

## HIV fast facts

### What is HIV?

HIV stands for Human Immunodeficiency Virus.  
It is the virus that causes AIDS.  
It depletes the body's ability to fight infection.  
Being infected does not mean a person has AIDS  
or is ill.

### What is AIDS?

Acquired Immune Deficiency Syndrome.  
It is the clinical condition that results from long-  
term infection with HIV. It is fatal.

### How is HIV transmitted?

There are only four ways to contract HIV:

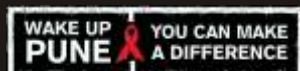
- Unprotected sex
  - Sharing infected needles
  - Exposure to HIV infected blood
  - Parent to child transmission
- There is **NO** other way.

### Who is at risk?

HIV is not contained among only marginalised  
groups in society like the poor, injecting drug  
users, sex workers or men who have sex with  
men. In fact, 85% of HIV transmission in  
Maharashtra is through unprotected  
heterosexual sex.

### Where can I get tested?

- Sonawane Hospital, Bhawani Peth, 020-26451491
- Dr.Kotanis, Arogya Kendra Gadikhana, Shukrawar peth, 020-  
24473253
- Talera Hospital, Chinchwad, 020-27610945
- Jehangir Hospital, Sasoon Road, 020-26054994
- Y.C.M hospital, Chinchwad, 020-27100266
- Deep Griha Society, Tadiwala Road, 020-26125773
- Maitri Clinic, Dattawadi, 9890044477
- Kamala Neheru Hospital, Mangalwar Peth, 020-25508533



[www.wakeuppune.org](http://www.wakeuppune.org)

## Partners

- AIESEC, Pune** [www.aiesec.org/india/pune](http://www.aiesec.org/india/pune)
- Barking Dog Studio** [www.studiobarkingdog.com](http://www.studiobarkingdog.com)
- Deep Griha Society** [www.deepgriha.org](http://www.deepgriha.org)
- Drishti** (Dedicated to provide Resilience and  
Information on Sex Education and HIV/AIDS to  
India)
- Expressions Unlimited** [expressions-unlimited.net](http://expressions-unlimited.net)
- Heroes Project** [www.heroesprojectindia.org](http://www.heroesprojectindia.org)
- Muktaa Helpline** [www.muktaaahivhelpline.org](http://www.muktaaahivhelpline.org)
- Muktangan Deaddiction Centre**  
[www.muktangan.org](http://www.muktangan.org)
- Open Space** (Centre for Communication and  
Development Studies) [www.openspace.org](http://www.openspace.org)
- Project Concern International** (PCI)  
[www.projectconcern.org](http://www.projectconcern.org)
- Rajesh Joshi**
- Sahara Aalhad Rehabilitation and Residential  
Care Centre** [www.aalhadpune.org](http://www.aalhadpune.org)
- Saheli**
- Samabhavana Society**

### Contact information

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# BE HIV POSITIVE



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## Take the Lead **YOU** can make a difference

## What is Wake Up Pune?

1.8% of Pune's population has already contracted HIV (NACO 2002), double the national average and almost twice the WHO epidemic mark of 1%. Launched in November 2006, the WAKE UP PUNE initiative is a concentrated effort to make Pune aware of the HIV epidemic that faces this city.

Silence, Ignorance, Fear, Stigma and Discrimination fuel the spread of the virus in this community. So many people are dying of a preventable and treatable condition because they are afraid of accessing the correct information and resources that can save their lives! Stigma and discrimination - from peers, colleagues, friends, family - lock people living with HIV (PLHIV) into a state of denial and silence about their condition. Often, this prevents PLHIV from seeking help until it's too late.

Pune needs to wake up and change its attitude. We need to become more positive about HIV, not only to prevent further transmission, but to also better the lives of the many neglected and stigmatised individuals living with and affected by HIV.



## Current Programs

### General Public Awareness Campaign

Creative and entertainment based events (e.g. street theatre, kiosks, visual displays) are utilised to spread the WAKE UP PUNE message.

### Corporate Awareness

A series of four educational and interactive sessions are available to increase awareness about HIV within the corporate sector.

### Conferences

WAKE UP PUNE has organised conferences to discuss the issues surrounding India's burgeoning HIV epidemic.

### School Awareness

Awareness sessions are taking place at schools throughout Pune, to reach young people and educate them about the issues surrounding HIV and AIDS.

### Medical and Paramedical Awareness

An effort to educate Pune's medical community about HIV to ensure that they are equipped with the proper knowledge to effectively promote HIV prevention and treat PLHIV.

### Volunteer Program

Opportunity for individuals from civil society to get involved with WAKE UP PUNE and affiliated NGOs.

### YAHAAN (Youth Action HIV and AIDS Network)

A youth-led organisation spreading HIV awareness to young Puneites and empowering them to take action against HIV and AIDS in their own communities.

### Open Space

Collaboration with Open Space, CCDS (Pune), to conduct public education sessions and workshops on HIV/AIDS.

## What can YOU do?

### Be HIV positive.

**Be positive** about educating yourself and others about HIV and AIDS. End the silence and ignorance about HIV: Visit our website for info about joining the 10 Campaign today! Know your HIV status: A major contributor to the spread of HIV is that the majority of people infected do not know their HIV status. Take initiative and get tested. HIV is now a preventable, treatable and chronic condition.

**Be positive** about raising awareness about HIV and AIDS in your wider community. Conduct your own awareness events! Contact us for resources to conduct your own HIV awareness events or to have the Wake Up Pune team conduct a session for your school, college or workplace. It's free!

**Be positive** about reaching out to people living with and affected by HIV and AIDS. Volunteer with us! Wake Up Pune members include many NGOs working in the field of HIV and AIDS prevention, treatment and care. We are always looking for passionate volunteers to help spread the Wake Up Pune message. Contact us today



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