

A

**CERTIFICATE COURSE IN  
HIV & FAMILY EDUCATION**

**INFORMATION BROCHURE**

Published by  
**COMMISSION FOR HEALTHCARE**  
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Dear friends,

A Program of Study on “HIV & Family Education” is the fruit of the collaborative endeavour between Indira Gandhi National Open University and the Commission for Healthcare of the Catholic Bishops' Conference of India.

At a moment when the society is experiencing a snowballing increase in the HIV endemic, a serious and in-depth understanding and awareness-building on the modes of transmission, prevention, care, counselling and other related issues, are very much vital. The said course is a serious attempt in this direction.

The course-contents are designed and prepared by the best in the field. Definitely every one would find the programme valuable and fascinating. Since the Course is offered through the distant mode of learning, anyone could join in.

We earnestly recommend you to participate in this Study Programme. Please disseminate this information through all possible ways. Do encourage others to benefit from this.

With best wishes,

Sincerely Yours,

Dr. Alex Vadakumthala  
Executive Secretary  
CBCI Commission for Health

## **CBCI-IGNOU CHAIR ON HEALTH AND SOCIAL WELFARE**

A Memorandum of Understanding was signed between the Catholic Bishops' Conference of India (CBCI) and Indira Gandhi National Open University (IGNOU) on February 29, 2000 and established a Chair for studies on topics related to Health and Social Welfare. The first Certificate Course offered is on "HIV and Family Education"

## **INDIRA GANDHI NATIONAL OPEN UNIVERSITY**

Established in 1985 by an Act of Parliament, the Indira Gandhi National Open University provides access to higher education to a large number of students all over the country.

DISTANCE EDUCATION SYSTEM: Features

- Relaxed entry rules
- Equal opportunity of admission
- Learning at your own pace and place
- Flexibility in choosing courses
- Use of modern education and communication technology
- Self-instructional print and audio/video course materials
- Network of student support services throughout the country

The degrees, diploma and certificates of IGNOU are recognized and have the same status as those of any other Central or State University in India.
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## **ROLE OF EDUCATION IN ADDRESSING ISSUES OF HIV/AIDS AND SEXUALITY**

Statistics from World Bodies show that close to 37 million men, women and children world wide now live with HIV. Over 16, 000 are getting infected everyday. Although HIV arrived in India much later than other parts of the world, we are told by WHO/UN/AIDS that this country has more infected people than any other country in the world.

HIV/AIDS is not only a biomedical phenomenon but a social reality rooted in human behaviour. It is a product of human actions in social contexts. The actions and their circumstances are shaped by larger cultural and social structures. Therefore to have a significant impact on the epidemic, education interventions must be rigorously designed according to best practices and adapted to local needs.

Among the Indians, sexual norms are still to abide by the life-long rule of monogamy, while, in most societies severely hit by the HIV/AIDS epidemic, the norms have been 'change of partners'. Virginity before marriage is still highly valued among most Indians and families have by and large greater control over the behaviour of children at least until they are married and settled.

However, with India's shift from a predominantly agricultural, low subsistence and low consumption economy and a community based social structure, to an industrially developing

nation with urbanization, globalization, migration and break down of rural economies, joint family system and communities, there have been shifts in social values and world views. The degree and nature of this impact has been various across different sections. The weakening controls have allowed greater individual freedom and releasing the stifling controls on young people.

High consumption life-styles have raised aspirations of others and increased the consumption gap between the top and bottom sections. Along with the increasing value placed on material consumption, there has also been an increase in perception of sexuality as a commodity to be 'consumed' for pleasure. The gap between material aspirations and socio-economic status has led to distortions such as the spread of promiscuity, corruption, growth of the Mafia, drug trafficking etc. All these factors have also contributed to the spread of HIV/AIDS in the sub-continent.

### **Why we need a programme on HIV and Family Education?**

- There is a need for professionally- trained and skilled personnel certified by a competent authority (like an institution of higher education) such as a University.
- There is no cure for HIV/AIDS at the moment and no vaccine for prevention. The only way to prevention is education and behaviour modification.
- There is lot of misconception, misinformation and inaccurate information on the subject of HIV /AIDS. A carefully planned curriculum will seek to provide accurate, complete and authentic information on the subject.
- There is resistance from parents and teachers to schools going for education on these sensitive topics such as HIV/AIDS and sex education. We need to create awareness, provide knowledge and skills so that the trainers of trainees (TOTs) can skillfully handle such topics.
- What we require today is to attack the illness through indigenously developed prevention strategies and not relying on materials prepared for people belonging to other social and cultural settings.
- There should be adequate in-put in terms of our traditional, cultural, social, moral and religious values.
- There is stigma attached to the HIV/AIDS disease which forces the infected to hide. Education with appropriate information will help people to provide better home care and emotional support.
- There is a demand for a formal programme of study on these topics from those who are involved in work related to HIV/AIDS, substance abuse and family crisis management.

## **Objectives of this programme**

The proposed programme of study aims to develop in the learners the knowledge and skills needed for healthy human relationships, effective communication, and responsible decision-making behaviour that will protect themselves and others from HIV/STD infection and optimize health. The goals of such a programme include promoting behaviours that prevent the transmission of HIV/STD, fostering attitude and behaviour that will prevent discrimination against those who are infected with HIV/STD, and promoting solidarity among them.

It is intended that the candidates completing the proposed programme of study should be able to:

- Understand the nature of HIV/AIDS/STDs and their transmission
- Understand the nature and consequences of substance abuse
- Have accurate and complete information about facts of life
- Prepare for a mature, healthy and successful living as wife/husband; father/mother; brother/sister in a family by upholding moral, religious, traditional and social values and healthy practices.
- Develop appropriate communication skills
- Make informed decisions about behaviour that protect them from HIV/AIDS/STDs and drug addiction
- Understand the symptoms of HIV/AIDS/STDs and seek appropriate medical care when needed
- Value their own health and relationships free from HIV/AIDS and substance abuse
- Behave personally and socially in ways that eliminate the risk of spreading HIV infection and becoming addict
- Reject biased information and myths relating to facts of life and HIV infection
- Develop positive attitude towards those who are infected with HIV and addicted to drugs
- Increase the level of knowledge about the impact of HIV/AIDS and substance abuse on the community, society, economy of the country etc.

- Develop skills in initiating action-oriented programmes for the prevention and control of HIV/AIDS and substance abuse, sensitizing people, initiating teaching, research and extension programmes etc.
- Develop modules and teaching aids for use at grassroots level.

### **Who can benefit from this programme?**

The programme of study on HIV and Family Education will be highly beneficial to a number of people. The specific target learners for this programme of study are:

- Teachers from schools, colleges and universities and other training institutes
- Persons working with Non Governmental Organisations (NGOs)
- Health Care workers including physician, nurses, hospital administrative staff and other para-medicals.
- Personnel and welfare officers from corporate sectors
- Young people who are yet to get married
- Newly married couples
- College and university students
- Parents of adolescent children
- Workers in social and social welfare institutions such as prisons, orphanages, rescue homes, hostels, boarding houses, rehabilitation homes , etc.
- People working among sex workers and street children
- Staff in de-addiction centres
- Legal officers
- Religious leaders
- Journalists and media professionals
- Persons employed in armed forces and para-military personnel
- People involved in counselling services for family, youth, drug addicts, hospitals etc.

### **Programme Contents**

The programme in HIV and Family Education provides comprehensive knowledge about the what , why and how of the problems of HIV/AIDS, how it can be prevented and controlled, and how to take care of those who are already infected with HIV. The programme contents are designed to impart an integrated understanding to the learner about the crucial dimensions of the problems and issues associated with HIV/AIDS, substance abuse (i.e. abuse alcohol and drugs) and human behaviour. The programme also introduces the learner to the fundamental aspects of family life education including sexual health education for a happy living.

The programme of study on HIV and Family Education has the following seven courses of 4 credits each.

## **Programme Structure (Syllabus)**

### **1. BSW: BASICS OF HIV/AIDS**

#### ***Block 1: Basic facts of HIV/AIDS***

1. Global and national scenario of HIV/AIDS
2. HIV/AIDS disease profile
3. Misconceptions of HIV/AIDS/STDs
4. History of HIV/AIDS

#### ***Block 2: HIV Transmission and Testing***

1. Transmission of HIV
2. HIV testing issues
3. Moral issues on HIV testing

#### ***Block 3: HIV/AIDS Prevention : Socio-ethical issues***

1. HIV prevention and control : Government initiatives
  2. HIV prevention and control: Personal aspects
  3. Continuum of Care
  4. Societal influence on HIV/AIDS transmission and prevention
  5. HIV/AIDS and ethical issues
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### **2. BSW: ELECTIVE ON HIV/AIDS**

#### ***Block 1: HIV/AIDS And Vulnerable Population***

1. HIV/AIDS and women
2. HIV/AIDS children
3. HIV/AIDS and substance abuse
4. STDs and their management
5. HIV/AIDS and work place

#### ***Block 2: HIV/AIDS Education And Care***

1. HIV/AIDS and its implications on individual, family and community
2. Care of the dying with HIV/AIDS
3. HIV/AIDS education and behaviour modification
4. Palliative Care

#### ***Block 3: AIDS, Law And Human Rights***

1. HIV/AIDS and Law
2. Rights of people living with HIV/AIDS
3. HIV/AIDS related international legislations

#### ***Block 4 : Supplementary reading Book***

1. Case studies
2. Management of HIV/AIDS & Support System
3. Value clarification exercises

4. List of HIV surveillance centres
  5. List of Zonal blood testing centres
  6. List of De-addiction centres
  7. List of additional reading materials and periodicals
  8. List of STD Clinics
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### **3. BSW: BASICS OF FAMILY EDUCATION**

#### ***BLOCK 1: FAMILY LIFE EDUCATION***

1. Family life education: Concept and meaning
2. Importance of family life education
3. Role of home, school and religion in imparting family life education
4. Development of personality and moral values in life

#### ***BLOCK 2: SEXUAL HEALTH EDUCATION***

1. Sex and Love
2. Understanding man and woman
3. Sexual health education: Concept and objectives
4. Sexual health education: Role of home, school and media

#### ***BLOCK 3: FACTS OF LIFE: GROWING UP***

1. Male Reproductive system and functioning
  2. Female reproductive system and functioning
  3. Biological, social, psychological and developmental aspects of early stages of human growth
  4. Biological, social, psychological and developmental aspects of later stages of human growth
  5. Common concerns of youth about sex, sexuality and HIV/AIDS/STDs
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### **4. BSW: ELECTIVE ON FAMILY EDUCATION**

#### ***BLOCK 1: MARRIAGE, PARTNERSHIP AND PARENTHOOD***

1. Meaning of marriage and choosing life partner
2. Forms of marriage
3. Religious, cultural and social values in family life
4. Marital life and role expectations

#### ***BLOCK 2: FAMILY WELFARE***

1. Indian family in transition
2. Family planning policies
3. Methods of family planning
4. Medical termination of pregnancy and issues associated with it

#### ***BLOCK 3: SPECIAL ISSUES IN MARRIED LIFE***

1. Psycho social effects of Divorce, separation and migration
2. Dowry demands and dowry deaths

4. Legal issues involved in marriage
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5. ***BSW: COMMUNICATION AND COUNSELLING IN HIV AND FAMILY MATTERS***

***BLOCK 1: BASICS OF COMMUNICATION***

1. Importance of Information, Education and Communication (IEC) for HIV
2. Communication - concepts, types and process
3. Traditional and modern media of communication
4. Interpersonal, group and mass communication
5. Use of media for promotion of HIV and family education

***BLOCK 2: BASICS OF COUNSELLING***

1. Introduction to counselling
2. Processes involved in counselling
3. Supportive and behavioural techniques in counselling
4. Cognitive and psychoanalytical techniques in counselling
5. Practical issues involved in counselling

***BLOCK 3: COUNSELLING IN HIV AND FAMILY MATTERS***

1. STD and HIV/AIDS counselling
  2. Family and pre-marital counselling
  3. Counselling on Sexuality and Sensitive issues
  4. Existing trends in counselling services in India
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6. ***BSW: ELECTIVE ON ALCOHOL, DRUGS AND HIV***

***BLOCK 1: FACTUAL INFORMATION ON SUBSTANCE ABUSE***

1. Relevance of substance abuse and HIV
2. Commonly used drugs and target groups
3. Extent of prevalence of substance abuse and trafficking in India
4. The drugs scenario-global, regional and national

***BLOCK 2: SUBSTANCE ABUSE AND ITS IMPLICATIONS***

1. Link between alcohol, drugs, STDs, and its relevance in the present day context
2. Consequences of substance abuse on the individual
3. Impact of substance abuse on family and on national development
4. The Narcotic Drugs and Psychotropic Substances Act 1985 (NDPS Act, 1985)
5. Drug demand and supply reduction

***BLOCK 3: PREVENTION AND TREATMENT OF ALCOHOL & DRUGS***

1. Treatment of alcohol and drug dependence
2. Empowering through education, counselling, referral services and community responses
3. Role of NGOs, national and international bodies on prevention and control

4. Developing skills and competencies for intervention strategies

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**7. BSW: PROJECT WORK**

**Options**

- I Small project work based on data collection on related topics.  
OR
- II i) Case study of an individual/family  
ii) Case study of an institution in one's locality  
iii) Survey report of health care facilities in one's block/district/ town etc.  
OR
- III i) Report of an exposure/field visit  
ii) Directory of NGOs (local/ profile)  
iii) A write up on related topics with appropriate references  
OR
- IV i) Report of a community organisation programme on health related issues  
ii) Report of an awareness campaign organized by self/group  
OR
- V Development of an innovative intervention strategy/methods for awareness/sensitization  
OR
- VI Preparation of an education aid/kit for awareness

**Eligibility:** A person who has successfully completed 10+2 (or its equivalent or BPP from IGNOU) is eligible for enrolment in the Programme in HIV and Family Education. People with higher qualification too can enrol for this programme.

**Medium of Instruction:** We offer the Certificate Programme in HIV and Family Education in the medium of English and Hindi. In other words, the print materials as well as the audio and video programmes are in both English and Hindi. You can, therefore, choose any one of these languages to write your assignments, project proposals, project reports and Term-End examination.

**Duration:** This Certificate Programme is of six months duration. However, in case you are unable to complete the programme in six months, you can complete the same within a maximum period of two years. In an extreme case, if a learner is unable to complete the programme even within two years, there is provision for re-registration on payment of dues.

**Programme Fee:** The Programme fee of Rs. 800/- inclusive of examination fee, is to be paid in lumpsum at the time of admission along with the filled in application form. The programme fee is to be paid only by way of Demand Draft drawn in the name of IGNOU and payable at the nearest city where the IGNOU Regional Centre is situated.

Application form and other details are available in the Student Handbook and Prospectus which can be purchased from any of the IGNOU Regional Centres located in your State/Union Territory or at IGNOU Headquarters at Maidan Garhi, New Delhi, in person, on payment of

Rs. 30/- in cash or through post by sending an IPO or DD of Rs. 80/- drawn in favour of IGNOU at New Delhi/at the Regional Centre/Partner Institution concerned.

An electronic version of the Prospectus is available at IGNOU website at <http://www.ignou.org>

**Address of INGOU Headquarter:**

Director  
Student Registration & Evaluation Division  
IGNOU, Maidan Garhi, New Delhi- 110068.

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**REGIONAL CENTERS OF IGNOU**

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IGNOU R.C., Sanchi Complex, Opp. Board of Edu. Shivaji Nagar, Bhopal – 462 016.	IGNOU R.C., Old Government College Campus Railway Road, Opp. Liberty, Karnal – 132 001.
IGNOU R.C., C-1, Institutional Area,Bhubaneswar – 751 013	IGNOU R.C., BH-39, Opp. Dzuwuru Motton Khola, I.O.C. Kohima- 797 001 (Nagaland)
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IGNOU R.C., 6-A, Municipal Road, Dehradun – 248 001	IGNOU R.C., B-1/33, Sector-H, Aliganj, Lucknow – 226 024.
IGNOU R.C., 1-52, Institutional Area, Tughlakabad Extn. Near Batra hospital, New Delhi – 110 062.	IGNOU R.C., 170-A, Patliputra Colony, Patna – 800 013
IGNOU R.C2., 2-Azad Bhawan Road, I.P. Estate New Delhi – 110 002	IGNOU R.C., 3 <sup>rd</sup> Floor, PMT Commercial Complex –1, Shankersheth Road, Swargate, Pune – 411 042
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