

HIV/ AIDS ENGTIN ZEL?

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THUHMA

AIDS hi tunlaia natna ngaihven leh zirchian nasat ber a nih avangin a chungchang ziahna hi lehkhabu hrang hrang a tam ta hle a, a chhiar duh tan pawh eng ber nge ka chhiar ang aw tia buaina tham a ni. Chutih laiin lehkhabu hrang hrangrawn kual chuan hun a heh a; tin, Mizo \awng ngeia ziahna kan langah lo hle bawk.

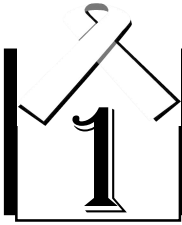
AIDS a tui zual te'n an inzir chian nante, mite an zirtir chhawn theih nan te he lehkhabu hi buatsaih a ni. Doctors, Counselors, Social Workers, Technicians, Nurses mai bakah hetiang lama tui apiang tana hman theiha buatsaih a ni.

He lehkhabuah hian articles hrang hrang mithiam, he lama experience nei \ha tak tak te thawhkhawm engemaw zat a awm a, a bengvarthlak hle tura ngaih a ni.

Chutihrualin HIV/AIDS ah hian thil thar, thu thar, guidelines thar a awm chak em em a; heta inziakte pawh hi nakin lawkah a thlakna la awm leh thei vek an ni. Chuti chung chuan kum engemaw zat chu a \angkai hle tura ngaih a ni.

Hetieng lehkhabu tha tak MSACS in a ti chhuak thei hi a lawmawm hle a. Articles thawhtute zawng zawng chungah lawmthu ka sawi tak meuh a. Tin, he lehkhabu a lo puitlin theih nana tha leh zung sengtu zawng zawng chungah lawmthu ka sawi tak meuh bawk a ni.

Dr Eric Zomawia
Project Director,
State AIDS Control Society, Mizoram.



NATIONAL AIDS CONTROL PROGRAMME MIZORAMAH

Lallianzuala
Consultant, UNICEF

Khatia kum 1986-a kan rama HIV/AIDS hmuhchhuah a nih khan a hmuhchhuahna Tamil Nadu Sorkar phei chuan a hmu chhuaktute hi Doctor te an ni a, an hna a \angin a ban ringawt ! Mahse a hnu lawkah hemi te hian court-ah an khing a, thiam an chang leh a ni. Tichuan Sorkar pawh chuan engemaw tih tan a ngai tih hriain kum 1990-92 chung khan 'Medium Term Plan' siamin Awareness lam nasa takin bul a \an ta a ni. Tichuan kum 1992-1999 thleng khan National AIDS Control Program Phase – I siamin ramdang a \anga \anpuina te dawngin, HIV/AIDS leh STD inzirtirna te, thisen thianghlim chauh dawng tura inzirtirna te leh, HIV test lam te nasa taka ngaih pawimawh a ni ta a. Kan ramah pawh vung takin HIV hlauhawmzia leh \ihbaiawmzia kan inzirtira, a \ihin kan \ih tawp mai a nih kha.

Hetih lai hian HIV/AIDS do hna chu ngawrh zawka bei turin kum 1999 a \anga kum 2006 thleng atan National AIDS Control Program Phase- II chu bun a lo ni leh ta a. A hmaa hmalakna awmte thlauthla lovin nasa zawkin \an lak thar a ni a. Tin, a hma lama la tih ngai loh Targeted Intervention tia vuah, HIV/AIDS kai awlsam bikte zinga hnathawhna mumal tak chu Project angin kalpui a ni a, NGO hrang hrang

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te hmang \angkaiin he project hmang hian - KS te, ruihhlova inchiu \hin te, ram dang a \anga pem te, khawlai naupang (street children) te, Tan Ina tangte zingah te, mahni mipat pui nena mu \hin zingah te, Lirtheia bungrua phur \hin (Truckers) zingah te- HIV/AIDS laka venhimna hna leh anmahni (HIV kai an lo nih chuan) a \anga mi dang kai chhawna ven hna uluk takin thawh a ni. Tichuan kum 2006 alo inher chhuah meuh chuan AIDS hluar dan pawh engngemaw chen chu a lo tlahniam ta a ni.

Kum 2007 thleng khan HIV hluar dan hi mihring 1000-ah mi 9 zel awm anga chhut a ni a, India ram pumah Mizoram pawh state ven ngai zual 9 zingah kan tel a ni. Tin HIV hrik kai hi mi nuai 50 chuang awma chhut a ni a, tunah erawh nuai 25 vel a chhut a ni tawh. Chutih laiin Central Sorkar chu nasa takin a hlauthawng a, khawvel ram changkang zawkte pawhin Africa ramte anga thluspawp deuhthaw a nih palh an hlauhpui hman viau a ni. Ram changkang apiangah HIV/AIDS hi do hneh mek a ni a, ram changkang lo apiangah inkaidarhna a nasain an tuar nasa a ni. Tichuan kum 2006 a \ang chuan a thawh lina atan National AIDS Control Program Phase-III chu a lo piang ta a ni. NACP-III hi uluk tawpa duan a ni a, a duan nan ringawt pawh kum 2 chuang hman a ni a, National Level mai ni lo, Village level thlengin plan hi siam vek a ni. Tunah pawh hian kan sawi tum leh pawimawh ber chu NACP-III hi a ni.

Engge NACP-III-ah chuan tih tur?

NACP-III-ah chuan tum mumal tak a awm a, a GOAL ber chu kum 2006-2012 chhung hian HIV/AIDS hluar dan tihhniam a ni. Hemi thleng tur hian tum bik pahnih pawimawh deuh a awm –

- 1) HIV kai sam bik ho zingah a hluar dan 60% a tihhniam.
- 2) HIV kai hlauhawma dingte zinga a hluarna 40% a tihhniam.

Tin, a kalphung atan chuan hengte hi ngaih pawimawh a ni :

1. AIDS dona lam reng reng rualkhai zawka kaltir.
2. Harsatna awm te rualkhai zawka ngaih pawimawh.
3. Dan behchhan chung a hmalak.
4. Mipui pawm theih zawnga hmalak.
5. Mihring dikna leh chanvo ngaih pawimawh.
6. HIV veite hman \angkai.
7. Mipui tam zawkte thawhhopui.

Tichuan a goal thleng tur hian hnathawhna tur kawng li duan a ni a, chungte chu:

1. A kai thar tur ven (Prevention)
2. A kai tawhte ngaihsak leh enkawl (Care, support & treatment) .
3. A thawktu te leh hmanrua tihchak (Insitutional strengthening)
4. Hnathawh chhuizui leh vil (Monitoring & Evaluation)

National AIDS Control Program hmanga hnathawh zawng zawng chu khing a chung a mi pali-ah te khian a inkhaikhawm vek a ni.

National AIDS Control Program chu National AIDS Control Oraganization (NACO) in a ho-a, NACO hi IAS Senior, Secretary (Deptt of AIDS), Ministry of Health & Family Welfare leh Director General ni kawpin a ho a ni. NACO chungah hian a rorelna-ah chuan National AIDS Control Board a awm a, chu erawh chu Health Minister in a

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ho a. Ram puma thuneihna sang ber erawh chu Prime Minister Chairman-na hnuaiah National Council on AIDS chu a awm thung.

Kan State-ah kum 1999 hmalam kha chuan AIDS buaipui hna chu AIDS Cell (Health Deptt) in an staff tlemte hmangin an buaipui a, kum 1999 (NACP-II) a\ang erawh kha chuan chak zawka hna thawk thei turin Mizoram State AIDS Control Society (MSACS) chu siam a ni ta a ni. Society registration nei thlapin Central sorkar a\anga direct a fund dawng leh hmang theia awmin heta \ang hian AIDS Control Program pawh nasa takin a \hang ta a ni. State Council on AIDS chu Central ang bawkin State level-ah a awm ve a. MSACS a thuneitu sang ber erawh chu Governing Body – Health Minister Chairman-na hnuaiah a awm a, Sorkar department pawimawh hrang hrangte leh NGO te an tel a; roreltu ber erawh chu he board hnuai chiah Executive Committee a ni. Hei hi chu Health Commissioner in a ho a ni.

Mizoram State AIDS Control Society chu sorkar deparment tenau tam tak ai hian a lian mah awm e. Anni hian Mizoram chhungah National AIDS Control Program tihpuitlin chu an hna ber a ni. Project Director pakhatin hovin Officer chin pawh 20 vel zet an awm a, 2008 a\ang chuan chak zawka district lamah hmalak a nih theih nan District AIDS Prevention and Control Unit (DAPCU) chu Aizawl, Kolsib leh Champhaiah din a ni a. Hetah hian Medical Officer pakhat \heuh leh Technical Staff 3 \heuh an awm a ni. District zawng zawngah hian HIV/AIDS hluar dan a inchen vek lova, chuvangin a hluar dan tehna bik siam a ni a, a hluar ber a\anga a hluar lo ber chu A, B, C, D tia vuahin chi li-ah \hen a ni. Mizoram chhungah Aizawl leh Champhai bik hi category A-

ah hian an awm a, Kolasib hi B ah awmin a dang zawng hi chu category C-ah an awm a, Category A&B bik hi ngaih pawimawh zual an ni a, hmalakna pawh dah tam deuh bik an ni. Tin, DAPCU awm lohna district dang zawngah chuan District AIDS Committee din a ni thung a, hei hi Deputy Commissioner-in hovin District chhungah Awareness leh a \ul dang dangte an kalpui ve a ni.

Mizoram State AIDS Control Society-ah hian a hnuai division hrang hrang te hi awmin hengte hian theihtawpin mahni hma theuh an bei a ni :

1. General Administration.
2. Targeted Intervention.
3. Basic Services – ICTC & STI
4. Blood Safety and Quality Assurance.
5. Information, Education, Communication(IEC) & Mainstreaming.
6. Care, Support & Treatment.
7. Surveillance, Monitoring & Evaluation.
8. Finance Division
9. Procurement Division.

Heng Division pakua te hi Programme Officer ten hovin division tinah hian Divisional Assistant emaw Finance Assistant, Procurement Assistant te emaw an awm zel a ni.

National AIDS Control Program tichanglung tur hian Joint UN Programme atangin Officer hrang hrang dah an ni bawk.





HIV/AIDS DARH DAN LEH A KAIHNAWIH

**C. Lalsangzuala, State
Programme Officer, UNDP.**

HIV hian kum sawm nufa chhung lekin Khawvel a fan chhuak a, ram kilkhawr berah pawh he natna hrik hian bu a khuar avangin “khawvel pum hri vei (Pandemic)” a ni ta reng mai, a kum chhiar a HIV in a hrut chin leh a lo darh zel dan I han thlur dawn teh ang.

Kum 1980 leh a hmalam khan khawvelin HIV leh a rim a ra a la hre lo, mahse Dr. Jonathan Mann, World Health Organization (WHO) hotupa \hin chuan, hetih lai HIV a bikbo hunlai vel hian khawmualpui pangaah a darh a, mi nuai khat a \anga nuai thum velin an kai tawh maithei ni in a sawi thung.

Kum 1981 khan New York leh California-ah chuan natna awm zen zen lo Cancer chi khat Kaposi’s Sarcoma leh chuap lam natna Pneumocystis carinii pneumonia (PCP) an hmu ta fo mai, hemi kum vek June thla a Center for Disease Control (CDC) in a chhan leh vang malman tur awm si lova PCP thlen dan report a tih chhuah chu HIV AIDS hriatna kawnga bul\anna niah mithiam ten an ngai.

Kum 1982 khan natna mak tak tiin khawvelin a mangan pui tan; CDC chuan mi 452 a chhan leh vang hriat loha taksa

ralveng tlachham report a dawng a AIDS hming a la piang lo, August thla velah chanchinbu hrang hrang chuan Mahni mipatpui kawpte natna GRID (Gay Related Immune deficiency) tiin an vawrh lar a, hemi kum vek September thla ah CDC chuan a hmasa ber atan AIDS (Acquired Immune Deficiency Syndrome) tiin a sawifiah.

Kum 1983 May thla khan France ram Pasteur Institute a doctor-te chuan AIDS thlentu natna hrik hmuchhuakin an insawi a, October thla khan European World Health Organisation (WHO) meeting hmasa ber Denmark a neihah USA ah AIDS cases 2,803 hmuh a nih thu report a ni a, hemi kum tawpah vek hian mi 3,064 ah an pung chho a mi 1,292 in an thihpui.

Kum 1984 April ni 23-ah United States Health and Human Services Secretary Margaret Heckler chuan Dr. Robert Gallo, National Cancer Institute ami chuan AIDS thlentu virus hmuchhuak niin a puang a, a hmingah HTLV-II an vuah. Hemi kum tawp hian AIDS case 7,699 leh mi 3,665 AIDS avanga thihna USA ah report a ni a, mi 762 hmuhchhuah thar niin Europe-ah report a ni a, UK ah ringawt mi 108 kaithar leh mi 46 thihpui report a ni.

Kum 1985 AIDS conference hmasa ber Atlanta a neihah mi 2000 vel an kalkhawm a, HIV hi mipat hmeichhiatna a\anga kai a nih dan kawng an zirho a, conference a \iak veleh WHO chuan AIDS chungchanga ram hrang hrang ten pheikhai rual taka an thawhho theih dan tur International meeting a buatsaih zui. China a\angin AIDS case hmasa ber report a ni a, hemi kum a tawp meuh chuan AIDS cases 20,303 lai WHO ah report a lut hman der tawh.

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Kum 1986 May thla khan virus hmingphuah inchuhna nasa tak karah International Committee on the Taxonomy of Viruses chuan AIDS thlentu hrik chu HIV (Human Immunodeficiency Virus) tiin a vuah ta.

Hemi kum hian India rama Tamil Nadu state-a HIV pai hmuhchhuah a ni ve ta! Kum a tawp dawn meuh chuan Ram hrang hrang 85 atangin AIDS case 38,401 WHO ah report a ni tawh a. Khawmualpui hrang hrangte kai dan: Africa 2,323, Americas 31,741, Asia 84, Europe 3,858, and Oceania 395.

Kum 1987-ah HIV case hmasa ber Soviet Union-ah hmuh a ni a, chumi avanga Russia ram sawrkarin Thisen test luh runpui a buatsaih mek laiin Princess Diana-in AIDS veite enkawlna hmun a hawn tuma Kutkawr (Rubber Gloves) bun lova damlo a khawih chu Media-ah nasa taka tihlan a ni.

July thla-ah WHO chuan Nu in a hnute pek a\angin HIV a fa-ah a kaichhawng thei tih a finfiah a, amaherawhchu ram thang mek hnutetui siamchawp mumal awm lohna hmunah chuan hnute pek sawimawi \ha a ti. October thlaah United Nations ah debate pui tham tak neih a ni a, hei hi natna chungchanga UN floor a debate hmasa ber a ni. December thla a lo nih chuan WHO ah AIDS cases 71,751 lai report a ni ta.

Kum 1988 khan official taka chhinchhiah dana Needle Exchange Program hmasa ber USA ah tan a ni. Mahse US Congress chuan needle exchange program a hman atan federal funds hman a khap bur.

“Join the worldwide effort” thupui hmangin December ni 1 ah World AIDS Day hmasa ber hman a ni.

Kum 1989 March ni 1 khan ram hrang 145 ten AIDS case 142,000 an report a hei hi WHO chuan a nihna aia tlema report ah ngaiin mi 400,000 aia tam ni ngei turah a ngai. AIDS enkawlina damdawi Zidovudine, AZT tia hriat lar chu mipakhat tan kum khata US dollar 7000 (chutihlai a India pawisa-in Rs. 3,50,000 vel) senga hman theih a tlangzarh a ni.

Kum 1990 ah, China Yunnan Province, Burmese border bula Drugs a inchiu thin mi 146 ah HIV hmuh a ni, hei hian India ram helai hmun hnaia chengte a ti ralkhel a, Mizoram-ah ngei pawh October thla atang khan HIV kai kan chhinchhiah tan ve ta.

Hetih lai hian khawvel sawrkar leh UNO ngei pawhin HIV/AIDS hi a ngaihsak tawk lo ni a hriain WHO a AIDS lam hotu lu ber Dr. Jonathan Mann-in banna a thehluh chuan khawvel sawrkar tam tak a beng harh a, tihluhnaa thisen test leh inkhunghran zawnga hmalakna a tlem ta. Kumtawpah AIDS case 307,000 chuang WHO ah official a report a ni.

Kum 1991-a Earvin (Magic) Johnson a leh Freddy Mercury ten HIV an pai thu an sawi chhuah chuan khawvel a nghawr nghing a, hemi kum hian RED RIBBON chu khawvel pum tana AIDS awareness chhinchhiahna (International symbol) atana hman a ni. Hemi kumtawp hian AIDS cases 450,000 WHO ah report a ni.

Kum 1992 a lo then chuan India Sawrkar a harh ve \an ta, National AIDS Control Project atan US dollar maktaduai 100 a phal ta, chutih lai chuan rampum a hriselna lama a sum dah (National health budget) za zela sawmpanga (15%) zet a tling a, chuta pawisa tam zawk chu World Bank loan sawrkarin a puk tur a ni. Chutih mek laiin Expert-te chuan

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kum nga chhungin ram dang zawng aiin India ramah HIV kai an tam dawn tiin an lo hrilh lawk ve mek bawk.

Kum 1993 a South Africa, National Health Department report dan chuan HIV kai thar, a hma kum hnih kalta ai a za zela 60% in an pung a, nu naupai zinga mi 322,000 zet chuan HIV an pai tih hmuhchhuah a ni. Hetih lai mek hian Asia ramah HIV namen lovin a darh a ni tih hriatchhuah a ni a, khawvel pumah mi maktaduai 2.5 in an kaia rin a nih laiin, Asia-ah chuan mi 700,000 velin kai ngei tawha ngaih a ni.

Kum 1994-Research in a tarlan danin Thailand ram chuan an ram a HIV inkaichhawanna nasa takin a tihnam tih hmuhchhuah a ni. He thil an tihtheihna chhan ber nia ngaih chu sawrkar in Nupa kar lova mipat hmeichhiatna hmang condom hmang si lo te chu hrem theih a tih vang nia ngaih a ni. 1989 a Nawhchizuar zinga Condom hmang 14% ni \hin kha hemi kum hian 94% aia sangah a chho dawrh mai.

Khawvel pumah thung chuan AIDS case report zat mi 985,119 an tling ta. WHO estimate dan chuan khawvel pum a AIDS case chu 60% in a kang dawrh a, mi maktaduai 4 in HIV kai anga chhut a ni.

Kum 1995 January khan CDC chuan USA-ah kum 25-44 inkar ten an thihpui nasat ber chu AIDS ni in a puang a, South African Ministry of Health chuan a rama nu naupai za zela pariat (8%) chuan HIV an kai a, an pung zel bawk tiin a puang.

December 15 a WHO in report a dawn dan chuan ram 195 a \angin mi 1,291,810 AIDS case an awm ni in report a ni. Khawvel pumah hemi kum hian mi maktaduai 4.7 in

HIV an kai thar anga chhut a ni a, Naupang 500,000 HIV kai sa in an piang bawk.

Kum 1996 January ni 1-ah Joint United Nations Programme on AIDS (UNAIDS), UN agencies paruk (WHO, UNDP, UNICEF, UNFPA, UNESCO and the World Bank) inzawmkhawm chu a piang. UNAIDS in an chhut dan chuan hemi kum hian mi maktaduai 3, a tam zawk kum 25 hnuai lam ten HIV an kai thar a, tichuan khawvel puma HIV kai chu mi maktaduai 23 vel an lo ni ta.

Kum 1997 khan mi maktaduai 2.3 laiin an thihpui a, kum hmasa aiin 50% zetin a sang a ni. Khawvel pumah, puitling kum 15-49 inkar 100 zela 1 hian HIV an kai ni a chhut a ni a, hemi kum hian kum 2000 a lo thlen chuan khawvel pumah mi maktaduai 40 in HIV an kai tawh ang tia rin-sawilawk a ni. Tin, United States Agency for International Development (USAID) in a rin dan chuan ram thangmek a naupang maktaduai 40 te chuan kum 2010 ah chuan an nu emaw pa emaw HIV avangin an chan ang ti in an sawilawk bawk.

Kum 1998 khan South Africa ah Gugu Dlamini chu Zulu television-a HIV positive a nihna a puan avangin an \henawmtan an vawhlum. UNAIDS chuan hemi kum hian mi maktaduai 5.8 in HIV an kai thar niin a chhut a, chung zinga a zatve chu kum 25 hnuailam an ni.

Kum 1999 US ah thung chuan Doctor pakhat a bialnu hlui HIV hrikpai thisen hmanga a chiu luih avangin kum 50 tang tura a chungthu rel a ni. Hemi kum tawp hian UNAIDS ngaihndan chuan khawvel pumah mi maktaduai 33 chu HIV pai an ni a, mi maktaduai 2.6 ten hemi kum hian an thihpui.

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United Nations chuan Asia khawmualpuia mi maktaduai 7 in HIV an kai thar niah a ngai thung.

Kum 2000 April thla khan, President Mbeki chuan khawvel ram hruaitu hrang hrang te lehkha thawnin HIV hi Africa harsatna a ni a, mingo te ngaihndan ngawt nilo, African te mila a dona program siam a \ul thu a thawn.

Botswana-ah chuan puitling 4 zela 1 hi HIV positive an ni a, nu naupai 10 zela 4 te pawh HIV positive tura ngaih an ni. UNAIDS in a report danin, khawvelpuma mi maktaduai 34.3 te hian HIV an pai a, chung zinga maktaduai 1.3 te chu naupang kum 15 hnuailam te an ni. Hetih mek lai hian India ah chuan mi maktaduai 4 vel HIV kai anga chhut an ni a, khawvel a HIV tamber dawttu nihna a hauh ta.

Kum 2001-ah China pawhin HIV/AIDS hian a ram hriselna leh ei leh bar a ti derthawng tan tih a pawm ve ta. South Africa sawrkar pawhin a ram mi maktaduai 4.7 chuan HIV an kai niin a ngai a, nu naupai zinga 24.5% te chu HIV positive an ni. Thailand-ah chuan HIV kaithar dan (rate of infection) nasa takin an ti tlahniam a, kum 1991 a mi 143,000 kai thar kha kum 2000-ah chuan mi 20,000 chauh an ni ta; hetih lai hian Eastern Europe and Russia-ah chuan nasa takin a darh reng a ni.

Kum 2002-ah President Bush-a ngaihndan pelin US Secretary of State Colin Powell chuan nasa takin HIV venna atana Condom pawimawhna a sawichhuak. Global Fund round khatna dollar maktaduai 600 chu thehchhuah a ni. HIV/AIDS avang a fahrah maktaduai 13.4 an tling chhova, kum ruk chhungin a let thumin an pung a ni. India in AIDS vanga

fahrah maktaduai 1.2 a nei a, maktaduai 2.7 a kum sawm chhunga a pun rin a ni.

Kum 2003-ah South Korean Lee Jong-wook chu Director-General of WHO atan ruat a ni a, HIV/AIDS hi a ngaih pawimawh hmasak ber tur a nih thu a thusawi hmasa berah a sawi lang.

July thla-a India rama HIV/AIDS estimate tharah chuan mi maktaduai 3.82 - 4.58 vel HIV positive anga chhut a ni. UNAIDS report report tharah 2003 kumtawp thleng khan khawvela mi maktaduai 37.8 te chuan HIV an kai niin an chhut.

Kum 2005-ah South Africa a nu naupai (antenatal clinic) survey ah 29.5% te HIV positive an ni. Nelson Mandela pawhin a fa hming koh Makgatho kum 54 a upa chu AIDS vangin a thi tih a puang.

PEPFAR ten HIV venna atana an hmanrua ("ABC approach") ti a hriat chuan nasa taka sawisel a tawk a, a beitu nasa te zingah Professor Duff Gillespie, Public health expert leh senior USAID official leh Stephen Lewis, UN Special Envoy for HIV/AIDS in Africa te an langsar hle.

Hemi kum chhinchhiah a nih nachhan ber chu HIV avangin mi maktaduai 3 an thi a, mi maktaduai 5 in a hrik an kai thar a, mi nuai 3 HIV damdawi hmangin chhanchhuah an ni hi a ni. - Front cover: The Lancet Volume 366 Number 9500

Kum 2006 a zirchianna thar tihchhuahah chuan India chhim lama HIV kai dan chu kum 2000-2004 chhungin ziaawm lam a pan a, zirchiangtu zinga mi Professor Prabhat Jha chuan India ramah Africa ram angmaiin HIV a puakdarh dawn nia

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sawi a awm \hin, nimahsela vawiinah chuan a lawmawm lam kan hre ta a ti.

December thlaah US National Institutes of Health chuan Mipa serh tan hian HIV kai theihna chance 50% vel lain a tihnam thei niin an puang a, WHO leh organization dang ten HIV tamna hmunah serh tan an sawimawi dawn tih an sawi bawk, mahse mitam takin serhtan mipate an ninhlei zual anga, a hma aiin an kai nasa ang tih an hlau.

Kum 2007 ah South Africa chuan an ram a HIV kai thar tur za a sawmnga ven an tum a, tin a lo kai tawh leh an chhungte za a sawmriat tal enkawlna pek an tum thu an puang.

April thlaah WHO chuan kum 2006 tawpah khan HIV-positive mi maktaduai 2 low- and middle-income countries a \angin antiretroviral treatment an dawng tih a puang a, chumi awmzia chu nun chhan nana mamawh ngawih ngawih 28% chauhvin an dawng tihna a ni.

July thlaah India ram tana thu lawmawm a lo thleng a, HIV kai zat chhut (estimate) \hat a ni a, a hma a mi maktaduai 5.7 in an kai nia chhut chu, mi maktaduai 2 a \anga maktaduai 3.1 velah a tla thla a, HIV kai tam lama 1-na dinhmun a \angin 3-naah, South Africa leh Nigeria hnungah a awm ta.

Kum 2008 UNAIDS Report a a lan dan chuan HIV ven kawngah Khawvelin hma a sawn tak tak ta - He report in a estimate dan chuan kum 2007 tawpah khan mi maktaduai 33 HIV pai khawvelpumah an awm a (Kum 2006 kum tawp a estimate dan maktaduai 39.5 aiin nasa takin a hniam).

October thlaah, HIV hrik hmuchhuaktu nihna chungchanga inhniaalna muhnu chhawhthawh thar a ni a, Nobel

Prize for medicine chu Françoise Barré-Sinoussi leh Luc Montagnier (HIV hmuchhuah vangin), Pasteur Institute, Paris te hnenah hlan a ni.

Kum 2009 kum tir a\angin HIV/AIDS Zimbabwe ah a punlun, nitin mi 400 AIDS avangin an thi a, hemi kum hian HIV damdawi black market in an zuar nasa.

January thlaa US President thlan thar Obama chuan kum 22 chung dan lo hman tawh HIV kai US a luhphal lohna dan chu hlih a nih tur thu a puang a, a hnu October thlaah hlih a ni ta nge nge.

March thlaah Pope in condom vavrh lar hian HIV a ti pung a tih chu nasa taka sawisel a ni.

July thlaah kum 150 a upa India dan IPC section 377 chungchang a high court thutlukna chuan mahni anpui sex hmanpui \hin te a tilawm hle a, hei hian HIV venna kawngah nasa taka a puih rin a ni.

November thlaa UNAIDS chuan kumtin a tihchhuah \hin “Epidemic Update” ah chuan tun kum sawm chung kum 2001 a\ang khan khawvelah HIV 17% in a tlahniam niin a report a; tin, AIDS avanga thihna 10% in a hniam a ti bawk. Hemi kum hian khawvel pumah HIV kai mi maktaduai 33.4 [31.1 million–35.8 million] an awm nia chhut a ni.

Kum 2010: April thla khan China Premier Wen Jiabao chuan kum 20 chung hman tawh China dan HIV positive te China-a luh phal loh tih chu hlih a nih tur thu a puang a, April ni 27 khan China cabinet chuan dan siam\hat thu a chhuah a ni.

May ni 20 khan Global Fund Round 10-na tih chhuah a ni. Global fund hian HIV, TB leh Malaria dona atan 2010

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kum hian US dollar tluklehdingawn 19.3, ram 144 tana pek chhuah a tum ni.

Mizoramah thung le!

HIV darh dan tehna hrang hrang a awm, Sentinel Surveillance an tih hi tehna hmanraw hman rim berte zinga mi a ni a, khawtlanga mi chi hrang hrang Nu naupai te, KS te, damdawi hmangsuah a inchiu \hin te, mipat hmeichhiat hman avang a natna hrang hrang kai zingah awmze nei takin hrillak (sample) la in thisen kumtin a test \hin a ni. Mizoram State AIDS Control Society in a bu a siam tawh avangin Sentinel surveillance kalhmang hi chu sawi nawn ta lo ila.

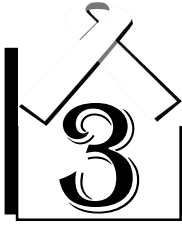
Kum tina Mizoram-a HIV kaidan MSACS in a tihchhuah \hin pawh hi chutiang Sentinel Surveillance report a \anga a lan dan a ni a, Nu naupai inentirna (Ante natal clinic) hi Mipui nawlpui dinhmun aiawhtu (represent) ni a ngaih a ni. Heta \anga a lan dan chuan Kum 2001 khan Mizoram mipui nawlpui mi 888573 zingah HIV kai mi 2932 vel awm tur a ngaih kan ni a Kum 2008 ah chuan mi 1068025 (projected population) zingah mi 7583 vel hi chuan kai ngei a ngaih kan ni.

Kumin 2010-ah hian Mizoram mipui 1126067 (projected population) zingah 0.9% an kai ni ah ngai ta i la (kum 2004-2008 ANC average), mi 10135 vel hi chuan HIV kan pai ni a ngaih theih a ni.

A thim zawngin : Mi singkhat bawr vel chu tlem viau in kan hria a ni thei a, mahse heti zawng hian han bihchiang teh: mi singkhat zinga a tam zawk, za a sawm riat dawnlai hi mipat hmeichhiat kawnga la inhmang rual (sexually active group) an ni a; kan mizo tualzal nun han thlir la \halai hmun thuma thena hmun hnih aia tam mahin nupui pasal neih hmaa

mipat hmeichhiatna an hman \hinna ramah kan cheng a, mipa leh hmeichhia kan inpawh a, tih dun lo a hleih a awm lova; Mipa ten pialral kawnga Pawla sai kan hlauhna rilru kan tukhuma a la bet tlat chuan AIDS thlentu hrik hlau zo lovin hmeichhe buan \alh kan tum a, a hlawhtling te lah chu thangchhuah hawiin kan hawi ngawt bawk a, chuvang chu a ni fahmiang kum 2002 a Mizoram Situational Analysis result-ah khan mizo mipa zaa 7 lai hian an chung vuavang hnai hmeichhiat mipat kawngah an khawih bawrhbang tih a lang a, mizo mipa zaa 21 laiin midang an khawihbawrhbang (sexually abuse) tawh tih a lo lan ni. Chutiang hnam nun leh a michengte nungchang tluka HIV darh chak duhna a awm reng reng lo, mi singkhat hian awlsam te in mi singkhat dang an kai thei a, mi singhnih chuan reilote chhungin mi singli, chutiang zela pung thei a nih zia ram tam takah finfiah a ni tawh. Mizoramah a thlen ve lohna tur chhan enge awm? MSACS hi.... Nilo. Health department a chak a lawm.... Ni ngawt lo. Mizo chu kan inuhona a \ha a... inuhona \ha hi a ni lo zawnga a kal fuh vek vek chuan a hlauhawm ting mai.

A eng zawngin : Kan ngaihdan \ha lo, HIV hi tute pawl emaw sum siamna, tuten emaw fund hmuhna atan an sawi pun ni tlata hriatna a bova, kan khawtlang, kan chhungkua, leh keimah ngei harsatna a ni tih kan pawm hunah HIV hi kan ti rem ang. Kan sawrkar hian hemi dona kawngah ke a chhep rem mek a, kohhran pawhin a hnar a len \an a, Sawrkar leh Kohhran ber a \hanharh chuan mipui nawlpui hian kan zui leh mai ang. Tichuan AIDS avanga kan ram tluchhe tur hi kan pumpelth thei ang.



HIV INKAI DARH DAN LEH A PUMPELH DAN

Ms. Zuiliani Hrahsel
Deputy Director (IEC), MSACS

HIV :

- H - Human (Mihring)
- I - Immuno deficiency (natna dotu tlakchhamna)
- V - Virus (natna hrik)

Engnge ni HIV chu?

HIV chu AIDS natna thlentu hrik a ni a, taksa a a luh chuan mihring taksa natna dotu (Immune system) te zawi muangin an ei chhe \hin a, chutih rualin nasa takin HIV chu taksaah a inthlahpung ve thung bawk \hin.

AIDS:

- A - Acquired (kai chawp)
- I - Immuno (natna dotu)
- D - Deficiency (tlakchhamna)
- S - Syndrome (natna hrang hrang a ruala vei/kai)

Engnge ni AIDS chu?

AIDS chu HIV avanga taksa natna dotuten hna an thawh \hat theih loh avanga miin natna hrang hrang a lo kai hian AIDS a vei an ti \hin.

HIV/AIDS inkaichhawn theih dante:

1. Invenna (condom) tel lova mipat hmeichhiatna hmanin

Mipat hmeichhiatna kawngah : Mi, HIV hrikpai an nih chuan (Mipa leh hmeichhiaah) mipat hmeichhiatna an hmanin an serh a\anga tuihnang chhuakah hian HIV hrik a awm \hin a, chu chu miin invenna (condom) tel lova mipat hmeichhiatna an hmanin an kawppuiteah an kaichhawng thei a; tin, serh bawr velah pem leh hliam a awm pheh chuan a pem chungah tuihnang kha a lut duh em em a, HIV kai a tih awlsam phah \hin.

Khawvel pumpuia HIV hrikpai te zingah mipat hmeichhiatna a\anga kai an tam ber a, Mizoramah pawh chu tho chu a ni a, HIV hrikpai hriatchian zinga za zela sawmrak (60%) chuang chu mipat hmeichhiatna a\anga kai an ni.

Anal Sex (mawng lama sex hman) : Hmeichhe serhkaw tuamtu vun aia mawngkaw tuamtu vun hi a pan zawk avangin mawngkawhur te tan HIV hrik inkaichhawanna ‘chance’ a sang zual a ni.

Oral Sex: Miin HIV hrikpai serh a hmuam sak emaw a liah sak hian a ka chungah pem/hliam a awm chuan serh a\anga tuihnang chhuak a\ang khan HIV hrik inkaichhawn theihna ‘chance’ tlem a awm tho avangin hemi kawngah pawh hian fimkhur a ngai hle a ni.

2. HIV hrikpai nena hriau leh inchiuna hmanraw thianghlimlo inhmantawm a\angin

Drugs a inchiuna kawngah : Hriau leh inchiuna hmanraw thianghlimlo inhmantawm a\anga HIV inkawichhawn hi a awlsam em em a, HIV mai nilovin Hepatitis (B leh C) inkawichhawn pawh a awlsam a ni. Mizoramah HIV hrikpai

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an hmuhchhuahna hmasa ber pawh drugs a inchiu \hin zingah a ni a; tun dinhmunah pawh za zela sawmhnih pakua (29%) vel an la ni. Chuvangin, ruihhlo laka fihlim hi HIV laka fihlim theihna kawng \ha tak a ni a, tin, ruihhlo bawiha lo tang laklawhte tan chuan tihdam theih loh natna laka an fihlim nan hriau, syringe leh hmanraw dangte tumah hmantawm loh hi a him ber a ni.

3. HIV hrikpai nuin a naupai lai, a hrin lai leh a hnute tui a \angin a faah a kaichhawng thei.

HIV hrikpai nuin a naupai lai, a hrin lai leh a hnute tui a \angin a faah a kaichhawng thei a; hemi veng tur chuan nuin a naupai lai a \angin a dinhmun a inhriat a pawimawh hle a, chumi tur chuan PPTCTC (Prevention of Parents to child Transmission Centre) a pan a pawimawh hmasa ber a. Chuta \ang chuan inenkawl dan tur kimchang an lo kawhmmuh zel dawn a ni.

4. HIV hrikpai thisen thianghlimlo dawn a \angin.

Thisen thianghlimlo dawn a \anga HIV inkawichhawn theih a nih avang hian a mamawh tuten an mamawh huna thisen thianghlim HIV laka fihlim an dawn theihna turin tu tan bik sawi lova a thlawna thisen pek (Voluntary Blood Donation) hi uar taka kalpui mek a ni a. Hetianga a thlawna thisen miin an pek hian an thisen a thlianghlim leh thianghlimlohte ngun taka enfiah vek \hin a ni a, chungte chu Blood Bank-ah te dahin damlo a mamawh tute hnena pek a ni \hin.

HIV/AIDS inkawichhawn theihlohna te :

- Thosi leh rannung seh a \angin
- HIV hrik pai nena tui chen ho.

- HIV hrik pai nena inkuah satliah.
- HIV hrik pai nena chaw ei ho
- HIV hrik pai nena bungrua in\awm.
- HIV hrik pai enkawl
- HIV hrik pai te nen hnathawhho leh chenho.
- HIV hrik pai nena thawmhaw in\awm
- HIV hrik pai nena inkhata chen ho.
- Khuh leh hahchhiau a\angin a kai theih loh.
- Bualin/Ekin inhman \awm
- AIDS vei ruang (Mitthi ruang) kil in a kai theih loh.

Tute nge HIV hrikpai hlauhthawnawma awm?

HIV hi nungchang natna tia sawi \hin a nih angin, heng ruihhlo bawiha tangte, mipat hmeichhiatna kawnga buan chaklo a bikin K.S kan tih te, mitin mitang mutpui \hin te, awmhmun nghet nei lem lova tei kual tei kual \hin te hi HIV kaina kawnga dinhmun hlauhawma awm niin an sawi \hin a. Amaherawhchu he natna laka derthawng lo reng reng hi kan awm tak tak lova, HIV hi tihdam theihloh natna a nih avangin invenna hi a tihdamna tha ber chu a ni mai a. Chuvangin, HIV leh AIDS laka mahni inveng thei tura a chungchang ngaihven leh hriatchian bakah midangte hrilhriat zel hi a pawimawh ta em em a ni.

A kai awm zuala rin te hnena zirtirna pek hi a pawimawh em em rualin, HIV kai awlsama nung lemlo te hnenah hian dan naranin zirtirnate uar a ni lem lo \hin a, hriatchian tawk lohna leh hriat loh hrim hrimna avangin nasa takin an dinhmun a ti hlauhthawnawm thung si a ni. HIV leh AIDS hian kan khawtlang nun, ei leh bar leh hnam inthlahpun

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zelna thlenga min nghawng thei si avang hian hmaih neih lova mitin hnena zirtirna pek hi a pawimawh a ni. Hetiang a nih avang hian engtin nge zirtirna chu mi chi hrang hrang hnenah kan pek tak ang le:

- **Chhungkuaah:** Zirna in hmasa ber leh pawimawh ber chhungkua hi a \hat tawh loh chuan khawtlang nun hi a \ha thei tak tak lova. Chuvang chuan kan khawtlang, kan ram kan hnam siamtha tur chuan chhungkua a bul kan \an a pawimawh hle. Chutiangin HIV laka kan chhungkua kan him theihna tur chuan kan inchhung ngeiah bul kan \an a pawimawh tlat. Nu leh paten kan fate HIV laka fihlim tura kan duh chuan keimahnin a chungchang kan ngaihven a, kan hriatchian a, tihdam theihloh natna laka an him theih nana nunkawng him leh dik kan kawhhmuh a \ul hle. Hei hi hre reng rawh, I fa in HIV a kai tawh chuan a tihdamna tak tak a awm loh avangin inven hi a pawimawh tak zet a ni.

- **Sikul leh zirna inah te :** Tarlan tawh angin HIV chu nungchang kaihhnawih natna a nih tlat avangin, naupangte hnenah HIV laka fihlim tura nunkawng \ha leh him kawhhmuhna kawnga hmalakna tam lua a awm thei awm love. Tin, hlauh leh hlauh loh tur dik an hriat theih nan HIV chungchang kimchang leh dik taka zirtir a pawimawh hle. Dan naranin mi tam zawk chu ruihhlo bawih an luh hmam –heng zuk leh hmuamah te an \an phawt \hin avangin, ruihhlo mai bakah zuk leh hmuam laka fihlim tura zirtirna uar te hi a pawimawh hle a. Tin, mipat hmeichhiatna hmansual pawina te, hemi lama kan rilru kaihruai thei lehkhabu \halo leh film \halo lakah inthiar fihlim tura zirtirna uar taka kalpui a pawimawh hle bawh a ni. Miin kawng diklo a zawh chuan insiam \hat leh a harsat tawh avang leh an nunkhua thui tak an

lo tihchhiat tawh \hin avangin zirtirna hi pek hma leh nasa taka kalpui a \ul hle.

Engtingne HIV lakah kan inven theih ang?

- HIV/AIDS kai theihna leh kai theih lohna te leh a chungchang hriatchian.
- HIV chu nungchang nena inkaihnawih natna a nih angin mahni nun theuh uluk a, mitinin kan chhia leh tha hriatna bakah kan duhthlanna hman thiam.
- Riuhhlo hmansual kawnga filhim.
- Hriau leh inchiuna hmanrua (damloh thilthuah pawh) tumah tawmpui loh
- Nupui pasal neih hma chu mipat hmeichhiatna kawnga filhim
- Kawppui nei tawh ten an kawppui te laka rinawm tlat.
- Mipat hmeichhiatna hmansualna kawnga filhim emaw a theilo chuan invenna (condom) hman ziah.

HIV LAKA INVENNA ATANA KAN HRIATTUR

PAWIMAWH TE :- Midangte kan bawihsawm leh kan tanpui hunah HIV , Hepatitis B leh C te leh natna inkaichhawn theih dang lakah kan filhim theihna tur chuan invenna kan zawm ngei tur a awm a, chungte chu –

1. **Hliam Tuam :** Hliam emaw pem emaw, thisen luh theihna awm kan neih chuan a remchan dan ang anga tuam hmasak tur a ni.
2. **Kut Sil :** Kan kut-te hi fai takin kan sil reng \hin tur a ni a, a bikin hliam emaw damlo emaw kan puihna lama thisen kan khawih palh a nih chuan second 20 chung tal sahbawn leh tuithianghlina kut leh thisen kaina laite fai taka sil tur thin a ni. Tin, heng bakah hian kut hi

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engkim kan khawihna a nih avangin, inthiar zawh te, ei kan siam dawn leh ei dawn te, kutkawr kan hman a nih chuan kan phelh zawh veleh te ngun takin sahbawn nen kan silfai \hin tur a ni.

3. **Kut kawr bun :** Hliam kan bawihawm emaw damlo kan buaipui a nih chuan kutkawr hi bun ngei a him ber a, kutkawr pakhat hi vawikhat aia tam hman tur a ni lo a, hman hnu chu tuam a bawlhhlawh bawmah paih tur a ni.
4. **Bawlhhlawh paih :** Hriau leh inchiuna leh hmanraw dang hmannaun chi tawh loh thisen kaina leh natna \ha lo pai tih hriat taksa tuihnang chhuak kaina chu plastic a tuam a, bawlhhlawh bawmah ngun taka paih emaw halral tur a ni. Bawlhhlawh bawmah kan paih a nih chuan naupang emaw midangin an khawih mai mai theih loh tura fimkhur a ngai.
5. **Hnuhma tihfai :** Thisen far emaw bua emaw, taksa tuihnang te buakna hnu reng reng chu bleaching powder leh tui chawhpawlh tawk (damdawiin a hman \hin ang) hman a hrukfai tur a ni a, heng a hrukfaina puan hi plastic a tuama paih tur a ni. Tin, heng kan tih reng reng hian kutkawr bun tur a ni.
6. **Thawmhnaw sukfai :** Thisen leh taksa bawlhhlawh dang kaina thawmhnaw emaw puan emaw te chu kan su nghal thei lo a nih chuan plastic bagah dah \hat tur a ni a, suk dawn in tuilum leh surf ah chiah phawt tur a ni a, sukfai hnuah ni sa \ha takah ro \ha taka pho tur a ni.

Bawlhhlawh chhuak tuihnang tih hian zun te, hnep te, khak te, ek te, mittui te, chil te, luak te, thlan te, thisen a tel nuaih a nih loh chuan a huam tello a ni.

RUANG SAWNGBAWL DAN: AIDS vanga thi an awmin

1. HIV/AIDS, Hepatitis B leh C te hi mitthi ruang a\anga kai awlsam an ni lo. Boruakah an darh lova; ruang kil, lumen, inlenpui a\angin kai theih a ni lo.
2. HIV hi tuilum 56 degree Celsius-ah minute 5 chhungin a thi thei. Tuiso 100 degree Celsius ah pheih chuan minute 1 lek chhungin a thi thei.
3. AIDS avanga thite taksa atanga thisen/tuiril chhuak tur awm lo chu a hlauhawm lova, puan hula tuam a nihin a hlauhawm lo leh zual a ni.
4. Polythene—a intuam hi a theih hram chuan pumpel nise, a chhan chu mitthi hmai tuam bo hi lusun chhungte remtihna a tel loh pheih chuan mihring humhalh dan kalphung bawhchhiatna (Human right violation) chikhata ngaih theih a ni.
5. A ka leh hnar, mawngkua leh serhkua a\anga tui chhuak a awm reng a nih chuan lapua leh puanthem a hnawh phui hmasak tum ni phawt se. Chutianga tih pawha a sawt lo a nih chuan lusun chhungte remtihna la in a ruang chu tuam ni chauh se. Hetah pawh hian a lu hi a hmai langin puan chhah taka tuam nise, a la \ha tawh tho vang. Hetianga kan tih hian lusun chhungte rilru a dam ang a, kuang zawn tute ngaih a \ha bawkin a rinawm.
6. Mitthi a\anga thisen/tuiril chhuak a awm a nih chuan Kuang chu thisen leh tui put tlang theilo turin phui taka siam ni se. Phui tawh lo deuha a lang chuan thing charna hmangin emaw tihphui ni mai se. A \ul angin kuang chhuat leh bangah chuan puan chhah deuh kilhbeh ni thei se.

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7. AIDS vei vang ringawtin mitthi chu tihdan pangngai pela phum hma a ngai lo.
8. Damlo/mitthi thawmhnaw emaw puan bawlhhlawh paih mai tur te chu halral mai a \ha a. Hman nawn leh turte a awm a nih pawhin tuiso a chiah emaw sahbawn leh tui a fai taka suk hnu a pho ro in a him tawk a ni.
9. Chhuata thisen/taksa tuiril leh bawlhhlawh dang bua te chu bleach/lysol/phenol/cidex tui (solution) emaw a tih huh puanin darkar chanve tal chiah tur a ni. Chumi hnuah tui pangngaia leih fai leh mai tur. Chutiangin lei a thisen far/khal pawh heng solution hian leih a tha.
10. Hetiang natna veite leh an chungte hi an inkiltawih a, an in thlahrung thin a, an khawngaih thlak hle. Mizoram hi heng natna te hian khawvel hmun dang ang thovin min chiah tan tawh mahse, Mizo tlawmngaihna hlu tak chhawm nung zelin keimahni tana hlauhawm si lovin mitthi ruang pawh kan sawngbawl thei a ni tih hi khawvel entawn tlakin I lantir ang u.
11. Heng mitthi sawngbawl dank an tarlante hi AIDS vei thi chauh ni lo, mitthi hrim hrim ah pawh rual khai taka hman a \ha.



*Nang chu I vanduai a ni thei e, I fa lehzel kha chu
HIV lakah fihlim hram teh se, PPTCTC pan ve rawh.*



SEX ATANGA HIV / AIDS KAI TUR PUMPELH DAN

Dr Eric Zomawia

Khawvel pum, India leh Mizoram ngeiah pawh HIV/ AIDS inkaidarhna ber chu Mipat hmeichhiatna (Sex) a\angin a ni. Sex hman avanga HIV kai leh thehdarh tur pumpelth nan chuan hetiang hian kawng hrang hrangin hma lak \hin a ni-

I. ABC APPROACH :

‘ABC approach’ an tih mai hi 1990 bawr chho va Botswana sorkarin a hman a\angin UNAIDS leh khawvel sorkar hrang hrangin an campaign au hlaah an hmang chho ta zel a ni.

ABC chu enge?

ABC hi sap\awnga a lamtawi lak khawm a ni a, a awmzia chu:

- A = Abstain. Sex lakah fihlim rawh, insum rawh, i thianghlimna vawngchim rawh.
- B = Be faithful. I nupui/pasal lakah rinawm tlat rawh.
- C = Condomize. Sex I hman apiangin Condoms hmang ziah ang che.

‘A’ Insumtheihna : Hei hi \halai- nupui pasal la nei lote hnena au hla deuh a ni. Nupui pasal neih hma chuan sex hman loh a

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him ber a; tin, lo hmang tawh an awm a nih pawhin hmang tawh lo tura invawn thianghlim a pawimawh. Sex hman hmasak ber hi theih anga rei tih khawtlai (postpone) tur a ni. School leh College zirlai zingah te, Kohhrana naupang leh \halai zingah te, nu leh pa te'n kan fateah te nasa taka kan zirtir a ngai a ni. |halai zingah chuan 'ti suh' tih ngawt loh deuhvin thlemna hrang hrang an tawh huna an invendan tur zirtirna, thil hrang hrang an tawn pawha kawng dik an zawh theih nana inzirtirna 'Life skill education' a pawimawh hle. Abstinence tih hian thuk zawka kan sawi dawn chuan KS (FSW=Female Sex Workers) te an thil tih a \anga chhanchhuahna hna te pawh a kaihhnawih tel vek a ni.

'B' Rinawmna : Nupui pasal innei tawhte chuan tumah dang sex an hmanpui (uire) tur a ni lo. Pathianin min siam danah mihringte inthlah pung tur leh nupa nun te hlim taka hmang tur kan nih avangin dam chhunga kawppui neih loh (abstain) reng chu a theih kher lovang a, nupui pasal inneih duh hun a awm \hin. Chutiang hunah chuan HIV kai lo ngei neih a, chu kawppui lakah chuan damchhungin rinawm tawn ve ve a pawimawh.

'C' Condoms : Hei hi 'A' leh 'B' tlin lote, insum thei lote tan a ni. HIV inkaichhawmna chhan ber chu mahni nupui/pasal pawh ni lo, condoms pawh hmang bawk si lova sex hmanpui \hin vang a ni. ABC zinga A leh B tlin bawk si lo, Condoms hmang bawk si lo an la tam em em hi a vanduaithlak hle. ABC zingah hian AB hi nungchanga innghat pumhlum a ni a, C chauh hi sem theih, lei theih, khawih theih awmchhun a ni. 'A' leh 'B' hi Primary prevention – ti lo tawp tura inzirtirna a ni a, 'C' hi 'Harm reduction'- thil \ha lo tawh sa thil dang \ha

lo lehzualin a belh chhah loh nana tih a ni. Condoms hi tawngpawng sawisel chi a ni lo. Mithiamte'n ngun taka research an tihnaah chuan Condoms inpek emaw hmuh awla a awm ringawt avangin sex a hluar phah chuang lo. 'Sex hmang rawh' in tihna lam ni lovin 'a \ha lo tih hre reng chung pawha i hmang lui talh dawn a nih chuan Condoms tel lovin hmang lul suh aw' tihna zawk a ni. Mithiam \henkhat ngaihndanah chuan \halaite zingah hlei hlei hian sex laka fihlim lo an tam avangin 'C' chanchin leh a hman dan tur dik tak hi an hriat tel a pawimawh hle a ni an ti. Nupa inkarah pawh Condoms hian \angkaina tam tak a nei thei e.g. naupai tur dan nan, a tu emaw zawk zawkin HIV emaw Hepatitis C a veiin, serh bawr natna veiin, tu emaw zawk a rinawm loh in etc. Tunah phei chuan hmeichhe condoms te pawh siam chhuah a ni ta; hei hi mipa tam takin condoms hman an duh lova, hmeichhia zawkin hmalak mai a \ul fo vang a ni.

Condoms a him em?

Condoms sawiseltu te'n an sawiselna pakhat chu a him lo tih hi a ni. UNAIDS chuan 2009 khan thuchhuah siamin 'Mipa condoms hi a mal khaiah chuan khawvel thiamna hmanga sex a \anga HIV leh natna dang inkai theih venna atana \ha ber a ni' (The male latex condom is the single, most efficient, available technology to reduce the sexual transmission of HIV and other sexually transmitted infections) a ti a; HIV vaccine te, HIV hrik that thei hnawih chi te leh thil dang dangah thiamna a sang chho zel ang a, mahse condoms hi invenna hmanraw pawimawh ber kum tam tak chhung chu a la ni zel ang an ti a ni. Condoms hi a hman dan tur dik taka hman a, a chang chang ni lova hman ziah chuan a him \ha 'safe' hle a. Za a za (100%) chu ni chiah lo mahse, hman loh

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tawp ai chuan a let tam takin a him tih a chiang a; tunlaia condoms kan hmuh ang NACO in a sem angte pheih chu a quality pawh a \ha em em tawh a ni. A him ber erawh chu 'tih loh tawp' a ni tih erawh kan hriat reng a \ha.

II. THIL PAWIMAWH DANGTE:

STI (Sexually Transmitted Infections) ven leh enkawl dam vat vat :

Mi in Serh bawr natna a vei chuan a pillh, pan, kak vel a \angin HIV hrik a lut awlsam bik a, chu chuan mi pangngai aiin a let 10 vel zetin sex a \anga HIV kaina a ti sang thei. Hetiang STI natna vei inenkawlna tur bik (STI Clinic/ Suraksha Clinic) hi Mizoramah district tina sorkar hospital 8 ah a awm tawh a, a enkawlna damdawi \ha tak tak a thlawn a sem \hin a ni. MSACS hnuiaia NGO Drop In Centre hrang hrangah hetiang enkawlna hi dah bawk an ni.

Circumcision (Serh tan) leh Microbicides (Hnawih chi) :

Ram \henkhat HIV darh tawh nasatna hmunah chuan condoms hmang ziah thei lote tan serhtan hian engemaw chen a veng (a risk a ti hniam) ve thei a; tin, inpawl dawna serh vela hnawih chi HIV that thei Microbicides te pawhin \angkaina an nei tura ngaih an ni. Mahse, hengte hian a aia \ha zawk insum leh condoms te a hman loh tir phah chu a hlauhawm tho.

FSW (Female Sex Workers) te zinga hmalakna :

Mithiamte chhut danin 2006 khan Mizoramah KS 1500 kan nei tawh a. Zirchianna hnuhnung ber (2008) ah KS 9.0 % vel HIV positive an ni a, NACO chhut dan angin KS pakhat hian chawhrualin kumkhatah kawppui 400 nei ta se, condoms

hmang miah lo se, kumkhatah KS 1500 rual chuan mi 54,000 (1500 x 9% x 400 = 54,000) HIV an kaichhawng thei tihna a ni. Chuvangin FSW te zinga Condoms semte, Counselling te, STI enkawlna te MSACS hnuaia NGO \henkhatin an kalpui mek hi HIV darh zel ven nana pawimawh tak a ni. FSW te chhanchhuahna te, nunkawng dang an zawh theih nana hmalakpui te hi thil \ul tak a ni.

Ruietheih thil :

Sex leh ruietheih thil hi inkaihnawih tlat an ni. | halai tam tak sex a an tlukna pawh zu leh thil dang ruih vang a ni fo. Ruih hian ngaisamna, fimkhur lohna, thil \halo tih chakna, huangtauna, insum theihlohna te a siam a; AIDS kai loh nan chuan ruietheih thil laka fihlim a pawimawh hle.

Tlangkawmna :

Sex hman a\anga HIV kai loh nan chuan khing kan sawi takte khi a mal chauh chuan hlawhtling tur a awm lo, kawng hrang hranga hmalak a ngai. HIV hi a tihdamna a la awm loh avangin a pawimawh ber chu Invenna a ni a, invenna atana pawimawh ber chu Education- mite hrilhhriat, zirtir, awareness pek, thudik tak thudik chanve ni lo inzirtirna hi a ni. Tunlai khawvelah chuan HIV dona hmanrua kan neih ang angte hi HIV kai hlauhthawnawma awmte chuan chiang taka an hriat hi a \ul a, an ‘right’ a ni. Chuvangin, inzirtirna hi hei ai hian pawl hrang hrang, kohhran leh sorkar hian i uar zel ang u.





DRUG HMANGA HIV DARH TUR VEN DAN

**Vanlalvuana, Vice Chairman SORA
ORW, JERACOM**

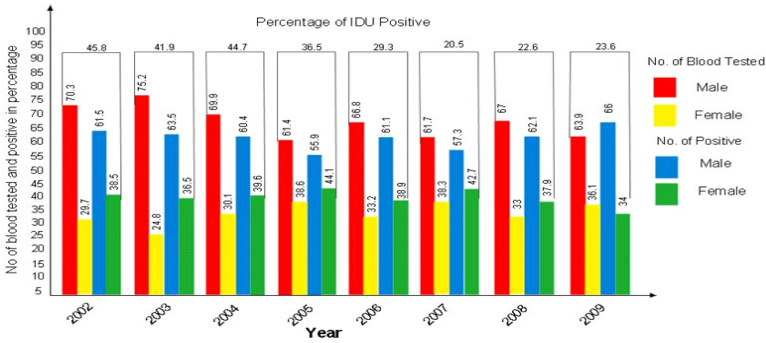
Kan thupui hi drugs hmanga HIV/AIDS darh tur ven dan tih a nih avangin a ven dan sawi hma in drugs chungchang leh a kaihnawih tlem lo sawi hmasa ila. Drug ngawlveina Mizoram in kan hmelhriatna hi kum sawmthum(30) dawn alo ni ta reng mai, kum 1984 bawr vel khan ruihhlo Heroin (no-4) kan tih hian kan zoram khawvelah hian awmhmun ben bela bu khuar tumin a ke khingkhat a rawn hlang lut ve \an a, a ni telin \halaite thinlungah a ram a zau zel anga a ram in kin ni a nei lovang ti ang mai khan ram a la duai duai mai a. He mikhual (ruihhlo) duhawm lo tak leh tlangnel chak tak si hian, engang taka nasa in nge an nun a la sawisak ang a, engang taka hrehawmin nge an \hatlai hun duhawm chu damlai thlan thimah a la hnuhlul dawn tih hre miah lo leh ngaihtuah miah lovin, kan zoram \halaite chuan hringei sa hmu ang maiin a bawh in bawh huam huam a, thlatin an tam kumtin an pung tih ang mai khan a kum telin drug ruih tur an hmu chhuak thar zel a. Kum thum kum li a lo liam meuh chuan kan ram \halai duhawm tak tak leh thiamthil nei \ha tak tak te chuan drug vangin, hringfa te aw in a auh eih phak tawh loh turin lungphu piah lam ram min lo pansan ta a. Zoram nu leh pa te thinlung na chu a rumin a rum vawng vawng ta mai a ni.

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Kum 1990 alo in her chhuah meuh chuan drugs a hluarna hmun apianga khellova rawn in lar ve \hin natna pakhat vawiin ni thlenga khawvel thiamna hmanga a tihdamna an la hmuh chhuah loh HIV/AIDS chuan zolentu chhawlhnuaia thu zofate chu a rawn rum thaih ve \an ta a; tuiptui ral ram hlaa sap mingo val rualte natna tur emaw kan tih kha zofate zingah vei an lo awm ve \an a, HIV/AIDS thawm kan hre ve \an ta. Inchiuna hriau te reuhte hmanga a sing tel teh meuh mai mihring taksaa lut thei virus HIV chuan kan ram ruihhlo ngaite zingah bu khuarin thut hmun a rem tan ta a... paw hle mai.

Zoram sawrkar pawh a khua leh tui zinga nun kawng diklo zawh drug hmanga injection \hinte zingah HIV/AIDS in hnuhma a nei tan tih a hriat hian in kuangkuaah a lo thlir ringawt chu a tum hlek lo mai a. Health Department hnuaiiah HIV/AIDS do tur hrim hrimin cell hran AIDS Cell kum 1992 khan a din ta hial mai a ni. Hemi kawngah hian central sawrkar leh state sawrkar an fakawm thlawt a ni, an khua leh tuite an ngaihtuahnaah hetiangah sawrkarin nasa taka hma a lak chung pawh hian a bik takin ruihhlo ngaite zingah HIV/AIDS hian kiam lam aiin pun lam a pan tak zel si avangin ruih nana drugs hmanga inchiu \hin ten an nun an sim thei lo a nih paw'n, inchiu reng chung pawha an mahni (addicts) zinga HIV a darh loh dan tur programme kalptui a ngai a ni tih hriain bengsikin sawrkarin ngaihtuahna a seng ta a ni. Chutianga ngaihtuahna sen a nih hnu ah chuan drugs hmanga inchiu \hin ho zinga HIV darh tur venna atana programme pawimawh tak Needle Syringe Exchange Programme (NSEP) ti a koh chu a lo duang chhuak ta a ni. NSEP programme hi a sawt lo viau emaw tih mai a awl hle mai a,

mahse zirchianna an han neih hnu chuan a lo sawt khawp mai, NSEP kal pui a nih hnu drugs hmanga inchiu \hin ho zinga HIV dinhmun lo thlir dawn ila -



A chungah kan hmuh ang khian NSEP avang hian kan ram \halai rual ruihhlo a inchiu \hinte HIV lakah an him phah nasa em em a ni, hei hi mipui vantlang pawh hian kan hriatpui a pawimawh khawp mai. Veng \henkhatah chuan an veng chhungah Drop-in-Centre din/ awm te an phal lo \hin a, Drop-in-Centre a awm loh vang khan inchiu \hin ten an inchiu loh phah chuang silova, an inchiu dawn a nih rau rau chuan hmanraw thinghlim, hriau thianghlim leh a thar an hman zel theihna tur kawng dap sak mai kha a fin thlak ber zawk a ni.

Drop-in-Centre-ah hian engtiklai paw'n syringe thar leh hmanraw thianghlim a mamawhtu apiangin an lak tur a awm reng a, hei hi kan ram leh hnam HIV vanga boral theihna tur venna kawng \ha berte zinga mi pakhat a ni. Mipui vantlang pawh hian DIC a thawktu te hi kan thawhpui thei lo a nih pawhin an hnathawhte hi lo dodal lo ila, kan khawtlang a \anga an duh leh mamawhte hi lo ngaihtuah puiin lo pe zung zung zawk ila, tichuan drugs hmanga HIV darh tur hi nasa takin kan veng a ni ang.

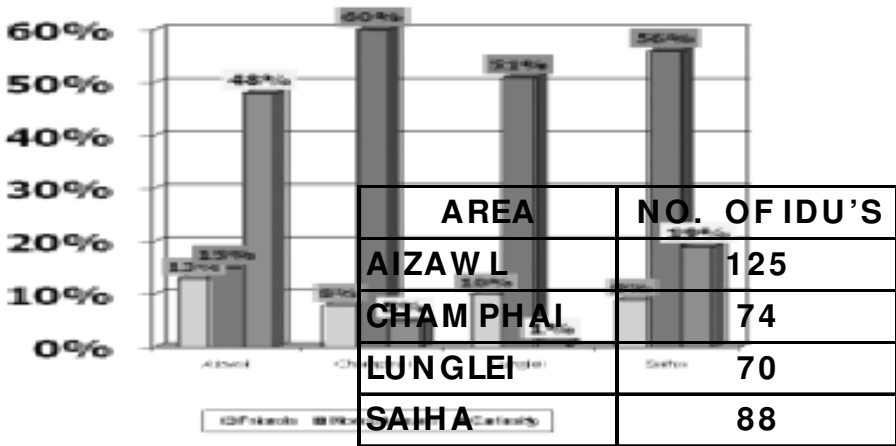
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A dawt lehah chuan miin drugs an tihna chhan leh eng ang takin nge ngawlveite nun hi a lo awm tih mithiamte zirna hrang hrang lo tarlang ila.

(Mizoram State AIDS Control Society)

2004 kum ah khan Project Network, SHARAN India leh NGO \henkhatte \angkawp chuan Mizoram khawpui lian hmun 5 a ruihhlo ngaite nun zir chianna an nei a, he an zirchianna hi lo en dawn ila -

DRUGS AN TIH CHHAN HRANG HRANGTE



Area of assessment sites:

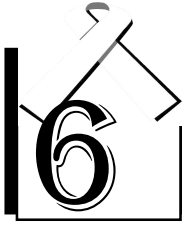
Tin, heng bakah hian drug hmanga HIV inkaichhawna laka inven dan tur programme \ha tak mai, MSACS hnuaiah NGO's \henkhat ten an kalpui mek Oral Substitutional Therapy (OST) hi lo tarlang leh dawn ila.

Oral Substitutional Therapy hi Buprenorphine, heroin ngawlveite enkawlna atan mithiamten an lo siam, drugs inchiu chi aia mihringa nghawng leh chhiatna thlen nep zawk damdawi ei tur a ni a, lei hnuai a hmuam ral theih, Heroine hmanga inchiu \hin ten, heroin chakna leh an inchiu \hin thlakna tur atana \angkai tak, heroine in kan thluaka hna a thawh tidanglam thei a ni a. HIV hi inchiuna a \anga inkaichhawn theih a nih avangin he OST hmang hian inchiu \hinte pawhin, inchiu lova a hmuamral zawnga an lo tih chuan inchiu (syringe) avanga HIV leh a kaihawih natna leh chhiatna/harsatna tamtak a pumpelth tir theih avangin a \angkai hle.

Ruihhlo, khawvel awm chhunga kan rama mikhual cham hlen tur Drug hmanga HIV darh tur kan ven leh theih dan kawng dang leh chu, Zoram hian Harm Reduction, Demand Reduction leh Supply Reduction te hi a engamah thlauthla lova rualkhai taka kan kalpui a, a bawiha tang laklawhte pawh hriatthiamna thui tak nen, phei khai rualin, kan tih tur mithiamte'n an lo duante hi Pathian ring chung a kan kalpui chuan, he DRUGS HMANGA HIV DARH TUR hi nasa takin kan vengin kan hneh theih hi a rinawm tlat a ni .



HIV laka invenna tha ber – Thianghlimna vawn him.



THISEN INPEK ATANGA HIV/AIDS INKAI CHHAWNG LO TURA VENNA

Thisen Thianghlim chauh dawng tura hmalakna
(Prevention of HIV Transmission through Blood transfusion)

**Dr Lily Chhakchhuak, Blood Bank Officer
Civil Hospital, Aizawl.**

Thisen Inpek (Blood Transfusion) hi HIV inkaichhawanna pawimawh tak pakhat a ni. Khawvela HIV kai zawng zawng a\anga 5-10 % hi thisen thianghlim lo inpek a\anga inkaichhawng ni a hriat a ni. HIV hrik pai thisen inpek a\anga HIV kaina ‘chance’ chu 100% deuh thaw a ni. Thisen inpek a\ang hian HIV mai bakah Hepatitis B, Hepatitis C, Syphilis, Malaria leh natna dangte a inkaichhawng theih a. India rama HIV kai zingah thisen inpek a\anga kai chu 1999 khan 6.07% ni in 2007 chuan 1.1% ah a tlahniam tawh a ni.

Hmalak dan chhawng hrang hrang :

Thisen thianghlim lo inpek palh hi veng tur chuan kawng chi hrang hranga hmalak dan a awm a, chungte chu-

1. Blood Transfusion Service (BTS) – Blood Bank \ha leh changtlung neih.
2. HIV kai hlauhthawnawm lote hnen a\ang chauha thisen lak \hin (Thisen petu tur thlan uluk)
3. Thisen zawng zawng test vek
4. |ul tawpkhawk chauha thisen inpek

1. Blood Transfusion Service (BTS) changtlung :

Thisen thianghlim chauh dawng tura pawimawh hmasa chu Blood bank changtlung tak, rintlak neih hmasak phawt hi a ni. Hemi atana hmalakna pawimawh zualte chu –

- Sorkar inpekna leh theihtawp chhuahna- Mizoramah pawh sorkarin chak taka hmala in tunah hian thisen inpek lama committee lian – ‘Mizoram State Transfusion Committee’ chu a lo din tawh a. Tin, Blood Bank changtlung tak tak 10 kan lo nei ta a, chung te chu – district tina Civil Hospital ah te, Presbyterian hospital Durtlang leh Serkawn Christian hospital ah te dah an ni.
- Aizawl Civil hospital Blood bank chu NACO (National AIDS Control Organization) in Blood Bank changtlung –‘Model Blood Bank’ ah a pawm tawh a ni.
- Blood Bank awmna hospital \heuh chuan Transfusion Committee an din tur tih a ni a; he committee hian an hospitala thisen inpek danah dan leh dun an zawm \ha em, record an vawng \ha em, hmalak dan hrang hrangte an endik \hin tur a ni.

2. HIV kai hlauhthawnawm lote hnen a \ang chauha thisen lak \hin :

Thisen petu (Blood donors) zinga thisen hralh \hin (Professional donors) leh Tu emaw tan chauh a pek \hin (Replacement donation) hi a theih hram chuan tih bo tur a ni; a chhan chu heng blood donors chi 2 ah hian HIV hrik pai an tam \hin zawk vang a ni. A him ber leh \ha ber chu tlawmngai tu tan bik ti lova, engmah phut let nei lova thisen pe \hin (Voluntary non-remunerated blood donors), an nundana HIV kai hlauhthawn awm loh (low-risk populations), regular taka

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thisen pe zat zat \hinte hi an ni.. Thisen chu an nun dana HIV leh natna inkaichhawn theih dang kai thei mai, entirnan drugs- a inchiu \hin, mi hrang hrang sex hmanpui \hinte, jail tang te, chuan thisen an pe tur a ni lo. Chuvangin thisen pe duh nazawng hi pek tir an ni \hin lo, mithiamte'n uluk takin an nun dan te, an hriselna te endikin an mahni a petu leh a lo dawngtu turte tan a him em ang em tih an lo thlithlai hmasa \hin.

Voluntary Blood Donors tam tak thisen pe zat zat \hin an awm theih nan mipuite kan hrilh hria/ zirtir (educate) ang a, thisen pe turin kan hmin (motivate) ang a, thisen petu kan siam \euh (recruit) ang a, thisen petu te chuan an pek chhonzawm zel nan hma kan la (retain) \hin ang. Mite thisen pe tura infuih a in hmin hi thil awlai a ni lo. An nungchanga HIV kai hlauhawm lo te'n an pek theih nan hma kan lak bakah, mi invawng \hate chuan vawi khat chauh ni lo, vawi 10,20,50, 100 lai an pek chhonzawm nan hma kan la tur a ni. Chubakah voluntary donors te chu kan ngaisangin kan chawimawi \hin tur a ni. Thisen pek lama hmalatu NGO te phungbawmah kan siam thiam bawk tur a ni. Mizoramah chuan vanneihthlak takin Association for Voluntary Blood Donation (AVBD) te bakah NSS, YMA, kohhran hrang hrang \halai te'n he voluntary blood donation hi a lo \hanlen zel nan hma nasa takin an la \hin. Kum 2009-10 chhung khan Mizorama thisen unit (bur) 20,000 pek khawm zingah 75% chu Voluntary donation a\anga hmuh a ni a, 100% voluntary blood donation ram changkang zawk te'n an tlin ang hi tlin ve ngei kan tum tur a ni.

3. Thisen zawng zawng test vek tur

Thisen hi damlo kan pek chhawn hma in HIV, hepatitis virus B & C, syphilis leh Malaria test hmasak zel tur a ni. Tin,

Blood group uluk taka en a, petu tur leh dawngtu tur thisen a inmil em tih enfiah hmasak vek bawk tur a ni. Test dan uluk leh dik tak hmante, dan leh dun zawm \hatte, ziah fel thlap te, test na hmanrua leh damdawi nghei lo tura hmalakte a pawimawh hle. Thisen test hi tih ngei ngei tur (mandatory) a ni a, mahse, thisen test ringawt chu a tawk si lo; a chhan chu Window period (miin a HIV a kai a\anga kar 4 a\anga thla 3 vel thleng chu thisenah a lang lo thei) a awm vang a ni. Window period chhung hian thisenah lang lo mahse HIV a awm a, midangin an kaichhawng thei. Chuvangin, heng thisen thianghlim chauh dawng tura hmalakna kan sawite hi a engamah ngaihthah tur a ni lo.

4. Thisen chu a \ul tawpkhawkah chauh inpek tur, \ul lovah inpek loh tur :

Thisen inpek a\ang hian natna hrang hrang a inkaichhawng theih bakah ngeih lohte, huatte, thak te, thawhah te leh thil \ha lo tam tak thihna thleng damloah a thlen thei. Thisen hi nunna chhantu a nih rualin nunna latu a ni thei baw. Chuvangin, thisen side effect ti tlem tur chuan \ul lova thisen hi inpek miah loh va, a theih chen chenah thisen ni lo, damdawi dang hman \hin a pawimawh hle. Damlo chhungte pawhin \ul lem lovah kan damlo tan thisen hi kan phutin kan beisei tlat tur a ni lo.

Hetiang tur chuan hengte hi a pawimawh -

- Doctor-te tan thisen pek dan tur kaihhruaina mumal neih
- Thisen ipek chungchanga Doctor leh thawktu dangte training neih \hin
- Damlo te'n thisen an mamawh hmaa an natna hriatchhuah hma (early diagnosis) a, enkawl hma

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- Thisen aiawh damdawi dang hman \hin (e.g thichhuak tam vak lovah chuan IV fluids a tawk thei)

Hetiang thlapa thisen inpek dawn a kan tih \hin chuan thisen inpek a \anga HIV kai chu nasa takin a tihhniam theih a, kan zawm that a pawimawh hle.



I fa HIV laka a fihlim theih nan Naupai laiin HIV test tir ngei rawh. PPTCT Center pan rawh.

Nu naupaiin a fa-ah HIV a kaichhawng tur damdawi hmangin a ven theih ta. Naupai tawh phawt chuan PPTCT Center-ah thisen test tir ngei ngei tur.

Naupai laia HIV hrikpai te'n an fate an kaichhawng thei, inven nan PPTCT Center pan rawh.

Hre miah lova I fa HIV I kai chhawn loh nan, I naupai laiin PPTCT Center pan ngei rawh.

Nu naupai PPTCT Center pan tute zingah, an naute engemaw zat chu HIV an kaichhawng tur hlawhtling taka vensak an ni tawh. PPTCT Center fa hrisel neih nan pan rawh.



NU HIV KAI LAK ATANGA NAUTE VENHIM DAN

(Prevention of Mother to Child Transmission)

Lallianzuala
Consultant (UNICEF)

Kan ramah hian mihring nuai 10 chuang awrh awma chhut kan ni a, kumtina naupai kan neih zat hi mi 22,000 a \anga 26,000 vel tura ngaih a ni. Hetih lai hian MSACS chhut dan chuan naupai sangkhat zel a 9 vel hi HIV hrik pai anga ngaih an ni. Chuti a nih chuan nu naupai 200 chuang kumtin HIV kai an awm dawn tihna a ni a; tichuan, nau lo piang 100 deuhthaw chuan natna tihdam theih loh HIV/AIDS hi an lo vei dawn tihna a nih chu. Nausen thianghlim pawisawi lo te'n HIV an kai mai tur hi thil rapthlak tak a ni a, chuvang chuan hemi ven hna hi sorkar chuan a ngai pawimawh em em a ni.

Mihring ten HIV hrik vavikhat kan kai tawh chuan a hrik chu tihlum reh hmak ngaihna a awm tawh lova, he hrik nena damchhung hman hi hmabak awmchhun a ni. Chutih laiin HIV kai hi thih nghalna mai a ni lova, natna benvawn chi khat heng zunthlum, BP sang, Cancer kan tih te nen hian a danglam tehchiam lo. AIDS Control Program in a ngaih pawimawh chu nu naupai/raipuar HIV kai tawh te fa pai/hrin HIV laka venhim hi a ni a, hei hi Prevention of Parents to Child Transmission (PPTCT) kan tih chu a ni. 'Nu naupaiin HIV a kai a nih chuan naute chuan a kaichhawng ve nghal mai dawn lo em ni?' tih zawhna a piang nghal awm e. Ni e, naute

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chuan kai ve nghal mai awm tak a nih laiin nu a \anga naute-in a kaichhawn theih dan chu hetiang hi a ni thung :

1)	Naupai laiin	=	5-10%
2)	Nau vei/hrin laiin	=	15-20%
3)	Hnute tui a \angin	=	5-15%
	TOTAL	=	25-45%

Hetiang hi a nihna chhan chu nu pum chhunga naute insiam tuam hlawm tlattu, nu hlam (placenta) chhah \ha taka Pathianin alo siam chuan naute chu a veng, nu leh a naupai chu thisenin an inzawm lo a ni. Heng hi enkawl na tel miah lova chhut ala ni zawk a, nu-in enkawl na \ha tak a lak a, damdawiina nau a neih a, a taksa a HIV hrik tam dan te uluk taka enzui a nih a, a damdawi a ei pheh chuan Nu a \anga nau inkaichhawn tur hi a ven theih deuh vek a ni.

A lam tawiin, PPTCT ti tawh mai ila, chu chuan thiltum a nei a chung chu heng te hi an ni

- 1) Prevention of Primary infection (Nu leh pa la ni mai tur te venhim) :** Nakina nu leh pa la ni mai turte hi HIV lakah an fihlim chuan HIV kai lovin nau an lo piang mai dawn a, churang chuan tleirawl leh rawlthar te zingah, nupui pasal neih hmaa mipat hmeichhiatna hman loh te, kawppuite laka rinawm kan tih te, insum thei thlawt lo chuan condom hman kan tih te hi tan lak dan kawng awm te chu an ni. Tin Serh-hri (sexually transmitted infection) kan tih te hi hriat hmaa enkawl hma a nih chuan HIV inkaichhawng tur 100 zela 40 hi chu dan theih a ni bawk. Tin, HIV Counseling leh testing tih mai theihna remchang siam hi a \ul bawk a, insum zo thlawt lo te tana condom sam taka an lak theihna tur siam te pawh hi a \ul bawk

- 2) **Prevention of Unintended pregnancies among HIV positive Women :** HIV kai tawh hmeichhia ten nau an pai kher hi a \ul lo mai thei. Amaherawhchu inkhap ngawt theih chu a ni bik chiah chuang lo. Chuvangin hmeichhiaten HIV an kai tawh chuan nau pai leh pai loh thu-ah ngun taka counseling pek an ngai a ni. Engang pawhin mihring thiamna leh damdawi lama finna hian chim sang mahse nu HIV positive lak a\anga a fa pai HIV laka a fihlim tur thu hi za a za sawi lawk theih a ni chuang lo.
- 3) **Prevention of HIV transmission from HIV-infected women to their infants :** Hei hi a pawimawh ber pakhat chu a ni, nu HIV kai ten an fate HIV an kaichhawn loh hi a ni. Amaherawhchu nu te hian HIV an kai leh kai loh an hriat loh tlangpui avangin HIV Counseling and testing an dawn a ngai ta a ni. Chumi tur chuan naupai tawh reng reng chuan HIV Counseling leh testing tih theihna hmun, Integrated Counseling and Testing Centre (ICTC) kan tih an pan a ngai a, hetiang centre hi Hospital lianah te, Private Hospital te, 24x7 PHC te, CHC-ah te a awm vek tawh a ni. Chuan nu chuan HIV a kai tih hmuh chhuah a nih chuan a kawppui pawh counseling leh testing tih ve a \ul a, tin a rang thei ang berin nu chuan a pasal/chhungte nen Anti-retroviral Treatment (ART) Centre a pan a ngai a, a taksa-ah HIV hrik engzata tam nge a awm tih en a ngai a, chu chu CD4 Count tih a ni a ; CD4 hi a tlem poh leh a taksa-ah HIV hrik (Viral load) kha a tam tihna a ni a, CD4 chu a thisena natna hrik dotu sipai sawina a ni. Nu thisen Microlitre 1-ah CD4 hi 350 emaw

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a aia tlem emaw a awm chuan HIV/AIDS damdawi kan tih mai ART damdawi kha a ei \an a ngai tihna a ni a, a chhan chu a taksaah HIV hrik kha a tam lutuk chuan naupai leh nau neih lai pawhin nausenin HIV hrik an kai chhawn theihna kha a san dawn vang a ni. Nu CD4 Count hi a \hat erawh chuan ART damdawi kha ei a la ngai rih mai lovang a, amaherawhchu nu chuan nau a lo pian hunah engtingnge a chawm dawn, hnute tui a pe dawn nge, chaw dang a pe dawn tih te ruahman lawk fel vek tur a ni. Hnute tui a\anga kaichhawanna ‘chance’ hi a tlem avangin hnute tui pek hi nu a hrisela, a CD4 count a \hat phawt chuan pek a pawl lem lo, mahse hnute tui a pek chuan hnute tui chauh thil dang engmah tel lovin (exclusive breastfeeding) a pe tur a ni a, thlaruk a thlen thlengin a pe ang a, thla 6 a\ang erawh chuan hnute tui pe tawp hmakin chaw dang chauhin pek tawh tur a ni. Tin, hnute tui a pek dawn loh erawh chuan hnute tui leh chaw dang kha pek pawlh miah loh tur a ni thung. Nausen chu kar 4-6 vel a\angin natna kaiawlsam (e.g TB, pneumonia etc) vel a\anga ven nan Cotrimoxazole pek tur a ni a, thla 18 a tlin hma chuan pek tur a ni a, thla 18 a tlin hian HIV test tih tur a ni, a chhan chu nausen hian thla 18 an tlin hma chuan HIV an kai leh kai loh hi tuna test-na hmanrua kan neih Antibody testing hmang hi chuan a hriat mai theih lova, DNA-PCR hmang erawh chuan thla 18 an tlin hma daih hian a hriat theih tho. He hmanrua hi kan ramah pawh tun a\anga rei lote-ah hian kan hman beisei a ni. Hei hi kan hman hunah chuan Nu a\anga nautea kaichhawanna hi kan ven tam mai bakah nu leh nau hriselna lamah hma kan sawn sawt dawn a ni.

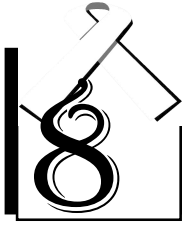
- 4) **Provision of Care and Support to HIV infected Women, their children and their families :** HIV kai nu te chuan enkawlna leh ngaihsakna an mamawh hle a ni. Chhungkuua inhmuh thiamlohna te, inthinhrikna te, inendawngna te HIV avang hian a awm duh hle. Nu emaw naute HIV positive te hian ART damdawi an ei tawh phei chuan damchhunga hun bi mumal tak nei a, nitina ei ngai a nih bakah, rilru leh ngaihtuahna te, thlarau lam nun te thlengin a hrisel a pawimawh a, chuvangin chhungkuua tan tlan ngai leh puihna pawn lam a \ang pawhin an mamawh em em a ni.

A tlangkawm nan chuan heti hian sawi ta ila, nu leh nau hriselna hi ram hnuk pawimawh berte zinga mi a ni a, a bikin Mizoram, mihring tlemna-ah phei chuan kan Hnam hmangaihna rilru (Nationalism) hian a vei tel a pawimawh a ni. HIV laka nu leh nau ven hi kan ngaih pawimawh a, nu leh pa te pawhin Nausen te hian HIV laka fihlim chung a rawn pian leh \hanlen hi an dikna leh chanvo a ni tih hria a, naupai zawng zawng leh an kawppui ten HIV test kan tih \hin a \ul a ni.



HIV hrik hian tumah a thliar ve lo – fimkhur rawh, I kai ang e.

Vawikhat chetsual hian damchhung inchhirna a thlen thei. HIV kai lo turin fimkhur rawh.



HIGH RISK GROUP ZINGA HMALAKNA : TARGETED INTERVENTION (TI)

Betty Lalthantluangi, Jt. Director (TI)
& K.Vanlalhriatpuii Asst Director (TI), MSACS

Thuhmahruai :

India rama HIV kai za zel a 90 te hi an kaina chhan mithiamnten an chhuiin Inchiuna hmanraw thianghlimlo leh Condom tello a inpawlna a \angin a ni tih an hmuchhuak a. India ram sawrkar chuan HIV do nan heng damdawi a inchiu \hin (Injecting Drug Users/ IDU) te, hmeichhia inzuar \hin (Female sex workers/ FSW) te, Mawngkawhur (Men having sex with men/ MSM) te, Migrants leh Truck drivers KM 800 chin zin \hinte (High Risk group leh Bridge Population kan tihte) zinga a bika HIV ven hnathawh \ha in a hria a. Chumi atan chuan programme- Targeted Intervention (Tum bik neia hnathawhna) a duang chhuak ta a ni.

Mizoram Dinmun :

Mizoramah pawh he programme hi State AIDS Control Society, Mizoram hnuaiah NGO 31 te nen thawk hovin kalpui a ni a. Heng NGO 31 te hian he Targeted Intervention Programme hnuaiah hian Project 41 an kalpui mek a ni. Mizoram District zawng zawngah inzarpharh in, an thlen chinah hnathawh dan kalhmang fel tak neiin he programme hi an enkawl a ni.

Mizoram-a High Risk Group leh Bridge Population NGO ten an enkawl zat:

- 1) **Injecting Drug Users (Damdawia Inchiu Thin te)**
: Project 31 awmin heng project hnuaiiah hian IDU 15200 te zinga hnathawh a ni.
- 2) **Female sex workers (Hmeichhia in zuar thin te):**
Project 9 awmin FSW 1470 zinga hnathawh a ni.
- 3) **MSM (Mawngkawhur) :** Project 2 awmin MSM 500 te zinga hnathawh a ni.
- 4) **Migrants (Ram dang mi):** Project 7 awmin Migrants 46000 te zingah hna thawh mek a ni.

TI hian Mizoram ah IDU project 24, FSW project 2, MSM Project 1, core composite (IDU + FSW) project 7 leh Migrant Project 7 kalpui mek a ni.

Targeted Intervention Programme Kalphung :

Targeted Intervention programme hian kalphung fel tak a nei a. He programme hian a tum ber leh inngahna lungphum chu “Mi tumah hi kum upat thleng damdawi an ti reng emaw an inzuar reng dawn lova, sim duh hun an la nei ang a, chumi hun an thlen hma chuan he natna tihdam theih loh hi an taksaah a lo lut hman tur a ni lova, an kut leh kete pawh inchiuna thianghlimlo hman avangin tan ngaiin a awm tur a ni lo; chumi hlawhtlin nan chuan heng target group te hian a bo a bang awm lovin he programme-ah hian telh vek tur an ni” tih a ni. Hei hi ti hlawhtling tur chuan he programme hnuaiia hnathawh dan hrang hrangte chu hengte hi an ni:

1. **Outreach programme (Peer Led Intervention) :**
Hemi in a tum ber chu kan target ho zinga hnathawk tur chuan an mizia, nunphung leh ngaiat zawng te hriat a

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ngai a, an mahni hrechiangtu ber chu an \hian kawm \hin te an ni a, hemi a nih avang hian Peer educator (HIV leh a kaihhnawih te, thisen testna hmun te, ART chungchang te, DIC awmna te ziritirtu leh hrilh hretu) leh Outreach Worker te hman an ni a; an ni hian heng an target te hi an inah te an awmkhawmnaah te kalin zirtirna bakah Syringe leh Condom te an mamawh angin an pe \hin a ni.

2. **Lingkages:** Hemi hnuaiah hi chuan Integrated Counseling and Testing Centre (ICTC), ART centre, Drop-In-Centre, DOT Centre leh STI Clinic-ah te heng TI-a thawktute hian a \ula dan angin an refer/hruai \hin.
3. **Counseling :** Counsellor te hmangin heng Target group te hian khawtlang pawm zawng nunzia leh nunphung pangngai an hloh tawh an neih let leh theihna turin kawng an kawh hmuh \hin a. Chubakah heng counselor te hian thisen test pawimawhna te, STI laka invenna leh in enkawlna te an hrilhin an zirtir \hin a ni.
4. **Harm Reduction :** Targeted Intervention inngahna bulpui ber a ni a, hemi in a tum ber chu an mahni tana \ha lo ching laklawh tawh, sim thei rih mai si lo te'n an thil chin avanga harsatna/ chhiatna/natna belhchhah an neih loh nana ven a ni. Hemi hnuaiah hian Syringe thianghlim thleng te, Condom an mamawh anga pek te, Inchiu lo a damdawi lak te, STI (serh natna) enkawl leh ven te leh inchiuna pan enkawl leh pan tur ven te a huam vek a ni. Drop-in- centre a bikin IDU leh FSW tin te hi Doctor in an \hutchilh vek a ni.
5. **STI natna ven leh enkawl :** Invenna tel lo Inpawlna avanga natna kaichhawn theih laka venna leh enkawlna pek \hin a ni.

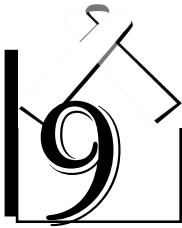
6. **Enabling Environment** : He thu in a tum ber chu heng programme pawimawh tak hi tuang taka a kal theih nan NGO te leh khawtlang/veng hruaitu te, kohhran hruaitu te, police te leh target group nu leh pa ten thawhhona \ha tak an neih a, an tan hova, theihtawp an chhuah tlan a pawimawh hle a; NGO te pawhin he programme awmzia te, kalphungte hrilh hre turin inkawm hona an buatsaih a \hin a ni.

Tlangkawmna : Drop in centre-ah hian heng HIV kai hlauhawm a awm mekte hian nundan phung an hloh tawh zir thar leh in Targetted Intervention a hnathawktu te'n hmangaihna nen an natna te lo tuam damin, nunphung pangngai an lo zirtir \hin. He hmunah hian tui mal far te te in tuiptui a siam angin heng HIV kai hlauhawm a awm mek te hian an nunphung mil zelin kaihruaina an dawng a, an dikna chanvo humhalhsak an ni in, mihring tling lova inngai tawhte pawhin mahni inrintawkna an nei leh \hin a ni.



Naupai laia PPTCT Center pan loh avangin nu engemawzatin an fate HIV an lo kai chhawng tawh. Nang chuan I naupai laiin PPTCT Center pan ngei ang che.

I tana buatsaih PPTCTC hi a neitu I nihna angin, I naupai lai ngei hian han pan ve teh.



MAHNI MIPATPUI NGAIZAWNG THINTE

**Christina Lalrindiki, Project Director
FXB, Mizoram.**

*“Kum 13 vel ka nih hian hmeichbia ka bre ve \an ka ti dawn
nge, chumi hunlai chuan ka la briat ngai loh thil ka bre chhuak....”*

*“Ka pian tirh a\angin kei chu ka duh z\awng leh ka ngainat z\awng
reng reng hi a hmeichbia ve brim brim, ka pian pui a niang”*

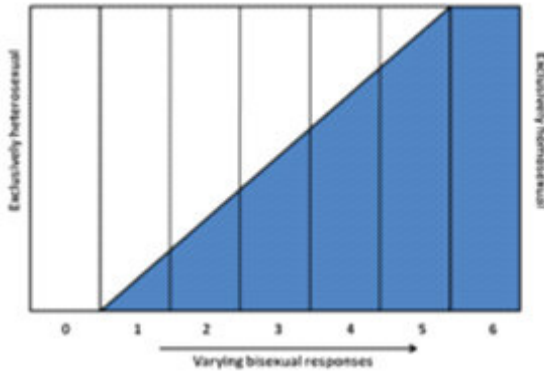
*“Ka chhung ten high school phaiah min kal tir a mipakhat nen in
kan luah dun a.... chuta \ang chuan mipa ka ngaina \an ta z\awka
ni”*

Engvanga mahni mipatpui te ngaizawng \hin nge an nih?

Mi tam takin an pawm danah chuan mahni neih ang neilo te chauh duh (Heterosexual) vekin kan piang a. Mahse, mihring nunze lo inthlak danglam chhoh zel a\anga mahni neih ang neite duh ta zawk (Homosexual) an lo awm ta \hin a ni . He ngaihdan hi hnialtu tam tak an awm a. Mi \henkhat chuan inthlahchhawn thil (Hereditary)-ah an ngai a, \henkhat chuan taksa awmdan danglam (Hormone Imbalance)-ah an ngai a, \henkhat chuan khawsak dan (Prolonged Behaviour) leh khawsakna hmun (Environmental)-avangah an ngai ve thung a, finfiahna engmah a awm tak tak chuang lo a ni.

Kum 1948 a Alfred Kinsey-a'n zirbingna a\anga a hmuhchhuahah chuan khawvel mi zawng zawng hi tehna chikhat 'Kinsey Scale' an tihah chuan tehin, he tehna hian mihring zawng zawng hi mipa leh hmeichhia kan nihna leh kan inpawm dan hi tehna san lam indawt bial (0) a\anga paruk (6) thlengin a siam a. He tehna a\anga a sawi danah chuan khawvel mihring zawng zawng hmun ruka \hena hmun khat (Scale a 0-na hi) chu mahni neih ang nei mi kawp duh hlawm hlak, engtinmah tihdanglam theih loh (Total Homosexual) an ni a; hmun khat dang a lehlam tawp a mi (Scale a 6-na hi) chu mahni neih ang neilo chauh kawp duh hlawm hlak, engtinmah tih danglam theih loh (Total Heterosexual) te an ni a; a bak zawng chu a inkar, mahni neih ang nei kawp leh kawp loh theihna nei (Homo, Bi, Hetreosexual etc.) vek an ni a, eng emaw vang chauha lo lang chhuak thei leh lang chhuak lo thei an ni a. Heng ho bakah hian mi tlemte, 'X' tia a hrilhfiah, mipat hmeichhiatna lam ngaihtuah lo emaw nunpui lo hrim hrim (Asexual) an awm leh bawk a ni. A lem tarlan hi he tehna atana an hman 'Kinsey Scale' chu a ni . He a tehna hmanga a hrilhfiah dan chuan khawvela puitling awm zawng zawng 46% te hian mahni neih ang nei leh nei lo kawp theihna hi an nei ve ve a; tin, chung zinga 37% te chuan an damchhung hunah hian \um khat tal mahni neih ang nei te kawpna hi an tawng a ni tiin a hrilhfiah a. He a ngaihnan hi mi tam tak chuan an sawisel nasa hle a. Zirmi tam tak pawhin a dik lo tiin zirbingna hmangin an bei a; mahse chung hote pawh chuan he a hmuhchhuah ang deuh hi an hmuchhuak ve tho a ni.

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Mahni anpui te ngaihzawn hi duhthlanna a ni thei ang ngen?

Mahni mipatpui lo kawp tawh \hin te zingah tun hnua nupui pangai taka nei, chungkaw din ta te an awm nual a, chungte chuan an duhthlanna avanga mahni anpui te kawp \hin an ni an in ti ngei ang. Mahse han ngaihtuah chiang ta ila, chhungkua leh khawtlang te nuihzat, enhran leh hmusit tura an nun han hman ngawt mai chu an duhthlanna vang ringawt chu a ni thei dawn em ni? Duhthlanna vang pawh chu lo ni ta se, he an duhthlanna tipuitling tur hian eng emaw chhungrila lo puitu a awm ngei ang tih a rinawm. Kum 1999 a an zirbingnaah chuan thluak a Hypothalamus hi mi pangngai aiin mahni anpui kawp chingteah a te zawk tih an hmu chhuak a, amaherawh chu piantirh a \anga te sa an nih leh nih loh an hre lo. Mithiam ten an rin dan chuan kan duhthlanna avangin mahni anpui te kan ngaizawng ngawt thei lova, kan taksa hnathawh dan (biology) pawh hian nasa takin a pui ve a ni an ti.

HIV/AIDS leh homosexuality eng nge a in zawmna?

Kum 1980 vel kan USA ah AIDS hmuhchhuah a ni a, chutih hunlai chuan New York leh California a Gay (Mipa

mahni anpuite ngaizawng) ho zingah hmuh chhuah hmasak ber a nih avangin he natna hi GRID (Gay Related Immune Deficiency) tia hriat hmasak a ni. Mahni mipat pui kawp \hin te zingah hmuhchhuah ni hmasa mahse kum 2007 hmalam khan Mizoramah chuan awareness leh prevention lama hmalakna neih a la ni ngailo a ni .

Mizoram Dinmun

Mizoramah mahni anpui kawp hi hman lai a \anga awm ve tho a nih chu ring mah ila zir theih leh chhuichian theih a ni lova; a ziaka dah pheih chu hmuh tur a la awm ngai lo hrim hrim a ni. Tunlaih erawh chuan mipa mahni anpui kawp \hin te hi a rugin eng emawzat awm mahse, a lang a nun chhuahpui hmuh tur an awm ta nual mai . Heng mite zingah hian an mahni nihna tak tak pawm lo tam tak an awm a, pawm pawh mahni nihna zahpui leh tilang ngam lo an awm nual bawk a; hengte leh thil dang tam tak avang hian engzat tak tak nge awm tih chu hriat harsa tak a ni a. Kan rama kan dinmun zir chianna ziaka awm hmasa ber chu kum 2006 a FXB Mizoram (NGO)-in Aizawl chhunga survey an neih kha a ni a. He Survey hi HIV/AIDS venna leh enkawlna lam hna heng mite hnena thawh theih nana neih a ni a. He thil hi ngaih pawimawh a nih nachhan chu khawvela HIV an hmuhchhuahna hmasa ber chu hetiang mi (gay) a \angin a ni a; tin, heng mite hi an nun dan leh khawsak dan a \angin HIV kai a awlsam bik tih hmuhchhuah an ni a. Hemi avang hian kum 2006 khan Mizoram State AIDS Control Society puihna in Men Having Sex With Men (MSM) Targeted Intervention Programme chu \an a lo ni ta a. FXB Mizoram hian he hna hi waviin thlengin an la thawk reng a ni. He hnain a tum ber chu mipa mahni anpui kawp \hinte zawnchhuah a HIV kai lo tura zirtirna pek leh venpui hi a ni a.

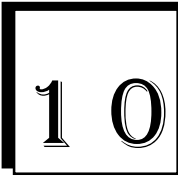
HIV / AIDS ENGTIN ZEL?

Hmalak dan tlangpui te chu, sex hman lo tura zirtir (Abstinence) te, an hman dawn tho tho a nih chuan kawng him zawk kawhnmuh (Condom hman, kawppui pakhat laka rinawm etc.) te, mahni hriselna ngaih pawimawha thisen test \hin te, counseling kal tura fuih te, mahni anpui te kawp reng duh te chu an dikna leh chanvo te humhimsak leh mahni mipatpui te kawp duh tawh lova hmeichhia kawp duh tawh te chu theihtawpa \anpui te hi a ni. He hna \an nan hian a hmasa berin Aizawl chhungah survey neih a ni a, kum 2006 December thla thleng khan Aizawl chhungah mahni mipatpui kawp \hin mi 120 vel ziah luh (registered) theih an ni a. An lo pung chho zel a tunah chuan mi 315 zet ziah luh (registered) an lo ni ta a ni. Survey nei tute rinzawnaah chuan Aizawla chengte zingah hetiangah mahni anpui te kawp \hin mipa hi 800 a \anga 1200 tal awmin an ring a ni. Heng zinga tam tak chu khawsak phunga mipa pangngai anga khawsa, kawppuiah chuan mipa vek duh si an ni a; \henkhat chuan hmeichhia pawh kawp tel thei thoin, nupui neia khawsa mek te pawh an awm a ni. Heng mi te bakah hian langchhuak vak lo a khawsa, engemaw chang chauhva he thil ti te leh langchhuak tak Tuai kan tih te zingah pawh an awm nual tih hmuhchhuah a ni. He MSM programme hi kalpui a nih \antirh hian he programme avang leh Korean Film lo lar avanga heng mite hi lo pung a ngaihna a lian hle a. Kum 2008 khan mahni mipatpui kawp \hin mi 200 te hnenah questionnaire siam a ni a. He questionnaire an chhanna a \anga a lan dan chuan 89% te chuan hetiang mi an ni tih hi kum 15 an tlin hmian an inhre tawh a (MSM programme \an hma leh Korean film lo lar hma vek a ni). |henkhat chuan an tet lai a \anga inhre tawh an awm lain, a \hen chu puitlin hnu te leh nupui neih hnua mahni mipatpui kawp an awm ve tho a ni.

Chhungkaw inthlahchhawn dan a\anga chhutin 98% te hian an chhungkuaah an mahni ang hi an awm ve lova report a ni. An vai hian anmahni duh avang a ni lo tih hi an chhanna vek a ni. Counseling neihipuina report a\anga a lan dan chuan 96% te chuan an nihna hi duh lovin vawikhat tal chu mahni mipatpui nilo hmeichhia te kawp tumin an lo bei \heuh tawh a ni. Counseling a\anga an zawhna tam tak te chu – ‘Eng vanga hetiang mi ni bik nge ka nih?’ tih te, ‘Pathian mithmuhah hetiang mi nih hi sual lian tak a ni em?’ tih te leh ‘Pathian thiltihtheihna a\angin emaw, engemaw hmang hian a inthlak thleng/danglam theih ang em?’ tih te hi an ni. An mahniah hian hriatchian loh leh hlauhthawwna lian tak an nei ru tlangpui a; hemi avang hian tam tak chu an nun pawh biru tak leh mahni inthup tak an ni a. Mi ten an hmusitin an thinhrik a ni tih hi tam tak chuan an inhria a, hetiang a nun khawlo leh suala ngaih, mi pangngai ang pawha pawm an ni lo hi hrehawm tün in thlak tuma nasa taka bei te pawh an awm a; \henkhat phei chu gospel camping a lut te, counseling a kal tlut tlut te an awm nawk a ni. |henkhat chu \anpuina tam tak dawn hnua inthlak thleng thei ta te pawh an awm ve bawk a ni.

Khawvel hnam tinah mahni anpui kawp \hin te an awmna chhan hi Scientist-te leh zirmi ten tun thlengin an la hmu chhuak thei lova. Mahse, a chhan zawn chhuah tumin an bei zel dawn a ni. A chhan lo hmuchhuak ta pawh ni se, mahni anpui kawp \hin te hian an dikna leh an chanvo neih tumin hma an lak reng a rinawm .





HIV POSITIVE TE NATNA KAIHHNAWIH HRANG HRANG, A INVEN DAN LEH A ENKAWL DAN (OPPORTUNISTIC INFECTIONS)

**Dr. Vanlalhriatpuii, SMO, ART Centre,
Civil Hospital Aizawl**

Introduction

HIV hrik pai ngawr ngawr hian thihna a thlen nghal ngei ngei \hin tihna a ni lova. HIV hrik hian kan taksaa a natna hrik dotu a tih tlem avangin natna hrang hrangin kan taksa a bei thei tihna ani .Heng natna chi hrang hrang te hian nunna a pawt tawi \hin a. Heng natna te hi Opportunistic Infections tih an ni a. HIV hrik in taksa a tih chhiat avanga natna a do theih lo chu remchangah hmangin heng natna te hian taksa chu a bei ta \hin a ni.

Opportunistic infections leh CD4 count

CD4 cells hi kan taksaa natna hrik dotu cells an ni a. CD4 cells-ah hian HIV hrik chu a inthlah pung a , HIV hrik pung tam tak te chu thisenah a rawn chhuah chiah hian a inthlah punna CD4 cells kha a ti chhe ta \hin a. Hei vang hian HIV hrik hian CD4 cell zat chu a ti tlemin, natna hrik do theihna a ti tlem tihna ani. CD4 cells hi HIV hrik pai hrisel \ha leh HIV hrik pai lovah chuan a tlangpuiin 600 a\anga 1200 a ni \hin a. HIV in CD4 cell count 200 aia a tih tlem tawh phei chuan natna hrik hlauhawm tak takin taksa a bei reng thei tihna a ni.

Opportunistic infections leh Anti Retroviral Therapy

Heng natna chi hrang hrang te hi a do theihna kawng awm pakhat chu Anti Retroviral Therapy (HIV damdawi) ei hi a ni a. ART hian HIV hrik inthlahpung tur chu kawng hrang hrangin a veng a. HIV hrik a in thlah pun loh chuan CD4 cells pawh a thi/ti chhe tlemin CD4 count pawh a hniam dawn lo tihna a ni a. CD4 count a san \hat chuan natna chi hrang hrang thawhna tur a ti tlem dawn tihna a ni. Hei hian nunna thui takin a pawt sei thei bawk a ni.

HIV leh a kaihhnawih natna tlangpuite

CD4 count zat a zirin natna chi hrang hrang a awm thei a. Chung zinga tlanglawn deuh deuh te chu henge te hi an ni.

CD4 cell count	Natna tlanglawn
400 cells/ul	Awm vel (Herpes Zoster)
300 cells/ul	Ngawr (Tuberculosis)
200 cells/ul	Ka na, var thit thet (Oral cancer)
100 cells/ul	Thawhah leh Awmna (Pneumonia), Chawkawng candidiasis
50 cells/ul	Fungal leh Viral natna hrang hrang

India ramah HIV hrik pai te zing (Opportunistic infection) tlanglawn dan in dawtin a hnuaiah tarlan an ni:

1. Ngawr (Tuberculosis)
2. Ka leh chawkawng na var thit thet (Oro-esophageal candidiasis)
3. Cryptosporidiosis
4. Awm vel (Herpes Zoster)
5. Toxoplasmosis
6. Awmna (Bacterial Pneumonia)

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7. Cryptococcal Meningitis (Thluaka khawsik lut – Fungal natna)
8. Awmna leh thawhah (Pneumocystis Carinii Pneumonia)
9. Kaposi's Sarcoma (vun cancer chikhat)

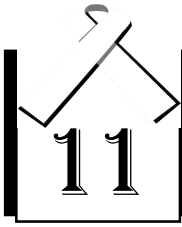
Opportunistic infections leh Clinical Staging

HIV hrik taksaa a luh a \ang hian Stage chi hrang hrang (Clinical Staging) ah then a ni a. Hengte hi natna (Opportunistic infection) an neih dana zirin \hen an ni. Chung natna tlanglawn deuh deuh te leh staging chu a hnuai tarlan ang hi a ni.

Clinical Stage	Opportunistic Infections
I	Natna lang chhuak tur a la awm lo tlangpui
II	Awm vel (Herpes Zoster)
III	Chuap TB, Kawthalo rei, thla khat aia rei khawsik, Ka na var thit thet(oral candidiasis), pneumonia (Bacterial)
IV	Chaw kawng na ,TB dangte, Thluaka khawsik lut, Fungal leh viral natna hrang hrang te

HIV kaihnawih natna laka invenna

HIV kaihnawih damlohna \henkhat te hi inven theih an ni a. A vai vaiin ven theih erawh an ni lo thung. Pneumocystis Carinii Pneumonia leh Toxoplasmosis te hi natna hlauhawm leh khirh tak an ni a, mahse heng natna atan hian invenna damdawi a awm a. Cotrimoxazole damdawi nitin mum khata ei hian heng natna te hi a veng thei \hin a. CD4 count 250 cells /ul aia a tlem hian he invenna damdawi hi pek \hin a ni a. Amaherawh chu sulpha damdawi hua te tan he damdawi hi a pek theih loh a. Heng mi te tan hian Dapsone pek theih a ni. //



HIV/AIDS LAN CHHUAH DAN (CLINICAL FEATURES) LEH A DAMDAWI (ART) CHUNGCHANG

**Dr. Vanlalhriatpui,
SMO ART Centre Aizawl**

HIV/AIDS natna lan chhuah dan hi a bik a awm chuang lova, mihring taksaa HIV hrikin natna hrik dotu cell (CD4 cell) a tih tlem avanga natna chi hrang hrang lan chhuah dante hi a ni deuh ber \hin a ni. CD4 cell count 250 aia a tlem phei chuan natna hrik Bacteria, virus, fungus te hian taksaah luhna remchang a nei tam tihna a ni a. Entirnan, HIV hrik pai ten natna an neih tam em em - ka na var thit thet te pawh hi fungal infection a ni a, HIV natna hrim hrim in a lan chhuah dan a ken tel ni lovin, kha damlo bikah khan fungal infection a awm a, a lang chhuak tihna mai a ni.

Heng natna chi hrang hrang lan chhuah dan a \ang hian CD4 count tam zawng a ri ruang a hriat theih \hin a. CD4 count sang leh hniama natna awm tam bikte a awm \hin a ni. Heng natna hrang hrang hmang hian World Health Organization chuan HIV natna hi Clinical Stage paliah a \hen hrang a. Heng Clinical Stage hrang hrang te hi a hnuai mi ang hian dah hran an ni.

Clinical Stage Symptoms/lan chhuah dan. Thil tih theih dan tehna

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Clinical Stage	Symptoms/lan chhuah dan	Thil tih theih dan tehna
Stage one	<ul style="list-style-type: none"> Asymptomatic/natna emaw insawiselna engmah nei lo Taksa hmun hrang hrang a thalbe vung (Persistent generalized lymphadenopathy) 	Natna nei lo eng hna pawh thawk thei
Stage two	<ul style="list-style-type: none"> A chhan hriat lova 10% aia rih zawng tla hniam Recurrent Respiratory tract infection: Awmna benvawn Herpes Zoster: Awmvel Recurrent oral ulcerations: Ka na / ulcers dam hlei thei lo Vun leh tin natna chi hrang hrang dam hleithei lo 	Natna nei neuh neuh mahse nitin hna thawh ti buai tham si lo
Stage three	<ul style="list-style-type: none"> A chhan hriat lo va 10% aia tam rih zawng tla hniam Kawthalo thla khat aia rei lo A chhan hriat si lova thla khat aia rei khawsik Oral Candidiasis: Ka na var thit thet Pulmonary TB: Chuap TB (TB zawng zawng hi HIV natna vang a ni kher lo, mahse HIV hrik paiah chuan TB hi kai a awl bik a ni) Awmna/ pneumonia reh hlei thei lo Anaemia: Chhan hriat si lo va thisen tlem 	Thla chanve chung khum bet

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<p>Stage four</p>	<ul style="list-style-type: none"> • HIV wasting syndrome: natna benvawn vei vanga cher, chau, khumbet • PCP: Awmna chi khat, rang taka thih pui hlauhawm • Toxoplasmosis : thluaka khawsik lut • Thla khat aia rei kawthalo • Extra pulmonary TB: Chuap ni si lo va taksa peng hmun hrang hrang TB. Entirnan Thal be,thluak,ril TB. • Cytomegalovirus infection / retinitis : Virus chi khat thluaka lut chi leh mit ti del thei. • Chronic herpes simplex infection: Herpes virus vanga natna awm, reh hlei thei lo • HIV encephalopathy: HIV hrik vanga thluak buai • Esophageal candidiasis : Chawkawng natna var thit thet • Recurrent TB: TB dam hlei thei lo • Recurrent septicemia: Septicemia dam hlei thei lo • Lymphoma : Thal be cancer • Kaposi Sarcoma: Vun cancer chi khat • CNS Toxoplasmosis: Thluaka fungal hrik vanga khawsik lut • Invasive cervical carcinoma: Ohul cancer 	<p>Thla chanve aia rei khumbet</p>
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A chung a kan tarlan te khi stage chi hrang hranga natna awm tlanglawn deuh deuh te an ni a. A tlangpuin HIV hrik taksaa a luh hian a in thlah pun hnuah Stage one a \anga \anin Stage four thleng a awm tihna a nih chu. Damlo HIV hrik kai thar te chu Stage one-ah an \an a, an in hriat chhuah mai loh phei chuan stage four an nih hnuah chauh te hmuhchhuah an ni \hin a. Chuvangin, HIV hrik pai nia inringhlel chuan thisen test vat a, a rang lama treatment lak a \ha a ni. A hun taka inentir a, doctor thiam tena an hrih ang zela tih zat zat chuan hun rei tak chhung hrisel \ha takin a dam theih \hin a ni.

Anti-Retroviral Therapy (HIV/AIDS damdawi)

HIV hrik hi a tihlum theih lohin, HIV/AIDS natna hi a dam thei lo a. Amaherawhchu natna control theih a ni thung. HIV hrik that thei damdawi hmuhchhuah a la ni lova, tuna kan damdawi neih hi chuan a hrik inthlahpung tur a lo dang \hin a ni. Hei hi Anti-Retro Viral Therapy (ART) kan tih chu a ni a. Sawrkarin a thlawnin he damdawi hi State tinah damlo ten an lak theihna hmun turah a sem a. Heng damdawi semna hmun te hi ART Centres tih a ni. Mizoramah pawh Civil Hospital Aizawl-ah he centre hi a awm a. Champhai leh Lunglei Civil Hospital-ah te Art Centres thar pahnih hawn an ni dawn bawk a ni. Heng ART Centres-ah te hian HIV damdawi sem mai bakah damlo te tana mamawh chi hrang hrang counseling te, natna chi hrang hrang HIV vang a awm thei (Opportunistic infections) damdawi te, CD4 count thisen test-na te leh inentirna a awm a ni.

ART hi HIV hrik pai zawng zawngah pek nghal a ni lova, World Health Organization leh National AIDS Control Organization te in an siam angin ART damdawi pek hun a hnuai tarlan ang hian pek \hin an ni.

Table one: Puitling ART \an hun

Clinical Stage One	CD4 count 250 aia a tlem chauhin ART pek tan tur a ni
Clinical Stage Two	CD4 count 250 aia a tlem chauhin ART pek tan tur a ni
Clinical Stage Three	CD4 count 350 aia a tlem chauhin ART pek tan tur a ni
Clinical Stage Four	Eng CD4 count ah pawh damdawi tan tur a ni

Table two: Naupai laia ART \an hun

Clinical Stage One	CD4 count 350 aia a tlem chauhin ART pek tan tur a ni
Clinical Stage Two	CD4 count 350 aia a tlem chauhin ART pek tan tur a ni
Clinical Stage Three	CD4 count 350 aia a tlem chauhin ART pek tan tur a ni
Clinical Stage Four	Eng CD4 count ah pawh damdawi tan tur a ni

Table three: Naupang kum nga tling lo ART \an hun

Thla 11 aia naupang	CD4 count 1500 aia a tlem chauhin ART pek tan tur ani / CD4 leh TLC (Total Leucocyte Count) percentage 25% aia a tlem in
Thla 12 – thla 35	CD4 count 750 aia a tlem chauhin ART pek tan tur ani / CD4 leh TLC (Total Leucocyte Count) percentage 20% aia a tlem in
Thla 36- thla 59	CD4 count 350 aia a tlem chauhin ART pek tan tur ani / CD4 leh TLC (Total Leucocyte Count) percentage 15% aia a tlem in
Kum nga chung lam	Puitling ei hun anga ei tir tur ani

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Pre-ART work up : ART damdawi hi damdawi chak leh ngeih loh awm thei a nih avangin damdawi \an hma in thisen test chi hrang hrang leh awm X-ray tih ngei ngei \hin a ni a. Chung test te chu:

- Complete blood count/thisen tlem leh tam enna
- Liver function test/ thin hnathawh enna
- Renal function test/kal hnathawh enna
- Random blood sugar/zun thlum enna
- Hepatitis B leh C
- VDRL: mipat hmeichhiatna hman khawloh a\anga kai theih natna neih leh neih loh enna
- Cholesterol: Thau chhia tam leh tam loh
- Chest X-ray : Chuap X-ray

Cotrimoxazole prophylaxis : CD4 count 250 aia a tlem hian natna hlauhawm tak tak leh kaw\halo chi hrang hrang ven nan damdai pek a ni \hin a, Cotrimoxazole mum ni khatah vawi khat pek \hin a ni. CD4 count 250 aia a tam hma chu he damdawi hi ART damdawi rualin pek \hin a ni. CD4 250 aia tam, TB damdawi ei laiah pawh TB damdawi an ei chhung chu he damdawi hi pek \hin a ni bawk.

ART damdawi ei tur te tana hriattur pawimawh te :

- ART hian HIV hrik hi a that lova, a inthlahpung zel tur a veng a ni.
- ART damdawi hi damchung ei ngai a ni a, hunbi neia ei ngai a ni (Darkar 12 danah ei \hin a ni)
- Damchung ei a nih avangin ART ei tur te chuan counseling \ha tak an dawn hnuah damdawi ei chu anmahni duhthlanna ngeiin an ei \an tur a ni.

- ART hi emergency drug a ni lova, ei tura damlo rilru insiam fel hnuah chauh pek tur a ni.
- ART ei \anni a\anga ni 5 tal hi Community Care Centre (CCC) ah in admit a ngai \hin a, hei hi a tir lama side effect leh natna rawn lang chhuak thei te ven nana ruahman a ni.
- Ei \hat loh/theihngilh a pawh hle. Damdawi takxaa thawk tham lova a awm hian, HIV hrik hian inthlak danglam theihna a nei a, a in thlak danglam a nih vaih chuan eng angin damdawi ei \ha leh mahse, kha HIV hrik kha a hneh thei tawh dawn lo a ni (Drug resistance).
- Ruihtheih thil, entirnan zu emaw damdawi emaw la ti \hin tan chuan ART hi \an loh hram a \ha. Ruihtheih thil ti mi chuan a tlangpuiin damdawi a hunbiah an ei hlei thei \hin lova, hei hian HIV hrik danglam (drug resistant strain) in siam theihna a ti tam hle.
- CD4 count thisen test hi damdawi thawh \hat leh \hat loh en theihna hmanrua lian ber a ni a, HIV hrik vanga CD4 count tla hniam hle tawh pawh a sang leh thei hle a ni. Hei hian CD4 count regular tak leh a hunah tak tih a pawimawhzia a ti lang Chiang hle. CD4 count hi thla ruk danah tih ziah tur a ni. ART la ei lo pawhin an ei hun tur an en theihna chu CD4 count a \ang tho a nih avangin thla ruk danah tih ziah tur a ni.
- ART hi damdawi chak tak a ni a, taksaah side effect tam tak a thlen theih avangin regular taka ART Centre-ah inentir \hin tur a ni.

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- Naupang ART hi an rih zawng a\anga an ei zat tur chhut \hin a nih avangin damdawi lam apiangin an rih zawng en ziah \hin a ni.
- ART ei hnuah pawh natna chi hrang hrang neih/kai theih reng a nih avangin insawiselna thar a awm apiangin inentir vat \hin tur a ni.

ART damdawi chi hrang hrang te :

- Zidovudine + Lamivudine (Zidolam/Virocomb)
- Zidovudine + Lamivudine+ Nevirapine (Zidolam N/Virocomb N)
- Stavudine + Lamivudine (Virolis)
- Stavudine + Lamivudine+ Nevirapine (Nevilast/ Triomune)
- Efavirenz (Estiva)

ART ei vanga side effects/ngeih loh awm thei te:

- **Zidovudine** : Anaemia/thisen tlem, Gastro-intestinal intolerance/pum na, luak, luak chhuak, nail pigmentation/tin dum
- **Stavudine** : Lipoatrophy leh lipodystrophy/taksa thau ti tlem, hmai cher, pancreatitis /pancreas lawng, pumna
- **Nevirapine** : Skin rash/thak, vual, Hepatitis/thin lawng
- **Efavirenz** : nightmares/mumang \ha lo, disorientation/ngaihtuahna bing mup, dizziness/lu hai



HIV AVANGA INENDAWNGNA, INENHRANNA LEH HRIAT SUAL PALH AWM THINTE

(Stigma & Discrimination, Myths & Misconceptions)

**Dr. Chawnglungmuana
MO, Shalom**

Tunhma kum 20 chho vel khan kan ramah hian natna r[^]pthl[^]k tak mai a awm a, vei nih kan hlau a, a vei te pawh a hranpa a dahna bik “Ward” a awm hrang hial bawk a, chu ward chu Aizawl Civil Hospital-ah ngei hian a awm \hin a ni. Chung hun lai chuan thu mak pui pui a leng a, he natna vei awmna bik ward phei chu kal pelh ringawt pawh kan hlau \hin a, hnar hup chungin kan tl[^]n chawn chawn \hin kha a nial Tunah erawh chuan he natna vei te enkawlna hospital hranpa kan nei tawh a, inkan pawh kan \ih ta l>m lo. Chu natna chu Tuberculosis an tih, TB tia kan hriat l[^]r hi a ni.

Bible a kan hmuh l[^]r tak natna, a hun laia r[^]pthl[^]k ber p[^]wl nia an ngaih, kan Lal Isua ngei pawhin a buaipui ngun ber p[^]wl chu “Ph[^]r” natna (Leprosy) kha a ni. Ben Hur film en tawh chuan he natna vei te an dah hran d[^]n te pawh kan hre ^wm e. He natna vei dam chhuak te \awngka a \anga hriat d[^]nin tawrh hrehawm an tih ber chu an taksa lama hrehawmna ni lovin a vei ve lo te endawng leh thinhrik an tawh, mi zingah leh khaw chh<ngah takngial pawh awm phal lova dai p[^]wna an awmna tur bika ruatah chauh awm an phal te kha a ni.

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Khawharna leh mahni insitna nasa tak an nei \hin a, tam tak phei chu mahni intihlum an awm reng a ni.

Kum zabi 2000 kan chuan kai meuh chuan khawv>l thiamna nasa takin a lo \hang tawh a, natna tam tak pawh tih dam theih a lo ni ta. Chutih rualin natna \henkhat, khawvel thiamna pawhin a a chai hleih theih loh khirh tak tak a la tam mai. Cancer natna te hi ch<ng natna khirh zinga mi a ni awm e. Vawiin thleng hian mithiam te chuan a tihdam d^n kawng an la dap reng a ni.

Malaria natna te pawh hi kan khawv>l changk^ng tawh hle e ti lo chuan mihring nunna suattu lian ber p^wl a la ni reng mai. Kum 1980 chho vel khan USA lamah khuan natna mak tak mai, mipa mahni anpui kawp ch\$ng te zinga hluar bik natna an hmu chhuak a, an chhui an chhui a, a hrik an hmu chhuak ta a, a hmingah HIV tiin a natna pawh AIDS tih an lo phuah chhuak ta a. India ram a rawn thleng ve thuai a, keini India hmarchhak state ah meuh chuan a thlen ph^k kan ring lova, mahse reilote ah (kum 1990 khan) Mizoram ah HIV+ case hmasa ber (official record) chu hriat chhuah a lo ni ve ta.

Kan tarlan t^k angin natna dang khirh tak tak, buaipui ngai tak tak a tam lai hian engatinge HIV&AIDS natna hi kan buaipui a \ul t^k viau kan tih chuan he natna kaihhnawih leh a ken tel harsatna hi beih a har >m v^ng a ni kan ti thei ang. Mi a khua a sik a a lo tlun chuan Malaria a nih ringin amahin a thisen a test tir mai a, mahse he HIV&AIDS natna vei nia in ringhlel tam tak hian vawiin thlengin thisen an la test tir ngam lova, chu mai ni lovin inrinhlelh nach^ng hre lo tam tak an la awm bawk a ni.

Nun thlahdah tak tak, ruihhlo khawih \hin te, mipat hmeichhiat lama inthlahdah tak tak, a \hen phe chu eizawn n^na hmang \hin te vei turah chauh kan ngai a, tam tak chu an ni ngei mai. Mahse nu pawisawi lo, pasal te laka rinawm taka awm, chhungkua enkawl a, fate hah taka buaipui \hin te ngei pawh an him ta tlat lo. Chutiang bawkin naupang duhawm tak, sualna reng reng la nei lo te ngei pawh zuahin an awm chuang hek lo.

Nula tlangv^l fel tak, kohhran leh khawtlang lamah pawha mi tlawmngai, an nungchang en pawh a mifel nia kan ngaih te pawh zan khat thil thu vang maiin he natna hian a ti buai ta fo mai te hi he natna buaithlak chhan chu a ni. Chutih m>k laiin thingtlang mai ni lovin khawpui lamah te hial pawh he natna av^nga chh<ngkua intuithlar ta mai te, thisen zawmpui te ngei pawh thinhrik ta te, an chhiat \hat nikhua pawha intlawhpawh ngam ta lo te hial an awm ta. |henkhat lah eizawna lama harsatna an tawh v^nga mahni rila rah fate ngei pawh enkawl hlei thei lova nau hnuchham ch^wmna ina dah ngai hial te pawh an awm ta fo mai.

Hriat chian lohna hian harsatna tam tak a thlen \hin. TB natna meuh pawh enkawl dam theih a ni a, fimkhur erawh a ngai mai a ni tih te kan hriat meuh chuan kan hlau tawh hran lova, TB hospital a an enkawl lai kan chh<ngte/\hiante pawh tlawh kan hreh tawh lo. Leprosy (ph^r) pawh tihdam theih a ni a, a hlauhawm lo tih kan hriat meuh chuan kan hlau tawh lova, a vei te enkawl thuah pawh kohhran te meuh inrawlhin Leprosy Zaipawl te kan lo nei ta hial a nih hi. India rama Leprosy enkawl kawnga hma kan s^wnna chhan an sawi pawh Mother Teresa hmal^k v^ng niin an ngai hial a nih kha!

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He natna inkaichh[^]w[^]nna kawng (route of transmission) te hi kan khawtlang nuna kan ngaimawh ruala kan hmachhawn hreh, sawi pawh nuam l[>]m lo tak, mipat hmeichhiatna hman sual leh ruihhlo hman chungchang a ni mauh mai a. Chu chuan he natna kai tawh phawt chu mi nikhua lo, mi nun pawlawh leh inthlahdah angah min hmuh tir nghal mai \hin. Kan t[^]rlan tak nunau pawisawi lo te pawh he natna hian a zuah miao si loh laiin HIV+ an lo nih chuan engemaw ti z[^]wnga hmuh khawloh phah nan kan hmang zui a, chu chuan a vei mek te a ti t^{\$}m a, vei nia inringhlel te pawhin an dinhmun hre chiang turin thisen an test tir ngam loh phah fo bawk.

Kan hmuh d[^]n dik t[^]wk lo chuan hriat d[^]n mak pui pui a lo thlen nghal a, \henkhat thosi seh a\anga kai theih la ring tlat te, inchibai, inkuah, thawmhnaw inh[^]k \^wm leh chaw eina thl[>]ng inhman \^wm a\anga kai theih la ring tlat te kan awm nawk reng a ni. Chu hriat chian lohna av[^]ng tak chuan hlauhawm lo lai pawh kan hmu hlauhawm zo vek a, HIV+ la hris>l tak te pawh an bula awm nawm lohna min thlen a, inkhat a ch[>]n ho thlengin harsatna min siam phah a. |henkhat lahin HIV+ te \hutna hnua \hut te an hlauh phah a, a ruka vei te t[^]n chuan insawi ngam ngaihna a awm lo a ni; inringhlel t[^]n phei chuan mahni dinhmun hriat loh law law kha a thlan nahawm hial ta ve ang!

Kum la rei lo takah khan Aizawl v[>]ng pakhatatah chuan AIDS vangin mi pakhat a boral a, a awmna v[>]ng khawtl[^]ng te chuan a thi^h z[^]na ph[<]m nghal an rawt a, a nu in \ap chungin z[^]na ph[<]m lo turin a ng[>]n a, a \ul a nih chuan rampalail[>]ng ah pawh lumen pui hial a dil laiin z[^]nah an ph[<]m lui a, a mutbu leh thawmhnaw te pawh an h[^]l ral sak vek a ni. He nu tana a

nat t<r zia hi sawiin a siak ^wm lo ve; a dam chh<ngin a theihngihlh thei tawh hauh lovang.

Chutiang taka HIV natna hi kan dawnawm avangin a vei m>k te pawh hian mahni insitna an nei nasa a, an inkiltawih phah a, an natna vei hian rilru hah a dawl lo khawp lehngal. |henkhat phei chu thinrim z^wngin a thawk fo bawk a, midang kai pawh tih lohna te an nei duh hle. Anmahni mai ni lovin an chh<ngte pawhin harsatna an tawh phah fova, thup pui an duhna lamah a vei te rilru an ti na fo reng a ni. Damdawiin meuhva in enkawl a \ul tawh pawha doctor emaw nurse te laka thup la tum hram hram te an awm fo. Inenkawlna kawngah pawh harsatna a thlen fo a ni.

He natna do tur hian tute emaw, mi thiam leh NGO te mawhphurhna b\$ka ni lova, kan zavaia mawhphurhna a ni. A dona kawnga hmal^kna pawimawh tak chu he natna chungchang chiang taka inhrilh hriat hi a ni. Hriat chian lohna hian harsatna a thlen hnem ta hle. Chhungkua tam tak a ti keh a, \hian\ha a \hen a, inhmangaih te karah h>m a thl^k a, \henawm inunauna a ti bawrhb^ng bawk. Sipaia \ang tlangval pakhat chu a farnu a duat deuh \hin kh^n posting v^nga ram p^wna a awm laiin he natna hi a lo kai palh a, a rawn haw a a hriat chhuah chuan hmuh pawh a duh lova, a thihni pawhin a zin bo san phah hial nia! Mizoram thingtlang khaw pakhatatah chuan an khaw chhungah HIV+ awm tir an phal lo, khua a \anga hnawhchhuah nghal an duh thu an sawi; a chhan ber pawh “a khua khuua mang phahna” nia an hriat v^ng zuk nia mawle!

He natna chungchang kan hriat chian poh leh kan hmuh d^n dik lo te kan paih thei ang a, a veite ngei pawh an mamawh ang ngeia enkawlna \ha kan p>k phah thei d^wn a ni. HIV

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hian tumah a thliar lova, ruihhlova inchiu \hin leh mipat hmeichhiatna lama inthlahdah te pawhin an vei vek chuang lova, chutih laiin v^nduai v^ng z^wk erawhin nunau pawisawi lo te pawhin an vei m>k thung. Kan en d^n a lo danglam hian a vei m>k te pawhin t\$mna awm lovin a enkawlna hmun an pan ngam phah anga, inringhlel te pawhin an dinhmun hre chiang turin a test-na hmun an lo pan ngam phah anga, counseling mumal tak an lo dawn theih phah bawk ang a, rilru hriseh an neih phawt chuan a vei lo te'n "a vei mek hriat chhuah te hi puanzar ni mai se" tih \ul tawh lovin a hunah chuan an insawi mai z^wk d^wn a ni.

Kohhran leh khawtl^ng tlawmngai p^wl te hi hemi kawngah hian mawhphurhna kan nei lian hle. Veng chh<nga mitthi \heuh \heuh kan dawnsawn d^nah kan rinhlelh z^wngte laka kan fimkhur uchuak laia awm laia thi ang chi kan dawnsawn dan a in an loh te hian he inthliarna, inenhranna hi a ti zual a ni tih kan hriat thar a pawimawh hle. Mahni dinhmun \heuhva inchanin kan chh<ngte tu pawhin, vanduai v^ngin he natna hi an kai thei a ni tih i hre thar ang u.



HIV pai leh pai loh hmelah a lang lo. Fimkhur rawh.

Mizoram a HIV kaina tam ber – Sex.



WASTE MANAGEMENT

(Bawlhhlawh / hnawmhnawk tih riral dan dik)

Dr. Lalhmingmawii, M.D. (Microbiology)
Civil Hospital, Aizawl

Damdawiiin bawlhhlawh te hi natna hrik thehdarh thei a nih avangin mihring tana hlauhawm thei a ni a. Tin, heng bakah hian chemicals, cytotoxic drugs leh radioactive materials te pawh hian natna hrik thehdarh lo mah se mihring tan a hlauhawm thei vek tho a. Hei vang hian a paih leh thehthang danah fimkhur leh uluk a ngai hle a ni.

Damdawiiin a\anga kan hnawmhnawk te hi natna hrik tamna chi phei chu a theih anga ranga paih a, damdawi (disinfectant) emaw hmanga natna hrik laka tihthianglim tur a ni a. A nih loh vek chuan hal ral (incinerate) tur a ni.

Damdawiiin bawlhhlawhte hi chi hniha \hen theih a ni a:

1. *Non-hazardous wastes (Bawlhhlawh natna hrik keng lo chi):*

e.g. wrapping paper, cartons, newspaper, plastic sheets
kitchen waste - chaw ei bang, tui hman hnu, thei kawr, chawhmeh siam bang, thingpui, wrappings, plastic bag, etc.

2. *Hazardous wastes:*

Potentially infectious wastes:

Heng ho hi a bikin natna hrik awm tamnaa ngaih an ni:

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- a) Dressing swab - thisen, hnai leh taksaa tui chhuakin a tihbawlhhlawh.
- b) Laboratory atanga sample hrang hrang, culture stock leh glassware.
- c) Instruments - endoscope, ultrasound probe, syringe, hriau leh thil hriam dangte.
- d) Placenta, tissue, tumors, organs leh inzainaa limbs paih te.
- e) Research nana ran (animals) an hman te.

Potentially toxic wastes :

- a) Radioactive waste: solid, liquid, gases
- b) Chemical waste: e.g., corrosive, inflammable, reactive or genotoxic
- c) Pharmaceutical waste: surplus stock spillage or contamination

Segregation and Safe Storage

Bawlbhlawb thliar hran leh a paihna tur hmuna paih hian :

- i) paih tur paih hmaa damdawi (disinfectant) a chiah hlum tur a titem sawt a
- ii) bawlhhlawh dang rual paih tur a titem
- iii) health care workers ho tan natna kaichhawna chance a titem.

Thliar hran turte - hriam ho chi, syringe, cytotoxic drugs leh natna kaichhawn theih tur chi awm theihna.

Colour Coding

Him zawka bawlhhlawh sawngbawl a nih theih nan bawlhhlawh chi hrang hrang chu a paihna tur bawm rawng felfai taka thliar hran a ni a, bawlhhlawh paih tur tupawhin a

paihna tur bawm rawng dik taka paih zel hi kan mawhphurhna
\heuh a ni. Hetiangin:

Bawm Sen

- ✦ Mihring taksa atanga hlehlak/zai reng reng.
- ✦ Cotton/swabs, beddings, plasters, linen a\anga tui/thisen chhuak reng reng hrukna, dressing materials, culture media, etc.

Bawm Eng

- ✦ Syringe (hriau tel lo), drip hruai (hriau tel lo), venflon (hriau tel lo), catheter (indwelling leh rubber), drainage tubes, Ryle's tube, blood bag ruak, zun bag, plastic a\anga thil siam - bottle - 1% NaOH hmanga disinfect hnuah.
- ✦ Damdawi expire leh chhia

Note : Syringe reng reng hman zawhah syringe destroyer-ah a hriau chauh ni lovin a syringe nozzle chawpa tihchhiat tur.

Bawm Dum

- ✦ Lehkha chhia, damdawi kawr, damdawi pack-na lehkha khawng bawm, lapua, swab pad (thisen, hnai emaw taksa tui hngang kai lo), incinerator vap, etc.

Puncture-Proof Container

- ✦ Thil hriam min at thei tur reng reng
- ✦ Syringe destroyer bawlhhlawh
- ✦ Slide, test tube, vial keh
- ✦ Blade
- ✦ Scalpel

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Chemical Disinfection

Tui litre 1 zela bleach gram 10 hi WHO-in disinfectant atana hman dan tura a tih a ni. Amaherawhchu hospital bawlhhlawh reng reng hi natna hrik engmah a awm tawh lo tih finfiah thlap a nih loh chuan disinfect tawh hnu pawh ni se fimkhur taka la sawngbawl chhunzawm zel tho tur a ni.

Sharps

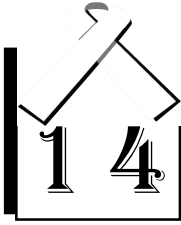
Hriau leh thil hriam dang reng reng chu paih hma in needle-cutter emaw a tihchhiatna hmanraw engemaw hmanga tihchhiat vek phawt tur a ni a. Chumi hnuah bleaching powder solution-a chiah tur a ni. A remchan zawk chuan autoclave theih bawk a ni.

Damdawiina health care worker thawk zawng zawngten Hepatitis B vaccine an la \heuh tur a ni a. Tin, hmanraw hriam khawih \hin leh a paih lam hna thawkte chuan 'heavy-duty gloves' an bun ngei ngei tur a ni. Hmanraw hriam reng reng \hutthleng/dawhkanah emaw, khumah emaw hnutchhiah mai loh tur a ni bawk a, hriau hman tawh hnu chu chhin leh loh hram hram a \ha.

Liquid Waste

Damdawiina bawlhhlawh tuiril hi paih hma in damdawi hmanga disinfect vek hnuah reagent hmanga neutralise leh tur a ni.

Natna hlauhawm zual, tihdam theih hrih loh - HIV, Hepatitis B leh C te leh natna dang kaichhawn awlsam zual hote hi bawlhhlawh a\anga thehdarh a nih loh nan damdawiina thawkte leh bawlhhlawh paihtuten bawlhhlawh paih leh sawngbawl kawnga ruahmanna tarlan takte hi kan zawm \heuh a pawimawh em em a ni. //



UNIVERSAL PRECAUTIONS AT WORK AND POST-EXPO- SURE PROPHYLAXIS

(Thawktute inven fimkhur dan tur leh intihpalha inenkawl dan)

Dr. Lalhmingmawii, M.D. (Microbiology)
Civil Hospital, Aizawl

Damdawiin, damlo enkawlna hmun leh thisen chi hrang hranga test-na hmuna thawkte tân hian intihpalh vânga HIV leh Hepatitis B leh C te leh thisen a\anga inkaichhawn theih natna hri te hi kai palh theih a ni a. Heta ‘intihpalh’ tih hian midang vih/zai tawhna hnu syringe/hriau emaw hmanraw hriam dang emaw a inchhun palh te, mit leh ka a mucous membrane a thisenin a per/kai palh te, taksa pem leh kak a thisen kai palh te, taksa pem loa thisen leh infectious body fluid rêng rêng hun engemaw chen a kai te a huam a ni. Mittui, thlan, chil, khâk, zun leh ek te erawh hi chu thisenin a pawlh a nih loh chuan hlauhawm loh a ngaih a ni.

Fimkhur taka hna thawhna hmuna chêt a, mahni intipem leh inchhun palh lo tûra in uluk leh fimkhur tluka invêna \ha a awm lo a. Amaherawhchu, intihpalh a lo awm pawhin chûng natna hri chuan taksa a \ai darh loh nân Post Exposure Prophylaxis (PEP) damdawi hmang hian a inenkawl theih a. Intihpalh a awm chuan damdawiin thuneitu ber hnêna in report vat tûr a ni Intihpalh a\anga darkar 2 chhûng ngeia lâk tan chu duhthusam a nih laiin, darkar 72 chhûng thlenga lâk theih a ni a. Darkar 72 hnuah chuan awmze awm tawh loa ngaih a ni. Intihpalh nasat dân azirin damdawi chi 2 emaw chi

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3 emaw p êk an ni a, hunbi neia ni 28 chhông ei tûr a ni. PEP ei tûrte rêng rêngin HIV hrik an lo pai sa rêng em tih hriat a \ul avângin damdawi lâk dâwn hian a eitu chu a thisen test sak tûr a ni. Hei hi anmahni remtihna ngei lâk tûr a ni a, pre-test leh post-test counselling neihpui an ni ngei tûr a ni. Naupang, nikhawhrela leh rilru lama harsatna neite tan nu emaw pa emaw anmahni enkawltu hriatpuina lâk a ngai bawk.

PEP lâk hian luakchhuak leh chauh nghulh te, kaw\halo, tha na leh lu na te a awm thei a, anaemia te, leucopenia leh thrombocytopenia te pawh awm thei a ni a. Amaherawhchu chûng side-effect te chu ei tan tirhah bâk a awm chhonzawm ngai lêm lo a, chuvâng chuan hrehawm deuh mah se tuar hrâm hrâm tûra infuih tûr a ni.

Intihpalh a\anga HIV, Hepatitis B leh Hepatits C kaina chance hi a sâng lêm lova, hetiangin:

Hriau invih	HIV	: 0.3%
	HBV	: 9 - 30%
	HCV	: 1- 10%
Mucous membrane	HIV	: 0.09%

HIV kaichhawna risk sân dân chu a viral load/fluid tam dânah a inngat a, hetiangin:

Exposure route	HIV
Blood transfusion	90 - 95%
Perinatal	20 - 40%
Sexual intercourse	0.1 - 10%
Vaginal	0.05 - 0.1%
Anal	0.065 - 0.5%
Oral	0.005 - 0.01%
Injecting drugs use	0.67%
Mucous membrane	0.09%

Intihpalh alo awm chuan hêng Tih Tûr leh Tih Loh Tûr te hi zawm ngei ni se:

TIH TUR

- ∞ Kutkawr bun chung a intihpalh chuan phelh tûr a ni a. Vun a intihpalh chuan tui leh sahbawn hmanga uluk taka sil tûr a ni.
- ∞ Mit emaw ka chhûng emaw a intihpalh chuan tui emaw, Normal Saline emaw a wawi tam tak thua h tûr a ni.

TIH LOH TUR

- ∞ Hlauhthâwn vânga phi ruai loh tûr.
- ∞ Kutzung \ang intihpalhin liah emaw hmuam emaw a awl êm êm a, hei hi tih rêng rêng loh tûr a ni.
- ∞ Thisen tihchhuah tuma intihpilhna lai sâwr loh tûr. Sâwr vakna lamah pem a awm belh thei a, heta \ang hian HIV hrik pema awm kha a lût leh thei zâwk a ni.
- ∞ Intihpalhna sil nân bleach, chlorine, alcohol, betadine, iodine leh antiseptic rêng rêng hman loh tûr a ni. Insukna powder pawh hman loh tûr a ni.

Universal Precaution in a kawh ber chu damdawi lama thawkte leh damlote thisen leh a kaihnawih laka exposure nei lo tura inven dan hriattir a ni a. Hnathawhna hmunah fimkhur dân kan thiam leh zual nân hêng hi chhinchhiah ila:

- Hriau chhîn phelh tawh hnu vuah leh loh tûr.
- Hriau hman zawha a paihna tûr mumal leh him tak buatsaih lâwk tûr a ni a, hman zawhah a paihna tûrah chuan paih nghâl tûr a ni.
- A theihna apiangah kut hmang lova forcep hman \hin
- Thisen lâk nân vacutainer ngei hman
- Hmanruate fai taka tihthianghlim
- Gloves, mask, goggles, apron leh boots te hman \hin

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Hnathawhnaa intihpalh a awm chuan hetiang anga hma lâk vat tûr hi a ni:

Vun ah

- Vun a him dam \hat loh (pem a awm) chuan intihpalh hnuah a rang thei ang bera vun pem lai kha tui leh sahbawna dim tê a sil tur. Nawh tâwk tâwk loh tur.
- Bleach, chlorine, alcohol, betadine, iodine leh antiseptic rêng rêng hman loh tûr.

Vun pem laiah :

- A rang thei ang bera tui leh sahbawn a sil
- Bleach, chlorine, alcohol, betadine, iodine leh antiseptic rêng rêng hman loh tûr.

Mitah

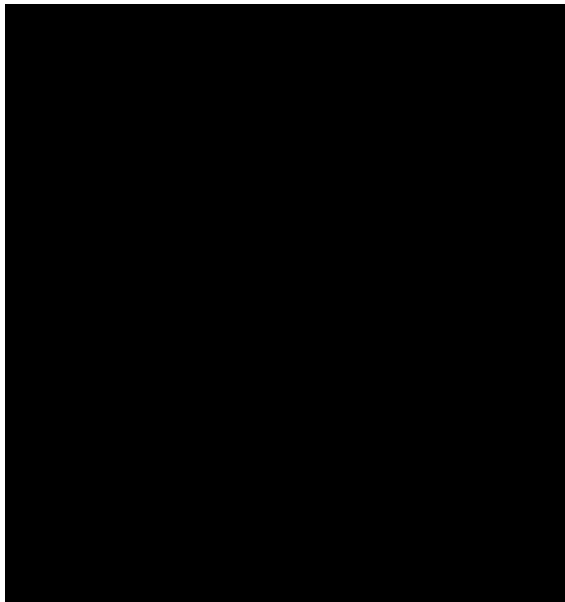
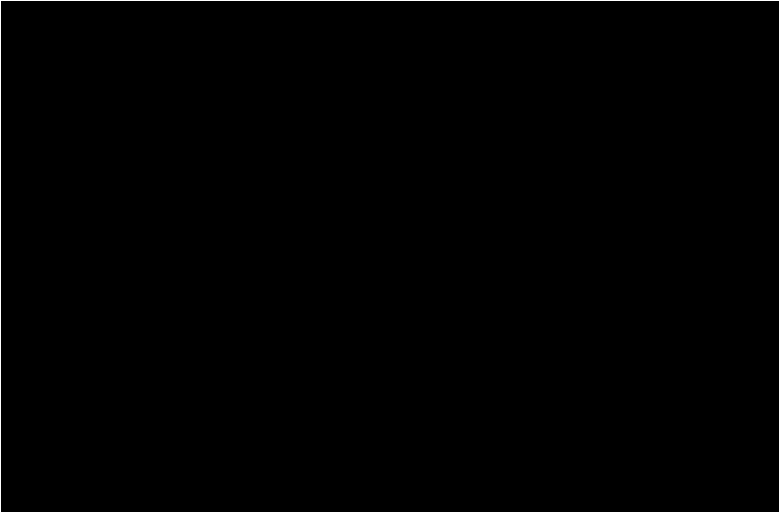
- A theih anga rangin tuiin emaw Normal Saline (NS) hmanga sil/thuah vat tur
- Lu kha thlek âwn a tui emaw NS hmanga sil tur a ni
- Contact lens vuah a nih chuan phawrh/thlawn a silfai tur a ni a, mit kha dím taka sil nghal tur a ni
- Mitah chuan sahbawn a sil loh tur

Ka chhûngah

- Body fluid emaw thisen emaw ka chhunga a luh palh chuan chhâk chhuah vat tur a ni
- Dim tê in tui emaw chi al hmangin kam \huah a, wawi engemaw zat chi-al emaw hmuam a chhakchhuah leh \hin tur a ni
- Sahbawn leh disinfectant hman loh tur
- A rang thei ang bera doctor râwn tur a ni

Steps for managing occupational exposure :

(Occupational exposure enkawl dan kawng hrang hrangte)





IN LAMA AIDS KAITE ENKAWL DAN

(Home based Care)

**Dr.R.L.Sanghluna, Senior Medial Officer
Presbyterian Hospital, Durtlang.**

Thuhma

Kan hriat \heuh angin kan ramah hian a ni tel in HIV kai kan pung tial tial a, mipa/hmeichhia, naupang/puitling, hausa/rethei leh rawngbawltu/sakhaw ngaihsak lemlo te, kan zavaain min vai hma ta a ni ber mai. Chutiang a nih chuan AIDS vei tia kan hriat tlang lawn ber fo chu an pung tial tial dawn chu a ni mai a, hri danna anga invenna tur damdawi hmuhchhuah a la ni bawk si lova, a invenna lama theihtawp chhuaha \an la tura kan infuih reng laiin a tuar mekte enkawlna pawh tumah kan la bang dawn chuang lo a ni. AIDS kan tih hi a mipui nawlpui hian kan pawng hlauh hlawm a, AIDS chu HIV hrik kaite vei tur a ni a, HIV hi hlauhawm chu a ni a, a chhan chu HIV kaite hian an kai a \anga kum engemawti hnuah AIDS natna an nei dawn a, chuvanga HIV/AIDS ti a dah a lo ni reng a ni. HIV hi natna hrik hlauhawm tak mai khawvelin a buaipui a ni a, kan ram pawhin a la buaipui telh telh dawn, chuvangin he mi chungchang kan in zirtirnaah pawh hian chiang leh dik tak leh kim tak (Clear, Right and Complete)-a kan inzirtir a ngai a ni. Kan rama kan hlauh dan em em pawh hi a uchuak deuh \hin, a \henin kan insawi hlauh siak a, a \henin an sawi ang em ema hlauhawm a ni lo te kan ti bawk. Chuvangin hrechiang mang lo

tan a lang hlauhawm em a, a hrechiang tan lah a hlauhawm lo angin a lang thei bawk. He mi khaikhawm nana \ha bera ka hriat chu, tute'n emawa an sawi thiam em avanga hlauhawm leh hlauhawm lo ni lovin, a hrik hi a hlauhawm dan a ngai reng a, a kai theihna hi kan hriat chian hle a ngai a ni. A kai theihna hre reng chung pawh hian mi tam tak kai hlauhthawn awma an awm reng avangin chung kai hlauhthawnawma ding fo \hin mi te tan chuan Condom leh syringe thar hman ngaihna hi a lo lang lo thei ta \hin lo a ni. Heng ang thil te hi lo do vak chi pawh a ni lem lo, mihring kan inang lova, kan nundan a inchen lova, chuvangin Condom leh Syringe kan pek \hinte hi mite nun himna turin pek \hin a ni tih hi kan hriat nawn fo a ngai, a bul a thum hre lova mahni ngaihna lo tlangaupui vak \hin hi a fing ber lo a ni tihte hi hre nawn fo ila. A thupui kan luh hma in ka'n belh duh leh lawk chu HIV hrik hi mi tu pawhin an kai theih rualin a kai awlsam bik deuhte dinhmuna ding hi kan awm a. Mi tupawh, eng hmang pawhin lo kai se a kai avanga harsatna a thlen zual tam hmaa \an lak pui vat hi a enkawltute lam a \ang chuan kan tum a ni a. Tin chu bakah an lo kai hian thil tam tak a inrawlh nghal a; mahni rilru lamah zahna te, hrehawm tihna te, rilru natna te, inthlahrunnate, beidawnnate miin an thinhrik ngei ang tih hlauhna te, thih mai duhna rilru te hi mi tam takah chuan a awm a ni, natna chi hrang hrangin a tlak buak thei reng bawk. Chuvangin kai lo tura kan inven theuh a ngaih rualin kai tawhte natna in a tlakbuak mai lo tura tan lak a ngai a, a natna nei tawhte In lama enkawl dan (Home based care) kan tarlang dawn a ni.

Enkawl ngai

HIV kaite hian AIDS an vei nghal lo tih kha hre reng ila. Enkawl an ngaihna hi natna dang ang lo takin a tam bik a,

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chung zingah chuan zahnte leh hlauhnte, hrehawm tihnte, beidawnnte bakah taksa natna chi hrang hrang lo awm \hin hi a lian hle a, taksa natna tih lovah chuan khawtlang leh inchhung khura an hrehawm tihna te hi mi tupawh in kan sut kianpui theih vek a ni. Tin, taksa lamah khawsik, kaw\halo, chau em em te a an awm chung pawha daktawrte an pan vat \hin lo hi a pawh thui fo, hei hi a chhan ber chu HIV/AIDS hi kan hriat chian tawh loh vang a ni fo. Chu chu information kan inpek tawh loh vang a ni. Natna nei mai lo turin rei tak a invenpui theih a ni. Chuvangin mi HIV lo kai ta se, thiam loh va chan tir ngawt ai chuan engtinngan kan puih theih ang tih hi kan ngaihtuah tlang hmasa zawk tur a ni dawn lawm ni? Chutah chuan a dinhmuna va in din tir phawt tu tan lo chuan hriat thiam a har fo, tute pawh hian mi hriatthiamna thuk tak leh rilru zautak kan put tlan fo a pawimawh. Kan ram tun dinmunah hi chuan a tu a te pawh- Medical lam thiam emaw, NGO-a thawh kan ni emaw, Pawlhrang hrang YMA, Kohhran etc te hian kan hmuh/en dan a dik theih loh fo avang hian zahna te, mi thinhrik hlauh avang leh mi sawi hlauh vang hian enkawlna kan pan mai ngamlo fo, chu chuan pawh a thlen thui thei hle a, tlai tak ah enkawl ngaiin an rawn kal a ngai fo a ni. Chuvangin kan rilru hi dik tlang sela, kan sawi tawh angin mite dinhmuna in dintir thiam fo hi a pawimawh em em a ni. Tichuan enkawl ngai chu a tam mai a, mimal nuna thil lo thlang - Rilru lamahte (Psychological), Taksa (Physical), Khawtlang (Social), Thlarau (Spiritual) leh Chhungkua (family) lamahte pawh puih ngaihna a tam thei ang. Heng hi a mal malin thlur dawn ila sawi tur a tam em em a, enkawlna hrang hrang ang zawng pawhin a sawi theih ang. Anmahni natna enkawlna bik chu Mizoramah pakhat chauh kan nei rih a, a bakah chuan

hospital hrang hrangah mi dangte ang bawk a enkawl mek an ni bawk. Amaherawhchu hospitalah hian damlote tan enkawl na a duh reiin a hautak a, buaithlak a tam em em a ni. Tin, damdawi in lama enkawl a theih reng fo loh avangin In lama enkawl dan tur inzirtir deuh deuh hi a la \ul zel dawn a ni, chu chu tun tuma kan sawi ber tur chu a ni.

In lama enkawl na (Home Care)

Home Care in a tum ber chu anmahni chenna In ngeia enkawl na pek hi a ni. Chutiang enkawl na petu turte chu kan thisen zawmpui kher lo te- kan chhungte hmun dang a \anga lo kal/ kan chhung hnaite, kan \hiante leh kan veng hnaia mi tute pawh leh a tu a te pawhin kan pe vek thei a ni. Tichuan, chau tawh tak leh chak lo takte an mamawhna ang zawna enkawl na chi hrang hrang In lama kan pek \hin hi Home Care chu a ni a, la na vak lo te pawh kan sawi tak ang khan enkawl an mamawh tho avangin kan huam zau tir deuh a ni. AIDS damlo te chuan Taksa, Rilru, Thlarau enkawl na an mamawh nasa zual a, a chhan chu a damna tur damdawi awm rih lo mahse beiseina dik leh ngaih ngam taka anmahni mihring hlutna leh zahawmna hre reng chungin enkawl na \ha tak leh dik tak a pek theih reng tho a ni. Chhungkua hi kan Pathian thu phei chuan a dah pawimawh em em a. Chhungkuaah chuan timna leh zahna a tlem(bo) a, kan rilru dik tak kan sawi ngam \hin; tute pawhin chhungkua chu chawlh hahdam nan kan hmang a, hmangaihna in kan in en a, kan nihna engpawh kan in pawm tlang thin. Chhungkuaah chuan Pa/Nu emaw fate tute pawh in kan lo kai a nih chuan indem zawng ni lova tang tlang tur zawka infuihna hmun tur a ni. Chuti a nih loh chuan kan in \hen ang a, nupui/pasal dang kan lo nei leh a, midang kan kai darh tam zawk theih

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avangin buaina dang a pung a ni mai dawn a ni. HIV kai naupangte enkawlna pawh chaw \ha (nutrition) an mamawh tam/zual tih lovah chuan enkawlna a ngai reng tho. He natna hi tuman kan inchhung khura lut turin kan welcome lovang, mahse a lo luh tawh chuan in dem lova in hrethiam tur zawk kan ni; a nih loh chuan he natna hi a darh belh zel dawn a ni. Chuvangin Chhungkua chu kan inngaihdam tawna, kan in support tawn a, naupang te pawh kan ngaih vena kan hmlam hun a eng zawnga plan a thlir tlang tur zawk kan ni AIDS damlo enkawl hi hun duh rei tak duh (month/years) a nih avang hian In lama enkawl hi kawng tam takin a \ha, hospitalah taksaa harsatna avangin han awm ve bawk \hin mahse In lam tho tho hi a pawimawh fo. In lama in enkawlnaah hian thil pahnih pawimawh tak takah a innghat chu chu- chhungkua (family) leh khawtlang/Veng (community) hi a ni.

HIV avanga chhungkaw harsatna langsar zual:

He natna hian mimal zahna, hrehawmna leh beidawn rukna a thlen fo. Chutiang ang chu chhungkuaah a thlen chuan midang a nghawng tel ngei ngei. Chhungte pawhin anmahni ang thovin veng chhungahte, hnathawhna hmunah te zah leh hrehawm tihna a awm a; tin, kai ve palh hlauh vanga inchhung khura thil inhmantawmte, a dam thei tawhlo tih vanga beidawna te, mite'n an hria ang tih hlau reng renga awmte hi thil hrehawm tak chu a ni. Tin, chhungkaw member damlohna a lo awm tawh chuan a ruka zah leh inthlahrunna bakah kan nitin eizawna a tibuai a, anmahni ngaihvena hun leh tha sen a ngai a, damdawiina kal man te, awmna sensote chi hrang hranga insen ngai a awm fo mai. Heng a nih avang hian In lama inenkawl dan kan inzirtir ngun a ngai reng a ni.

Eng In lama Inenkawl pawimawhna

Mi tam tak chuan In lama inenkawl hi kan thla a ngam \hin lo, a chhan chu he natna chungchanga hlauhna kan neih ngah lutuk vang a ni fo. Kan sawi angin mi tam tak chu enkawl ngai lovin \ha tak leh chak takin an awm reng thei ; mahse an nitin nun hun hmanah hian engtikah emaw chuan natna in a tlakbuak thei \hin, chuvang chuan in check-up ngun a ngai fo. In lam chu inhriatthiam tawwna, inhmangaihna leh lainatnaa inpuih tawwna tur a ni. Tin, in lama inenkawlna pek hian chhungte eizawwna a tikhaih lak tlem a, mahni In leh damdawiin inkara veivahna hun a safe in sum leh paite pawh senso a nep zawk baw ang. Na deuh leh hrehawm deuhva kan awm pawhin Inah chuan chhungte nen hun kan hmang ho tam thei baw a. Tin, chhungkuaah inkiltawih nate a awm fo \hin a, chuvangin chhungkaw member dang ang thova inen tur kan ni a, inchhung khura pawimawhna hrang hrang kan tih loh theih loh- heng insuk, eirawngbawl, hmun tihfai, chawhmeh lei tih ang chi hrang hrang ti thei an ni tih te hriatpui baw a \ha, chutiang kan pawimawh tawwna chu chhungkaw hlutna a ni reng a; heng ang te tea kan inngaihsak tawwna hian rilru hahna tam tak leh an natna avanga na (pain) an sawichhuah lem loh te hi a chhawk a ni. Chu lovah chuan In lamah enkawl an nih chuan hospital a natna kaichhawn theih lakah nasa takin kan him tihna a ni. Tin, thil tam tak kan tihsak thei lo a nih pawhin an nat dan ang anga pui thei tura chhungkaw memberte kan inbuatsaih fo a \ha. A tho harh \ha em tihte ,chaw an ei \hat loh chuan eng ang chaw ei tur nge kan siamsak ang tihte, khaw\halo ni ta se vawi engzatnge toiletah a kal, damdawi ARV a hun takah a ei em tih ang chi zawng zawng hi chhungten kan enpui vek thei a ni. Chubakah

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hospitala awm vanga chhungte leh \henrualte tlawh fo theih lohna pawh kan pumpelh bawk. He natna hi a dam theilo tih hriat avanga hlauhthawna hrang hrangte chhungkuaah chuan eng hunah pawh kan inhnem reng thei, duat taka inenkawlte, kan phak leh theih ang tawk mawhphurhna kan inpek \hin te hi kan inzahtawna a ni. Heng zawng zawng hi suma lei theih a nih loh avangin a hlu em em a ni. An lo chaklo deuhva taksaa harsatna hrang hrang –khawsik, kaw\halo, pan hnai nei etc an nei a nih pawhin anmahni hi \awngkam leh hmui piah lamah an taksa ngei deka in chul/khawih \hinte hian rilru a ti muang thei fo a, chu chu inhnemna \ha tak leh damdawi \ha tak a ni.

Home Care-a hriat tur

Enkawlna \ha leh zual kan in pek dawn chuan hriattur pawimawh neuh neuh a awm. A hmasa in In lama chhungten AIDS vei te kan enkawl a nih chuan kai theihna dinhmun chiang tak kan hriat a ngai, inzirtirna dik tak kan mawmawh reng a ni. Tin, Volunteer emaw, NGO-a thawk emaw, damdawiina thawk emaw, khawi pawl emaw min pui theitu te nen inzawm leh inpawhna \ha tak kan neih a ngai, a chhan chu damdawi ina enkawlna dawn emaw, investigation ngai a lo ni emaw, chutiang hun a lo nih in kalpui vat vat \hin te hi In lama enkawltuten kan mawhphurh a ni. Tin, kan inenkawlna lamah anmahni a\anga kan kai theih TB te hi khuh a\anga kai theih a nih avangin fimkhur a \ha, luak leh ek leh zunram thiarahnte kut lawnga khawih hi a \ha ber lo. Chuti tih lovah chuan thawmhnaw hakthlakte, mutna puan bu ang chi te hi felfai taka vawn sak tur, hetiang ang zirtirnate hi \ha taka dawngsawng thei tura keimahni lam kan inhawn fo pawh a ngai a ni.

A tawpna atan

Kan ramah hian In lama inenkawlna mumal taka kal pui an la tam lo hle, hetiang ang zawnga enkawlna hi kan in zirtir ngun a ngai hle, In lama inenkawlna (Home Based Care) hi thil pawimawh tak, hlawhtling tak, senso tlem, \ha si a inenkawlna a ni a, chuvangin kan uar deuh deuh theih a duhawm hle ang. In lama inenkawlna tih hian Chhungkuate hi a pawimawh ber ni mahse, helamah chuan AIDS natna enkawl tur chuan tu pawh kan tel thei vek. In lama enkawlna hian a duh leh a tum ber chu AIDS natna hi dam thei lo ni mahse \ha tak leh hahdam takin a inenkawl theih a, kan chen hona nun a khawih pawl thui theih em avang hian chung ang thil chu medical lam a \anga lak bo theih a ni lo, mi kan hriat thiamna, khawngaih leh lainatna a \anga tih theih a nih avang hian tute pawh hian enkawlna kan pe thei vek a ni. Chuvangin hawh u theih tawpin pawl hrang hrangte tang ho ila, kan rama AIDS natna nei mekte hi hriatthiamna leh hmangaihna leh duhsaknain inenkawl zir tlang ila, kan ram chu a nawm belhchhah ngei ang. A kai te hi a thehdarh theitu an ni a, dam theilo natna ni mahse \ha takin a inenkawl theih a, rilru dik leh ngaihtuahna dik an neih theih nan theih tawp kan chhuah \heuh thei a ni, chutichuan kan Lalpa rawngbawlna pawimah tak kan chhunzawm tihna a lo ni dawn a ni, i \ang tlang zel ang u.



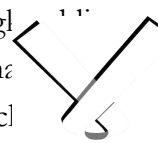
Nungchang that lohna a sim theih, HIV erawh a sim theih loh. HIV kai lo turin invawng fimkhur rawh.

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KOHRAN LEH AIDS

Dr Eric Zomawia

Kohhran hruaitute leh memberte hian hengte hi kan hriat chian phawt a ngai-

- HIV/AIDS hian taksa hriselna ringawt a nghawng lova, rilru, thlarau, khawtlang, ram leh hnam nasa takin a khawih tel
- HIV/AIDS hi chhungl  chhetu lian tak a ni
- AIDS hi khawtlang chaz elma lian tak a ni
- AIDS hi mi retheite cl ia kawnga hmelma lian a ni
- AIDS hi mihring zahawmna ti bawrh bangtu a ni

Kohhrante a thehdarhtu nge kan nih a vengtu?

Kohhran hruaitu leh member tam takte hi AIDS chungchangah kan ngaihndan a inang lo \hin a, AIDS darh zel tur ven a hnekin AIDS tidarhtu zawk kan ni thei, heng anghah te hian-

- He natna in harsatna hrang hrang a thlente kan haider tlat hian
- Midangte thiamloh kan chantir nghal ringawt (judgemental) hian

- An kai dan a zirin mi kan enhran hian
- A kaichhawn dana pawimawh em em- mipat hmeichhiatna (sex) te, nawhchizuar chungchangte, drugs chungchang leh a inven dante sawi thiang lo hrim (taboo) anga kan ngaih a, kan sawi hreh tlat hian
- AIDS hi mi an sual vang renga Pathian hremna anga kan ngaih tlatin
- AIDS chungchang engmah sawi tur emaw tih tur emaw kan hriat loh hrim hrim pawhin
- Hrechiang mang lova kan ngaih dan kan sawi vak vak hian

Hetih lai hian Kohhran hruaitu \henkhat erawh chuan AIDS chungchang hi zir chiangin, hre chiangin, huaisen takin, lainatna leh khawngaihna nen, Sorkar leh NGO te AIDS chungchanga hmalakna te thlawpin hma an la ve mek bawk a; AIDS dona kawngah an thawh hlawk em em a ni.

Kohhran hruaitute hi AIDS dona kawngah an \angkai thei hle, a chhan chu -

- Mipui mimir rilru hneh thei tak an ni
- AIDS kai lo turin nundan dik leh tha kawh hmuh theitu an ni
- AIDS chungchangah mipui hriatna tizau theitu leh ngaih dan dik lo thlak theitu an ni
- Sorkar leh NGO hmalaknate an thlawpin lukhawng a nei hle
- A invennaah te, a veite enkawl leh chhawmdawl naah te Kohhran te'n sum leh pai, tha leh zung leh kawng hrang hrang hmangin tan kan lak theih nan hmahruaitu tur an ni

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- Mipuite'n kan tih ve theih min kawh hmuhtheitu an ni
- AIDS chungchanga thil \ha lo - Inendawngna, inenhranna te paih bova, hmangaihna, hriatthiamna, lainatna te kohhran mipuite zinga tuh theitu pawimawh tak an ni

Statistics tlemte thlir ho zawk ang :

- 1980 hnulamah khawvel mihring maktaduai 25 chuangin an thihpui tawh
- HIV hrik pai khawvelah maktaduai 33.4 zet, India-ah maktaduai 2.4 an awm mek
- Mizoramah October 1990 a\anga July 2010 thleng thisen test tawh zawng zawng 116607 zingah mi 4846 HIV hrik pai an awm a, sex a\anga kai chu 63.2 % a ni a, drugs a\anga kai chu 29.6 % an ni.
- Mizorama inkaichhawn danah sex a\anga kai an pung tial tial zel (2002 ah 43%, 2009 ah 73%)
- Mizorama group hrang hrang HIV positive dan chu (2008 Sentinel Surveillance)- Nu naupaiah – 0.75%; IDU (Drugs inchiu \hin) ah – 5.2% ; FSW (KS) ah – 9.2% ; STD (Sex a\anga natna kai ho) ah – 6.4 %)

A Inven Dan :

- ***Sex – ABC Approach.*** A- Abstinence before marriage (inneih hmaa sex hman loh) ; B- Being faithful to one's husband/wife (Mahni nupui/pasal laka rinawm); C- Condoms (A leh B tlin lote tan condoms hman ziah).
- ***Drugs/ Hriau & Syringe*** - Drugs laka fihlim, Syringe, hriau & hmanraw in\awm loh, Needle-Syringe Exchange Program (NSEP) hman \angkaia syringe/ hriau thianghlim chauh hman, Oral Substitution Therapy

(Inchiuna a\anga a ei chi a thlak), hmul mehna, tattoo hmanrua, inchiuna leh bengverhna te intawm loh.

- ***Thisen inpek (Blood Transfusion)*** - Thisen petu tur thlan uluk a mi hrisel \ha te'n Voluntary a thisen an pek \hin in, Thisen mamawh lo tura damlo enkawl hma, thisen \ul lova inpek loh, Blood Bank \ha neih.
- ***Nu leh Pa te'n an fa-ab (Parent to Child Transmission)*** : Nu te'n HIV an kai loh nana tan lak, raipuar/naupai zawng zawng thisen test a HIV an lo awm chuan Damdawi nau neih dawna pek a naute piang hlim pek bawk leh thil dangte.

Kohhrante'n engtingge hma kan lak ve ang?

AIDS chungchangah Kohhrante hian tih ve tur kan nei vak lo emaw kan ti maithai. Hetiang lam buaipuitute an awm a, an kuta dah hi a tawk mai alawm kan ti a nih chuan a pawithui thei hle dawn a ni. A chhan chu AIDS hian kaihhnawih a ngah em em a, kan nuna thuruk ber ber sex leh drugs te, inendawngna, inthinhrikna, hlauhna, maksak tak taka chetna, nu leh naute, chhungkua, fahrah, retheihna ti zualna thlengin a kaihhnawh avangin pawl pakhat emaw ringawta do hneh chi a ni lo. Africa ramah mihring a suat nasa in an khawtlang leh economics dinhmun a khawih chhiat em em laiin Kohhrante'n hma an han la tak tak chu nasa takin an dinhmun a ziaawm chho ta zel a ni. Mizoram te ang Kristian za a za deuhthaw hmunah hian Kohhran te kan chet loh chuan engtin mah he natna hi kan control lovang. He natna hi kan natna, Mizote natna, Mizo chhungkua leh khawtlang nasa taka nghawngtu a nih kan pawm a, MSACS emaw Health department natna emaw kan tih leh mi tlemte awmtha duh lo ho natna anga kan ngaih kan bansan a hun ta. A do nan pawh sorkar sum lova

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do thei lo anga kan inngaih hi kan bansan bawk a tul a; kan sum leh pai, theihna, thiamna, finna kan senso ve a hun ta takzet a ni. A invenna kan sawi a\ang ringawt pawh hian Kohhrante hmalakna atana itawm tak tak zawk an ni.

Hengah hian Kohhran te'n hma kan la thei - Abstinence (A) / Insumna/ Thianghlimna vawn-

- Thalai leh rawltharte inneih hmaa sex hman lo tura zirtirna pek; inneih hmaa sex hmanin hriselna, rilru leh thlarau nun a khawih pawh dan zirtir; humsual an dai loh nana thlemna te an hmachhawna an pumpelh dan tur leh he khawvela an dinchan theihna tur (life skill education) zirtir; nundan \ha leh hrisel kawhhmuh; zu leh ruihtheih thil te, zahmawh film leh milem \hat lohna zirtir; mobile leh internet te a chintawka hman dan zirtir te; mithiamte sawma nasa taka awareness campaign huaihawt
- Kohhran leh Biak In thleng phak lo, an nundana HIV kai hlauhawmte (e.g. KS te, Drug addict te, naupang vak rawlai te) Kohhrana seng luh a, Krista hnena hruaia an nun an lo sim hlen theih nana hmalak pui; NGO hetiang lama inhmangte thawhpui
- Kohhran tinah naupangte kawng dik kawhhmuh theitu tur expert chherchhuah – naupang psychology te, tleirawlte harsatna hrang hrang te, sex chungchang te hria leh dik taka zirtir thei (mahni pianpui finna hman leh ngawt \hin lovin); naupang zirtirtute pawh helama training pek vek
- Nu leh Pa te kan fate zirtir kawnga \an la thar leh tura fuih a, an mahni pawh an fate tana entawn tlak ni turte,

fate enkawl dan zirtirte, fate awmpui leh be tam tura zirtirte, keimahni In (home) \heuh naupangte tana hlim tak leh thlamuang taka an awm theihna hmuna siam tura tan la tura fuihna te

Being Faithful (B) / Nupa kara Rinawmna

- Kohhranah nupa te rinawm tawn turte, uirena leh in\henna laka fihlim tura inzirtirna uar zel
- Nupa harsatna neite pan theih tur Counseling a mithiam chherchhuah/ rawih
- Pastor leh Kohhran hruaitute Family counseling te, HIV/AIDS counseling-ah te training pek
- Inneih tumte zir tur (Marriage preparatory course) \ha tak buatsaih

Care & Support / A enkawlna leh chhawmdawlna lamah :

AIDS vei te hi tam tak chu mi harsa leh hnuaihngung, khawtlangah pawh inkiltawih sa, drugs addict te, KS te, eizawna ngialnghet pawh nei lo an ni nawk a. A enkawlna damdawi (AIDS hrik tichautu- Antiretroviral drugs) te chu sorkarin a thlawnin sem bawh mahse, sum tam tak senso tur a la awm a. Hmun hla a\anga ART Centre an panna tur senso te, natna hrang hrangin a tlakbuak avanga damdawiina an luh changa senso te, hnathawk hlei thei lo a an awm avanga leh eizawna mumal an neih loh vangte, ei tih tuia taksa duat a ngaih laia chutiang tihna an neih lohte, hmun hla leh mithiamte rawn fo a ngaih vangte in puih leh chhawmdawl an mamawh ngawih ngawih \hin. A \hen chu AIDS avanga fahrah te, hmeithaite an ni. Sorkar leh NGO hmalakna te'n an mamawh a phuhruk zo lo hle \hin. Damdawiin lian panna (Travel

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support), an eizawwna tur (livelihood support), ei/in \ha deuh an dawnna tur (nutrition support), damdawia an inenkawlna tur (medical support), naupangte school an kal theihna tur (education support), an chin tha lo a\anga an tal chhuah theihna tur (deaddiction/rehabilitation support) kan pek theih chuan a ropuiin Relief sum hmanna \ha tak a va ni dawn em.

Thil dang kan tih theihte

- Drugs chungchanga inzirtirna
- Mahni rilru pawm zawng a ni chiah loh pawhin, emaw Kohhran ang chuan hmalak a rem chiah lo a nih pawhin sawisel nghal bawng bawng ringawt lova, a \ul miau avang a ni tih hria a kan hriatthiampui, kan dawhtheih e.g. Needle Syringe exchange programme, Condom programme Sorkar leh NGO te'n an kalpui te
- A bikin drug addict te chhanchhuah hna hi thil harsa tawpkhawk a nih avangin kan vengah, kan khuaah sorkarin NGO te kaltlanga Drop-In-centre a dahte sawisel ngawt lovin, hmate lak pui zawkin, dawhthei takin \anpui zawk ila.
- AIDS chungchanga zirtirna dik tak leh chiang tak thehdarh
- Sorkar leh NGO te'n \ha taka thawh hova, in hman \angkai tawn

Tlangkawmna:

Heng kan tarlan loh pawh hi thil dang tam tak a awm thei ang. Tin, kan hriat reng tura ka duh chu 'AIDS kan rama do hneh tur chuan a dotute hi keimahni leh keimahni indo lovin a do tur dik tak i do ang u' tih leh 'AIDS natna hi do ila, a mihringte chu i do lovang u' tih hi.

Lal Isua khawvela a chen lai khan ram tin fangin damlote ti damin, mi endawng leh hmusitte pan chilhin a kut ngeia khawihin ‘Ka duh e, lo thianghlim(dam) tawh ang che’ ti in ‘Kei pawhin thiamloh ka chantir lo va che’ ti leh in ‘Nang pawh chu ang bawk chuan va ti ve rawh’ a tih ang khan damlote leh humsual daite, suamhmang tawkte hi lainatna nen, an nungchang avanga thiam loh chantir ngawt lovin chhanchhuah hna thawk ila, Lal Isua rawngbawlna i chhonzawm zel ang u.



*Thalaite u, in that lai chen u la, mahse HIV kai
zawngin khawsa suh u.*

*Kai ka inring lo tingawt suh. HIV kai tam ber hian
kai an inring ngai lo.*

*Kai ve suh aw, fimkhur rawh. Inchhirin ban a pel
ang e.*

*Insum theihna hi HIV laka fihlimna tha ber a ni.
Tleirawl at laia fimkhur loh hian damchhung
hrehawmna a thlen thei.*

*HIV kai tam ber te’n an tleirawl at lain an kai.
Fimkhur rawh.*

*HIV hi ngam vak suh, kai palh awl deuh a nia. I nun
uluk rawh.*



RED RIBBON CLUB (RRC)

Zaihmingthanga
Youth Consultant, MSACS

Thuhmahruai

Ribbon sen han sawi rik tawh hi chuan rilru ah HIV/AIDS hi a lo lang nghal run zel chu a nih hi. A dik reng bawka, HIV/AIDS awareness symbol a ni. Ribbon sen in a entirte kan sawi zau dawn rualin kan tarlan tum ber erawh Red Ribbon Club (RRC) chungchang hi a ni. RRC hi HIV/AIDS darh zau zel tur venna kawnga club pawimawh tak a ni. He club in a tum ber pakhat chu HIV/AIDS darh zau zel tur venna atana \halaiten rilru leh thinlung taka ke an lo pen theih nana zirtirna dik pek leh hrilhhriat a ni. HIV positive ten endawng leh thinhrik an tawh loh nana hmalak te, inenkawlna leh \anpuina awm thei hrilhhriat te, tlawmngaia thisen pe tura \halaite fuih phur te hi a tum lian tak a ni bawka. Heng bakah hian \halaite zingah anmahni zirtir thei tur leh kawng kawhbmuh theitu tur (peer educators) chherchhuah te hi a tum lian tak a ni.

Red Ribbon Club lo pian dan

Khawvel ram hrang hrangin HIV/AIDS kan hmelhhriat hnuin a darh chak em em mai a, chung zinga HIV kai tam ber leh a darh chakna ber chu \halaite hi an ni. Nitin mai hian kan pung thur thur mai a ni. Chutiangin khawvel mai nilovin India

ramah pawh a hluar chho ta zel a, tun dinhmun ang reng kan nih chuan nakin lawka kan ram buaipui tur a la ni dawn a ni. Central lamin \halaite pawimawhna hria in nakin lawka ram hruaitu turte he natna hian a tihbuai vak chuan hun harsa tak kan hmachhawn thei a ni tih chiang takin a hmu lawk a, engtin nge hma kan lak anga, kan \halaite hi engtin nge kan venhim theih ang ti a hun tam an sen ral hnu in he Red Ribbon Club hi din chho ta a ni. Mizoram bikah chuan kum 2006 khan A.R Kohli (khatih hun laia governor) hovin college hrang hrang Principal te leh lecturer \henkhat kalkhawmin Governor compound-ah Red Ribbon club hi din a ni ta a ni. A tirah college 21 ah din a ni. Kum 2009-10 chhung khan paliah din belh niin kuminah 5 ah din belh leh a ni. Tichuan a vaiin tunah hian Red Ribbon Club Institution 30-ah din a ni.

Institution tinin RRC anmahni institution a kaihruaitu tur Nodal officer/ lecturer a\angin \ul an tih zat an ruat a, chutiang bawkin zir lai naupangte a\angin anmahni zir laipuite HIV/AIDS lama zir tirna pe thei tur Peer Educators (PE) mipa leh hmeichhia class tin a\angin an ruat bawk a ni. Heng nodal officers te leh PE te hi a remchan danin training pek \hin an ni a, club chak taka a kal theih nan an pawimawh em em a ni.

Ribbon Sen in a entirte :

- Hmangaih tak chung a HIV positive te kan tawrhpuina leh hriatthiampuina lanchhuah tir.
- Rawng sen hian thisen a entir a, chu chuan AIDS avanga nunna chan tawh tena harsatna leh natna hrang hrang an tawrh nasatzia a entir.
- Thinrimna lam a entir leh a, he natna hi tun thlengin a tihdamna a la awm loh vang a ni.

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- Mipuite fimkhur taka awm tur leh he natna laka fihlim tura ngenna leh warning sign entirna a ni.

Mamawh leh tul na chhan

- Khawvel pumah hian maktaduai 38.6 vel HIV positive an awm
- Kumtin maktaduai 4 aia tam in he natna hrik hi an kai thar ziah a ni
- HIV kai tharte zinga a chanve vel hi kum 15-24 inkar an ni.
- A la kai ve lo te zirtir leh hrilhhriat hi a \ul a ni.

Thalaite thlurbing an nihna chhan

- |halaite zingah zirtirna dik leh tha dawng lo a seilian an tam.
- Kan thil pawm leh rindan tam tak te hian a \halo zawngin nghawng a nei \hin.
- School leh college zirlaibu ah hian tleirawl/ |halai rilru puthmang leh ngaihtuahna lam zirchianna leh hmuh tur a awm tlem.
- HIV/AIDS/RTI/STIs leh drugs lampang zirtirna \ha leh dik an dawng tlem.
- Hriselna lam an ngaihthah tlangpui
- |halai zingah inpawlna thianghlimlo (Condom tellova inpawlna) hmang an la tam.

|halai te hi rilru thianghlim leh la puitling tak taklo an ni a, a hma thei ang bera anmahni va hnaihchilh a, zirtirna \ha leh ziktuak hrilhhriat leh zirtir hian nunkawng dik lamah kan hruai thei dawn a ni.

Red Ribbon Club in a tihurte

- |halaite zirtirna dik leh kimchang tak pek.
- |halaite, a bik takin, hmeichhiate chung a hleihlenna leh nghaisakna awm thin te hrilhhriata, a theih anga hmalakpui
- HIV positive ten tanpui leh enkawl an mamawhzia \halaite hrilhhriat
|halaite hnena hriselna lam nasa zawka ngaihven tura fuih
- NGOs and CBOs te nena inhriatthiam tawna leh boruak \ha siam.
- Blood donation camp buatsaih leh \halai tam zawk te thisen pe tura fuih.
- |halaite zinga peer educators tur siam a train.

Mizorama red Ribbon Club din tawhna-te

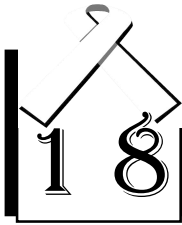
S/n	Name of the Institution	District	Name & Contact of Officer i/c
1	Govt. Johnson College	Aizawl	Thangnghinglova, 9436143652
			Lalrimawii Zadeng, 9436153429
2	Govt. T. Romana College	Aizawl	Lalmachhuana, 9862153729
			Vanlalchami, 943635457
3	College of Teachers Education	Aizawl	Dr. Hmingthanzuala, 9436153427
4	Govt. Aizawl West College	Aizawl	Malsawmtluangi Chuahang, 9436156970

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5	Govt. J. Thankima College	Aizawl	Zairemtluang, 9436155788
			Lalmuanpuia, 9612667021
6	Mizoram Law College	Aizawl	Zoparliani Khiangte, 9436377631
7	Govt. Aizawl College	Aizawl	Dr K.L Pradhan, 9436141655
8	Pachhunga University College	Aizawl	Lalsangkimi Sailo, 9436198741
			David , 9436151249
9	Govt. Zirtiri Residential Science College	Aizawl	R.Lalenzami, 9436140767
10	Women Polytechnic College	Aizawl	C.Zosangliana, 9436360723
			Rosangpuii Hmar, 9436151936
11	Govt Aizawl North College	Aizawl	K.Vanlalthaa, 9436141109
			C.Vanlalvuana, 9436154933
12	Govt Hrangbana College	Aizawl	Vanlalpeka, 9436350235
			Saihlupuii, 9436155652
13	Govt. J.Buana College	Lunglei	Pi Manguri, 9436141655
14	Lunglei Govt. College	Lunglei	Zaitea, 9436157314
15	Govt. Kamalanagar College	Lawngtlai	V.Biakengliana, 9436150851
			Satyajit, 9436781807
16	Govt. Lawngtlai College	Lawngtlai	C.Lalthlamuana, 9436378180
			M.C Lalrokhuma, 9436148776
			Manuni, 9612934274

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17	Govt saiha College	Saiha	Lalsawmliana, 9436379418
			Dr. K. Zohra, 9862712706
18	Govt. Hnahthial College	Lunglei	Lalsiamthanga, 9436350319
19	Govt Serchhip College	Serchhip	
20	Govt. Champhai College	Champhai	C. Lalnunpuii, 9615522705
21	Govt. Khawzawl College	Champhai	K. Ziona, 9436353821
22	Govt Saitual College	Aizawl	R.Lalruatkima, 9436151894
23	Govt. Zawlnuam College	Mamit	Lalmalsawma Khiangte, 9862423347
24	Govt. Mamit College	Mamit	Ksh.Birlal Singh, 9436144082
			M.S. Dawngliana Hnamte, 961246103
25	Govt. Kolasib College	Kolasib	Thuamliani Renthlei, 9862416126
26	RIPANS	Aizawl	Lalrinhluii
27	Presbyterian Nursing School, Durtlang	Aizawl	C. Thankhumi
28	Mizoram College of Nursing	Aizawl	Lalthari Ralte
29	Health Worker Training Institute	Aizawl	
30	Mizoram Hindi Training College	Aizawl	R.Lalthlamuani



**MIZORAM STATE AIDS CONTROL
SOCIETY HNUAIA SERVICE UNIT
AWM TE LEH AN BIAKPAWHNA TE**

**A. Targeted Intervention (TI) Project Hnuiaia NGO
te Services Available:**

IDU (Drug addict) zingah : Drop In Centers, NSEP, Free Condoms, Community Outreach, Primary Health Care, STI Treatment, HIV Prevention & Counselling, Basic Advocacy, Community Mobilisation, TB Referrals to DOTS, Linkages with ICTC, PPTCT, ART and existing Support Groups (NGOs/CBOs), Oral Substitution Therapy (\henkhatah chauh).

FSW (KS) & Migrants te zingah : Drop In Centers, Free Condoms, Community Outreach, Primary Health Care, STI Treatment, HIV Prevention & Counseling, TB Referrals to DOTS, Linkages with ICTC, PPTCT, ART, Basic Advocacy

MSM (Men having sex with men) zingah : Drop In Centers, Free Condoms & Lubricants, Community Outreach, Primary Health Care, STI Treatment, HIV Prevention & Psycho-Social Support Counseling, Basic Advocacy, Community Mobilisation, TB Referrals to DOTS, Linkages with ICTC, PPTCT, ART and existing Support Groups (NGOs/CBOs).

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Name of NGO	Target Group & Target Area	Typology	Contact
1 Agape Moral Reformation Org. (AMRO) , RZ Lalbuai Bldg., T-74, Venghlui, Aizawl -796 001	Aizawl : Tuithiang, Bethlehem, College Veng, Republic Vengchhak, Republic, ITI, Mualpui	IDU	Mr. C. Thansiamia, Chairman 9436197851(Mobile); 0389-2327150(R); Lalthansanga – Secy. – 9436140799(Mobile); Elizabeth PM- 9436150267; Office: 0389-2311204 . Email id: amromoral@yahoo.com
2 Agape Moral Reformation Org. (AMRO), Kolasib DiakkawnIII,V. Lungmuana Bldg. Kolasib – 796 081	Kolasib : (Kolasib)	IDU	Mr. C. Thansiamia, Chairman ; Tetei, PM- 9862416160; Office: 03837 – 222111. Email id: amro_klb@yahoo.com
3 Agape Moral Reformation Org. (AMRO) , RZ Lalbuai Bldg., T-74, Venghlui, Aizawl -796 001	Aizawl District -Zodin Sq. to Aizawl North to Tawitaw Village. Kolasib District – Bairabi, Vairengte, Serlui 'B', Kawnpui (BRO /BRTF) & Kolasib Town	Migrants	Mr. C. Thansiamia, Chairman; Lalnginglova (PM) : 9436141979. Office: 0389 - 2311204 Email id: amromoral@yahoo.com
4 Blessing Home , Sakawrtuichhun, Aizawl, Mizoram – 796 009	Luangmual, Gov't. Complex, Chawlhmun, Tuivamit, Zonuam, Sakawrtuichhun, Jail Veng, Tanhril.	IDU	Mr. V.L. Ruata Ralte, Managing Director, 9862588395; 0389 – 2332405 (R), 0389 - 2330800 (O); Chhantei, PM – 9862399742; Office: 0389 – 2332405/2330850; E-Mail: blessinghomedic@gmail.com
5 Living Hope Ministry , Liangngri Bldg., Vaivakawn, Aizawl – 796 001	Vaivakawn, Kanan, Chawnpui, Zotlang, Hunthar, Edenthar.	IDU	Upa H. Ronghaka, Chairman/PD 9436144196(mb); 0389-2344736 (R); DIC: 0389 – 2305165; Alan, Project Manager- 9862331632; Office: 0389-2305165 Email: livinghopeaizawl@gmail.com
6 Presbyterian Hospital Society , Grace Inn DIC, Sikulpuikawn, Aizawl – 796001	Model, Khatla, Salem, Venghnuai, Thakthing, Mission Vengthlang, Mission Veng, Sikulpuikawn, Nursery, Bungkawn, Lawipu.	IDU	Dr.Lalremthanga, Secretary 9436140189; 0389-2361122(O); DIC : 0389-2315157 Email id: graceinnDic@rediffmail.com
7 Presbyterian Hospital Society , Grace Inn DIC, Chhim Veng (Near Routmoi Market), Sakawrdai – 796 111	Sakawrdai, Vaitin, Zohmun, Tipaimukh, Mauchar, N.Vervek, Thingsat, Khawpuar, Zilthaw, Tuirial, Saipum, N.Khawdungsei, Lungsum, Ratu, Darlawn.	Migrants	Dr.Lalremthanga, Secretary- 9436140189; Meka: 9863224347/9856654487; DIC : 0389-2901394. Email id: graceinnDic@rediffmail.com
8 Society for Community Care. (Agape Home DIC) , Bawngkawn, Bazar Veng, Aizawl	Bawngkawn, Durtlang, Leitan, Selesih, Sihphir.	IDU	Upa P.H. Rualzakhuma, Chief Functionary & Secretary, 9436145227; Ms. Zothanpuui, PD- 9436142494; Office: 0389 – 2361571/ 2345992 Email id: agapehomedic@gmail.com

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9	SHALOM , A-48/1, Lalrengpuia Bldg., Lower Zarkawt (Opp. Zote Bakery), Aizawl - 796 007	Bawngkawn, Thuampui, Zuangtui, Falkland, Zemabawk and Zemabawk North.	IDU	Dr. I 9436 2340 9862 2311 E-Ma shal
10	Zoram Drivers' Ramthim Board (ZDRB) , KRT Drop-in-Centre, Vanlalafela Bldg., Opp. Community Hall, Seling	Seling, Tlangnuam, Sesawng, Thingsulthliah, Tuiriial Airfield, Tlungvel, Baktawng, Darlawng, Tuikhurhlu, Khumtung	IDU	Mr. I 0389 Office 2370 Lalm 9863 zdrb
11	Samaritan Society of Mizoram , A-46, Rosiama Building, Chanmari, Aizawl	Chanmari, Chanmari West, Chaltlang, Laipuitlang, Ramthar N, Zodin Square.	IDU	Mr. I 9862 P.M. 0389 Mail
12	Samaritan Society of Mizoram , E-13, R. Thanzauva Bldg., Peter Street, Khatla, Aizawl - 796 007	Aizawl District: Zodin Square to Aizawl South to Sialsuk (including Ring Road WBP). Serchhip District: Thenzawl, Serchhip, Keitum, N.Vanlaphai	Migrants	Mr. I 0389 Ema
13	Samaritan Society of Mizoram , H.K. Vanlalhruaia Bldg., Field Veng, Mamit - 796 441	Dampa Rengpui (Border Fencing NBCC), Tuipuibari (Bru Refugees), W. Phaileng, Marpara	Migrants	Mr. I Gen 9862 Office 2563 sam
14	Mission for Social Reform (MSR) , Gospel Centenary Bldg., Tuikual 'C', Aizawl - 796 001 Or MSR Drop-in-Centre , Tuikual 'C', Aizawl	Tuikual N, Tuikual S, Dinthar, Dawrpui Vengthar	IDU	Mr. I 9436 Hmi 0389 2311 msr

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18	Disciples AIDS Intervention Ministry (DAIM) , Drop-in-Centre, Near Presbyterian Church, Chhinga Veng, Aizawl-796 001. Or Dawrpui Veng, Near Pastor Qtr. Aizawl	Electric Veng, Saron, Armed Veng, Armed Veng 'S', Tuihiang Veng, Chhinga Veng, Chite	IDU	Lalmachhuani, PD- 943612474; Zoramthangi, Fin. Secy.- 9856735906; Office: 0389 – 2300112 Email: disciple_daim@yahoo.co.in
19	Peniel Society , Co-operative Bldg., Keifang, Champhai Road, Mizoram	Keifang, Saitual, Ruilchawm, Ruallung, Kawlkulh etc.	IDU	TBC Janeka, Chairman/Director- 9862546592; K.Lalramhluna, PM- 9862769897; DIC: 9862388050/9436392588/0389-2562542 Email: Penielsociety@gmail.com
20	FXB India Mizoram , Bazar Bungkawm, Dr. Lalsangluai Bldg., Dawrpui West, Aizawl – 796 001	All hotspots in Aizawl	MSM	Mr. Lalsangzuala, Regional Director, 9436140380; Christina Lalrindiki, Prog. Coordinator - 9436151088; Tetea, PM- 9436156476; Fax: 0389-2312954/ 2312507(Office); EMail: fxbmizoram@rediffmail.com
21	Community Health Action Network (CHAN) , Kawlkhuma Bulding, Temple Square, Tuikual 'A', Aizawl	Tuikual A mual, Khatla N, Upper Khatla, Tuikhuatlang	IDU	Maj. Lalsangpuii, Project Director 9436350906; Hruazela, P.M : 9862578100 ;0389-2327609/ 2326106 (Telefax). Email: chansacsiet@gmail.com
22	Zoram Taxi Drivers Association (ZTDA) , ZTDA Info. & Health Centre, Lalmuaka (L) Bldg., Zarkawt,	Phunchawng, Rangvamual, Dawrpui, Zarkawt	IDU	Mr. Lianlunga Sailo, President- 9436195921; Benjamin, PM- 9862863730; Office: 0389-2306492; DIC: 9862119270. Email: ztda_dic@rediffmail.com
23	Volunteers for Community Mental Health (VOLCOMH) , 2 nd Floor, Central YMA Building, Aizawl – 796 001	All hotspots in Aizawl.	FSW	Dr. V.Nuii Hmar, President- 0389-2311335; Romel Lalrohluu, P.M.- 9862380791; Office: 0389 – 2311335; E-Mail: volcomh_92@rediffmail.com
24	New Life Home Society , Pu C. Ropianga Building, Ramhlun North, Near Industry Peng, Aizawl-796 001	All hotspots in Aizawl	FSW	C. Challianmanga, PD, - 9862419838 K.Lalchhuanawma, Secretary- 9863221366; REla, PM- 9862358414; Office: 0389-2342128/9862591491. Email: volcomh_92@rediffmail.com
25	Genesaret Gospel Home (IDU) , R.Laihnuua Bldg., Rahsi Veng, Champhai - 796 321	Bethel, Electric, Kanan, Vengthlang, Venglai, Tlansam, New Champhai, Zote (Champhai District)	Migrants	V.L. Chama Hnamte, Chairman 9436377784; 03831-235229(R); F. Lalrinnunga, Secy/PD; 03831-234084(R); 03831-235965(O) Email: zarie09@gmail.com
26	Genesaret Gospel Home, (Migrants) R.Laihnuua Bldg., Rahsi Veng, Champhai - 796 321	Tiau, Rihkhawdar, Khawzawl, Manipur Road, Singzawl, Hnahlan, Ngopa, Champhai Town	IDU	V.L. Chama Hnamte, Chairman; F. Lalrinnunga, Secy/PD; Aruati PM: 8974131717; 03831-234084(R); 03831-235965(O) Email: zarie09@gmail.com

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27	Women Anti-Drug Association (WADA), Chanmari-I, Lunglei- 796701		IDU	Mrs. 9436 9436 2908 2325 wada
28	Women Anti-Drug Association (WADA), Drop-in-Centre, AOC Square, Hnahthial – 796 571		IDU	Ruata Vanla 0372 Email wada
29	MHIP Sub-Hqrs., Lunglei, Near Tennis Court, Venglai, Lunglei - 796 701		IDU	Mrs. 9436 G/S- 9862 2323 mhip duha
30	MHIP Sub-Hqrs., Lunglei, Near Tennis Court, Venglai, Lunglei - 796 701	Bukpui, Mualthuam, Haulawng, Ramlaitui, S.Kanghmun, Lunglei, Chawngte, Lunglei, Tlabung, Thingsai, Hnahthial, Rawpui, S.Vanlaiphai, Thingfal, Tawipui, Lunglei Town	Migrants	Mrs. 9436 G/S- 9615 2323 DIC: mhip duha
31	Grace Society (MBKHP), Venglai, Opp. Saikuti Hall, Lunglei - 796 701	To be decided by the concerned NGO	FSW & IDU & MSM	Ms. K 9436 9862 9863 2325 grace
32	Mara Chano Py (M.C.P), Drop-in Centre, Council Veng, Saiha – 796 901	All hotspots in Saiha	IDU & FSW	Mrs. 2221 9436 mchp
33	MHIP Sub	Sarchhin, Chhingchhin		Mrs.

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36	Bethany Social Welfare Society, Hmunsam, Mamit	Mamit	IDU	Eli, PM- 9862356751; Office: 0389-2565618 Email: elibethany@gmail.com		
37	National Exhilaration Union Society (NEXUS), New West Phaileng, Near Police Station, Dinthar, Mamit – 796 441	FSW:- (Tuidam, Kawrthah, W. Phaileng, Damparengpui, Tuipuibari & surrounding areas). IDU:- (W.Phaileng, Kawrthah, Phuldungsei, Tuidam & surrounding areas)	IDU & FSW	Benjamin Tlangthanmawia, Coordinator, 9862354097; Nutei: 9856652862; Office: 0389-2566380 Email: nexusphaileng@rediffmail.com		
38	MHIP Sub-Hqrs., Lawngtlai, Gilead Drop-in Centre, L-4, Chanmari, Lawngtlai – 796 891	All hotspots in Lawngtlai	FSW & IDU	Mrs. Vanlalhlupuii, President- 9436148009; Office: 03835 – 233217/232223. Email: gdclawngtlai@gmail.com or mhiplawngtlai@gmail.com		
39	MHIP Sub-Hqrs., Lawngtlai, Gilead Drop-in Centre, L-4, Chanmari, Lawngtlai – 796 891	Vaseitlang, Parvatui, Bungtlang, Diltang, Ramlaitui, Mualbuk, Chawngte, Tuipang, Chakhang, Archhuang, Vawmbuk, Indo-Myanmar Border, Hruitezawl, Sangau, Tuipui (Kawlchaw), Siachangkawn, Vaseikawn, Khawmaw.	migrants	Mrs. Vanlalhlupuii, President- 9436148009; C.Remsangpuia P.M.- 9612394294; Office: 03835 – 233217/232223 Email: gdclawngtlai@gmail.com or mhiplawngtlai@gmail.com or rschinzah@gmail.com		
40	NEW HORIZON, Kahrawt Thlerpui, Champhai – 796 321	Venglai, Vengsang, Kahrawt, Ruantlang, Mualkawi, Melbuk, Champhai Town.	1.	Ferrando Integrated Women Development Centre (Peace Home) Zoni, Durtlang, Aizawl, Mizoram	Aizawl	M
			2.	Office of Aizawl Mizoram Social Defense & Rehabilitation Board, P. Rohmingthanga (IAS & Rtd) Bldg, Laipuitlang, Aizawl, new.horizon2006@yahoo.com	Champhai	M
41	CENTRE FOR PEACE AND DEVELOPMENT (CPD), DIC Zalen Veng , Vairengte 796101	Vairengte, Bilkhawthlir, Phainuam, Chhimluang, Buhchangphai, Phaisen	IDU & FSW	PD: Angela – 9436142699; PM: Ms-i – 9862317165 Email: cpdmiz@rediffmail.com		

B. Link Worker Project

Services : Linking with TI projects, linkages and referrals to ICTC, PPTCT, TB DOTS, ART and existing support groups basic advocacy with stakeholders

HIV / AIDS ENGTIN ZEL?

3.	Save, Help & Develop (SHADE), FVL Ringa Bldg (1 st Basement), Saron Veng, Aizawl, Mizoram-796001.	Kolasib	H. Chhawntluanga, Managing Director, SHADE, 9612164255
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C. Project Officers For Supportive Supervision of TTIs

Name and address of POs	District	Contact
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D. Integrated Counselling and Testing Center (ICTC)

Services: Counselling, testing, referral

Name of ICTC with Complete Address	Name of ICTC charge	Contact
1. ICTC, Civil Hospital, Aizawl	Dr. Lalhmingmawii	9436140396
2. ICTC, Civil Hospital, Lunglei	Dr. Rothangpuia	9436146067
3. ICTC, Presbyterian Hospital	Dr. Sanghluna	9436141739
4. ICTC, District Hospital, Mamit	Dr. Zosangpuii	0389-2565393 /9436141094
5. ICTC, District Hospital, Lawngtlai	Dr. Lalrinfela	9436353675
6. ICTC, District Hospital, Saiha	Dr. Vabeilysa	9436148247/ 03835-222006
7. ICTC, District Hospital, Kolasib	Dr. Zorinsangi Varte	9436141929/ 986387282
8. ICTC, Civil Hospital, Champhai	Dr. Zatlouanga	9436145254
9. ICTC, District Hospital, Serchhip	Dr. Lalduawma B.	9436141745
10. ICTC, CHC Chawngte	Dr. Vanlailalngaituanga	9436150798
11. ICTC, CHC Hnahthial	Dr. P. M. Mungthanga	9436150798
12. ICTC, CHC, Tlabung	Dr. T. Lamnduanga	9436151542
13. ICTC, PHC Khawzawl	Dr. Lianmawia	9436145734
14. ICTC, CHC Thenzawl	Dr. Remlalnghaki	9436198493
15. ICTC, CHC Vairengte	Dr. Lalrinchana	9436362258
16. ICTC, CHC Kawrthah	Dr. Saitluanga Sailo	9436154868
17. ICTC, PHC Saitual	Dr. J Zolawmzuala	9436143364
18. ICTC, PHC Sakawrdai	Dr. Ramdinthari	9436154917
19. ICTC, CHC, Ngopa	Dr. Sangzuala Ralte	9436150263
20. ICTC, PHC North Vanlaiphai	Dr. Lalmuanawma Jongte	9436159597
21. ICTC, PHC Khawbung	Dr. Vanlalnengpuia	03831-265078
22. ICTC, PHC Darlawn	DR. Walter Lalnuntluanga	9612309517
23. ICTC, Christian Hospital, Serkawn	Dr. Ramzauva	9436147615
24. ICTC, PHC, West Phaileng	Dr. CH Laldinpuia	9436159387
26. ICTC, CHC, Biate	Dr. Lallawmkimi	9862712569/ 9856853895
27. ICTC, TB Centre, Aizawl	Dr. Laldawngliana	9436146398
28. ICTC, Kulikawn Hospital	Dr. Lalremruati Hmar	9436146251
29. Mobile ICTC, Aizawl – I	Dr. Zothankhuma Chhakchhuak	0389-2321556
30. Mobile ICTC, Aizawl – II		9436141312
31. Mobile ICTC, Serkawn	Dr. Ramzauva	9436147615
32. Mobile ICTC, Champhai		
33. Mobile ICTC, Mamit		
34. Mobile ICTC, Saiha		

E. STI/RTI Clinic-

Services: Counseling, Detection & Treatment, Free medication

Name and address of STI	District	Name & Contact of Officer incharge
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F. Blood Bank

G. ART/Link ART Centre

Services: AIDS Treatment, referrals, counseling, OP, Request

No.	Name and address of Centre	District
1.	Civil Hospital, Aizawl	Aizawl
2.	Civil Hospital, Lunglei	Lunglei
3.	Civil Hospital, Kolasib	Kolasib
4.	Civil Hospital, Serchhip	Serchhip
5.	Civil Hospital, Champhai	Champhai
6.	Civil Hospital, Mamit	Mamit
7.	Civil Hospital, Saiha	Saiha
8.	Civil Hospital, Lawngtlai	Lawngtlai

Name and address of Centre	District	Dr. Incharge	Contact No.
1. Civil Hospital, Aizawl	Aizawl	Dr. Lalrinfela	9436193619
2. Civil Hospital, Lunglei	Lunglei	Dr. Vaidhyanawii	9436194361
3. Civil Hospital, Kolasib	Kolasib	Dr. Lalrinfela	9436193619
4. Civil Hospital, Serchhip	Serchhip	Dr. Lalrinfela	9436193619
5. Civil Hospital, Champhai	Champhai	Dr. Lalrinfela	9436193619
6. Civil Hospital, Mamit	Mamit	Dr. Lalrinfela	9436193619
7. Civil Hospital, Saiha	Saiha	Dr. Lalrinfela	9436193619
8. Civil Hospital, Lawngtlai	Lawngtlai	Dr. Lalrinfela	9436193619

H. PLHIV Drop in Centre

Services: Counseling, group meetings, referrals, outreach, dissemination of IEC materials, send ART medicines to district clients

No.	Name and address of Centre	District	Name & Contact of Officer i/c
1.	PNM Aizawl North DIC, Bawngkawn, Azl	Aizawl	Vanlalmuana, President PNM
2.	PNM Aizawl South DIC, Khatla, Aizawl	Aizawl	K. Laih mangaiha, Gen. Secretary, PNM
3.	MPLAS DIC, Bawngkawn, Aizawl	Aizawl	Malsawmdawnga, President, MPLAS
4.	MPLAS Hope Care DIC, Chanmari, Azl	Aizawl	Henry Zohmingthanga, V.President MPLAS
5.	New Hope Society, DIC, Champhai	Champhai	Zonunsangi, President PNM
6.	New World Society, DIC, Kolasib	Kolasib	Jerry Varte, President PNM
7.	Lunglei PLHIV, DIC, Lunglei	Lunglei	Vanlalmuana, President PNM

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I. Red Ribbon Clubs

Services: campus intervention through awareness, information dissemination, promotion of healthy lifestyles, VBD

	Name and address of College/Institution	District	Name & Contact of Officer i/c
1	Govt. Johnson College	Aizawl	Thangnghinglova - 9436143652 Lalrimawii Zadeng - 9436153429
2	Govt. T. Romana College	Aizawl	Lalhmachhuana - 9862153729 Vanlalchami - 943635457
3	College of Teachers Education	Aizawl	Dr. Hmingthanuzuala - 9436153427
4	Govt. Aizawl West College	Aizawl	Malsawmtluangi Chuauhng - 9436156970
5	Govt. J. Thankima College	Aizawl	Zairemtluangi - 9436155788 Lalmuanpuia - 9612667021
6	Mizoram Law College	Aizawl	Zoparliani Khiangte - 9436377631
7	Govt. Aizawl College	Aizawl	Dr K.L Pradhan - 9436141655
8	Pachhunga University College	Aizawl	Lalsangkimi Sailo – 9436198741 David - 9436151249
9	Govt. Zirtiri Residential Science College	Aizawl	R.Lalengzami - 9436140767
10	Women Polytechnic College	Aizawl	C.Zosangliana - 9436360723 Rosangpuii Hmar - 9436151936
11	Govt Aizawl North College	Aizawl	K.Vanlalthaa - 9436141109 C.Vanlalvuana - 9436154933
12	Govt Hrangbana College	Aizawl	Vanlalpeka - 9436350235 Saihlupuii - 9436155652
13	Govt. J.Buana College	Lunglei	Pi Manguri - 9436141655
14	Lunglei Govt. College	Lunglei	Zairemthanga - 9436157314
15	Govt. Kamalanagar College	Lawngtlai	V.Biakengliana - 9436150851 Satyajit - 9436781807
16	Govt. Lawngtlai College	Lawngtlai	C.Lalthlamuana - 9436378180 M.C Lalrokhuma - 9436148776 Manuni - 9612934274
17	Govt saiha College	Saiha	Lalsawmliana - 9436379418 Dr K.Zohra - 986271270
18	Govt. Hnahthial College	Lunglei	Lalsiamthanga - 9436350319
19	Govt Serchhip College	Serchhip	Lalmalsawma Ralte - 9436149346 RL Chhuanawma - 9436146837
20	Govt. Champhai College	Champhai	C. Lalnunpuii - 9615522705
21	Govt. Khawzawl College	Champhai	K. Ziona - 9436353821
22	Govt Saitual College	Aizawl	R.Lalruatkima - 9436151894
23	Govt. Zawlnuam College	Mamit	Lalmalsawma Khiangte - 9862423347
24	Govt. Mamit College	Mamit	Ksh.Birlal Singh - 9436144082 M.S. Dawngliana Hnamte - 961246103
25	Govt. Kolasib College	Kolasib	Thuamliani Rentlei - 9862416126
26	RIPANS	Aizawl	Lalrinhluii - 9436152467
27	Presby. Nursing School, Durtlang	Aizawl	C. Thankumi - 9862336651
28	Mizoram College of Nursing	Aizawl	Lalthari Ralte - 9862582062
29	Health Worker Training Institute	Aizawl	C. Chawngkimi - 9436153473
30	Mizoram Hindi Training College	Aizawl	R.Lalthlamuani - 9436156535

STI/RTI
SYNDROMIC
CASE
MANAGEMENT

Urethral Discharge	Cervical Discharge
<ul style="list-style-type: none"> • Urethral Discharge (Pus or mucopurulent) • Pain or burning while passing urine • Increased frequency of urination • Systemic symptoms like malaise, fever 	<ul style="list-style-type: none"> • Nature and type of discharge (quantity, color and odor) • Burning while passing urine, increased frequency • Genital complaints by sexual partners • Low backache <i>(Take menstrual history to rule out pregnancy)</i>
<p>Tab. Azithromycin 1 gm OD Stat + Tab. Cefixime 400 mg OD Stat</p>	<p>Tab. Azithromycin 1 gm OD Stat + Tab. Cefixime 400 mg OD Stat</p>
<p>KIT 1/Grey</p> <div data-bbox="269 751 499 1046" style="border: 1px solid black; padding: 5px; text-align: center;">  <p>NACO Nidrozoxil parikh-dos + Cefixim 400mg/parikh-dos For Urethral Discharge, Gonococcal Dis- charge, Cervical Dysplasia and Acquired Immune Deficiency Management</p> <p>IMPORTANT: NON-COMMERCIAL PRODUCT NOT FOR SALE TO BE OBTAINED ONLY AT RKSBI CLINICS</p> </div>	<p>KIT 1/Grey</p> <div data-bbox="661 751 891 1046" style="border: 1px solid black; padding: 5px; text-align: center;">  <p>NACO Nidrozoxil parikh-dos + Cefixim 400mg/parikh-dos For Urethral Discharge, Gonococcal Dis- charge, Cervical Dysplasia and Acquired Immune Deficiency Management</p> <p>IMPORTANT: NON-COMMERCIAL PRODUCT NOT FOR SALE TO BE OBTAINED ONLY AT RKSBI CLINICS</p> </div>
<p>Treat all recent partners</p>	<p>Treat partners when symptomatic</p>

Painful Scrotal Swelling	Vaginal Discharge
<ul style="list-style-type: none"> • Swelling and pain in the scrotal region • Pain or burning while passing urine • Systemic symptoms like malaise, fever • History of urethral discharge 	<ul style="list-style-type: none"> • Nature and type of discharge (quantity, color and odor) • Burning while passing urine, increased frequency • Genital complaints by sexual partners • Low backache <i>(Take menstrual history to rule out pregnancy)</i>
<p>Tab. Azithromycin 1 gm OD Stat + Tab. Cefixime 400 mg OD Stat</p>	<p>Tab. Secnidazole 2 g OD Stat + Cap. Fluconazole 150 mg OD Stat</p>
<p>KIT 1/Grey</p>	<p>KIT 2/Green</p>
	
<p>Treat all recent partners</p>	<p>Treat partners when symptomatic</p>

Genital Ulcer-Non Herpetic

- Genital ulcer, single or multiple, painful or painless
- Burning sensation in the genital area
- Enlarged lymph nodes

Inj. Benzathine penicilin
(2.4 MU) - 1 vial
Tab. Azithromycin (1 gm)-
Single dose

KIT 3/White



KIT 3
Inj. Benzathine penicilin (2.4 MU) +
Tab. Azithromycin (1 gm) x 1 dose +
Dispensation form (with 2 pages)
tab. (10)
Seri. (10) Ref (1)
For
**GENITAL ULCER DISEASE - Non-
HERPETIC SYNDROME**

IMPORTANT
NON-COMMERCIAL PRODUCT
NOT FOR SALE
TO BE DISPENSED ONLY AT
DISEASE CLINICS

If allergic to Inj. Penicillin:
Doxycycline 100 MG
(Bid for 15 days)
Azithromycin 1GM (Single dose)

KIT 4/Blue



KIT 4
Doxycycline 100mg BID for 15 days +
Azithromycin 1 gm x 1 dose
For
**GENITAL ULCER DISEASE - Non-HERP-
ETIC SYNDROME**

IMPORTANT
NON-COMMERCIAL PRODUCT
NOT FOR SALE

Treat all sexual partners for past 3 months

Genital Ulcer - Herpetic

- Genital ulcer or vesicles, single or multiple, painful, recurrent
- Burning sensation in the genital area

Tab. Acyclovir 400 mg

TDS for 7 days

Kit 5/Red



No partner treatment

Lower Abdominal Pain (LAP)

- Lower Abdominal Pain
- Fever
- Vaginal Discharge
- Menstrual irregularities like heavy, irregular vaginal bleeding
- Dysmenorrhoea, dyspareunia, dysuria, tenesmus
- Lower backache
- Cervical motion tenderness

Tab. Cefixime 400 mg OD stat +

Tab. Metronidazole 400 mg

BID X 14 days +

Doxycycline 100 mg BD X 14 days

Kit 6/Yellow



Treat male partners with KIT 1

HIV / AIDS ENGIN ZEL?

Lower Abdominal Pain (LAP)	Inguinal Bubo (IB)
<ul style="list-style-type: none">• Lower Abdominal Pain• Fever• Vaginal Discharge• Menstrual irregularities like heavy, irregular vaginal bleeding• Dysmenorrhoea, dyspareunia, dysuria, tenesmus• Lower backache• Cervical motion tenderness	<ul style="list-style-type: none">• Swelling in inguinal region which may be painful• Preceding history of genital ulcer or discharge• Systemic symptoms like malaise, fever etc
<p>Tab. Cefixime 400 mg OD stat + Tab. Metronidazole 400 mg BD X 14 days + Doxycycline 100 mg BD X 14 days</p>	<p>Tab. Azithromycin 1 gm OD Stat + Tab. Doxycycline 100 mg BD for 21 days</p>
<p>Kit 6/Yellow</p>  <p>KIT 6 Cefixime 400mg single dose + Metronidazole 400mg BD for 14 days + Doxycycline 100mg BD for 14 days for Lower Abdominal pain/Syndrome</p> <p>DISCLAIMER NON-COMMERCIAL PRODUCT NOT FOR SALE TO BE DISPENSED ONLY AT REPUTED CLINICS</p>	<p>Kit 7/Black</p>  <p>KIT 7 Azithromycin 1 gm OD Stat + Doxycycline 100 mg BD for 21 days for Inguinal Bubo/Syndrome</p> <p>DISCLAIMER NON-COMMERCIAL PRODUCT NOT FOR SALE TO BE DISPENSED ONLY AT REPUTED CLINICS</p>
<p>Treat male partners with Kit 1</p>	<p>Treat all sexual partners for past 3 weeks</p>

IMPORTANT CONSIDERATIONS FOR MANAGEMENT OF ALL STI/RTI

- Educate and counsel client and sexual partner/s regarding STI/RTI, safer sex practices and importance of taking complete treatment.
- Treat partner/s
- Advise sexual abstinence or condom use during the course of treatment.
- Provide condoms, educate about correct and consistent use
- Refer all patients to ICTC
- Follow up after 7 days for all STI, 9th, 7th and 14th day for LAP and 7th, 14th and 21st day for IB
- If symptoms persist, assess whether it is due to re-infection and advise prompt referral
- Consider immunization against Hepatitis B



National AIDS Control Organization
1-888-666-4444

