



Cooperation is Key to Human Survival

Difficult situations can be overcome, even miraculous outcomes achieved when more than one person work together in a spirit of harmony & cooperation. Cooperation is not just desirable but something without which human survival would be impossible. "We must learn to live together as brothers or perish together as fools", said Martin Luther King Jr. As many of you know, managing a complicated disease like poliomyelitis involves team work. Recall what Helen Keller said: "Alone we can do so little, together we can do so much."

It is the conviction in immense power behind the spirit of cooperation that the UN International Day of Co-operatives is celebrated annually on 4 July. It was started by the International Cooperative Alliance (ICA) way back in 1923, and later partnered by the UN. The objective is, to strengthen awareness about the role of co-operatives and promote the ideals of international solidarity, equality, economic efficiency, and world peace. In India, the exemplary cooperatives in fertiliser (IFFCO) and dairy (Amul, led by Verghese Kurien) not only united people at the lowest rung but also triggered the way for their, as well as nation's economic development. We often undermine the role of cooperation that must be strengthened. It's in this backdrop that UN Secretary-General Antonio Guterres said, "The Covid-19 pandemic and climate emergency have both revealed the fragility of our societies and our planet. These dual crises are disproportionately affecting the world's most vulnerable countries and people, and deepening many social and economic rifts. They also make clear the need to strengthen global cooperation and solidarity."

Every year, the World Population Day (WPD) on 11 July subtly reminds us that Earth's resources to feed and sustain the ever burgeoning population are finite, any pressure is sure to create difficulties in availability of food and other essential commodities and services. An important aspect of WPD is focus on reproductive health problems, the leading cause of maternal mortality as well as ill health of women worldwide. The WPD 2020 seeks "to raise awareness of women's and girls' needs for sexual and reproductive health and vulnerabilities during the pandemic".

The present lockdown globally has adversely impacted the plight of women. The UNFPA reports that continued lockdown with disruptions to health services shall deprive some 47 million women in low- and middle-income countries of the modern contraceptives resulting in seven million unintended pregnancies and 31 million additional cases of gender-based violence. The condition calls for special consideration towards women and girls, as their health and well-being determines others in family, society and nation at large.

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Evelyn P Kannan
Chief Editor & Secretary-General



THE TRAINED NURSES' ASSOCIATION OF INDIA
Estd:1908



Concession on Membership fee

A special concession of Rs 600 was initiated in view of 2020, The Year of the Nurse & Midwife for becoming Life Member when the motivator enrol a minimum of 10 members at a time.

Considering the request of many motivators that due to Covid-19 crisis, having difficulty in contacting potential members and enrolling a minimum of 10 members, the TNAI EC & Council decided to extend the concession of Rs 600 for enrolling a single member.

Note: The concessional rate (Rs 3000 instead of Rs 3600) for enrollment shall be applicable from 16 June 2020 to 31 January 2021.

Mrs. Evelyn P Kannan
Secretary General

Prof(Dr) Roy K George
President- TNAI

Moving ahead with commitment and dedication since 1908



THE TRAINED NURSES' ASSOCIATION OF INDIA
Estd:1908



Grievances Cell

The TNAI is committed to the growth and wellbeing of nurses all over India. Nurses play a critical and valuable role in the existing health care system and the life of the people at large. The COVID crisis has impacted the functioning and work environment of health care personnel in unprecedented ways.

Representing the voice of nurses, we advocate for improved facilities, systems and policies which will support the work of nurses in colleges and health care institutions. We plan to raise issues concerning nurses in educational and health care institutions at the larger level and draw attention to their problems as well as work towards a deeper understanding of their current work situation.

With this in mind, we appeal to nurses in the Private/ Government Sector/ Hospitals, Colleges and Public Health Institutions to share concerns, problems in relation to work situation, remuneration, work environment etc during the COVID -19 crisis. Also your ideas or suggestions which may help to solve these problems.

We at TNAI will definitely address this issues and represent at appropriate authorities with all possible type of organisational activities. Hence your cooperation is earnestly solicited.

Contact Details:

Email: tnaioncovid19@gmail.com | Mob: 8287374228 | WhatsApp: 8287374228 | Landline: 011-40196690/40195407

Mrs. Evelyn P Kannan
Secretary General

Prof(Dr) Roy K George
President- TNAI

Moving ahead with commitment and dedication since 1908

SNA Membership Plan

You are required to select any ONE from the two available SNA membership plans.

SNA-TNAI Membership Plan

The 1st year students can join by paying Rs.2000/- as one time payment (SNA membership form attached). This fee includes SNA Subscription for 4 years, Scholarship fund and SNA to TNAI membership fee. After successful completion of their course, students need to submit the copy of their State Nurses registration council certificate (RNRM) or letter from the Principal of the respective School/ College of Nursing along with final year mark sheet after which they will be issued a TNAI membership card without any payment or fees.

SNA Subscription Plan (as one time payment throughout the course)

SNA Subscription fee (one time payment):

ANM: Rs 350/-

GNM: Rs 500/-

BSc (N): Rs 650/-

Please Note:

1. The students who are opting the SNA Subscription plan need to pay Rs. 2200/- within a year after completing their course successfully in order to become Life member of TNAI.
2. The details about SNA is available in the TNAI website (www.tnaionline.org).
3. The subscription fee has to be deposited in TNAI bank account through e-banking (ECS Mandate form attached) or Demand Draft in favour of "The Trained Nurses' Association of India" payable at New Delhi.

Benefits of SNA Membership

1. **Award of SNA Scholarship for ANM/GNM and BSc (N):** The selected candidates are awarded Rs. 24000/- per year for the entire training period after receiving their progress report every year from respective principal/ institute.
2. **Participation in National conference:** Concession in the registration fee, shall present scientific papers on the theme and participate in all competitions to exhibit their talents.
3. **Publication of articles:** The student nurses are given an opportunity to publish articles/research papers in the Nursing Journal of India.
4. **Free copies of NJI & TNAI Bulletin:** Institution and all Student Nurses Association (SNA) Units shall be entitled to free supply of Nursing Journal of India and TNAI Bulletin without any charges.
5. **Concession in availing Guest room facilities:** Accommodation for SNA members are provided in the TNAI Headquarters and in TNAI's Greater Noida campus at reasonable rate of Rs.250/- per student/day.
6. **Welfare Grant:** SNA welfare Grant/ Medical Assistance/ Critical Assistance to needy Student Nurses.
7. **Disaster Relief Fund:** Provided for affected students.
8. **Grievance redressal:** resolving the complaints and grievances of the nursing students.



Health Education England

The Trained Nurses' Association of India

Estd: 1908

Free Recruitment for Nurses to United Kingdom, NHS Trust Hospitals

Upcoming Interviews



Wigan Wrightington and Leigh

Dates: July 1, 3, 6, 8, 13 & 15 2020

-----Eligibility-----

1. GNM or Above
2. Six months of Clinical Experience
3. Language Requirement

Exam	R	L	W	S
IELTS	7	7	6.5	7
OET	B	B	C+	B

Eligible Candidates are requested to send:
Updated CV & Skype ID to

tnairecruitment@gmail.com

For more details contact:

The Secretary-General, TNAI

L-17, Florence Nightingale Lane, Green Park, New Delhi
Ph: 01126566665, 40195409, WhatsApp: 8287374228

About the Trust

Wrightington, Wigan and Leigh Teaching Hospitals (WWL) NHS Foundation Trust is an NHS Foundation Trust providing services in the Metropolitan Borough of Wigan and Wrightington, England.

It was formed on 1 April 2001 by the merger of Wrightington Hospital NHS Trust and Wigan and Leigh Health Services NHS Trust, and became an NHS Foundation Trust in December 2008. "Teaching Hospitals" has been included in its name since 1 April 2020.

Benefits

Refund of:

- IELTS/ OET Training Fees*
- IELTS/OET Exam Fees
- NMC Full application fees
- CBT Exam fees
- Certificate Verification Charges*
- Visa Charges*
- NMC Registration fees

Paid:

- Immigration Health Surcharge*
- Certificate of Sponsorship
- Flight Ticket
- Immigration Skills Charge
- Airport Pickup
- Accommodation support/ Settling Package
- Training for CBT and OSCE
- Fees for OSCE*

* Conditions apply

Support the TNAI's move for fair wages and working condition for nurses on all sectors.
to sign the email signature campaign visit www.tnaionline.org

Moving ahead with committment and dedication since 1908

by Secretary-General, TNAI

HEALTH EVENTS OF THE MONTH

International Cooperative Day: 4 July (in 2020)

It is being increasingly realised that survival of people on village earth depends on their will to cooperate with each other. This is as true at individual or community level as at international level. Every year on first Saturday more than 50 countries celebrate the UN International Day of Co-operatives. Initially, the celebration was started by the International Cooperative Alliance (ICA) in 1923, and later partnered by the UN. The objective behind the 97th year of celebrations of UNIDC is to strengthen awareness about the role of co-operatives and promote the ideals of international solidarity, equality, economic efficiency, and world peace.

A cooperative is “an autonomous association of persons united voluntarily to meet their common economic, social, and cultural needs and aspirations through a jointly-owned and democratically-controlled enterprise” as defined by ICA. A small cooperative may employ 10 to 15 persons while a mammoth cooperative may have 100 million people. A very large cooperative may have a membership base of over 800 million. Cooperatives are formed to access goods or services otherwise not easily available as they help increase bargaining power, achieve economy of size, gain access to new markets, and provide credit with reasonable terms. Besides, the cooperatives strengthen the communities in which they operate.

Considering that greenhouse gas emissions are more than 50 percent higher than it was in 1990, the UNIDC theme for 2020 is, Cooperatives for Climate Action. The harmful emissions cause long-lasting changes to our climate system.

Underscoring the need to strengthen societies, the UN Secretary-General Antonio Guterres said, “The Covid-19 pandemic and climate emergency have both revealed the fragility of our societies and our planet. These dual crises are disproportionately affecting the world’s most vulnerable countries and people, and deepening many social and economic rifts. They also make clear the need to strengthen global cooperation and solidarity.”

World Population Day: 11 July

With the world population around 7.8 billion as of July 2020, it is imperative to realise the importance of small families for healthier living. Presently 60 percent of the world’s population resides in Asia, 17 percent in India and 20 percent in China. As Earth’s resources to feed and sustain the ever burgeoning population are finite, any pressure is sure to create difficulties in availability of food and other essential commodities and services. “The power of population is indefinitely greater than the power in the earth to produce subsistence for man” said Thomas Malthus.

The United Nations’ World Population Day (WPD), annually observed on 11 July to reaffirm the human right to plan for a family. It encourages activities, events and information to help make this right a reality throughout the world. It is celebrated all over the world to beware people at large about what the unbridled population spells for the future of mankind. A crucial aspect of WPD is focus on reproductive health problems, the leading cause of maternal mortality as well as ill health of women worldwide. The theme of WPD 2020 is, Raising Awareness of Women’s and Girls’ Needs for Sexual and Reproductive Health and Vulnerabilities during the Pandemic.

The issue of population growth is closely interrelated with demographic trends, ageing, migration and urbanisation, child marriage, human rights, right to health, child health, etc. with implications on development plans and programmes.

Impact of Lockdown on Women: A recent United Nations Population Fund (UNFPA) reported states that if the lockdown continues for six months with major disruptions to health services, 47 million women in low- and middle-income countries may not be able to access modern contraceptives leading to seven million unwanted and 31 million additional

cases of gender-based violence. Further, disruption of UNFPA's programmes could bring out 2 million cases of female genital mutilation and 13 million avoidable child marriages. Women are at greater risk of poverty since worldwide nearly 60 percent of them are employed in the informal economy; this is besides increased workload on them due to school closures and increased needs of oldsters.

World Hepatitis Day: 28 July

Hepatitis is the most serious disorder of liver, an important body organ called without which one just cannot live a healthy life. Any neglect on the health of the liver can have serious implications on the health of individuals. To raise awareness about proper upkeep of the liver, World Hepatitis Day is celebrated on 28 July each year, the theme for World Hepatitis Day (WHD) 2020 is, Find the Missing Millions.

The challenge to manage hepatitis is the widespread ignorance about this disease, especially among those living with it. Out of the 325 million people living with viral hepatitis the world over, more than 300 million (90%) are unaware that they are living with the hepatitis B or hepatitis C. Scaling up the awareness and the diagnostic facilities is therefore top priority, otherwise it may not be possible to eliminate viral hepatitis by 2030. Hepatitis B virus and hepatitis C virus are the leading cause of liver cancer in the world, although over four-fifth of those affected with viral hepatitis are unaware of their status. Viral hepatitis has become a global epidemic. With effective vaccines and treatments available for hepatitis B and C and eliminating viral hepatitis is quite achievable. WHO's Global Strategy of Viral Hepatitis seeks to eliminate hepatitis by 2030.

The World Hepatitis Alliance's 3-year campaign in association with World Hepatitis Day has focus on 'finding the missing millions'. The three-year awareness campaign aims to educate, influence national screening policies and encourage more people to get tested with the hope of finding the missing millions and reducing further spread of the virus.

GUIDELINES FOR AUTHORS

The Nursing Journal of India (NJI) invites contributions for publication including original research article, case studies, review articles that may be relevant/related to Nursing Practice, Management, Education, Community. Name(s) of author(s) with designation; TNAI Number; Author (s) and co-authors details; Email id and phone no.; Complete address for correspondence; mention the year in which the study was conducted; furnish an undertaking that the article has not been submitted elsewhere for publication; Institution Ethical Clearance (IEC) letter (whoever conducting interventional studies); If your research study is the part of MSc Programme mention the names of your guide and co-guide. The articles should follow the following sequence:

1. Problem Statement
2. Objectives
3. Need of the study
4. Review of Literature
5. Methodology
6. Result in two tables with interpretation below the table
7. Discussion of your study finding to be based on the similar studies
8. Recommendation
9. Nursing Implication
10. Conclusion
11. References-recent references (5-15) (references should be numbered and should follow the Vancouver Style).
12. In case of websites: mention the retrieval date.

Note:

- The articles should be 1200 to 2000 words long. Illustrations, diagrams, photographs should be preferably in black and white; if in colour, these should have good reproducibility. Include original Table-data in Word / Excel format.
- Evidence-based studies are given priority.
- Planned teaching programme studies are not accepted.

Authors should send the soft copy through mail publicationstnai@yahoo.com along with a cover note addressed to the Chief Editor, The Nursing Journal of India (NJI).

TNAI SCHOLARSHIPS

ACADEMIC YEAR 2019 - 2020

The Trained Nurses' Association of India invites applications for award of scholarship for higher studies in Nursing for the year 2019-20.

Scholarships are available for the following courses.

I. FOR GENERAL NURSES

- a) Post-Basic BSc Nursing (Regular)
- b) Master in Nursing

II. FOR HEALTH VISITORS AND AUXILIARY NURSE MIDWIVES / MPHW (F)

- (a) General Nursing and Midwifery course

All the above mentioned courses should be recognised by the Nursing Council/Regulatory body.

Eligibility criteria

1. The candidates should have at least 3 years' membership of the TNAI.
2. The proof of annual family income of the candidates (who wish to apply for scholarship) should be obtained from competent authority and attached along with the application.
3. The candidate should not be a recipient of any other scholarship or financial help from any other source.
4. The candidate should not have received TNAI scholarship for at least last 5 years.

General Instructions

1. Confidential reports from all the two referees mentioned in your application should be received timely.
2. The application should be recommended by the President or Secretary of the concerned TNAI State Branch.
3. Preference will be given to the candidate's active participation in TNAI activities at National, State, District / Zonal and Unit level.
4. The completed application forms should be received in this office by August 31, 2020.
5. Completed applications received after the last date i.e. August 31, 2020 will not be entertained.

THE TRAINED NURSES' ASSOCIATION OF INDIA

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

APPLICATION FOR TNAI SCHOLARSHIP: 2019-2020 Academic Year

1. Full Name: Miss/Mrs./Mr./Sr. _____
(in block letters)
2. TNAI Life Membership No. _____
3. Date of Birth: _____ 4. Nationality: _____
5. Postal Address _____
6. Phone / Mobile No.: _____ E-mail: _____
7. Marital Status: Single, Married, Widow, Widower: _____ 8. Number of children, if any, with age: _____
9. Name of the course: _____ Year of study: _____
10. Date of commencement of course: _____ Date of completion of course: _____
11. Name and address of the Institution: _____
12. Will you be getting any financial help/stipend/scholarship/deputation/ from any other source/institution? or you have to resign your job to take up the study? If yes, please give details: _____
13. Mention names and addresses of two references from the Nursing profession (Head of the institution and Faculty (Senior TNAI Member) **Name, designation, TNAI Number and full Address (in capital letters) with mobile/ phone Nos./ Email**
1. _____
2. _____

Photograph

Enclose the following:

- A. I have attached self-attested copies of the following certificates:
- 1) Certificate of GNM / PC BSc / BSc / MSc.
 - 2) Nurses & Midwives Council Registration Certificate.
 - 3) Certificates of matriculation & higher Secondary examination, if passed.
 - 4) Certificate of annual family income of the candidate from competent authority.
 - 5) A letter from the Principal, College of Nursing seeking admission in the respective institution.
 - 6) Photocopy of TNAI Life membership card.
- B. I undertake to refund the whole amount of scholarship paid to me, by the Trained Nurses' Association of India in case I am offered financial help from any other source(s).
- C. I hereby certify that the information given in this application form is true to the best of my knowledge and belief.

Date: _____

Signature of the candidate

Recommendation

Recommendation by the State branch President or Secretary keeping in view the merit of the candidate and the eligibility for the TNAI Scholarship with completely filled forms

Signature: President/Secretary State Branch, TNAI

Note:

- A. Completed Application form should be sent to the Secretary-General, The Trained Nurses' Association of India, L-17, Florence Nightingale Lane, Green Park, New Delhi-110016. Incomplete application will not be accepted.
- B. There is **no application fee**, as per decision of EC & Council of TNAI in 2017.
- C. Enclose the bank account details of the applicant with front page of bank pass book (Xerox copy) and crossed cheque.
- D. Last date of receiving application form is **August 31, 2020** after which applications will be rejected.
- E. The address, Mobile No. and e-mail ID of the President/Secretary of the respective State branches are available in the TNAI website (www.tnaionline.org) or send mail to sna@tnaionline.org and tnai_2003@yahoo.com

CONFIDENTIAL REPORT - TNAI SCHOLARSHIP

Name of the Candidate: Mr / Mrs / Miss _____

1. For how long is the candidate known to you? _____

2. Please give your opinion whether you find her / him as:

Intelligent

Loyal & Dependable

Efficient

3. Does she/he work in cooperation with her/his : Seniors Colleagues

4. Does she/he possess qualities of leadership? _____

5. Does she/he bear a good moral character? _____

6. Any other remarks: _____

Signature: _____ TNAI membership No. _____

Name: _____ Designation: _____

Address: _____

E-mail ID & Mobile No.: _____

Bank Details of the Applicant

The scholarship amount shall be transferred (NEFT) to students bank account directly from TNAI HQs. Hence, it is mandatory to fill the following information for disbursing the scholarship.

Name of the Account Holder: _____

(should be in the name of student)

Nature of account (SB/CA): _____

Bank Account Number: _____

Name of Bank: _____

Branch & Address: _____

IFSC Code:

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Note: Enclose a copy of a cancelled cheque from your account.

Signature of student

SNA SCHOLARSHIPS

ACADEMIC YEAR 2019 - 2020

The Trained Nurses' Association of India (TNAI) invites applications for award of SNA Scholarships for the academic year 2019-2020.

Scholarships are available for the following courses:

1. Revised ANM Programme / Multipurpose Health Workers (Female)
2. Diploma in General Nursing and Midwifery.
3. Basic BSc Nursing.

Minimum Requirements

1. Successful completion of first three months of preliminary training period.
2. Application forms should be recommended and signed by
 - a) Principal /Incharge, College or School of Nursing and
 - b) President/Secretary/SNA Advisor of the TNAI State Branch.

Other Conditions

1. The applicant should be a bonafide student of a School/College of Nursing (Recognised by Nursing Council/regulatory body).
2. The SNA unit recommending the candidate for the Scholarship should be an active Unit for at least last three years.
3. Preference will be given to the candidate's active participation in SNA activities at National / State / District / Zonal and Unit Level.
4. The applicant should not be receiving any financial support/benefits from any other source by way of stipend / fellowship / scholarship, etc.

For Kind Attention of the Principal

1. Students of academic year 2019-2020 (1st year only) are eligible to apply for the SNA Scholarship.
2. SNA Unit is requested to forward only two applications from each category (i.e. BSc (N), GNM and ANM).
3. Confidential report should be sent by the Class Coordinator / Unit SNA Advisor and the Principal along with the completed application form.

APPLICATION FOR SNA SCHOLARSHIP: 2019-2020 Academic Year

1. Full Name: Miss/Mrs./Mr./Sr./_____ (in block letters)
2. SNA ID Number: _____
3. Date of Birth _____ 4. Nationality _____
5. Present Address: _____
6. Student Mobile No. _____ E-mail ID : _____
7. Course details:
- (a) Name of the Course: _____
- (b) Name & Address of the Institution: _____
- (c) Commencement of course: Date _____ Month _____ Year _____
- (d) Completion of course: Date _____ Month _____ Year _____
8. State whether married, single or widow/ widower: _____
9. If married, number of children, with age: _____
10. Basic educational qualification: _____
11. Will you be getting any financial help, stipend/scholarship from other sources? If Yes, name the source, amount and give details: _____
12. Mention name, designation, address and email ID of two references from Head of Training School or College of Nursing and faculty (Senior TNAI member) of your School or College.
1. _____
2. _____

Enclose the following:

- A. I have attached self attested copies of the following certificates:
- [a] Statement of academic performance of first 3-4 months of training.
- [b] Certificate of Higher Secondary or any other Higher Examination passed.
- [c] Certificate of annual family income.
- B. I hereby certify that the information given in this Application form is true to the best of my knowledge and belief.
- C. I also undertake to refund the whole amount of scholarship paid to me by the Trained Nurses' Association of India, in case, I am offered any financial help from any other source(s).

Date: _____

Signature of the Candidate

School/College Principal

Brief statement of SNA Unit :

(a) Do you have SNA Unit: _____

(b) Does it pay SNA Subscription fee regularly ? (Tick) Yes / No:

(c) If yes, mention the last 3 years subscription paid by the unit, indicate year wise receipt number with date:

(d) Did your unit participate in any SNA activities at Unit / State / National level? List them.

Recommendation by the Principal/In-charge of School or College of Nursing keeping in view the merit of the candidate and the eligibility for the scholarship. Before forwarding the application, it is to be ensured that the application is complete in all respects.

Name of the Principal /In-charge of School /College of Nursing _____

Signature: _____ TNAI Membership No. _____

E-mail-ID: _____

Office Phone & Mobile No. _____

Recommendation

Recommendation by the President/Secretary/State SNA Advisor of the TNAI State Branch.

Signature of President/Secretary/State SNA Advisor of the TNAI State Branch

Note:

1. Completed Application form **duly recommended by the Principal of School or College and President/Secretary/SNA Advisor of the State Branch, TNAI** should be sent to the Secretary-General, Trained Nurses' Association of India, L-17 Green Park, New Delhi-110016 before **August 31, 2020**.
2. **Incomplete applications will be rejected.**
3. Enclose the bank account details of the applicant with front page of bank passbook (Xerox copy) and crossed cheque
4. There is **no application fee**, as per the decision of Combined EC & Council of TNAI in 2017
5. **Application received after August 31, 2020 will not be entertained.**
6. The address, Mobile No. and e-mail ID of the President/Secretary/SNA Advisor of the respective TNAI State branches are available in the TNAI website (www.tnaionline.org) or send mail to sna@tnaionline.org and tnai_2003@yahoo.com

STUDENT NURSES' ASSOCIATION OF INDIA
OF
THE TRAINED NURSES' ASSOCIATION OF INDIA
Headquarters: L-17, Green Park, New Delhi – 110016.

CONFIDENTIAL REPORT - SNA SCHOLARSHIP

1. Name of the Candidate: Mr / Mrs / Miss _____
 2. For how long is the candidate known to you? _____
 3. Please give your opinion whether you find her / him as:
Intelligent Loyal & Dependable Efficient
 4. Does she/he work in cooperation with her/his: Seniors Colleagues
 5. Please give the reasons why you feel that She/he is fit to be given SNA Scholarship for her/his studies

 6. Any other remarks: _____

- Signature: _____ TNAI Membership Number: _____
- Name: _____ Designation: _____
- Address: _____ E-mail ID & Mobile No. _____

Bank Details of the Applicant

The scholarship amount shall be transferred (NEFT) to student's bank account directly from TNAI HQs. Hence, it is mandatory to fill the following information for disbursing the scholarship.

- Name of the Account Holder: _____
(should be in the name of student)
- Nature of account (SB/CA): _____
- Bank Account Number: _____
- Name of Bank: _____
- Branch & Address: _____
- IFSC Code:
- | | | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|--|
| | | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|--|

Note: Enclose a copy of a cancelled cheque from your account.

Signature of student

Saluting the Covid-19 Nurse Martyrs

Even as the entire medical and health care personnel including nurses continue to be actively engaged in diagnosis and management of Covid-19 cases, in performance of their hard duties some have already lost their life. While actual figures must be on quite high side, we have been informed of following nurses who are no more amongst us.

The TNAI and the entire nurse community convey their heartfelt tributes to these nurses who made supreme sacrifice in bringing life to the victims and set an example of service to mankind.



Ms Jyoti Vithal Raksha
(Staff Nurse, Pune)



Mrs Anita G Rathod
(Asst Matron, Pune)



Ms Ambika PK
(Staff Nurse, Kalra Hospital,
New Delhi)



**Ms Rajamma
Madhusoodanan**
(ANM, Delhi)



Ms Jenny
(Head Nurse, VS Hospital,
Ahmedabad, Gujarat)



Ms Ketharain A Christian
(Head Nurse, Civil Hospital,
Ahmedabad, Gujarat)



Ms Menaka
(Staff Nurse Sunehati
Khakaadi Centre,
Saharanpur, UP)



Mrs Victoria Jayamani
(Head Nurse, TB
Hospital, Telangana)



Ms Sharda Sharma
(Sister Grade 2, CHC
Mania, Dholpur,
Rajasthan)

कोविड-19 में राहत पहुंचाने में टी एन ए आई के प्रयास

समूचा विश्व कोविड-19 की अप्रत्याशित, भयंकर विपदा से गुजर रहा है। हालांकि इस महामारी से बचाव के लिए विश्व के कोने कोने में सर्वोच्च जीवविज्ञानी संगठन वैक्सीन की खोज विकसित करने के अथक श्रम कर रहे हैं किंतु एक विश्वस्त, कारगर समाधान कब मिलेगा, इस बाबत स्पष्टता नहीं है।

इसीलिए कोविड-19 से निबटने में वर्तमान प्रयास इसके रोकथाम पक्षों पर केंद्रित हैं। विभिन्न स्तरों पर विचार के पश्चात यह सर्वसम्मति से समझा गया कि भीड़भाड़ वाले स्थलों में मास्क का प्रयोग और आपसी भौतिक दूरी बनाए रखना – जिसे सोशल डिस्टेंसिंग की संज्ञा दी गई – बचाव के दो सबसे अहम पक्ष हैं। अन्य सुझाए गए उपायों में प्रमुख हैं: निवास, आसपास और कार्यस्थल में साफ-सफाई बरती जाए चूंकि कोरोनावायरस या किसी अन्य बीमारी के बैक्टीरिया या वायरस और कीटाणु को गंदगी में पनपने का अनुकूल माहौल मिलता है।

बीमारी के प्रसार के आरंभिक चरण में देश के अनेक अंचलों में मास्क आदि की किल्लत को देखते हुए टीएनएआई मुख्यालय में निर्णय लिया गया कि उन अस्पतालों व स्वास्थ्य केंद्रों को मास्क सुलभ कराए जाएं जहां अन्य संस्थाएं आसानी से नहीं पहुंचतीं। तदनुसार, मुख्यालय से बड़े पैमाने पर एन 95 तथा अन्य मास्कों की खरीद की गई तथा विभिन्न राज्यों में जरूरतमंद अस्पतालों व स्वास्थ्य केंद्रों तक पहुंचाए गया। यह कार्य समूचे देश में कार्यरत टीएनएआई की राज्य शाखाओं के सहयोग से संपन्न हुआ।

नर्सकर्मियों की आर्थिक और कार्यस्थल संबंधी समस्याएं

मार्च माह के अंत से अनवरत लॉकडाउन के दौरान अनेक राज्यों में नर्सकर्मियों को वेतन तथा कार्य संबंधी समस्याओं से जूझना पड़ा। अनेक अस्पताल, नर्सिंग स्कूल और कॉलेज कर्मचारियों को आधा अधूरा वेतन देने लगे थे, इसके अतिरिक्त कुछ स्थानों पर उन्हें अपेक्षा से कहीं अधिक कार्य करने को बाध्य किया जा रहा था। इस आशय की अनेक शिकायतें टीएनएआई को प्राप्त हुईं तो मुख्यालय में शिकायत (परिवाद) सेल स्थापित किया गया है। यह सेल प्राप्त शिकायतों पर विचार के बाद संबंधित शैक्षिक संस्था या अस्पताल के शीर्षतम अधिकारों से संपर्क साधता है और नर्सों की समस्या का समाधान निकालने का प्रयास करता है।

आवश्यक समझने पर टीएनएआई राज्य की नर्सिंग परिषद और संबद्ध विभागों के हस्तक्षेप से अतीत में समस्या का निराकरण करता रहा है।

– प्रकाशन एकक, टीएनएआई

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.

मोबाइल फोन के अधिक उपयोग से बच्चों को ट्यूमर का बढ़ता खतरा

पिछले कुछ वर्षों से बच्चों में ब्रेन कैंसर के मामलों में अप्रत्याशित बढ़त चिकित्सा विज्ञानियों के लिए अभी तक पहेली रही है। तथापि, विदेशों में संचालित कुछ अध्ययनों के आधार पर यह धारणा बन रही है कि बच्चों में ब्रेन कैंसर ज्यादा दर्ज होने का कारण उनका मोबाइल फोन का अत्यधिक प्रयोग हो सकता है।

कुछ माह पूर्व, दिल्ली के एम्स में संपन्न इंडियन सोसाइटी ऑफ न्यूरो आंकोलोजी की एक सम्मेलन में कैंसर चिकित्सा से जुड़े चिकित्सकों ने बच्चों के मोबाइल फोन में संलिप्तता पर विमर्श हुआ। सम्मेलन में प्रस्तुत राय में कुछ की यह भी मान्यता थी कि नई तकनीक पर आधारित स्मार्टफोन के अधिक प्रयोग से ट्यूमर विकसित होने की संभावना घट गई है। तथापि यह भी बताया गया कि विदेशों में संचालित शोधों से यह राय बनती है कि मोबाइल फोन को प्रतिदिन छह-सात कान के समीप रखे जाने से ट्यूमर निर्मित होने के आसार बन जाते हैं। बच्चों में ब्रेन ट्यूमर के प्रमुख लक्षण यह बताया गया कि उन्हें उन्हें आंख से दिखने में परेशानी शुरू हो जाती है और तमाम जांचों के बाद कोई कारण नहीं पता चलता।

सम्मेलन में बताया गया कि सिग्नल कमजोर होने की दशा में अक्सर सुनने वाला फोन को कान से एकदम सटा कर रखता है, इससे रेडिएशन का खतरा खासा बढ़ जाता है। ब्रेन ट्यूमर के बचाव के तौर पर यह सलाह है कि यदि बाल गीले हों तो भी मोबाइल फोन का प्रयोग नहीं किया जाए।

एकाग्रता से कार्य करने में कठिनाई

मोबाइल फोन तथा अन्य डिजिटल साधनों में अधिकांश समय बिताने का अन्य हानिकारक पक्ष चित्त और मन को डांवाडोल करने से संबद्ध है। इन साधनों में प्रस्तुत दृश्य-श्रवण सामग्री में जबरदस्त आकर्षण और प्रलोभन होता है, इनमें लिप्त रहने से सहज ही इनकी लत पड़ जाती है जिससे पिंड छुड़ाना दुष्कर होता है। यह भी पाया गया है कि प्रस्तुत सामग्री में अनेक अंश अश्लील, अनैतिक और नाजुक बाल मस्तिष्क को गुमराह करने वाले होता है जो प्रयोगकर्ता को पतन की ओर प्रशस्त करते हैं। अतः अभिभावकों को चाहिए कि वे बच्चों को प्रेम से, उचित मार्गदर्शन देते रहें।

— प्रकाशन एकक, टीएनएआई

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