



Modernization of Head Post Office in Madhya Pradesh | Madhya Pradesh | 04 Dec 2024

Why in News?

- Recently, the **Union Minister of Communications** laid the **foundation stone** for the **Head Post Office** at **Ashoknagar** district of Madhya Pradesh.

Key Points

- **About the Head Post Office:**
 - The Head Post Office will be **constructed at a cost of Rs 2.1 crore**. It is scheduled for **completion within one year**.
 - The facility will **feature state-of-the-art, [technology-enabled infrastructure](#) with modern amenities** to enhance the customer experience.
 - The head post office will function as the **administrative center for 10 sub-post offices in Ashoknagar** district.
 - It **aims to improve service delivery and provide greater convenience** to the local population.
- **Legacy of India Post:**
 - With over 150 years of service, India Post remains one of the largest postal networks globally.
 - [The Post Office Act of 2023](#) came into force repealing the [Indian Post Office Act, 1898](#).
 - The Department continues to bridge gaps and deliver excellence in both urban and rural areas, with a strong focus on modernization and grassroots outreach.

Indian Post Office Act, 1898

- It came into force on **1st July 1898** with the objective to **consolidate and amend** the law relating to the Post Offices in India.
- It provides for the **regulation of the postal services** offered by the central government.
- It grants the Central government **exclusive privilege over conveying letters** and establishes a monopoly of the Central government over conveying letters.

World AIDS Day 2024 Event in Indore | Madhya Pradesh | 04 Dec 2024

Why in News?

Recently, the **Union Minister of Health and Family Welfare** inaugurated the **World AIDS Day, 2024** commemoration in the presence of the Chief Minister at the **Devi Ahilya Vishwavidyalaya Auditorium, in Indore, Madhya Pradesh**.

- The event emphasized the **theme “Take the Rights Path,”** highlighting equal rights, dignity, and access to healthcare for individuals affected by **HIV/AIDS**.

Key Points

- **Government's Commitment:**
 - The Union Minister reiterated the government's dedication to **safeguarding the rights of people living with HIV/AIDS, focusing on legal protections, healthcare access, and societal transformation.**
 - He emphasized raising awareness, combating stereotypes, and ensuring effective AIDS control through community initiatives and campaigns.
 - The program aligns with the global **Sustainable Development Goals (SDGs)** to end AIDS by 2030.
 - Activities emphasized collective action, **empathy,** and resilience, promoting a world free from discrimination and fear.
- **Achievements in AIDS Control:**
 - India has seen a **44% reduction in new HIV cases since 2010**, compared to the global reduction rate of **39%.**
 - **AIDS-related deaths** in the country **declined by 79%** during the same period.
 - India is now a global leader in producing affordable, effective HIV medicines and supplies free **antiretroviral therapy (ART)** to AIDS patients.
- **Strategic Targets:**
 - India adopted the **90-90-90 target** to detect 90% of AIDS cases, treat 90% with ART, and suppress viral load in 90% of treated individuals.
 - The revised 95-95-95 targets are nearing achievement, with 81% identified, 88% treated, and 97% achieving viral suppression.
- **Role of Madhya Pradesh:**
 - The Chief Minister commended the state's strides in healthcare, including plans to eradicate AIDS as a public health threat by 2028, two years ahead of the global 2030 target.
 - He noted the significant expansion in medical colleges in Madhya Pradesh, from 5 to 31, with plans for 50 by 2026.
- **Key Initiatives and Releases:**
 - **SANKALAK 6th Edition:** Detailing India's AIDS control progress.
 - **India HIV Estimates 2023:** Providing updated data on HIV prevalence, incidence, and mortality.
 - **Coffee Table Book:** Highlighting the Intensified Information, Education & Communication (IEC) Campaign's achievements.
 - **Prevention Progress Update 2023-2024:** Reporting on prevention activities for high-risk groups.
 - **Research Compendium Volume II:** Sharing insights from state-specific studies on AIDS.
- **Community Engagement:**
 - The event featured exhibitions by **National AIDS Control Organization (NACO)**, live performances of a newly launched theme song, and narratives from beneficiaries of the **National AIDS Control Programme.**
 - Diverse stakeholders, including policymakers, health workers, civil society, and development partners, attended the event, fostering collaboration.

HIV/AIDS Disease

- **About:**
 - Human immunodeficiency virus (HIV) is an infection that attacks the body's immune system.
 - AIDS is the late stage of HIV infection that occurs when the body's immune system is badly damaged because of the virus.

- HIV attacks **CD4, a type of White Blood Cell (T cells)** in the body's immune system.
 - T cells are those cells that move around the body detecting anomalies and infections in cells.
- After entering the body, **HIV multiplies itself and destroys CD4 cells**, thus severely damaging the human immune system. Once this virus enters the body, it can never be removed.
- The CD4 count of a person infected with HIV reduces significantly. In a healthy body, CD4 count is between 500- 1600, but in an infected body, it can go as low as 200.
- **Transmission:**
 - HIV can spread through multiple sources, by coming in direct contact with certain body fluids from a person infected with HIV, who has a detectable viral load. It can be blood, semen, rectal fluid, vaginal fluid or breast milk.
- **Symptoms:**
 - Once HIV converts into AIDS then it may present in initial symptoms like **unexplained fatigue, fever, sores around genitals or neck, pneumonia etc.**

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