients and families.
10. To conduct and help research in HIV / AIDS
11. To provide specialized training for Doctors, Nurses and allied Health professionals in the field of HIV / AIDS.
12. To make a difference in the lives of patients living and dying with AID

Board of Trustees of ASHA Foundation

Sl. No	Name	Qualification	Occupation	Address
1.	Mr. George Ninan Member	M.A	Consultant	1407, Hennur main Road Bangalore 560084
2.	Mr. Vijay Chandy Member	B. Sc, PGDIR&W(XLRI)	Management Consultant	No.218. 3 rd Main, Laughing Waters, Varathur Marin Road, Ramagondanahalli, White Field, Bangalore -560006
3.	Dr.Paul Salins Member	MD, FDSRCS,PGD (pall.care)	Medical Director & Vice President Narayana Hrudalaya and mazundar Shaw Cancer Center	No. 258/A Bommasandra Industrial Area, Hosur Road Anekal Taluk Bangalore-560099
5.	Dr. Alexander Thomas Member	D.Orth, MS Orth, M.Phil (HHSM) PGDML&E	\Executive Director- AHPI Consultant, World Bank	AHPI Office No.27. First Floor GVR Plaza, Bellary Road Bangalore 560024
6.	Dr. Glory Alexander Member	MBBS,MD	Director, ASHA Foundation	No.42,4 th main SBM Colony Anand Nagar, Hebbal Bangalore-560024

None of the Board members of ASHA Foundation received any remuneration or reimbursement during the year. Dr. Glory Alexander in her capacity as Project Director of the PMTCT project, and HIV/AIDS physician received remuneration during the year.

This report is for the period April 2022 to March 2023. The following projects were continued during the financial year:

1. The HIV/AIDS counseling services including the AIDS Helpline and Telephone Counseling service.
2. Adolescent Sexual Health Education Project named Anmol Ashayein.
3. The Children at risk project.
4. The Prevention of Mother to Child Transmission of HIV project.
5. Camp Rainbow Project.
6. Research projects- Research is integrated into every project and maybe scientific, operational, or social sciences research.

1. The AIDS Helpline and Telephone Counseling service and integrated counseling and testing service:

HIV/AIDS helpline service and integrated counseling and testing service is one of the projects of ASHA Foundation which focuses on providing counseling to HIV patients, their families and their community. We have pre and post test counseling for HIV testing, supportive counseling, family counseling, counseling for ART and adherence and follow up counseling.

Telephone counseling for HIV/AIDS helpline service has two direct counseling numbers, 080_23542222/ 23543333 which functions from Monday to Friday between 9.00 am to 5.00 pm of the week. The project is now in its twenty third year.

Goal:

- (i) To achieve 100% adherence to ART medication
- (ii) To provide personalized, quality, medical care to patients with HIV/AIDS irrespective of their ability to afford treatment
- (iii) To provide counseling to HIV patients, their families and the community
- (iv) To provide HIV testing in an non-stigmatized environment both voluntary and anonymous
- (v) To build awareness on HIV/AIDS infection in the community

Target:

- (i) To increase number of counseling sessions for adults and children
- (ii) To increase the number of telephone calls
- (iii) To increase number of email query's
- (iv) To increase our publicity through advertisements in newspapers.
- (v) To conduct 8 to 10 HIV/AIDS awareness sessions per year

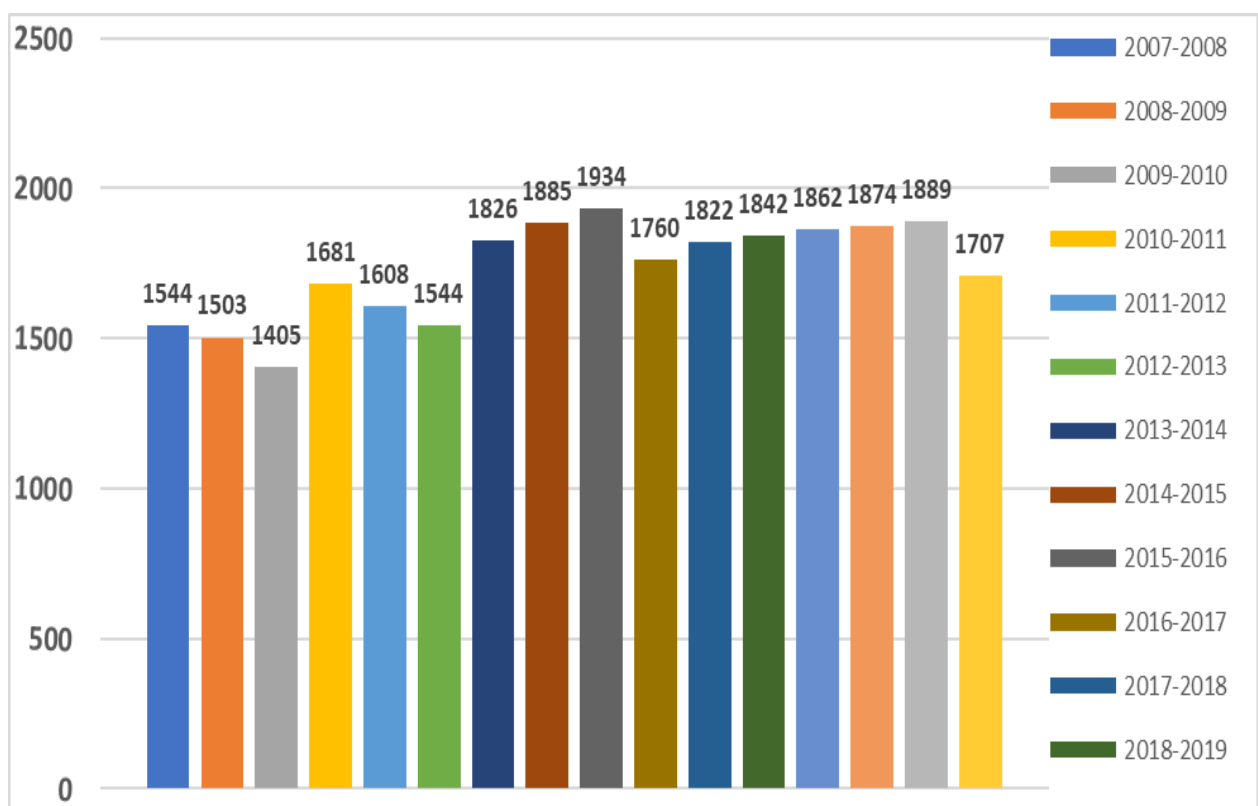
Components of the project:

1. Telephone counseling
2. Face to face counseling
3. E mail queries
4. Publicity
5. Awareness Program
6. Research

Telephone counseling calls:

ITEM	No. of Calls
Number of calls received on 23542222 & 23543333 from April 2022-March 2023	1707
Cumulative total since 2000	35036

Graphical representation of calls received on telephone helpline



E- Mail Queries

Year	Number of queries
April 2022-March 2023	30
Cumulative total since 2008	1133

Publicity:

Type of publicity	April 2022-March 2023
Newspaper advertisement	08
Number of calls from Newspaper	80
Number of calls from Poster	09
Cumulative total of Newspaper advertisement (since March 2010)	735

Counseling Details:

Type of counseling	April 2022-March 2023
Pre test counseling	14
Adherence counseling	217
Follow-up counseling	281
Family counseling	102
People referred. to other services	0
Total counseling sessions	614
No. of HIV tests done	14 (3) people not tested in wp
	(1) people came for information
No. of HIV tests Positive	02
No of HIV tests negative	11
Cumulative counseling sessions from 1998 to March 2023	10535

Awareness Programs Conducted By ASHA Foundation

Sl #	Date	Topic	For whom	Venue	No. of participants	Conducted by
1	05.11.2022	HIV/AIDS Awareness session	Mahila Sangha	Yelahanka New town	30	Priyanka. M & Y.V Supriya
2	09.11.2022	HIV/AIDS Awareness session	ANC and General patient's	Kodigehalli Government Hospital	32	Priyanka. M & Y.V Supriya
3	16.11.2022	HIV/AIDS Awareness session	House maid's & street vendor's	Yelahanka slum	32	Priyanka. M & Y.V Supriya
4	24.11.2022	HIV/AIDS Awareness session	Sree Shakthi Sangha	Marena palya	40	Priyanka. M & Y.V Supriya
5	02.12.2022	HIV/AIDS Awareness session	Self Help Group	Dasarahalli	40	Priyanka. M & Y.V Supriya
6	23.02.2023	HIV/AIDS Awareness session	ANC and General patient's	Sahakar Nagar Government Hospital	45	Priyanka. M & Y.V Supriya

Naresh (name changed) is 19 years old. He is HIV positive. He first came to us in 2007 when he was just 4 years old. He has been under our care for 16 years. He lost both his parents and was living with his grandmother and elder sister who was HIV negative. He stays with his sister and grandparents in Doddaballapur.

He has attended Camp Rainbow and LIT programs for adolescents at ASHA Foundation. He has already been counseled about the importance of being adherent to his medication and about regular follow up at our clinic. He completed his eleventh standard and then went into vocational training and was working as a mechanic at a private company that required him to do shift duty.

Presently he is on Dolutegravir, Lopinavir and Ritonavir regime which is considered a third line regime as he had previously been irregular with treatment and had developed resistance to various anti HIV drugs. As a routine test when his viral load test was done it was 62,751 per c/ml. On counseling he said that he was regular with his medication. After much questioning and counseling he finally confessed that he had been irregular with his medicines because of his shift duties. He was saying he is adherent with ART tablets never missed ART dose. His tablet timings were 7.30 am and 7.30 pm. However, when he was on morning shifts, he would miss his morning tablets during the night shifts he would miss his night doses.

After explaining to him the importance of being adherent and several rounds of counseling he is currently on medication regularly and awaiting a repeat viral load to see the response.

This case is being presented to show the importance of regular medication at regular timings, and how children and young adults can be irregular with medication resulting in detectable viral loads which is not a good sign. We have had other cases also where shift duties have played havoc with adherence and it is very important to reinforce adherence before youngsters take up jobs that require shift duties.

COUNSELLING SERVICES PROJECT - PHOTOS



ASHA Foundation Counselor conducting awareness session for Mahila Sangha at Yelahanka on 05-11-2022



ASHA FOUNDATION counselors conducting awareness session for ANC patients at Government Hospital, Kodigehalli on 09-11-2022



HIV/AIDS Awareness for House maids and street vendors at Yelahanka slum on 16-11-2022



ASHA Foundation Counselors conducting awareness session for Sree Shakthi Sangha at Marenapalya on 24-11-2022



ASHA Foundation counselors conducting awareness session in Dasarahalli for Self-help group on 02- 11- 2022



Awareness session for ANC and general patients at Sahakara Nagar Government Hospital on 23-02-2023.



Awareness session for ANC and General Patients at Sahakar Nagar Government Hospital on 23-02-2023



ASHA Foundation helpline poster placed at Sahakar Nagar Government Hospital

2. Adolescent Health Education

The Adolescent Health Education program of ASHA Foundation called Anmol *Ashayein* program take a comprehensive approach to addressing the various dimensions of adolescents' well-being, including their emotional, mental, social, physical, and spiritual health. By aligning the curriculum with the World Health Organization's understanding of health and wellness, the program acknowledges the interconnections of these dimensions and aims to equip adolescents with essential life skills.

The AHE Program emphasises character education. Good character needs to be actively learned. Life skills are essential for successful living in harmony with family, community, and society. By promoting responsibility, respect, and positive values, adolescents are not only learning practical skills but also developing a strong foundation for ethical decision-making and personal growth.

The curriculum consists of six units focusing on knowing oneself, friendship, infatuation, medical topics, decision making, life skills, mental health, and contributing to society, all rooted in respect and responsibility.

ASHA Foundation master trainers train teachers and volunteers. Following the three-day workshop, these teachers and volunteers teach the program called Anmol Ashayein in schools, colleges and other institutions.

This Anmol Ashayein strategy involves training teachers and volunteers, implementing the program, and encouraging parental involvement to empower adolescents for both short and long-term outcomes

The lessons are interactive, with lots of activities and energizers, and each lesson is followed by a period of peer time. Each unit also has a student workbook and a parent manual. The program is then taught in a value education class. This program implemented in various ways. Some classes use only the Anmol Ashayein as resource, but in other cases the program is integrated into the existing value education curriculum. This program is done by the fifth to tenth graders in class. In some cases, the curriculum is taught over the course of a three or four-day event each year.

ASHA Foundation has conducted 69 Teachers training workshops at various places in Bangalore, Mysore, Mangalore, Shimoga, Belgaum, Kolar, Gulbarga, Vishakhapatnam, Kolkata, New Delhi, Pune, Mumbai, Amravati, Akola, Thane, Nagpur, Yawatmal, Washim, Buldhana, Chandpur, Wardha and Dimapur in Nagaland.

Follow up:

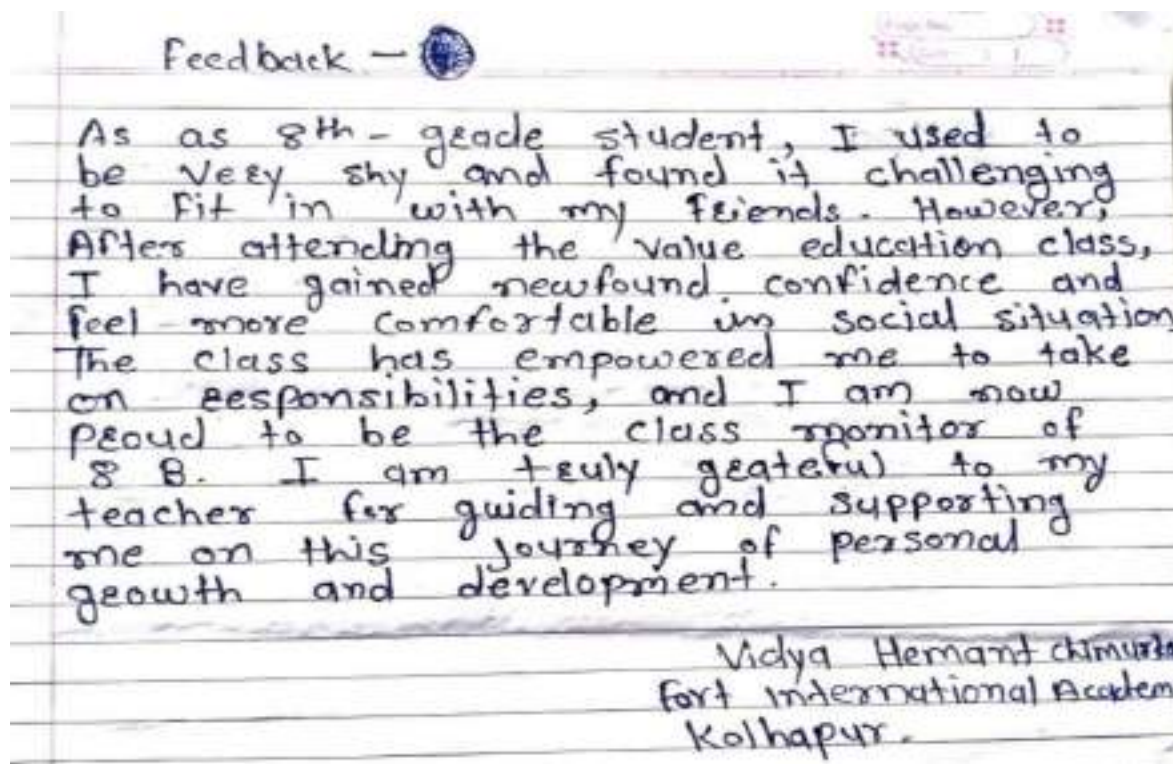
The COVID-19 pandemic interrupted follow-ups and workshops in 2020-2021. However, in 2022, Mrs. Tarini Wilson and Mrs. Maya Singh were able to visit many schools in Karnataka, where programs had resumed. The schools under the Ursuline Provincialate of both Mangalore and Mysore region continue to use our curriculum.

The Ursuline School participants, who are currently serving as principals, were delighted to meet them and told that they are implementing the programme in accordance with all standards.

In Maharashtra, Mr. Baiju, Pune coordinator continued with follow-up activities and he has received request to conduct workshops in the Northeast.

ASHA received many feedbacks from teachers and students:

Feedbacks from students:



THE AHE program has played a pivotal role in helping me overcome a traumatic experience in my life during my 9th standard. Through its supportive environment and empathetic teachers, I found a safe space to share my feelings and fears. The program's focus on mental health and self-care techniques empowered me to cope with my emotions and gradually heal from the trauma. I will forever be grateful for the AHE program and the positive impact it had on my journey towards recovery and personal growth.

chanchal R. Shirbhate
Vinayaka Gurukul
Amaravati

Feedback from Teachers who completed the Program:

Suvish Samuel Sundaram is a Counselling Psychologist. He works with adolescents and young adults to provide a safe environment for their mental health and well-being. He works as a high school counsellor in St. Joseph's Boys' High School and has a private practice. He loves engaging with children and playing sports like basketball and music as well.

I have had the privilege of working with Mrs. Tarini Wilson in SJBHS. I am so glad she invited me to speak to her class on such topics like emotional health and safety. Also on friendships, Role models, Identity and having faith in oneself.

We have worked together hand in hand in many occasions.

One that comes to mind is with a student who bunked his class and lied to her saying that he had come to meet me for counselling which he hadn't. He requested me to lie to his teacher and tell him that he came. She has her doubts and corroborated with me and realised he had not. She said that she needed to inform his parents.

We worked as a team and the boy was able to take responsibility for himself and tell the truth after telling that I believe that he will do the right thing. He came back and thanked us both for focussing on his character and less on the consequences.

Tarini ma'am and I have taken a class together and focussed on the joy of friendships and how it's important to communicate, express and laugh. In the classes we enacted how the students are and how children need guidance. They were receptive and enjoyed our sessions.

We also spoke about peer pressure and how each one needs to have principles of their own and enjoy being themselves while putting boundaries. Also, that individual choices matter just like that student took responsibility of himself.

In conclusion I believe those adolescents need more of this because they come back and share how it's helped them.

Suvish Samuel Sundaram

St. Josephs High School, Bangalore

Ex counsellor

Feedback from teacher who completed program:

From the beginning of my teaching career, I had been teaching 'Moral Science ' or Value Education or Personality Development program and catechism to various classes along with my regular teaching. Later as Vice Principal I was also taking ' Moral instructions ' once a week for some classes.

I found the workshop to be a practical, hands-on program on Health Education, Value Education and Character formation all rolled into one. Meaningful stories and various activities helped me to build a positive self-image and helped me to inculcate collaborative learning and teaching as 2/3 teachers were involved in teaching a lesson.

Lessons on self-awareness, Golden Rule, five dimensions of human person, Character formation and other lessons had indeed a great impact on my life and teaching.

"Examine & screen your thoughts, for your thoughts become your words; your words become your actions; your actions become your habits; your habits become your character and your character becomes your Destiny"

Assertions like touched me. I learnt that making the right choices in life matters a lot.

This workshop really changed my attitude towards myself and other people. I could relate to others in a different and in more positive way.

I could relate to my family, especially to my children better. I could be more understanding and kind to them rather than being strict & harsh to them. I used to be very strict with my students in the beginning. Now I could be less harsh and more understanding and empathetic towards them. I could get along with my colleagues better.

Overall this program which has now been entitled 'Adolescent Health Education ' or Life Skills, I'm told, has had a very positive and lasting impact on my life and I'm glad to know that this curriculum is being continued and practiced in various schools and other institutions. Wishing the organizers all the best.

Charles Noronha

Former Vice Principal,

St Joseph's Boys' High school and practitioner of the program.

Annual Report 2022-2023 - Karnataka		
Bangalore Urban		
1	M.S.Convent	122
2	Noor Ahmed school Bangalore	303
3	Radha Krishna high school	135
4	Tunbridge High School	45
5	Twinkle star School, Bangalore	98
Bangalore Rural		
6	Gnanabodhini Higher Primary School Kanada medium	420
7	Gnanabodhini Higher Primary School English medium	140
8	Gnanabodhini High School, English medium, Kengeri	35
9	Gnanabodhini High School, Kannada medium Kengeri	600
10	Peniel Community College	40
Mysore Bogadi		
11	Maria Niketan Higher Primary School	160
12	Maria Niketan High School(English Medium)	201
13	Maria Niketan High School(Kannada Medium)	136
14	Angela Vidhyalaya Niketan, Bogadi Mysore Ursuline	140
Mysore Urban		
15	De Paul School	320
Hunsur Taluk		
16	St. Joseph's Higher Primary School (Kanna med.), Hunsur	246
17	St. Joseph's High School (English Medium), Hunsur	742
18	St. Joseph's PU College, Hunsur	410
19	St Joseph's Degree College, Hunsur	150
H.D. Kote		
20	St. Mary's Higher Primary School (Eng med.)	239
21	St. Mary's High School (Eng med.)	104
Chikkamangalore Dist		
22	St. Joseph's Eng Med Higher Primary School, Koppa	543
23	St. Joseph's Kannada Higher Primary School, Koppa	256
24	St. Joseph's High School, Koppa	398
25	Nirmala Convent Higher Primary Sc. Eng. Med. Balehennur, Chikm	230
26	Nirmala Convent High Sc, English Med. Balehonnur, Chikm	430
27	Nirmala Convent Higher primary Sc. Kannada med Balehennur Chikm	282
28	Christa Prabha Convent Higher Primary School, Jayapura, Koppa	223
Shimoga District		
29	St. Mary's High School, Tirthahalli	430
30	St. Mary's Eng Med Higher Primary School, Tirthahalli	282

31	St.Xavier High school ,Thumarikope	223
	Others Institutions	
32	St.Charles Home	16
33	Blessing Home	20
34	IBS college	35
35	Concerns India	120
	Total	8954

Annual Report 2022-2023 - Mumbai		
Sl. No	Name of the School	No of students
1	Agrasen High School, Kamothe	82
2	APJ Public School, Kharghar sector 4	68
3	APJ Public School, Kharghar sector 6	45
4	APJ Public School, Kharghar Sector 10	36
5	Ashwini Classes	103
6	Bal Bharati Public School, Kharghar	76
7	B.D.D.V Primary School, Panvel Raigad	134
8	Bhagwan English Medium School	57
9	Bharati Vidyapeeth	113
10	Christ Academy CBSE Board	216
11	Christ Academy State Board	172
12	CKT school New Panvel	42
13	DAV International School	36
14	Diamond Jubilee High School, Byculla	41
15	Don Bosco High School	62
16	D Y Patil School	48
17	Dyandeep School	38
18	Dyan Pushpa Vidya Niketan, CBD	52
19	Emmanuel English Medium School	34
20	Ghokhale High School	24
21	Good Shepherd School, Nerul	168
22	Good Sheperd School, Belapur	45
23	Guru Gobind Academy	163
24	Harmani Public School	56
25	Harmony Public School (Karghar)	68
26	Huda English School	68
27	Jspm School, Kamothe	48
28	Jspm School, Panvel	142
29	Jspm School, Kharghar	79
30	Little Angel's English School	56
31	K.A. Bharthiya School	64

32	Kendriya Vidyalaya Koliwada	165
33	Kids Garden Public School, Sukapur	48
34	K.V. Kanij School	86
35	K.V. Kamy School Panvel	64
36	Late M.T.Thakur, Eng. Med. School, Parle	56
37	Little Bird School	65
38	Little Harmony School, Belapur	86
39	Mansarovar School Kamothe	83
40	Modern English School	56
41	Monami High School	64
42	Mspm School, Kharghar sector 17	68
43	Mspm School, Kharghar sector 4	96
44	New Model School	76
45	Navi Mumbai Mahanagar Palike, Nerul	65
46	Navi Mumbai Mahanagar Palike, Rahale	46
47	Navi Mumbai Mahanagar Palike,Kopperkhaiane	72
48	NIMHRC	64
49	Nivedita High School	176
50	PES Central School, Belapur	65
51	Podar High School	72
52	Presentation High School	168
53	RBT Vidyalaya	72
54	Redcliff School, Belapur	65
55	RTP School, Kharghar	68
56	Rajput School, Panvel	78
57	Sai Nath School	243
58	Sakharam Seth High School	84
59	Samayak Vidyalaya	72
60	SBOA Public School	56
61	Sree Ram English School	75
62	Sree Ram Vidyalaya	124
63	St. Mary's High School	68
64	Sainath School	60
65	St. Therese School	238
66	St Xavier's High School	56
67	St Xavier Public School, Kharghar	38
68	St. Xavier Public School, Panvel	42
69	Sree Narayana Guru School	47
70	Shree Suvidya School, Kamothe	104
71	Sri Ravi Shankar Vidya Mandir Khaghar	68
72	Sterling High School, Nerul	41
73	Sushma Patil Vidyalaya	63
74	Swami Brahmanand Prathishtan	37

75	Swami Vivekanand Vidya Mandir	48
76	Thakur English Medium School	108
77	The English High School	37
78	Tilak Public School, Nerul	58
79	Tilak Public School, Ghansoli	115
80	Tungreshwar High School, Panvel	57
81	Vasudev Balvanta Phalike	49
82	Veer Savarkhar School	74
83	Vibgyor International School vashi	105
84	Vibgyor International School Kharghar	117
85	Yakub Baig High School	28
86	Vidyabhavan High School Sec 9 CBD Belapur	72
87	P.E.S Central School Sec 1 CBSE CBD Belapur	137
88	New Horizen Public School Sec 19 Airoli	48
89	Goldstar High school Sec 28 Vashi	36
90	Datta Meghe World Academy Sec 16 Airoli	56
91	Bethany Convent kolkhe Panvel	109
92	Modern High school Sec 15 Vashi	38
93	Vibgyor High school Sec 15 Kharghar	56
94	Goldcrest High School Sec 29 Vashi	59
95	P.E.S High school (state board)1 CBD Belapur	108
96	D Y Patil School	38
97	Bharathi Vidyapeeth (CBD)	46
98	St. Xaviers School (Panvel)	52
99	Nutan Vidyalaya Nerul	19
100	Dyandeep Primary school	42
101	Adarsh Vidyalaya High school	28
102	Utkarsh High school	52
103	MES Vidya Mandir	48
104	Amruta Vidyalaya (Jui Nagar)	36
105	Narayan E Techno school	24
106	Mahima International school Koperkhairane	54
107	New Horizon school sector 13	28
108	Father Agnel school Vashi	84
109	Rainbow International school	24
110	Indian National school Nerul	38
111	Chougale school Airoli	28
112	J C L High school Vashi	58
113	Gold star High school Vashi sector 28	48
114	Vibgyor High school Kharghar	42
	Total	8280

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Sl No.	Name of the School	No of students
1	Ajinkya Institute	42
2	Amanora High School	128
3	Ashram Shala Primary School	46
4	Anjali English Medium School	84
5	Baburaoji Gholap Vidyalaya, Sanghvi	221
6	BJS English School Wagholi	84
7	BJS Primary School wagholi	64
8	Blossom School Viishranwadi	52
9	City International School	154
10	Crescent English Medium School	132
11	Cyrus Poonawala School	76
12	Dastur Co Ed School Camp	148
13	Dnyandeep English Medium School	143
14	Don Bosco School and Junior College	220
15	Dr. Mrs Erin Nagarwala Day School	165
16	Dr. Mrs Erin Nagarwala Residential School	142
17	Enamdar English School	52
18	Eon Gyanankur English Medium School	183
19	Friend's English School, Poolgaon	76
20	GK Mandals Choksey High School	54
21	Holy Angels Convent High School	264
22	Indian Education Society, Vadgaonsheri	182
23	Indira Gandhi School	88
24	Jai Hind School Pimpri	242
25	Jai Hind Primary School	254
26	JD Academy School swargate	132
27	Jovan Vikas Mandir	48
28	JSPM English Medium School	142
29	J.S. Tyagi Memorial School	67
30	Jyotirmay International School	62
31	KVG BRD School, Chandan Nagar	216
32	KV Southern Command	134
33	Lexicon International School	132
34	Little Flower English School	72
35	Little Star School Kharadi	132
36	Londkar High School Mundwa	212
37	Lonkar Mahavidyalaya, Mundwa	251
38	Lonkar Vidyalaya	189
39	Mahatma Gandhi Vidyalaya, Khanur	146

40	Maher Education Society	52
41	Mar - Ivinous Convent School	82
42	Mother Theresa School, Vadgaonsheri	235
43	Mount St. Patrick	184
44	National Children's Academy	163
45	NCA School, Vishrantiwadi	168
46	New English Medium School, Chakan	172
47	New English Medium School, Hadapsar	124
48	New Life School, Swargate	92
49	Nirmala Convent School Kharadi	213
50	Orbi International School Mundhwa	167
51	Oscar High School	62
52	Pandit Nehru Vidya Mandir, Kamshet	123
53	Pawar International School Magarpatta	172
54	Pawar Public School Magarpatta	94
55	PDEA School Budruk	74
56	PDEA School, Ane	154
57	PDEA's School, Akrti	198
58	PDEA School , Aund	125
59	PDEA School Daund	176
60	PDEA School Dehu Road	64
61	PDEA English Med. School Bori Bk	134
62	PDEA English Med. School Dalaj	89
63	PDEA English Med. School Inamgaon	121
64	PDEA School Kalas	265
65	PDEA School Khadki	232
66	PDEA School Kamshet	152
67	PDEA School Kati	123
68	PDEA School Kolvan	180
69	PDEA School Lohegoan	310
70	PDEA School Mandki	265
71	PDEA School Moshi	54
72	PDEA School Nangaon	184
73	PDEA School Nhavare	235
74	PDEA School Nhavi	132
75	PDEA School Nimkotakee	123
76	PDEA School Ozar	165
77	PDEA English Med. School Padvi	123
78	PDEA English Med. School Pargaon	232
79	PDEA School Pirunget	234
80	PDEA School Sangvi	165
81	PDEA School Savindane	242
82	PDEA School Shirol	124

83	PDEA School Shirolu Bk	168
84	PDEA School Shivane	182
85	PDEA School Supe	134
86	PDEA School Umbraj,	186
87	PDEA School Uraigaon	134
88	PDEA School Velha	82
89	PDEA School Wanewadi	182
90	PDEA School Yenere	120
91	PDEA's English Medium Primary School	162
92	PDEA's English Medium School	118
93	PDEA's Institute of Diploma in Education	54
94	Phoenix School,	64
95	Phoenix English Medium School, Kharadi	79
96	Pirunget English School, Pirunget	86
97	Poona Women's School	185
98	Prodigy Public School	138
99	Raisoni English Medium School	158
100	Republic School Keshnand	143
101	S J Vidyalaya	112
102	Sadhana English Medium School	362
103	Sadhana Semi English Medium School,	265
104	Sangavi PDEA School	162
105	Sant Thukaram Madhyamik Vidyalaya	220
106	Sant Tukaram Vidyalaya, Lohegaon	234
107	Sant. Dnyaneshwar Kharadi	42
108	Sarathi Education Society	86
109	Sarathi English Medium School	118
110	Satav High School, Wagholi	256
111	Shivaji Vidyalya, Dehurod	265
112	Shivraj School Vadgaonsheri	119
113	Shri Mallikarjun Vidyalaya Naware	176
114	Shri Manalsakant Vidyalaya, Akruti	139
115	Shri Nagheshwar Vidyalaya, Moshi	83
116	SMMV School Mulshi	253
117	SNBP School & Junior College	85
118	SSV School, Paud	72
119	St Anne's High School Pune Camp	148
120	St. Felix High School	165
121	St Joseph School, Viman nagar	246
122	St Ornella's High School, Camp	74
123	St. A V High School	69
124	St. Arnold School Vadgaonsheri	183
125	St. Francis School, Chandannagar	153

126	St. Joseph Convent School, Lohegaon	263
127	St. Joseph High School, Ghorpadi	178
128	St. Mary's School	120
129	Stella Maris School Vadigaonsner	164
130	Subhash English Medium School	78
131	Sunderbai School Chandan nagar	286
132	T D Pathare Vidyalaya, Khardi	228
133	Tukaram Pathare School, Kharadi	229
134	Tukaram Pathare English School	73
135	V S Satav High School	178
136	Vatsalya Public School, Ghorpadi	165
137	Vidyankur, Sainikwadi, Vadgaonsneri	265
138	Vikash Pratishtan English Med. School	74
139	Wageshwar English School	58
140	Yashwant Vidyalaya, Mandvi	136
141	Zensar English Medium School	167
142	Abhinav School Ambegaon State Board	89
143	A.E.S Horizon English Medium School, Narhe	102
144	Lotus English Medium School, Balaji Nagar	138
145	Abhinav school Narhe State Board	229
146	Abhinav C.B.S.E School, Narhe	187
147	Ajinkya Dedge Public School	143
148	Sathya Valley School, Wadwadi	178
149	Blossom English Medium School	134
150	Unique English Medium School, Kondwa	176
151	Utkarsh English Medium School	265
152	Pride English Medium School	176
153	Digvijay English School, Dhankawadi Pune - 43	164
154	Sharad School Katraj, Pune	48
155	Abhinav Education Society CBSE Ambegaon Pune - 46	265
156	Abhinav school Katruj	248
	Total	23675
	Pune - College	
1	Christ College	120
2	Marathawade Mitra Mandal	75
3	Maher Education Society	68
4	Abhinav D.Ed college	35
		298

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Sl No	Name of the school	No.of students
1	G.T.G. School Loni Takdi	52
2	Vinayaka Gurukul Amravati	132
3	I.D.M.S. School, Digaras	56
4	Police Public School,Amravati	72
5	Rashtra Sant Tukdoji Maharaj Vidyalaya, Malkhed	54
6	Sunrise English School, Tiwasa	68
7	St.Francis High School, Amravati	78
8	Saraswati Vidhyalaya, Amravati	59
9	Shiv English School, Amravati	84
10	Vikas Vidyalaya, Vilas Nagar, Amravati	64
11	Noble Kids School, Arvi	72
12	Jet Kids School Amravati	57
13	New Golden Public School	82
14	Rajeshwari High School, Badnera	58
15	Era Kids School, Amravati	64
16	Pu. Sant Gadgebaba Vidyalaya,Manjarkhed	82
17	Shir. Saibaba Vidhayala, Amravati	75
18	Kubetkar School, Amravati	69
19	Z.P.School Dabha,Nandgaon	86
20	Z.P.P. School Namdgao	72
21	Z.P.School Tongalabad	67
22	Z.P.School Amravati	58
23	Z.P.School,Jamgaon	82
24	Z.P.School Dadhi, Bhatkuli	78
25	Z.P.School, Bhankhed Khurde	72
26	Z.P.School, Waygaon	64
27	S.V.K.Vidhyalaya, Naigaon	93
28	Mother's Pride Convent School	78
29	Teny Blosem School	56
30	DIECPD, Amravati	120
31	Paradise E. School , Amravati	86
32	Shanti Vidya Mandir, Nagpur	67
33	Ramkrushna Kreedaa Ashram Shala, Amravati	42
34	New High School Belpura, Amravati	45
35	Manibai Gujrati High School Amravati	42
36	Sharada Mahila School Nagpur	68
37	School Of Scholars Amravati	38
38	Shiv English School, Amravati	67

39	Dada Bhamodkar Krushi Vidyalaya saur Amt	68
40	Mannalal Gupta Vidyalaya chandur Railway	66
41	Dada Saheb Boke Vidyalaya , Varkhed	72
42	Shivaji High school and Jr College , Shirajgaon Band	78
43	Shivaji High school Chikhaldara	142
44	Dr, Punjabrao Deshmukh Highschool , Papal	78
45	Chandur kanyasala jr College Chandur Railway	86
46	Sri, Chatrapati High school Dhamangoan Raiway	156
47	Benboji Baba High school Ghuekhed	76
48	Sant Maniram Maharaj vidyalaya Baggi jawara	64
49	Shivaji high school Ganesh nagar Nagpur	62
50	Shivaji high school Ner	68
51	Shivaji high school Darvha	56
52	Model High school wardha	72
53	kanyasala Aanji	58
54	Adarsh Vidyalaya Aanji	164
55	Shivaji High school Nandura	79
56	Shivaji vidyalay chandol	62
57	Shivaji High school Boregoan Bu.	58
58	Shivaji Vidyalaya Buldhana	61
59	Shivaji High school Nera Bu.	48
60	Tukaram Ingole vidyalaya kan shivani	72
61	Shivaji High school Kinholra	53
62	Shivaji Vidyalaya Deugoan -Mah .	69
63	Shivaji Vidyalaya Akola	63
64	Shivaji High school Masrul	57
65	Shivaji High school Hatedi	66
66	Shivaji Vidyalaya Main Branch akola	89
67	Shivaji High school Kinhiraja	68
68	Shivaji Vidyalaya Kutasa	52
69	Shivaji Vidyalaya Vanoja	148
70	Shivaji High school Chikhali Buldhana	52
71	Shivaji Vidyalaya Aasegaon Bajar	56
72	Shivaji High school Telhara	73
73	Shivaji High school Esoli	128
74	Shivaji High school Ramjaba	56
75	Shivaji High school Aakot	158
76	Shivaji vidyalaya Nimba	48
77	Kasturba Kanya sala Amravati	62
78	Shivaji Kanya sala Morshi	58
79	Janata Vidyalaya n Junior college nerpingalee	36
80	Jarud high school Jarud Amravati	42

81	B.D Jarudkar Kany asala Jarud Amravati	86
82	Shivaji multipurpose high school main branch	125
83	Sri Shivaji Maratha high school & Junior college, Amravati	46
84	Shri Shivaji high school khartelegaon	58
85	Nandgaon high school n junior college, dist.,Amravati	46
86	New English high school n junior college,Varud,dist.Amravati	72
87	Rajura high school n junior college, Rajura Bajar,dist.Amravati	46
88	Abhimaanji Kalmegh school,Nandgaon Peth,dist, Amravati	59
89	Aadarsh High school,daryapur,dist.Amravati	62
90	Ratnabai Rathi kanya shala,daryapur,dist.Amravati	41
91	Kaushalya Ai barbade vidyalaya,Chincholi,dist.Amravati	38
92	khallar highschool n junior college,Khallar,dist.Amravati	45
93	SRA English High school	36
94	Prabhat Kids School ,Washim Road ,Akola	47
95	Prabhat Kids School , City Branch	46
96	Kids Paradise school ,Patur	156
97	Khotari Convent	56
98	Jubilee English High School	142
99	RDG Public School	136
100	Vivekanand Primary Eng. School	66
101	M.B Convent School	256
102	Sanmitra Public School	128
103	Ekvira Brilliant Mind School	152
104	SOS, Hinga Road, Akola	48
105	The School Academy Akola	42
106	Deshbhakt Madhymik Vidyalaya	28
107	Mahatma Fule Vidyalaya, Chondhi Tq. Patur	52
108	Shankarlal Agrawal, English School, Akola	58
109	India Foundation School, Chinchala, Tq. Mangrulpir	92
110	Bhikamchand Khandelwar Vidyalaya, Akola	48
111	Mahadevrao Band Vidyalaya, Khanapur, Patur	28
112	Podar School, Akola	82
113	Jageshwar English School, Wadegaon (Mr. Manikrao Mankar)	86
114	SOS, Birla Colony, Akola	146
115	Blossom Kids, Balapur	68
116	Narayana's Kids, Washim	42
117	Gurukul English School Wadegaon	56

118	Khandelwal english School, Dabki Road, Akola	54
119	Khandelwal Dnyan Mandir, Akola	102
120	Vidyanchal School, Akot	124
121	Jagruti Vidyalaya, Akola	142
122	Vyankatesh Balaji English Primary School, Murtizapur	116
123	Moharidevi Khandelwal, Akola	56
124	Karmayogi Babasaheb Apotikar Vidyalaya, Apoti	52
125	Shri Sant Janardan Swami School Verul	64
126	S.Sarawati High school Takliwadi	36
127	Shri. Chh. Shivaji High school Takli	58
128	Padmaraje Vidyalay akola	46
129	B. Shahapure English medium School Mal aalas	27
130	Academic Heights Public School Akola	36
131	Dewale Public school Mothi Umari Akola	45
132	RamaKrishna School Belapur Akola	26
133	Dr. Aasrpatil Udgoan Technical High school Udgaon	46
134	Zilla Parishad school Kajaldoh	35
135	Zilla Parishad school Doma	42
136	Zilla Parishad school Bamadehi	35
137	Zilla Parishad school Koylari	24
138	Zilla Parishad school Pachdongari	67
139	Zilla Parishad school Toranwadi	75
140	Zilla Parishad school Katkumbh	66
141	Tanaji Malusare Vidyalay Koylari	47
142	Bajiprabhu Deshpande Vidyalay Kajal Doh	84
143	G.P. Zadkhande Vidyalay Bamadehi	66
144	Govt. Aashram Shala Doma	75
145	Zilla Parishad school Katkumbh	46
146	R.S. Gawai Vidyalay Tembrusonda	68
147	Adivasi Madyamik vidyalay Salona	75
148	Dnyan Deep Madyamik Vidyalay Hattighat	54
149	Zilla Parishad High school Gaurkheda Bazar	47
150	Zilla Parishad School Telakhar	69
151	Zilla Parishad School Somwarkheda	46
152	Zilla Parishad School Gaurkheda Bazar	62
153	Zilla Parishad School wastapur	58
154	Aashram Shala Nagapur Gaurkheda Bazar	48
155	Gurudev Telkhar school Gaurkheda Bazar	36
156	Lakhmabai Khadake school Wastapur	48
157	Mangalata High school Wastapur	53
158	Zilla Parishad Ucha Prathmik shala Baglinga	46
159	Zilla Parishad school Badanapur	42

160	Zilla Parishad school Badanapur	37
161	Zilla Parishad school Salona	43
162	Zilla Parishad school Bihali	37
163	Zilla Parishad school Bhulori	43
164	Zilla Parishad school Hattighat	46
165	Zilla Parishad school Kohana	35
166	Ashram shala School Salona	54
167	Ashram madyamik Vidyalay salona	56
168	Zilla Parishad school Hattighat	35
169	Zilla Parishad school Masodi	45
170	Zilla Parishad school Aadnad	52
171	Shri Gurudev Vidyalay Mandir Motha	47
172	Zilla Parishad Kanya Pradamik shala Motha	52
173	R.S. Gawai Vidyalay Aadnad	43
174	Govt. Aashram Shala Aadnad	46
175	R.S. Gawai Vidyalay Tembrusonda	55
176	Zilla Parishad Purva Madyamik Marathi Shala Khakali	43
177	Zilla Parishad School Borala	38
178	Zilla Parishad School khirpani	42
179	Zilla Parishad School Purva Madyamik Shala	47
180	Zilla Parishad School Aaki	38
181	Zilla Parishad School Bhorgad	35
182	Jay Bhavani High school Sawarpani	34
183	Zilla Parishad Higher Primary School Semadoh	32
184	Zilla Parishad School Makhala	38
185	Zilla Parishad School Pili	36
186	Zilla Parishad School Semadoh	46
187	Govt ShaskiyaAshram Shala Raipur	41
188	Zilla Parishad School Borala	53
189	Zilla Parishad School Vanawasi	47
190	Gajanan Vidyalay Garajdara	26
191	Zilla Parishad School Sonapur	46
192	Swami Samarth School Morgad	42
193	Zilla Parishad Ucha prathmik shala Bori	36
194	Zilla Parishad Ucha prathmik shala Amzari	38
195	Nagar Parishad Ucha Prathmik Urdu Chikhaldara	28
196	Cresent Urdu School Chikhaldara	32
197	Girijan Vidyalaya Chikhaldara	37
198	Holy Cross Convent school Chikhaldara	43
199	Andh Vidyalay Chikhaldara	45
200	Shivaji Vidyalay Chikhaldara	43
201	Sant Gadge Maharaj School Jamali(R)Chikhaldara	37

202	Shivaji High school Chikhaldara	38
203	Shivaji High school Bori	26
204	Zilla Parishad Ucha Prathmik shala Churani	35
205	Zilla Parishad Ucha Prathmik shala Kotmi	43
206	Zilla Parishad Ucha Prathmik shala Gangarkheda	37
207	Zilla Parishad Ucha Prathmik shala Dahendri	26
208	Zilla Parishad Ucha Prathmik shala Kalapandri	36
209	Sw.Ajabrao kale Vidyalay Churani	45
210	SW. Shri Krushnaji Yewale Dahendri	36
211	Anudanit Adiwasi Ashram shala Dahendri	42
212	Adivasi Ashram Shala Jamali (RA) Chikhaldara	45
		13262

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Sl No.	Name of the School	No of students
1	St. Andrew School, Jotsoma	112
2	St. John Hr. Sec School, Tuensang	52
3	Carmel Hr. Sec School, Dimapur	253
4	St. Joseph Hr. Sec School, Chumoukedima	12
5	St. Joseph School, Niuland	45
6	St. Andrew School, Thenyizumi	58
7	Christ School, Ekhyo	16
8	St. Peter's School, Longsa	35
9	Don Bosco School, Riphyim	48
10	Holy Cross Hr. Sec School, Dimapur	224
11	Sacred Heart Hr. Sec School, Chizami	68
12	Assisi Hr. Sec School, Dimapur	42
13	St. Peter's School, Atoizu	48
14	Montfort School	24
15	St. Joseph School, Longleng	63
16	St. Joseph Hr. Sec School, Viswema	156
17	St. Mary's High School, Seyochung	53
18	St. Paul Hr. Sec School, Dimapur	132
19	St. Xavier School, Shamator	42
20	St. Anthony's School, Zunheboto	32
21	St. Clare School, Akuluto	48
22	Don Bosco School, Aghunato	72
23	Don Bosco School, Chiephobozou	42
24	St. Paul School, Sanis	46
25	Queen Mary Hr. Sec School, Mokokchung	36
26	Don Bosco School, Tseminyu	
27	St. Anthony School, Tenyiphe	56

28	St. Xavier Hr. Sec. School, Meluri	126
29	Little Flower School, Pungro	12
30	St. Clare Hr. Sec School, Kacharigaon	38
31	Bishop Abraham Memorial School	42
32	St. Mary's School, Lozaphuhu	48
33	San Jose School, Sitimi	23
34	Assisi Hr. Sec School, (E), Dimapur	68
35	St. Thomas School, Tamlu	56
36	St. Mary's Hr. Sec School, Padumpukhri	48
37	Little Flower Hr. Sec School, Kohima	35
38	Christ King Hr. Sec School, Kohima	42
39	Holy Child School, Dimapur	33
40	Don Bosco School	12
41	St. Francis De Sales Hr. Sec School	53
42	St. Luke School, Longmatra	54
43	Loyola Hr. Sec School, Kiphire	58
44	St. Christopher School, Chessore	23
45	Don Bosco School, Tesophenyu	48
46	Don Bosco Hr. Sec School, Bhandari	22
47	Don Bosco Hr. Sec School, Bhandari	38
48	St. Francis De Sale School, Tening	36
49	Don Bosco Hr. Sec School, Zubza	142
50	Don Bosco High School, Lakhuti	15
51	All Saints Hr. Sec School, Peren	36
52	St. Xavier Hr. Sec School, Jalukie	42
53	Sacred Heart School, Toulazouma	36
54	St. Paul School, Phe sema	58
		3059

NO	Region	schools	other	colleges	Total students doing program
1	Karnataka	28	4	3	8954
2	Pune	156	0	4	23675
3	Mumbai	114	0	0	8280
4	Vidarbha	212	0	0	13262
5	Nagaland	54	0	0	3059
		564	4	7	57230
	564 + 4 + 7 = 575				

In the year 2022-2023 Total 575 Institutions and 57230 students are doing the program

TRAININGS Attended March 2022- April 2023

No	Date	Topic	Name	Venue	No. of Days	Conducted by
1	29-07-2022 02-08-2022	International AIDS Conference, Montreal	Remya,Maya Silvia,Priyanka Supriya ,Mercy Baiju and Maya	Palais de congress, Montreal, Cannada	5	International AIDS Society
2	14-09-2022	HIV/AIDS Updates	ASHA Staff	ASHA Foundation Premises	1 hr	Dr.Glory Alexander
3	22-10-2022 24-10-2022	“Journeying with synodal spirit through networking and Academic collaboration together in communion participation and mission”.	Baiju Sebastian	St.Joseph Vaz spiritual renewal center ,Pune	3	Xavier Board of Higher Education ,Bangalore
4	28-02- 2023	Outcome Based Education& Evaluation	Biju Sebastian	Christ College Pune	1	IQAC Cluster India

TRAININGS Conducted March 2022- April 2023

No	Date	Topic	Name	Venue	No. of Days	Conducted by
1	17-05-2022 19 - 05- 2022	69 Teachers training workshop – Dimapur – Nagaland	Dr.Glory Mr.Baiju Ms.Bethesa Mrs.Bharathi Mrs.Tarini Mrs.Maya	Holy Cross School Dimapur	3 days	ASHA Foundation
2	4-10-22	AHE Nagaland post meeting held at ASHA premises	Dr.Glory Mr.Baiju Ms.Bethesa Mrs.Tarini Mrs.Maya	ASHA Foundation Premises	1 day	AHE- ASHA Foundation
3	14-09-2022	PowerPoint on Montreal, Cannada Visit	Remya,Maya Silvia,Priyanka Supriya and Mercy	ASHA Foundation Premises	2 hr	ASHA Foundation
4	18 -11- 2022	AHE- Anmol Ashayein Program	Mrs. Tarini Wilson, Silvia ,Mercy and Maya Singh	Assembly Hall at Gnanabodhini High School, Kengeri	Half day	ASHA Foundation

**ADOLESCENT HEALTH EDUCATION- “ ANMOL ASHAYEIN” PROJECT
PHOTOS**



Participants Dimapur - Nagaland Teachers Training Workshop conducted 17th to 19th May 2002



Presentation by Dr. Glory Alexander at Dimapur teachers training workshop on 18-05-2022



ASHA Foundation AHE – Team at Dimapur - Nagaland Teachers Training Workshop



The students from Holy Cross School, Dimapur, are enjoying the practicum on 19-05-2022.



AHE Nagaland workshop post meeting held at ASHA premises on 4-10-22



ASHA Foundation – AHE team in a follow-up meeting with Nirmala Institutions' Sr Elvin.at Chikkamagaluru - Balehanoor On 16.02.2023



Meeting with Sr. Mary C.J. new District Ccoordinator for Chikkamangaluru, Jayapura on 17-02-23



AHE team follow -up meeting with Sr. Lilly Rodrigues Principal St. Joseph high English medium school, Koppa. on 16.02.2023.



ASHA Staff doing PowerPoint presentation on visit to Montreal, Canada on 14.09.2022.



Mr. Baiju Pune coordinator attended the meeting “Outcome Based Education & Evaluation” Conducted by IQAC Cluster India on 28-02-2023



AHE team followup meeting with St.Joseph English Medium High School, Hunsur on 03-11-22



Mysore DePaul High School trained teachers and AHE team for Follow -up on 03-11-2022



Gnanabodhini High School's principal introduces students to AHE's team on 18-11-2022.



Awareness program conducted by ASHA Foundation for Gnanabodhini High School, Kengeri on 18 -11- 2022



Principal of Gananabodhini High School and the ASHA team, 18-11-2022



ASHA Foundation's Director, Dr. Glory, presenting "HIV/AIDS updates to ASHA staff on 14-09-2022.

3. Children at Risk Project (CAR Project):

Targets for the year:

1. To provide educational support to at least a hundred HIV infected and affected children.
2. To conduct Sports Day and Picnic Day during the year.
3. To conduct 12 SHG meetings for our HIV infected and affected women per year.
4. To conduct all the other activities as usual.

The components of the children at risk project are: -

1. Medical, nutritional and educational support for children.
2. HIV/AIDS outpatients clinic three times a week.
3. Empowerment of women through meetings and SHGs

Sl.no	Particulars -2022-2023	Reached
1	Education	
a	Number of children who received educational support	66
b	ELE (pre- school) (Boy 04, Girls 03)	07
c	PE (Primary Education) (Boys 08, Girls 08)	16
d	SE (Secondary Education) (Boys 06, Girls 13)	19
e	IC (Intellectually Challenged)	0
f	HE (Higher Education)- pre university, college, vocational training, professional courses etc. (Boys 16 Girls 08)	24
	Total	66
2	HIV/AIDS Clinic	
a	Number of persons tested for HIV infection	43
b	Positive reported	4
c	Adults reported positive	4
d	Children reported positive	0

e	Number of new patients registered	5
f	Number of clinic days	151
g	Number of adult patient visits to clinic	1454
h	Number of children patients visits to clinic	318
i	Total Number of patients visit to clinic	1772
j	General Investigations for children	76
k	CD4 Investigations for Children	52
l	Viral Load tests for children	35
m	OI infections treated for Children	88
n	Children on ART	39
o	Children on 1 st Regimen	34
p	Children on 2 nd Regimen	4
q	Children on 3 rd Regimen	1
r	Number of Children Hospitalized	1
s	Number of Children Referred	-
t	Adults on ART	289
u	General Investigation for adults	975
v	CD4 investigation for adults	148
w	Viral Load tests for adults	152
x	OI infections treated for adults	102
y	PLHA TB treatment for adults	-
3	Socio Economic	
a	Number of SHGs Existing	6
b	Number of SHG members	117
c	Number of children supported for Nutrition	11
d	Number of Nutritional Poustic (Sanskrit word that means nutritious) plus distributed	82
e	Dry ration support for Poor Families	<ul style="list-style-type: none"> • 5 families supported for twelve months.
f	SHG Internal Loans issued	06

g	<p>SHG Monthly topics</p> <ul style="list-style-type: none"> ❖ COVID vaccination – Booster dose ❖ Adherence about ART medicines ❖ “Kanya Yojana” – Central Government Scheme ❖ Hygiene ❖ Star Health insurance for infected families ❖ Information about the visitors from Stitching Kettingiereactie ❖ Adult vaccination ❖ Sharing of Annual Report of ASHA Foundation – 2021-2022 ❖ Information about Carnival Day ❖ Feedback of the Carnival Day ❖ Nutrition 	11
h	BHAF Meetings attended	01
i	Referred to Government Scheme called UNNATI (Means Progress) for Free Training and employment for under privileged youth	-
j	Referred to the HIV Positive Marriage Bureau to Karnataka Network for Positive (KNP+)	01
4	Celebrations and Events	26/1/2023
I	Carnival	1
a	Children Participated	82
b	Adults Participated	53
c	Staff	9
d	Volunteers-	3

The CAR project supports the medical, nutritional and educational support for children infected and affected by HIV/AIDS.

The following activities were undertaken: -

To improve the educational status of children infected and affected by HIV/AIDS:

As the part of the educational support, during the period, 66 children were supported for their education. Details as follows,

ELC (Early Learning Centre) Lkg and Ukg	07 (03 Girl & 04 Boy)
PE (Primary Education) 1 st std to 7 th Std	16 (08 Girls & 08 Boys)
SE (Secondary Education) 8 th std to 10 th std	19 (13 Girls & 06 Boys)
HE (Higher Education) 1 st PUC to Degree	24 (08 Girls & 16 Boys)
Total	66 (32 Girls & 34 Boys)

To improve the health status of the children infected and affected by HIV/AIDS and their families:

HIV Testing

During the period, totally 43 HIV tests have been done including testing on 31 children. Out of this 04 have been reported positive, of which all 04 are adult females.

HIV/AIDS Clinic

Children:

ASHA Foundation conducts a HIV/AIDS clinic thrice a week on Mondays, Wednesdays & Fridays afternoon from 1.30 pm to 5.00 pm. Totally the clinic operates for 151 days. The medical team consists of Physician, Pediatrician, Counselors, Nurse, Project Coordinator, Medical Social worker and clinic support staff. Free Medical care and consultation is provided for all the HIV Positive patients and all children infected by HIV/AIDS. The services include routine medical care, treatment for opportunistic infections, counseling services, socio-economic assessment and free or subsidized Antiretroviral Treatment (ART).

Presently 39 children are receiving ART treatment out of which 34 are on the first Regimen, 4 are on the 2nd Regimen and 1 child is on the 3rd Regimen. All these children have increased CD4

Counts and their quality of life is good. Totally 318 children visits occurred to the clinic. 34 times children received CD4 investigation support and 22 times children have received support for various investigations like CBC, ESR, Hemoglobin, Complete Blood Count, S Creatinine, SGOT and SGPT and Routine Urine analysis and 35 viral load tests have done.

Adults

Totally 290 adult patients are on ART. One hundred forty-eight patients have undergone CD4 test and 975 general investigations were conducted. One hundred fifty-two Viral load tests were done. Twelve patients have done Abacavir sensitivity tests.

To improve the Socio-economic status of the children and their parents infected or affected by HIV/AIDS

Self Help Groups: -

Six existing Self-Help Groups (117 members) are there which have been formed under the guidance of ASHA Foundation with an average of 18 to 24 members in each group. The six groups are: Shrishti, Trupti, Preethi, Prakruthi, Nisarga and Nesara. Six women have utilized the loan facility during the period and totally 166 times beneficiaries have taken loans amounting to Rs 705000 (Seven lakhs five thousand only) Out of this amount, 119 loans were cleared and Rs. 94440 is the outstanding loan amount still being paid by 47 loanees. The SHGs meet on the third Sunday of every month.

SHG Topics covered during the period as follows: -

- ❖ COVID vaccination
- ❖ Importance of adherence to ART medicines
- ❖ “Kanya Yojana” – Central Government Scheme
- ❖ Importance of Hygiene
- ❖ Details of Star Health insurance for infected families
- ❖ Adult vaccination
- ❖ Sharing of Annual Report of ASHA Foundation – 2021-2022
- ❖ Information about Carnival Day
- ❖ Feedback of the Carnival Day
- ❖ The importance of Nutrition in HIV

CARNIVAL DAY

The carnival day for the year 2023 was held on 26th January, Thursday from 9.00am to 2.00 pm, at Anand Nagar resident's welfare association hall. The day began by preparing the hall for games. The women and children started assembling by 9.30AM at the hall. As soon as they arrived their names were registered and ID cards were given.

There was a brief welcome by Sruthi, Medical Social Worker. This Carnival has been organized for first time. Seven Games stalls were arranged and there was also one stall for popcorn and one stall for cotton candy. These two stalls were facilitated by is provided by Overseas Womens' Club and Chammy Cham Foundation. Most of these games were new and were being for the first time. Everyone had fun and enjoyed themselves.

Each child received a hoodie as a gift from ASHA Foundation and Chammy Cham Foundation also gave goody bag for each child. (Sanitizer, Mask Drawing book, Crayons, Chocolates, Juice and popcorn), The day ended with good lunch and everybody had a good time. A total of 82 children and 53 adults participated on the carnival day.

Feedback

- It was a wonderful event and we got to play lots of games. The food was incredible, and I felt very good. Also received a hoodie as a gift which was amazing.
- I really enjoyed that day. I made some new friends also and all games were very nice. The food was also very tasty. The hoodie was good too.
- Carnival day was wonderful program for us. I completely enjoyed all those games. The lunch was very delicious.

Dry Ration Support: -

Five families with children were supported with dry ration for twelve months. Each package of dry rations consists of 5 kgs rice, 2 kgs Atta, half a kg green gram, 1 kg oil, half a kg Channa dhal, Toor dal 1kg, Sugar 1 kg, Jaggery half a kg, Ragi powder 3kgs, Tea powder 100gms, Chili powder 100gms, Haldi powder 100gms, Wheel soap 5pcs and Bathing soap 5 pcs.

Case study – 1

Reena (name changed) is 20yrs old and is currently studying in 7th semester engineering. When she came to ASHA Foundation, she was 2 years old. At that time, she has a good CD4 count and so was not started on ART as per guidelines at that time. In 2018 she was started on ART. She has

been on ART now for the last five years and is doing well with normal CD4 counts and undetectable viral loads. She is a good student and got into engineering (computer science) on merit and is in the second last semester. She is also receiving educational support from ASHA Foundation.

Reena's mother is also taking ART treatment from ASHA Foundation. She is a single mother and she is working in a remote school as a teacher.

This case is being presented to show the long-term commitment of ASHA Foundation towards the family of mother and daughter. When Reena completes her engineering degree and gets employment and becomes independent, then ASHA Foundation would have fulfilled their obligation towards this family.

Details of the Children who have completed their Education, Supported by ASHA Foundation					
Sl.No	Name	Education	Age	Designation	Salary
1	U	B. Com	28 yrs	Working in Mahindra G7	20000
2	V	MCA	34 yrs	Tech Lead in EY	100000
3	S	B. Com	28 yrs	Digital Relation Ship Manager Axis Bank	17000
4	R	B. Com	27 yrs	Customer Support officer in Amazon	18000
5	M	M.Com	27 yrs	Lecturer	24000
6	S	BBM	26 yrs	Working in a Pvt company in Jiggani Industrial Area	18000
7	S	Diploma	25 yrs	Security for celebrities	23000
8	M	BCA	25 yrs	Loan Recovery officer - Cholamandalam Finance	22000
9	P	B. Com	25 yrs	Accountant	18000
10	S	MA	28 yrs	English teacher in pvt. school	21000
11	T	M.Com	28 yrs	Works in Agriculture Dept as Casual finance officer	18000
12	S	Diploma	25 yrs	Works in IT Company	22000

13	S	B. Com	23 yrs	Works in software company	25000
14	A	B. Com	24 yrs	Tax Analyst in EY	21000
15	H	B. Com	22 yrs	Accountant	18000
16	S	B. Com	24 yrs	Accountant	16000
17	U	B. Com	27 yrs	Accountant	7000
18	M	B. Com	26 yrs	Accountant	18000
19	C	B.C. A	24 yrs	Associate Technical Engineer in IBM	35000
20	S	BE in Computer Science	23 yrs	Assistant Test Engineer in Source one Management pvt.ltd	15500
21	P	BCOM	24 Yrs	Data entry operator in CDPO office Bangalore Rural	13000
22	S	Diploma in Automobile engineering	21 Yrs	Fixed Agent in Delivery.com	13500
23	J	BE in Computer Science	24 yrs	Decision Scientist in Mu Sigma ITPL	22000
24	R	BCOM	24 Yrs	Receptionist in OMEGA	10000
25	M	Diploma in electronics	23 Yrs	Works in BPO	20000
26	M	Medical record division	27 Yrs	Works in MRD section in Bangalore Baptist hospital	11500
27	M	BSC in computer science	22 Yrs	Searching for job	
28	V	BCOM	21 Yrs	Data entry operator in observation home JJ Board Bangalore rural	18000
29	Y	BE in civil engineering	21 Yrs	Site engineer in construction company	15000
30	P	BCOM	22 Yrs	BAYERS account payable associate	25000

31	P	ITI	19 Yrs	Works in PU board D group	12000
32	L	BE in EEE	26 Yrs	Data analyst in Alliance company	28000
33	N	ITI	18 Yrs	Works in Suprajith factory	12000
34	A	BCA	25 Yrs	Computer operator in PUB	15000
35	R	BE in Computer science	23 Yrs	Trainee	-
36	N	BCOM	23 Yrs	Part time Job -Computer operator in show room	8000
37	H	BE in Computer science	24 Yrs	Executive-Technical support in STARTEK company	22000
38	V	BE in Computer science	23 Yrs	Technical trainee in MNC company	56818
39	Y	BCOM	23 Yrs	Searching for Job	-

In the above Table, 24 children are females and 15 children are males and 17 of the 39 children are living with HIV

CHILDREN AT RISK PROJECT PHOTOS



Blood pressure being checked for a patient at ASHA Foundation Clinic on 20-06-2022



ASHA Foundation Medical Social Worker doing educational assessment with a parent on 04-07-2022



Mr & Mrs..Roojimans from Stichting Kettingreactie Foundation (SKF) visited ASHA Foundation on 27-09-2022 and interacting with women they supported.



Mr. &Mrs. Roojimans, visitors from SKF with empowered women from the ASHA Foundation



ASHA Foundation CAR project conducting SHG meeting for ladies on 21-11-2022



Mr. Ramu, Coordinator for CAR project attended Wipro Annual Partner Meeting at Pune on 06-12-2022



Mr.Ramu, Coordinator CAR project explaining AF projects at Wipro Partners Meeting at Pune on 06-12-2022



Patient receiving dry ration from ASHA Foundation on 08-12-2022



Carnival day at ASHA Foundation conducted on 27-01-2023



Children at photo booth during Carnival Day on 27-01-2023



Children are enjoying paper pyramid games at Carnival Day on 27-01-2023



ASH Foundation staff distributing gifts to children during Carnival Day on 27-01-23

4. The Prevention of Mother to Child Transmission of HIV Project (PMTCT)

Introduction:

Prevention of Mother-to-Child Transmission (PMTCT) service in India is aimed at reducing the transmission of HIV from Mother to child during pregnancy, child birth and breastfeeding. The Government of India, in collaboration with various stakeholders, has implemented several strategies and interventions to provide comprehensive PMTCT services across the country. Here are some key components of PMTCT services in India.

The National AIDS Control Organization (Naco) in India has developed guidelines and strategies to prevent the transmission of HIV from mothers to their children during pregnancy, childbirth and breast feeding.

1. **Antenatal Care:** Pregnant women are encouraged to seek antenatal care services, where they receive HIV counseling and testing. If a pregnant woman tests positive for HIV, she is provided with appropriate interventions to prevent transmission to her child.
2. **Antiretroviral Therapy (ART):** Pregnant women diagnosed with HIV are offered antiretroviral therapy to manage their HIV infection. ART helps reduce the viral load in the mother's body, which in turn reduces the risk of transmitting the virus to the baby.
3. **Infant Feeding Counseling:** Proper counseling is provided to HIV-positive mothers on safe infant feeding practices, taking into account the individual circumstances and cultural norms. The aim is to reduce the risk of HIV transmission through breastfeeding while ensuring the optimal nutrition and well-being of the infant.
4. **HIV Testing for Infants:** Early infant diagnosis through HIV testing is a crucial component of PMTCT services. Infants born to HIV-positive mothers are tested for HIV within six weeks of birth. If an infant tests positive, they are linked to appropriate care and treatment services.
5. **Family Planning and Contraception:** PMTCT services in India also focus on providing comprehensive family planning and contraception services to HIV-positive women and their partners. This helps in preventing unintended pregnancies and further transmission of HIV.
6. **Postnatal Care:** Postnatal care services are provided to both the mother and the baby, including regular follow-up visits, monitoring of the infant's growth and development, and support for adherence to medication.

7. **Capacity Building and Training:** Health professionals involved in PMTCT services receive training on various aspects, including HIV counseling and testing, ART administration, infant feeding practices, and other relevant skills.

PMTCT targets: The Prevention of Parent to Child Transmission (PPTCT) programme is being implemented under the National AIDS Control Programme (NACP) to achieve the goal of Elimination of Mother to Child Transmission (EMTCT) in India... EMTCT continues to be a priority area which requires focus so as to scale up screening all the pregnancies for HIV at all levels of health care. In order to achieve targets of 95-95-95 of EMTCT, every HIV positive pregnant woman is to be identified and put on ART in partnership with private sectors and health systems. To reach out to positive pregnant women and estimated HIV positive infants, the universe of annual pregnancies has to be screened. The program will utilize innovative approaches to reach out to cover all pregnancies including those in the private sector.

NACO is also working on improving the uptake of services for HIV-positive pregnant women, such as antenatal care, ART and infant prophylaxis.

The ASHA Foundation is also involved in this project to identify and treat HIV positive pregnant women in Bangalore and nearby areas. The main objective of the project is to eliminate new HIV infections among children born to HIV-positive mothers and prolong the quality and quantity of life of HIV-positive pregnant mothers.

ASHA Foundation's PMTCT Project - April 2022-March2023

The ASHA Foundation's Prevention of Mother-to-Child Transmission (PMTCT) project is dedicated to reducing the transmission of HIV from mothers to their children during pregnancy, childbirth, and breastfeeding. This annual report highlights the progress and achievements of the project during the period from April 2022 to March 2023.

Progress and Achievements:

1. **Antenatal Care and HIV Testing:** During this period, ASHA Foundation's PMTCT project conducted routine HIV testing for 9,986 pregnant women in partner hospitals. Out of the tested women, 37 were diagnosed as HIV-positive and started treatment. These efforts emphasize the importance of early detection and intervention to prevent mother-to-child transmission.

2. Treatment and Care: A total of 36 HIV-positive mothers delivered 38 infants, and all the babies received treatment. All 33 babies tested at six weeks of age were found to be negative for HIV. Additionally, 31 babies underwent a 6-month antibody test, and 18 babies had a 12-month antibody test, with all the results showing negative for HIV. These outcomes reflect the success of the project in ensuring effective antiretroviral therapy and care for both mothers and infants.

3. Outreach and Awareness: The project's outreach worker made significant efforts to raise awareness about ASHA Foundation's PMTCT programs. The worker reached out to 20 new institutions and 1562 existing institutions, including government centers and networks, resulting in 21 new patients being registered in the program. These efforts demonstrate the project's commitment to identifying and treating HIV-positive pregnant women.

4. Counseling and Support: A total of 69 counseling sessions were conducted by program officer at ASHA Foundation. These sessions included ANC counseling, pre, and post-test counseling, pre-ART and adherence counseling and follow-up counseling.

5. Collaboration with Partner Hospitals: The ASHA Foundation's PMTCT project collaborated with several partner hospitals that demonstrated remarkable commitment to sustaining the project. All our partner hospitals have played a crucial role in providing quality care to HIV-positive patients. The partnership with these hospitals has contributed to the successful implementation of PMTCT services and improved health outcomes for individuals served.

6. Representation and Participation: The PMTCT Senior Program Officer had the opportunity to attend the International AIDS Conference 2022 held in Montreal, Canada. This participation enabled the exchange of knowledge and experience with international stakeholders, further enhancing the project's impact and effectiveness.

The table below provides cumulative statistics for the year April 2022-March 2023 and the period from January 2003 to March 2023:

Particulars	ASHA PMTCT April'22-March'23	ASHA PMTCT Cumulative Jan '03 – Mar2023
Total no. of deliveries	5,929	2,22,571
Total no. of ANC women registered	10,013	2,17,867
Total no. of women counseled	7,253	2,13,697
Total no. of women tested	9,986	2,34,135
Total no. of antenatal women identified HIV positive	37	1,102
No. of live born	38	935
Total no. of women awaiting delivery	13	13
Eligible women treated	36	904
No. of babies treated	38	914
PCRs or ELISAs done	33	789
Positive PCR	0	13
Negative PCR/ELISA	33	776
Babies had final 3 antibody test under EBF at 15 months	19	198
Babies had final 3 antibody test under ERF at 15 months	1	17
Transmission rate		1.6%

The table below presents the counseling sessions conducted during the specified period April 2022 to March 2023 by ASHA PMTCT counselor

Type of counseling	April2022-March 2023
ANC counseling((Supportive counseling(Pregnancy and drugs ,Delivery, Infant feeding options)	13
Pre &post test counseling(Infant testing)	27
Pre-ART and Adherence counseling	19
Follow-up counseling	10
Total counseling sessions	69

Awareness:

Sensitization Efforts by Trained Doctors/Counselors in Hospitals

During the period of April 2022 to March 2023, our Partner hospitals made significant efforts to sensitize individuals through the dedicated work of trained doctors and counselors. These sensitization efforts have played a significant role in raising awareness and promoting well-being within hospitals and the wider community. We express our gratitude to the dedicated doctors, nurses, nursing students, ward aides, Para medicals, community workers and community members who actively participated in these initiatives. Together, we will continue to prioritize education and empowerment to foster a healthier and more informed society

The following is a cumulative summary of the sensitization efforts conducted within this timeframe:

People Sensitized	By Trained Doctors/Counselors in their Hospitals April22-March23	Cumulative Total
Doctors	13	513
Staff Nurses	24	2903
Nursing Students	118	4351
Ward Aides	8	1666
Para medicals and Community Workers	13	770
Community	70	10367
Total	246	20570

The following hospitals have shown remarkable commitment by sustaining the project on their own and receiving technological assistance while receiving financial support as needed for the care of HIV positive identified within their facilities. They have also benefited from IEC (Information, Education and Communication) materials and counselor training:

1. St Joseph's General Hospital, Guntur.
2. Women's Hospital, Ambajipeta.
3. The Bangalore Baptist Hospital, Karnataka
4. Church of South India Hospital, Bangalore, Karnataka
5. Seventh Day Adventist Hospital, Bangalore Karnataka
6. Rural Health Training Centre, Kazhakuttom.
7. Dr Somervell Memorial CSI Hospital, Karakonam, Kerala.
8. LMS Boy's Brigade Hospital, Kundara, Kollam Dt, Kerala
9. Christian Fellowship Hospital, Oddanchatram, Tamil Nadu
10. Gnanadurai Hospital, Sivakasi, Tamil Nadu

These hospitals have demonstrated exceptional dedication to the project's sustainability and have been instrumental in providing quality care to HIV positive patients. The collaboration between ASHA Foundation and these hospitals has resulted in the successful implementation of PMTCT services and improved health outcomes for the individuals served.

Programs attended:

Sl No	Date	Topic	Name	Venue	No. of Days	Conducted by
1	29-07-2022 - 02-08-2022	International AIDS Conference, Montreal	Remya Alan Thomas	Palais de congress, Montreal, Canada	55 5 days	International AIDS Society
2	14-09-2022	HIV/AIDS Updates	Remya Alan Thomas & Shivamma	ASHA premises	1 hr	Dr. Glory Alexander
3	14-09-2022	Montreal, Canada Visit	Maya, Mercy, Priyenka, Remya, Silvia, Supriya	ASHA premises	2 hrs	ASHA Foundation
4	16-09-2022	BHAF meeting	Shivamma	Radio Active Office V.V Puram	3 hrs	Bangalore HIV and AIDS Forum
5	17-03-2023	BHAF meeting	Shivamma	Milana office Austin Town	3 hrs	Bangalore HIV and AIDS Forum

Our outreach worker contacted 20 new institutions (Maternity homes, Clinics etc.) and 1562 old institutions including Govt centers and 168 networks during this financial year to inform about ASHA foundations PMTCT programs and identify HIV positive pregnant women.

Conclusion: The ASHA Foundation's PMTCT project has made significant progress in preventing the transmission of HIV from mothers to their children. The achievements during the financial year April 2022-March 2023 include routine HIV testing, early diagnosis, treatment initiation, counseling, and support services. The project's diligent efforts have resulted in zero cases of newborn children testing positive for HIV over the past nine years. ASHA Foundation remains steadfast in its commitment to eliminating mother-to-child transmission of HIV and improving the well-being of HIV-positive pregnant mothers and their infants.

Case Study:

Sunita is a 32-year-old woman, married for 4 years. This is her third pregnancy, and during her first pregnancy, she tested negative for HIV. However, her first child developed health issues at 11 months of age, leading to frequent hospital visits and recurrent fever. HIV testing was repeatedly conducted, and the child consistently tested negative for HIV. During her second pregnancy, she experienced a miscarriage. In her third pregnancy, she tested positive for HIV during routine investigation and commenced antiretroviral therapy. Husband also tested positive for HIV. Her first child passed away when Sunita was in her 7th month of pregnancy, and she was not consistent with her treatment during the first five months. However, after that, she started taking her medication regularly. Just before delivery, her viral load was measured at 440 copies per cells. She delivered a healthy baby girl in September 2022. The baby was also given Syr .Nevirapine for twelve weeks. The six weeks DNA PCR for baby was HIV negative and she is now 10 months old and repeated HIV antibody tests at 6 months are also negative. This case is being presented to show how this mother in spite of three pregnancies, only one survived, but fortunately is born HIV negative.

PREVENTION MOTHER TO CHILD PROJECT PHOTOS



HIV viral load test being done at ASHA Foundation Premises on 13-12-2022



PMTCT Program Officer providing ART adherence counseling on 17-10-2022



Blood being drawn from baby for 6 months' HIV antibody test at AF premises on 17-10-2022



PMTCT Program Officer giving HIV negative report of baby (at one year) to parents on 12-10-2022



PMTCT Program Officer giving HIV negative report of 6 months baby to the parents on 10-02-2023



PMTCT Program Officer giving baby's HIV negative report to the mother on 09-01-2023



ASHA Foundation PMTCT program officer giving baby's HIV negative final test reports to mother on 21-09-2022



PMTCT Outreach worker attending BHAf meeting on 16-09-2022 at Radioactive office V.V.Puram, Bangalore.



World AIDS Day being celebrated at PMTCT Kerala partner hospital of ASHA Foundation on 01-12-22



World AIDS Day program celebrated at PMTCT partner hospital, Andhra Pradesh on 01-12-2022

5. Camp Rainbow project:

Camp Rainbow is a psycho-social program to provide opportunities for children living with HIV and other serious illnesses to participate in HIV education, traditional camp activities through the vehicle of residential and day camps. It aims at enhancing campers' adherence to treatment and medication, to improve their quality of life with the focus on primarily providing children with serious fun!

ASHA Foundation in partnership with SeriousFun children's network, USA provides children with the magic of camp experiences coupled with the power of intentional programming using focused play methodologies and therapeutic recreation, through Camp Rainbow Project.

Camp Rainbow is a psycho-social program to provide opportunities for children living with HIV to participate in HIV education, traditional camp activities through the vehicle of residential and day camps. It aims at enhancing campers' adherence to treatment and medication, to improve their quality of life with the primary focus on providing children with serious fun!

These structured psycho-social programs are in collaboration with the SeriousFun Children's Network, USA, started by actor Paul Newman. The SeriousFun Children's Network evolved from their year round camps in US and Europe to a Global Partnership Program serving children in Africa, Asia and South America.

2022 was the ninth year of Camp Rainbow Bangalore. In 2022, camp Rainbow Bangalore started the in-person camp programmes, post Covid outbreak. The first session of camp for the year, was conducted in the month of May and another session of camp was conducted in the month of October. Both these camps were a shortened version of the 5 day residential camps and both the camps were conducted in institutions.

The first session of camp in 2022 was conducted in an institution called Mahesh Foundation, which is in Belgaum and the second session of camp was conducted at another institution named Snehasadan, which is in Mangalore.

For both these camps, a small bunch of volunteers and CRB leadership team travelled from Bangalore to the institutions and conducted the camp program at children's hostel itself. It was a 2.5 day program. About 53 children participated in camp program, in the year 2022. Including the year 2022, about 541 children living with HIV have been served through camp.

Another important component of CRB is LIT. LIT stands for ‘Leaders’ in training. It is a program for youth living with HIV. LIT programs are conducted as 1.5 day residential program and also as a 1 day non-residential program. During LIT program, important life-skills topics like decision-making, peer pressure, goal setting, true-love vs Infatuation, marriage etc.. are conducted. In the year 2022, CRB team collaborated with Snehagram, Krishnagiri- another institution working in the field of HIV, to conduct LIT programme for youth who are taking services from them.

About 159 youth participated in LIT program, in the year 2022. A total of about 319 youth have participated in the LIT program, so far.

Though the number of sessions conducted via zoom/online reduced, there were a minimum of 4 sessions facilitated over Zoom.

The tables below give details about the programs and the number of participants.

TABLE 1: TOTAL NO.. OF CHILDREN PARTICIPATED IN 2.5 DAYS CAMP PROGRAMME	
Mahesh Foundation, Belgaum	28
Snehasadan, Mangalore	25
Total	53

TABLE 2: TOTAL NO.. OF YOUTH PARTICIPATED IN LIT PROGRAMME	
St.John’s hospital,Blr	20
Kolar Network	5
Snehagram – I M Possible fellowship,Krishnagiri	22
Snehagram – Magic bus,,Krishnagiri	35
Upasana,Blr	26
Equip India, Hubli	24
Equip India, Hubli	10
Snehasadana, Haveri	17
Total	159

TRAINING PROGRAMMES CONDUCTED

Sl. No	Date	Topic	For whom	Venue	No. of participants	Conducted by
1	3.4.2022	CRB leadership team planning meeting	CRB leadership team members	Online/ Zoom	6	CRB LT
2	10.4.2022	HIV session	Freedom foundation children, Hyderabad	Online/ Zoom	6	CRB LT
3	30.4.2022	Discussion on Camp schedule	CRB leadership team members	Online/ Zoom	5	CRB LT
4	6.5.2022 - 8.5.2022	Camp at Mahesh Foundation, Belgaum	HIV positive children in Belgaum	Mahesh Foundation, Belgaum	29	CRB LT and volunteers
5	18.5.2022	CRB orientation session	Chitradurga network	Online/ Zoom	1	CRB LT
6	12.5.2022	Debrief meeting	CRB LT and volunteers	Online/ Zoom	5	CRB LT
7	3.6.2022	Caregivers' session on 'Revealing HIV status' to children	Staff of Suchethana network, Chitradurga	Online/ Zoom	4	CRB LT
8	17.8.2022	CRB orientation session	Anandajyothi network, Mysore	Online/ Zoom	1	CRB LT
9	26.8.2022	Online follow-up	Campers from Mahesh Foundation, Belgaum	Online/ Zoom	15	CRB LT
10	10.9.2022	LIT	Youth living with HIV	St.John's hospital, Bangalore	20	CRB LT
11	11.9.2022	LIT	Youth living with HIV	Kolar network	5	CRB LT
12	13.9.2022	LIT	Youth living with HIV	Snehagram, Krishnagiri	22	CRB LT
13	23.9.2022 - 24.9.2022	LIT	Youth living with HIV	Snehagram, Krishnagiri	35	CRB LT
14	11.10.2022	Orientation about weekend camp	Staff of Snehasadan, Mangalore	Online/ Zoom	1	CRB LT
15	19.10.2022 - 20.10.2022	LIT	Youth living with HIV	Upasana, Bangalore	26	CRB LT

16	22.10.2022 - 24.10.2022	Weekend camp	Children living with HIV	Snehasadan, Mangalore	25	CRB LT and volunteers
17	8.11.2022	Orientation about Camp Rainbow Bangalore	Staff of Suchethana Network, Chitradurga	Online/ Zoom	1	CRB LT
18	28.11.2022 - 29.11.2022	LIT	Youth living with HIV	Equip India, Hubballi	24	CRB LT
19	1.12.2022- 2.12.2022	LIT	Youth living with HIV	Equip India, Hubballi	11	CRB LT
20	4.12.2022- 5.12.2022	LIT	Youth living with HIV	Snehasadana, Haveri	17	CRB LT
21	23.2.2023 - 24.2.2023	INNOVA-SAFE TRAINING ON MENSTRUATION	Girls from Snehagram	ASHA Foundation	9	CRB LT
22	30.3.2023	Online Volunteers' training session	Camp volunteers from Snehagram	Online/ Zoom	10	CRB LT

OTHER TRAININGS/PROGRAMMES ATTENDED

Sl No	Date	Topic	Names of participants	Venue	No. of Days	Conducted by
1	29.7.2022- 2.8.2022	International AIDS Conference	Dr.Glory Alexander, Maya Singh, Biju Sebastian, Priya, Supriya, Remya Alan, Silvia Thomas, Mercy Priyanka(ASHA Foundation, Bangalore) Rochelle D.Souza , Satish Kumar(YRG CARE,Chennai)	Palais de congres, Montreal-Canada	5	IAS –International AIDS Society
2	24.8.2022	Orientation visit to Cankids	Mercy Priyanka, Silvia Thomas, Satish Kumar	Cankids, Sarjapur road	1	Camp Rainbow Chennai

FEEDBACK:

“I liked this camp very much, I enjoyed very much. I want you to come again and spend time with us many more days”-Camper

“In the next summer camp, teach many more topics. We have learnt a lot through the activities. Thank you very much”-Camper

*“Experience was too good. Never expected it would be so much fun with new people and kids”-
Volunteer*

“We got an opportunity to learn new things. I learnt that there is strength in unity. I also learnt about taking decisions”-LIT participant

“It was a good session. You were like our own friends and sisters. Liked the activities which were done” -LIT participant

CAMP RAINBOW PROJECT PHOTOS



CRB staff conducting a fun HIV quiz in LIT programme, at Upasana, Bangalore on 20.10.2022



CRB staff conducting Animals' masks skit in weekend camp at Snehasadan, Mangalore from 22nd to 24th October 2022



CRB staff discussion in LIT programme, held at St. Johns Hospital Bangalore on 10. 9.2022



CRB staff conducted group activity on 'Infatuation vs true love' during LIT programme at Kolar, on 11.9.2022



CRB staff conducting Ice-breaker activity in Leaders' during training programme at Snehagram, Krishnagiri on 13.09.2022



Camp Rainbow team and participants of 'Innovasafe training programme-A workshop on Menstruation and menstrual hygiene' held in ASHA Foundation, on February 23rd and 24th -2023



Camp Rainbow staff conducting session on 'Decision-making' in LIT programme conducted at Upasana-Bangalore. on 19.10.2022.



Team building activity in Leaders' in training programme in Haveri, on 4th and 5th Dec 2022



CRB Team during challenge in LIT programme held at Hubballi, on 28 -29th Nov 2022.



Camp Rainbow staff conducting weekend camp at Mahesh Foundation, Belgaum, from May 6th to 8th 2022

Research

ASHA Foundation is recognized as a Scientific and Industrial Research Organization (SIRO) by Dept. of Scientific and Industrial research (DSIR). ASHA Foundation's recognition as a SIRO is renewed from April 2023 to March 2026. ASHA Foundation also has a Research Advisory Board.

The primary areas of Research are:

- Clinical research in Prevention of mother to child transmission of HIV infection
- Clinical research in Adults with HIV
- Clinical research in children with HIV
- Adolescent Health Education
- Counseling in HIV
- Socio economic aspects of HIV

List of publications:

1. Dr. Glory Alexander- Original author of Unit **HIV/AIDS and Women** under Block 1- HIV and vulnerable populations for Certificate course(CAFÉ) and Diploma in HIV and Family Education (DAFE) for the Elective on HIV/AIDS BFEE-101 conducted by **IGNOU university** and member of the original expert committee that formulated these courses.
2. Dr.Glory Alexander original author of unit - **HIV/AIDS and its implication for infected person, family and community** under Block 2 HIV/AIDS Education and care for Certificate course(CAFÉ) and Diploma in HIV and Family Education (DAFE) for the Elective on HIV/AIDS BFEE-101 conducted by **IGNOU university** and member of the original expert committee that formulated these courses.
- 3 Joyce Davis, Dr.Glory Alexander, Chitra Lancelot, Dr.PSS Sundar Rao **Assessment of workshop-based training of teachers for imparting value based education to high school students.**-Journal of Educational Research and Extension; volume 43,Oct-Dec 2006.pages 10-17.
- 4 Avina Sarna, Jaleel Ahmed, Glory Alexander, Vaishali Mahendra et al.
Exploring the barriers to accessing care and treatment for HIV infected children in India-A diagnostic study- Research update –April 2007.

5. G. Alexander, B.G.Sunitha, K.L.Chitra **Counseling Needs Of Persons Exposed To Human Immuno-Deficiency Virus**-Indian Journal of medical research 126,August 2007,pp152-155.
6. Joyce Davis, Glory Alexander, PSS Sundar Rao –**Value education for children- whose responsibility ?** New Frontiers in Education, Vol-40, No-3, July-Sept 2007 pp246-250.
7. Joyce Davis, Glory Alexander **Mapping the future-Students response to Adolescent Health Education** booklet June 2009
8. Joyce Davis, Glory Alexander, PSS Rao **Response of Indian School Students to Adolescent Health Education**-New Frontiers in Education, Vol.43, No.4,October -December 2010 pp 494-499.
9. Joyce Chitra Davis, Glory Alexander, Divya Alexander, Pearly Benjamin **Character building and Life Skills Education – Teachers Resource Manual – Volume -1 (Understanding myself and Friendships)**
10. Joyce Chitra Davis, Glory Alexander, Divya Alexander, Pearly Benjamin **Character building and Life Skills Education – Teachers Resource Manual – Volume - 2(Marriage, a lasting friendship and Managing Emotions)**
11. Joyce Chitra Davis, Glory Alexander, Divya Alexander, Pearly Benjamin **Character building and Life Skills Education – Teachers Resource Manual – Volume -3 (Praticing good character and Courage to turn around)**
12. Karthikeyan Vijaya, Alexander Glory, Solomon Eileen, Rao Sarita, Rao PSS Sunder- **Prevention of mother to Child transmission of HIV- Our experience in South India**- Journal of Obstetrics and Gynaecology of India, Jan/Feb 2011, Pg.62-66
13. – Alexander.G, Kanth.C, Thomas.R.- **A descriptive study on the users and utility of HIV/AIDS Helpline in Karnataka , India**- Indian J Community Med 2011; 36:17-20

14. E. Solomon, F. Visnegarawla, P. Philip, G. Alexander- **Demographic Predictors of HIV positivity among Women presenting for Obstetric care in South India- a case control study-** AIDS care journal . Vol-23, No.10, October 2011 pp-1336-1343
15. Visnegarwala, F., Nalli, A., Babu, R., Satish, S., Pradeep, L., & Alexander, G **Impact of antiretroviral therapy (ART) on socio-economic status and productivity of HIV-positive individuals/households in a private setting in India.**Journal of the International Aids Society - Vol. 15, (Suppl 3) October 2012 pp. 257-258 J Int AIDS Soc. 2012; 15(Suppl 3): doi: [10.7448/IAS.15.5.18443-40](https://doi.org/10.7448/IAS.15.5.18443-40)
16. -Solomon E, ; Visnegarwala F; Philip P; Pappachen JS, ; Alexander .G **Description of Comprehensive PPTCT Counsellors' Training:The Backbone of PPTCT Services in India-** Journal of Health Management. Vol 14,No.3,Sept.2012 pp 369-374
17. Glory Alexander, Chitra L.Kanth, Priyanka Manoharan, Merlin Maria, Diptty Joseph. **The HIV/AIDS Helpline is an effective tool of communication** – World Journal of AIDS Vol 4, Aug 2014, pp 305-310
- 18 Davis, Joyce Chitra; Sebastian, Biju; Alexander, Glory,.**Teachers training workshops: a capacity building strategy for mainstreaming HIV/AIDS prevention education among adolescents.** New Frontiers in Education,Vol 47, No.4. Oct-Dec 2014 pp 54-66
19. Gadavalli Vera Venkata Satyakiran, Radhika Manoj Bavle, Glory Alexander, Saritha Rao, Reshma Venugopal, Sreelatha S Hosthor **A relationship between CD4 count and oral manifestations of human immunodeficiency virus-infected patients on highly active antiretroviral therapy in urban population.** J Oral Maxillofac Pathol. 2016 Sep-Dec; 20(3): 419–426. doi: 10.4103/0973-029X.190934
20. - Glory Alexander, Sarita Rao, Saranya Satish, Ram Babu **Growth and Development of children living with Human Immunodeficiency virus in South India –A comparative study-** Glory–Indian Journal of Child Health- Vol 4, Issue 2, Apr-June 2017 PP 162-169.
21. Visnegarwala, F., Alexander, G. and Babu, R. **Improvement in Socio-Economic Productivity of HIV Positive Individuals on Anti Retroviral Treatment in a Private Setting in South India.** World Journal of AIDS, 9, 23-32. <https://doi.org/10.4236/wja.2019.91003>

- 22. Covid 19 and HIV -a Tale of two pandemics** published in New Indian Express on 10.4.2020 under the column Expert Opinion by Glory Alexander
- 23.** Glory Alexander and Dr. Nandimath, **Confidentiality and Medical Treatment** , Chapter written in the book titled **Health Law and Ethics published in 2021.**
- 24. Guidelines for reopening of schools** – member of expert committee and contributor to this document published as document in June 2021
- 25.** Alexander, G. and Thomas, R. (2022) **Health-Related Quality of Life in HIV-positive Women on Long-Term Antiretroviral Therapy—A Study from Bangalore, South India.** *World Journal of AIDS*, **12**, 97-110. doi: [10.4236/wja.2022.122008](https://doi.org/10.4236/wja.2022.122008)

TRAININGS CONDUCTED 2022-23

Sl. No	Date	Topic	For whom	Venue	No. of participants	Conducted by
.1	03.04.2022	CRB leadership team planning meeting	CRB leadership team members	Online/ Zoom	6	CRB LT
2	04.04.2022	Status of ART-Newer Updates	ASICON participants	Hotel ITC Kakatiya Hyderabad	150	Dr. Glory
3	05.04.2022	EMTCT-Newer Goals	ASICON participants	Hotel ITC Kakatiya Hyderabad	150	Dr. Glory
4	10.04.2022	HIV session	Freedom Foundation children, Hyderabad	Online/ Zoom	6	CRB LT
5	30.04.2022	Discussion on Camp schedule	CRB leadership team members	Online/ Zoom	5	CRB LT
6	05.05.2022	Updates in HIV	Teachers	Dimapur – Nagaland	110	Dr. Glory Alexander
7	06.05.2022 - 08.05.2022	Camp at Mahesh Foundation, Belgaum	HIV positive children in Belgaum	Mahesh Foundation, Belgaum	29	CRB LT and volunteers
8	12.05.2022	Debrief meeting	CRB LT and volunteers	Online/ Zoom	5	CRB LT
9	17.05.2022 - 19.05.2022	69 Teachers training workshop – Dimapur – Nagaland	Teachers	Holy Cross School Dimapur	110	ASHA Foundation
10	18.05.2022	CRB orientation session	Chitradurga Network	Online/ Zoom	1	CRB LT
11	03.06.2022	Caregivers’ session on ‘Revealing HIV status’ to children	Staff of Suchethana network , Chitradurga	Online/ Zoom	4	CRB LT
12	19.07.2022	Meet the Expert session	delegates for the IAS conference	Virtual	172 (72 countries)	Dr. Glory (IAS –EFS team)
13	29.07.2022 - 02.08.2022	International AIDS Conference	Delegates	Montreal, Canada	12000	IAS (Dr. Glory, member of organizing Committee)
14	30.07.2022	Fun and Friend ship: An innovative health and psychosocial intervention for young people living with HIV	Delegates	Montreal, Canada	100	Dr. Glory (also part of panel discussion)

15	30.07.2022	Satellite Symposium	Delegates	International AIDS Conference, Montreal, Canada	100	ASHA Foundation
16	17.08.2022	CRB orientation session	Anandajyothi network, Mysore	Online/ Zoom	1	CRB LT
17	26.08.2022	About the work of ASHA Foundation at the Meet the Students session at the alumni reunion of 2022	Alumni members	CMC, Vellore	200	Dr. Glory
18	26.08.2022	Online follow-up	Campers from Mahesh Foundation, Belgaum	Online/ Zoom	15	CRB LT
19	10.09.2022	LIT	Youth living with HIV	St.John's hospital, Bangalore	20	CRB LT
20	10.09.2022	HIV Updates in Prevention from AIDS 2022	HIV specialists and ID doctors	Hotel ITC Kakatiya	12	Dr. Glory
21	11.09.2022	LIT	Youth living with HIV	Kolar network	5	CRB LT
22	13.09.2022	LIT	Youth living with HIV	Snehagram, Krishnagiri	22	CRB LT
23	23.09.2022 - 24.09.2022	LIT	Youth living with HIV	Snehagram, Krishnagiri	35	CRB LT
24	11.10.2022	Orientation about weekend camp	Staff of Snehasadan, Mangalore	Online/ Zoom	1	CRB LT
25	19.10.2022 - 20.10.2022	LIT	Youth living with HIV	Upasana, Bangalore	26	CRB LT
26	22.10.2022 - 24.10.2022	Weekend camp	Children living with HIV	Snehasadan, Mangalore	25	CRB LT and volunteers
27	08.11.2022	Orientation about Camp Rainbow Bangalore	Staff of Suchethana Network, Chitradurga	Online/ Zoom	1	CRB LT
28	18.11.2022	AHE- Anmol Ashayein Program	Mrs. Tarini Wilson, Silvia, Mercy and Maya Singh	Assembly Hall at Gnanabodhini High School, Kengeri	½ day	ASHA Foundation

29	28.11.2022 - 29.11.2022	LIT	Youth living with HIV	Equip India, Hubballi	24	CRB LT
30	01.12.2022 - 02.12.2022	LIT	Youth living with HIV	Equip India, Hubballi	11	CRB LT
31	04.12.2022 - 05.12.2022	LIT	Youth living with HIV	Snehasadana, Haveri	17	CRB LT
32	23.02.2023 - 24.02.2023	INNOVA-SAFE TRAINING ON MENSTRUATION	Girls from Snehagram	ASHA Foundation	9	CRB LT
33	16.03.2023	Role of Self Testing in HIV to achieve 95-95-95 goals as pre conference workshop on ASICON	for SAARC countries	Hotel ITC Welcome Dwarka, Delhi	50	Dr. Glory
34	16.03.2023	Pre conference workshop on Self Testing in HIV	for SAARC countries	Hotel ITC Welcome Dwarka, Delhi	50	Dr. Glory
35	16.03.2023	Session on Prevention of Violence towards Healthcare Professionals	fASICON	Hotel ITC Welcome Dwarka, Delhi	150	Dr. Glory
36	30.03.2023	Online Volunteers' training session	Camp volunteers from Snehagram	Online/ Zoom	10	CRB LT

TRAININGS ATTENDED 2022-23

Sl No	Date	Topic	Names of participants	Venue	No. of Days	Conducted by
1	29.07.2022 - 02.08.2022	International AIDS Conference	Dr.Glory Alexander, Maya Singh, Biju Sebastian, Priyanka, Supriya, Remya Alan, Silvia Thomas, Mercy Priyanka(ASHA Foundation, Bangalore) Rochelle D.Souza , Satish Kumar(YRG CARE,Chennai)	Palais de congres, Montreal-Canada	5	IAS –International AIDS Society
2	24.08.2022	Orientation visit to Cankids	Mercy Priyanka, Silvia Thomas, Satish Kumar	Cankids, Sarjapur road	1	Camp Rainbow Chennai

3	14.09.2022	HIV/AIDS Updates	Remya Alan Thomas, Priyanka, Supriya & Shivamma	ASHA premises	1 hr	Dr.Glory Alexander
4	14.09.2022	Montreal, Canda Visit	Maya, Mercy, Silvia Priyanka, Remya, Supriya	ASHA premises	2 hr	ASHA Foundation
5	16.09.2022	BHAF meeting	Shivamma	Radio Active Office V.V Puram	3 hrs	Bangalore HIV and AIDS Forum
6	04.10.2022	AHE Nagaland post meeting held at ASHA premises	Dr.Glory Mr.Baiju Ms.Bethesa Mrs.Tarini Mrs.Maya	ASHA Foundation Premises	1 day	AHE- ASHA Foundation
7	22.10.2022 24.10.2022	“Journeying with synodal spirit through networking & Academic collaboration together in communion participation and mission”.	Baiju Sebastian	St.Joseph Vaz spiritual renewal center ,Pune	3	Xavier Board of Higher Education ,Bangalore
8	18.11.2022	AHE- Anmol Ashayein Program	Mrs. Tarini Wilson, Silvia, Mercy and Maya Singh	Assembly Hall at Gnanabodhini High School, Kengeri	½ day	ASHA Foundation
9	06.12.2022 & 07.12.2022	WIPRO Partners meet	Ramu	Chinmaya Vibhooti Post Kolwan, Taluka Mulshi, Pune, Maharashtra 412108	2	WIPRO
10	28.02.2023	Outcome Based Education & Evaluation	Biju Sebastian	Christ College Pune	1	IQAC Cluster India
11	17.03.2023	BHAF meeting	Shivamma	Milana office Austin Town	3 hrs	Bangalore HIV and AIDS Forum

Other Matters:

Resignation and new staff:

During the year, the project co-ordinator of the counselling and testing services project at ASHA Foundation resigned after ten years of service.

International Travel during the year: The Director and seven staff from ASHA Foundation attended the International AIDS Conference that was held in Montreal, Canada from 29th July 2022 to 2nd August 2022. The cost was taken care of by International AIDS Society and ASHA Foundation.

Information on distribution of staff by gender and Salary:

Slab of gross monthly Salary(in Rs) plus benefits paid to staff	Male staff	Female staff	Total staff
<2500	-	-	-
<7000	-	-	-
<15000	-	-	-
<30000	2	10	12
<50000	3	3	6
>50000	-	1	1

Disclosure of salary and benefits of head, highest paid staff member and Lowest paid staff member of organization:

1. Head – Rs.74,816/- per month
2. Highest paid - Project Coordinator-CAR
Salary+ Provident fund + Accident insurance+ Health insurance + Gratuity
= Rs.45,315/-per month
3. Lowest paid -- Outreach worker
Salary + Provident fund+ Accident insurance + Health care + Gratuity
= Rs.17,603/- per month

Our heartfelt gratitude to the following for the year April 2022 to March 2023

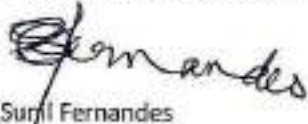
1. Members of the Governing Board of ASHA Foundation for their input and guidance.
2. Mr. Krishna Chivukula and INDO-MIM-Tech Pvt. Ltd for their unending generosity in supporting ASHA Foundation since 2004
3. Serious Fun Network, USA for their partnership and support in Camp Rainbow.
4. Dr. Molly Kurian, Mr. Thampi Kurian and Kurian Foundation Trust for their donations to ASHA Foundation
5. WIPRO cares for educational support to our children for the last eight years.
6. Mr.SD Reuban and Scripture Gift Mission for their generous donation to ASHA Foundation
7. Ms. Angela and Hans Roojimans, Ms. Sytze Huizinga and Stichting Kettingreactie, Netherlands for their contribution to ASHA Foundation.
8. Ms. Divya Alexander, Mr. Bernard Lallier for their generous contribution to ASHA Foundation.
9. Overseas Women's Club for financial support to projects at ASHA Foundation
10. Mrs. Sheila Isaac, for her regular contribution to ASHA Foundation.
11. Mr. Prabindh Sundareson for his generous contribution to ASHA Foundation and Online Giving Foundation for their generous donations to ASHA Foundation.
12. Mr. Mattam Basavaraj for his regular contribution to ASHA Foundation.
13. Deepak Alexander, Srividya, Thomas Philip, Christopher, Reshma Jagtap, Naresh, Arshad Shaik, Subramani, Dr. Savitha Iyer and Saathire Impact Solutions (P) Limited for their generous contributions to ASHA Foundation.
14. Mr. Madhu, for his regular contribution to ASHA Foundation.
15. Mr. Yarava Ramesh for his regular contribution to ASHA Foundation.
16. All our other regular donors, volunteers and well wishers who have always supported ASHA Foundation.

ASHA FOUNDATION
[#42, 4th Main SBM Colony, Anand Nagar, Bangalore - 560024]

CONSOLIDATED BALANCE SHEET AS ON 31.03.2023

PARTICULARS	SCHEDULE	AMOUNT	AMOUNT
I. LIABILITIES:			
1. Local Funds	1		1,19,12,984.91
2. Foreign Funds	2		1,05,53,521.13
3. Provisions & Current Liabilities	3		83,403.70
TOTAL			2,23,83,102.34
II. ASSETS:			
1. Fixed Assets	4	14,66,140.24	11,85,688.01
Less: Depreciation		2,80,452.23	
Net Block			
2. Current Assets:			
Cash & Bank Balances	5	2,04,64,450.33	2,11,97,414.33
Other Current Assets	6	7,32,964.00	
Notes to Accounts	7		
TOTAL			2,23,83,102.34

As per our report of even date.
for Sunil Fernandes & Associates



Sunil Fernandes
Chartered Accountant
Member No.202532
FRN. 0094055
UDIN: 23202532BGZSCW5536

Place: Bangalore
Date: 24.07.2023



for ASHA Foundation



Dr. Glory Alexander
Trustee



Dr. Alexander Thomas
Trustee



ASHA FOUNDATION
[#42, 4th Main SBM Colony, Anand Nagar, Bangalore - 560024]

CONSOLIDATED INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDING 31.03.2023

PARTICULARS	SCHEDULE	AMOUNT	AMOUNT	
I. INCOME:				
1. Receipts During the Year				
Foreign Contributions Received		45,81,351.30	1,33,87,870.51	
Local Contributions Received		88,06,519.21		
2. Other Income				
Savings Bank Interest		77,339.00	8,90,866.00	
Fixed Deposit Interest		8,13,527.00		
TOTAL INCOME			1,42,78,736.51	
II. EXPENDITURE:				
1. Local Project Expenses				
RESEARCH PROJECT EXPENSES - RECOGNISED AS SIRO-DSIR, DEPT OF DST, GOVT OF INDIA:				
a) Research Project Expenses - PMTCT	8	14,66,951.97	74,71,130.90	
b) Research Project Expenses - AHE & TC	9	28,07,787.59		
Other Health Project:				
c) CAR Project Expenses	10	17,54,019.34		
d) CAR - Wipro Cares	11	10,55,260.00		
e) Krishna Medicine Expenses	12	3,87,112.00		
2. FC Project Expenses				
RESEARCH PROJECT EXPENSES - RECOGNISED AS SIRO-DSIR, DEPT OF DST, GOVT OF INDIA:				
1. PMTCT Research Project Expenses	13	12,23,609.75		
2. Research Project Expenses	14	4,961.10		
Other Health Project:				
3. KNH/CAR Project Expenses	15	14,77,983.22		
4. General Project Expenses	16	61,72,090.70		
Depreciation		2,80,452.22	2,80,452.22	
Notes to Accounts	7			
TOTAL EXPENDITURE			1,66,30,227.89	
Excess of Income/(Expenditure) transferred to Balance Sheet			(23,51,491.38)	

As per our report of even date.
for Sunil Fernandes & Associates

Sunil Fernandes

Sunil Fernandes
Chartered Accountant
FRN. 0094055
UDIN: 23202532BGZSCW5536



for ASHA Foundation

Glory Alexander

Dr. Glory Alexander
Trustee

Alexander Thomas

Dr. Alexander Thomas
Trustee



Place: Bangalore
Date: 24.07.2023

CONSOLIDATED RECEIPTS AND PAYMENTS ACCOUNT FOR THE PERIOD FROM 01.04.2022 TO 31.03.2023

PARTICULARS	SCHEDULE	AMOUNT	AMOUNT
I. RECEIPTS:			
1. Opening Balances			
Cash and Bank Balances		35,37,926.23	
Fixed Deposits		1,81,49,394.00	
TDS Receivable		2,44,017.00	
Loans & Advances			
Deposits		4,08,525.00	2,23,39,862.23
2. Receipts During the Year			
Donation - Indo US MIM TEC (P) LTD		60,00,000.00	
Grant received from Wipro Cares		10,52,000.00	
Donation & Contribution Others		28,06,519.21	
Overseas Women Foundation		2,04,388.00	
Grant from International AIDS Society		23,25,689.00	
Grant from Molly Kurian Foundation		20,17,582.00	
Grant from M/s UK Online Giving		38,080.30	
Stichting Kettingwactie		2,00,000.00	1,46,44,258.51
3. Other Income			
Savings Bank Interest		77,339.00	
Fixed Deposit Interest		8,13,527.00	8,90,866.00
TOTAL RECEIPTS			3,78,74,986.74
II. PAYMENTS:			
1. Local Project Expenses			
II. RESEARCH PROJECT EXPENSES - RECOGNISED AS SIRO-DSIR, DEPT OF DST, GOVT OF INDIA:			
a) Research Project Expenses - PMTCT	8	14,66,951.97	
b) Research Project Expenses - AHE & TC	9	28,07,787.59	
Other Health Project:			
a) CAR Project Expenses	10	18,28,859.08	
b) CAR - Wipro Cares	11	10,55,260.00	
c) Krishna Medicine Expenses	12	3,87,312.00	75,45,970.64
Purchase of Fixed Assets		2,54,200.00	2,54,200.00
2. FC Project Expenses			
II. RESEARCH PROJECT EXPENSES - RECOGNISED AS SIRO-DSIR, DEPT OF DST, GOVT OF INDIA:			
1. PMTCT Project Expenses	13	12,24,118.75	
2. Research Project Expenses	14	4,961.10	
Other Health Project:			
3. CAR Project Expenses	15	14,77,983.22	
4. General Project Expenses	16	61,70,338.70	88,77,401.77
3. Closing Balances			
Cash and Bank Balances		16,03,400.33	
Fixed Deposits		1,88,61,050.00	
Deposits		3,08,100.00	
TDS Receivable		4,24,864.00	2,11,97,414.33
Notes to Accounts	7		
TOTAL PAYMENTS			3,78,74,986.74

As per our report of even date.
for Sunil Fernandes & Associates

Sunil Fernandes
Sunil Fernandes
Chartered Accountant
FRN: 0094055
USIN: 23202532B625CW5636



for ASHA Foundation

Glory Alexander
Dr. Glory Alexander
Trustee

Alexander Thomas
Dr. Alexander Thomas
Trustee



Place: Bangalore
Date: 24.07.2023

PHOTOGRAPHS

MISCELLANEOUS



Mrs. Molly Kurien, Mr.Thampi Kurien and Mr.Thomas Kurien from Kurien Foundation Trust visited ASHA Foundation office on 17-01-2023



Board Meeting held at ASHA Foundation premises on 29-09-202



Mr. George Ninan, member of the Board of Trustees of ASHA Foundation, was felicitated by ASHA Foundation staff on 29-09-2022



Mr. Vijay Chandy, a member of the Board of Trustees of ASHA Foundation, was felicitated by the ASHA Foundation staff on 29-09-2022



Dr. Alexander Thomas, a member of the Board of Trustees of ASHA Foundation, was felicitated by the ASHA Foundation staff on 29-09-2022



ASHA Foundation staff and Board Members

INTERNATIONAL AIDS CONFERENCE, MONTREAL, CANADA PHOTOS



"The 24th International AIDS Conference's inaugural ceremony held in Montreal, Canada on 29.7.2022"



ASHA Foundation staff with Laure and Julia from International AIDS Society Educational Fund Department at Montreal, Canada on 30.7.2022



ASHA Team at Montreal 02-08-22 with Banner received from Serious Fun Network, our partners in Camp Rainbow Project



ASHA Foundation Booth in the Global Village at IAS conference, Montreal 31-07-2022



Dr.Glory with Jessica Whitbread, co- conference committee members at IAS Conference, Montreal, Canada – 01.08.2022



Dr. Glory Alexander and Serious Fun Partners at the Panel Discussion in a Satellite Symposium at the IAS Conference, Montreal 31.7.2022.



ASHA team and Serous Fun team at a dinner at Montreal on 31-07-2022



Dr. Glory Alexander at 14th National Conference of AIDS Society of India held from 17th to 19th March 2023 at Delhi Inaugural function on 17.3.2023.



Lighting Lamp ceremony at 14th National Conference of AIDS Society of India held 17th to 19th March 2023 at Delhi



Dr. Glory Alexander presenting a memento to a dignitary at Inaugural Function of ASI conference on 17.3.2023



At the ASI national Conference, Delhi with colleagues on 17.3.2023.



Entertainment program at ASI National Conference in Delhi. Nattu-Nattu



Dr. Glory Alexander With Dr. Anoop Kumar Puri, DDG at NACO, at ASI Conference Delhi.



Dr. Glory speaking to the medical students at CMC Vellore reunion about ASHA Foundation on 26.08.2022



ASI committee members with HIV specialists at Hyderabad after presentation.



Receiving cheque from Overseas Womens Club liason person on 30.3.2023.



Dr.Glory Alexander with Stichting Kettingreactie , Netherlands Jelly and Sytze Huizinga, on their visit to ASHA Foundation on 23-12-2022



Dr.Glory Alexander with Stichting Kettingreactie, Netherlands founder Mr. Hans and Angela Roojimans on their visit to ASHA Foundation in September 2022

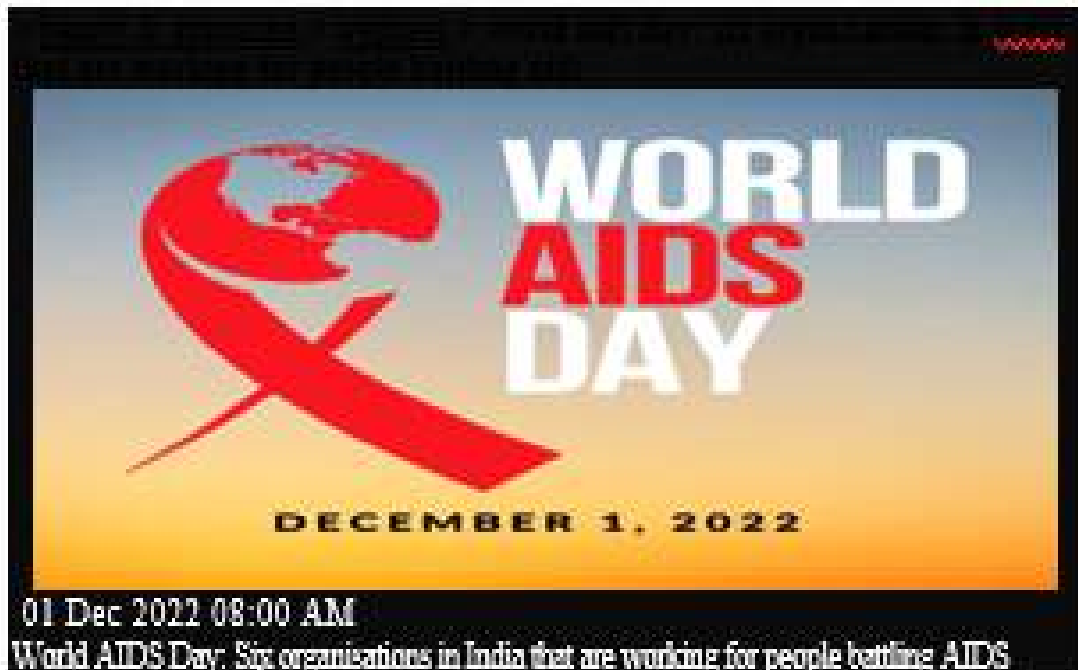


Adolescents from I am Possible fellowship, Ms. Silvia Thomas coordinator of Camp Rainbow with Dr. Glory Alexander



Partnership meeting ASHA Foundation and Snehagram Krishnagiri 21-01-2023 with campers who had attended our camps previously in their teens , now all grown up

PRESS CUTTINGS



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World AIDS Day is observed on December 1 every year in order to raise awareness of the AIDS pandemic caused by the spread of HIV infection and pay tribute to the AIDS patients.

According to a National AIDS Control Organisation (NACO) report, it was estimated that in 2017, over 2.14 million people lived with HIV/AIDS in India, which makes us the third country in the world with the largest population of people living with the condition. While largely the causes that lead to AIDS still remain unprotected sex, how are we as a nation performing to aid those who are living with it already? This World AIDS Day, we are taking a look at all the organisations in India that are working for HIV and AIDS patients, in different capacities. Ranging from education and raising awareness to working for the benefit and providing a respectful life to patients, these organisations are doing it all.

World AIDS Day: Indian organisations that are making a difference National AIDS Control Organization (NACO)



Image: Courtesy NACO

The GoI organisation for National AIDS response in the Ministry of Health and Family Welfare, NACO is a fully-funded Central organisation that works towards AIDS patients. It's main components are Prevention, Information, Education and Communication (IEC), Testing, Treatment, Laboratory Services, Mainstreaming & Partnership and Social Protection and Strategic Information (SI). With its programmes and targets, it aims to halt and reverse the HIV epidemic in India.

Alliance India

Image: Courtesy CDC/Unsplash

A non-profit organisation that works through the support of community action in order to prevent HIV infection, meet the challenges of AIDS in India, and build healthier communities. Their mission is to build a world where nobody loses their life to AIDS. Alliance India is an organisation that works along with civil society, the Government of India and other communities to find sustained response to HIV and other related public health issues in India and build healthier communities. They also aim at making the healthcare system in India more efficient and advocating for human rights for AIDS patients. This World AIDS Day, this is just one of the many organisations that are doing to alleviate AIDS in India.



Asha Foundation

Image: Courtesy CDC/Unplash

Established in 1998 by Dr. Glory Alexander and like-minded people, ASHA stands for Action, Service, Hope for AIDS. Decades ago, when Dr. Glory Alexander could not save a man dying of AIDS, she conceived the idea of this organisation, which soon became a reality. Since then, Asha has been helping people affected by HIV/AIDS and their families. Asha has made huge impact in the field through a range of services and acts like advocacy, capacity building, research, preventive services, awareness, treatment, care, support and rehabilitation of HIV affected persons with a special focus on women and children.

The Naz Foundation India

Image: Courtesy World AIDS Day/Instagram

On the account of World AIDS Day, next is The Naz Foundation. They are a New Delhi-based NGO working on HIV/AIDS and Sexual Health since 1994. It focuses on prevention as well as treatment for the affected through holistic approaches to combat AIDS.

CHECK THEM OUT HERE

|

मां से बच्चे में संक्रमण रोकना चुनौतीपूर्ण मगर जरूरी: डॉ. अलेक्जेंडर

विश्व एड्स दिवस विशेष

- देश में एचआइवी पीड़ित 90 फीसदी महिलाएं गृहिणियां
- ज्यादातर अपने पतिवों से हुई संक्रमित
- गर्भवती महिलाओं के बीच एचआइवी प्रमुख सार्वजनिक स्वास्थ्य समस्या

निखिल कुमार
patrika.com

बेंगलुरु, गर्भावस्था, प्रसव और स्तनपान के दौरान एचआइवी पॉजिटिव मां से बच्चों को होने वाले संक्रमण (मदर टू बच्चे ट्रांसमिशन) को रोकना जा सकता है। एचआइवी वायरस के संचरण का न्यूनतम जोखिम सुनिश्चित करने के लिए विज्ञान ने हमें उपकरण और साक्ष्य-आधारित दृष्टिकोण प्रदान किए हैं। लेकिन, लगभग दो दशकों से मौजूद इन उपकरणों के बावजूद, हम उन्हें पूरी तरह से लागू करने में विफल रहे हैं। थाईलैंड, मलेशिया, मालदीव और श्रीलंका सहित करीब 17 देशों ने मां-से-बच्चे के संचरण को समाप्त करने में सफलता हासिल की है। भारत की स्थिति सुधरी है। लेकिन, भारत अब भी लक्ष्य से बहुत दूर है। गर्भवती महिलाओं के बीच एचआइवी प्रमुख जनस्वास्थ्य समस्या है।

यह कहना है प्रतिष्ठित डॉ. वी.सी. रॉय राष्ट्रीय पुरस्कार से भी सम्मानित डॉ. स्लोरी अलेक्जेंडर का। ये तीन दशकों से अधिक समय से एचआइवी संक्रमित भरीजों की चिकित्सकीय देखभाल प्रदान करने के लिए समर्पित रूप से काम कर रही हैं। वे आशा फाउंडेशन (एक्शन, सर्विस और शैप फॉर एड्स फाउंडेशन) की संस्थापक भी हैं। आशा फाउंडेशन ने बीते आठ वर्षों में अपने विभिन्न शिविरों के माध्यम

हर गर्भवती तक पहुंच मुश्किल पर जरूरी

डॉ. अलेक्जेंडर के अनुसार देश में हर साल 2.70 करोड़ महिलाएं गर्भवती होती हैं और इनमें से लगभग 20,500 महिलाएं एचआइवी पॉजिटिव होती हैं। लेकिन, सभी गर्भवतियों तक पहुंच एचआइवी परीक्षण बहुत मुश्किल है। नाको की 2020-21 की वार्षिक रिपोर्ट के अनुसार, सितंबर 2020 तक वे एचआइवी के लिए लगभग 1.57 करोड़ महिलाओं का परीक्षण करने में सक्षम थे और इनमें से लगभग 9,000 एचआइवी पॉजिटिव पाई गईं। एक और समस्या यह है कि आज भी ग्रामीण क्षेत्रों में कई महिलाएं प्रसव पूर्व जांच के लिए भी अस्पताल नहीं आती हैं। हालांकि, स्थिति पहले से बेहतर हुई है।



से 1000 से ज्यादा एचआइवी पॉजिटिव बच्चों की शिक्षा और पोषण संबंधी जरूरतों को पूरा करने में अहम भूमिका निभाई है। कई बच्चे अब विभिन्न नौकरियों और व्यापार में हैं। आशा फाउंडेशन में फिलहाल 55-60 पॉजिटिव बच्चे एंटी-रेट्रोवायरल थेरेपी (एआरटी) ले रहे हैं।

10 हजार से ज्यादा बच्चे एआरटी पर

डॉ. अलेक्जेंडर ने बताया कि कर्नाटक में 10 हजार से ज्यादा बच्चे एआरटी पर हैं। देश में, एचआइवी से संक्रमित लोगों में लगभग 44 फीसदी महिलाएं हैं। इनमें से 90 फीसदी महिलाएं गृहिणियां हैं, जो ज्यादातर अपने पतिवों से संक्रमित होती हैं। जब वे गर्भवती होती हैं, तो उनके बच्चों में एचआइवी संक्रमण फैल सकता है। देश में हर साल 25,000 से ज्यादा बच्चों को उनकी माताओं से एचआइवी संक्रमण होता है।

...तो संक्रमण का जोखिम एक प्रतिशत से कम

इन महिलाओं को लक्षित करना बहुत

महत्वपूर्ण है। गर्भावस्था के दौरान नियमित जांच के लिए अस्पताल पहुंचने वाली महिलाओं को अनिवार्य रूप से एचआइवी संक्रमण के लिए जांच जाना चाहिए। संक्रमित निष्क्रान्त पर पौष्टिक उपचार प्रारंभ हो। इससे शिशु के संक्रमित होने की संभावना कई गुना घटती है। बीते छह वर्षों में राज्य में 82,321 लोग एचआइवी से संक्रमित हुए। इनमें से 3,714 मामले एंटी-रेट्रोवायरल (प्रसव पूर्व जांच क्लिनिक) में सामने आए हैं। स्तनपान के दौरान संक्रमण का खतरा 40 से घटकर पांच प्रतिशत से भी कम रह जाता है। एआरटी ले रही महिला अगर गर्भवती होती हैं, तो शिशु के संक्रमित होने का जोखिम एक प्रतिशत से कम रहता है।

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FRIDAY 20-05-2022

THE MORUNG EXPRESS

LIFE SKILLS AND CHARACTER DEVELOPMENT



ASHA Foundation, Bangalore, along with Commission for Education, Diocese of Kohima conducted Teachers' Training workshop "Anmol Ashayein" Life skills and character building on 17-19th May 2022 at the Holy Cross Higher Secondary School. The inaugural function's Chief Guest was Shri. Peter Lichamo IAS, Secretary Home Department, Government of Nagaland. A total number of 110 teachers from various schools in Nagaland attended the workshop. The workshop focused on Adolescent Education, Character building, Life skills for adaptive and positive behavior to deal effectively with the demands and challenges of everyday life and various teaching skills.

Adolescent Health Education

Adolescent Health Education is one of the projects of ASHA Foundation, empowering of adolescents so that they can face the challenges of their future. The project facilitates empowering of students in the area of preventing HIV/AIDS which was a threat to adolescents, awareness on challenges of smoking, substance abuse, alcoholism and suicide ideation.

The strategy involves empowering adolescents with life skills and build character in the school going years. Therefore, the people involved in the program are Institutions, school leadership, teachers, parents, students and ASHA Foundation.

This programme trains teachers in a three-day workshops. The strategy is to train teachers who would facilitate this process for their students in their schools. These teachers go back to their schools and in consultation with the school leadership implement the program in their schools. To make this value teaching realistic there is a peer and parent component. The guideline for this is provided to the teachers at the teachers' training workshop. Each lesson has its peer and parent's component. The value teaching is structured to help children walk the talk not only for teenage years but these skills are learnt for life.

**PRINCIPAL, Holy Cross Hr. Sec. School
Dimapur: Nagaland**

The long-awaited goal of ensuring every child is born HIV-free

TOPICS: [HIV](#) [People Living With HIV/AIDS](#)



health news in [hindi](#)

POSTED BY: [HASTAKSHEP NEWS](#) 1 AUGUST 2022

Article based on an interview with [Dr. Glory Alexander](#) who has dedicated her life to helping [HIV-positive pregnant women](#) deliver HIV-negative babies and taking care of people living with HIV. Few countries have already eliminated parent-to-child transmission of HIV (so no child is born with HIV). We have the medicines and tools and approaches to help [HIV-positive parents](#) deliver HIV-negative babies but the world at large has a long way ahead to make this dream come true.

Science has gifted us tools and evidence-based approaches to ensure that there is minimal risk of transmission of [HIV virus](#) from HIV-positive parents to the child during pregnancy, delivery and breastfeeding. Despite these tools existing for almost two decades now to ensure every child is born HIV free to positive parents, we have failed to implement them fully. As per UNAIDS, despite substantial progress made in the last two decades to ensure that every child born to positive parents is HIV-free, 150,000 such children were born in 2020. This is nearly eight times more than the desired "goal of achieving less than 20,000 children born with HIV worldwide by 2020".

More worrying is that the pace of the decline has slowed in recent years.

Who is Dr. Glory Alexander?

Dr. Glory Alexander, who has been devotedly working to providing medical care to people living with HIV, for more than three decades, spoke with CNS (Citizen News Service) and spoke around the 24th International AIDS Conference (AIDS 2022). Besides, being one of the organisers of this world's largest AIDS conference taking place in Montreal, she is also the founder of ASHA Foundation (Action, Service, and Hope for AIDS Foundation) in Bengaluru, India, and elected as National Vice President of AIDS Society of India.

According to the latest report of NACO (National AIDS Control Organization of India), in 2020-21 a little more than half (56% or 11,744) of the estimated HIV-positive pregnant women (20,900) received care through HIV counselling and testing services in government and private healthcare facilities. Of those diagnosed HIV positive, 10,937 pregnant women were initiated on or were already on lifelong antiretroviral therapy and 85% of infants born to HIV-positive mothers were put on antiretroviral prophylaxis.

The report further says that "To achieve the target of elimination of Mother-to-child transmission of HIV, there is a need of significant improvement since overall coverage of *Prevention of Mother to Child Transmission (PPTCT) cascade service* is low at National level as well as inter-State level."

Dr Alexander said that "In India, women constitute about 44% of those infected with HIV. Women who come from HIV key affected populations such as sex workers are more likely to be reached by HIV services periodically and receive care. But 90% of the women living with HIV in India are housewives who mostly get infected through their husbands. When they get pregnant, HIV infection could get transmitted to their children. It is very important to target these women, more so as they do not perceive themselves to be at risk of HIV infection as they are likely to have single partners and may not be indulging in risky sexual behaviours. Moreover, Indian women are perceived as caregivers but themselves have poor health-seeking behaviour. So they rarely come by themselves to get tested, even though it is very important to diagnose these women early on."

However, women are likely to reach out to a health facility during pregnancy. "That is a good time to do their HIV test and put them on treatment if diagnosed HIV positive. The treatment also prevents the risk of transmission to the child during the mother's pregnancy. Treatment for the prevention of mother-to-child transmission brings down the risk of transmission from about 40% in the breastfeeding population to less than 5%. If a woman is already on antiretroviral therapy and she becomes pregnant the risk of transmission is less than 1%," shared Dr Alexander.

"Women are more prone to co-morbidities like cardiovascular and cerebrovascular diseases. They also respond in a different manner to antiretroviral therapy as we have to worry about their bone health and there is an increased risk of cancer of the cervix in women who are HIV positive. Thus women and children are very important cogs in the wheel for the management of HIV infection and need to be diagnosed and treated early on", she added.

In India every year 27 million women get pregnant and hidden among them are about 20500 women who are HIV-positive.

"It is very difficult to be able to trace all these 27 million women and test them for HIV. So one barrier is testing such a large pool of pregnant women every year. As per the annual 2020-21 report of NACO, till September 2020 they were able to test about 15.7 million women for HIV and of these 9, 000 were found to be HIV positive. Another problem is that even today many women in the rural areas do not come to a hospital even for an antenatal check-up, though that is slowly improving over the years," said Dr Alexander.

Not a single HIV-positive child was born to positive parents in Dr Glory's cohort

"Today in India many HIV-positive women want to have children and in the past few years, I have not had a single positive child born in my small cohort of pregnant women as I test them

woman's individual or personal decision or choice and should not be forced on her. We still have instances in India where many HIV-positive women were being falsely advised to have an abortion as they were told their child would be born HIV positive. In fact, if an HIV-positive woman wants to become pregnant we must support and help her so that she gives birth to an HIV-negative infant," said Dr Glory Alexander.

Thirty-five years of medical service for people living with HIV: how did it begin?

"In 1987, I had just started working as a Consultant Physician at Baptist Hospital in Bengaluru, capital of India's state of Karnataka. On Monday morning while doing my hospital ward rounds, I came across a newly admitted American patient who was very sick with a respiratory problem. He asked me if he had AIDS. I was shocked because at that time even we doctors had very little knowledge about AIDS. After sending him to the intensive care unit, I went to the library to read up on AIDS and was convinced that he was suffering from *Pneumocystis pneumonia*, a very common opportunistic infection in people who are infected with HIV. I sent his blood sample for diagnosis to my alma mater Christian Medical College Vellore, as no HIV testing facilities were available in Karnataka at that time. We lost the patient 36 hours after my first interaction with him. His test results came one week later confirming that he was HIV positive. He died a lonely painful death far away from his family. I learnt later that he was a homosexual person from San Francisco who had come to India because of the stigma he was facing in his own country. His death impacted me severely. I wanted to do something for the people living with HIV. I finally resigned from my full-time hospital job and started ASHA Foundation to contribute my two bits to society. We started an AIDS helpline to keep people informed about HIV and also a clinic for HIV-positive patients. Later we included adolescent health education, camp rainbow for HIV-positive children, care and support services for families and people infected with HIV and prevention of mother-to-child transmission, as part of our services," shared Dr Alexander.

To end HIV transmission from positive parents to the child during pregnancy, delivery and breastfeeding, four major actions need to be taken: primary prevention of HIV among women of childbearing age; prevention of unintended pregnancies among women (especially those living with HIV); prevention of HIV transmission from a woman living with HIV to her infant; and provision of appropriate treatment, care and support to women living with HIV, as well as their children and families.

As of now, fourteen countries have eliminated mother-to-child transmission, out of which four -Thailand, Malaysia, Maldives and Sri Lanka - are in the Asia Pacific region. While India is making some progress in this direction, it is still far away from achieving this goal. Let us hope that AIDS 2022, gives an added impetus to the countries' resolve to ensure that no child is born with the HIV virus. Amen!



CNS Trilogy from IAS 2021



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Long-awaited goal of ensuring every child is born HIV-free



[watch video interview | listen to podcast] Science has gifted us tools and evidence-based approaches to ensure that there is minimal risk of transmission of HIV virus from HIV-positive parents to the child during pregnancy, delivery and breastfeeding. Despite these tools existing since almost two decades now to ensure every child is born HIV-free to positive parents, we have failed to implement them fully. As per UNAIDS, despite substantial progress made in the last two decades to ensure that every child born to positive parents is HIV-free, 150,000 children were born with HIV in 2020. This is nearly eight times more than the desired 'goal of achieving less than 20,000 children born with HIV worldwide by 2020'. More worrying is that the pace of the decline has slowed in recent years.

Dr Glory Alexander, who has been devotedly working for providing medical care to people living with HIV, for more than three decades, spoke with CNS (Citizen News Service) spoke around the 24th International AIDS Conference (AIDS 2022). Besides, being one of the organisers of this world's largest AIDS conference taking place in



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THE NATION

We cannot #endAIDS if we blindly depend on the Global North

SUNDAY, JULY 31, 2022

We cannot #endAIDS if we blindly depend on the Global North

By [Asha](#) and [Sudhakar](#)



 AIDS 2022
29 July - 2 August



**India's role in achieving 100-100-100
#endAIDS target in Global South**

29th July 2022, Friday
5pm Montreal Canada



Citizen News Service ([CNS](#))

If we look back over the past four decades since the first case of HIV was diagnosed, we cannot miss the stark writing on the wall: had the whole world depended only on the rich nations, then we would have miserably failed to deliver antiretroviral therapy to over 28.7 million people.

It will also become amply clear how vital remains the central driving force of key affected communities as well as the Global South in making medicines affordable and accessible. Rich nations have spared health innovations indeed. But it is the people most at risk of HIV and the countries in the Global South that have made the dream partially come true of making these scientific breakthroughs reach those who are most in need.

With 101 months left to end Aids by 2030, countries globally have to ensure 100% people living with HIV know their status, 100% of them are receiving lifesaving antiretroviral therapy along with full spectrum of HIV care cascade, and are virally suppressed. In addition, 100% of people

should have full access to HIV combination prevention options so that we can deliver on zero new case targets. "We do not have to wait till 2030, we already have the tools and approaches which science has proven that they work. We have to implement what we know works," said Dr Ishwar **Gilada**, Governing Council member of International Aids Society (IAS) and President of Aids Society of India (ASI) – a national network of HIV medical experts and researchers. Dr **Gilada** was chairing a press conference hosted by ASI and Organized Medicine Academic Guild of India at the 24th International Aids Conference (Aids 2022) in Montreal, Canada.

92% HIV medicines globally come from India

"Currently 92% of lifesaving antiretroviral therapy for people living with HIV worldwide comes from Indian generic manufacturers. Compared to the price of these medicines in the Global North, credit goes to most affected communities and Indian generic medicine manufacturers who have made medicines affordable. Most of the generic antiretroviral medicines cost 1% or less when compared to the cost of the same in rich nations. For example, best available three-in-one medicine was costing USD 10,452 per patient per year, but lowest quoted cost from Indian generic manufacturers is USD 69, which is merely 0.7% of international cost. Likewise, cost of treatment of those infected with hepatitis C virus was USD 84,000 for three months therapy, but Indian manufacturers have brought down the cost to as low as USD 215 – which is less than 0.3% of international cost," added Dr **Gilada**.

If we are to scale up lifesaving medicines along with full spectrum of HIV care services, particularly in low and middle-income countries, role of countries in the Global South, such as India, is pivotal.

Agrees Dr Beatriz **Guerrero**, President-Elect of International Aids Society (IAS): "India as one of the biggest producers of generic medicine, has been able to develop, produce, and export generic antiretroviral treatments which are key for scaling up access to these medicines." She strongly advocated for boosting South-South cooperation on health

Inequalities determining trajectory of HIV epidemic in the Global South

"Scale up of antiretroviral therapy has improved over the years as well as access to HIV services, however it is also fundamental to ensure the quality and sustainability of the programmes which are being implemented," added Dr **Guerrero**. "Countries in the Global South have many issues in common as inequalities are still determining the trajectory of HIV epidemic in low and middle-income countries."

Dr Beatriz said "There are compelling factors that demand reassessments of policy frameworks for emerging South-South cooperation. A framework which is holistic and aims for generating health-driven research and development, will strike a balance between promoting and protecting the right to access of medicines." Bridge the gap between "what we know," and "what we do"

Dr Ann Duem, Scientific Affairs Director, HIV Vaccine Trials Network (HVTN), and Professor, Vaccine and Infectious Disease Division, Fred Hutchinson, Seattle, USA expressed concern on latest UNAIDS global Aids update shared at Aids 2022. In 2021, every 2-3 minutes an adolescent girl or young woman was infected with HIV and every minute we lost a life to Aids.

Dr Ann Duem said: "It is high time that we redouble our efforts globally. We need to increase implementation of what we know works. This includes increasing HIV treatments, and also increasing the preventive measures such as pre-exposure prophylaxis (PrEP) along with full range of combination prevention options, especially among populations at risk."

She strongly called upon India to help boost implementation science, which addresses the gap between "what we know" and "what we do." "By closing these gaps, we can redouble our efforts to fight the global epidemic of HIV infection," she added. Commendable progress but challenges remain

Dr Glory Alexander, who is the founder of ASHA Foundation in India and elected as Vice President of Aids Society of India (ASI), is also a part of the Aids 2022 organizing committee. She said that "over the years, we have been able to reduce the number of new HIV infections by about 37% since 2010, and decreased Aids-related deaths by 66% since 2010 in India. That is huge achievement and was possible largely due to scale up of antiretroviral therapy."

However, "among the key populations, HIV seroprevalence continues to remain very high - between 1.5% to 6.25% (compared to general population where HIV incidence is around 0.21%). This needs to be reduced before we can even think of achieving #endAIDS targets. Along with scaling up HIV care services we also have to reduce inequities, failing which it will be very difficult to reach out to the targets of 100-100-100 by 2030" said Dr Glory Alexander to CNS (Citizen News Service).

Dr Glory's concern regarding high HIV rate among key populations is also echoed by the United Nations joint programme on HIV/Aids (UNAIDS). According to the UNAIDS, the risk of acquiring HIV is 35 times higher among people who inject drugs than adults who do not inject drugs; 30 times higher for female sex workers than adult women; 28 times higher among gay men and other men who have sex with men than adult men; and 14 times higher for transgender women than adult women.

Dr Ishwar Ghosh rightly pointed out that it is not 'Global North vs Global South', but a call for reimagining the fight to end Aids based on principles of solidarity, equity, and social justice. While Global North currently leads on health innovations, it is no less vital to ensure that these scientific breakthroughs reach the most-in-need people globally without any delay (or without any barriers like cost).

Bobby Ramakant – CNS (Citizen News Service)

(Bobby Ramakant is a World Health Organization (WHO) Director General's WNTD Awardee 2008 and part of editorial of CNS (Citizen News Service). Follow him on Twitter @BobbyRamakant or visit www.bit.ly/BobbyRamakant)

Who Is Responsible for the Blunting of AIDS Epidemic?

by [Colleen Fleiss](#) on March 20, 2023 at 11:35 PM



When HIV virus is at untraceable levels then it is untransmittable, or “undetectable equals untransmittable” (U Equals U). This is the reality of every HIV patient.

Are We at the Milestone of Blunting of AIDS Epidemic?

“Globally by end of December 2021, new HIV infections reported every year have reduced by 54% since the peak in 1996. In 2021, 1.5 million people got newly infected with HIV, compared to 3.2 million people in 1996. Compared to 2010, annual new infection rate has declined by 32% since then (in 2010, 2.2 million people got newly infected with HIV). Since 2010, new HIV infections among children have declined by 52%, from 320,000 in 2010 to 160,000 in 2021,” said [Dr. Ishwar Gilada](#), President of 14th National Conference of AIDS Society of India (ASICON 2023) and Governing Council member, International AIDS Society (IAS).



[AIDS/HIV - Prevention And Transmission](#)

[Encyclopedia](#) section of [medindia](#) explains in brief about the prevention for AIDS/HIV

‘Eradicating AIDS by 2030 means that every individual has access to prevention methods to defend oneself from HIV, all HIV patients, receive lifesaving antiretroviral drugs, and remain virally suppressed.’

AIDS-related deaths have also declined by 68% in 2021 (compared to the peak in 2004 (and by 52% since 2010). In 2021, around 650,000 people died from AIDS-related illnesses worldwide, compared to 2 million people in 2004 and 1.4 million people in 2010.

developed active TB disease in 2021, out of which 11,000 died. "No one should die of HIV or TB. More importantly we have the scientifically proven tools and approaches to prevent, and treat and manage TB in people living with HIV," said [Dr. Ghosh](#).

ASI Lifetime Achievement Awards 2023

Four distinguished HIV medical experts and scientists were conferred the ASI Lifetime Achievement Awards. [Dr. Prakash Bora](#), [Dr. Rajiv Jaiswal](#), [Dr. Savita Pabwa](#), and [Dr. AR Bhatia](#).

[Dr. Glory Alexander, Vice President of ASI and co-Chair of 14th ASICON](#), has earlier received the coveted [Dr. BC Roy Award](#) and heads [ASHA Foundation in Bengaluru](#). She said: "Achieving the 95-95-95 targets is crucial to help end the AIDS epidemic. But even after 40 years into the epidemic, more than 20% of people with HIV still do not know their HIV status. We will have to use innovative approaches to close this gap. And one of these approaches is by self-testing for HIV - people who perceive themselves at risk of HIV infection (persons from key populations, men, young people among others) are given the opportunity to self-test for the infection so that they can test in the privacy of their homes. This has received a very big YES from the key populations in the Asia Pacific region. We call upon the government of India to take it up and develop a strategic framework for HIV Self-Test (HIVST) to make self-testing for HIV an integral part of HIV services."

"Prevention of mother to child transmission is another important gap. We know that 90% of the children below 15 who are HIV positive got the infection through vertical transmission (from mother to child). If we eliminate this vertical transmission, we will eliminate paediatric HIV in our country. But it is no easy task. Hidden among the 27 million women who get pregnant every year in India, there are about 27500 women who are HIV positive. These women have to be traced, diagnosed and put on treatment to reduce the risk of transmission to the baby born to them to less than 1% from the current 45%" said [Dr Glory Alexander](#).

Since most nations could not meet 2020 AIDS targets, now the eyes are set on 2030 goalpost of 95-95-95 targets (95% of people living with HIV to know their status, 95% of them should be on ART, and 95% of these be virally suppressed). HIV self-test is one of the key cog-in-the-wheel to "reaching out to the last mile" for first-95 target.

Globally, 15% of all people living with HIV did not know their HIV status in 2021. Among people who knew their status, 12% were NOT accessing treatment. And among people accessing treatment, 8% were NOT virally suppressed. Likewise, in India, as on March 2022, 23% of people living with HIV DID NOT know their status, 16% of them were NOT on antiretroviral therapy, and 15% of them DID NOT [had](#) viral suppression. These are missed opportunities which we cannot afford if we are to end AIDS, said [Dr Ishwar Ghosh](#).

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