

## A sound mind is in a sound body- Yoga se Hoga! (Is possible with Yoga)

Yoga is an ancient physical, mental and spiritual practice that originated in India. Recognizing the universal appeal and remarkable benefits of practicing yoga, the United Nations proclaimed 21 June as the International Day of Yoga. Several studies across the globe have proven that yoga practice can be very beneficial for People Living with HIV (PLHIV) clients.

Realising the importance of yoga in the lives of PLHIV, Vihaan Care and Support Centre (CSC) partners organized special programmes across the country. At district level, CSCs organised yoga for PLHIV in their respective offices and SRs organized state level workshops in collaboration with local agencies and government departments to impart knowledge on the basics of yoga for their psychological as well as physiological well-being.

## Pooja- A home maker and yoga teacher

Ms. Pooja was first diagnosed with HIV in 2003. After learning about her infection she started to give up hope about her future. Her health deteriorated and she was suffering from many Opportunistic Infections (OIs). She came in contact with Pratapgarh District Level Network (DLN) where she was provided counselling and her perspective towards life was transformed. Taking advice from a well-wisher she started learning yoga. Initially, she joined a camp to learn the basics of yoga, but now she practices yoga by watching TV shows. Pooja, who was once underconfident and had lost all enthusiasm for life now looks forward to each day. She practices yoga and meditation every morning to keep herself fit and motivated. Since Pooja is famous among her peer group, many CSCs invite her to instruct yoga for the benefit of fellow community members. She now regularly teaches yoga in CSCs on a voluntary basis.

## Tapping resources

Local resource mobilization is one of the biggest achievements of the Vihaan project. Our CSC partners, SR team along with Uttar Pradesh Network of People Living with HIV (UPNP+) is knocking every door for every possible support to PLHIV.

## For the People by the People's representative:

In Pratapgarh CSC, situated in the state of Uttar Pradesh PLHIV community members shared their difficulties in one of the Support Group Meeting (SGM). It was found that in most of the homes access to safe drinking water was the biggest challenge. Also, commuting on the village roads in absence of street lights was adding to their woes. After getting to know about the grievances of the community, CSC Project Director and Co-ordinator met the local MP and MLA, and informed them about the miserable conditions of PLHIV community members. After regular follow ups by the director and co-ordinator, help was offered to the community members. MP Sri. Hari Vansh Singh donated 15 Hand pumps, 2 Solar



Lights to PLHIVs and 1 tricycle to a differently abled PLHIV. CSC also mobilised 10 bicycles from Shram Rojgar Karyalaya, 19 hand pumps for PLHIV and two solar lights for the community members.

## School chale hum...(Let us go to School)

Council of People Living with HIV/AIDS in Kerala (CPK+) conducted an advocacy programme with the Kerala State Industrial Development Corporation (KSIDC). As a part of the programme, they distributed school kits consisting of a bag, books, tiffin box and an umbrella to the Children Living with HIVs (CLHIVs). Across Kerala, in all the CSCs the programme was conducted by inviting prominent personalities including Ministers, LSGD members (Panchayat/Municipality/Corporation), District Medical Officers, District Panchayat President, Representatives from Industrial Department, other NGOs etc. The programme benefitted 1,000 students who received school kits worth Rs.800/- approximately, as part of the programme.



## Vihaan Updates

- 11,60,525** PLHIV received care & support services
- 5,27,173** PLHIV and family members linked with social protection schemes
- 3,37,043** Lost-to-Follow-Up PLHIV tracked and returned to ART services
- 9,24,904** PLHIV screened for TB

(Through June 2017)