

REPORT ON HIV/AIDS AWARENESS PROGRAMME

Organised by: NSS Unit “Parivartan”, Mata Sundri College for Women, University of Delhi

Date: 18 September 2026

Time: 12:00 Noon to 1:30 PM

Resource Person: Ms. Mamta Mehra, Assistant Director (GIPA) & In-charge, Youth Affairs, Delhi State AIDS Control Society (DSACS)

The NSS Unit “**Parivartan**” of Mata Sundri College for Women, University of Delhi, organised an **HIV/AIDS Awareness Programme** on **18 September 2026 from 12:00 Noon to 1:30 PM**. The programme was organised to create awareness among students about HIV/AIDS and to sensitise them to the importance of prevention, early testing, treatment and ending stigma and discrimination.

The session was conducted by **Ms. Mamta Mehra, Assistant Director (GIPA) & In-charge, Youth Affairs, Delhi State AIDS Control Society (DSACS)**. She interacted with the students and provided comprehensive information on HIV/AIDS, its prevention and the importance of timely testing and treatment. The session encouraged students to develop an informed and responsible understanding of HIV and to avoid myths and misconceptions surrounding the disease.

During the programme, students were sensitised about the importance of **HIV prevention** and informed about the role of awareness and responsible choices in reducing the risk of HIV transmission. The resource person emphasised that correct information is essential for making informed decisions and promoting healthy practices.

The **importance of early HIV testing** was also discussed. Students were encouraged to understand the value of knowing one's HIV status and seeking appropriate professional guidance and support when required. The discussion aimed to reduce fear and hesitation associated with HIV testing and to promote a culture of timely healthcare seeking.

The programme also focused on **treatment and care**. Students were made aware of the importance of timely access to appropriate medical care and professional guidance. The session reinforced the need to rely on accurate health information and recognised healthcare services rather than misinformation.

A significant part of the programme addressed the issue of **stigma and discrimination associated with HIV/AIDS**. Students were sensitised to the challenges faced by people living with HIV and encouraged to adopt an attitude of empathy, dignity, respect and inclusion. The session highlighted the importance of creating a supportive environment in which people can seek testing and treatment without fear of discrimination.

The interactive nature of the programme provided students with an opportunity to engage with the resource person and develop a clearer understanding of HIV/AIDS. The session encouraged students to become responsible carriers of accurate information and to share awareness within their peer groups and communities.

The programme successfully achieved its objective of promoting awareness regarding **HIV/AIDS prevention, early testing, treatment and stigma reduction**. It reinforced the message that awareness, timely healthcare, compassion and social support are essential in addressing HIV/AIDS.

The programme concluded with the message:

“KNOW. PREVENT. TEST. TREAT. END STIGMA.”

The NSS Unit “Parivartan” continues to remain committed to organising awareness initiatives that empower students with knowledge, encourage responsible citizenship and contribute towards building a healthy, informed and inclusive society.