



Health: The Greatest Asset We Have

The sudden, unforeseen threat from the COVID-19 and its exponentially rising incidence has shaken the entire world community to the core. Out of roughly 1.3 million confirmed cases currently around the world, the pandemic has claimed over 73,000 lives and counting. In India, ever since the inception of this fatal disease, the number of reported cases grew from 3 in the first week to 4800 at the time of these pages going to press, and this number is still growing. Although the Government is taking appropriate measures to handle these cases, all healthcare professionals are advised to stay more vigilant and take necessary precautions at their workplace through their actions and by word of mouth in their respective clinical areas. Most importantly they must not compromise their own safety.

Health is the greatest asset we have, and hence there is a bigger onus especially on nurses to perform their duties with utmost commitment and dedication, thus significantly contributing to society through superior health outcomes. The major challenges to access existing health care services may be due to financial constraints and lack of knowledge of availability of these services. Therefore, the theme of World Health Day resounds now more than ever before, i.e. to "give people access to healthcare without the prospect of financial hardships".

In view of the current pandemic, it is of great importance that every nurse is empowered. With the higher number of hours of patient contact compared to other healthcare workers, patients have trust, respect, and faith towards their nurses; these factors cannot be ignored in patient care and role for the facilitation of discharge planning. As such, we encourage our nurses to engage in professional development opportunities available, such as staying informed with evidence-based research to shape best practice, upskilling practical knowledge, and develop leadership skills through participation in leadership and management internship programmes on a continuous basis. The role of the Independent Nurse Practitioner (INP) is gaining recognition globally and may be considered in India in areas where nurse-led health facilities can have a greater contribution in healthcare system.

The International Nurses Day 2020 on 12 May is a historical year for nurses and midwives globally as the World Health Organisation (WHO) has designated 2020 as The Year of the Nurse and Midwife, since it marks the 200th anniversary of Florence Nightingale's birth. To commemorate the occasion, ICN is planning and coordinating a wide range of activities throughout the year.

Let us stand together and stay strong during this uncertain period.

Happy World Health Day!

Evelyn P Kannan
Chief Editor & Secretary-General

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Postal Ballot Paper: TNAI Delhi State Branch Election 2020

Post	Name and Address of the Contestant	Voter's X
President	Dr L Gopi Chandran, TNAI No. 226178, Associate Professor, College of Nursing, AIIMS, New Delhi-110029	
	Dr Raminder Kalra, TNAI No. 21388, I-85, Second Floor, Lajpat Nagar 1, New Delhi-110024.	
Vice President	Ms Harshlata, TNAI No. 152393, HNo. 10, Type 3, LHMC Quarter, Gole Market, New Delhi- 110001.	
Secretary	Mrs Shiny Chacko, TNAI No. 75563, House No. 22 (GF), Block-I, Pocket-5, Sector- 16, Rohini, Delhi- 110089.	
Joint Secretary	Mr Suresh TP, TNAI No. 72317, Flat, No. I-1, Jay Apartment, 177/E, Ward No. 2, Mehrauli- 110003, New Delhi.	
SNA Advisor	Mrs V Indumathy, TNAI No. 120477, Sister Tutor, College of Nursing, Vardhman Mahavir Medical College, Safdarjung Hospital, New Delhi-110029.	
Treasurer	Mrs Kala Vivekanandan, TNAI No. 161351, B-11/8148, Vasant Kunj, New Delhi-110070.	
	Mrs Veena Sharma, TNAI No. 66616, H No. 1/7095 Shivaji Park, Shahdra, Delhi-110032.	
Chairperson - Membership Committee	Ms Reeta Sharma, TNAI No. 76621, 141 C, Railway Colony, Basant Lane, New Delhi-110055.	
Chairperson - Nursing Education Committee	Ms Bindu Shaiju, TNAI No. 85195, Associate Professor, Rufaida College of Nursing, Jamia Hamdard-110062, New Delhi.	
Chairperson - Nursing Service Section	Mrs Yangchen Dolma, TNAI No. 275251, H No. B-7, Tibetan Youth Hostel, Sector-14, Rohini, New Delhi- 110085.	
Chairperson - Programme Committee	Mr Ajo Jose, TNAI No. 190732, 103-A Green Acre Homz, Chandanholra, Delhi-110074.	
	Ms Savita Devi, TNAI No. 95568, W/o Mr Kuldeep Singh, House No D-203, Nawada Housing Complex Dwarka Mor, Uttam Nagar, New Delhi	
Chairperson - Public Health Section	Ms Alka Mishra, TNAI No. 87332, Office Room No 424, Deptt. Of Community Medicine, 4th Floor College Building, VMMC & Safdarjung Hospital, New Delhi- 110029.	

☞

Post	Name and Address of the Contestant	Voter's X
Continued... Chairperson - Economic Welfare Committee	Mrs Rekha Anil Kumar, TNAI No. 133547, H No. 1278 2nd Floor, Dr Mukherjee Nagar, New Delhi- 110009.	
	Mrs Nasreen Ahmed, TNAI No. 2199, House No. 2871 Kucha Chelan, Darya Ganj, New Delhi- 110002	
Representative - ANM / LHV Committee	Ms Swati, TNAI No. 196207, RZ-46, Lokesh Park, Gali Nav Chetna School, Near DTC Bus Terminal, Najafgarh, New Delhi- 110043	

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 **4 May 2020** from 9:00 am to 4:00 pm at College of Nursing, Lady Hardinge Medical College (LHMC) and Associated Hospitals, Opp. Shivaji Stadium, New Delhi-110001.
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 TNAI Membership card provided 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. 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. 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.
9. 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.
10. 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.
11. Please mark the envelope "Provisional Ballot Paper-TNAI Delhi State Branch Election" at the following address: **Mrs Om Kumari Kathuria, Returning Officer - TNAI Delhi State Branch, C/o The Trained Nurses' Association of India, L-17 Florence Nightingale Lane, Green Park Main, New Delhi- 110016.** ■

New Email ID for TNAI Publications

Attention - Authors, Contributors, Institutions, Advertisers, Book sellers, NJI subscribers, buyers of publications and individuals!

Kindly note that The Trained Nurses Association has a new Email ID now (i.e. publicationstnai@yahoo.com), exclusively for matters related with TNAI publications. All concerned are therefore requested to address their queries and correspondence at the new email ID.

Nomination Sheet: TNAI Haryana State Branch Election 2020

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

Nominator's Signature _____

Nominator's TNAI No. _____

Nominator's Name and Address _____

Nominator's Email/Mobile No. _____

[(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 May 2020 (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. Both the nominator as well as nominee shall be a life member of TNAI.
4. The members holding office positions in TNAI shall not hold office positions in parallel Nursing Organisations and vice versa. For acquiring the new post the members will have to relinquish the former post.
5. 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.
6. 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.
7. The members who are residing outside the country and state shall not be eligible for contesting election.
 8. 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.
 9. Outgoing office bearers who completed one term shall be eligible for re-election for one more term.
 10. 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.
 11. 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 (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 Haryana State Branch Election 2020".
 16. Completed Nomination Sheet(s) and all other correspondence related to election to be sent to the following address: The Returning Officer, C/o TNAI Headquarters, L-17, Florence Nightingale Lane, Green Park, New Delhi-110016. ■



INDIAN INSTITUTES OF PUBLIC HEALTH

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Nomination Sheet: TNAI Jammu & Ladakh State Branch Election 2020

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

Nominator's Signature _____

Nominator's TNAI No. _____

Nominator's Name and Address _____

Nominator's Email/Mobile No. _____

[(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 May 2020 (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. Both the nominator as well as nominee shall be a life member of TNAI.
4. 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.
5. 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.

6. 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.
7. The members who are residing outside the country and state shall not be eligible for contesting election.
8. 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.
9. Outgoing office bearers who completed one term shall be eligible for re-election for one more term.
10. 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.
11. 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 (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 Jammu and Ladakh State Branch Election 2020".
16. Completed Nomination Sheet(s) and all other correspondence related to election to be sent to the following address: **The Returning Officer, C/o TNAI Headquarters, L-17, Florence Nightingale Lane, Green Park, New Delhi-110016.** ■

OBITUARY

Shri AP Chowdaiah

Born on 22 July 1935 in Kollegal (Karnataka), Shri Chowdaiah, a nursing educationist and veteran, and an active TNAI member is no more.

In his long and distinguished academic career, Mr Chowdaiah completed Certificate in Nursing (1954 to 1957) at Tanjavoor and Diploma in Nursing (Edn) in 1962 from Madras. In 1965 he acquired Diploma in Nursing (Administration) from Sydney (Australia) under Colombo Plan Fellowship. He completed PC BSc from Government College of Nursing, Bangalore University in 1972 and MSc (Nursing) from CMC, Vellore in 1976.

Starting his nursing career as Staff Nurse in 1958, he was successively promoted as Nursing Tutor and then as Assistant Professor in 1962 and later as Professor. Post retirement as Principal, Government College of Nursing in 1993, he joined HKES college of Nursing, Gulbarga, in 1993 as Principal.

He also served as Member of Academic council, Member of Faculty of nursing, Member of Board of Studies in Nursing in various universities In Karnataka and other states.

As a First Vice President for two terms, as treasurer, and executive member for more than a decade, Mr Chowdaiah was an active member of TNAI. May his soul rest in peace!



The Trained Nurses Association of India



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

XXVIII TNAI (77th) Biennial Conference 2020

Competitions for the TNAI Biennial Conference

REGISTRATION FORM

SCIENTIFIC PAPER PRESENTATION

EVIDENCE-BASED PRACTICE (EBP)

Name of the Author(s):	Designation:	Qualification:	TNAI Number:	Place of Work:
1 _____	_____	_____	_____	_____
2 _____	_____	_____	_____	_____
3 _____	_____	_____	_____	_____
4 _____	_____	_____	_____	_____

Postal Address of First Author:

Primary Email: _____ Alternative: _____

Primary Contact number: _____ Alternative: _____

Topic of EBP: _____

Area of Study (√ the area): Administration/ Education/ Service (Community and Hospital)

Duration of study: From: MM/YYYY To MM/YYYY

Rules of Entry

- Areas like administration, education and service (Community and Hospital)
- Participant (s) shall be a TNAI member (s) (Attach TNAI ID Card (s) Copy)
- Last date of submission: **31 July, 2020**
- Only Evidence-Based Practice study will be accepted
- Study conducted in the last two years (1st Jan 2018 to till date) will be considered
- Study shall not be published/presented elsewhere.
- Institution Ethical Clearance (IEC) letter to be attached
- In case the study is the part of MSc/PhD Programme, mention the names of your guide and co-guide.

Format: Introduction, Method, Result and Discussion (IMRaD) format shall be followed strictly with Vancouver style of report writing

Declaration by Participant (s)

I/we the undersigned hereby declare that all the information furnished above are true and correct and the above-mentioned research study has been completed by me/us. Also certified that the above item has not been presented/published elsewhere.

Name (s)

Signature (s)

Certificate of Recommendation

This is to certify that the above study has been completed by person (s) listed above. Also certified that, to the best of my knowledge this study is not presented / published elsewhere.

**Name & Signature of Institution Head
Or
State TNAI President/Secretary
(With Seal)**

Note:

- Completed form(s) with signature of the Participants to be sent to the email id nightingalechallenge2020@gmail.com
- TNAI reserves the right to publish the selected paper in the NJI

Lodging at TNAI Headquarters Made Easier !

TNAI Hqrs has expanded its capacity to accommodate more of TNAI members visiting Delhi. The TNAI members including students visiting Delhi on official or professional tours can avail the lodging facility, within the TNAI Hqrs premises at reasonable charges. The per day charges are as under:

TNAI Members: Rs. 600/-	SNA Members: Rs. 250/-	Non-Members: Rs. 900/-
Children below 5 yrs: No charges	Children 6-12 yrs: Rs. 150/-	

However, due to limited beds, interested members may get the booking done in advance.

Secretary-General, TNAI



The Trained Nurses Association of India



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

XXVIII TNAI (77th) Biennial Conference 2020

Competitions for the TNAI Biennial Conference

REGISTRATION FORM: VIDEO/SHORT FILM COMPETITION

Name of the Participant(s):	Designation:	TNAI Number:	Place of Work:
1 _____	_____	_____	_____
2 _____	_____	_____	_____
3 _____	_____	_____	_____
4 _____	_____	_____	_____

Postal Address of the First Participant:

Primary Email: _____ Alternative: _____

Primary Contact number: _____ Alternative: _____

Rules of Entry

- Participant (s) shall be a TNAI member (s) (Attach TNAI ID Card (s) Copy)
- Theme: 'A day of a Nurse'.
- Original video shall be made by TNAI member (s) (can seek technical help).
- Duration: 05 Minutes (Maximum)

Guidelines for Participation:

- Professionalism to be maintained.
- The video has to be sent to TNAI headquarters through email/post/ by hand before 30th May 2020.
- One entry per person only allowed
- Email id for sending the video is: nightingalechallenge2020@gmail.com
- TNAI members living overseas can participate (Attach copy of ID card as proof)

Declaration by Participant (s)

I/we the undersigned hereby declare that all the information furnished above are true and correct and the above-mentioned video /short film is a creative work done by me/us. Also certified that the above item has not been presented/published elsewhere.

Name (s)

Signature (s)

Certificate of Recommendation

This is to certify that the above-mentioned video /short film is a creative work of person (s) named above and to the best of my knowledge this video/ short film has not been presented / published elsewhere.

**Name & Signature of Institution Head
Or
State TNAI President/Secretary
(With Seal)**

Note: Completed form(s) with signature of the Participants to be sent to the email id: nightingalechallenge2020@gmail.com

World Health Day: 7 April

Ever since its inception in after decision at First Health Assembly in 1948, World Health Day is being celebrated on 7 April annually since 1950 to create awareness of a specific health theme to highlight a priority area identified by the World Health Organisation. The theme for World Health Day this year (for 3rd year since 2018) is, Universal Health Coverage (UHC) for everyone, everywhere. Achieving UHC is one of the major targets under the Sustainable Development Goals set in 2015. In lay terms, UHC means that all individuals, families and communities receive the health services they need without suffering financial hardship. It encompasses the full spectrum of essential, quality health services, from health promotion to prevention, treatment, rehabilitation, and palliative care.

Presently, about half the people in the world are deprived from essential health services in the world. The message of this year's message impresses that quality of accessible primary health care, the first level of contact with the health system, is the foundation for universal health coverage.

Primary health care is about caring for people and helping them improve their health or maintain their well-being. It must cover screening for health problems, vaccination, and education on preventing disease, treatment for long- and short-term conditions, family planning, coordination with other levels of care, and rehabilitation support. It also includes reproductive, maternal, newborn and child health. Further, it has to be cost-effective and equitable to everyone.



The Trained Nurses Association of India

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

XXVIII TNAI (77th) Biennial Conference 2020

Competitions for the TNAI Biennial Conference

REGISTRATION FORM

ANTHEM FOR INDIAN NURSES COMPETITION

Name of the Participant(s):	Designation:	TNAI/SNA Unit Number:	Place of Work:
1 _____	_____	_____	_____
2 _____	_____	_____	_____
3 _____	_____	_____	_____
4 _____	_____	_____	_____

Postal Address of the First Participant:

Primary Email: _____ Alternative: _____

Primary Contact number: _____ Alternative: _____

Rules of Entry for The Competition

- Participant (s) shall be a TNAI member (s) (Attach TNAI ID Card (s) Copy)
- All entries must have competed at the State level. Only one entry from each State/UT should be sent at the National level.
- Duration: 03 Minutes
- Language: English/ Hindi
- Format: Only audio files are accepted
- Evaluation criteria: The evaluation will be based on the lyrics, music.

Guidelines for Participation:

- SNA/ TNAI members can participate
- TNAI members living overseas also can participate (Attach copy of ID card as proof)
- It can be individual or group presentation
- Last date for submitting the audio files will be 30th May, 2020

Declaration by Participant (s)

I/we the undersigned hereby declare that all the information furnished above are true and correct and the above-mentioned anthem for nurses is a creative work done by me/us. Also certified that the above item has not been presented/published elsewhere.

Name (s)

Signature (s)

Certificate of Recommendation

This is to certify that the above-mentioned anthem for nurses is a creative work of person (s) named above and to the best of my knowledge this item has not been presented / published elsewhere.

Name & Signature of Institution Head
Or
State TNAI president/Secretary
(With Seal)

Note: Completed form(s) with signature of the Participants to be sent to the email id: nightingalechallenge2020@gmail.com

अंतर्राष्ट्रीय नर्स दिवस

प्रति वर्ष 12 मई को अंतर्राष्ट्रीय नर्स परिषद के तत्वाधान में वर्ष 1974 से, अधिकांश देशों में मनाए जाने वाले "अंतर्राष्ट्रीय नर्स दिवस" का इस वर्ष विशेष महत्व है। इस तारीख को नर्सिंग पेपे की जन्मदाता फ्लोरेंस नाइटिंगेल की 200वीं वर्षगांठ पड़ रही है। इसी परिप्रेक्ष्य में डब्ल्यूएचओ ने 2020 के विश्व स्वास्थ्य दिवस (7 अप्रैल) का थीम "नर्स और मिडवाइफ का वर्ष" घोषित किया है।

कोरोना रोकथाम व इलाज में नर्सों विश्वभर में उत्कृष्ट सेवाएं प्रदान कर रही हैं, कुछ ने (भारत में भी) जान भी गंवाई। नर्स समुदाय को नमन।

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.



The Trained Nurses Association of India



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

XXVIII TNAI (77th) Biennial Conference 2020

Competitions for the TNAI Biennial Conference

REGISTRATION FORM: GROUP DANCE COMPETITION

Name of the Participant(s):	Designation:	TNAI Number:	Place of Work:
1 _____	_____	_____	_____
2 _____	_____	_____	_____
3 _____	_____	_____	_____
4 _____	_____	_____	_____
1 _____	_____	_____	_____
2 _____	_____	_____	_____
3 _____	_____	_____	_____
4 _____	_____	_____	_____

Postal Address of the First Participant:

Primary Email: _____ Alternative: _____

Primary Contact number: _____ Alternative: _____

RULES OF ENTRY FOR THE COMPETITION

- Participant (s) shall be a TNAI member (s) (Attach TNAI ID Card (s) Copy)
- All entries must have competed at the State level. Only one entry from each State/UT should be sent for the National competition.
- Duration: 05 Minutes
- Participants: Minimum 03 members and maximum 08 members
- Any dance form can be performed.

Note: Completed form(s) with signature of the Participants to be sent to the email id nightingalechallenge2020@gmail.com

**Signature of the State TNAI President/Secretary
(With Seal)**



The Trained Nurses Association of India



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

XXVIII TNAI (77th) Biennial Conference 2020

Competitions for the TNAI Biennial Conference

REGISTRATION FORM MR / MS TNAI COMPETITION

Name of the Participant _____

Qualification: _____

Place of Work: _____

TNAI Number: _____

Postal Address of the Participant:

Primary Email: _____ Alternative: _____

Primary Contact number: _____ Alternative: _____

RULES OF ENTRY FOR THE COMPETITION

- a) Participant shall be a TNAI member (Attach TNAI ID Card Copy)
- b) All entries must have competed at the State level. Only one entry from each State/UT should be sent for the National competition.
- c) One entry per state
- d) Professionalism to be maintained throughout the competition

Note: Completed form(s) with signature of the Participants to be sent to the email id nightingalechallenge2020@gmail.com

**Signature of the State TNAI president/Secretary
(With Seal)**

कोरोना से डरें नहीं, इससे बचाव के लिए तैयार रहें

दुनिया भर में कहर ढाता, सरकारों, डाक्टरों सहित समूचे चिकित्सा जगत के लिए चुनौती बन चुका कोरोना वायरस (कोविड 19) सभी की नौद उड़ा रहा है। कुछ ही सप्ताह पहले चीन के वुहान प्रांत में (संभवतः अवैध पशु तस्करी से) जन्मा यह वायरस अधिकांश देशों में हमला बोल चुका है। विश्वस्तर पर अभी तक दो लाख से अधिक पुष्ट मामले (भारत में करीब 175) संज्ञान में आए हैं, 8 हजार मौतें (भारत में तीन) दर्ज हुई हैं और यह सिलसिला थमने का नाम नहीं ले रहा। घर-परिवार या कार्यस्थल में जो कारगर उपाय अपना सकते हैं उनका यहां उल्लेख है।

(1) सर्वप्रथम कोरोना को हौवा न बनने दें, इन दिनों सोशल मीडिया पर झूठी-सच्ची पोस्टों की भरमार है। अपुष्ट खबरों पर ध्यान नहीं दें, न ही इन्हें आगे फॉर्वाड करें। (2) भीड़ वाले स्थलों में जाने से और यात्राओं से बचें, यहां किसी भी संक्रमण का अधिक खतरा रहता है। (3) कार्यस्थल तथा सार्वजनिक स्थानों पर दूसरे व्यक्तियों से कम से कम एक मीटर की दूरी बनाए रखें। हर पंद्रह-बीस मिनट में गर्म पानी का सेवन करते रहें। (4) दस-पंद्रह सेकंड तक सांस नहीं रोक पाना कोरोना की संभावना दर्शाता है। लगातार चलने वाली सूखी खांसी, गला दर्द, बुखार ठीक नहीं होने या सांस में दिक्कत होने पर तुरंत स्वास्थ्य केंद्र या अस्पताल में दिखाएं। (5) मुंह और नाक से उंगलियों को बचा कर रखें। घर या कार्य स्थल पहुंचने पर पहले अपना हाथ और मुंह साबुन से धोएं और सेनिटाइज़र का प्रयोग करें। (6) 6-60 वर्ष के आगे पीछे वाले व्यक्तियों को कोई भी संक्रमण जल्दी पकड़ता है, ऐसों का खास खयाल रखा जाए। (7) बाहर के भोजन से बचें। (8) खुले स्थानों जैसे पार्क, बगीचे में अधिकाधिक समय बिताएं। नियमित योगासन और व्यायाम रोग प्रतिरोधी क्षमता में बढ़ोतरी करते हैं, इन्हें अपनाएं।

Call for News Items from Nursing Institutions

Schools and Colleges of Nursing are welcome to submit for publication in monthly TNAI Bulletin, the news items and write ups about observances of Graduation Ceremony, Annual Day, Seminars, Conferences, important workshops, etc. The charges are Rs 1000/- + GST per item including one photograph. The payment should be through a demand draft in favour of The Trained Nurses' Association of India (TNAI), New Delhi. Neatly spaced out hand-written matter, preferably typed in double space on one side of paper with photograph may be sent, along with requisite charges, to the Editor, TNAI Bulletin.

TNAI BULLETIN

Monthly Newsletter of

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