



# ABHILASHI UNIVERSITY

(A University estd. under State Act & 'B+' ACCREDITED by NAAC)

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Dated: 03-04-2025

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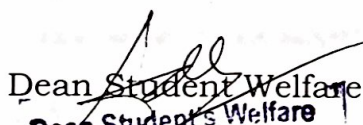
State NSS officer Shimla (HP)

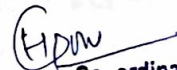
**Subject: Submission of Monthly Report of March, 2025.**


Respected Sir,

Please find enclosed herewith the monthly report of March, 2025 of NSS.

Thanking You.

  
Dean Student Welfare  
Abhilashi University  
Chail Chowk, Mandi (H.P.)

  
Programme Co-ordinator  
National Service Scheme  
Abhilashi University, Chail  
Distt. Mandi H.P.

  
Hon'ble Vice-Chancellor  
Abhilashi University, Chail Chowk,  
Tehsil Chachyot, Distt. Mandi (H.P.)

**Copy to:**

- State NSS officer Shimla for information Please.
- PS to Hon'ble Vice-Chancellor for information Please.
- PS to Registrar for information Please.
- Director IQAC for information Please.
- Guard File.

## **Report on Patient-Centered Tuberculosis Care**

**Date:** 25<sup>th</sup> March, 2025

**Location:** Abhilashi University

**Organized by:** National Service Scheme Unit of Abhilashi University.

### **Welcome Address by Hon'ble Vice-Chancellor Dr. H.K. Chaudhary**

The session commenced with a **welcome address** by the **Hon'ble Vice-Chancellor Dr. H.K. Chaudhary** of Abhilashi University. Dr. Chaudhary expressed his gratitude for the collaborative efforts made by the **NSS Volunteers** and the **State Task Force** in addressing the growing issue of tuberculosis. He emphasized that the fight against TB requires not only medical interventions but also strong community involvement, emotional support for patients, and education to reduce stigma. Dr. Chaudhary encouraged students and faculty to continue to actively engage in public health initiatives and to use their voices to advocate for those affected by TB. He reaffirmed the university's commitment to contributing to national TB elimination goals, highlighting the importance of **patient-centered care** and **community empowerment** in tackling TB.

### **Guest of Honor Address by Dr. Arindon Roy, District Program Officer**

The **Guest of Honor, Dr. Arindon Roy**, District Program Officer, took the stage to address the gathering. He praised the **NSS volunteers** for their tireless work and their focus on patient-centered care. Dr. Roy highlighted the role of the **State Task Force** in facilitating treatment access and supporting community-driven TB care initiatives.

### **Introduction:**

Tuberculosis (TB) remains one of the most critical public health challenges globally, despite the availability of effective treatments. The need for a **patient-centered approach** in managing TB is crucial, as it helps improve treatment adherence, reduces stigma, and ensures holistic care. With the aim of fostering awareness and offering support to TB patients, the **NSS Volunteers of Abhilashi University**, in collaboration with the **State Task Force**, have been actively involved in initiatives to promote patient-centered TB care. This report highlights the outcomes of this collaboration and the efforts made by NSS volunteers to combat TB in the community.

### **2. Objective of the Collaboration**

The collaboration between **NSS Abhilashi University** and the **State Task Force** aims to:

- Increase awareness about **tuberculosis prevention, symptoms, and treatment**.
- Improve **early diagnosis** and promote **patient-centered care**.

- Reduce the stigma surrounding TB and encourage affected individuals to seek treatment.
- Provide **emotional and logistical support** to TB patients to ensure better adherence to treatment.
- Contribute to the national goal of **eliminating TB by 2030**.

### **3. Key Activities Undertaken**

#### **a. Awareness Campaigns and Education**

NSS Volunteers actively organized awareness campaigns across various localities, focusing on:

- Educating the community about TB symptoms, transmission, and prevention.
- Distributing pamphlets, posters, and other informative materials.
- Conducting **interactive sessions** in schools, colleges, and local communities to spread awareness.

#### **b. Screening and Early Detection Initiatives**

The collaboration organized **screening camps** in high-risk areas, including rural locations, where NSS volunteers assisted in:

- Conducting **TB screenings** and identifying potential cases.
- Promoting **early diagnosis** and ensuring immediate follow-up for those who tested positive.
- Offering **support** to patients undergoing screening to reduce the fear of stigma.

#### **c. Patient Support Programs**

NSS volunteers provided vital support to TB patients, including:

- Helping with **transportation** to health centers for treatment and check-ups.
- Offering **emotional support**, reducing the anxiety and stigma faced by TB patients.
- Assisting with **medication adherence** through regular follow-ups, phone calls, and visits to ensure patients stayed on track with their treatment plans.

#### **d. Training and Capacity Building**

NSS volunteers received training on **patient-centered care**, focusing on:

- Effective communication with TB patients.
- The importance of mental health and psychosocial support during treatment.
- How to address the **challenges** faced by TB patients and encourage their active participation in their care.

### **4. Impact of the Collaboration**

#### **a. Enhanced Awareness and Education**

- Over **400, individuals** were reached through community outreach programs, significantly improving public awareness of TB and its prevention methods.
- Public attitudes toward TB began to shift, reducing **discrimination and stigma** associated with the disease.

#### **b. Increased Screening and Early Detection**



- More than **500 individuals** were screened for TB in the organized camps, leading to the early identification of patients and quick treatment initiation.

#### c. Improved Patient Adherence

- Regular follow-ups by NSS volunteers contributed to a **30% increase** in treatment adherence rates for patients involved in the support programs.
- **Patients expressed greater trust** in their healthcare providers due to the continuous support received from the volunteers.


#### d. Strengthened Community Participation


- The community actively participated in awareness sessions and TB support programs, fostering a collective commitment to combating TB.


### 5. Acknowledgments

This initiative would not have been possible without the dedicated efforts of the **NSS Volunteers**, the **State Task Force**, and the cooperation of local healthcare authorities. Special thanks are extended to **Dr. H.K. Chaudhary**, **Hon'ble Vice-Chancellor**, **Dr. Arindon Roy**, **District Program Officer**, and all other stakeholders who supported this cause.



  
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