

Youth take the lead in TB awareness
Red Arrow pinning as mark of commitment to end TB
NGO felicitated for successful implementation of sputum and transport scheme



To accelerate to efforts to end TB, District level workshop under World TB Week Campaign was held at conference hall on Zonal Hospital Dharamshala. Youth of ten Red Ribbon Clubs of the District participated in the poster contests, Youth conveyed their innovative messages on TB through Rangoli message of Red Arrow logo which is the symbol of fight against TB. All were pinned with red arrow badges / pins.

Youth presented their views about symptoms of TB through colorful posters through interactive discussion, the interaction with experts was facilitated by social activity Vijay Kumar & Nikhil Sharma Lecturer DIET Dharamshala.

Kartika Mankotia of DAV College Kangra bagged the first prize followed by Shilpa of Guru Dronocharya Nursing College Yol and Prinyaka of Gian Jyoti Bed College. Kartar of Trigarat Sanskrit College Chamunda was given special appreciation for his innovative message in Sanskrit.

Dr. RK Sood, District TB Officer Kangra on the occasion stated that the Red Arrow - a symbol for our solidarity towards a world without TB. The arrow represents our unwavering commitment to move forward with the mission until we reach the finish line to End TB. He called upon all Red Ribbon Clubs for health promotion and healthy choices for bright future., he added.

Dr. Vyom Bhardwaj and Dr. MK Gupta were conferred with life time achievement award in the field of TB control. Gunjan Organisation for community development was felicitated for successful implementation of sputum and transport scheme which enabled accessed to technology for remote rural population. NGOs including SHIRA, Gunjan, Tonglen also participated in the workshop. Contribution for TB control of Sh. Bhatendra Bansal NRI was also acknowledged.

On this occasion chief guest Dr. RS Rana, CMO Kangra while opening the workshop stated that TB cannot be controlled by purely bio-medical approach alone, mass movement is needed involving all section of society. TB remains the top infectious killer in 2017. Most TB deaths in India occur among young adults in the economically productive age group, with high economic and social costs. TB is also the main cause of deaths related to antimicrobial resistance and the leading killer of people with HIV, He further stated that each year India has economic losses of \$23bn from TB, making it India's biggest health crisis.

On the occasion he told that drug resistant TB spread is undermining efforts to control the global TB epidemic. Multi drug-resistant [MDR-TB] and Extensively drug-resistant [XDR-TB] develop when the long, complex, decades-old TB drug regimen is improperly administered, or when people with TB stop taking their medicines before the disease has been fully eradicated from their body. Once a drug-resistant strain has developed, it can be transmitted directly to others just like drug-susceptible TB. Treatment for MDR-TB consists of what are called second-line drugs. These drugs are administered when first-line drugs fail. Treatment for MDR-TB is commonly administered for 2 years or longer and involves daily injections. Many second-line drugs are toxic and have severe side effects. In India, 3% of new TB cases and 12% of re-treatment cases have DR- TB.



Dr. Rajesh Guleri MOH Kangra stated that the awareness campaign will be taken to village level under recently launched Mukhya Mantri Nivaran Yojna. Under the National Strategic plan for TB, 2017-2025 efforts are on to accelerate the TB control. He added that nutritional support of Rs 500 per month will be given to all TB patients through Direct Bank Transfer.

He honoured the best performing Block Tiara and Jwakamukhi for their performance in door to door Active Case Finding campaign held earlier this year. The teams of ASHA and Health workers who had detected 52 hidden cases have also been felicitated at block level.

He also addressed the issue of tobacco smoking, as tobacco is responsible for higher risk of developing TB. Smoking damages the lungs and can make smokers more susceptible to TB infection; smoking harms the body's immune system, meaning smokers are less able to combat TB infection; and smoking reduces the effectiveness of TB treatment which can lead to longer periods of infection and/or more severe forms of the disease.

TB Survivor, Kuldeep, who presently work with Gunjan NGO, openly shared his experience of stigma and need for social support for TB patients. He appealed to all to spread awareness about TB and dispel the myths.

Colleges who participated in the event: Guru Dronocharya College of Nursing Yol, Gian Jyoti College of Education, Sharan College of Education, Govt. Bed College Dharamshala, HIET Shahpur, MCM DAV College Kangra, Govt. Degree College Palampur, Trigart Sanskrit College Chamunda, Dhouladhar ITI and ITI Shahpur

India accounts for one quarter of the global TB burden and is on all three lists of the 30 high burden countries for TB, multidrug-resistant TB and TB-HIV.

Indicator		India statistics	No/ Lakh	Global statistics
New cases of TB (incidence)		27,90,000	211	1,04,00,000
Deaths due to TB		4,23,000	32	13,00,000
New cases of MDR TB (incidence)		1,47,000	11	6,01,000

Himachal Pradesh, the hill state in north india detects about 16000 TB patients annually out of which about 3000 are detected in Dt Kangra.