

THE TRAINED NURSES' ASSOCIATION OF INDIA

TNAI BULLETIN



VOL. 8 No. 8

AUGUST 2019

High Court Favours TNAI's Stand for Nurses Salaries

In line with its mandate for socio-economic welfare of nurses, consequent upon some complaints from States about low salaries and poor working conditions, TNAI had filed a petition in Supreme Court in 2011 for intervention and passing necessary orders. The apex court, based on recommendations of a Committee, directed the States to take appropriate action. In the meantime, TNAI filed a petition in Delhi High Court for implementation of the ruling. We are happy to share with you that Hon'ble High Court Delhi has recently (**through its order dt. 22 July 2019**) endorsed the TNAI's plea for nurses in Delhi. Although the ruling needs to be honoured in letter and spirit nationally, at least the nurses in Delhi shall have a legal backing to settle scores over unfair salaries or working conditions, if required.

Major reason behind high infant mortality, poor child health and low survival in India is the suboptimal breastfeeding; only 55 percent of the newborns are exclusively breastfed. Around one lakh child deaths and huge morbidities of child or mother due to diarrhea, pneumonia, obesity, breast and ovarian cancers, type 2 diabetes can be drastically cut down if breastfeeding is practiced optimally. The WHO and UNICEF recommend giving colostrum to the newborn, exclusive breastfeeding during 0-6 months of age and continuing it till two years or beyond. To promote this practice, the 120+ countries with support from World Alliance for Breastfeeding Action (WABA), UNICEF, WHO and their partners celebrate Breastfeeding Week during 1-7 August annually. This year's slogan, Empower Parents, Enable Breastfeeding: Now and for the Future means that encouraging breastfeeding by educating women is not enough, they need to be enabled. Provisions of the IMS Act 1992/ 2003 need to be honoured. The target of enhancing breastfeeding up to 65.7 percent of children can be met only through concerted efforts from all sections of populations.

Not many are aware that the World Health Organisation (WHO) has designated 2020 as the 'Year of the Nurse and Midwife', in honour of the 200th birth anniversary of Florence Nightingale. For nurses, this will be "once in a generation opportunity" to showcase the profession. Nations of the world will unite in celebration of the benefits that nursing and midwifery staff bring to the health of the global population like the Sustainable Development Goals or Universal coverage. The year is significant also because 'The State of the World's Midwifery 2020 Report', of which WHO is partner shall be launched and the NursingNow, a three-year global campaign (2018-2020) that aims to improve health by raising the profile and status of nursing worldwide, shall culminate.

INSIDE

- 114 Nomination Sheet: TNAI Meghalaya State Branch
- 115 Election Result: TNAI Nagaland State Branch
- 116 Election Result: TNAI Arunachal Pradesh State Branch
- 116 Election Result: TNAI Uttar Pradesh State Branch
- 118 IELTS Training Centre t TNAI Headquarters
- 118 Revised Rates for NJI Subscription
- 119 New Advertisement Rates
- 121 TNAI's Recruitment
- 122 News from Nursing Institutions
- 124 Hindi Matter
- 126 Hindi Poem & Events of the Month
- 127 Benefits of TNAI Membership
- 128 Guidelines for Authors

Advertisers List:

- 125 VSO, Gurgaon

Run in collaboration with the WHO and the International Council of Nurses (ICN), NursingNow seeks to empower nurses to take up 21st century health challenges and maximise their contribution to achieving Universal Health Coverage. It has five core areas: ensuring that nurses and midwives have a more prominent voice in health policy-making; encouraging greater investment in the nursing workforce; recruiting more nurses into leadership positions; conducting research that helps determine where nurses can have the greatest impact; and sharing of best nursing practices. Part of the campaign, The 2020 Nightingale Challenge calls on employers across the world to invest in developing leadership skills of young nurses.

(Evelyn P Kannan)

Chief Editor & Secretary General, TNAI

Nomination Sheet: TNAI Meghalaya State Branch Election 2019

Office	Name and Address of the Nominee
President	
Vice- President	
Secretary	
Joint- Secretary	
Treasurer	
SNA Advisor	
Chairperson- Membership Committee	
Chairperson -Programme Committee	
Chairperson- Nursing Service Section	
Chairperson - Public Health Nursing Section	
Chairperson - Nursing Education and Research Committee	
Chairperson - Economic Welfare Committee	
Chairperson - LHV & ANM Committee	

Nominator's Signature _____
 Nominator's TNAI No. _____
 Nominator's Name and Address _____

[(As per the TNAI Constitution Rules & Regulations and Bye-laws (Revised and approved by Council/HOD 2012)]

1. Last date for receiving Nominations is **17 September 2019** (6 weeks from the date of Publication)
2. The election of all the office of the Branch shall be held at the annual or biennial meeting of the Branch.
3. Returning Officer and Election Committee Members are not eligible to contest for election.
4. Both the nominator as well as nominee shall be a life member of TNAI.
5. The members holding office positions in TNAI shall not hold office positions in parallel Nursing Organizations and vice versa. For acquiring the new post the members will have to relinquish the former post.
6. A member working and residing in a state or Union Territory shall be the member of the branch of TNAI. In case of temporary change of resident e.g. study; deputation etc. for a period of more than a year, the member shall be given an option for changing his/her membership to the temporary

Computerisation and Layouts: anupamkamal@hotmail.com

- place of resident after informing the headquarters and the former and latter state branches.
7. The nominator and Nominee should be working and residing in the same state or Union Territory shall be eligible for contesting election and casting the vote.
 8. The members who are residing outside the country and state shall not be eligible for contesting election.
 9. Members who are or had been involved in litigation with the Association without first representing the grievances to the grievances committee shall not be eligible to contest and shall have no voting rights and same will be applicable to the members who are facing disciplinary proceedings in their work situation/sphere.
 10. Outgoing office bearers shall be eligible for re-election for one more term.
 11. Any life member of TNAI may make nominations for all the offices of the TNAI State/UT Branch, but the nomination for the President and Secretary shall be made only from those who have served for one term (four years) as the EC members/office bearers at any time. A break of four years after two consecutive terms (8 years) is necessary for the President/Secretary of the branch.
 12. For the offices of President and Secretary all valid nominations shall be included in the Provisional Ballot Paper. For other offices the names of three members having highest number of nominations shall be included in the Ballot Paper.
 13. The Chairperson of the Public Health Nursing Section, Nursing Service Section, Education Section and Representatives of Health Visitor's League (FHW)/ANM should be elected from their respective field only.
 14. The nomination Sheet duly filled and completed by the nominator i.e. complete address, TNAI number along with the signature shall be sent to the Returning Officer within six weeks of its publication in the TNAI Bulletin.
 15. Please mark the envelope "**Nomination sheet – TNAI Meghalaya State Branch Election 2019**".
 16. Completed Nomination Sheet(s) and all other correspondence related to election to be sent to the following address: **Smt. Larilin Riahtam, Returning Officer of TNAI- Meghalaya State Branch Election 2019, Vice Principal, School of Nursing, Theresa House Training Centre, Ganesh Das Govt. M&CH Hospital Lawmali Shillong, East Khasi Hill District-793001, Meghalaya.**

Election Result: TNAI Nagaland State Branch 2019

The elections of TNAI Nagaland State Branch were held on 30th May, 2019 at Auditorium, Naga Hospital Authority Kohima- 797001, Nagaland. The following office bearers were declared elected: 1. President: Smt Tiakala Longkumar, TNAI No. 46759, Nursing Tutor, School of Nursing, Naga Hospital Authority, Kohima- 797001. 2. Vice-President: Smt Pursangla, TNAI No. 209678, HNo. 127 Sangpangtu Avenue, UNB-B Burma Camo, Old Khatkhathi Road, Dimapur- 797112. 3. Secretary: Smt Tiamenla Jamir, TNAI No. 180487, Nursing Tutor, School of Nursing, Naga Hospital Authority, Kohima- 797001. 4. Joint-Secretary: Smt Khumjanbeni Murry, TNAI No. 174171, Associate Professor, College of Nursing CIHSR, Dimapur- 797115. 5. Treasurer: Smt Lucy P Solo, TNAI No. 204100, Staff Nurse, Naga Hospital Authority, Kohima-797001. 6. Joint- Treasurer: Smt Akhrieno Kire, TNAI No. 252668, Nursing Tutor, Nagar Hospital Authority, Kohima- 797001. 7. SNA Advisor: Smt Philanim A. Shimray, TNAI No. 230237, Asst Professor, College of Nursing, CIHSR, Dimapur- 797115. 8. Representative LHV/ANM: Smt Hosavino, TNAI No. 276189, ANM, Naga Hospital Authority, Kohima- 797001.

**Smt Wapangla Jamir, Returning Officer, TNAI - Nagaland State Branch
Nursing Tutor, School of Nursing, Naga Hospital Authority,
Kohima-797001, Nagaland**

Election Result: TNAI Arunachal Pradesh State Branch 2019

The elections of TNAI Arunachal Pradesh State Branch were held on 22 June 2019 at Arunachal Pradesh State Branch, TNAI Head Office, C/O APNC Office 'C' Sector, Naharlagun - 791110. The following office bearers were declared elected: 1. President: Mrs K.T. Yasung, TNAI No. 43853, Qtr. No. 562, D-Sector, PO Naharlagun-791110. 2. Vice-President: Mrs Lokam Sikap, TNAI No. 73901, Arunachal Pradesh Nursing Council, C- Sector, Naharlagun- 791110. 3. Secretary: Mrs Techu Mepung, TNAI No. 264949, Tomo Riba Institute of Health and Medical Sciences, PO/PS Naharlagun, Papumpare- 791110. 4. Joint Secretary: Mrs Lily Kulo, TNAI No. 23385, Arunachal State Nursing School, BTM Hospital Complex Papunallah, Naharlagun, Dist- Papumpare- 791110. 5. Treasurer: Mrs Ampu Tage, TNAI No. 28405, Arunachal State Nursing School, BTM School Hospital Complex Papunallah, Naharlagun, Dist- Papumpare- 791110. 6. Assistant Treasurer: Mrs Minu Taw, TNAI No. 312480, Tomo Riba Institute of Health and Medical Sciences (TRIHMS), Papumpare- 791110. 7. SNA Advisor: Ms. Lony Chongroju, TNAI No. 296209, Govt. School of Nursing GNM, Pasighat, Dist- East Siang- 791110. 8. Chairperson- Programme Committee: Mrs Leela Loyi (Lilabati Devi N), TNAI No. 93009, North East Nursing College of Health, VIII- L, Naharlagun- 791110. 9. Chairperson- Nursing Service Section: Mrs Hage Sunku, TNAI No. 61884, Tomo Riba Institute of Health and Medical Sciences (TRIHMS) Papumpare, Naharlagun- 791110. 10. Chairperson- Nursing Education and Research Section: Mrs Inu Borang, TNAI No. 253326, Arunachal State Nursing School BTM complex Pappu Nallah, Dist- Papumpare, Naharlagun-791110. 11. Chairperson- Socio-Economic Welfare Section: Likha Yallam, TNAI No. 142590, Nursing Officer, Tomo Riba Institute of Health and Medical Sciences (TRIHMS) Papumpare- 791110. 12. Chairperson- Community Nursing Health Section: Mrs Reena Narang, TNAI No. 73905, CHC Doimukh, PO/Ps Doimukh, Dist. Papumpare- 791111. 13. Representative LHV/ANM: Mrs Namne Mena, TNAI No. 24078, Qtr. No. B-II, Type-I, P-Sector, Itanagar, Dist. Papumpare- 791111.

**Mrs Boa Yania Taw, Returning Officer, TNAI-Arunachal Pradesh State Branch
C/O Directorate of Health Service, Nursing Cell Naharlagun- 791110
Arunachal Pradesh**

Election Result: TNAI Uttar Pradesh State Branch 2019

The elections of TNAI Uttar Pradesh State Branch were held on 15 June 2019 at Fatima College of Nursing, Basement Auditorium, 35-C Mahanagar, Lucknow- 226006, Uttar Pradesh. The following office bearers were declared elected: 1. President: Prof (Mrs) Mary J Malik, TNAI No. 11825, 5/851 Lohia Nagar (Vikas Nagar), Lucknow- 266022. 2. Vice-President: Mrs S.K. Sohal, TNAI No. 20727, 51 GHA/21 CHA, Govind Nagar Natkhera Road, Alambagh- 226005. 3. Secretary: Mr Ramji Yadav, TNAI No. 40072, Vill Sheergobardhanpur, Daffi, BHU, Varanasi- 221005. 4. Joint Secretary: Ms. Aga Thariq Aliyar, TNAI No. 268353, 3/328 Virat Khand Gomti Nagar- 226010. 5. Treasurer: Ms Dolly Victor, TNAI No. 166990, 166 Chandralok Colony Aliganj, Lucknow- 226024. 6. SNA Advisor: Mrs Bhumika Singh, TNAI No. 289066, Type-I/130 SGPGIMS, Raebareli Road, Lucknow-226010. 7. Chairperson- Membership Committee: Sr. Ancy Alex, TNAI No. 33926, Principal – School of Nursing, Mariampur Hospital, Shastri Nagar, Kanpur-208005. 8. Chairperson- Programme Committee: Ms. Nazia Zaidi, TNAI No. 301465, 546/49/18 Sarfaraz Ganj, Lucknow- 226003. 9. Chairperson- Nursing Education Committee: Ms Neema Pant, TNAI No. 117507, Type-IV 72, SGPGIMS Campus- 226014. 10. Chairperson- Nursing Service Committee: Ms Arti Sarkar, TNAI No. 137409, 2/658 Vishu Sadan, Sector-H, Kursi Road, Near Green City Hospital, Jankipuram, Lucknow- 226021. 11. Chairperson- ANM/MW: Vacant. 12. Chairperson- LHV: Vacant.

**Mrs Neeru Jyotika Singh, Returning Officer, TNAI- Uttar Pradesh State Branch Election 2019,
Flat No. 201, Panjetan Heights, River View Part-2, Mehtab Bagh, Husainabad
Lucknow- 226003, Uttar Pradesh**

किडनी की दुरस्ती के लिए नमक कम खाएं

किडनी हमारे शरीर का महत्वपूर्ण अंग है जो शरीर में तरल पदार्थों का संतुलन बनाए रखता है। इसका प्रमुख कार्य है रक्त को छान कर विषाक्त तथा अन्य अवांछित अंशों को बाहर निकालना। रक्त परिशोधन के लिए किडनी में छोटे-छोटे फिल्टर मौजूद रहते हैं। याद रहे, किडनी के सुचारु प्रचालन में बाधा आने से स्वास्थ्य डगमगा सकता है।

किडनी का दुश्मन है नमक

किडनी के मरीजों को सलाह दी जाती है कि वे भोजन में, अन्यथा भी, नमक का अधिक सेवन नहीं करें। इसका कारण है ज्यादा नमक किडनी के कार्य में अड़चन डालता है। इसके अतिरिक्त आहार में ऐसे फलों और सब्जियों का सेवन बढ़ाएं जिनमें सोडियम कम हो। इस श्रेणी के फल हैं सेब, आड़ू, अन्नानास, अंगूर, नाशपति, ब्लूबेरी। निम्न सोडियम वाली सब्जियां हैं नींबू, लहसुन, आलू, फूलगोभी, बीन्स आदि।

इसके अतिरिक्त सामान्य सफेद नमक के बदले काला नमक का सेवन करें, जो सुपाच्य होने से पेट की अनेक समस्याओं से बचाव रखता है। डाक्टरी राय है कि रोजाना डेढ़ ग्राम (1500 मि.ग्रा.) से अधिक नमक का सेवन ठीक नहीं; एक चम्मच नमक का अर्थ है 2400 मि.ग्रा. सोडियम। इसीलिए खयाल रखें कि अधिक नमक के सेवन से बचें।

किडनी की समस्या से ग्रस्त व्यक्तियों के लिए यह भी सलाह है कि वे प्रोसेस्ड खानपान से दूर रहें, ये किडनी के अलावा दिल और पाचन क्रिया पर विपरीत प्रभाव डालते हैं।

किडनी में पथरी

खानपान के अनुचित तौरतरीकों या कदाचित शारीरिक प्रक्रियाओं के कारण किडनी में पथरी होना सामान्य समस्या बन गई है। एक अनुमान के अनुसार देश में 12 प्रतिशत व्यक्ति किडनी की पथरी का शिकार हैं। गौरतलब है कि ऐसे रोगग्रस्तों में आधों को अपनी बीमारी का पता नहीं रहता। इसका कारण है, जब समस्या बढ़ जाती है तभी जांचों से रोग का पता चलता है।

Lost and Found

This is for information of all concerned that my original (i) Certificate of Nursing Diploma in General Nursing, issued by The Mid-India Board of Examiners of the Nurses' League of the CMAI, received from the Christian Hospital, Dhamtari MP (session 1976-79), issue date 15 July 1997 and the (ii) Mahakoshal Nurses Registration certificate showing registration No. 21820 on 22 April 1980, and (iii) Marks sheets, have been lost/ misplaced, and the same are not traceable.

Mr Ismael Kumar

Qr No. 5/D, Street 13, Sector 8, Bhilai, Dist Durg (CG). Mob: 83195 57281



The Trained Nurses' Association of India

L-17, Florence Nightingale Lane, Green Park Main, New Delhi-110016

Website: www.tnaionline.org, www.tnairecruitment.com



International English Language Testing System (IELTS) Training Centre at TNAI Headquarters- Green Park

Features of the Training Centre:

Well experienced instructor | Full length weekly mock test |
3 Sessions per day | 10 Candidates per session updated curriculum |
One on One assistance | | Assistance for overseas placement

Note: Facility for accommodation for outstation students available on concessional rate.

For more details contact us on:

Ph: 01140195409, 8287374228 (whats app)

Moving ahead with commitment and dedication since 1908

Revised Rates for NJI Subscription

It is to bring to notice of all NJI subscribers that as per decision of TNAI's EC' (vide Minute No. EC/CL/2004/3 subsequent to meeting held on 18-19 Nov 2014) the yearly price of Nursing Journal of India shall be revised upwards from March-April 2016 issue, as under.

One-year subscription: For individuals - Rs. 1,000/-; for Institutions - Rs. 1,500/-

Five-year subscription: For individuals - Rs. 4,000/-; for Institutions - Rs. 6,500/-

All payments shall be accepted in the form of demand draft in favour of **The Trained Nurses' Association of India** payable at **New Delhi**. Local subscribers can also deposit the subscription charges as cash at TNAI Headquarters.

All communication related to NJI should be sent to the following address:

Secretary General

The Trained Nurses' Association of India, L-17 Florence Nightingale Lane

Green Park, New Delhi-110016.

Phone: 011-26566665, 26966873 Fax: 011-26858304

Email: publicationstnai@yahoo.com, tnai_2003@yahoo.com.

Website: www.tnaionline.org

NOTE: Those already enrolled for subscription of the Nursing Journal of India (NJI) may kindly ignore this communication.

New Advertisement Rates

Monthly *TNAI Bulletin* and Bi-Monthly *The Nursing Journal of India (NJI)*

Consequent upon the decision of TNAI Executive Committee/ Council meeting held during December 11-16, 2018 at Goa (Minutes No. EC/CL/2018/4, the advertisement rates for the NJI and TNAI Bulletin have been modified from April 2019 issue onward, as under.

Advertisement for Website only

Products	-	Rs. 30,000/- per month
Institutions (Admission Notices, Staff Vacancies)	-	Rs. 15,000/- per month
Institutions (Workshops / Conferences / News)	-	Rs. 10,000/- per month

TNAI Bulletin – Monthly

Advertisement Size	Contract Rate Per issue (Rs.)	Casual Rate Per issue (Rs.)	Foreign Advertisement Rate in US Dollar (\$) Per issue
Front Cover Inside/Last Cover Inside/Last Cover	27,300	32,800	2,025
Full Page B/W	20,000	21,900	1,620
Half Page B/W	11,000	14,600	810
Quarter Page B/W	7,300	11,000	405
Job Work		Rs. 1215/- per column per centimeter with minimum size as 7 cm i.e. Rs. 8,500/- minimum charges	

The Nursing Journal of India (NJI) – Bi-Monthly

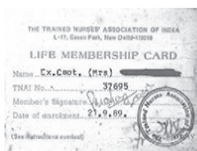
Advertisement Size	Contract Rate Per issue (Rs.)	Casual Rate Per issue (Rs.)	Foreign Advertisement Rate in US Dollar (\$) Per issue
Front Cover Inside/Last Cover Inside/Last Cover (Colour)	53,200	63,800	3,600
Full Page (Colour)	35,100	38,300	2,880
Half Page (Colour)	19,100	26,500	1,440
Quarter Page (Colour)	12,800	19,100	720
Full Page B/W	25,100	27,300	2,070
Half Page B/W	15,200	20,300	1,080
Quarter Page B/W	10,200	15,200	540
Job Work		Rs. 1530/- per column per centimeter with minimum size as 7 cm i.e. Rs. 10,700/- minimum charges	

- Contractual rates applicable to a minimum of 6 insertions in twelve months.
- Advertisement matter mentioning the size of advertisement, month of publication along with payment should reach TNAI office latest by the first day of the previous month (e.g., for publication in April, the advertisement matter and payment etc., should reach us latest by May 1).
- Outstation Cheques will not be accepted.
- Payment shall be made in advance through Demand Draft in the favour of TNAI, payable at New Delhi.
- Kindly note that GST, as relevant (presently 5%) shall be chargeable on the rates mentioned.

Telephone: 011-26966873, 26566665, 26534765; Email: publicationstnai@yahoo.com

Attention to the TNAI Members

TNAI's Council had decided to give one time photo ID Membership card free of cost for the Members having old membership card without photograph. Filled application forms to be send to the TNAI Headquarters.



← Sample of the old & New TNAI life membership card →



Members who had already taken Photo ID Membership card and require a Duplicate photo-ID Membership Card (in case of lost/ damage), are requested to fill the Application Form along with a payment of Rs.150/- through Demand Draft drawn in favor of "The Trained Nurses Association of India, New Delhi"/ Online Payment and send it to TNAI Headquarters. Application Form which can be downloaded from TNAI Website: www.tnaionline.org. Filled application forms to be send to the TNAI Headquarters.



**Application form for Photo Identity Membership Card/
Duplicate Membership Card**



The Trained Nurses' Association of India
 Incorporating Student Nurses' Association, The Health Visitors' League,
 Midwives & Auxiliary Nurse – Midwives Association
 L - 17, Florence Nightingale Lane, Green Park (Main),
 New Delhi – 110 016.
 Tel.: 91-11-26566665, 26966873, Membership (Direct line) 011 - 40195407
 Email: membership@tnaionline.org, Website: www.tnaionline.org www.tnairecruitment.org

Applicants
Passport size
Photograph
Only

Please do not sign
on the photograph

Instructions
for
Applicants

Write with ball pen (black) in CAPITAL LETTERS only
 Applicant should sign in full, clearly within the spaces provided.
 Incomplete form will be rejected.

Applicant's full Signature

TNAI Membership No. _____
NAME: _____ *Attach the copy of the proof for change of name, if required
Address: _____ _____ _____
Pin Code: _____
*Attach the copy of the proof for change of address, if required

Date of Birth	<table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> <td style="width: 20px; height: 20px;"></td> </tr> </table>										

Phone No..... (Mandatory) Email:.....

Moving ahead with commitment and dedication since 1908



The Trained Nurses' Association of India

L-17, Florence Nightingale Lane, Green Park Main, Delhi-110016

Phone: 01126566665, 26966873

Email: tnairecruitment@gmail.com

Web: www.tnaionline.org | www.tnairecruitment.com



TNAI's Recruitment

MEA ID: RA9255

RC No: B-0841/DEL/SOCIETY/1000+/5/9255/ 2017



SEND YOUR CV

tnairecruitment@gmail.com



What's app
your queries on
8287374228

THE SALIENT FEATURES OF THE RECRUITMENT AGENCY ARE:

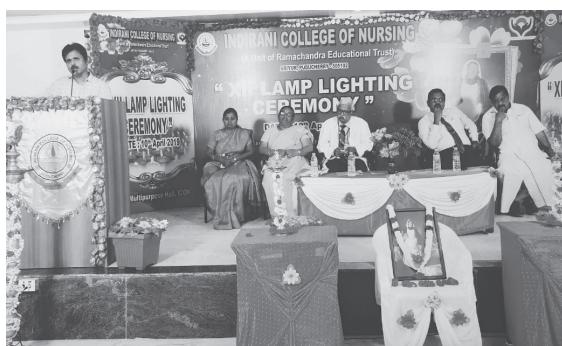
- To maintain high standards and transparency in selection of candidates in keeping with track record to TNAI
- Verification of each candidate before appearing for the interview or selection process for right candidate for the right post
- No third party involvement other than foreign employer and TNAI
- To provide necessary training & orientation before departure
- A data bank of nurses who are willing to go abroad is created for uninterrupted supply of nurses for overseas job placements.
- Research and resolve issues pertaining to employment of nurses abroad
- Disseminate the correct information to nurses through TNAI Bulletin, Nursing Journal of India and TNAI website
- No hidden charges will be incurred from the applicants other than these stipulated by the Ministry of External Affairs, Government of India/ Overseas Nurses Registration Councils time to time.



Moving ahead with commitment and dedication since 1908

NITTE Usha Institute of Nursing Sciences (NUINS), Mangaluru (Karnataka):

The Annual Day programme 'Ekatva' (meaning oneness) was held on 8 March 2019 at KS Hegde auditorium, Deralakatte. The chief guest was Dr Roy K George, President TNAI & Principal, Baby Memorial College of Nursing. In his address, he highlighted the importance of nursing profession and nurses' role in imparting quality patient care besides outlining the ongoing activities and vision of TNAI. The programme was presided by Prof Dr Saatheesh Kumar Bhandary, Vice Chancellor, NITTIE, a Deemed to be University. Appreciating the NUINS faculty for their dedicated efforts, Dr Bhandary advised them to continue the good work and bring glory to the institution. At this occasion, he also felicitated Dr Roy K George in recognition of his achievements and contribution to the profession. Ms Pavithra R and Ms Rays Therese Joseph were awarded the Best Outgoing (2018) Student awards under GNM and BSc (N) category respectively; Harish Memorial award (sponsored by Alumni Association) was bagged by Ms Ann Maria Abraham and Ms Jincy James. Prof Dr Fatima D'Silva, Principal- NUINS presented the Annual Report of the college. Dr Jacintha Veigas conducted the proceedings. The programme concluded with cultural events by students.



Indirani College of Nursing (ICN), Palampur, Kangra (Himachal Pradesh):

A workshop on cardiopulmonary resuscitation (CRP) was conducted on 15 March 2019 with Mr Pankaj, Sub Divisional Magistrate as chief guest, who highlighted the significance of knowledge and skills of CPR in dealing with emergencies. Mrs Monika Katoch, Managing Director of NSCON greeted the chief guest and delivered special guest address. Mrs N Venkatalakshmi, Principal- NSCON presented the annual report of the college. Ms Shikha Mehra and Ms Deepika, both

Asst Prof, organised the workshop with MSc (N) students; about 1,500 students (including 400 from NSCON) attended the workshop. There were four sessions in the workshop: Mr Ankur Pathania, Principal- VVM College of Nursing, Bhopal (MP) took a session on (1) Basic Life Support (BLS) - Education & Trg for Life; Mrs Bindu Joseph, Asst Prof, Mrs Vinay Kumari, Professor and Ms Shikha Gulia, Lecturer, all from Maharishi Markandeshwar University took sessions on (2) Advanced Cardiac Life Support (ACLS) - Chain of Survival (3) ACLS and (4) Demonstration, respectively. Managing Director and Principal gave away mementos and certificates to high achievers. The workshop was conducted to fulfill the requirement of MSc (N) programme.

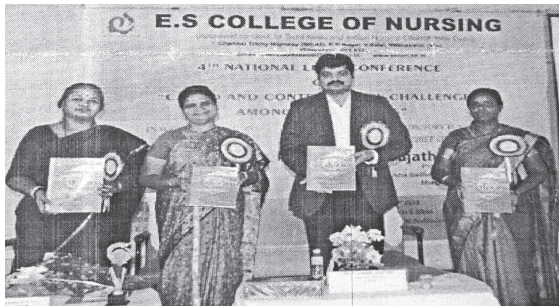
Amity College of Nursing (Amity University, Haryana) organized a faculty development programme on 'Statistics in Nursing Research' on 29 May 2019 to update the knowledge of teachers regarding key inferential tests used in research. The external resource person was Dr Hemant Sharma, Professor- Amity Business School and internal resource persons were Ms Rajwant, Ms Amandeep Kaur, Ms Parul Saini and Dr Smriti Arora. The programme sought to develop an understanding of levels of measurement for application in nursing research, using inferential statistics to predict results and interpret results, and draw conclusions. In the welcome address, Prof Dr A Tamil Selvi highlighted the importance of statistics in health research. Vote of thanks was proposed by Dr Smriti Arora.

Netaji Subhash College of Nursing (NSCON), Palampur, Kangra (Himachal Pradesh):

A workshop on cardiopulmonary resuscitation (CRP) was conducted on 15 March 2019 with Mr Pankaj, Sub Divisional Magistrate as chief guest, who highlighted the significance of knowledge and skills of CPR in dealing with emergencies. Mrs Monika Katoch, Managing Director of NSCON greeted the chief guest and delivered special guest address. Mrs N Venkatalakshmi, Principal- NSCON presented the annual report of the college. Ms Shikha Mehra and Ms Deepika, both Asst Prof, organised the workshop with MSc (N) students; about 1,500 students (including 400 from NSCON) attended the workshop. There were four sessions in the workshop: Mr Ankur Pathania, Principal- VVM College of Nursing, Bhopal (MP) took a session on (1) Basic Life Support (BLS) - Education & Trg for Life; Mrs Bindu Joseph, Asst Prof, Mrs Vinay Kumari, Professor and Ms Shikha Gulia, Lecturer, all from Maharishi Markandeshwar University took sessions on (2) Advanced Cardiac Life Support (ACLS) - Chain of Survival (3) ACLS and (4) Demonstration, respectively. Managing Director and Principal gave away mementos and certificates to high achievers. The workshop was conducted to fulfill the requirement of MSc (N) programme.



There were four sessions in the workshop: Mr Ankur Pathania, Principal- VVM College of Nursing, Bhopal (MP) took a session on (1) Basic Life Support (BLS) - Education & Trg for Life; Mrs Bindu Joseph, Asst Prof, Mrs Vinay Kumari, Professor and Ms Shikha Gulia, Lecturer, all from Maharishi Markandeshwar University took sessions on (2) Advanced Cardiac Life Support (ACLS) - Chain of Survival (3) ACLS and (4) Demonstration, respectively. Managing Director and Principal gave away mementos and certificates to high achievers. The workshop was conducted to fulfill the requirement of MSc (N) programme.



ES College of Nursing (ESCON), Villupuram (Tamil Nadu):

Dept of Child Health, ESCON, organised the 4th National Conference on Cargo and Contemporary Challenges among Adolescents on 26 April 2019. The inauguration ceremony began with prayer song with Dr Vetriselvi, Professor- JIPMER College of Nursing as chief guest. Mr Karthi, Asso Prof ESCON gave welcome speech and Prof Menaga Gandhi, Vice Principal, ESCON highlighted the significance of the theme. Dignitaries on dais lit the kuthuvilakku. Mr Senthilkumar, Secretary ESCON

gave presidential address; chief guest and guest of honour shared their views on the conference theme. Scientific session was held with eminent national experts. Posters and abstracts presented in this session drew were appreciated. Souvenir 2019 was released by the dignitaries on the dais. Valedictory session was presided over by Prof Sujatha R, Professor- Nitte Usha Institute of Nursing Sciences, Mangaluru. Feedback was received from participants, certificates were issued to them. Conference report was presented by organising secretary, Prof Menaga Gandhi, Vice Principal ESCON.

OBITUARY

Lt Col Avise Rajalakshmi

The military nursing officer Lt Col Avise Rajalakshmi breathed her last on 16 February 2019, at young age of 53 years. She was under treatment for chronic kidney disease (CKD) at Command Hospital, Eastern Command, Kolkata. She was born on 9 May 1966.

After her training at School of Nursing, Military Hospital Jalandhar, she was commissioned in Military Nursing Service (MNS) on 1 January 1990. She had served many Armed Forces Hospitals; her last appointment was as GD Matron at 151 Base Hospital. Lt Col Rajalakshmi is remembered as a humble, pleasant and compassionate nursing officer who performed her duties with utmost dedication and devotion. Maj Gen Annakutty Babu, Addl DGMNS and all officers of MNS are aggrieved at her untimely demise, which is irretrievable loss to MNS. May God, the almighty grant peace to the departed soul and strength to the family to overcome this great loss!



मां के दूध का विकल्प नहीं है शिशुओं के लिए

आदि काल से चली आ रही परंपरा और विज्ञान, दोनों दृष्टियों से स्वास्थ्यकर्मी एकमत हैं कि बच्चों के पोषण और उनके शारीरिक, मानसिक व भावनात्मक विकास के लिए मां के दूध के समान कोई आहार नहीं है। कुछ माताएं मेडिकल कारणों से शिशु को अपना दूध नहीं पिला पातीं। किंतु इसे दुर्भाग्यपूर्ण ही कहेंगे कि अज्ञानतावश या परिजनो-साथियों का सहयोग नहीं मिलने से विश्व के एक तिहाई नवजात बच्चे स्तनपान के कुदरती अधिकार से वंचित रहते हैं और फलस्वरूप अनेक बीमारियों व संक्रमणों की चपेट में आ जाते हैं।

मनुष्य सहित सभी स्तनधारी जीवों को प्रकृति ने नवजात शिशुओं के पोषण के लिए ऐसी नायाब व्यवस्था दी है जिसका कोई विकल्प नहीं। शिशु के लिए एकदम सही तापमान पर उपलब्ध इस आदर्श आहार में उसके लिए जरूरी सभी पोषक तत्व उचित मात्रा में विद्यमान रहते हैं जिन्हें वह अनायास, सहज ही ग्रहण करता है। मां का दूध बच्चे को तृप्त करने के अलावा मां-बच्चे के बीच भावनात्मक रिश्ते बनाता और सुदृढ़ करता है। मान्यता है कि मां में दूध का स्राव और इसकी मात्रा बच्चे के प्रति उसकी ममता के अनुपात में होती है। स्तनपान के विविध लाभों को देखते हुए विश्व स्वास्थ्य संगठन बच्चे को जन्म से छह माह तक केवल स्तनपान कराने की और उसके बाद संपूरक आहार के साथसाथ कम से कम दो साल तक स्तनपान कराने की पुरजोर वकालत करता है, स्तनपान आगे भी जारी रखा जा सकता है। तथापि विश्वभर में हर साल जन्मे 13.67 करोड़ बच्चों में से बमुश्किल एक तिहाई बच्चे स्तनपान करते हैं। स्तनपान को बढ़ावा देने के लिए प्रति वर्ष 1-7 अगस्त के दौरान विश्व स्तनपान सप्ताह मनाया जाता है। मातृ दुग्ध का सेवन और बाल स्वास्थ्य की बेहतरी के प्रयासों में यू.एन.ओ. और यूनेस्को द्वारा 1990 में इन्नोसेंटी उद्घोषणा के बाद तेजी आई। 170 से अधिक देशों में आयोजित किए जाने वाले इस सप्ताह भर के कार्यक्रम का इस वर्ष का थीम है, स्तनपान सुनिश्चित करने के लिए अभिभावकों को सशक्त बनाएं! (एम्पावर पैरेंट्स, एनेबल ब्रेस्टफीडिंग, नाव एंड फॉर फ्यूचर)।

मूल धारणा यह है कि जिस प्रकार अधिकांश बच्चे स्तनपान कर सकते हैं उसी तर्ज पर अधिकांश माताओं को स्तनपान कराना चाहिए। बच्चों को स्तनपान न करा सकने वाली महिलाओं के पास सर्वोत्तम विकल्प है अपना निकाला दूध अन्यथा किसी अन्य महिला का दूध ही बच्चे को दिया जाए। इसी के साथ परिवार व समुदाय द्वारा स्तनपान जारी रखने में सहायता करनी चाहिए। कुछ देशों में स्वेच्छा से अपना दूध दान करने वाली महिलाओं के सहयोग से व्यावसायिक स्तर पर यह दूध असमर्थ किंतु जरूरतमंद माताओं को सप्लाई किया जाता है। स्तनपान बरकरार रखने की स्थिति विकसित देशों में भी संतोषप्रद नहीं है। अमरीका में हालांकि 70 प्रतिशत महिलाएं अपने बच्चों को स्तनपान शुरू करा देती हैं किंतु 6 माह बीतने तक मात्र 20 प्रतिशत ही इसे चालू रखती हैं। स्तनपान में एक बड़ी बाधा डब्बाबंद शिशुआहार उत्पादकों-विक्रेताओं से है जो लुभावने दुष्प्रचार से पोषण संबंधी तथ्य पेश नहीं करते।

अनेक अध्ययनों के अलावा डब्ल्यू.एच.ओ. और बालरोग विशेषज्ञों ने पुष्टि की है कि मां के दूध में बच्चे की सर्वोत्तम वृद्धि के लिए जरूरी सभी पोषकतत्व, कैलोरी व तरल मौजूद होते हैं जबकि डब्बाबंद दुग्धों के साथ ऐसा नहीं है, इसीलिए स्तनपान किए बच्चे अधिक स्वस्थ, हृष्टपुष्ट व न्यूमोनिया, ब्रोंकाइटिस, डायरिया और मेनिन्जाइटिस जैसे संक्रमणों व रोगों से मुक्त रहते हैं। मां का दूध रक्ताल्पता (अनीमिया), सडन इन्फैंट डैथ सिन्ड्रोम, डायबिटीज़, मोटापा तथा कैंसरों के कुछ रूपों से भी बचाव रखता है। स्तनपान न किए मामलों में शिशु मर्त्यता स्तनपान किए बच्चों से 14 गुना आंकी गई है।

ग्रीनविच स्कूल ऑफ साइंस यूनिवर्सिटी की साइंस डेली में प्रस्तुत रिपोर्ट में बताया गया है कि 'तैयार (डब्बाबंद) शिशुआहारों में पाई गई कैल्शियम, जिंक, आइरन, मैग्नेशियम व अन्य खनिजों की मात्रा

संस्तुत दैनिक स्तर का पांचवां अंश थी।" पिट्सबर्ग यूनिवर्सिटी व सिंसिनाटी चिल्ड्रन अस्पताल के वैज्ञानिकों ने पाया कि स्तनपान कराने वाली अमेरिकी महिलाओं के स्तनदूध में लाभकारी ओमेगा 3 फैटी एसिड के स्तर कम स्तनपान कराने वाली अमरीकी महिलाओं से कहीं अधिक थे। इसी संदर्भ में मानवविज्ञान के प्रोफेसर स्टीवेन गॉलिन कहते हैं कि शिशुओं के "अमरीकी भोजन में उन तत्वों का लोप हो रहा है जो स्तनपान से हासिल होते हैं, इनमें वे फैट हैं जो शिशु के मस्तिष्क के विकास के लिए आवश्यक हैं, और अमरीकी बच्चों की गणित व विज्ञान में पिछड़ने की वजह यही है।" सुविदित मेडिकल जर्नल जामा में बताया गया कि लंबी अवधि तक स्तनपान किए बच्चों की भाषाई पकड़ और बौद्धिकता बेहतर होती है। हमारे देश में स्तनपान को संवर्धन करने वाले संगठनों में प्रमुख हैं स्वैच्छिक क्षेत्र में वर्धा मुख्यालय की ब्रैस्टफीडिंग प्रमोशन नेटवर्क ऑफ इंडिया और सरकारी तंत्र में महिला एवं बाल विकास मंत्रालय का खाद्य एवं पोषणाहार बोर्ड। दि ट्रेन्ड नर्सिंग एसोसिएशन ऑफ इंडिया भी इस दिशा में कमोबेश सभी राज्यों में फैली शाखाओं के कार्यक्रमों के जरिए स्तनपान के बाबत जागरूकता बढ़ा रहा है। बिहार, उ.प्र. और हरियाणा में स्तनपान का चलन अन्य राज्यों से काफी कम है।

कामकाजी महिलाओं की उत्तरोत्तर बढ़ती संख्या के मद्देनजर सरकार ने कार्य के दौरान उन्हें स्तनपान कराने की छूट और उचित सुविधाएं अनिवार्यतः प्रदान करने के निर्देश जारी किए हैं। स्तनपान को बढ़ावा देने के लिए सरकार ने दो बच्चों तक माताओं के लिए दो वर्ष की बाल देखभाल छुट्टी का और पिताओं को इस निमित्त सहयोग देने के लिए 15 दिन की विशेष छुट्टी का प्रावधान है। सभी बच्चों को अमृत तुल्य मां का दूध उपलब्ध हो और वे इस कुदरती अधिकार से वंचित न रहें, ऐसी सोच बना कर परिवार व समुदाय के सभी सदस्यों को अपने-अपने तरीके से सहयोग देना हम सभी के हित में रहेगा।

— हरीश बड़थवाल



CHANGE YOUR WORLD Volunteer abroad with VSO

VSO is looking for neonatal nurses and midwives to volunteer in Uganda, Tanzania, Ethiopia and Sierra Leone.

VSO offers a comprehensive financial, personal and professional support package. You'll get extensive training before leaving and when you're overseas from the local staff. When you return VSO will help you resettle.

Placement length:

Minimum of 12 months – Maximum 24 months.



Our applications are NOW open

Find out more at

[vsointernational.org/volunteering/volunteering-pro/jobs](https://www.vsointernational.org/volunteering/volunteering-pro/jobs)

or contact us by email @ **bijaya.shrestha@vsoint.org**

or phone Bijaya @ **8826176398** or Anjali @ **8920260080**

नर्स पर अभिमान

वह हमारा अभिमान है
वह देश की शान है।
अच्छे से देखभाल करने वाली,
“नर्स” उसका नाम है।

लोग उन पर उम्मीद हैं करते
देते उन्हें सम्मान हैं
सिस्टर—सिस्टर सभी बुलाते
करती यह स्वीकार है।

रात—रात भर सोई नहीं
दिनभर भूखा रहती
रखती हमारा ध्यान है।

इतना करे तो कहना पड़ेगा
नर्स मां समान है।
दिल से सबको सुरक्षा देती,
भेदभाव का नाम नहीं

मां का रूप सामने है आता
हिचकियाने की बात नहीं।
सेहत को है कैसे बचाना
हमें उसने सिखाया है।

हरी भरी सब्जियां खा कर
तंदुरुस्त कैसे रहना है।

नर्स का दिल है, दरिया है
नर्स नहीं वह मां है।
और मां के चरणों में
सारा जहां है।

राहुल मीणा

एम.एस.सी. नर्सिंग, प्रज्ञान नर्सिंग, प्रज्ञान नर्सिंग
महाविद्यालय, भोपाल

EVENTS OF THE MONTH

World Breastfeeding Week: 1 - 7 August

In our country, high infant mortality, poor child health and low survival is attributed to suboptimal or no breastfeeding. Globally, only 55 percent of the newborns are exclusively breastfed. With a view to promote this practice, the 120+ countries with support from World Alliance for Breastfeeding Action (WABA), UNICEF, WHO and their partners celebrate Breastfeeding Week (WBW) during 1-7 August annually. This year's slogan, Empower Parents, Enable Breastfeeding: Now and for the Future means that encouraging breastfeeding by educating women is not enough, they need to be enabled. WBW is celebrated in more than 120 countries by UNICEF, WHO and their partners, governments.

It is estimated that around one lakh child deaths and huge morbidities of child or mother due to diarrhea, pneumonia, obesity, breast and ovarian cancers, type 2 diabetes can be drastically reduced if children are breastfeeding optimally. The WHO and UNICEF recommend giving colostrum to the newborn, exclusive breastfeeding during 0-6 months of age and continuing it till two years or beyond. Provisions of the IMS Act 1992/ 2003 need to be honoured. The target of enhancing breastfeeding up to 65.7 percent of children can be met only through concerted efforts.

World Mosquito Day: 20 August

Mosquitoes, the deadliest animals in the world, can carry and spread diseases to humans causes millions of deaths every year. Different species of mosquitoes can carry different diseases: Aedes, Anopheles, Culex mosquitoes act as vectors (living organisms that can transmit infectious diseases between humans or from animals to humans). Commemorating a British doctor, Sir Ronald Ross's for his discovery in 1897 that 'female mosquitoes transmit malaria between humans', World Mosquito Day is celebrated annually on 20 August. It aims to raise awareness about the causes of malaria and how it can be prevented

Aedes causes Chikungunya, Dengue fever, Lymphatic filariasis, Rift Valley fever, Yellow fever, Zika; Anopheles – Malaria, Lymphatic filariasis (in Africa); Culex – Japanese encephalitis, Lymphatic filariasis, West Nile fever. Apart from environmental management, biological and chemical control of mosquitoes, one can keep safe from the mosquito bites using personal preventive and protective measures like use of insect repellent, wearing clothes to cover maximum of the body, screening of windows and doors and use of mosquito nets.



Benefits of TNAI Membership

Write to us for more details regarding:

Guest Room: helpdesk@tnaionline.org
Nurses Problem: prim@tnaionline.org, tnai_2003@yahoo.com
Publications and Articles: publicationstnai@yahoo.com
Membership: membership@tnaionline.org
SNA: sna@tnaionline.org
BLS/ACLS: tnai.cin.ech@gmail.com
Foreign Recruitment: tnairecruitment@gmail.com

TNAI Scholarship (Rs. 24,000/ Year)

Subsidized accommodation at TNAI guest houses

Medical Assistance (Maximum up to Rs. 1,00,000)

Free recruitment to European Countries Job placement**

Critical illness assistance (Rs. 1,00,000*)

Incentives for enrolling TNAI members

Nurses Welfare Grant

Concession in Continuing Education Programs

Disaster Relief fund for individual/ state/national

Presentation of scientific papers in national and state conferences

Life time achievement award

Publication of articles in NJI and Bulletin

Railway Concession (25%)

Concession in registration fees for TNAI's national and state Conferences

Day Care center for Elderly

Subsidized fees for TNAI's training programs

*Organ Transplantation/ accident or any other emergency treatment

**Conditions apply

Moving ahead with commitment and dedication since 1908

Guidelines for Authors

The Nursing Journal of India (NJI) invites contributions for publication including original research article, case studies, review articles, that may be relevant/related to Nursing Practice, Management, Education.

The articles should follow the following sequence: Title; Name(s) of author(s) with designation; Complete address for correspondence; Abstract (in research articles); Introduction or background; Literature Review (in Short); Methodology; Results and Discussions; Conclusion; References-recent references (5-10) should be used. Ideally, the articles should be 1500 to 2000 words long. Illustrations, diagrams, photographs should be preferably in black and white; if in colour, these should have good reproducibility.

Authors should send the soft copy through mail along with a cover note addressed to the Editor, NJI. The cover note should: (i) indicate the TNAI Membership number; (ii) mention the year in which the study was conducted; (iii) furnish an undertaking that the article has not been submitted elsewhere for publication.

After lengthy discussion the members suggested to add the following along with existing guidelines for authors:

1. Institution Ethical Clearance(IEC) letter to be obtained from the hospital/institutions by the authors whoever conducting interventional studies.
2. Order of authorship should be mentioned by the authors.
3. If more than one authors for research article, only author name to be mentioned and rest of the authors names can be mentioned at the bottom of the page.
4. References should be numbered and should stick to the Vancouver style.
5. In case of websites: mention the retrieval date.

ATTENTION MEMBERS !

Although we take utmost care in checking the veracity of facts mentioned in the advertisements, yet readers are requested to make appropriate enquiries and satisfy themselves before acting upon any advertisement.

- Chief Editor

TNAI BULLETIN

Monthly Newsletter of

The Trained Nurses' Association of India

L-17 Florence Nightingale Lane, Green Park, New Delhi-16

Phone: 26566665, 26858304

E-mail: helpdesk@tnaionline.org, membership@tnaionline.org,
sna@tnaionline.org, publicationstnai@yahoo.com

Website: www.tnaionline.org

EDITORIAL ADVISORY BOARD

Prof (Dr) Roy K George, Dr A Indira, Mrs Avani Oke, Dr Larissa Martha, Dr G Hemavati, Mrs Mehmooda Regu, Mrs Evelyn P Kannan

Consulting Editor: Mr HK Barthwal

Chief Editor: Mrs Evelyn P Kannan