



TB Mukht Bharat Abhiyan

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

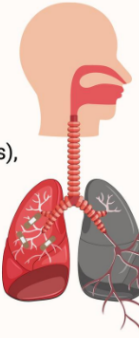


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Tuberculosis (TB) is an infectious disease that affects the lungs. Tuberculosis is preventable and curable.

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:

- 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.
- 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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