

Nabha Speaks

THE NABHA FOUNDATION NEWSLETTER



Aug & Sep 2025

Life-Saving Composite Targeted Intervention Project (CTIP)

The CTIP Project in Punjab works to prevent and manage HIV/AIDS among communities most at risk, including female sex workers, men who have sex with men, transgender individuals, and people who inject drugs. Led by The **Nabha Foundation** under the guidance of **the Punjab State AIDS Control Society**, the project focuses on spreading awareness, encouraging safer behaviours, and ensuring access to essential health services. Through **Drop-in Centres**, it provides a safe space for community members to receive counselling, medical care, and peer support.

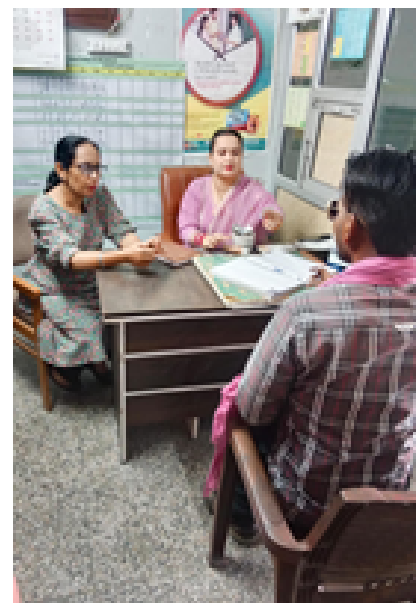
Going Where Few Dare: Guided by Compassion, Courage, and Commitment

The prevalence of HIV/AIDS in Punjab has placed a great responsibility on organisations like ours to keep the issue in check and spread awareness across communities. Through the Composite Targeted Intervention Program, our dedicated team of outreach workers, counsellors, and support staff continues to work tirelessly to bridge gaps, strengthen awareness, and ensure better access to care for those in need. Every day, our team steps into communities with open hearts—listening, guiding, and standing beside those who need support the most. Through this newsletter, we take you through their journey and the challenges they have faced—challenges they continue to take in their stride.

On the Frontlines: The Journey of Outreach Workers

The heartbeat of any community-based intervention lies in the dedication of its frontline workers. In the CTI program, guided by the National AIDS Control Organisation (NACO), Outreach Workers (ORWs) serve as the vital link between high-risk communities and the health services they need.

Every day, these workers venture into the field — listening, guiding, and standing alongside communities often pushed to society's margins. Their role goes far beyond raising awareness; they ensure access to HIV prevention, testing, treatment, and care, while building trust in places where fear, stigma, and uncertainty often prevail.



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The Work They Do

Outreach Workers (ORWs) are the lifeline of our HIV intervention efforts. They reach out to the **High Risk Groups** and they:

- **Promote safe practices and HIV prevention**
- **Link people to testing, counselling, and treatment**
- **Distribute essential supplies for harm reduction**
- **Offer empathy and emotional support**

As one ORW shared, “Some days are tough, but when someone thanks you for simply listening, it reminds you why this work matters.”

Despite their commitment, ORWs face multiple challenges in carrying out their duties:

Why Their Role Matters

The ORWs help reduce new HIV infections, support people in staying on treatment, and empower vulnerable communities to lead healthier, more dignified lives. Every counseling session, follow-up visit, and moment of trust built is a step toward the larger goal of ending AIDS as a public health threat by 2030.

“Sometimes it feels hard, but when I see one life changed, it reminds me why I do this work.” – An Outreach Worker.

Our Counsellors: Building Trust, Breaking Stigma

In our HIV prevention project, our counsellors play a vital role in building trust, breaking stigma, and promoting positive health-seeking behaviour among vulnerable communities.

Many who once hesitated to seek help now come forward with confidence. The real success of our counsellors lies not in numbers, but in the trust they build with every person, family, and community they serve. Their efforts have led to greater awareness, reduced stigma, and stronger connections to health services.

Their dedication reminds us that HIV prevention is not only about medicine—it’s about empathy, understanding, and the power of human connection.

We are deeply honoured to receive the President AWWA Appreciation Award from the Army Wives Welfare Association (AWWA) in recognition of our work and commitment to community initiatives in 2025.



CHALLENGES ON THE GROUND



Setbacks to Success: Inspiring Stories of Hope

Amar (name changed), a resident of Asha Colony, had once fallen into the grip of injecting drug use. Days and nights blurred together as he searched for his next dose, while his health and relationships steadily deteriorated. His risky behaviour also placed him at a high risk of contracting HIV. Like many others, Amar felt trapped in a cycle with no escape.

Through our HIV prevention programme supported by NACO, Amar was connected with a counsellor who guided him to switch from injecting drugs to prescribed medicines. With time, determination, and the unwavering support of our team, he gradually overcame his dependence and eventually stopped the medicines altogether.

Today, Amar works as a labourer in a factory and lives a life of dignity and self-respect. It has been a year since he came clean. Whenever he feels the need, he visits our centre to speak with a counsellor, where he is always welcomed and encouraged to share his thoughts freely.

Jeevan (name changed), a 32-year-old resident of Kartar Colony and a Class 10 graduate, joined our programme a year ago. With the guidance and support of our counsellors, he transitioned from injecting drugs to prescribed medication, and through consistent effort and determination, he is now completely drug-free. Today, Jeevan works as a driver and leads a stable, dignified life. Whenever he feels the need, he visits our centre to speak with a counsellor — a space where he feels heard, supported, and encouraged.

Another remarkable story is that of 25-year-old **Kripa Singh** (name changed), who once suffered a drug overdose before seeking help from our counsellors. Through intensive counselling sessions and Opioid Substitution Therapy (OST), Kripa gradually overcame his addiction. Today, he is completely drug-free and working abroad, living a healthy and fulfilling life.

Rani (name changed), a 32-year-old female sex worker who once lived in fear—of HIV, discrimination, and losing her livelihood. She avoided health check-ups and kept silent, believing no one would understand.

That changed when she met our counsellor, who listened with patience and empathy, offering accurate information and reassurance. Gradually, Rani began visiting the clinic regularly and took her first HIV test with renewed courage. Today, Rani is HIV-negative and confident about safeguarding her health. She practices prevention, attends peer meetings, and now motivates other women to overcome fear and stigma—just as she once did.

Drop-In Center – A Ray of Hope for Children from High-Risk Groups

At our **Remedial Centre**, teaching goes far beyond books and lessons — it is about healing, guiding, and empowering. With personalized attention, our teacher helps children overcome both academic challenges and emotional barriers. Beyond the classroom, she engages with parents, encourages their participation, and builds trust to create a strong support system around each child.

The results are heartening — children are now showing genuine interest in learning and continuing their education, instead of dropping out of school.





The Nabha Foundation's Composite Targeted Intervention Project (CTIP)

Partner with us - Donating to the Nabha Foundation means gifting quality education to underprivileged children | Joining hands with the small & marginalised farmers to build a sustainable future and restoring mother Earth| Health and hope for communities battling drug addiction, diseases like HIV/AIDS & effects of poor sanitation | A new lease of life to a dying craft and livelihood for women | Job-oriented skill training courses for the youth - Your financial help makes all this happen, and more. Do write to us at **info@thenabhafoundation.org**. All donations are exempt U/S 80 G of the Income Tax Act of India.

Thank you for reading!

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