

Project MITHRA

providing village families living with HIV/AIDS with counselling, nutrition, household income & community support



Building the capacity of village families living with HIV/AIDS to become self-sufficient enables them to support their own health & socio-economic needs and make a contribution to the wider community.

Project Description

This project addresses the need of village families living with HIV/AIDS to maintain their health & socio-economic status while faced with poor health & challenges which limit employment. Education & training related to nutrition & economic opportunities such as kitchen gardens, craft activities or goat-rearing enables women & men to generate income which supports their household income & health needs. The project also addresses HIV/AIDS education in the wider community. ***This project is also replicable in multiple remote village clusters in Tamil Nadu.***

Quick Project Facts

Delivering partner: Mithra Foundation (MF)
www.mithrafdn.com

Location: Tamil Nadu, South-eastern India

Target group: 100 families in Self-Help Groups to cultivate organic kitchen gardens to improve nutrition or engage in craft or goat-rearing activities to generate income. MF to provide counselling, yoga, cooking skills as well as record & collect health-related data; up to 2000 other villagers to gain better understanding of HIV/AIDS issues.

Total beneficiaries: 2,000+

£25 can buy a she-goat to provide milk to supplement family nutrition & kids which can be sold to generate income.

HIV/AIDS in India

India has the third largest number of people living with HIV in the world

Poor understanding of reproductive health has led to stigmatisation of people living with HIV/AIDS and bars their access to employment and their children to schools, etc.

1.4 to 1.6 million people infected with HIV/AIDS currently reside in India. While the HIV population has declined by approx. 50% over the last decade, Trichy in Tamil Nadu is a hotbed of main highways & truck drivers & prostitution which contribute to high levels of HIV in the area.

For more info call **0208 973 3773** or email **melissa@jeevika.org.uk**. More about all of our projects can be found at **www.jeevika.org.uk**