WORLD AIDS DAY REPORT

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LEGENDS SOCIETY
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The sun finds a way to shine into even the deepest parts of the Oceans. It is a metaphor for all of us who are working to restore hope and dignity around the world. In the history of the AIDS response there have been, and still exist, many obstacles to overcome but our path is clear, we work together to get results for all people. As of 2013, AIDS has killed more than 36 million people worldwide (1981–2012), and an estimated 35.3 million people are living with HIV, making it one of the most important global public health issues in recorded history. Despite recent improved access to antiretroviral treatment in many regions of the world, the AIDS epidemic claims an estimated 2 million lives each year, of which about 270,000 are children.

To those however, who have come together with compassion and determination, on this World AIDS Day we say, your blood, sweat and tears are changing the world.

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Sidra Bilal Khan
Project Manager
Legends Society
AIDS prevention Program
Having been born with HIV, You always have to live with the virus. Today it represents taking a couple of pills two times each day… and it doesn’t have to be anything more than that……
World AIDS Day is commemorated each year on the 1st of December and is an opportunity for every community to unite in the fight against HIV, show support for people living with HIV and remember those who have passed away. The core concept for World AIDS Day is to leverage the momentum and energy of local responses to HIV and celebrate and acknowledge the vital role that communities have played towards achieving the long term vision of the National Strategic Plan on HIV, STIs especially in refugee community. This vision for 2016-2020 is **90-90-90** (90% of all people living with HIV will know their HIV status. By 2020, 90% of all people with diagnosed HIV infection will receive sustained antiretroviral therapy. By 2020, 90% of all people receiving antiretroviral therapy will have viral suppression.) While the theme of contemporary year celebration, is ‘Hands Up for HIV Prevention’.

Legends perspective was that, World AIDS Day 2016 should also be seen as a major milestone on the road to countering AIDS in 2016 and 2017.
What keeps the clients going is the knowledge that ARVs are affordable and available… The number of people known, who have HIV and are living a normal life and keep continuing their family lives.
At a glance

A look at the number of people living with HIV in the world, 2016

Total Number of HIV positive Identified: 57
Area: Balochistan

Annual Program overview

57

28 Referred to PACP getting Anti-Retroviral Therapy:

In process of Eliza Confirmation: 29

Highest number of positive clientele: Mineworkers
Total no: 21
In the last ten years the landscape of national HIV epidemics has changed dramatically, for the better in most aspects, especially in IDUs and DUs. With the continuous and un-flinching support of UNHCR Communities especially refugee population is making historic gains towards ending the AIDS epidemic. However certain high risk groups as coal miners and the Truckers have shown extraordinary figures, which shows that the more is yet needed to curtail the expansion of the virus in demography of Balochistan.

The declines in HIV incidence in IDUs and Refugee populations shows that sustained investments and increased political leadership for the AIDS response are paying dividends. In particular, UNHCR with a concurrent scale up of HIV prevention and treatment programs has resulted in a significant drop in new HIV infections in the IDUs and DUs.

Prevention leads to behavior change; treatment reduces a person’s viral load. Both reduce the potential for the virus to be transmitted. The historic slow-down indicates HIV prevention and treatment programs are successfully reaching the people in need. In pursuance of the same a Week long program was launched by L.S on 25th of November and extended to 1st of December. The event wise detail of the activities is mentioned hereinafter.
1. **Distribution of IEC material and Red Ribbon Distribution:**

The fight against AIDs is about human rights and reaching out to those who still lack the treatment. Considering the importance of imparting the education in the length & breadth of the populace, 25th December was specified for imparting of education and awareness through IEC material and red ribbons. Similarly, in order for the awareness and commemoration to reach at ever door of the population face painting activity was also conducted in schools with the students. The whole day was therefore distributed in following activities:

1. Distribution of Red Ribbon
2. Face and hand painting
3. IEC material Distribution

As for as the IEC material, Legends Society distributed IEC material and red ribbons among the population of following different areas of Quetta city thereby imparting awareness about world AIDS day and AIDS prevention.

- 9 Mean streets Gawalmandi chock
- Prince Road & Jinnah Road
- Manan chock & Mezeen Chock
- Satellite Town & Toghi Road

- Saleem Complex, and Secretariat chock
2. **Face Painting Activity.**

Face painting activity was conducted by Legend society in the schools of Jinnah town the students and kids were painted with red ribbon on their cheeks the activity will have increased awareness with the fact that the students will bring the message to their homes and to their siblings impacting the very fabric of the social structure of the family and society.

3. **Stigma Reeducation activity with Transgender:**

In Balochistan HIV is said to be a concentrated epidemic, but there exists a window of opportunity to check its spread with the help of organizations like UNHCR and concentrated effort by the provincial government. Transgender people are one of the groups most affected by the HIV epidemic. There are an estimated 25 million transgender people living around the world. The term transgender refers to people whose gender identity and expression are different to social expectations of their biological sex at birth. They may see themselves as male, female, gender non-conformist or one of a spectrum other genders. Transgender people have diverse sexual orientation and behaviors. The global picture of HIV among transgender people is varied – with HIV prevalence ranging from 8% to 68%. Transgender people are among the groups most affected by HIV. Accordingly Stigma reduction activity was conducted with voluntary screening with the transgender. The stigma awareness session comprised following aspects regarding the transgender. Voluntary screening was also conducted among the attendees.
I. **Social, economic and legal exclusion**

Across the world transgender people experience high levels of stigma, discrimination gender-based violence and abuse, marginalization and social exclusion. This damages their health and wellbeing.

II. **Sex work**

III. **High-risk sex**

IV. **HIV prevention for transgender people**

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**26th November 2nd day of the Week long Commemoration**

4. **Wide-ranging IEC material distribution campaign:**

In order to get the population to understand the process of HIV infection and to implant behavior change The IEC material is utilized worldwide for general dissemination of awareness and education. It is done on extensive level, so that they become familiar with the concept of HIV prevention. Accordingly HIV prevention and IEC material distribution campaign continued on the second day of the World AIDS week event as Legend society considers the behavioral change in the society as perennial for the achievement of goals set by UNAIDS and UNHCR for the complete elimination of the AIDS in subject demography. Local areas and main choaks and boulevards were targeted for the distribution of the material along with short briefing about the importance of HIV AIDS day and how can individuals impact positively in the campaign.
5. **Lodoo and Carrom Competition among Clients of legends at detox center and PLHIV.**

Understanding the PLHIV and detox client’s psychology in the area of cognitive remediation, some of the most debilitating side effects of illness include demoralization, decline in areas social integration, attention, problem-solving skills and personality confidence. These ill individuals also have difficulty with social interaction, which has been shown to be essential to overall well-being. Games are not only a fun way to engage patients, but can also add substantially to their functional abilities. As with any treatment plan, it is important to challenge the patient without adding to their level of frustration. Considering this scheme imperative in attaining the overall Vision of UNHCR “Lodo” and “Carem-board” (Indoor games) competitions were organized among PLHIV and Detox clients at Nai Roshni center. The event lime lighted the fact that, it is actually the patients that constitute the core of the World Aids Week commemoration. The commencement of games not only enhanced the social interactive skills of the patients but also buoyed them with hope and energy to fight the menace of drugs and HIV.

6. **HIV/AIDS Stigma reduction session among organization /Media Personals:**

Over the past two decades, mass media have been used all around the world as a tool in the combat against HIV/AIDS. Although there have been theoretical debates on how and why mass media communications influence behavior, there is considerable empirical evidence showing that the mass media can be used for attitude and behavioral changes associated with HIV/AIDS. Similarly, the role of civil society is considered as imperative by LS in fight against HIV pandemic, civil society has grown in leaps and bounds to become a formidable partner in the fight against the HIV epidemic. Among the various civil society entities in Balochistan, UNHCR has had one
of the most diverse and extensive set of civil society partners many of whom currently engaged in HIV and AIDS activities in the region.

Legend society recognizes that civil society plays a key role in the response to the AIDS epidemic in the general and contextualized HIV epidemic around the refugee population. The importance of securing input from the full spectrum of civil society, including people living with HIV, cannot be overstated. Accordingly a specified session designed with the aforementioned attendees and their role in society was conducted by Legend Society under the aegis of Stigma reduction sessions. The session focused on taking up the roles and responsibilities as arms against aids on the eve of World AIDS week commemoration. The attendees were infused with motivation and inspiration to fulfill the roles of behavior change medium in society against the AIDS. The session also had educational and enlightening value for the attendees.
7. **HIV/AIDS Stigma reduction session with Mines Workers**

Mineworkers are considered a population at risk for HIV due to risk behaviors associated with migratory work patterns. Legend society accordingly arranged for the awareness session and screening campaign with the target high risk group as focus, this was the first targeted screening session in Quetta and surrounding to determine the prevalence of HIV and associated demographic and risk behaviors. The result was chartbuster as 22 miners were tested positive.

Legend society therefore associates the mine labors as most exposed high risk group of 2016 with mammoth risk factor as the labor migration system creates a mechanism to spread miners’ HIV and TB risks to their families and home communities. Cultural and demographic values laws separate mine working men from their wives for extended periods; fostering sex-trade and homosexuality in mining shantytowns. Furthermore the arrangements and the consequences leave women in rural areas exposed to sexually-transmitted diseases without knowledge or power to address the same. Keeping in view interconnected plethora of problems the society is exposed to due to lack of care to this particular group is facing and the alarming positive clientele, It is high time that uncompromising and with new vigor specific arrangements may be made for this particular group before it becomes the medium of AIDS burgeoning.
Assumptions based on screening data analysis

Due to enhanced ratios in 2016, high risk groups were specifically targeted. It divulged that there is increasing AIDS prevalence among certain groups hitherto not in the limelight of the government or NGOs AIDS response. For instance, a single screening session in coal miner’s divulged 21 positive clients after Eliza confirmation. The data issued in the figure mentioned herein below to highlight the most susceptible and prone groups based on the screening sessions in 2016. Apart of the mentioned high-risk groups YOUTH and JAIL inmates along with refugees will continue to dominate HIV screening radars in future. It is imperative therefore to note that much more can be done to make response effective and efficient through targeted screening.

HIV in High Risk groups based on screening data of 2016

- Miners
- Truckers
- Transgender
- DUs/IDUs
- FSWs

Positive Clientele after Eliza Confirmation

Susceptibility
"Art is an internal expression and a good form of therapy and a medium of awareness that allows the youth to internally express their feelings, how they feel and how they see the menace of AIDS,"

Legends through the strokes of brushes picked up a kind of rhythm, followed by the smell of paint, people gather around white walls that become colored by the flowing motion of a hand driving the wheel of hours against the murky road of HIV. One of the events organized under the aegis of World AIDS week was painting of art mural to spread awareness of HIV to the youth. The event was organized as a competition among three major universities of the city and position holders were given gifts and shields as well.

L.S considers that art is used to say things that can’t be said in words. It can be used to express beauty, but it doesn't have to. People like beauty better than ugliness, but art can express ugliness in a compelling way, as well, it that is what the artist wants to "talk" about. Legend Society Program team values how art can be a great therapeutic tool in dealing with people that are alienated

Such anti HIV posters can become hackneyed ideas; the job of the poster artist is to create a sense of dynamism out of a notion through creative strokes of the brush.
9. **HIV/AIDS Stigma reduction session with Youth & teachers**

HIV/AIDS is a potential issue for people of any age, including youth. However, its importance of the AIDS prevention for the youth has increased manifold based on data collected and interviews and information collected from transgender and other high-risk groups as FSWs. Therefore, Legend Society program section organized an Awareness session with Youth in the University of Balochistan. UNHCR Program Officer along with the team also monitored the event. The awareness session was a combination of multiple events including Arts competition awareness and other activities mentioned herein below.

10. **The Awareness session with Youth:**

The Project Manager and the event speakers apprised the teachers and the students attending the event that universities and schools can play a critical role in promoting the health and safety of young people. It was highlighted that how universities and other youth-serving organizations can help young people adopt behaviors that reduce their risk for HIV, other sexually transmitted diseases (STDs). The session promoted communication between youth and their parents, and support student access to HIV counseling and testing services. It was emphasized that it’s more important than ever to recommit to the fight against HIV and AIDS. We must continue to invest in scientific advancements like a vaccine and a cure - without forgetting the importance of prevention strategies and ensuring equal access to information and healthcare for everyone and most importantly, Only by fully investing in young people - in their health, their education, and their leadership can we reach an AIDS-free generation.

11. **Screening Corner at Baluchistan University**

One fourth of individuals living with HIV are unaware that they have the virus. HIV transmission cannot be eliminated if individuals do not know their HIV status (i.e., whether they are HIV positive or HIV negative). An HIV test is the only way to determine if a person is living with the virus. Accordingly, screening corner based on voluntary testing was established at the university.
12. **Face Painting Activity**

Face painting activity was conducted by Legend society in the university, students were painted with red ribbon, and the activity will have increased awareness with the fact that the students will bring the message to their homes.
13. **Balloon Activity:**

A very powerful image, a way of helping to create a ceremony of remembering, and a physical symbol of release is that of Releasing Balloons. Keeping in mind the same Legend society also arranged for HIV balloon releasing activity in the University of Balochistan and on the event the pre-activity wordings were:

As you watch the balloons, disappear out of site, feel the balloons lifting away the message of HIV prevention and taking it to the nook and corner of the city where your voice can not reach... 
Let the anti-HIV message of hope and be heard by the wind.

(L.S Team)
Get rid of AIDS and HIV

- Withdraws before penetration
- Avoid kissing and nose-picking
- Keep away from blood

Dissemination of education in general population and awareness among all and sundry

- Billboards were displayed on major boulevards for one month
- Posters were circulated among students and teachers
- Educational seminars were conducted among students and teachers

Promote healthy lifestyles and sex education among students and teachers
I have learned to rise above stigma by standing up for what I believe in. I speak of universal access to comprehensive health care for all—without any form of stigma and discrimination.
16. Messages through Mobile

The cellular network has become the main source of advertisement and therefore, Legend society launched an SMS campaign to disseminate education on AIDS and to raise awareness of World Aids day. The contents of the message were as follows:

“1st December, Hands Up for HIV. Fight AIDS save lives.”

17. Messages through Face book

Contemporary era is the era of social media; the social networking has truly made worldwide global village the importance of the social media in prevention of HIV cannot be overstated thence. Legend society also utilized this modern tool in its fight against AIDs and the World AIDs day was marked as a campaign of face-book messages, for raising the World AIDS day alerts and circulate informatory message on how to prevent aids.

18. The World AIDS Day seminar:

Legend Society hosted a seminar organized by PACP and collaborated with by, UNHCR UNICEF and other organizations as commemoration of the Worlds AIDS day. The seminar was attended by civil society, government servants, media personnel, other stakeholders and people from all walks of life.

The prominent speakers/organizers of the seminars were as follows:

1. Chief Guest, Ms. Yasmeen Lehri, MPA
2. Dr. K.D. Usmani, In charge, PLWHA Centre, BMC Hospital
3. Dr. Atta-ur-Rehman, Religious Scholar.
4. Mrs. Mayada ,Program officer UNHCR Sub Office, Quetta
5. Dr. Noor Qazi, Provincial Manager Provincial AIDS Control Program.
6. Dr. Dawood, (PACP)
7. Mohammad Aslam Khan, CEO, Legends Society

Sidra Bilal Khan Project manager, Legends Society initiated the seminar as stage secretary, and highlighted the significance of the occasion. Thereafter she formally called upon the speakers turn by turn to set in motion the wheels of the seminars proceedings.
After highlighting historical perspective of HIV world day he apprised based on experience with PLHIV that the willpower against the disease is perennial for effective care and support. He further shared the statistical data regarding the disease in the demography of Balochistan. He also highlighted the role of religious leaders and civil societies in establishing an environment that supports the elimination of HIV transmission.

The speaker elaborated the genesis of Human Immunodeficiency Virus (HIV), how the disease causes a chronic, progressive illness that can destroy the immune system of the body and leading to Acquired Immune Deficiency Syndrome (AIDS). The speaker presented in detail the prognosis and medical stages of the disease. Later he also discussed diagnostic and treatment details of the disease with attendees of the seminar.

Mr. Mohammad Aslam Khan (Chief Executive)

The CEO drew attention to role in LS towards the prevention of HIV among IDUs/DUs. According to him Pakistan has a concentrated HIV epidemic. HIV was first diagnosed in Pakistan in 1986. He further apprised the attendees that Legends Society started Prevention of HIV & AIDS among Jail inmates supported by PNAC/Interact Worldwide in July. He apprised that the organization in partnership with UNHCR is
The speaker highlighted the fact that HIV and AIDS depend on political commitment from all parties and all levels of government. He further emphasized that reduction of HIV transmission requires changes in individual behavior and in community norms. He also lime lighted the most vulnerable groups that can contract the disease as follows:

1. Injecting drug users;
2. People who engage in sexual behavior that puts them at risk;
3. Migrant workers;
4. Long distance Truck drivers and associated population;
5. Jail inmates;
6. Sexual partners, spouses and children of the people in these groups;
7. Most-at-Risk-Adolescents

The next speaker of the seminar Dr. K.D Usmani analyzed the problem of HIV-AIDS thoroughly and also shared its recommendations for the control of deadly disease of AIDS. He urged that the need of the hour is, to not only run awareness campaigns in urban areas but also in rural areas where the risk factor is more common than in urban population as the literacy rate is very low at villages so the awareness is almost zero at such areas concerning the HIV-AIDS knowledge. The institutions or individuals...
**Arena Art Performance:**

A drama was presented by the SCD & FPAP on the stage. The theme of the drama revolved around the patients of HIV and AIDS, the stigma of the society and the attitude of community towards people living with HIV and AIDS. It was also part of awareness rising. The audience appreciated the play and the theme.

**Dr. Atta-ur-Rehman:**

Next Speaker was a renowned Religious Scholar highlighted the role of religious leaders in the AIDS prevention campaign. He said the Muslim scholars are duty bound to support the prevention and eradicate the HIV menace. He emphasized on how religious scholars can be instrumental in mobilizing communities to care for HIV/AIDS affected people, their families and careers and prevent discriminatory behavior.

**Miss. Mayada Program Officer UNHCR Quetta:**

Program Officer UNHCR Quetta appreciated the hard work and the role of Legends Society for their unremitting effort on prevention of HIV among IDUs/DUs of both Afghan and local community. She also conversed with the audience on the role of UNHCR and its commitment with global community to fight against HIV/AIDS till the theme of 90-90-90 is achieved. She further assured that, UNHCR will continue the support of this cause in 2017 as well. She shared UN general Secretary Massage of world AIDS Day.
Candle Light:

Candles were lit by all the audience to show the solidarity and join hands for the fight against HIV/AIDS.

Ms. Yasmin Lehri MPA Balochistan:

She during her speech on HIV-AIDS day, said that HIV is not indigenous to the demography and yet has to bear the burden unfortunately, and appreciated the role of civil society and INGOs in their help for the local population. Her focus remained on the awareness and education regarding the disease and dissemination of knowledge in local populace. She also highlighted the importance of edification of female population, being more vulnerable and stigmatized in the cultural apparatus of the demographic population.

Lunch:

Concluding the seminar the host invited the audience including the chief guest for the lavish dinner organized under the aegis of PACP. The seminar paved a way of enthusiasm of fight against AIDS in the society.

World AIDS day the Week long Commemoration

19. 25th-1st Dec 2016Media coverage through electronic and print media/Radio TV/Cable

The whole week received considerable media coverage through all the mediums increasing the awareness by many folds the World AIDS day 2016 was therefore considered as one of the most successful event organized considering both the length (01 whole Week) and the broad spectrum of society engaged by the legend Society.

The miles we need to go

A mere one year or six months project would not suffice the numbers of positive clients in high risk groups specially in Mine workers and truckers have raised new alarm bells. The un flinching support of UNHCR is appreciate-able, yet the dream is thousand steps ahead and there remains considerable effort and
support remain in this regard remains crucial before the region and the refugees community achieves its global AIDS targets—reduce sexual transmission of HIV and new HIV infections among people who inject drugs by 50%, eliminate new HIV infections among children and to provide antiretroviral treatment to 50%. To enable this to happen, UNHCR has committed to investing and prop-up the much needed boast. The destination is clear. Strides forward have to be long, steady and purposeful.

Pictorial View of WAD-2016
We NeEd To Do MO RE