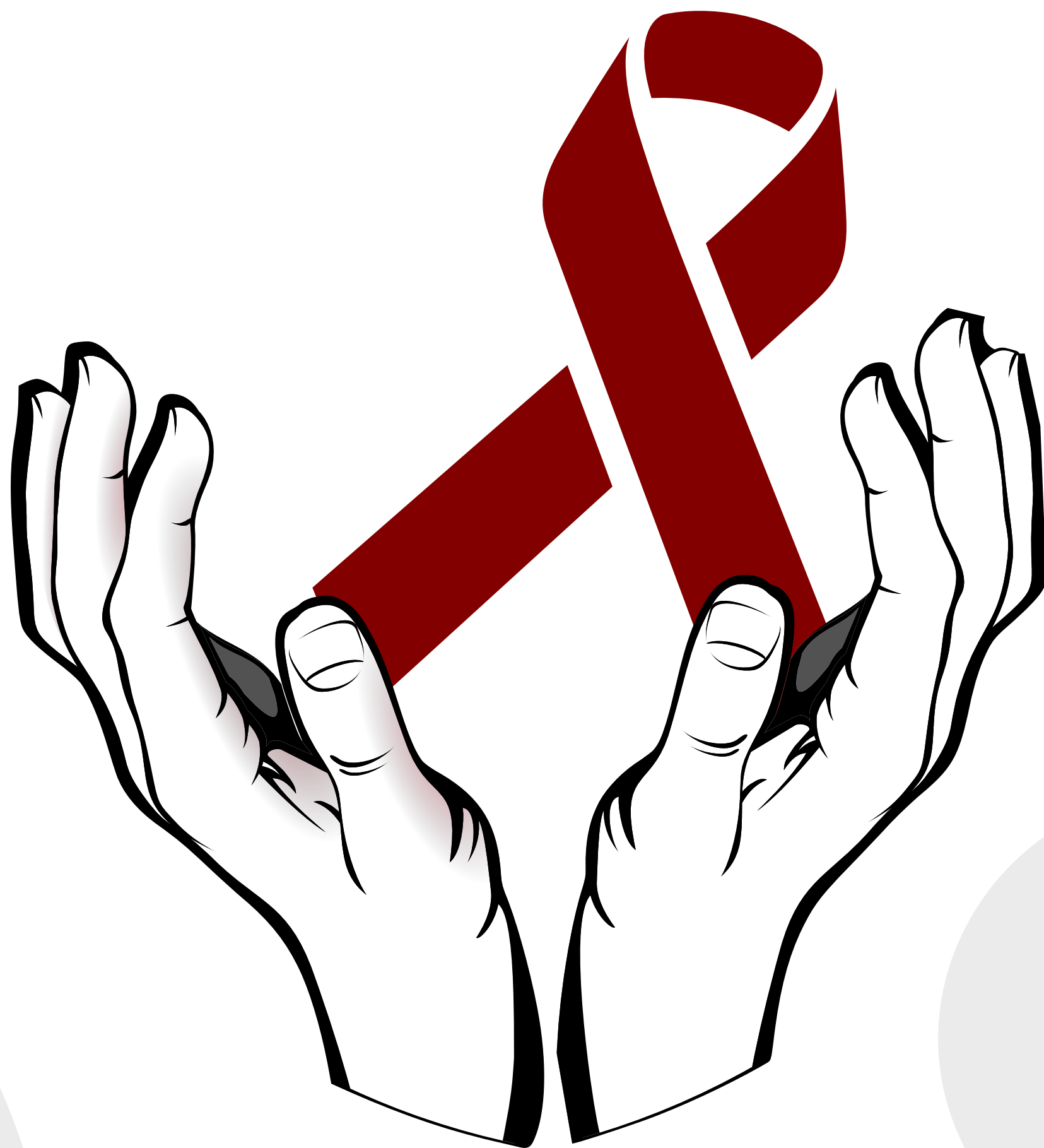


**DEPARTMENT OF ZOOLOGY
HAFLONG GOVT. COLLEGE**

**WORLD
AIDS DAY**

EDITION-VII

DECEMBER 1, 2025



STAY HEALTHY TOGETHER AND STOP AIDS



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E-MAGAZINE EDITION-VII

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Dear Readers,

Welcome to the seventh edition of our e-magazine! We are thrilled to bring you a collection of engaging stories, insightful articles, and creative expressions. This edition reflects the talent, passion and dedication of our contributors and we hope it inspires and resonates with you.

Happy reading!

Warm regards,

The Editorial Team



MESSAGE FROM THE ADVISOR

I want to feature on the importance of consistency in achieving success. Often we focus on grand goals and forget that small, consistent efforts lead to significant outcomes. Its okay to stumble but always get back up and continue, consistency lays the foundation for progress. Growth is not about perfection, its about persistence.

Together, we can explore ways to overcome challenges and search our fullest potential.

My best wishes..

A handwritten signature in blue ink, reading "Sarbojit Thaosen", is written above a horizontal line.

Dr Sarbojit Thaosen(Principal i/c)

Advisor

E - Magazine

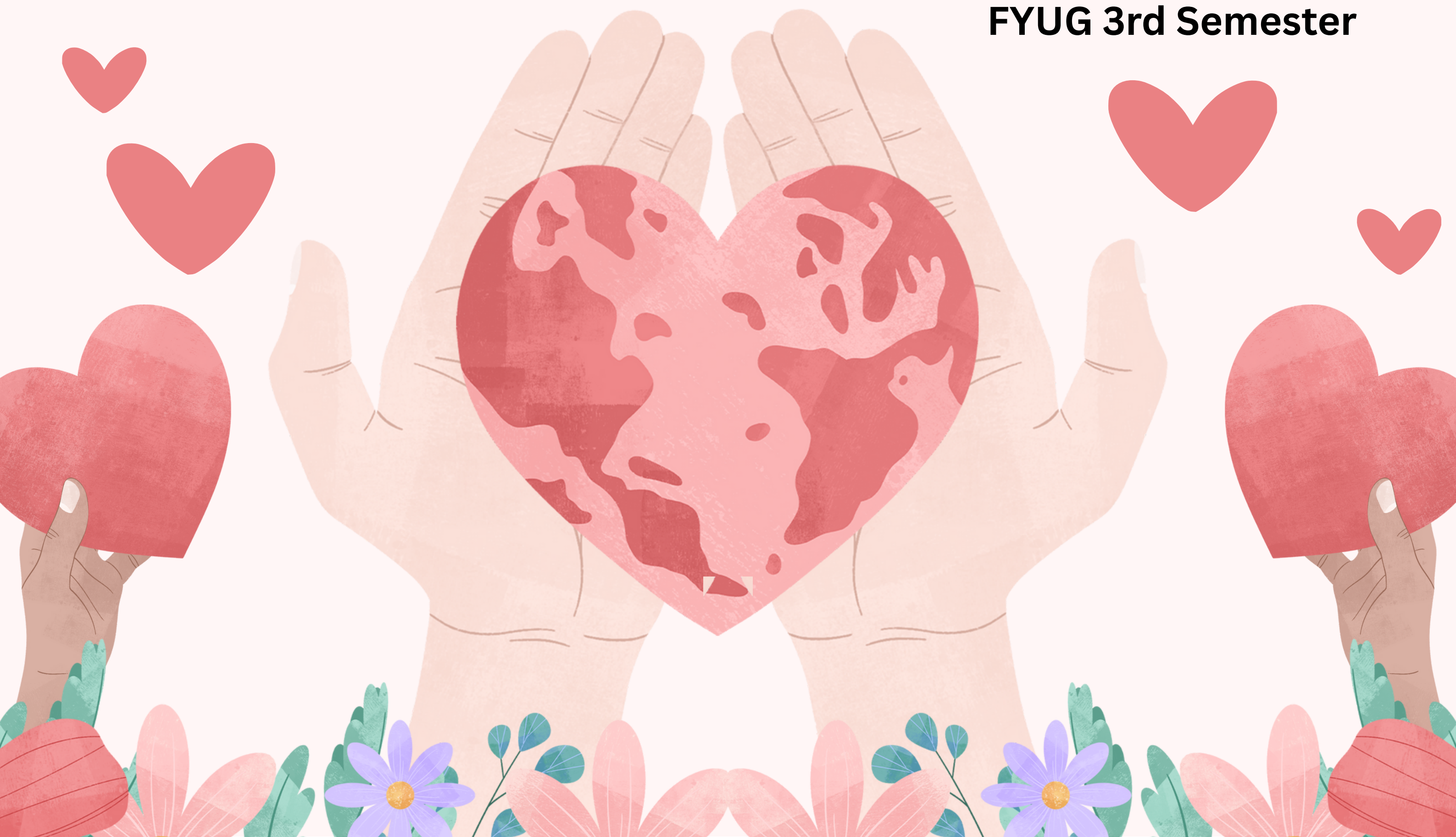
Department of Zoology



WORLD AIDS DAY

World AIDS Day is an international day observed annually on December 1st to raise awareness about HIV/AIDS, honor those who have died from the disease, and celebrate advancements in treatment and prevention. It was first established in 1987 as an emergency services and serves as a global opportunity to promote education, fight stigma, and encourage efforts to end the AIDS epidemic. The day is also an opportunity to focus on issues such as access to treatment, human rights, and social inequality related to HIV.

Anubhav Joishi
FYUG 3rd Semester





WORLD AIDS DAY

Overcoming disruption, transforming the AIDS response

The global theme for World AIDS Day 2025 is "**Overcoming disruption, transforming the AIDS response**," which calls for building resilient and inclusive HIV/AIDS services. The main goals are to address challenges like funding gaps, inequality, and stigma, and to accelerate progress toward ending AIDS as a public health threat by 2030 by improving access to prevention, treatment, and care for all.

Urvash Johari
FYUG 3rd Semester

HIV/AIDS Awareness



Awareness of HIV/AIDS is crucial for prevention, early detection, and reducing stigma. HIV, a virus that attacks the immune system, is primarily transmitted through sexual contact, sharing needles, and from mother to child, but not through casual contact like hugging, kissing, or sharing food. Early diagnosis through testing, coupled with consistent treatment, allows people with HIV to live long, healthy lives and prevents further transmission.

Josmai Thaosen
FYUG 5th Semester



Prevention & Education

Prevention strategies

Get tested regularly: Knowing your HIV status is crucial for early detection and can help prevent transmission.

Avoid sharing needles: Never share needles for injecting drugs or for any other purpose.

Practice safe sex: Consistently use condoms during vaginal, anal, or oral sex and use water-based lubricants.

Consider PrEP and PEP: PrEP (pre-exposure prophylaxis) can prevent HIV before exposure, while PEP (post-exposure prophylaxis) can be used after potential exposure.

Treat other STIs: Get tested for and treated for other sexually transmitted infections, as they can increase the risk of HIV infection.

Ensure safe medical practices: Make sure any medical procedures or blood transfusions are done with sterile or disposable needles and proper screening.

Educational and awareness activities

Educate yourself and others: Learn and share accurate facts about HIV to dispel myths and reduce fear.

Challenge stigma: Speak out against discrimination and show empathy and respect toward people living with HIV.

Participate in campaigns: Join local and online campaigns, wear a red ribbon, and support community programs.

Encourage open conversations: Talk openly and honestly about HIV and prevention with friends and family.

Support community and parent initiatives: Encourage schools and parents to include comprehensive HIV education in their programs to empower young people and build confidence in handling situations.

Paismaidi Thaosen
FYUG 5th semester

SCIENTIFIC PROGRESS

Scientific progress has turned HIV/AIDS from a fatal disease into a manageable chronic condition through antiretroviral therapy (ART), but a cure has not yet been found. Recent advances include new long-acting medications, successful stem cell transplants for a few individuals, and gene therapy trials aimed at creating a cure or putting the virus into a long-term dormant state. Research is also progressing on broadly neutralizing antibodies (bnAbs) for both treatment and prevention, though a widely effective vaccine remains elusive.



Sahida Begum
FYUG 5th Semester

Kindness doesn't need grand gestures — it can be a smile, a helping hand, or a few gentle words that brighten someone's day.