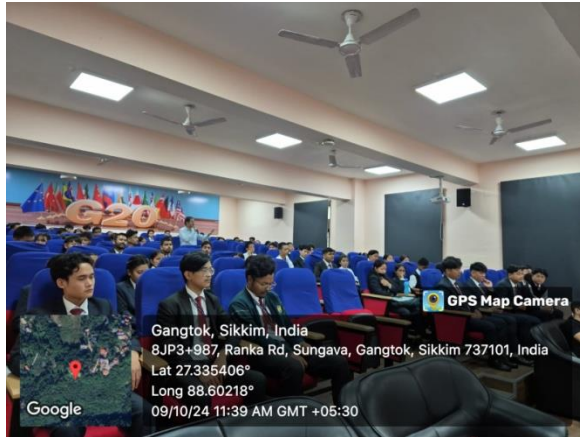


# TB MUKT PROGRAM IN COLLABORATION WITH DISTRICT TUBERCULOSIS CENTRE (NTEP) GANGTOK- 2024

9<sup>th</sup> October 2024



On October 9th, 2024, The ICFAI University, Sikkim, successfully conducted the TB MukT Program, in collaboration with the District Tuberculosis Centre (NTEP), Gangtok. This initiative is part of a broader effort to eliminate tuberculosis (TB) among children and youth by raising awareness about healthy living and TB prevention strategies.

The event commenced with an introduction to the ongoing TB awareness campaign being extended to educational institutions across Sikkim. Faculty members and students from various departments actively participated in the program. The session was led by esteemed speakers Mr. Nuraj Pradhan, District Program Coordinator, and Mr. Roshan Adhikari, who shared valuable insights into the importance of TB elimination and the steps needed to achieve a healthier future.

The program followed a structured agenda, focusing on the following key activities:

## 1. KAP (KNOWLEDGE, ATTITUDE, AND PRACTICE) DIGITAL SURVEY:

Students from classes 9 and above were invited to participate in a digital survey aimed at collecting data on lifestyle habits (such as food, exercise, and mobile use) and their knowledge of TB. The survey, conducted through Google Forms, helped identify areas requiring further intervention.

## 2. AWARENESS PROGRAM ON TB AND HEALTHY LIFESTYLES:

A comprehensive awareness session was conducted, which educated students about TB symptoms, its transmission, and preventive measures. Emphasis was also placed on adopting healthy lifestyle practices to reduce the risk of contracting TB.

### **3. DIGITAL ACTIVE CASE FINDING SCREENING:**

After the awareness session, students were screened for TB symptoms through a digital tool using Google Forms. The screening focused on identifying potential TB cases, with the intention of collecting samples from symptomatic students for further analysis.

### **4. TB YOUTH FORUM:**

To sustain the awareness drive, a TB Youth Forum aims to promote a healthy culture on campus and involve students in TB-related activities such as online competitions, including drama, slogans, paintings, songs, and poems. The winners of these activities will be recognized on World TB Day 2025.

The event concluded with motivational speeches by Mr. Nuraj Pradhan and Mr. Roshan Adhikari, who encouraged students to continue being vigilant about their health and play a proactive role in spreading awareness about TB prevention in their communities.

Overall, the program was a great success, achieving its objectives of raising TB awareness and promoting healthier lifestyles among students. The efforts of the university, faculty, and students, along with the invaluable guidance from the District TB Centre, made this initiative a memorable and impactful experience for all involved.