

## UNIT – 7: SOCIAL AWARENESS AND COMMUNITY DEVELOPMENT

Content and specific topic	Comprehension	Analysis	Synthesis	Evaluation
Basics of social service and Its need	Understand the concept of social service.	Analyse the need for social service for the development of a society	Develop sensitivity towards the social issues	Worksheets, comprehension questions, discussion and activities
Rural development programmes	Understand the need for rural development	Examine the programmes implemented by the Government- MNREGA, SGSY and NSAP	Appreciate the role of the government in rural development	Worksheets, comprehension questions, discussion and activities
Contribution of youth towards social welfare	Understand the social problems faced by the society	Analyse the causes and the impact of these social problems on the well being of the society	Appreciate the contribution of youth towards social welfare.	Worksheets, comprehension questions, discussion and activities
Civic responsibility	Understand the meaning of the term 'Civic Responsibility'	Able to enlist these responsibilities	Able to appreciate the importance of abiding by them	Worksheets, comprehension questions, discussion and activities
Causes and prevention of HIV AIDS	Understand the causes and prevention of HIV AIDS	Analyse the role of the Government bodies and NGO's in its prevention	Become aware of the role of youth in its prevention and awareness amongst the people	Worksheets, comprehension questions, discussion and activities

## Unit-7

### *Basics of Social Service and its Need*

The term 'Social Service' is defined broadly as, the provisions made by governmental or voluntary efforts to meet income maintenance, medical care, housing, education and recreational needs and provisions, for the care and protection of recognised special groups. The origin of social service is ancient, stemming from the tenets of the Judeo-Christian teachings. The modern institutional service took shape, with the impact of the industrial revolution upon family and community life, substituting as it did on industrial for an agrarian economy, urban living for rural living and creating dependence upon the wage system as a means of livelihood.



*Blood donation camp – A Social Service Initiative*

Social service characterises a formalised way of helping people, to help themselves. It is based on the re-organization of variations in individual capability and variations in the social structure. The objective is to help the individual to utilise his capability for his own welfare and for the community.



## 1. Basics of Social Service

**Methods:** There are generally three accepted methods identified for conduct of social service:

- Social Case Work:** This helps the individual make maximum use of the established community, through understanding the individual in his total situation.
- Social Group Work:** It helps individuals utilize their fullest capacity for their own welfare and for the welfare of the group as a whole, through understanding of the behaviour of individuals in a group setting.
- Community Organization:** It helps groups of individuals or groups of agencies to work together so that their combined efforts will be useful for the social welfare of the whole community.

### Types of Social Service Activities:

- Education.
- Family Welfare, Medical Care, Family Planning and Nutrition.
- Provision of Water, Cooking Fuel, Roads, Electricity and Sanitation.
- Old Age Support Systems.
- Employment.
- Social Assistance, Social Security and Care Protection.
- Housing and Rehabilitation.
- Recreation, Sports and Social activities.



*Interaction with old age people*

### 1.1 Weaker sections of the society and their needs:

India is still divided into many endogamous groups, as a result of centuries of practicing led a form of social hierarchy called the caste system. The traditional casts system, led to severe oppression and segregation of the various castes and other weaker sections and limited their access to various facilities, e.g., education and employment. After independence the constitution of India included safeguards for suppressed and other backward classes. The Indian constitution prohibits any discrimination based on religion, race, caste, sex and place of birth. While providing equality of opportunity for all citizens, the constitution also contains special clauses to ensure reservation, for the advancement of any socially and educationally backward classes of citizens or for the Scheduled Castes and the Scheduled Tribes.



## 1.2 Needs of the Weaker Sections:

- (a) **Education:** Education is the basic need of the weaker sections. The right approach would be to provide all weaker sections, proper primary education, to prevent them from dropping out of school and making them '*natural competitors*' and to give scholarships at higher level. There is an urgent need to increase the number of educational institutes. Some measures which can contribute in this are:
- At the village level, opening of schools which impart basic education coupled with the vocational skill, that can be taught with the naturally available resources e.g., basket weaving, painting printing, tailoring, embroidery, pottery, music, dance, etc. will help in achieving self-sufficiency. Specially trained teachers should be adequately compensated, so that talented people do not hesitate to go to villages.
  - Schools should also educate the villagers on moral values, hygiene, first aid, family planning, budgeting, savings etc.
  - Villagers must be educated on the need for educating the girl child as, she is the one responsible in bringing up the future generations. She should therefore develop courage, self-confidence, competitive spirit and a sense of equality with boys.
  - Social evils such as the dowry system, child marriages and superstitions, should be taken up for discussion and their drawbacks be pointed out, so that they become events of history.
- (b) **Employment:** Provision of land to landless and helping them in working out a life by providing softer loans for cultivations etc. can take care of employment problems to some extent. Taking up of infrastructure projects will help in creating large number of jobs.
- (c) **Reservation in Educational Institutions and Government Jobs:** Reservations are intended to increase the social diversity in campuses and workplaces by lowering the entry criteria for certain identifiable groups who are grossly under-represented in proportion to their number in general population. Reservation is a term used to describe policies whereby a portion of jobs, positions or academic seats are set aside or reserved for a given group. Government has taken initiatives on a large scale by providing reservations in different fields such as government jobs, educational institutions and other such government aided and semi-government institutions, to help the SCs, STs and OBCs. A certain percentage of seats are reserved for these sections so that, the discrimination against them can be reduced and they will be provided with equal opportunities to work and grow. The Constitution lays, 15% and 7.5% of vacancies in government-aided



educational institutes and for jobs in the government/public sectors reserved as quota for the SC and ST respectively. Although originally supposed to last for 10 years, the reservation system has continued till date and now applies to higher education and legislative offices also. Currently 22.5% of the seats in higher education institutes under the Central Government are reserved for SC and ST, and 27% for OBCs.

### 1.3 Contribution of NCC Cadets:

Our NCC Cadets are from every nook and corner of India. We must therefore utilise this huge potential of eager, helpful, energetic, educated and talented cadets, to achieve our aim of imbibing values and skills amongst the weaker sections of our society which will make themselves self-sufficient and confident. They will cease to be a drain on the resources of India and will become valuable contributors to our economy.

### Rural Development Programmes

Every country has a population which is divided into two sections, the urban and the rural. Urban people are those who live in urban areas where everything is available, particularly the basic needs like health care, education, water, electricity, telecommunication, roads, transports, railways etc. The areas where such facilities are not available at all or are not adequate are known as rural areas. For a country to develop, it is very essential that the country progress as a whole. As we are aware, India is one of the largest democracies in the world and fast emerging as a world power; but it has not yet reached the stage of a fully developed country, due to the huge gap between its people living in urban and rural areas.

## 2. Rural Development and Its Need

Rural development is a process that aims at improving the quality of life and standard of living of people in the rural areas. It may be defined as 'overall development of rural areas to improve the quality of life of rural people'. It is an integrated and sustainable process of improvement of the rural areas, which includes social, economic, political and spiritual development of the poorer sections of the society.



*Towards Rural Development*



Rural development encompasses finding ways to improve the rural lives, with participation of the rural people themselves, so as to meet the required need of the rural area. It covers the following activities:

- Education
- Health
- Banking
- Roads
- Water and Electricity
- Employment
- Small Scale Industries and Agricultural Products
- Crop, Poultry and Animal Farming
- Rural Tourism and Rural employment



*Rural Employment*

## 2.1 Need for Rural Development

India is primarily an agro based economy. 70 % of the country's population lives in rural areas with no or very little facilities. In order to become a global power, we need to develop our rural areas. The need to develop rural areas can be summarized as under:-

- To bridge the urban – rural divide.
- To bridge the economic gap between incomes of rural – urban population.
- To control or reduce mass migration of population from rural to urban areas.
- To have equitable distribution of resources and developmental activities.
- To create more job opportunities.
- To empower the rural population.

**2.2 The Ministry of Rural Development:** In order to have a proper mechanism for rural development in the country, the Ministry of Rural Development has been created at the centre. It includes two departments which plan and execute its plans. These are:

- Department of Rural Development
- Department of Land Resources

### **Aims of the Ministry of Rural Development:**

- Providing livelihood opportunities to those in need, including women and other vulnerable sections and food security to rural Below Poverty Line (BPL) households.

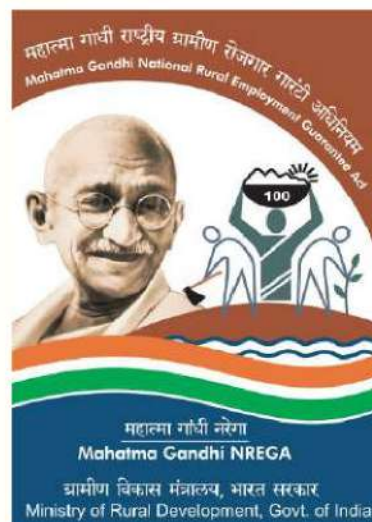


*Indian – Agro based Economy*

- b) Providing for the enhancement of livelihood, security of households, in rural areas by providing at least 100 days of guaranteed wage employment, in every financial year, to every household.
- c) Provision of all-weather rural connectivity to unconnected rural habitations and up-gradation of existing roads to enable them to market access.
- d) Providing basic housing and homestead to BPL households in rural areas.
- e) Providing social assistance to the elderly, widow and disabled persons.
- f) Providing urban amenities in rural areas for improvement of quality of life.
- g) Capacity development and training of rural development functionaries.
- h) Promoting involvement of voluntary agencies and individuals for Rural Development.
- i) Restoring lost or depleted productivity of the land. This is done through watershed development programmes and initiating effective land reform measures for providing land to the landless rural poor.

### 2.3 Important rural development programmes in India

On 2nd February, 2006 'National Rural Employment Guarantee Act' 2005 (NREGA) was launched and in 2010 it was renamed as the Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA). It is the first ever law internationally, that guarantees wage employment in a largescale. MGNREGA aims at enhancing livelihood security of households in rural areas of the country, by providing at least one hundred days of guaranteed wage employment in a financial year, to every household whose adult members volunteer to do unskilled manual work. To start with, 200 selected districts of the country were brought under it and within three years of its launch, MGNREGA was extended to all the districts of the country from 1st April, 2008.





### **Unique features of the Act include:**

- a) Time bound employment guarantee and wage payment within 15 days.
- b) Incentive – disincentive structure to the state governments, for providing or not providing employment, as per demand.
- c) Emphasis on labour intensive works prohibiting the use of contractors and machinery.
- d) Ensure the creation of durable community, social and economic infrastructure and assets in the rural areas.
- e) The Act also mandates 33 per cent participation for women.

Over the years employment opportunities under MGNREGA have increased and 5.49 crore household were provided employment in 2010-11. The average wage paid under MGNREGA has increased from Rs 65 in 2006-07 to Rs 100 in Financial Year 2010-11. The Programme had a high workforce participation of marginalized groups like SC/ST (52 % in 2011) and women participation was 50% in 2012. About 9.88 crore bank and post office accounts have been opened to disburse wages directly to the workers' accounts. Of the total works undertaken, 53% constituted water conservation, 22% rural connectivity and 9% land development.

### **Swarnajayanti Gram Swarojgar Yojna (SGSY)**

This programme was launched in April, 1999. This is a holistic programme covering all aspects of self-employment such as organisation of the poor into self-help groups, training, credit, technology, infrastructure and marketing.

The objective of SGSY is to provide sustainable income to the rural poor. The programme aims at establishing a large number of micro-enterprises in the rural areas, based upon the potential of the rural poor. It is envisaged that every family assisted under SGSY will be brought above the poverty-line with in a period of three years.

This programme covers families below poverty line in rural areas of the country. Within this target group, special safeguards have been provided by reserving 50% of benefits for SCs/STs, 40% for women and 3% for physically handicapped persons. Subject to the availability of the funds, it is proposed to cover 30% of the rural poor in each block in the next 5 years. SGSY is being implemented by the District Rural Development Agencies (DRDAs) with the active participation of Panchayat Raj Institutions, the Banks, the line Departments, and NGOs. SGSY has been restructured as National Rural Livelihoods Mission (NRLM) and now renamed as 'Aajeevika'.

### **Jawahar Gram Samriddhi Yojna (JGSY)**

The critical importance of rural infrastructure in the development of village economy is well known. A number of steps have been initiated by the Central as well as the State Governments



for building the rural infrastructure. The public works programmes have also contributed significantly in this direction.

Jawahar Gram Samridhi Yojna (JGSY) is the restructured, streamlined and comprehensive version of the erstwhile Jawahar Rozagar Yojana. Designed to improve the quality of life of the poor, JGSY has been launched on 1st April, 1999. The primary objective of the JGSY is the creation of demand driven, community village infrastructure, including durable assets at the village level and assets to enable the rural poor to increase the opportunities for sustained employment. The secondary objective is the generation of supplementary employment for the unemployed poor in the rural areas. The wage employment under the programme shall be given to Below Poverty Line (BPL) families.

JGSY is implemented entirely at the village Panchayat level. Village Panchayat is the sole authority for preparation of the Annual Plan and its implementation.

### **Indira Aawas Yojna (IAY)**

IAY is the flagship rural housing scheme which is being implemented by the Government of India with an aim of providing shelter to the poor below poverty line. The Government of India has decided that, allocation of funds under IAY (Indira Awas Yojna) will be on the basis of poverty ratio and housing shortage.



*IAY Logo*

The objective of IAY is primarily to help construction of new dwelling units as well as conversion of unserviceable *kutcha* houses into *pucca/semi-pucca* by members of SC/STs, freed bonded labourers and also non-SC/ST rural poor below the poverty line by extending them grant- in-aid.

IAY is a beneficiary-oriented programme aimed at providing houses for SC/ST households who are victims of atrocities, households headed by widows/unmarried women and SC/ST households who are below the poverty line. This scheme has been in effect from 1st April, 1999 and since the inception of scheme about 272.83 lakh houses have been constructed.



### **Pradhan Mantri Gram Sadak Yojana (PMGSY)**

In December, 2000, a 100 % centrally sponsored scheme namely Pradhan Mantri Gram Sadak Yojana (PMGSY) was launched with the objective of providing connectivity by all weather roads to about 1.60 lakh unconnected habitations with population of 500 persons and above (250 persons and above in respect of hill States, the tribal and the desert areas) through good all-weather roads in the rural areas by the end of Tenth Plan Period (2007) Upto January, 2012, a total of 42,531 habitations have been connected out of 63,940 habitations to be connected and works for 58,387 habitations sanctioned.

### **National Social Assistance Programme (NSAP)**

The National Social Assistance Programme (NSAP) was launched in 1995-96. The NSAP then comprised of the National Old Age Pension Scheme (NOAPS), National Family Benefit Scheme (NFBS) and National Maternity Benefit Scheme (NMBS).

On 1st April, 2000, a new scheme known as 'Annapurna Scheme' was launched. This Scheme aimed at providing food security to meet the requirement of those senior citizens who, though eligible, had remained uncovered under the NOAPS. In February 2009 two new Schemes namely, Indira Gandhi National Widow Pension Scheme (IGNWPS) and Indira Gandhi National Disability Pension Scheme (IGNDPS) were introduced under NSAP. The major benefits under these various schemes are as under:

- a) Under Annapurna Scheme, 10 kgs of food grains per month is provided free of cost to the beneficiary.
- b) Under NOAPS, Rs. 75/- per month was being provided per beneficiary to destitutes who was 65 years of age or above. However, with effect from 01 Apr 2011, the eligibility age for old age pension under IGNOAPS has been reduced from 65 years to 60 years and the amount of pension has been raised from Rs 200 to Rs 500 per month for those who are 80 years or above.



*National Maternity Benefit Scheme (NFBS)*



*Pradhan Mantri Gram Sadak Yojana (PMGSY)*



- c) GOI approved a pension of Rs. 200 per month, per beneficiary to BPL widows in the age group of 40-64 years. Consequent upon the revision in age limit under IGNOAPS w.e.f. 01.04.2011, the upper age limit under IGNWPS was revised from 64 years to 59 years. Presently, widow pension under IGNWPS is provided to BPL widows in the age group of 40-59 years. It is estimated that, during the year 2011-12, 29 lakh beneficiaries would be covered under the scheme.
- d) A pension of Rs 200 per month, per beneficiary is provided to disabled persons with severe or multiple disabilities between the age group of 18-64 years belonging to BPL families, under Indira Gandhi National Disability Pension Scheme (IGNDPS).

### Other Development Projects

- a) **Sampoorna Grameen Rozgar Yojana (SGRY) 2001:** For providing additional wage employment and food security, alongside creation of durable community assets in rural areas.
- b) **National Food for Work Programme (NFWP) 2004:** To provide additional resources apart from the resources available under the SGRY to 150 most backward districts of the country for generation of supplementary wage employment and provision of food security.
- c) **Drought Prone Area Programme (DPAP) 1974:** To tackle the special problems of those in drought areas.
- d) **Desert Development Programme (DDP) 1978:** To mitigate adverse effects of desertification.
- e) **Integrated Wastelands Development Programme (IWDP) 1990:** Projects sanctioned to the areas not covered under DPAP or DDP.



Wasteland Development



- f) **Rajiv Gandhi National Drinking Water Mission (RGNDWM) 1991:** To provide safe drinking water to all villages, to maintain sources of drinking water in good condition and to give special attention for water supply to SCs and STs.
- g) **Central Rural Sanitation Programme (CRSP) 1986:** For improving the quality of life of rural people and providing privacy and dignity to women.

### 3. Contribution of Youth towards Social Welfare

Youth constitute the most creative segment of any society. Their role and contribution are vital to all societies and more so, in country like India with wide social, cultural and other demographic diversities. Youth constitute about 34 % of the total population of India and their role and contribution towards social welfare and nation building cannot be ignored. For a better understanding of the subject, it is important to first understand the basics of social welfare.

Social welfare has been defined by a United Nations expert group as “*Organised activity that aims towards a mutual adjustment of individuals and their social environment*”. Social welfare is considered as including the attempts made by governments and voluntary organizations to help families and individuals by maintaining incomes at an acceptable level.

#### Contribution of youth towards social welfare:

- a) **Leadership:** Youth are the leaders of tomorrow. Young and vibrant youth are essential for future leadership. Support is provided to voluntary organizations to participate in youth development programmes. Youth need to involve themselves in activities which will develop creditable leadership.
- b) **Community Service:** Youth need to participate in social welfare activities and community services. Therefore, Community Service has been developed as an integral part of the curriculum for education, instruction and training of all students, enrolled in educational institution so that, youth can fruitfully understand and contribute in community service.
- c) **National and Cultural Integration:** The youth, when organized as youth force will contribute for the promotion of national and cultural integration of the country. Fostering and developing interaction between youth from different parts of the country, especially the isolated border and tribal areas will help in achieving national integration. It should be the endeavour of youth to motivate the general public to work against the separatist forces and ensure the maintenance of unity of the country.
- d) **Education and Literacy:** The youth need to educate themselves and subsequently get into the process of providing quality education to all sections of society. They need to promote education and self-development capabilities of the rural youth, especially of youth in backward areas.



- e) **Environment:** The youth must understand the importance and implications of environment on the society and the ecological wealth of the nation. They must help in improving and protecting the environment. They need to engage in of forestation programmes and cleaning of rivers and lakes and disposal of degradable and non-degradable waste.

- f) **Health Care and Family Welfare:** They must promote awareness and involve themselves in social programmes pertaining to health and family welfare. Programmes such as- 'Youth against AIDS' campaign, 'Pulse Polio', 'Small Family' and various immunization programmes should be promoted. They must also volunteer in manpower intensive programmes at the implementation stage.



*Pulse Polio Campaign*

- g) **Physical Education and Adventure Training:** The youth must understand the importance of physical education for health and physical fitness with a view to increasing individual productivity and the value of sports as a means of recreation and with a potential for promoting social harmony and discipline.

- h) **Old Age Care:** Our basic social fabric and the joint family system inherently provide for old age care. However, with the breakdown of the joint family system the need for old age care has increased. The youth must contribute to the wellbeing of the senior citizen of the society, by taking care of their aged and providing them with financial security and moral self-respect, and make all efforts to ensure that, they have a secure old age with adequate housing and health care.



*Caring for elders*

- i) **Watershed and Waste Land Development:** These two are one of our major resources which need to be continuously protected and systematically proclaimed and developed. They can be used for various social welfare activities. Youth has genuine potential for this nature of work. They must contribute in these programmes and ensure that these areas are protected from unscrupulous elements who may enter these areas of interests, for personal gains.



## 4. Civic Responsibilities

Sense of community (or psychological sense of community) is a concept in community psychology and social psychology, as well as in several other research disciplines, such as urban sociology, which focuses on the experience of community rather than its structure, formation, setting, or other features. Sociologists, social psychologists, anthropologists, and others have theorized about, and carried out empirical research on community, but the psychological approach asks questions about the individual's perception, understanding, attitudes, feelings, etc. about community and his or her relationship to it and to others' participation for a complete, multi-faceted community experience.

### 4.1 Understanding civic responsibilities

Civic Sense is the sense in an individual which makes him a civilized citizen of a country. However, it is certainly more than just that. Civic sense means social ethics, positive perception, understanding and attitude towards society or community. It is the behaviour between individuals and groups, civility and unspoken principles of society. Civic Sense is not just about keeping the roads clean and avoiding the violation of basic civil rights; it's about respecting one another, abiding by the law and maintaining proper etiquette in public places.



Nowadays, we are so busy that we do not have time to spare. We absolutely lack basic civic sense and some of us are not even bothered. Why is it that only a few of us need to do our homework and raise an alarm? We see people littering, smoking in public places, cutting off plants and trees and many other violations every day. There are so many products that we use mindlessly every day, without a thought of how they might be affecting the environment around us. The time has come for us to think carefully before we use a product and look for healthy alternatives. Aren't we all proud to live in a city that boasts a high standard of living and good infrastructure? Why is it that, when it comes to civic responsibility, we turn a blind eye?



*Say 'no' to tobacco use*

In some people, civic sense is found to be inadequate. The reason for this is plausible for, never are some people formally taught to treat things that belong to others nicely, kindly and well. Nowhere in any syllabus in a school, or in a daily routine at home is civility a part of the program to be instilled, it is instead, conspicuous by its absence. Some children are not taught to treat the neighbourhood, the society and public property as something meant to be maintained well. What is being taught to some children is just to keep themselves, their posse



ions and their homes in order. With this attitude, it is no wonder that parks, cinemas; roads are all littered, because they do not belong to anyone. Some people feel that the municipality is to look after these but, what about the public contribution?

Some people clean their homes and throw the rubbish in front of their neighbour's home; we eat sweets and chocolates and throw wrappers here, there and everywhere. A very common sight is a biscuit wrapper being flung out of a speeding car in the middle of the road. This only goes to show how very civic minded, our so called creamy layer of society is. If this is the standard of the cream, the less said about others, the better it would be. One just has to go to



*No-smoking campaign*

a newly built cinema house with all the most modern gadgets but, all the walls are full of pan spit. Is this how we care for our public property? Would we destroy the walls of our homes? No definitely not, then why this indifference for public property? This is because we have become and, continue to become more and more selfish and self-centred. We only look at self and nothing else, around us matters. Yet, at the same time if we do not have public amenities -



*Cleanliness is next to godliness*

we shout the loudest. What an irony? We want everything but cannot contribute to the maintenance of anything. This is the standard of our civic sense. The most tragic fact about the whole affair is that we are at no stage of life taught to respect other people's property or public property. We must make destroying of public property a punishable offence. Only then people might be less frivolous to civilities.

## 5. Causes and Prevention of HIV / AIDs and Role of Youth

Few diseases have been feared as much as HIV/AIDS has been, ever since human beings began efforts to prevent and control major diseases. Although a large number of health problems continue to defy human efforts to control them, none of them present a challenge greater than the prevention and control of HIV/AIDS.

Globally, an estimated 38.6 million people are living with HIV, of which an estimated 4.1 million are new infections. In Asia, an estimated 8.2 million people are living with HIV including 1.2 million new infections last year. In India, an estimated 5.2 million people are



living with the virus, most of whom are poor and marginalized. The patterns of HIV infection in India reflect underlying patterns of social and economic inequality, such as the distribution of wealth, power, gender relations, women's status, poverty, lack of sustainable livelihoods, civil unrest and disorder, etc.

### 5.1 Facts about HIV/AIDS:

- Although HIV and AIDS are often used synonymously, they are different. HIV (*Human Immuno-deficiency Virus*) is a virus that gradually destroys the body's immune system. AIDS (*Acquired Immuno Deficiency Syndrome*) is a condition wherein, various diseases affect the body because of the body's weak natural defense mechanism – the immunity. AIDS stand for Acquired (not inborn, but passed from mother to baby in some instances), Immune (relating to the body's immune system, which provides protection from disease causing bacteria/viruses/ fungi), Deficiency (lack of response by the immune system to bacteria/viruses/fungi/cancer cells), Syndrome (a number of signs and symptoms indicating a particular disease or condition).
- Therefore, AIDS is an acquired condition in which, a person may have various diseases that cause similar symptoms, all of which are due to the body's diminished ability to fight diseases. Anyone who has HIV infection will develop AIDS over a period of time.

#### How HIV affects the Body:

A special variety of white blood cells called T lymphocytes secrete chemicals that are necessary for destroying the disease causing germs or agents. HIV destroys T lymphocytes (also called T-cells), and thereby reduces the body's ability to fight diseases. T-cells contain a protein called CD4 on their surface. HIV first attaches itself to CD4 and then fuses with the T-cells to multiply. Fusion with T-cells destroys the T cell and several copies of HIV are produced.



AIDS Awareness Campaign

#### Spread of HIV/AIDS:

HIV is present in all body fluids of an infected person and is more in number, in the blood and other bodily fluids. HIV infection normally spreads when there is contact with these body fluids. Some of the ways in which HIV enters into a body of an individual are:

- Blood Transfusions:** As per the guidelines of the National AIDS Control Organization (NACO), it is mandatory to test blood for HIV before transfusion. The risk of transmission of HIV through tested blood is therefore very remote. The only possibilities of infection through blood are, if the blood was not tested for HIV or the HIV infection was in the *window period*. Window period is the term used for the



duration between the entry of HIV in the body and the detection of its antibodies through blood tests. Window period is normally up to three months. This means that during this time, even if a person is HIV infected he/she will test negative. He/she can however transmit infection to others.



*Blood donation has no risk of getting HIV infection because the needle and other equipment used for collecting our blood are safe.*

#### **b) Sharing Needles and Syringes for Intravenous Drug use**

- i) When people inject drugs intravenously, they may draw small amounts of blood into the needle. If another person uses this needle immediately, the blood containing HIV will be injected into the second person. Thus, he/she can also be infected with HIV.
- ii) Despite several concerns about the poor sterilisation practices by some doctors, especially in rural areas, HIV infection through injections given at a health centre is not a common mode of transmission in India. This is mainly because most of these doctors, even if they are not qualified, boil them for a short time. HIV is destroyed by even short duration heat and drying. Shorter boiling time for sterilizing needles may not destroy other disease causing germs such as Hepatitis B virus. It is also important to remember that injections that are given in the muscles, under the skin or in the skin layers carry little risk of transmitting the HIV.
- iii) For several years now, rumours are periodically spread about people with HIV infection, intentionally pricking other people with infected needles in public places



such as movie theatres, markets, bus-stops etc. with an intention of transmitting the infection to them. These rumours are baseless because of three main reasons:

- There should be adequate amount of blood containing the virus on the needle before it can cause infection. A needle that has been merely pricked in the body of a person with HIV is not likely to have the number of HIV necessary to cause infection.
- Even if the infected person were to use needle that has been used intravenously, the virus may not be alive if the blood on the needle has dried up.
- When an infected needle is pricked into the muscles, the risk of transmitting the infection is very low.

c) **Mother to Child Transmission:** Mother to child transmission of HIV can occur in three ways:

- i) During pregnancy, when the HIV crosses the placenta.
- ii) During delivery.
- iii) During feeding: Although HIV is present in breast milk, it does not mean that the baby will always be infected with it. HIV has not been shown to be transmitted through saliva. If the virus is ingested in the stomach, the acids in it are likely to inactivate or destroy the virus. The risk through oral route may be there only if there are cuts or wounds in the mouth or bleeding gums.

d) **Other Methods**

- i) **Skin Piercing:** There are several cultural practices in India that involve skin piercing such as, piercing ears or nose for ornamental reasons, tattooing, etc. Although skin piercing is not currently one of the major routes of transmission of HIV infection in India, it is desirable to use sterilized equipment for prevention of infections such as Hepatitis B.
- ii) **Oral Route:** Many people believe that holding hands, sharing utensils etc. with people who have HIV can transmit the infection. This is not true.

## 5.2 Diagnosis of HIV

HIV is normally diagnosed through blood tests that detect antibodies to HIV. It is recommended that the tests are done only at the Voluntary Counselling and Testing Centres (VCTCs) set up by National AIDS Control Organisation (NACO). Counselling is done before and after the test, in order to ensure that, the person being tested is aware of all the issues related to HIV transmission, prevention, treatment, care and support. In case of a negative test result, the test is repeated after three months to rule out the possibility of the first test being carried



out in the window period. Confidentiality is strictly maintained while testing for HIV. This means that no one other than the person being tested is informed about the test results.

### Symptoms of HIV:

- a) Most people infected with HIV are not likely to have any symptoms for about three to ten years. Few develop symptoms earlier, while few others may not develop any symptoms for more than ten years. Even if a person does not have symptoms, he/she can transmit the infection to others.
- b) A normal person has about 500 to 1500 CD4 cells per millilitre of blood. When the CD4 count decreases below 200, people with HIV can present with opportunistic infections, which are infections, that affect the body because of poor immunity. Opportunistic infections are caused by bacteria, virus, fungus and parasites. They may also get some types of cancer.
- c) When HIV progresses to AIDS, the infected person would have had unexplained weight loss of more than ten percent, unexplained diarrhoea or fever for more than one month, fungal infections, tuberculosis or severe bacterial infections.

### Tuberculosis

Since tuberculosis is already one of the major health problems in India, people with HIV infection are at higher risk of getting it. Very often, tuberculosis is the first indication that a person has HIV infection. Although tuberculosis largely affects the lungs, it can affect other organs of the body also. People with AIDS are more likely to get infection in other organs of the body. One of the major concerns related with tuberculosis and AIDS is resistance of the tuberculosis bacteria to several medicines that were earlier effective for its treatment. Common symptoms of tuberculosis include cough, fever, increased sweating at nights, loss of weight and excessive fatigue.



*Tuberculosis awareness campaign*



### 5.3 HIV Prevention

HIV/AIDS can be prevented in the following ways:

- Checking all the blood and blood products for HIV infection before transfusion.
- Avoiding drug abuse, especially sharing needles and syringes for injecting drugs.
- Reducing the risk of mother-to-child transmission by following recommended guidelines for prevention. NACO has set up 'Prevention of Parent to Child Transmission' (PPTCT) centres in all districts of the six states where HIV infection is high and in several other hospitals in other states. In these centres, pregnant women are counselled and tested for HIV. If they are positive, they are given medicines for HIV at the time of delivery and caesarean section is done to surgically deliver the baby. This reduces the risk of infection for the new-born from about 45% to less than 2%.

### 5.4 Ethical Issues Related to HIV Infection

Ethical issues related to HIV infection are mainly for ensuring that a person with HIV infection leads a life of dignity. HIV testing should not be done without informed consent of the person to be tested. This means that the person to be tested should have understood what test results would mean and its likely impact on his/her life. People with HIV infection have as much right to get education, employment and medical treatment from any source as everyone else.



World AIDS Day



### 5.5 Role of youth in preventing HIV/AIDS

HIV is more common in the most productive age group of 15-45 years, and therefore causes major impact on the economic status of the affected individual, family, community, and the nation at large. The young adults can play a very important role in preventing the HIV at community level, and also minimise its impact at all levels by taking following actions:

- a) Youth can assume responsibility in preventing HIV infections by avoiding behaviour that might lead to HIV infections.
- b) People living with HIV/AIDS have the same right to education, employment, health, travel, marriage, recreation, privacy, social security, scientific benefits etc. Hence, all should share responsibilities for avoiding HIV infection/re-infection.
- c) The young can also play an important role in addressing gender imbalance, which is one of the important factors for underdevelopment and HIV transmission.
- d) Youth should also educate general public by spreading the information that HIV cannot be transmitted by the following actions:
  - i) Shaking Hands
  - ii) Sharing of Clothes
  - iii) Sharing of Food and Utensils
  - iv) Sharing of Toilets
  - v) Insect Bites
  - vi) Hugging
  - vii) Working in the same office or travelling in the same vehicle
  - viii) Playing or swimming with the infected person
  - ix) Coughing, sneezing or in routine patient-care activities

#### SUMMARY

- *There is no doubt that the interest of the weaker sections need to be protected and their legitimate needs fulfilled so that, we can have a just and fair society where the under privileged are not discriminated against and no section lags behind the other.*
- *It is very important in a large and democratic country like India, all welfare schemes and other administrative benefit reach every citizen. For this to happen, it is important that an effective administration set up is available at every level from Central Government to Gram Panchayat. Of course, honest and corrupt-free implementation of projects will decide the success of the system. As the future citizens of India, we need to be aware of the system and responsibilities of each official in the administrative set up so that, we can contribute in our own way for the development of our society.*



- *Our youth are the strength of the family, village, locality and the community. They are also the future of our nation. We must take all necessary steps to mobilize this most idealistic, inspired and energetic section of our society in the mission of nation building and social welfare.*
- *Civic Sense is that sense in an individual which makes him/her a civilized citizen of a country. As far as the normal understanding is concerned, it is felt that people from cultured, educated and belonging to the upper strata are more or less quite civilized and have a huge stock of civic sense. Lack of civic sense is not far to seek; we find it all pervading no matter where we go. At home, in our neighbourhood, in the colony, on the road, in the office, in a theatre, in a restaurant and everywhere we go, we are duty bound to have civic sense.*
- *HIV can be transmitted from person to person only if the body fluids come in contact with body fluids of an HIV infected or AIDS patient. Young people, with or without HIV/AIDS, have an important role to play in actively countering discrimination against young people living with HIV/ AIDS. We are required to provide a platform for people living with HIV/AIDS, so that we can work together according to their interests. We also need to mobilize the support of local authorities and community leaders to listen to people living with HIV/AIDS and to combat actively against their discrimination and exclusion. Setting up of training programmes to improve the integration of the young people suffering from HIV/AIDS into society, is the need of the hour.*

### Comprehension Questions:

#### Q1. Answer the following in about 15 words

- Write about the origin of social service?
- Define the term social service?
- Write about any one method identified for conduct of social service?
- What are the two sections in which every country's population is divided into?
- What is created at the centre, to have proper mechanism for rural development in the country?
- What is the full form of NREGA?
- When was Swaranjayanti Gram Sadak Yojna launched?
- When and why was Desert Development Programme (DDP) launched?
- Write the United Nation's definition of 'social welfare'.
- Who contribute to the most creative segment of any society?
- In one line, define 'civic sense'.
- What is the globally estimated population living with HIV?



xiii) What is the full form of HIV?

xvi) What do the patterns of HIV infection in India reflect?

**Q2. Answer the following in about 50 words**

- i) Mention any three types of social service activities in which NCC cadets can take part?
- ii) What is community organization method?
- iii) How did modern institutional service take shape?
- iv) Write a short note on other backward classes (OBCs).
- v) What was NREGA renamed in 2010? Write a few lines on it.
- vi) What is rural development?
- vii) What does rural development encompass? Which activities are covered by it?
- viii) Write the basic difference between HIV and AIDS

**Q3. Answer the following in about 75 words**

- i) What is social service? What is it based on and what are its objective? Give suitable examples.
- ii) What does traditional caste system lead to? What was done to safeguard the interest of other backward classes after Independence?
- iii) Why is there a need to develop our rural areas? How can we summarize the need to develop rural areas?
- iv) What is Swarnajayanti Gram Swarojgar Yojna? What are its objectives? Which families are covered under the programme?
- v) What do you mean by civic sense? Explain with the help of suitable examples.
- vi) How does HIV affect the body?
- vii) Explain in detail about AIDS.
- viii) How does HIV/AIDS spread? Write about any two ways.

**Q4. Answer the following in about 150 words**

- i) Why do you think NCC cadets can contribute towards strengthening the weaker sections of the society in India and how?
- ii) What are the unique features of MGNREGA?
- iii) Write in detail about Jawahar Gram Samridhi Yojna.
- iv) What is Indira Aawas Yojna (IA)? What is its aim?



- v) 'In some people civic sense is found to be inadequate'. Explain the statement with the examples from your own life and of your friends and neighbours.
- vi) How is HIV diagnosed?
- vii) What are the three main reasons which refuse the rumours spread about people with HIV infection in intentionally pricking other people with infected needles in public places, with an intention of transmitting the infection to them?
- viii) How can youths play a very important role in preventing the HIV at community level and also minimize its impact at all levels?

**Q5. Answer the following in about 250 words:**

- i) What are the needs of the weaker sections of society? Explain the need of reservation in educational institutions and government jobs?
- ii) 'Education is the basic need of the weaker section'. Explain the statement.
- iii) What are the aims of the Ministry of Rural development?
- vi) Write the schemes included in the National Social Assistant Programme (NSAP) launched in 1995-96. Explain any three schemes in detail.
- v) '*Our youth is the strength of the family, village, locality and community*'. Elaborate the contribution of youth towards the social welfare.
- vi) Why do people have an indifferent attitude towards public property? Substantiate your answer with suitable examples?

**Let's Discuss**

**Q6. HOTS (Higher Order Thinking Skills)**

- i) How can you help in breaking the stereotypes related to caste and overcome the prejudices related to certain sections of society?
- ii) In your view, how can welfare schemes and other administrative benefits reach every citizen in a large and democratic country like ours?
- iii) How can NCC play a crucial role in providing leadership and contributing in National and cultural integration.
- iv) If you see someone harming the public or damaging a historical monument, will you make them aware of their civic duty? How?
- v) How will you face the situation when you come to know that your best friend is suffering from HIV?



### Group Activities

- i) Which human values are reflected by you when you make the weaker sections of the society aware of their rights and various government programmes and schemes launched for them for the upliftment and better standard of living?
- ii) Through a skit, story or poem reflect the importance of joint family with respect to old age care.
- iii) Make a project on watershed and waste land development with special emphasis on the positive role played by NCC cadets.
- iv) Your school has been invited by a radio station to present a five minutes radio talk show on our civic duties as a responsible citizen of India. Write a short poem or skit depicting the same.
- v) What life skills will enable you to overcome the myth that, your maid who is HIV+ will pass it on to you or your family?