



World AIDS Day 2024

[Source: PIB](#)

[World AIDS Day](#), observed on **1st December every year**, serves as a platform to raise awareness about **HIV (Human Immunodeficiency Virus)/AIDS (Acquired Immune Deficiency Syndrome)**, reflect on the progress made, and highlight ongoing efforts to eliminate the disease.

- **2024 Theme: “Take the rights path: My health, my right!”**.
- **AIDS:** It is a chronic, life-threatening condition caused by HIV, which attacks the immune system, **targeting CD4 cells** (white blood cells, vital for the immune system). It spreads through **unprotected sex, infected blood, and sharing needles**.
 - While there is no cure, **antiretroviral therapy (ART)** can suppress the virus and help restore CD4 cells.
- **Global and National Progress:** The [Global AIDS Update 2023](#) highlights a decline in new infections, **aiming to eliminate AIDS by 2030**. In India, **over 2.5 million people live with HIV**, with a **44% reduction in new infections since 2010**.
- **India’s Response to the HIV/AIDS:**
 - **NACP Phase-V (2021-2026):** Phase-V aims to reduce new infections and **AIDS deaths by 80%** (baseline: 2010), eliminate vertical transmission, and **combat HIV-related stigma**.
 - The National AIDS and STD Control Programme (NACP), launched in 1992, has been implemented in **five phases (Phase I-IV: 1992-2017)**.

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Antiretroviral Therapy: What Does It Do?

Antiretroviral therapy (ART) is the daily use of a combination of HIV medicines to treat HIV.

ART saves lives, but does not cure HIV.

When a person with HIV has access to ART and takes it as prescribed, ART...

- ▶ Reduces the amount of HIV in the body
- ▶ Reduces the risk of HIV transmission
- ▶ Prevents HIV from advancing to AIDS
- ▶ Protects the immune system
- ▶ Prolongs life expectancy to near-normal

Read more: [UNAIDS Global AIDS Update](#)

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