



## Promoting Skilled Breastfeeding for Best Outcome

The feed our very young ones receive, and the way it is done significantly impact its health in the after-years onto the adulthood. A child breastfed befittingly fares better health-wise, with superior immunity to ward of several diseases, as compared to others. Breastfeeding has clear advantages over formula feeds as repeatedly demonstrated over years. The World Alliance for Breastfeeding Action (WABA), World Health Organisation (WHO) and United Nations Children's Fund (UNICEF) therefore jointly celebrate World Breastfeeding Week (WBW), annually during 1-7 August. The WBW theme for 2020 is, "Support Breastfeeding for a Healthier Planet". In line with the theme, WHO and UNICEF have called on governments to safeguard and promote women's access to skilled breastfeeding through counselling. In India, the WBW programmes are supported by Breastfeeding Promotion Network of India (BPNI).

**Signature Campaign:** As a mandate to improve the socio-economic conditions of nurses, TNAI initiated an e-mail Signature Campaign as a part of celebrating the Nurses Year 2020. TNAI has planned to elicit related information online from Nurses in States and UTs working in State or private sector organisation, and prepare a report. You are therefore requested to sign up the campaign by visiting TNAI website ([www.tnaionline.org](http://www.tnaionline.org)) and check "What's New" box for the Signature link. Persons other than Nurses (friends, relatives, colleagues and well-wishers) are also invited to support the cause of Nurses. An e-certificate shall be available immediately after submission of signature. You are requested to give wide publicity to the Signature campaign using various social media platforms.

**E-Learning Platform for Nurses:** Due to the difficulty in conducting Continuing Nursing Education, TNAI has initiated an e-learning platform. Nurses interested in joining the programme may visit the concerned site ([elearning.tnaionline.org](http://elearning.tnaionline.org)) for registration.

**Overseas Opportunity for Nurses:** As part of its activities, after tie up with Health Education England, signed on 10 October 2019, the TNAI had started free recruitment of Nurses to United Kingdom, NHS Trust Hospitals. The next dates of interview for selection are 21 to 28 August 2020. For details on eligibility and submission of applications, candidates may visit the site ([www.tnairecruitment.com](http://www.tnairecruitment.com)) or send e-mail to: [tnairecruitment@gmail.com](mailto:tnairecruitment@gmail.com).

TNAI in collaboration with Health Education England (HEE) and British Council is offering free IELTS training and exam

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for the nurses. Those inclined to avail this facility may submit their updated CV online to: [tnairecruitment@gmail.com](mailto:tnairecruitment@gmail.com). Soon TNAI will start free OET training and Examination.

With 2020 as The Year of the Nurse & Midwife, the concessional charges for Life Membership are Rs. 3000/- and Rs. 1500/- for Associate Membership till 31 January 2021. Members may kindly note that TNAI's 28th Biennial Conference 2020 stands postponed due to Covid-19 pandemic. Also, last date of receiving the TNAI / SNA Scholarship applications has been extended to 31 August 2020. Members are advised to update their email id, WhatsApp / Mobile number by clicking at the appropriate link ([http://erp.tnaionline.org/Update\\_mobile\\_n\\_email.aspx](http://erp.tnaionline.org/Update_mobile_n_email.aspx)).

Happy Breastfeeding Week!

Evelyn P Kannan  
Chief Editor & Secretary-General

## Email Signature Campaign

Dear Friends,

The Trained Nurses Association of India started an Email signature campaign in line with the International Nursing Now Campaign. The main objective of this campaign is to have a report of the salary and working condition of nurses working in Government and Private sectors (Both Teaching and Clinical/ Public Health) to address the issue to the concerned authorities.

In this regard, we request you all to sign this campaign by visiting the TNAI official website: [www.tnaionline.org](http://www.tnaionline.org) and check "whatsnew" box for the signature link.

How to sign-in:

1. Visit [www.tnaionline.org](http://www.tnaionline.org)
2. Check the Whats New box
3. Find Signature campaign to support the TNAI's Move to improve the salary and working condition of nurses working in all sectors or link: <http://103.115.194.137/email/home.aspx> (for online readers)
4. Click the Nurses category for the Nurses signatures or Non Nurse category for your friends, relatives and other non nursing colleagues
5. Submit the details depends on the category
6. An email certificate will be received immediately after the submission of your details
7. Share it in your social media platforms to give wider coverage.

We expect cooperation from you for the success of this campaign.

## Free Online Continuous Professional Development (CPD) Mobile Applications from TNAI & WCEA

Dear Members,

TNAI is proud to announce its collaboration with World Continuing Education Alliance (WCEA) for Continuous Professional Development (CPD).

WCEA is the technical consultant for International Council of Nurses (ICN), World Medical Association and now they are collaborated with TNAI in India for the entire courses of WCEA.

Major features of this collaboration:

1. 300+ courses with Credit hours
2. Exclusive for TNAI members
3. International Universities and Institution like Aga Khan University, JHPIEGO, NHS etc approved courses
4. Offline and online education

TNAI had forwarded the User ID and Password to the TNAI members who had already updated their email ID or mobile number. Those who have not updated still can join by using the link: [engagement.wcea.education/tnai](http://engagement.wcea.education/tnai). We hope, the members will enjoy the new platform and avail of the maximum courses.

**Note:** For details please send an email to: [tnaiwcea@gmail.com](mailto:tnaiwcea@gmail.com)



Mrs Evelyn P Kannan  
Secretary General



Prof (Dr) Roy K George  
National President

## For Existing and Prospective Members of TNAI

### Concession on TNAI Membership Fee

The TNAI EC & Council has decided to offer a special concession in view of 2020, "The Year of the Nurse & Midwife" for becoming Life Member of TNAI.

For Life Member of TNAI (GNM, B.Sc (N), PB BSc & MSc (N))	-	Rs. 3,000/-
For Associate Life Membership (ANM & HVL)	-	Rs. 1,500/-

Note: This shall be applicable from 16 June 2020 to 31 January 2021.

### TNAI & SNA SCHOLARSHIPS

The last date of receiving the TNAI & SNA Scholarship application has been extended up to **August 31, 2020**.

### TNAI Biennial Conference Postponed

As per the decision of TNAI's EC meeting held on 27 June 2020, the TNAI's 28th Biennial Conference 2020 stands postponed due to Covid-19 pandemic. The last date of registration for all the competitions is extended. Both the Conference and Registration dates shall be notified when decided.

### SNA MEMBERSHIP FEE - GNM / BSc (NURSING)

SNA Subscription Plan (One Time Payment)		SNA - TNAI Membership Plan (One Time Payment)
Course	Subscription Fee (Rs)	<ul style="list-style-type: none"><li>Rs 2000/- per student including SNA scholarship, SNA subscription fee.</li><li>Automatically becomes TNAI member without any fee.</li><li>SNA ID Card issued to individual student.</li></ul>
GNM	500.00	
BSc (N)	650.00	

### SNA ASSOCIATE MEMBERSHIP FEE - ANM

SNA Subscription Plan (One time payment)		Associate Life Membership Plan
ANM	350.00	<ul style="list-style-type: none"><li>Rs 1000/- per student including SNA scholarship, SNA subscription fee and life membership fee.</li><li>SNA ID Card issued to individual student.</li><li>Automatically becomes TNAI Associate member after completion of course.</li></ul>



# The Trained Nurses' Association of India

Estd. 1908

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

## FREE IELTS Training & Exam

In collaboration with  
Health Education England  
& British Council



### Features of the Course:

1. Fully online
2. IELTS experts and internationally qualified Teachers
3. Online resources for practice along with classroom-based training
4. Access to British Council resources and digital apps
5. Strategies and tips to improve chances of achieving your target IELTS band.
6. Expert guidance and support on all modules of IELTS Exam
7. Feedback on individual strengths and weaknesses in detail
8. Real time experience of exams through mock tests

### Benefits

1. Free training and exam
2. Optimises test potential & maximises result
3. In-depth input on all 4 modules.
4. Mock tests & Expert feedback
5. Tips on developing grammar, vocabulary, pronunciation.

### Eligibility criteria:

1. TNAI membership (Preferable)
2. Registered Nurse and Midwife
3. 06 Months of clinical experience (Gap upto 06 months acceptable)
4. Previous academic IELTS/ OET score with an overall 6.5 (Preferable)

### To register: send the following details

Name:  
TNAI Number (If available):  
Contact number:  
Email:  
Previous Score (if available):

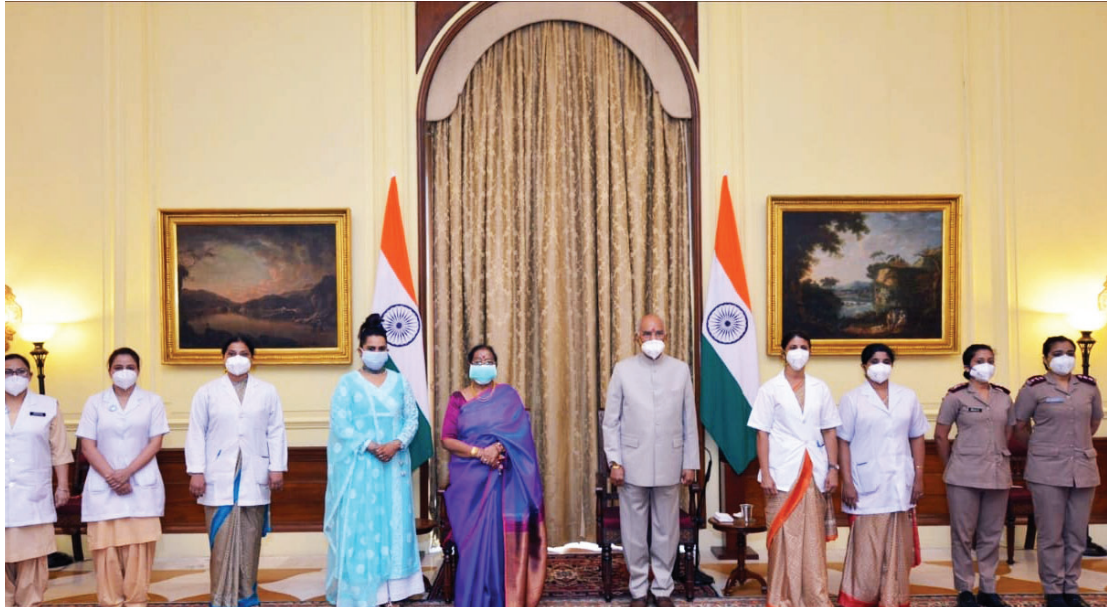
**HURRY !!!**  
**Only 20 Seats**  
**Available**

**Send the details to 8287374228 or [tnairecruitment@gmail.com](mailto:tnairecruitment@gmail.com)**

*Moving ahead with committment and dedication since 1908*

by Secretary-General, TNAI

## President of India Celebrates Raksha Bandhan with Nursing Professionals



The President of India, Shri Ram Nath Kovind, celebrated Raksha Bandhan with members of the nursing community at the Rashtrapati Bhavan on 3 August 2020 in New Delhi. Those who met and conveyed Rakhi greetings to the President included representatives of the Trained Nurses' Association of India (TNAI), the Military Nursing Service and the President's Estate Clinic. On behalf of TNAI, Mrs Rajvir Kaur, Nursing Officer from GTB Hospital, Delhi and Ms. Archana Kumari, Nursing Officer from Safdarjung Hospital, New Delhi tied Rakhi to the Hon'ble President of India.

During a brief interactive session, the nurses offered rakhis to the President and also narrated their experience in dealing with the Covid-19 pandemic. The President felicitated them and described them as saviours who are not only saving lives but also risking their own lives in the line of duty. Such commitment to duty earns respect for nurses who have been performing the role of front-line Covid warriors, he said.

Traditionally, on the day of the festival of Raksha Bandhan, sisters seek their brothers' protection to keep them from harm's way, the President said, adding that in case of nurses, it is they who through their dedication and commitment extend a helping hand to their brothers and ensure protection for all people. Referring to the two members of the Military Nursing Service (MNS) who had tested Covid-19 positive while dealing with patients but recovered soon and resumed their duty with renewed vigour, the President thanked the entire nursing fraternity for their sincere dedication and services to fellow citizens during the pandemic. He also conveyed his best wishes to the entire nursing community on the occasion of Raksha Bandhan.

Earlier, as they shared their experiences of helping the Covid-19 patients, each nurse offered her own narrative, but they all seemed unanimous in their opinion that Covid-19 patients suffer severe mental stress due to wrong impressions about the disease and the problem needs to be addressed medically and through counselling. The President gave a patient hearing to the nurses' opinion and complimented them for the exemplary services to the nation.

Prof (Dr) Roy K George, National President, TNAI Mrs Evelyn P Kannan, Secretary-General, tweeted: "This is a most meaningful gesture by Hon President of India. This is a proud moment for all the nurses in the country to celebrate Raksha Bandhan with his excellency. We, TNAI sincerely express gratitude on behalf of all the Nurses of the country.

After the function, both Mrs Rajvir Kaur and Ms Archana Kumari visited the TNAI Hqrs and thanked the TNAI for being offered this opportunity.



# COVID-19 & BREASTFEEDING

## Can women breastfeed during COVID-19 times?



According to WHO, COVID-19 does not transmit through breastmilk



Practicing skin to skin contact with her child after birth is recommended



WHO and UNICEF recommend breastfeeding within the first hour of the birth by Covid-19 suspected or positive mothers



Early initiation of breastfeeding after birth boosts the child's immunity with direct transfer of antibodies and essential nutrients



Keeping mothers and babies together helps in:



better temperature control in the baby



less stress for the mother



successful breastfeeding

## What is COVID-19?



- COVID-19 is a disease caused by a new corona virus
- It has affected more than six million people so far in more than 200 countries

## How does COVID-19 spread?



- It spreads from one infected person to a susceptible person through:
  - > Respiratory droplets from sneezing or talking
  - > Touching surfaces with virus and then touching one's mouth, nose and/or eyes

01

INDIA: WORLD BREASTFEEDING WEEK (1-7 AUGUST 2020)

## Support Breastfeeding for a healthier planet

*Covid-19 is an opportunity to strengthen action on breastfeeding*

bpni  
BANKING AND PROMOTION  
OF THE BENEFITS  
OF BREASTFEEDING

### COVID-19 does not transmit through breastmilk\*

\*Reference: World Health Organization (12 May 2020)

#BREASTFEEDING #COVIDTIMES

bpni  
BANKING AND PROMOTION  
OF THE BENEFITS  
OF BREASTFEEDING

### The WHO recommends breastfeeding for all mothers irrespective of their COVID-19 status

Suspected/confirmed with COVID-19      Without COVID-19

#BREASTFEEDING #COVIDTIMES

bpni  
BANKING AND PROMOTION  
OF THE BENEFITS  
OF BREASTFEEDING

### Keeping mother and baby together helps in

Better temperature control in the baby      Less stress for the mother      Successful breastfeeding

#BREASTFEEDING #COVIDTIMES

bpni  
BANKING AND PROMOTION  
OF THE BENEFITS  
OF BREASTFEEDING

### Breastfeeding within one hour after birth boosts the child's immunity with direct transfer of antibodies & essential nutrients

#BREASTFEEDING #COVIDTIMES

bpni  
BANKING AND PROMOTION  
OF THE BENEFITS  
OF BREASTFEEDING

### In case a mother is unable to breastfeed due to sickness or any medical emergency, following options can be explored

Expressed breastmilk      Donor human milk      Wet nursing

#BREASTFEEDING #COVIDTIMES

bpni  
BANKING AND PROMOTION  
OF THE BENEFITS  
OF BREASTFEEDING

### It is safer to use cup and spoon to feed expressed breastmilk

#BREASTFEEDING #COVIDTIMES

bpni  
BANKING AND PROMOTION  
OF THE BENEFITS  
OF BREASTFEEDING

### Healthcare workers can build the confidence of the mother and help her by

Breastfeeding counselling during ANC check-up      Appropriate support at birth      Counselling at discharge on how to breastfeed exclusively for 6 months

#BREASTFEEDING #COVIDTIMES

bpni  
BANKING AND PROMOTION  
OF THE BENEFITS  
OF BREASTFEEDING

### Promotion and distribution of commercial baby foods and feeding bottles during COVID-19 pandemic is harmful and undermines breastfeeding

#BREASTFEEDING #COVIDTIMES

bpni  
BANKING AND PROMOTION  
OF THE BENEFITS  
OF BREASTFEEDING

### The best time to begin complementary foods is after 6 months along with continued breastfeeding for 2 years and beyond

#BREASTFEEDING #COVIDTIMES

bpni  
BANKING AND PROMOTION  
OF THE BENEFITS  
OF BREASTFEEDING

### COVID-19 suspected or confirmed mothers should practice the following to prevent transmission of infection to the infant, specially while breastfeeding:

Wash hands before touching the baby      Wear a mask      Disinfect/clean frequently touched surfaces

#BREASTFEEDING #COVIDTIMES

## TNAI Online Programme in collaboration with Generation India and TNAI

### Are you equipped to deal with this pandemic ?

Register for a course on Essential Upskilling for Nurses on Covid-19 Pandemic Management

- Free Online course
- Developed on guidelines by WHO, MoHFW and ICMR
- The course is certified by The Trained Nurses Association of India (TNAI)
- Certified candidates will earn 4 credit points

Visit: [elearning.tnaionline.org](http://elearning.tnaionline.org)



Mrs. Evelyn P Kannan  
Secretary General



Prof (Dr) Roy K George  
President

## OBITUARIES

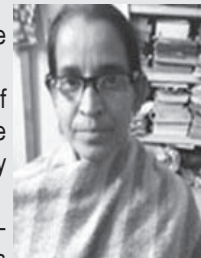
### Ms Jhanjamayee Mohapatra

Ms Jhanjamayee Mohapatra, Staff Nurse in Odisha, succumbed to her illness on 27 July 2020. She had been suffering from chronic pancreatitis and tuberculosis since last year.

Born in Cuttack (Odisha) in 1972, Ms Mohapatra completed GNM training at the School of Nursing, SCB Medical College & Hospital (MCH), Bhubaneswar in 1997 and joined the same institution as Staff Nurse. She acquired BSc and RNRM, PB BSc (Nursing) from IGNOU and lastly in-service MSc (Nursing) from LJM College of Nursing, Bhubaneswar (2016-18).

Cuttack-based Ms Mohapatra had good leadership attributes. Earlier an active ONEA member, she joined TNAI Odisha State Branch as Chairperson, Service Section and later elected as its Treasurer in January 2019. Ever active in raising her voice against injustice to nurses, she was honoured with the Florence Nightingale award in SCH MCH, Cuttack.

The TNAI Odisha State Branch members and others wish the departed soul bountiful love and mercy of the Almighty, to rest the soul in peace.



### Dr (Mrs) Gulshanbir Kaur

Born on 27 July 1956 in Punjab, Dr (Mrs) Gulshanbir breathed her last on 6 July 2020. She was working at Bhai Gurdas College of Nursing, Patiala (Punjab).

A veteran nurse administrator with over 25 years of experience, she had completed BSc (Nursing) in 1977 and Masters in Public Administration in 1980 and began her teaching career at School of Nursing, Mata Kaushalya, Patiala. She also completed Masters in Midical-Surgical Nursing from Punjab University (1986-88). She served as Nursing Tutor in School of Nursing, Patiala for more than 10 years.

Dr Gulshanbir Kaur was Registrar in Punjab Nurses Registration Council from 16 November 2000 to 17 May 2004. She is author of a book for ANM and GNM courses. An active member of TNAI, she was Secretary of TNAI Punjab State Branch from 2007 to 2011. May God give her rest in eternal peace.





## 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.



**Sr Kabita Dutta Mazumder**  
Sister In-Charge, Barasat State General Hospital,  
Kolkata, West Bengal



**Sr Bhanubala Roy**  
PHN, Baruipur Sub Divisional Hospital, Kolkata,  
West Bengal



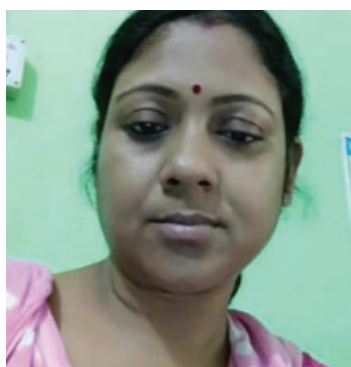
**Mrs Rasmikaben Patel**  
Head Nurse, New Civil Hospital,  
Surat, Gujarat



**Mr Shivanna**  
Nursing Officer, KC General Hospital, Bengaluru,  
Karnataka



**Mr Sunil Nimavat**  
Nursing Officer, Civil Hospital,  
Surat Gujarat



**Ms Priyanka Mondal**  
Staff Nurse, SSKM Hospital,  
Kolkata

## Advertisement Rates

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

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

#### Advertisement for Website only

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

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

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

#### TNAI Bulletin – Monthly

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

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

Telephone: 011-26966873, 26566665, 26534765; Email: [publicationstnai@yahoo.com](mailto:publicationstnai@yahoo.com)



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](mailto: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](http://www.tnaionline.org)

*Moving ahead with committment and dedication since 1908* by Secretary-General, TNAI

## 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. 1500/-

*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.***



You can also detach the proforma below, which should be duly filled in and sent along with demand draft of requisite value.

Name: .....

Complete address with pin code: .....

Phone No. ....

Fax: .....

Email id: .....

Demand Draft No. ....-dated .....

Drawn at ..... (name of bank & branch)

Signature .....



## निहायत जरूरी है स्तनपान की प्रथा को बरकरार रखने की

केवल मनुष्य ही नहीं, सभी स्तनधारी प्राणि-जगत में मादाएं अपनी संतान को स्तनपान कराती हैं। नन्हों को पोषण प्रदान कराने की यह सदियों पुरानी प्रकृति द्वारा निर्मित व्यवस्था है। कुछ दशक पूर्व स्तनपान से मिलते इस कुदरती पोषण पर अनेक परीक्षणों के बाद विज्ञान ने पुष्टि की है कि बच्चों के पोषण और उनके शारीरिक, मानसिक व भावनात्मक विकास के लिए स्तनपान का विकल्प नहीं है। विडंबना है कि नासमझी के कारण विश्व के एक तिहाई नन्हें बच्चे स्तनपान के इस प्राकृतिक आहार द्वारा प्रदत्त अधिकार से वंचित कर दिया जाता है; ऐसे बच्चे विभिन्न संकमणों की चपेट में जल्द आते हैं।

जन्म लेते ही नवजात शिशु को सबसे पहले जो चाहिए होता है वह है मां का दूध। कई महीनों तक उसकी सेहत का एकमात्र सहारा यही रहता है। मां से प्राप्त दूध शिशु के लिए एकदम सही तापमान पर ऐसा आदर्श आहार है जिसमें सभी आवश्यक तत्वों का उचित मात्रा में समावेश है, इन्हें वह अनायास, सहजता से ग्रहण करता है। मां का दूध बच्चे को पूर्णतया संतुष्ट करने के अलावा मां-बच्चे के बीच भावनात्मक रिश्ते पुख्ता करता है। मान्यता है कि मां में दूध का स्राव और इसकी मात्रा बच्चे के प्रति उसकी ममता के अनुपात में होती है। मां के दूध के अनेक लाभों को देखते हुए विश्व स्वास्थ्य संगठन (डब्ल्यूएचओ) और अमेरिकी एकाडेमी ऑफ पेडिएट्रिक्स (एएपी) बच्चे को पहले छह माह तक मात्र स्तनपान कराने और उसके बाद संपूरक आहार के साथ न्यूनतम डेढ़-दो साल तक स्तनपान कराने की पुरजोर संस्तुति करते हैं।

स्तनपान की प्रथा को संवर्धित करने के लिए अंतर्राष्ट्रीय संस्था 'वाबा' (वर्ल्ड एलाएंस फॉर ब्रेस्टफीडिंग एक्शन) की पहल पर डब्ल्यूएचओ, यूनिसेफ व सहसंस्थाओं के सहयोग से प्रति वर्ष 1-7 अगस्त के दौरान विश्व स्तनपान सप्ताह मनाया जाता है। मातृ दुग्ध का सेवन और बाल स्वास्थ्य की बेहतरी के प्रयासों में यूएनओ और यूनेस्को द्वारा 1990 में इन्नोसेंटी उद्घोषणा के बाद तेजी आई। 170 से अधिक देशों में आयोजित किए जाने वाले इस सप्ताह भर के कार्यक्रम का 2020 का थीम है, 'खुशहाल, स्वस्थ भूमंडल के निर्माण के लिए स्तनपान को बढ़ावा'। डब्ल्यूएचओ तथा यूनिसेफ ने सदस्य देशों से अनुरोध किया है कि वे परामर्शी तौरतरिकों पर जोर देते हुए अधिकाधिक महिलाओं को स्तनपान के लिए प्रोत्साहित करें, अभिभावकों को सशक्त करें कि ताकि वे बच्चों को स्तनपान कराने में ढील नहीं बरतें। सभी माताओं को स्तनपान कराना चाहिए बशर्ते वे एचआईवी या सक्रिय टीबी से पीड़ित हो या विशिष्ट दवाएं ले रही हों। कुछ महिलाओं को भ्रांति रहती है कि स्तनपान कराने से वे थुलथुल हो जाएंगी। इस धारणा को बेबुनियाद करार करते हुए वैज्ञानिक कहते हैं कि ब्रेस्ट के लटकने का कारण बार-बार गर्भधारण, पक्की उम्र और धूम्रपान होते हैं। स्तनपान न करा सकने वाली महिलाओं के पास सर्वोत्तम विकल्प है अपना निकाला या किसी अन्य महिला का दूध बच्चे को दें। कुछ देशों में स्वेच्छा से अपना दूध दान करने वाली महिलाओं के सहयोग से व्यावसायिक स्तर पर यह दूध असमर्थ, जरूरतमंद बच्चों के लिए सप्लाई किया जाता है। ऐसी पहल हमारे देश में भी करनी चाहिये।

इस लाभकारी प्रथा को जारी रखने के लिए परिवार व समुदाय को आगे आना होगा। स्तनपान की स्थिति विकसित देशों में भी बेहतर नहीं है। अमरीका में हालांकि 70 प्रतिशत महिलाएं अपने

बच्चों को स्तनपान शुरू करा देती हैं किंतु 6 माह बीतने तक मात्र 20 प्रतिशत ही इसे चालू रखती हैं। संयुक्त अरब अमीरात में 6 माह तक सिर्फ स्तनपान बाध्यकारी है बशर्ते वे चिकित्सकीय दृष्टि से अयोग्य नहीं हों। स्तनपान में एक बड़ी बाधा डब्बाबंद शिशु आहार उत्पादकों-विक्रेताओं से है जो आईएमएस अधिनियम 1993 और 2003 के कड़े प्रावधानों के बावजूद लुभावने दुष्प्रचार और हरकतों से बाज नहीं आते। इस संबंध में मौजूदा योजनाओं जैसे इंदिरा गांधी मातृत्व सहयोग योजना, आईसीडीएस, आईवाईसीफ को पुख्ता करना होगा।

विभिन्न अध्ययनों से पुष्टि हुई है कि मां के दूध में बच्चे की सही वृद्धि के लिए जरूरी सभी पोषकतत्व, कैलोरी व तरल मौजूद होते हैं, डब्बाबंद दुग्धों के साथ ऐसा नहीं है। स्तनपान किए बच्चे अधिक स्वस्थ, हृष्टपुष्ट व न्यूमोनिया, ब्रोंकाइटिस, डायरिया और मेनिन्जाइटिस जैसे संक्रमणों और सूखा, कुपोषण आदि से मुक्त रहते हैं, उनकी रोगप्रतिरोध क्षमता बेहतर होती है। मां का दूध अनीमिया, सडन इन्फैंट डैथ सिन्ड्रोम, डायबिटीज, मोटापा तथा कैंसरों के कुछ रूपों से भी बचाव रखता है। स्तनपान न किए मामलों में शिशु मर्त्यता स्तनपान किए बच्चों से 14 गुना आंकी गई है। अपना दूध पिलाती माताओं में कैंसर, खासकर ब्रेस्ट कैंसर की संभावना जरब होती है, वे गर्भावस्था या डिलीवरी के बाद डिप्रेशन का शिकार नहीं होतीं। विशेषज्ञों की राय में, एक बार स्तनपान कराने में करीब 20 कैलोरी खर्च होती है, अतः ऐसी माताएं मोटापे से बची रहती हैं, उनमें हृदय और श्वसन की बीमारियों, ऑस्टियोपोरोसिस और डायबिटीज के लक्षण कम देखे गए हैं। प्रोफेसर स्टीवेन गॉलिन कहते हैं, शिशुओं के “अमरीकी भोजन में उन तत्वों का लोप हो रहा है जो स्तनपान से हासिल होते हैं, इनमें वे फैट हैं जो शिशु के मस्तिष्क के विकास के लिए आवश्यक हैं, और अमरीकी बच्चों की गणित व विज्ञान में पिछड़ने की वजह यही है।” मेडिकल जर्नल जामा के अनुसार लंबी अवधि तक स्तनपान किए बच्चों की भाषाई पकड़ और बौद्धिकता बेहतर होती है। एक नई खोज से पता चला है कि स्तनपान किए बच्चों के टेलोमेरे लंबे होते हैं, इसी कारण वे दीर्घायु और डायबिटीज व अन्य क्रानिक बीमारियों से कम प्रभावित होते हैं।

स्तनपान प्रथा को बढ़ावा देने वाले प्रमुख संगठन हैं, स्वैच्छिक क्षेत्र में ब्रैस्टफीडिंग प्रमोशन नेटवर्क ऑफ इंडिया (बीपीएनआई) और सरकारी क्षेत्र में महिला एवं बाल विकास मंत्रालय का खाद्य एवं पोषणाहार बोर्ड (एफएनबी)। स्वैच्छिक संस्था, ट्रेन्ड नर्सिस एसोसिएशन ऑफ इंडिया (टीएनएआई) सभी राज्यों में स्थित अपनी शाखाओं के जरिए स्तनपान के बाबत जागरूकता बढ़ाती है। इसी आशय से टीएनएआई नर्सों व संबद्ध कर्मियों के लिए अल्पकालीन कार्यशालाएं आयोजित करती है।

बाल विकास में स्तनपान की भूमिका को मद्देनजर रखते हुए घर-परिवार, समाज, कार्यस्थल, नीति व शासनतंत्र, सभी का योगदान अपेक्षित है। कामकाजी महिलाओं को कार्य के दौरान स्तनपान कराने की छूट और उचित सुविधाएं अनिवार्यतः प्रदान करने के निर्देश हैं। सरकार ने दो बच्चों तक माताओं के लिए दो वर्ष की बाल देखभाल छुट्टी का और पिताओं को इस निमित्त सहयोग देने के लिए 15 दिन की विशेष छुट्टी का प्रावधान किया है। महिलाओं को सार्वजनिक स्थानों में स्तनपान कराने के लिए सुविधा न होना खासी समस्या है। इस दिशा में उचित उपाय आवश्यक हैं।

— प्रकाशन एकक, टीएनएआई

# BENEFITS FOR TNAI & SNAI MEMBERS

Welfare	Educational	Awards																														
<ol style="list-style-type: none"> <li>1. TNAI &amp; SNA Scholarship (Rs. 24,000/ Year)</li> <li>2. Medical Assistance (Maximum upto Rs. 1,00,000)</li> <li>3. Critical illness assistance (Rs. 1,00,000)</li> <li>4. Nurses Welfare Grant</li> <li>5. Subsidized accommodation at TNAI guest houses (<a href="mailto:helpdesk@tnaionline.org">helpdesk@tnaionline.org</a>)</li> <li>6. Railway Concession (25%)</li> <li>7. Free recruitment for European Countries - <a href="#">Click for more details</a></li> <li>08. Day Care centre for the Elderly</li> <li>09. Disaster Relief fund for individual/ state/national</li> <li>10. Addressing grievances of nurses at various levels</li> </ol>	<ol style="list-style-type: none"> <li>1. Concession for:                             <ul style="list-style-type: none"> <li>✓ Conference Registration fee for participation in TNAI's national and state Conferences.</li> <li>✓ Continuing Education Programmes; American Heart Association (AHA) approved Basic Life Support (BLS) / Advance Cardiac Life Support (ACLS), Reproductive, Maternal, Neonatal, Child Health and Adolescent (RMNCH+A)</li> </ul> </li> <li>2. Scientific Paper Presentation at TNAI / SNA National Conferences.</li> <li>3. Participation of competitions at State and National level</li> <li>4. Publication of articles in NJI and Bulletin – <a href="#">Click for more details</a></li> <li>5. Free online/E-learning courses with credit hours - <a href="#">Click for more details</a></li> </ol>	<ol style="list-style-type: none"> <li>1. Life time achievement award</li> <li>2. Incentives for motivator for enrolling TNAI membership</li> </ol> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <thead> <tr> <th>S. No.</th> <th>Membership category</th> <th>Fee</th> <th>Rate of Incentive</th> <th>Incentive per membership</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>HVL/ANM</td> <td>Rs 1500</td> <td>2%</td> <td>Rs 30/-</td> </tr> <tr> <td>2</td> <td>SNA to TNAI</td> <td>Rs 2200</td> <td>1%</td> <td>Rs 18/-</td> </tr> <tr> <td>3</td> <td>TNAI</td> <td>Rs 3000</td> <td>2%</td> <td>Rs 60/-</td> </tr> <tr> <td>4</td> <td>ANM/HVL New Scheme</td> <td>Rs 1000</td> <td>1%</td> <td>Rs 08/-</td> </tr> <tr> <td>5</td> <td>SNA New Scheme (SNA-TNAI membership)</td> <td>Rs 2000 (paid at the time of admission)</td> <td>1%</td> <td>Rs 17/-</td> </tr> </tbody> </table> <p style="font-size: small; margin-top: 10px;">From 2020, the incentives will be released within 4-6 months to the motivators</p>	S. No.	Membership category	Fee	Rate of Incentive	Incentive per membership	1	HVL/ANM	Rs 1500	2%	Rs 30/-	2	SNA to TNAI	Rs 2200	1%	Rs 18/-	3	TNAI	Rs 3000	2%	Rs 60/-	4	ANM/HVL New Scheme	Rs 1000	1%	Rs 08/-	5	SNA New Scheme (SNA-TNAI membership)	Rs 2000 (paid at the time of admission)	1%	Rs 17/-
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## Health Events of the Month

### World Breastfeeding Week: 1-7 August

Breastfeeding the young ones has been a universal practice since ages. However, of late certain section of womenfolk tend to compromise with this sound practice. Over years, scientific researches have amply demonstrated that breast milk is superior to formula baby foods on all parameters; it not only supplies all the essential nutrients a child needs for appropriate growth & development but also provides immunity from several diseases. Breastfeed is also the fundamental right of a child. In recognition of the multifarious benefits associated with breastfeeding and to promote it, the World Alliance for Breastfeeding Action (WABA), World Health Organisation (WHO) and United Nations Children's Fund (UNICEF) jointly celebrate World Breastfeeding Week (WBW), annually during 1-7 August. The WBW theme for 2020 is, Support Breastfeeding for a Healthier Planet, the idea being human beings can stay healthy and fit when they are breastfed befittingly, hence this practice must receive support from family, society and the State. On and around this day, programmes are held in more than 120 countries with message to promote breastfeeding. Most countries have therefore set breastfeeding as major instrumentality of promoting breastfeeding in child development plans. In India, programmes and activities are mainly led by Food & Nutrition Board (FNB), a Government of India body with extension units throughout the country, and the Breastfeeding Promotion Network of India (BPNI), a voluntary organisation.

### World Mosquito Day: 20 August

For first time, the World Mosquito Day was celebrated on 20 August way back in 1902 with the British doctor Ronald Ross's discovery of linking female mosquito bite on humans causing malaria that earned him the Nobel prize for medicine. Consequently, scientists across the world could better understand, beat and treat malaria-carrying mosquitoes. Annually, malaria claims around 7.81 lakh lives; about 90 percent of all malaria deaths take place in Africa alone. Most at risk are children under five and pregnant women. Among the various species of mosquitoes (most dangerous animals on Earth, as some say), some transmit extremely harmful human and livestock diseases like malaria, dengue, chikungunya, yellow fever, encephalitis, Zika and West Nile virus. Common methods used to eliminate mosquito breeding thus preventing the spread of disease include: Vector control for curbing or eradicating mosquitoes; covering all water containers in and around houses, removing discarded items that collect rainwater in open, taking prophylactic drugs and developing vaccines; warding off mosquito bites using insecticides, nets and repellents. Food for birds, frogs, fish and other species, mosquitoes are in existence for millions of years. Particularly in monsoon season, hot tropical climate of India attracts mosquitoes that feast on blood meals.

## 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 : **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

### **TNAI BULLETIN**

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