



## TB Mukht Bharat Abhiyan | Jammu & Kashmir | 11 Sep 2025

### Why in News?

The Deputy Commissioner (DC) of Srinagar chaired a review meeting to **assess the progress** of the **TB Mukht Bharat Abhiyan** in the district.

- The meeting focused on key areas, including TB notification rates, early detection, treatment adherence, and the [Ni-Kshay Mitra initiative](#) aimed at enhancing patient support.
- The focus was on **intensified screening in high-risk areas** and community engagement through [ASHA workers](#), conducting home visits to provide **crucial at-home care** for better TB recovery outcomes.

### Ni-Kshay Mitra Scheme

- **About:** The "**Ni-kshay Mitra**" scheme, launched under the Pradhan Mantri TB Mukht Bharat Abhiyan (PMTBMBA) in 2018 by the Prime Minister, aims to **offer comprehensive support to TB patients** throughout their treatment journey.
  - **Launched in 2022 as part of the [National TB Elimination Programme \(NTEP\)](#), PMTBMBA focuses on providing nutritional, diagnostic, and vocational support to improve treatment outcomes and accelerate India's TB elimination goal.**
  - PMTBMBA is the **world's largest crowd-sourcing initiative** for TB patient nutrition.
- **Implementation:** Support for TB patients is extended by various stakeholders, including **elected representatives, corporates, organizations, NGOs, and individuals**, helping them achieve a successful recovery.
- **Portal:** The [Ni-Kshay Portal](#) helps health workers manage TB cases, track treatment, and report real-time data for India's TB surveillance.

### National TB Elimination Programme (NTEP)

- In 2020, the Revised National Tuberculosis Control Program (RNTCP) was renamed the NTEP, with the aim of eliminating tuberculosis in India by **2025**, five years ahead of the **global target set for 2030**.
  - The [Sustainable Development Goal targets](#) for TB include an 80% reduction in incidence, a 90% reduction in mortality, and zero TB patients facing catastrophic costs.
  - The program is guided by the **National Strategic Plan (2017-2025)** under the strategic pillars: **Detect - Treat - Prevent - Build (DTPB)**.
  - The NTEP focuses on **early diagnosis, quality-assured treatment**, engaging private providers, contact tracing in high-risk areas, and addressing social determinants through a multi-sectoral approach.
  - The programme recorded its highest-ever case notifications, reporting 25.5 lakh TB cases in 2023 and 26.07 lakh cases in 2024.
  - Under NTEP, India introduced **improved drug-resistant TB treatments**, including a safer, shorter **all-oral Bedaquiline regimen**, increasing success rates from **68% in 2020 to 75% in 2022**.
    - The **mBPAL regimen** (Bedaquiline, Pretomanid, Linezolid) offers 80% success for MDR-TB, reducing treatment duration to six months.

# Tuberculosis

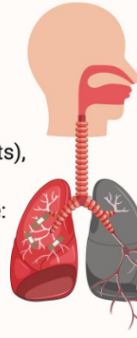


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Tuberculosis (TB) is an infectious disease that affects the lungs. Tuberculosis is preventable and curable.

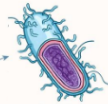
## Prevention

- Seek medical intervention if symptoms persist
- If at a higher risk (HIV patients), get tested for TB.
- Practice good cough hygiene: Wear a mask and avoid contact



## Causes:

- Mycobacterium tuberculosis*
- Coughing droplets
- Prolonged exposure from a patient



## Symptoms of TB:

- Chest pain
- Weakness
- Weight loss
- Fever
- Night sweats
- Prolonged cough

The two main types of tuberculosis (TB) are:

- 1. Pulmonary TB:** This type of TB affects the lungs. It is the most common form and is contagious, spreading through airborne droplets when an infected person coughs or sneezes.
- 2. Extrapulmonary TB (EPTB):** This occurs outside the lungs, affecting organs like lymph nodes, bones, brain, kidneys, or the pleura. It is less contagious and usually spreads within the body from the lungs.

## How TB Spreads?



**TB spreads** through the air when individuals with lung TB cough, sneeze, or spit, releasing infectious droplets. Alarming, inhaling just a few bacteria is enough to cause infection. TB is curable and preventable.

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