

THE TRAINED NURSES' ASSOCIATION OF INDIA

**TNAI BULLETIN****VOL. 8 No. 10****OCTOBER 2019****Mind, Body and Spirit in Place is Key to Quality Life**

I believe by now, all of you have made necessary arrangements for your proactive participation in the forthcoming (XXVIII) SNA Biennial Conference being hosted by Tamil Nadu state branch during 2-6 November 2019 (November 2-3 EC Meetings, November 4-5 Conference, November 6 Sight Seeing) at PSG College of Nursing, Coimbatore (TN). As the theme (*Nursing: Harmony of Mind, Body and Spirit*) relates to all of us, you shall find the deliberations quite interesting, educative and of much useful. In case some of you missed completing the registration or other formalities, kindly go ahead without further delay. Details of Conference programme, Registration and other forms appear in inside pages of this issue as well in TNAI's website ([www.tnaionline.org](http://www.tnaionline.org)).

The major health events significant to Nursing in October are:

*International Day for the Elderly* (1 October): In most regions, the elderly continue to suffer neglect and discrimination and marginalisation. On this day, the contribution of the elderly persons is acknowledged. The growing population of the elderly calls for redesigning the social systems so that the wisdom and expertise of the oldsters is utilised to the advantage of all. Presently, about 700 million people are over 60. Living up to the UN Secretary-General's guiding principle of "Leaving No-One Behind" necessitates the understanding that demography matters for sustainable development.

*World Mental Health Day* (10 October): This is being increasingly realised that by looking at body and mind as holistic entity rather than as discrete entities, health can be better more effectively. World Mental Health Day cautions health policy makers and nations to develop appropriate facilities to minimise the incidence of mental sicknesses.

**INSIDE**

- 145 Editorial
- 146 XXVIII SNA Biennial Conference-Registration Form
- 148 XXVIII SNA Biennial Conference Programme (Tentative)
- 150 XXVIII SNA Biennial Conference-Countdown
- 151 XXVIII SNA Biennial Conference-Places of Interest in and around Coimbatore
- 154 XXVIII SNA Biennial Conference Committee List
- 156 Obituary
- 157 Provisional Ballot Paper: TNAI Andhra Pradesh State Branch 2019
- 159 Revised Rates for NJI Subscription
- 160 News for Nursing Institution

**Advertisers List:**

153 VSO, Gurgaon

*World Osteoporosis Day* (20 October): It is an initiative of International Osteoporosis Association. Underscoring that osteoporosis, affecting a fifth of population in 50+ age group, is the hidden, underlying cause of painful, debilitating and life-threatening fractures, the campaign of the day aims to make osteoporosis and fracture prevention a global health priority through health-care professionals, policy makers, the media, patients, and the public at large.

Members visiting TNAI Hqrs may kindly note that renovation of Hqrs premises duly completed, the guest rooms can be booked by the members, as usual.

**(Evelyn P Kannan)**

Chief Editor &amp; Secretary General, TNAI

**RV College of Nursing, Jayanagar, Bengaluru (Karnataka):** A 6-day programme on Breastfeeding was organised during 1-6 Aug 2019. On 1 Aug, workshop on “Empower Parents, Enable Breastfeeding” was inaugurated by Dr KB Lingegowda, Registrar, RGUHS; Prof Lakshmidhevi N, dean, RGUHS was guest of honour. The dignitaries present included Principal, Global College of Nursing; Mr Karthik D Meda, chairman, governing body RVCON and Dr Gajendra Singh SR- Principal RVCON, who delivered presidential address. Others included Dr Asha Benakappa, founder trustee, Lactation Helpline; Ms Sujata Patil, corporate trainer; Mrs Sheela J, HOD - Obg, RVCON; Mrs Gauthami H, Asst Professor RVCON. Valedictory had Shri Syed Shahameer, Registrar RSST as chief guest; Dr I Clement, observer KSNC, Principal Columbia CON provided feedback of workshop attended by about 300 delegates. Mrs Shasikala V, Asst Prof, RVCON presented workshop report.

On 2 August, a community outreach programme on Breastfeeding among Antenatal Mothers in association with Inner Wheel Club at Banashankari had Dr Shobha, MS, Banashankari Referral Hosp & Dr Sowmy, Med Officer UFWC as chief guests. About 60 mothers attending the programme were addressed by Mrs Anitha Rani, NSS Prog Officer RVCON; Mrs Shashikala offered vote of thanks. Health Awareness Programme for Postnatal Mothers on 3 August had Mrs Roudrigus, Nsg Suptdt & mothers as chief guests at Shree Krishna Sevashrama Hospital. Mrs Prathima Flynel and Ms Sneha Sara, both Asst Lecturer at RVCON addressed the participants. Training of Health Care Professionals was organised on 5 August at Shree Krishna Sevashrama Hospital with major inputs by Mrs Preeti Awasthi, Asst Lecturer. Same day, other training was on Breastfeeding & Human Milk Banking at Sevakshethra Hospital. Mrs Nalinishetty, Nsg Suptdt, Med Director was chief guest; Ms Tasmiya Naz, Asst Lecturer RVCON briefed 15 staff nurses about breastfeeding, human milk banking, its collection & disbursal. Mrs Gauthami, Asst Prof RVCON proposed vote of thanks. On 6 August, Flash Mob on Importance of Breastfeeding among Mothers (involving 60 participants) was performed at Sri Sharanasevasamaja by NSS volunteers in the presence of Dr Shobha MS, Banashankari Referral Hospital and Dr Sowmya, Med Officer as chief guests.



The closing ceremony on 7 August was graced by chief guest Shri R Ashoka, Director RSST, Mrs Shenbagavalli, Lactation counsellor BPNI; and Dr Gajendra Singh SR, Principal and Mrs Gauthami H, Asst Prof, RVCON, who presented week long programme report. This was followed by presidential address by Principal RVCON, a video on Breastfeeding and national anthem.

## 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

Published, printed and edited by Mrs Evelyn P Kannan for The Trained Nurses' Association of India, L-17, Florence Nightingale Lane, Green Park, New Delhi-110016 and printed by her at Chandu Press, 63 FIE, Patparganj Industrial Estate, Delhi-110092.

**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	Prof (Dr) Roy K George President, TNAI  Mrs Evelyn P Kannan Secretary General, TNAI / Minutes Secretary, SNA General Committee  Mrs Sanghamitra Sawant 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
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

## **OBITUARY**

### **Captain Jyoti Sharma**

A young and upcoming officer of Military Nursing Service (MNS), just over 30, Captain Jyoti Sharma left for heavenly abode unexpectedly on 11 July 2019 in Jalandhar (Punjab). She was born on 13 January 1989.

The Nursing Officer was commissioned in MNS on 1 March 2012 after completing GNM from School of Nursing, command Hospital, Cenral Command, Lucknow (UP). Academically brilliant, she topped her batch and received the Pushpalok Award for being all India best outgoing GNM student. She completed PB BSc (N) from CON, AFMC in 2017. Known as hard working nursing officer with gentle demeanour and efficient patient care, she held her last appointment as Senior Sister at MH Jalandhar. Her sudden and untimely demise is an irretrievable loss to MNS. She is survived by her husband and a 2-month old daughter. Maj Gen Kajal Chakraborty, ADGMNS and other officers of MNS express their grief over her untimely demise and pray to God Almighty for peace to the departed soul and strength to the family to bear with this great loss.



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		

Computerisation and Layouts: [anupamkamal@hotmail.com](mailto:anupamkamal@hotmail.com)

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>xxviiisnabiennialconference@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. The have to make their own arrangements.
- The Registration form can be downloaded from the TNAI website ([www.tnaionline.org](http://www.tnaionline.org))

# **XXVIII SNA Biennial Conference**

**Hosted by TNAI Tamil Nadu State Branch**

**2 -6 November 2019: Countdown**

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

Friends, a month is left for the XXVIII SNA Biennial Conference to be held in Coimbatore, Tamil Nadu from 2– 6 November 2019. Before starting to pack your things to go to Coimbatore, let us make sure that your preparations for attending the Conference are complete so that your trip to Coimbatore is enjoyable and memorable!

## **Registration**

The last day for registration is **15 October 2019** after which late registration fee will be charged. We hope that the participants have registered themselves by now. It may kindly be noted that the registration fee is not refundable, whereas in case of cancellation, boarding and lodging charges are refundable (75% if one month in advance, 50% if 15 days in advance and no refund thereafter). As all arrangements like boarding, lodging and transportation are interlinked, it is highly appreciable if the delegates register themselves well in advance. This will help the organisers to coordinate their work without any hassles. In case of requirement of registration form, kindly refer to September 2019 & October 2019 issues of the NJI, TNAI Bulletin and TNAI (website:www.tnaionline.org).

## **Accommodation and Transportation**

Coimbatore is well connected by road and railways. Once you reach Coimbatore, you would be received by the members of the Transport Committee at the respective terminal and accommodation would be provided to those delegates who have remitted their registration forms and full fee in advance. You are requested to contact Mrs. S. Sudhapriya, Chairperson at 8220774541 OR Ms. M. Deepikashri, Co-Chairperson at 9400631421.

**Note:** SNA delegates coming in groups of 10 and more can avail transport facilities from railway/ bus terminals.

## **Registration for Competitions and Exhibits**

Registration forms for various competitions and exhibitions have already been published in the April and July 2019 issues of NJI and TNAI Bulletin. The State SNA Advisors and the contestants are requested to follow instructions carefully. Please make sure that each form is certified by the **State SNA Advisor** or a person officiating in her / his place. Putting up of Poster Exhibition will be started on 3 November 2019 from 8 am to 3 pm at 3<sup>rd</sup> Floor, PSG College of Nursing, Coimbatore, Tamil Nadu. The contestants are requested to ensure that they have completed necessary formalities to put up their poster exhibits beforehand. Participants are reminded once again to follow the guidelines for all the Competitions.

## **Safety and Security**

Please protect yourselves and your group from security risks. Respective SNA Advisors accompanying the SNA members should be responsible to take care of their delegates. Please avoid late night outings. In case of any help, you should bring this to the notice of the Conference organisers.

Information about Coimbatore, its shopping specialities and places of tourist interest have also appeared in October 2019 issue of NJI and TNAI Bulletin. You are advised to carry the essential requirements such as bed sheets and mosquito repellents to have a good night's sleep. Please do not forget to carry a first-aid kit.

## **Return Journey**

We hope that you have booked your return journey tickets along with your onward journey, well in advance.

Your kind cooperation in early registration and timely arrival for all the sessions would help you to obtain maximum professional gain and personal satisfaction. We eagerly look forward to meeting one and all.

We wish you all a Blessed and Safe Journey.

Mrs. Evelyn P Kannan  
Secretary General

## Places of Interest in and around Coimbatore

Welcome to Coimbatore “**The Manchester of South India**” also known as Kovai, the second largest city of Tamil Nadu and one of the fastest growing cities in India. The real charm of Coimbatore lies in the balanced climate and the nature’s exuberance, manifesting in a spell-binding topography of mountain ranges, waterheads, dams, resorts wild life sanctuaries and places of visitors interest. It is the right concoction for a unique tourist experience, both cathartic and therapeutic.

**Perur Pateeswarar Temple** is a Hindu temple dedicated to Lord Shiva located at Perur, in western part of Coimbatore, 7 km west of the Noyyal River. The temple was built by the palayakarars, under the rule of Raja Raja Chola. Lord Shiva, known as ‘Patteeswarar’, is the presiding deity of this temple together with his consort Parvati, who is known as ‘Pachainayaki’. This temple has several gopurams and halls, famous of which is the one with the golden statue of Nataraja. The pillars have carvings of the various manifestations of Shiva and the ceiling has a series of stone chains.



**ISKCON Temple** in Coimbatore is a well-known pilgrimage centre located in the heart of the city. The ISKCON temple aims at spreading the science of Krishna consciousness with the help of Bhagavad Gita. This temple is at a distance of 5 kilometres from PSG College of Nursing. Spread across an area of 20,000 sq ft, the temple has an array of beautiful deities belonging to Sri Radha Krishna, Sri Jagannath, Sri Baladev, Subhadra Devi and Sri Prabhupada.



**Isha Foundation** is a non-profit, spiritual organisation founded in 1992 by Sadhguru Jaggi Vasudev. It is based at the Isha Yoga Centre near Coimbatore (India) and at the Isha Institute of Inner Sciences at McMinnville, Tennessee in the United States. This place is at a distance of 34 km from Coimbatore. The foundation offers yoga programmes under the name Isha Yoga. It has over 2 million volunteers. Isha activities are designed to create an inclusive culture that is the basis for global harmony and progress. This approach has gained worldwide recognition and reflects in Isha Foundation’s special consultative status with the Economic and Social Council (ECOSOC) of the United Nations.



**Marudamalai** (historically known as marudhavarai) is a popular temple of the Hindu god Murugan, situated top a hill of the same name in Coimbatore. Like most Murugan temples, Marudhamalai Murugan temple is situated upon a hill that is a part of the **Western Ghats** and is about 12 km west from the city of **Coimbatore**. Marudamalai temple was managed by Kongu Vettuva Gounder kings in early periods.



**Kovai Kutralam falls** is an exhilarating water fall located in the scenic region of Siruvani. The water fall is about 37 km away from Coimbatore city and the water fall is predominantly manifested for its exaltedness. The water fall is set in the deepest fragment of the impenetrable woodland and due to this reason vacationers are not conceded to visit the falls after 5 pm. The drinking water in Coimbatore is supplied by Siruvani.



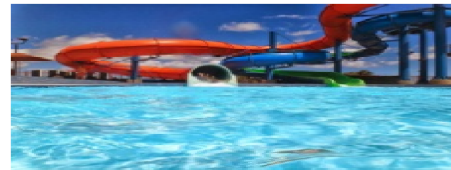
**Siruvani Waterfalls:** At a distance of 42 km from PSG College of Nursing, Siruvani Waterfalls (also called Kovai Kutralam Falls) are located in Siruvani Hills in Tamil Nadu. These falls formed by Siruvani River are located in dense forest. These falls are very close to Siruvani Dam (5 km away) which provides drinking water for Coimbatore City. The water of the Dam is famous for its sweetness.



**Black Thunder:** Black Thunder Theme Park is an expansive water park in Coimbatore that covers an area of 75 acres and has an array of water-themed rides. Those looking for a splendid escape near Coimbatore in the scorching summer heat must visit the Black Thunder.



**Kovai Kondattam:** Kovai Kondattam is an amusement park located about 18 km away from PSG College of Nursing in Coimbatore, Tamil Nadu.



**Brookefields Mall, Prozone Mall & Fun Republic Mall:**

Brookefields Mall, 7 km away from the PSG College of Nursing, is famous for shopping and recreational activities in Coimbatore. From apparel to shoes and accessories, you name it, and they have it. Prozone Mall is one of the largest horizontally designed shopping mall in India with Ground +1 structure of over 5 lakh sq ft. The mall has outlets from major clothing, apparel brands and a 09-screens INOX Theatre. Fun Republic Mall in Peelamedu is 1 km away from PSG, Coimbatore. It is located on the arterial Avinashi Road on a 3.5 acre site. The mall has 6 levels with a total area of 3.25 lakh sq ft. The mall also features a five screen multiplex operated by Cinépolis theatre with a capacity of 1,119 seats, and a McDonald's restaurant spread over 3,470 sq ft on two floors in addition to its food court.



**NEARBY PLACES**

**Ooty** is 94 km from PSG College of Nursing; it is often referred to as 'Queen of hill stations'. It is the capital of Nilgiris district in the state of Tamilnadu. Nilgiris means 'Blue Mountains'. A land of picturesque picnic spots & lakes, it was a popular summer and weekend getaway





for the British during colonial days. It is situated at an altitude of 7,440 feet (2,240 meters) above sea level. Ooty Lake, Botanical Garden and Rose Garden are famous places in ooty.



**Topslip / Valparai** is 76 km away from PSG College of Nursing, located near Pollachi (TN) at an altitude of 800 feet from the sea level on the Anamalai mountain range. It is a part of the protected Indira Gandhi Wildlife Sanctuary. Topslip is blessed with a gentle altitude, salubrious climate and a variety of flora and fauna. Its picturesque location and fabulous scenery has made it a popular location for several movie sequences. It stands majestically with Green Spread Mountains and forest all around. It is a Project Elephant sanctuary and a Project Tiger sanctuary. The local administrative control is with the Forest Range Officer under supervision from the Wildlife Warden at Pollachi.

**Palakkad** is at a distance of 52 km from PSG College of Nursing. Also known as Palghat, it is a town and headquarters of Palakkad district in the state of Kerala. Palakkad, the Granary of Kerala, is one of the top Kerala tourist places. Palakkad is one of the most popular tourist destinations in Kerala with several Waterfalls, Dams and Sanctuaries. Palakkad Fort, Jainmedu, Kalpathy, Malampuzha Dam and Gardens, Pothundi Dam, Meenkulathi Bhagavathi Temple, Pallassena and Dhoni Waterfalls are the famous tourist places in Palakkad. The district is gifted with the beauty of virgin and verdant Nelliampathy hills, Silent Valley National Park, Parambikulam Wildlife Sanctuary, Attappady hills and Mangalam, Kanjirapuzha, Siruvani and Parambikulam Dams.





## 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://vsointernational.org/volunteering/volunteering-pro/jobs)  
or contact us by email @ [bijaya.shrestha@vsoint.org](mailto:bijaya.shrestha@vsoint.org)  
or phone Bijaya @ **8826176398** or Anjali @ **8826176398**

## PROVISIONAL BALLOT PAPER: TNAI Andhra Pradesh State Branch 2019

Office	Name and address of contestants	Voter X
President	Prof CR Shamsheer Begum, TNAI No. 27280, House No. 15-15-16, B.R. Complex Apartments, Near Supreme Hotel, Beach Road, Maharanipect, Vishakapatnam-520002	
	Dr B Valli, TNAI No. 48203, Principal, Govt. College Of Nursing, Beside Govt. Fever Hospital, Gorantla, Guntur-522034.	
Vice President	Dr T Annamma, Tnai No. 45940, Narsi Reddy Appartment Gz, Maddu Nagar, 2nd Tam, Kurnool-518002	
Secretary	Ms. Krothapalli Susila, TNAI No. 95506, Flat No.508 R-li, Skylark Towers, Syamala Nagar lith Extension, Guntur- 522006	
	Dr A Indira, TNAI No. 66377, PrincipalSree Narayana College Of Nursing, Chinthareddypalayam, Nellore- 524002	
Joint Secretary	Ms Y Padmaja, Tnai No. 22085, H No 9/2nd Cross Road, Aj Aghraharam-522004	
	Dr R Padmavathi, TNAI No. 112562, Mallikarjunpet 5/3 Extn. Dno 7-19-160/80 Saibala Temple Side,Guntur- 522002	
Treasurer	Ms G Lokeswari, TNAI No. 147792, Prashanthi Nagar, Narasannapet, Srikakulam (Dist.)- 532421	
	Dr S Radha Ramana Sree, TNAI No. 91218, Registrar, AP Nurses Sr Midwives Council, Krishna-50002	
SNA Advisor	Dr M Satyavalli, TNAI No. 45938, Govt. College of Nursing, RMC, Pitampuram Road, Kakinada, East Godavari- 533003	
Chairperson - Membership Committee	Ms K Jhansi Lakshmi Bai, TNAI No. 108004, Govt. College of Nursing, KGH Campus, Vishakhapatnam	
Chairperson - Program Committee	Mrs KV Sridevi, TNAI No. 260211, 2-31 Throvagunta Prakasam Dt Kacheri Center Throvagunta Po- 523001	
Chairperson - Nursing Service Section	Ms K Padmavathi, TNAI No. 140779, W/O T Ravi, Flat No. 4/A2, Door No. 40-15-1-19/2 Rajasree Residency, Brundavan Colony, Bandar Road, Vijaywada- 520002	
	Mrs B Suhasini, TNAI No. 278817, H.No. 22-13-948, Velangini Nagar, Amaravathi Road, Guntur- 522003.	
Chairperson - Nursing Education Section	Mrs D Ushapannagveni, TNAI No. 94923, H No G-4 16-6-3/3 , Udaya Residence Official Colony, 2nd Lane, Maharanipecta, Vishakapatnam-530002	

Office	Name and address of contestants	Voter X
Chairperson - Research Committee	Mrs B Ananthamma, TNAI No. 302694, Rajahamsa Kingdom Apartment, Flat No 305 Near Bus Stand Shirdinagar, Anantapur-515001	
	Prof S Jyothi, TNAI No. 322997, H. No. 46-1-M-8-A1, Chanakyapuri Colony, A-Camp, Kurnool District- 518001.	
Chairperson - Public Health Section	Ms B Sireesha Bai, TNAI No. 264086, 1-228, Lakshmiapuram Thanda, Uppalapadu, Rajupalem (Md), Guntur- 522615.	
	Mrs Mercy Rani, TNAI No. 324312, C/O PV Susheel Kumar, Asst. Medical Superintendent Ms Office Naryana Medical College Hospital Chintha, Nellore-524003	
Representative LHV/ANM	Juthika Leela, TNAI No. 322990, LIG-144 Phase-II, Vuda Colony, Cantonment, Vizianagaram-535003	

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 **19 November 2019, between 9:00 am to 4:00 pm at St. Ann's College of Nursing, St. Ann's Hospital, MG Road, Vijayawada-520002, Andhra Pradesh.**
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 TNAI membership issued by the TNAI membership card along with 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. 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.
8. 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.
9. 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.
10. 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.
11. 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.
12. Please mark the envelope **"Provisional Ballot Paper - TNAI Andhra Pradesh State Branch Election 2019"** at the following address: **Sr. Florence, Returning Officer, Andhra Pradesh State Branch Election, Principal of St. Ann's College of Nursing, St. Ann's Hospital, M.G. Road, Vijayawada- 520002, Andhra Pradesh.** ■

## पलटवार कर सकती है बुजुर्गों की उपेक्षा

प्रायः देखा जाता है कि बुजुर्ग मातापिता और परिजनों को दायम दर्जे का समझते हुए उन्हें यथोचित मान नहीं दिया जाता। अनेक वृद्ध जन बुनियादी आवश्यकताओं की आपूर्ति के लिए तरसते देखे गए हैं। बेहतर स्वास्थ्य सुविधाएं उपलब्ध होने और जीवन प्रत्याशा में सुधार से खासी तादाद में साठ से अधिक आयु के व्यक्ति निढाल नहीं हो जाते। इसके अलावा, अपने सुदीर्घ अनुभव और हुनर के इस्तेमाल से समाज को अनेक प्रकार की बहुमूल्य सेवाएं प्रदान कर सकते हैं। उनकी काबिलियत का दोहन किए जाने से जहां एक ओर उनके जीवन में अन्यथा पसरता खालीपन जाता रहेगा, दूसरी ओर समाज और राष्ट्र लाभान्वित होगा। ज्ञान, विज्ञान, कारोबार आदि विभिन्न क्षेत्रों में वृद्धों द्वारा समाज के लिए किए गए कार्यों के आभार स्वरूप 1 अक्टूबर का दिन सं.रा. के सौजन्य से समूचे विश्व में अंतर्राष्ट्रीय वृद्धजन दिवस बतौर मनाया जाता है। संप्रति साठ पार व्यक्तियों की आबादी 70 करोड़ है और वृद्धजनों का अनुपात सभी देशों में अनवरत बढ़ रहा है। कमतर आयु वाले न भूलें कि एक दिन उन्हें भी वृद्धावस्था में पहुंचना है और हमारा व्यवहार वृद्धों के प्रति जिस प्रकार रहेगा उसी अनुरूप हमें भी मिलेगा।

### Corrigendum

In September 2019 issue of TNAI at page 143 under the item, 'Election Result: TNAI West Bengal State Branch 2019', an error has crept at Sl. No. 11. Accordingly, "11. Chairperson – Public Health Nursing Section: Dipa Sarkar Dey, TNAI No. 57841, 102/1, Nandibagan Road, Singhi Garden, Kolkata -- 700078" may kindly be read as, "11. Chairperson – Public Health Nursing Section: Ms Manju Mukherjee, TNAI No. 7327, Bara Bazar, Rue De Cannot, PO Chandan Nagar, Hooghly - 712136." The error is regretted – Editor.

### 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.**