



Community Connect

Voices from The Field

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As a Nikshay Mitra, I raise awareness about Tuberculosis in my community. I encourage others to join as Nikshay Mitras to support those affected and share important health information on social media. Together, we are taking steps towards a TB free India.

**Yajat Gupta, 10 y.o.,
Student & Nikshay Mitra**



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हमारी भारतीय परंपरा में चार प्रकार के दान को सर्वोच्च माना गया है - अभय दान, निरोग दान, श्रम दान और आहार दान। डॉक्टरों को अभय दान, निरोग दान और श्रम दान के लिए जाना जाता है, लेकिन इस बार हम एक महत्वपूर्ण दान दे रहे हैं और वह है आहार दान। इस पहल के माध्यम से हम न केवल चिकित्सा सहायता प्रदान करेंगे बल्कि टीबी रोगियों के पोषण का भी ध्यान रखेंगे ताकि उनका संपूर्ण स्वास्थ्य सड़ हो सके!

**डॉ विजय चौधरी,
प्रधानाचार्य, RGRAH college पपरोला**

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As a Community Health Officer, my contribution to TB Mukta Bharat is through celebration of TB Awareness activities at panchayats, anganwadis, schools and local gatherings, so that people will know more and more about the disease, its cure and very importantly, its prevention. I am a Nikshay Mitra and also encourage others in our society to become Nikshay Mitras, so we can remove the stigma of this disease at every level of society. Also, we encourage the TB Champions to talk about their personal experience, how they fought and triumphed over the disease and now are living a healthier life. I must emphasise that screening of key vulnerable populations to identify the disease as early as possible is crucial. Finally, I just want to say, fight TB before it attacks you. Save yourself and your family too! TB Harega Desh Jeetega...Yes We Can End TB!”



**Deeksha Saini
Community Health Officer, Health and Wellness Centre - Bhanala, Block Shahpur**

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“As mentioned even in Ayurvedic texts, without proper Ahaar(nutrition), medications alone cannot cure any disease/ medical condition. So, I am contributing to the campaign for a TB Mukh Bharat by supporting the nutritional needs of TB patients(Ni-kshay Mitra).”

**Dr. Amrit Kour, PG Scholar R.G.G.P.G Aryurvedic
College and Hospital, Paprola.**

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“As a Nikshay Mitra, I had the opportunity to support a female TB patient who faced poverty and social discrimination. I am thankful that after my visits and interaction with the patient, her family, and villagers, she could regain confidence. It also positively influenced the perception of community towards her, fostering compassion and inclusion. Together, we are building a supportive community for a TB Mukh Bharat.”

**Dr Digvijoy Phukan,
Associate Professor, (previously with Central University of Himachal Pradesh), Kangra,**

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“Being a member of Red Ribbon Club of Central University of HP, I am dedicated to ending TB, by focusing on female TB patients and the stigma around them. By fostering community engagement, specially among women, we as students and scholars of CUHP are trying to ensure that no one faces stigma and discrimination. Together, we aim to create a informed and sensitised community which supports the detection and treatment of every woman TB patient without attaching any kind of stigma.”

Yukta Tomar,

Research Scholar, Department of Social Work, Central University of Himachal Pradesh



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“As a CHO my contribution to a TB Mukta Bharat is by:

- **1.Ensuring that all eligible people are screened for TB.**
- **2.Counseling community members who are chronic smokers or alcoholics on the harmful effects of these substances.**
- **3.Organizing TB awareness activities at panchayat and schools**
- **4.Providing awareness on symptoms of TB, good cough etiquettes, available services for screening, diagnosis and treatment of TB. YES WE CAN END TB!”**

Shweta

**Community Health Officer, Health and Wellness Centre – Thana,
Block – Tiara**

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“As a chemist, inspired by the call of Hon’ble Pradhan Mantri ji, I printed TB awareness messages on the envelopes used for medicine packaging. This small step helped many patients understand that TB is completely curable with timely and complete treatment, contributing to the TB Mukta Bharat Abhiyaan by spreading awareness at the grassroots level.”

Shri Shashank Sood,

Chemist – Arogya Medicos, Dehra, Kangra

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“NTEP ki dagar pe, Champions dikhao chal ke

Ye program hai tumhara, Role models tumhi ho kal ke ...”

Dr. Monika Singh,

MO I/c PHC Naura

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“हमने मिलकर ठाना है,
टी बी को जड़ से मिटाना है

सन्देश के साथ केमिस्ट के तौर पर अपनी दुकान पर लोगों को खांसी होने पर अस्पताल जानें व सही बलगम की जांच के लिए प्रेरित कर रहा हूँ तथा अपने लिफाफे में टीबी की एड करके लोगों को जागरूक करता हूँ खांसी होने पर लोगों को मास्क पहनने व सार्वजनिक स्थान पर न थूकने के लिए लोगों को जागरूक करता रहूंगा हम सब मिलकर टीबी को हराएंगे और हिमाचल को जिताएंगे। “

चंदर चौहान
अध्यक्ष केमिस्ट एसोसिएशन चौपाल
(प्रो. चौहान मेडिसिंस नेरवा)

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“आशा फैसिलिटेटर के तौर पर मैं टीबी का समय पर निदान, पोषण सहायता, जनजागरूकता पर जोर देना और घर-घर जाकर संभावित रोगियों की पहचान करना तथा नियमित दवा सेवन सुनिश्चित करती हूँ।“

सुरेष्ठा देवी
आशा फैसिलिटेटर पी एच सी

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