

THE TRAINED NURSES' ASSOCIATION OF INDIA

**TNAI BULLETIN****VOL. 8 No. 9****SEPTEMBER 2019****Teachers' Role in Building An Empowered Society**

Learning is sure gateway to superior quality of life. Better and more effective the learning systems, superior the breed of learners, who shall be enabled to contribute to society and nation in a larger, more meaningful way. Teachers inculcate values in learners that help them develop their talents and skills. As tribute to late President and educationist, Dr Sarvpalli Radhakrishnan, the nation celebrates 5 September, his birth anniversary as **Teachers' day** every year. A teacher's jurisdiction surpasses beyond delivery of course content for imparting skills. Therefore, the role of teachers assumes pivotal importance in building of an empowered society and nation.

The 100th EC meeting of TNAI held on 10-11 August 2019, presided by TNAI President Prof (Dr) Roy K George was very special during which members nostalgically referred to the its First EC meeting that took place on 24-25 February 1975 with Miss A. Cherian as its President. The members expressed gratitude to the successive ECs and Councils whose commitment, loyalty and tireless efforts led TNAI to the prestigious and towering status it enjoys today.

*Concession in membership fees:* In view of 2020 being earmarked as the *Year of Nurses & Midwives* by WHO and ICN, the TNAI, as part of its membership drive has cut down the membership charges during the period 1 Jan to 31 Dec 2020, from Rs. 3,600 to Rs. 3,000. Remember that to be beneficiary of incentive, one has to enroll a minimum of 10 members.

*BLS course in respective institutions:* Institutions desiring the TNAI's course on Basic Life Support (BLS) for nurses and other health functionaries to be conducted at their premises are advised to get registered one month in advance; there should be minimum of 50 candidates per batch. The classes are held by AHA-approved instructors.

*Forthcoming SNA Conference:* The XXVIII SNA Biennial Conference will be hosted by Tamil Nadu state branch during 2-6 November 2019 in Coimbatore. Members are requested to get registration done well in advance. Inside pages of this issue contain Conference programme and Registration Form.

*Health events in September of interest to nurses:*

**World First Aid Day on 14 September (second Saturday of September)**, an initiative of the International Federation of Red Cross and Red Crescent Societies (IFRC) pleads to promote initial care for an injury or illness, even by non-

experts. **International Alzheimer's Day** (21 September) seeks to raise global awareness about dementia and its impact on families and communities. **World Heart Day** (29 September) draws public attention to the reality of hypertension as leading cause of mortality, and therefore urges to take appropriate measures.

**Foetal Alcohol Spectrum Disorders (FASD) Day** organised on 9 September since 1999 pleads to avoid alcohol consumption during pregnancy which is neurotoxic to the brain in developmental stage. Such children are at risks of low IQ, speech & language delays, learning disabilities, problems of vision, hearing & behaviour, besides impairment of vital organs.

We wish you a Happy Teacher Day.

**(Evelyn P Kannan)**

Chief Editor & Secretary General, TNAI

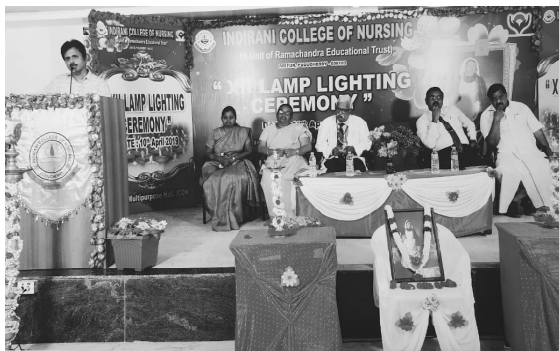
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## NEWS FROM NURSING INSTITUTIONS

### Institute of Nursing Education, Sir JJ Hospital campus, Mumbai:

World Hypertension Day was organised on 17 May 2019 by the department of Community Health Nursing to increase awareness about high blood pressure (BP). The World Hypertension Day theme this year i.e. Know Your Numbers (BP) exhorts that rather than taking pride in high BP and not taking medicine, aberration from normal level being indicator of pathology, BP must be observed and monitored at periodic intervals for good health. Considering ignorance of lay people about raised or lower BP – some even unaware about their level of BP, the major highlight of the programme was the conduct of a campaign, Know your Blood Pressure in which pedestrians, morning walkers, office workers and housewives were targeted. Main features of campaign were: checking the BP levels of lay populations; distribution of pamphlets in local language; mouth publicity; one-to-one communication and home visits. People around campaign site were also motivated and to get their BP checked; a sadhu was also included after persuasion. The results from BP measurement of 300 persons were alarming as majority of them were unaware about elevated blood pressure, 36 (12%) participants were found to have elevated systolic (=140 mmHg) and diastolic (= 90 mmHg), out of which 20 (55.5%) were not aware of having hypertension (elevated BP); only 8 (22.22%) of those screened were on antihypertensive medications. They were explained why hypertension is called the 'silent killer' i.e. general absence of clear symptoms when BP is on higher or lower side and understand factors predisposing to hypertension. High blood pressure, though not curable, can be effectively managed through lifestyle modification.



### Indirani College of Nursing (ICON), Ariyur, Puducherry:

The XII Lamp Lighting ceremony for BSc (N), DGNM and ANM students was held on 10 April 2019. Shri B Ramachandiran, Chairman- Ramachandra Educational Trust (owners of ICON), presided over the function; he appreciated the dedication of the ICN faculty for bringing glory to the institution and motivated the young nursing buds to learn and practice high tech approach in nursing care. Welcome address was delivered by Dr Latha Srikanth, Vice Principal- Clinicals, ICON. Chief Guest of the day, Dr Felicia Chitra, Principal- College of Nursing, Mother Theresa Postgraduate & Research Institute lit the Nightingale lamp and highlighted the uniqueness of nursing profession. She also spoke on attitudes and qualities needed for nursing, and principles of modern nursing. The Nightingale pledge was administered by Prof Malliga Kannan, Principal- ICON. Felicitation address was given by Dr S Rathnasamy, Dean and Dr Mahadevan, Director, both at SVMCH&RC, and Mr Soundarajan, General Manager RET. The ceremony came to close with vote of thanks by Prof Rajeswari, Vice Principal-Academics, ICON.

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### TNAI BULLETIN

Monthly Newsletter of

The Trained Nurses' Association of India

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### EDITORIAL ADVISORY BOARD

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## Election Result: TNAI Uttarakhand State Branch 2019

The elections of TNAI Uttarakhand State Branch were held on **2<sup>nd</sup> July, 2019 at Orange Hall, College of Nursing, AIIMS, Rishikesh, Uttarakhand**. The following office bearers were declared elected: **1. President:** Mrs Lalita Bisht, TNAI No. 18455, 47 Stonleigh Compound, Tallital, Nainital-263002. **2. Vice-President:** Mrs Navneeta Khrist, TNAI No.155200, Vice Principal, Quadra Institute of Nursing, Quadra Campus, NH-58, Near Montfort School, Haridwar Road, Roorkee-247667. **3. Secretary -** Dr. Suresh K Sharma, TNAI No. 105833, Principal, College of Nursing AIIMS, Rishikesh -249203. **4. Joint Secretary:** Mr Rajesh Kumar Sharma, TNAI No. 278825, Assistant Professor, Himalayan College of Nursing, Swami Rama Himalayan University Jolly Grant, Dehradun- 248016. **5. Treasurer:** Mrs Xavier Belsiyal C, TNAI No. 103174, Assistant Professor, College of Nursing, AIIMS Rishikesh, Pasulok, Virbhadra Road, Rishikesh-249203. **6. SNA Advisor:** Ms Hansi Negi, TNAI No. 18466, Nursing Director, Swami Bhumanand College of Nursing Ranipur Jhal, Jwalapur, Haridwar, Nainital-263002. **7. Chairperson: Socio-Economic Welfare Committee -** Ms Anita Adhikari, TNAI No. 295546, Type-4, G-2 Medical College of Campus, Rampur Road, Haldwani- 263139. **8. Chairperson - Membership Committee:** Ms Mamta Kaperwal, TNAI No. 220800, Govt. College of Nursing, Paliyaldhar, Gopeshwar Chamoli-246401. **9. Chairperson - Programme Committee:** Dr Mehvish Khalid, TNAI No. 161347, 178/20 Lakkhibagh, Near GGIC, Opp Add. State School of Nursing, Chander Nagar, Dehradun. **10. Chairperson - Nursing Education Committee:** Mrs Priya JP Narayan, TNAI No. 161348, Assistant Professor, Himalayan College of Nursing, SRHU, Jolly Grant, Dehradun- 248140. **11. Chairperson - Nursing Service Committee:** Ms Gurpreet Kaur, TNAI No. 249882, Shri Mahant Indires Hospital Patel Nagar, Dehradun- 248001. **12. Chairperson - Public Health Nursing Section:** Vacant. **13. Chairperson - ANM / LHV / CHO:** Vacant

Dr. Rakesh Sharma, Returning Officer,  
TNAI - Uttarakhand State Branch Election 2019,  
Assistant Professor, College of Nursing, All India Institute  
of Medical Sciences, Rishikesh- 249201

## Election Result: TNAI West Bengal State Branch 2019

The elections of TNAI West Bengal State Branch were held on **6 July 2019 at Nursing Training School, Nilratan Sarkar Medical College & Hospital (NRSMC & H) 138-AJC Bose Road, Kolkata-700014, West Bengal**. The following office bearers were declared elected: **1. President:** Ms Sumita Dutta, TNAI No. 2036, 196D/2 Regent Greens Block-A Flat No. 3A Picnic Garden Road-700039. **2. Vice-President:** Mrs Smritikana Mani, TNAI No. 48317, HIG(U), 9/1, Swaranika Housing, Biren Roy Road (West), Shakuntala Park, Kolkata-700061, West Bengal. **3. Secretary:** Ms Usha Mallick, TNAI No. 94962, 114/3/4/ Diamond Harbour Road Barisha, Uddayanpally, Kolkatta-700008. **4. Treasurer:** Ms Sanchita Banerjee, TNAI No. 57843, 32, Kabinabin Sen Road, Suprabhat Apartment, 3rd Floor, Kazipara Dumdum-700028. **5. SNA Advisor:** Ms Krishna Banerjee, TNAI No. 134447, VPO Madral Banerjee Para, Via-Kankinara, North 24 Parganas-743126. **6. Chairperson - Socio-Economic Welfare Committee:** Ms Alpana Rani Das, TNAI No. 181962, 33-E Raja Naba Krishna Street, Kolkata-700005. **7. Chairperson - Membership Committee:** Ms Manashi Saha, TNAI No.131684, 24/1 Dr. M.N. Saha Road, Kolkata-700079. **8. Chairperson- Programme Committee:** Ms Sima Bose (Bhattacharjee), TNAI No. 108639, C/O Anup Kr. Bhattacharjee, Dharsha Kantapukur(N), Potis Jagacha, Howrah-711112. **9. Chairperson- Nursing Education Committee:** Ms Dipa Sarkar Dey, TNAI No. 57841, 102/1 Nandibagan Road, Singhi Garden, Kolkata-700078. **10. Chairperson- Nursing Service Committee:** Ms Keya (Samanta) Bhattacharya, TNAI No. 40202, N T C North 24 Parganas District Hospital N T C Quarters Po Barasat-743201. **11. Chairperson - Public Health Nursing Section:** Ms Manju Mukherjee, TNAI No. 7327, Bara Bazar, Rue De Canno, PO Chandan Nagar, Dist Hooghly-712136. **12. Chairperson: ANM/LHV/CHO:** Vacant.

Mrs Sanghamitra Dasgupta, Returning Officer,  
TNAI - West Bengal State Branch Election 2019,  
C/O Anjan Dasgupta, 94/4/1, Bililius Lane,  
Howrah- 711101, West Bengal

## PROVISIONAL BALLOT PAPER: TNAI Telangana State Branch 2019

Office	Name and Address of the Contestants	Voter X
President	Mrs M Rajeshwari, TNAI No. 180838 Associate Professor, Apollo College of Nursing, Hyderabad-500096, Telangana	
Vice President	Mrs Ivy Vaz Dias, TNAI No. 413411-2-17-23, Flat No.306, Karan Centre, Park Lane, Sarojini Devi Road, Secunderabad, Telangana.	
Secretary	Mrs T Swarajyavani, TNAI No. 156925 Principal, Vijaya Health Care Academic Society CON, Survey No. 157 & 167, Godumakunta Village, Rampally Dayara Post, Keesara, Medehal Distt.-501301, Telangana	
Joint Secretary	Mrs B. Vaidyavathi, TNAI No. 173138 H.No.1-5.9/EB/716, Sai Sukhavistas, Apartment, Green Hills Colony, Street No. 08, Habseguda, Hyderabad-500007, Telangana.	
Treasurer	Mrs MP Lilly Kamala, TNAI No. 66610, Govt. College of Nursing, Somajiguda, Hyderabad-500082, Telangana.	
	Mrs Naga Prasanna Kumari B., TNAI No. 95225 Plot No. 142, Flat No. G1 Anantha Residency, Srinivasa Nagar, Nizampet, Hyderabad-500090, Telangana.	
SNA Advisor	Mrs Jagruthi K, TNAI No. 175074, Plot No. 505, 9-14, Ambedkar Nagar, New Gayathri Nagar, Canara Bank Road, Jillelaguda, Hyderabad-500097, Telangana	
Chairperson - Membership Committee	Sr. Vasantha, TNAI No. 152032, JMJ College of Nursing, St. Theresa's Hospital Campus, Sanathnagar-500018, Telangana	
Chairperson- Programme Committee	Mrs N. Padmasree, TNAI No. 225551, 11-7-120/2, Kothapet, Saroornagar, Opp. to Citizen Coop. Bank, Hyderabad, Telangana	
	Dr. S. Queenmary TNAI No. 235403, Flat No. 503, Anish Elite Apartment, Gayatri Nagar, Suchitra-500067, Telangana	
Chairperson- Nursing Service Committee	Mrs K. Venkat Ramana TNAI No. 259789, Staff Nurse, Sarojini Devi Eye Hospital, Humayun Nagar, Hyderabad-500028, Telangana	
Chairperson- Public Health Section	Vacant	
Chairperson Nursing Education	Mrs Sharmila G., TNAI No. 191888, H.No.3-38, Suraram Colony, Church Road, Hyderabad, Rangareddi-500055, Telangana	
	Mrs T. Bhagyalakshmi TNAI No. 236242, H.No. 3-5-105/A, Shiva Nagar Colony, Attapur Hyderguda-500048, Telangana.	
Chairperson - Research Committee	Mrs V. Chandrakala, TNAI No. 109317, Associate Professor, JMJ College of Nursing, Erragadda, Hyderabad, Telangana.	
Chairperson - LHV and ANM Committee	Mrs D.Shailaja TNAI No. 322996, UPHC Pan Bazar, Ranigunj-500003, Telangana	

As per the TNAI Constitution Rules & Regulations & Bye-Laws page no 56-64 State Branch Election Procedure (Revised and approved by Council/HOD 2012).

1. Election will be held in General Body Meeting on September 30, 2019 from 11.00 am - 4.00 pm at **JMJ College & School of Nursing St. Theresa's Hospital Campus, Sanathnagar, Hyderabad - 500018, Telangana.**
2. The Provisional Ballot Paper is published only for the information of the members. A separate Ballot Paper will be distributed to the voters on the day of Election.
3. Only Life members of TNAI are eligible to vote.
4. All the Voters are requested to bring their voters' card/receipts of TNAI membership issued by the TNAI Headquarters along with Photo identity (Election card/PAN card/Driving license) before entering the hall for voting.
5. No one shall be allowed to vote before or after the schedule time of voting.
6. Names of contestant who have not given their consent in writing to the Returning Officer will be deleted from the final Ballot Paper.
7. Contestants are requested to give their consent in writing to the Returning Officer and the choice of the office in case they are nominated for more than one office.
8. It is expected that the Voters/Members are well versed with the TNAI Rules and Regulation and Byelaws. A copy of the same shall be available with the Returning Officer for ready reference.
9. For the offices of President and Secretary all valid nominations shall be included. For other offices, the names of three members having the highest number of nominations shall be included in ballot paper.
10. The person so elected for a particular office at branch level shall hold the office for the full term (four years) and shall not contest and cross to another office prior to completion of the term of her/his existing office.
11. The Returning Officer should be approached for any query or doubt about the election. No addition of the contestant shall be made to the final ballot paper.
12. Any contestant wishing to withdraw from any office of contest should inform the Returning Officer at least 20 days prior to the election date in writing at the following address: **Sr. Bandhavi Sikha, Returning Officer, Telangana State Branch, Principal, MJM College & School of Nursing St. Theresa's Hospital Campus, Sanathnagar, Hyderabad- 500018, Telangana.** ■

#### **World Heart Day: 29 September**

Cardiovascular disease (CVD) is the world's number one killer today, with 17.9 million deaths attributed every year from CVD; 31 percent of all deaths are from CVD. Organised by World Heart Federation on 29 September each year, World Heart Day takes stock of the progress made in upkeep of health of heart and suggest effective strategies to be acted upon for making world healthier place.

This year it calls to create a global community of Heart Heroes with people from all strata of life who are acting to live longer, better, heart-healthy lives by making a promise to adopt such measures as: to cook and eat more healthily; to exercise more and help all to stay more active; to say 'No' to smoking and help near & dear ones to quit smoking and lower their cholesterol; to invest in heart-healthy workplaces.

At least 80 percent of the premature deaths due to cardiovascular diseases can be protected by controlling four main risk factors: unhealthy diet, tobacco use, lack of physical activity and use of alcohol, says World Heart Federation. A study in Indian context by The Lancet found that the heart diseases caused over 2.1 million deaths in 2015 at all ages i.e. more than a quarter of all deaths. It also revealed that heart-related disease among rural Indians have surpassed those among urban Indians. A disturbing finding was that the younger ones i.e. adults born in post-1970s era are more at risk of heart diseases.

**THE TRAINED NURSES ASSOCIATION OF INDIA**  
**XXVIII SNA BIENNIAL CONFERENCE PROGRAMME (TENTATIVE)**

Hosted by TNAI Tamil Nadu State Branch

2 - 6 November 2019

*Theme: "Nursing: Harmony of Mind, Body and Spirit"*

Venue: PSG IMS & R Auditorium, PSG College of Nursing, Peelamedu, Coimbatore, Tamil Nadu

**Pre-Conference Meetings**

<b>Day I November 2, 2019 (Saturday)</b>		
<b>Time</b>	<b>Programme</b>	<b>Venue</b>
09.00 am – 05.00 pm	Registration	PSG IMS & R Auditorium
09.00 am – 05.00 pm	TNAI combined EC/ Council Meeting	Convention Hall, 1 <sup>st</sup> Floor, PSG Institute of Management
<b>Day II November 3<sup>rd</sup>, 2019 (Sunday)</b>		
09.00 am – 05.00 pm	Registration	PSG IMS & R Auditorium
09.00 am – 11.00 am	TNAI combined EC/ Council Meeting to continue	Convention Hall, 1 <sup>st</sup> Floor, PSG Institute of Management
11.00 am – 12.00 noon	Press Conference	Alumni Hall, PSG Institute of Management
12 noon – 01.00 pm	TNAI Orientation	Convention Hall, 1 <sup>st</sup> Floor, PSG Institute of Management
01.00 pm – 02.00 pm	Lunch	
02.00 pm – 04.00 pm	SNA General Committee meeting	PSG IMS & R Auditorium
04.00 pm – 05.00 pm	Exhibit of posters	3 <sup>rd</sup> Floor, PSG College of Nursing
5.00 pm – 6.00 pm	Essay Writing	5 <sup>th</sup> Floor, PSG College of Nursing
06.00 pm - 08.00 pm	Variety Entertainment by hosting unit	PSG IMS & R Auditorium
08.00 pm onwards	Dinner	
<b>DAY III November 4<sup>th</sup>, 2019 (Monday)</b>		
08.00 am-10.00 am	Rangoli Pencil sketch On the spot painting	5 <sup>th</sup> Floor PSG College of Nursing
10.00 am – 11am	<b>Inauguration of Conference</b>	PSG IMS & R Auditorium
	Invocation	
	Lighting of ceremonial lamp	Dignitaries
	Welcome address	Dr Jeyaseelan M Devadasan, President, Tamil Nadu State Branch
	Reading of messages	Mrs. S. Vatchala, Assistant Secretary-General, TNAI
	Introduction of SNA	Mrs Evelyn P Kannan, Secretary-General, TNAI
	Unfolding of theme	Dr. Jaeny Kemp, Vice President, TNAI (South Region)
	Presidential address	Prof (Dr) Roy K George, President, TNAI
	Chief Guest address	<b>To be decided.</b>
	Guest of Honour	Dr. T Dileep Kumar, President, INC
	Vote of thanks	Dr. Prof. Jaya Sudha, Organising Secretary & Principal, PSG College of Nursing
	National Anthem	

11.00 am – 1.00noon	Quiz competition	2 <sup>nd</sup> Floor, PSG College of Nursing
1.00 pm – 2.00 pm	Lunch	
02.00 pm - 03.00 pm	Mono Acting	PSG IMS & R Auditorium
03.00 pm - 04.00 pm	Panel Discussion – Alive & Thrive	PSG IMS & R Auditorium
04.00 pm - 06.00 pm	<b>SNA BUSINESS SESSION -1</b>  Chairperson  SNA Report  Report of state SNA activities	PSG IMS & R Auditorium  Prof (Dr) Roy K George President , TNAI  Mrs S Vatchala Dhinakaran, Assistant Secretary-General, TNAI  State SNA Vice Presidents and State SNA Secretaries
06.00 pm - 08.00 pm	Talent display & Personality Contest	PSG IMS & R Auditorium

**DAY IV November 5<sup>th</sup>, 2019 (Tuesday)**

07.00 am - 10.00 am	Sports competition	PSG IMS & R Playground
10.00 am - 11.00 am	Extempore	PSG IMS & R Auditorium
11.00 am - 12.00 am	Scientific Paper Presentation	PSG IMS & R Auditorium
12.00noon – 1.00 pm	<b>SNA BUSINESS SESSION- II</b> Chairperson  Presentation of SNA General committee Decisions & Resolutions  Introduction of National skill lab  Introduction of Recruiting Agency	PSG IMS & R Auditorium  Prof (Dr) Roy K George President, TNAI  Mrs Evelyn P Kannan Secretary General, TNAI / Minutes Secretary, SNA General Committee  Mrs Sanghamitra Assistant Secretary General, TNAI  Mr Ajinas AM Assistant Secretary General, TNAI
01.00 pm - 02.00 pm	<b>Lunch</b>	
02.00 pm - Onwards	<b>Valediction</b> Invocation Welcome address Conference resume Conference remark Chief Guest address Prize distribution Vote of thanks National Anthem	PSG IMS & R Auditorium  Mrs Evelyn P Kannan Secretary General, TNAI Faculty, PSG College of Nursing Prof. (Dr) Roy K George, President TNAI To be confirmed Mrs Vatchala Dhinakaran, ASG, TNAI
04.00 pm - 05.00 pm	Post Conference Evaluation Meet	Seminar Hall, PSG College of Nursing

**DAY V November 6<sup>th</sup>, 2019 (Wednesday) Sight Seeing**

<b>Refreshment &amp; Meal timings</b>				
<b>Breakfast</b>	<b>Morning refreshment</b>	<b>Lunch</b>	<b>Refreshment</b>	<b>Dinner</b>
07.30am onwards	10.30 am onwards	1.00 pm onwards	5.00 pm onwards	8.00 pm onwards

# XXVIII SNA BIENNIAL CONFERENCE

Hosted by TNAI Tamil Nadu State Branch

November 2 – 6, 2019

Venue: PSG IMS & R Auditorium, PSG College of Nursing, Peelamedu, Coimbatore (TN)

Theme: "Nursing Harmony of mind, body and spirit"

S.No.	Committee	Chair Person	Email ID	Mobile No.
<b>1. Conference Committee</b>				
Chairperson		<b>Prof. Dr. Jeyaseelan Devadason</b> Dean & State TNAI President, Annai JKK Sampoorani Ammal College of Nursing, Ethirmedi, Valakaranur PO, Komarapalayam - 638 183.	tnaipresidenttnbranc h@gmail.com	9047052700
Secretary		<b>Dr. A. Jayasudha</b> Principal, PSG College of Nursing, Peelamedu, Coimbatore – 641 004.	jayasudham2003@g mail.com	9976729884, 9080772306
<b>2. Program and Fund Raising Committee</b>				
Chairperson		Mrs J Leena Professor, PSG College of Nursing, Peelamedu, Coimbatore – 641 004.	coimbatore francis@ yahoo.com	9842614197
Co-Chairperson		Mrs M Jenifer Gracy Assistant Professor, PSG College of Nursing, Peelamedu, Coimbatore-641 004.	m.jg.mbbs@gmail.co m	9600125949
<b>3. Competition Committee</b>				
Chairperson		Ms. Roselin Myzhvizhi Professor, PSG College of Nursing, Peelamedu, Coimbatore – 641 004.	romyvsrsi@gmail.co m	9846341280
Co-Chairperson		Mrs D Hema Assistant Professor, PSG College of Nursing, Peelamedu, Coimbatore-641004	way2hema_2007@y ahoo.co.in	9500571410
<b>4. Reception Committee</b>				
Chairperson		Mrs T. Maheswari Associate Professor, PSG College of Nursing, Coimbatore – 641 004.	mahi2381@yahoo.co .in	9994622978
Co-Chairperson		Mrs R Abishak Lecturer, PSG College of Nursing, Coimbatore – 641 004.	abishakravikumar@g mail.com	9786899865
<b>5. Accommodation and Transport Committee</b>				
Chairperson		Mrs S. Sudhapriya Associate Professor, PSG College of Nursing, Coimbatore – 641 004.	sudhapriya146@gma il.com	8220774541
Co-Chairperson		Ms. M. Deepikashri Lecturer, PSG College of Nursing, Coimbatore – 641 004.	mdeepikashri@gmail .com	9400631421
<b>6. Catering Committee</b>				
Chairperson		Mrs RCJ Reena Associate Professor, PSG College of Nursing, Coimbatore – 641 004.	reenapraisyyahoo. co.in	9629733385



Co-Chairperson	Ms R Arthi Lecturer, PSG College of Nursing, Coimbatore – 641 004.	arthiramachandran2011@gmail.com	9597331883
<b>7. Exhibition Committee</b>			
Chairperson	Mrs PM Rajeswari Assistant Professor, PSG College of Nursing, Coimbatore-	rajimolemu@gmail.com	9865719270
Co-Chairperson	Mrs MS Merline Lecturer, PSG College of Nursing, Coimbatore-	merlinjoice@gmail.com	9791716280
<b>8. Scientific Session Committee</b>			
Chairperson	Mrs Santhanalakshmi G Assistant Professor, PSG College of Nursing, Coimbatore-641004.	santhanalakshmi86@gmail.com	7358849629
Co-Chairperson	Mrs Cicily John, Lecturer, PSG College of Nursing, Coimbatore-641004.	cibicil@yahoo.com	8086534272
<b>9. Entertainment Committee</b>			
Chairperson	Mrs R Gnanajothi Assistant Professor, PSG College of Nursing, Coimbatore-641004	gnanajothir@gmail.com	9597950194
Co-Chairperson	Ms Karthika. E, Tutor, PSG College of Nursing, Coimbatore- 641004.	karthikaeswaran02@gmail.com	8110066968
<b>10. Press &amp; Publication &amp; Women Organization Committee</b>			
Chairperson	Prof. Meera Saravanan Professor, PSG College of Nursing, Coimbatore-641004.	meerassaravanan@gmail.com	9789128294
Co-Chairperson	Ms Haritha R, Tutor, PSG College of Nursing, Coimbatore- 641004.	haritharajagopal23@gmail.com	9566855568
<b>11. Health Committee</b>			
Chairperson	Mrs S Muthulakshmi Assistant Professor, PSG College of Nursing, Coimbatore-641004.	muthuvijayan.ss@gmail.com	9585114707
Co-Chairperson	Ms. RL Deepa, Tutor, PSG College of Nursing, Coimbatore- 641004.	deeparl07@gmail.com	9894561224
<b>12. Minute Secretary</b>			
Chairperson	Mrs P Ramya Assistant Professor, PSG College of Nursing, Coimbatore-641004.	ramyasarah1609@gmail.com	8610999976
Co-Chairperson	Mrs K. Priscilla Lecturer, PSG College of Nursing, Coimbatore-641004.	prisci87.22@gmail.com	9629077516
<b>13. Invitation Committee</b>			
Chairperson	Mr M. Baskaran Associate Professor, PSG College of Nursing, Coimbatore-641004.	baskirathi@gmail.com	9842418047
Co-Chairperson	Ms Priyanka P, Tutor, PSG College of Nursing, Coimbatore- 641004.	prikuttypriyanka@gmail.com	7397561200

<b>14. Sports &amp; Decoration Committee</b>			
Chairperson	Mrs S Sofiya Princess Hema, Assistant Professor, PSG College of Nursing, Coimbatore-641004.	hemasofiya@gmail.com	9884168324
Co-Chairperson	Ms. Juno Jenciba, Tutor, PSG College of Nursing, Coimbatore- 641004.	junojenciba@gmail.com	8220250825
<b>15. Sight Seeing Committee</b>			
Chairperson	Mrs S. Kilda Associate Professor, PSG College of Nursing, Coimbatore-641004.	kilda_ju@yahoo.com	9843893830
Co-Chairperson	Ms. N. Kavi Priya, Tutor, PSG College of Nursing, Coimbatore- 641004.	Kavipriyavalli20@gmail.com	9444616190
<b>16. Registration Committee</b>			
Chairperson	Prof. M Nirmala Professor, PSG College of Nursing, Coimbatore-641004.	mnirmalamsc@gmail.com	7200040004
Co-Chairperson	Mrs R Remya Lecturer, PSG College of Nursing, Coimbatore-641004.	mya.remya@gmail.com	9400373710
<b>17. Finance Committee</b>			
Chairperson	Mrs Poornima Mary Rodriguez Associate Professor, PSG College of Nursing, Coimbatore- 641 004.	shweta.poornima@yahoo.in	9791537303
Co-Chairperson	Mrs D Lydia Jeevajothi, Assistant Professor, PSG College of Nursing, Coimbatore-641 004.	lydisabi@gmail.com	9790353060

## **INVITATION FOR XXVIII SNA BIENNIAL CONFERENCE COIMBATORE, TAMIL NADU**

**2 - 6 NOVEMBER 2019**

On behalf of the SNA members of the Tamil Nadu, TNAI State Branch, we cordially invite all the members to XXVIII SNA Biennial Conference to be held at Coimbatore from November 2-6, 2019. We look forward to your esteemed presence on this gracious occasion.



S Jesinth Kumar  
IVth Year BSc (N) Student  
State SNA Vice President



Vishvanath R  
IVth year BSc (N) Student  
State SNA Secretary

THE TRAINED NURSES ASSOCIATION OF INDIA  
**XXVIII SNA BIENNIAL CONFERENCE**

Hosted by TNAI Tamil Nadu State Branch

**2 November to 6 November 2019**

***Theme: "Nursing: Harmony of Mind, Body and Spirit"***

**Venue: PSG IMS & R Auditorium, PSG College of Nursing,  
 Peelamedu, Coimbatore, Tamil Nadu**

**REGISTRATION FORM**

Enter the registration form in **CAPITAL LETTERS** only

NAME (As required in the certificate)		
GENDER		
MEMBERSHIP Executive / Council / TNAI / SNA		
INSTITUTE SNA CODE ( Applicable only for SNA Member )		
TNAI NUMBER ( Applicable only for TNAI Member )		
STATE BRANCH		
INSTITUTE ADDRESS		
INSTITUTE PHONE WITH STD CODE		
MOBILE NUMBER		
EMAIL ADDRESS		
NAME OF THE COMPETITION IF PARTICIPATING		
<b>MODE OF TRAVEL</b>		
<b>PARTICULARS</b>	<b>ARRIVAL AT COIMBATORE</b>	<b>DEPARTURE FROM COIMBATORE</b>
NAME OF FLIGHT / TRAIN / BUS		
BUS STAND/ RAILWAY STATION BUS- Gandhipuram / Singanallur TRAIN – Central / Podanur		
DATE		
TIME		

Charges	Executive Committee & Council Members (Rs.)	TNAI Members (Rs.)	SNA Members (Rs.)	Non TNAI Members	Non SNA Members
Registration Fee	Rs. 700/-	Rs. 700/-	Rs. 500/-	Rs.800/-	Rs. 600/-
Food & Accommodation Per Day Per Individual (On sharing basis)	Rs. 2500/-	Rs.1800/-	Rs.1400/-	Rs.1800/-	Rs.1400/-
Late Fee	Registration Rs.100/-	Boarding & Lodging Rs. 500/-			
Sight Seeing - one day trip to OOTY on <b>6 November 2019</b>					
CONFIRMATION (if yes)	Yes / No Amount Rs. 1500/- (Inclusive of travel and food )				

### PAYMENT

Demand Draft/NEFT/ECS	In favour of “National SNA Biennial Conference-2019”
Name of the Bank	Central Bank of India
Branch	Peelamedu
Account No.	3760143816
IFSC	CBIN0280913
MICR Number	641016006
Mailing Address of Registration Form and Payment	Prof. M Nirmala, Chairperson, Registration Committee, PSG College of Nursing, Peelamedu, Coimbatore-641004, Tamil Nadu
E-mail Address (for sending your UTR Number and payment details)	<b>xxviiiisnabiennialconference@gmail.com</b>

Registration form to be sent to the Conference Registration Chairperson latest by **October 15, 2019** after which Late Registration fee will be charged.

**Note: The amount once paid is not refundable**

- No accommodation will be provided for the families/friends. They have to make their own arrangements.
- The Registration form can be downloaded from the TNAI website ([www.tnaionline.org](http://www.tnaionline.org))

### Corrigendum

In August 2019 issue of TNAI Bulletin under ‘News from Nursing Institutions’ (page 122), the second item beginning Indirani College of Nursing (ICN), did not carry the relevant text and photograph. The error is regretted. This item is therefore being published in this issue - Editor.

## CHAIRPERSONS - REGISTRATION COMMITTEE (STATEWISE)

S. No	STATE	CHAIRPERSONS	MOBILE No.
1	Andaman & Nicobar	Prof. Nirmala M	7200040004
		Ms Agnish Ushi R	8754281949
2	Andhra Pradesh	Dr. MD Anuradha	9894102359
		Ms Anusuya. A	9445972634
3	Arunachal Pradesh	Prof. J Leena	9842614197
		Mr Bellson Raj C	9489770889
4	Assam	Mrs Gnanajothi R	9597950194
		Ms Beula Daniel	9791855543
5	Bihar	Mrs Hema D	9500571410
		Ms Gowsalya K	8778182767
6	Chattisgarh	Mrs T. Maheswari	9994622978
		Ms Jayasudha P	7338710187
7	Chandigarh	Mrs Muthulakshmi V	9585114707
		Ms Jenifa M.	7639769873
8	Defence	Mrs Vedavalli K	8754208931
		Ms Mahalakshmi P	9578332875
9	Delhi	Mrs S Sofiya Princess Iiema	9884168324
		Ms Manimegalai AV	8220851498
10	Goa	Mrs Shangeetha D	9788559588
		Ms ManjuParkavi KV	9500928003
11	Gujarat	Mrs Jenifer Gracy M	9600125949
		Ms Mareeswari P	9524270482
12	Haryana	Mrs RCJ Reena	9629733385
		Ms Nisha R	9443285356
13	Himachal Pradesh	Mrs Remya Ramachandran	9995411599
		Ms Niveditha R	8946042610
14	Jammu & Kashmir	Mrs Lydia Jeeva Jothi D	9790353060
		Ms Preena Jennifer P	9842211478
15	Jharkhand	Mrs Merline MS	9791716280
		Mr Rubenson K	7871140810
16	Karnataka	Mrs Ramya P	8610999976
		Ms Sabitha J	9843093540
17	Kerala	Ms M Deepikashri	9400631421
		Ms Sandhya J	8508932833
18	Madhya Pradesh	Mrs Priyaselvi	8838357658
		Ms Sangeetha G	9597404002
19	Maharashtra	Mrs Priscilla K	9629077516
		Ms Sowmiya R	8870997142
20	Manipur	Mrs Poornima Mary Rodriguez	9791537303
		Ms Sushmitha M	9842787865
21	Meghalaya	Ms R. Abishak	9786899865
		Ms Vasundara S	8072994557

S. No	STATE	CHAIRPERSONS	MOBILE No.
22	Mizoram	Ms Anitha	9842022904
		Mr. Vishnu Hari Prasad M	9629729246
23	Nagaland	Mrs Jeyamoni. D	7708047949
		Ms Yashotha G	7708383440
24	Odisha	Mrs Cicily John	7708047949
		Ms Bhagyalakshmi	8056256485
25	Punjab	Mrs PM Rajeswari	9865719270
		Ms Kavipriya N	9444616190
26	Rajasthan	Prof. Meera S	9789128294
		Mr Kapil Dev	8098912648
27	Sikkim	Mrs Sudhapriya S	8220774541
		Ms Flora Hebsiba	9751358896
28	Tamilnadu	Mr M Baskaran	9842418047
		Ms Isabella A	8015013593
29	Telangana	Mrs Santhanalakshmi G	7358849629
		Ms Jesril Sherlyne J	9894726235
30	Tirpura	Ms E Karthika	8110066968
		Ms Joy JebaSinthiya G	9042297220
31	Uttarkhand	Mrs P Vikashini	9384246290
		Ms Kalaimathi G	8870193124
32	Uttar Pradesh	Mrs Kilda S	9843893830
		Ms Kripa Elsa Mathew	9497178144
33	West Bengal	Mrs Prameela	8754951448
		Ms Haritha R	9566855568

**Note:**

Your name, institute, state and UTR number to be messaged to respective State Chairpersons and emailed to: xxviiiisnabiennialconference@gmail.com. Call the respective State Chairpersons for confirmation and clarification, if any, only between 5.00 pm to 9.00 pm.

### ठीक नहीं है ब्रेक के दौरान स्मार्टफोन का इस्तेमाल

पढ़ने वाले छात्र हों या कामकाजी लोग, लंच या अन्य ब्रेक के दौरान स्मार्ट फोन में व्यस्त रहना आम बात है। अमेरिका की रटगर्स यूनिवर्सिटी के शोध के हवाले बिहेवियरल एडिक्शन जर्नल के ताजा अंक में बताया गया है कि ब्रेक के समय फोन से चिपके रहना मन और शरीर के लिए घातक हो सकता है। कालेज जाने वाले 414 छात्रों पर संचालित इस अध्ययन में छात्रों को 20 शब्द पहेलियों (क्विज़) का सेट हल करने को कहा गया। इस प्रक्रिया में छात्रों को विकल्प दिया गया कि वे ब्रेक में स्मार्टफोन इस्तेमाल करने सहित कुछ भी कर सकते हैं। जिन छात्रों ने स्मार्टफोन चुना उन्हें अन्य विकल्प चुनने वालों की तुलना में पहेलियां सुलझाने में 1 फीसद अधिक समय लगा और वे अन्धों की तुलना में 22 फीसद कम पहेलियां सुलझा सके। इससे स्पष्ट था कि मानसिक तौर पर थकने के बाद मस्तिष्क स्मार्टफोन के इस्तेमाल से दोबारा रिचार्ज नहीं हो पाता। रटगर्स बिजनेस स्कूल के एसोसिएट प्रोफेसर टेरी कुर्टबर्ग के अनुसार स्मार्टफोन में लगे रहने वालों का ध्यान हर एक मिनट में स्मार्टफोन की तरफ चला जाता है और उनके लिए किसी भी विषय पर ध्यान लगाना कठिन हो जाता है।

## Nomination Sheet: TNAI Rajasthan State Branch Election 2019

Post	Name and Address of the Nominee
President	
Vice President	
Secretary	
Treasurer	
SNA Advisor	
Chairperson – Programme Committee	
Chairperson – Membership Committee	
Chairperson – Public Health Nursing Section	
Chairperson – Nursing Service Section	
Chairperson – Nursing Education and Research Committee	
Chairperson – Socio Economic Welfare Committee	
Representative ANM/LHV	

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 **18 October 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 & 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 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 and representative of Health Visitor's League (HVL) / 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 Rajasthan State Branch Election 2019**".
16. Completed Nomination Sheet(s) and all other correspondence related to election to be sent to the following address: **The National Returning Officer, C/o TNAI Headquarters, L-17, Florence Nightingale Lane, Green Park, New Delhi-110016.**



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or contact us by email @ [bijaya.shrestha@vsoint.org](mailto:bijaya.shrestha@vsoint.org)  
or phone Bijaya @ **8826176398** or Anjali @ **8826176398**