

**DEPARTMENT OF HEALTH AND FAMILY WELFARE
GOVERNMENT OF MEGHALAYA**

Press Release

Youngest Nikshay Mitra of Meghalaya

Shillong, May 29, 2025: In a world where tuberculosis (TB) continues to claim millions of lives, India bears the heaviest burden. But in the face of this challenge, hope shines in the smallest of heroes. Meet Abha S. Nongrum, a 7-year-old from Meghalaya, who has made the commitment in fighting against TB.



Abha, a bright Class 2 student of Little Flower School, is not just any ordinary child. She is the youngest Nikshay Mitra from Meghalaya—a title given to those who pledge support to TB patients under the Government of India’s National TB Elimination Programme (NTEP). What makes her story extraordinary is not just her age, but her determination to make a difference.

With a heart full of compassion, Abha began saving a percentage of her pocket money—whether from her parents or relatives—to buy nutritional packages for TB patients across Meghalaya. Understanding that proper nutrition strengthens patients in their battle against TB, she also hopes visiting the patients if possible, bringing not just food but hope to those fighting the disease.

“Little did she know that her small contribution could be the greatest blessing in someone’s life,” says her mother, beaming with pride.

Abha isn’t just fighting TB—she’s also a Taekwondo champion, winning Silver Medal in State level sport and also a youngest Marathon winner when she was just 5 (five) years old.

Abha is not alone in this fight. Across India, 253,809 Nikshay Mitras have stepped forward to support TB patients, with 314 in Meghalaya alone, committing to assist 2,327 patients. This growing movement is breaking the stigma around TB and proving that collective action can bring real change.

The Government of India, through NTEP, is determined to achieve India TB-free by 2025—five years ahead of the global target.



Abha's story teaches us that age is no barrier to making a difference. Her curiosity, kindness, and unwavering spirit remind us that the fight against TB isn't just about medicine—it's about compassion, community, and courage.

Sd/-

**District Tuberculosis Officer,
East Khasi Hills, Shillong
Government of Meghalaya**