

# TNAI BULLETIN



## Salute to teachers, who taught us to keep learning

**W**e cease to live when we stop learning, relearning and unlearning, yes! What distinguishes man from other creatures is the human brain that has immense capacity to conceive, think, imagine, rethink and analyse so as to take up an appropriate line of action in a given situation. Each phase of life presents a distinct set of challenges to be addressed because with every change of scenario and the parameters, the earlier principles and techniques are no longer relevant to deliver goods. (The other option other than facing the issue heads-on is, to surrender – that is what most people do). Handling the challenge at hand requires, besides the background knowledge of the problem or issue and sensitivity towards the set of people who are liable to be affected by your action, certain skills and a level of maturity. Both these ingredients i.e. skills and maturity are the attributes that can be learnt with practice. One with requisite skills and values can surely deliver superior outcomes. By unlearning is meant discarding such beliefs as were nurtured over years by us unawares, which have held us back and hampered our progress. Continuous learning keeps cognitive skills in 'on' mode, and adds to the value of life; such a person shall succeed in one's chosen objectives, and contribute significantly in his area.

The foundation of our learning is laid in formative years while in school and college. Much of what we have learnt came through our teachers & mentors, and some valuable things from interactions with classmates and others on the way. Besides imparting the knowledge of textbooks that cover most issues we are concerned with, a good teacher arouses among the students the urge to learn, the curiosity to know what lies behind the scene, the mechanism of a scientific process, a historical event, an economic downswing or whatever. Every year, the Teachers' Day on 5 September in India (elsewhere on 5 October) commemorates the birth anniversary of Dr Sarvapalli Radhakrishnan, the great educationist and former President of India. This day reminds us to acknowledge the contribution of teachers without whose intervention, it would not have been possible for us to have the position we are in today. Expression of gratitude to teachers in whatever way is not only recognition of teachers, a positive message for others but also in the best interest of the person of both. A teacher is the best well

wisher of his students after parents. We are witness to many teacher-student relationships that lasted lifelong, benefitting both. Sense of gratitude imparts immense happiness to one harbouring it (just to remind you, Gratitude Day is celebrated globally on 21 September).

**Shift to e-Learning platform:** With onset of pandemic Covid-19 that has changed the way teaching-learning can be done in social distancing era, not to deprive the target learners, TNAI has partly reoriented its pedagogy resorting to its web-based e-Learning platform. We hope to utilise the e-platform to resume our Continuing Nursing Education activities and also use it for collaborative programmes in future.

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Evelyn P Kannan  
Chief Editor & Secretary-General

## 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 mad supreme sacrifice in bringing life to the victims and set an example of service to mankind.



**Mrs Madhumala Balkrishna Janbandhu**  
Incharge Nurse, Poona Hospital Research Centre  
Pune, Maharashtra



**Mr SK Savijesh**  
Sr Nursing Officer, Citizen Specialty Hospital  
Hyderabad, Telangana



**Ms Srbani Ghosh**  
ANM, Baharampur, West Bengal



**Mrs Vandana Kevde Nanhe**  
Staff Nurse, Daga Hospital, Nagpur, Maharashtra

## 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 Webinar on Support to Breastfeeding**

Breastfeeding has been universally recommended as a best maternal practice for feeding the newborn and young children. With a view to promote this practice, the World Alliance for Breastfeeding Action (WABA), World Health Organisation (WHO) and United Nations Children's Fund (UNICEF) have been jointly celebrating the World Breastfeeding Week (WBW) annually during 1-7 August.

The Trained Nurses Association (TNAI) organized a webinar on this year's WBW theme, Support Breastfeeding for a Healthier Planet in collaboration with Extension for community Healthcare Outcomes (ECHO) on 6 August 2020. (As a model of medical education, ECHO seeks to treat more patients in less time, using existing resources, thus easing the burden on the hard-pressed health care system).

The webinar started at 11.00 am with welcome address and introduction of speakers by Mrs Evelyn P Kannan, Secretary-General TNAI, followed by presidential address by Prof (Dr) Roy K George, National President TNAI.

The webinar theme, 'Support Breastfeeding for a Healthier Planet' was unfolded by Dr JP Dadhich, Technical Director, Breastfeeding Promotion Network of India (BPNI). Other experts who addressed the webinar included Dr (Mrs) Jyoti Sarin, Dean-Principal, MM College of Nursing, Ambala (Haryana). A total of 1111 participants were present till end of the webinar i.e. 2.00 pm.

### **TNAI's Presidential Address**



**Prof (Dr) Roy K George**

### **Moderator**



**Mrs Evelyn P Kannan**

### **Speakers**



**Dr JP Dadhich**



**Dr Jyoti Sarin**

# 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)	
GNM	500.00	<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>
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>



**Health Education England**

# The Trained Nurses' Association of India

Estd: 1908

## Free Recruitment for Nurses to United Kingdom, NHS Trust Hospitals

### Congratulations

For successfully having reached Liverpool University Hospital  
NHS Trust, United Kingdom



Mrs. Deseena Robin



Ms. Greeshma Jose

#### -----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

#### 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 commitment and dedication since 1908*

by Secretary-General, TNAI





# 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 commitment and dedication since 1908*

by Secretary-General, TNAI

# Nursing Now / Signature Campaign:

**In case you haven't yet joined it, please do it now!**

One of the main objectives of TNAI is to advance the economic and general welfare of nurses. Since its inception, TNAI has been working on this area. TNAI also conducted surveys to study the socio-economic welfare problems of Nurses in India and recommended appropriate solutions. The TNAI Headquarters and the state branches have been representing SEW problems of Nurses to the authorities concerned and at different other fora.

## **Milestones of TNAI to Advance the Economic and General Welfare of Nurses**

- 1970: A study of Socio-Economic status of Nurses in India: The research committee of the TNAI conducted a survey of socio economic status of nurses in India. The survey researched pay scales and working conditions of Nurses as well as important issues regarding the nurse-patient ratio and the place of nurses in society.
- 1973: Nursing Survey in India: It was conducted in collaboration with the Coordinating Agency for Health Planning (CAHP), now known as Voluntary Health Association of India. This was an important project on which the TNAI worked entirely on its own resources.
- 1989: After institution of a High-Power Committee (HPC) on nursing and nursing profession in 1987, its report was brought out; the two documents form an important basis for development of the Nursing profession.
- 2011: Filed a case in supreme court and recommendation were formulated.
- 2014: TNAI passed the resolution of Equal Pay for Equal Work.
- 2016: Supreme Court passed orders for action on writ of TNAI for improving salary structure and working conditions of nurses.

As you are aware, the Nursing Now/ Signature Campaign has been launched in the International Year of the Nurse & Midwife 2020 as a modality to empower nurses.

The campaign is in line with TNAI's mandate to raise the socio-economic status of the nursing workforce. Readers may recall, way back in 2011, TNAI had filed a case in Supreme Court to intervene in securing justice to the underpaid nursing personnel in certain parts of the country; subsequently, in 2016 the directions of the apex court passed orders for improving salary structure and working conditions of nurses. In the meantime, in 2014 TNAI passed a resolution of Equal Pay for Equal Work.

However, it is found that compensation offered to nursing personnel at many organisations is still far from adequate or reasonable levels, and not in keeping with accepted norms. We at TNAI are committed to fight the injustice to the nurses, including legal action. Yet, for us to work effectively we need your cooperation. We therefore urge you to provide the data from every nook & corner of the country regarding the salary and working conditions of nursing personnel.

We need solid data to represent this issue. Therefore, we request you all to join together to provide the data from every nook and corner of the country. We are in need of 10 lakhs signatures from nurses for positive results of the signature campaign. TNAI has started a signature campaign for the improvement of nurses' salary and working conditions for nurses working in the Private and Government Sectors. This survey has been initiated as a part of the TNAI activities for the Year 2020. You can lend support to this common goal of securing justice to nurses by affixing your signature to the campaign. All nursing and allied personnel, their friends and well-wishers are also invited to strengthen the Signature Campaign.

Kindly also tell others about this campaign and have their signatures. We request all of you to sign and share the word to maximum persons.

## **Steps to sign for Nursing Now Campaign / Signature Campaign**

Kindly click on the link: <https://bit.ly/3dTrfH3>

Participate in Nursing Now Campaign:

☐ Nurse

☐ Non-Nurse

- If you are a Nurse, click on 'Nurse', fill in the form and at last click on 'Submit'. You will receive a certificate of signature support for the Nursing Now Campaign.
- If you are a Student nurse or from the general public click on the 'Non-Nurse', fill in the form and 'Submit'. You will receive a certificate of signature support for the Nursing Now Campaign.

## 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 \_\_\_\_\_





## Major Health Events in September

### International Suicide Prevention Day: 10 September

Suicide, accounting for over 8 lakh deaths, is a leading cause of death for people of all ages and globally, suicide prevention continues to be a universal challenge. Every 40 seconds, one suicide is reported somewhere. Each life lost represents someone's partner, sibling, child, parent, friend or colleague. Suicidal behaviour includes effective suicide, suicidal ideation and suicide attempts. For every suicide, 25 people make a suicide attempt and quite many more have serious contem thoughts of suicide.

Organised by the International Association for Suicide Prevention (IASP) with WHO as co-sponsor of the day since 2003, World Suicide Prevention Day (WSPD) on 10 September every year seeks to prevent suicidal behaviour by raising awareness about the issue, educating others about the causes of suicide and warning signs for suicide, showubg and caring for those in distress and question the stigma associated with suicide, suicidal behaviour and mental health problems.

Beginning in the current year, the onset of coronavirus (Covid-19) has ushered in several problems related to employment, business, education, disturbed routine, and to top it all, constricted movement due to lockdown. Even children have not remained unaffected; there have been cases of many school children committing suicide. The mental cases reporting for treatment have grown by 40 to 50 percent since lockdown.

Helplines in major cities have therefore been set up by non-government organisations to provide relief to the affected cases.

**Mumbai:** AASRA – the trained volunteers answer 24x7 in English and Hindi (helpline no. 9820466726); Fortis Stress Helpline – mental health specialists speak in English and regional languages (email: [mentalhealth@fortishealthcare.com](mailto:mentalhealth@fortishealthcare.com), helpline no. 83768 04102)

**Bengaluru:** Parivarthan – the affected person or guardian can report problems in English, Kannada and Tamil; helpline number is open from 1 pm - 10 pm, Monday through Friday (email: [parivarthan-blr@gmail.com](mailto:parivarthan-blr@gmail.com), helpline no. 76766 02602)

**Goa:** Cooj Mental Health Foundation – provides both e-counselling as well as a suicide helpline number; available on call Monday through Friday between, 1 pm and 7 pm (email: [youmatterby-cooj@gmail.com](mailto:youmatterby-cooj@gmail.com), Helpline no. +832 2252525)

**Chennai:** Sneha Foundation India – is a suicide prevention organisation available on all days, 10 am to 2 pm (email: [help@snehaindia.org](mailto:help@snehaindia.org), no. 044-24640050)

Others providing services to the distressed include: iCALL (run by Tata Institute of Social Sciences), Vandrevalla Foundation and The Samaritans Mumbai. These organisations can be approached from anywhere in the country for immediate intervention.

### World Alzheimer's Day: 21 September

International Alzheimer's Day on 21 September each year, is an opportunity to raise awareness about dementia and its impact on families and communities throughout the world. The activities of the day are organised by Alzheimer's Disease International (ADI), the international federation of Alzheimer associations around the world, which works in association with the World Health Organisation (WHO).

Currently, one-tenth of adults above 65 are affected by Alzheimer's, a degenerative disease of the nervous system. The incidence and the rate of disease increase with age. One with Alzheimer's starts losing memory and later develops behavioural disorders, and lastly oblivious of one's identity. Dementia is the major symptom of Alzheimer's disease; about 5 percent of the Alzheimer's have hereditary origin though cases of early onset of the disease have been noticed among people in the 30-45 years group. Its incidence is on the increase, therefore proper education and guidance about it is considered necessary since the appearance of initial symptoms. Apart from age, women are twice more likely to develop Alzheimer's than men. People with an unhealthy lifestyle are at higher risk of developing Alzheimer's. Certain diseases such as diabetes, hypertension, obesity and depression are associated with an increased chance of dementia and Alzheimer's.

Much research has been undertaken on finding a cure for Alzheimer's but only symptomatic treatments are available so far. In most cases the early Alzheimer's symptoms are often mistaken for age-related dementia, and diagnosed only in an advanced stage that makes its management difficult. Alzheimer's can affect people from all walks of life.

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

Cardiovascular disease (CVD) is the numero uno cause of death in the world. Many factors are responsible for its widespread prevalence: smoking, diabetes, high blood pressure, obesity, air pollution, inadequate intake of fruits and vegetables, etc.

Overall, more than 17 million people die from heart-related diseases every year, this figure in excess of people who die from HIV, malaria, and cancer combined. World Heart Day is celebrated annually on 29 September to draw people's attention towards heart illness and the associated health issues. It advocates taking various preventative steps and lifestyle changes to reduce incidence of any cardiovascular diseases, like heart attack, stroke, heart failure, and similar conditions.

Together with WHO, the World Heart Federation spreads the message that at least 80 percent of premature deaths from heart disease and stroke could be prevented by controlling the main risk factors: tobacco, unhealthy diet and physical inactivity.

In the time of COVID-19, CVD patients are faced with a double-edged threat. Not only are they more at risk of developing severe forms of the virus, but they may also be afraid to seek ongoing care for their hearts.

We don't know what course the pandemic will take in the future but we do know that taking care of our hearts right now is more important than ever, says a World Heart Federation.

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## **Strengthening the TNAI Fold**

### **Appeal for Enrolling Memberships**

In our age, it is numbers that matter.

We at TNAI strongly feel that the number of non-TNAI member nurses is many times the TNAI members. This is quite disheartening, and a challenge considering the status, prestige of organisation TNAI is, and also the numerous advantages of acquiring TNAI Membership.

Membership is the backbone of an organisation, especially the one like the TNAI. Larger the members, stronger we become, better we can bargain for the justice and welfare of nurses, and secure what nurses rightfully deserve at various levels: local, State, national, regional and international.

We urge you to kindly help strengthen TNAI, an organisation that is yours, by requesting/ convincing/ persuading/ cajoling the non-member nurses to acquire TNAI membership. Also think of any other modality to this end, and write or mail to us.

You can help TNAI become a stronger and more effective body by contributing to TNAI membership enrolments.

As you are aware, TNAI Membership entitles one to exclusive online resources, networking opportunities, scope for professional development, educational advancement and skill upgradation, discounts on TNAI publications, proposed health insurance.

### **Revised Membership Fee**

In view of the declaration of 2020 as The Year of the Nurse & Midwife by WHO, a significant discount is being offered for enrolment as a Member till 21 January 2021. Prospective members can avail of the discounted membership charges.

# BENEFITS FOR TNAI & SNAI MEMBERS

Welfare	Educational	Awards																														
<div>1. TNAI &amp; SNA Scholarship (Rs. 24,000/ Year)</div> <div>2. Medical Assistance (Maximum upto Rs. 1,00,000)</div> <div>3. Critical illness assistance (Rs. 1,00,000)</div> <div>4. Nurses Welfare Grant</div> <div>5. Subsidized accommodation at TNAI guest houses (helpdesk@tnaionline.org)</div> <div>6. Railway Concession (25%)</div> <div>7. Free recruitment for European Countries - <a href="#">Click for more details</a></div> <div>8. Day Care centre for the Elderly</div> <div>9. Disaster Relief fund for individual/ state/national</div> <div>10. Addressing grievances of nurses at various levels</div>	<div>1. Concession for:  ✓ Conference Registration fee for participation in TNAI's national and state Conferences.  ✓ 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)</div> <div>2. Scientific Paper Presentation at TNAI / SNA National Conferences.</div> <div>3. Participation of competitions at State and National level</div> <div>4. Publication of articles in NJI and Bulletin – <a href="#">Click for more details</a></div> <div>5. Free online/E-learning courses with credit hours - <a href="#">Click for more details</a></div> <div>6. Concession on TNAI publications</div>	<div>1. Life time achievement award</div> <div>2. Incentives for motivator for enrolling TNAI membership</div> <table><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 8/-</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> <div>From 2020, the incentives will be released within 4-6 months to the motivators</div>	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 8/-	5	SNA New Scheme (SNA-TNAI membership)	Rs 2000 (paid at the time of admission)	1%	Rs 17/-
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# उत्तर भारत में बरप रहा कोरोना तथा अन्य वायरसों का प्रकोप

एक तो पहले ही कोरोना महामारी ने जीना भारी कर रखा था, ऊपर से डेंगू, मलेरिया जैसी बरसाती बीमारियों ने दस्तक देना शुरू कर दिया है। देश भर में 27 अगस्त 2020 तक करीब 59,000 और दिल्ली में 4313 जानें लील चुका कोरोना खौफ बना हुआ है। कोरोना के कारण अस्पतालों में सीटें पहले ही सिमट कर रह गई हैं, कुछ तो पूरी तरह कोरोना केंद्र में तब्दील हो चुके हैं। अब इन गैर-कोरोना बीमारियों से संक्रमण हो जाता है तो बेचारे गंभीर रोगी इलाज के लिए कहाँ जाएंगे?

वक्त रहते जरूरी उपाय न किए जाएं तो दिल्ली सहित उत्तर भारत के अनेक इलाकों में वायरस से फैलने वाली ये बीमारियाँ कहीं का न छोड़ेंगी। खासकर दिल्लीवासी जिन पांच संक्रामक वायरसों से चिंतित हैं वे हैं: (1) स्वाइन फ्लू या एच1एन1 संक्रमण, (2) डेंगू, (3) मलेरिया, और (4) चिकनगुनिया।

**स्वाइन फ्लू:** इसके सामान्य लक्षण हैं, तीन दिन से ज्यादा 101 डिग्री बुखार के साथ नाक बहना, थकान, भूख न लगना, उल्टी की शिकायत, सांस लेने में कठिनाई। गए 31 जुलाई तक स्वाइन फ्लू के बहुत अधिक (412) मामले दर्ज हो गए हैं। पिछले साल इस बीमारी से 31 मौतें हुई थी।  
**समाधान** — संक्रमण होने के दो दिन में एंटीवायरल दवाएं शुरू कर देने से राहत मिलती है। स्वाइन फ्लू से बचाव के लिए (जैसे कोरोना के लिए संस्तुति है) संक्रमित व्यक्ति से मिलने से पूर्व मास्क और दस्ताने प्रयुक्त करने चाहिए।

**डेंगू:** बरसात में मच्छरों का प्रकोप खासा बढ़ जाता है। पिछले कुछ वर्षों से भयभीत कर रहा डेंगू अक्सर बरसात के बाद मच्छरों के द्वारा प्रसारित होता है। इस बीमारी में चूंकि मरीज को असहनीय दर्द होता है, इसे हड्डीतोड़ बुखार भी कहते हैं। जुलाई के अंत तक दिल्ली में इसके 21 मामले दर्ज हो गए हैं। रोग की चपेट में आने पर शुरू में डेंगू का बुखार सामान्य बुखार ही लगता है। अंतर यह है कि डेंगू में बुखार के बाद तेज ठंड लगती है, जोड़ों और मांसपेशियों और आंखों के पिछले हिस्से में दर्द होता है, गले में भी हल्का दर्द होता है, मुंह का स्वाद खराब होता है। सामान्य डेंगू इलाज से 5-7 दिनों में ठीक हो जाता है किंतु डेंगू शॉक सिंड्रोम में विशेषज्ञ की तुरंत राय लेनी चाहिए।

**समाधान** — मच्छरों के कटने के उपाय बरतने चाहिए, घर में और आसपास मच्छरों को नहीं पनपने दें, खुले में कहीं पानी एकत्रित नहीं होना चाहिए। बदन को पूरी तरह ढका रखें। मच्छरदानी का प्रयोग करें और पांव में घुटने तक सरसों या नारियल तेल लगाएं।

**मलेरिया:** जुलाई अंत तक दिल्ली में 34 मामले दर्ज किए गए जो पिछले वर्ष की तुलना में 41 प्रतिशत ज्यादा रहे। डेंगू की भांति मलेरिया मादा एनॉफिलीज़ प्रजाति के मच्छरों के काटने से फैलता है, ये मच्छर गंदे और ठहरे पानी में पनपते हैं और सांयकाल में ज्यादा सक्रिय रहते हैं। मलेरिया के रोगियों में अक्सर हैमोग्लोबीन की कमी हो जाती है। इसके सामान्य लक्षण हैं, हर दूसरे दिन – कभी दो दिन छोड़ कर बुखार, पसीना आने पर बुखार टूटना और कमजोरी।

डेंगू की भांति पिछले कुछ वर्षों से भयभीत कर रहा डेंगू अक्सर बरसात के बाद मच्छरों के द्वारा प्रसारित होता है। अंतर यह है कि डेंगू में ठंड के बाद तेज ठंड लगती है, जोड़ों और मांसपेशियों और आंखों के पिछले हिस्से में दर्द होता है, गले में भी हल्का दर्द होता है, मुंह का स्वाद खराब होता है।

**समाधान** – पूरी सावधानी बरतें कि घर या कार्यस्थल में मच्छर पनपनें ही नहीं पाएं। आसपास गद्गड़े या खुली नालियां नहीं हों। दरवाजे और खिड़कियां जालीदार होने से मच्छरों से बचाव रहेगा। इसके अलावा पूरा शरीर कपड़े से ढका रहना चाहिए। अन्य उपाय हैं: पांवों में नारियल या सरसों का तेल लगाएं। पीने का पानी क्लोरीनयुक्त हो। बीमारी का प्रकोप बढ़ने पर ऐहतियात के तौर पर दो गोली क्लोरोक्वीन का सेवन किया जा सकता है।

**चिकनगुनिया:** मलेरिया और डेंगू की भांति चिकनगुनिया के मामले भी बरसात में आते हैं। इस रोग में जोड़ों और हड्डियों में बेतहाशा दर्द होता है, यही मलेरिया और डेंगू में फर्क है। शरीर में पानी की कमी हो जाती है जो खतरनाक हो सकती है। अन्य लक्षण हैं, समूचे शरीर में दर्द, सिरदर्द और शरीर में चकत्ते (रैशिज़)।

**समाधान** – डेंगू और मलेरिया की भांति चिकनगुनिया से बचाव के लिए मच्छरों पर नियंत्रण रखना होगा और मच्छरों के काटे जाने से बचना होगा। अंतर यह है कि चिकनगुनिया पैदा करने वाला मच्छर दिन में काटता है।

## OBITUARY

### Prof C Chandrakanthi

The nursing veteran Prof C Chandrakanthi is no more amongst us. She breathed her last on 8 August 2020. An accomplished nursing educator, Prof Chandrakanthi spent most of her years in teaching. In her career, she had been Principal at various nursing institutions (a) Kottayam College of Nursing, (b) Government College of Thiruvananthapuram, and (c) Baby Memorial College of Nursing, Kozhikode. She also had the honour of being President of Indian Nursing Council.

She was an active TNAI member and contributed to the growth of Kerala branch of TNAI, as its Executive member and otherwise. The TNAI community wishes peace to the departed soul.





## TNAI's Plans for Professional Development of Nurses

In our age and era, with advancements in nursing and healthcare, it is imperative that one is abreast of the latest developments in concerned specialities and sub-specialties. Knowledge of advanced practices and techniques widens one's vision, approach and performance at the workplace and also helps individual's career growth.

### Milestones Traversed in Upskilling of Nurses

As one of the major objectives towards fostering professionalism among nurses, the TNAI has been supporting, promoting and conducting programmes for upgrading the skills of nurses for better delivery of services.

In its onward journey, following events provided momentum to TNAI's activities related to educational development of nurses and upskilling them, which is also referred to as Continuous Professional Development (CPD).

- Instrumental in establishing the State Nursing Council in 1926
- Appointment of Education Committee by TNAI in 1933
- Instrumental in establishment of Indian Nursing Council in 1947
- Membership of the Commonwealth Nurses Midwives Federation (CNMF) in 1974

Considering the significant role of Continuous Professional Development, the TNAI has recently worked out partnership with the World Continuing Education Alliance (WCEA) that has already been providing all its members with an online CPD platform and its mobile application.

The App contains free 300-odd CPD courses from the Royal College of Nursing, Jhpiego, Aga Khan University and other eminent educators. The content material carries credit hours.

To take advantage of the WCEA facilities, one first needs to register with WCEA by following the steps as under.

1. Click on the link, <https://wcea.education/TNAI>
2. Register for CPD with your credentials: first name, last name, email id, mobile phone, and TNAI membership number (do not add LMT/ state code; only add).
3. After completing steps (1) and (2) you receive an email with user id and password in your email within 48 hours.
4. Click the play store/ app store button in your mobile phone and download the WCEA App.
5. After downloading the App, enter the user name & password, received in your email box.
6. Start using the App.

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# खुदकुशी: सारे रास्ते कभी बंद नहीं होते

अकादमिक या प्रतियोगी परीक्षा में असफलता, मनचाहे साथी से विवाह नहीं होना, नौकरी नहीं लगना या छूट जाना, कारोबार में भारी घाटा जैसी अप्रत्याशित, अप्रिय घटनाओं से बहुत से व्यक्ति इतना टूट जाते हैं कि डिप्रेशन में चले जाते हैं। इनमें से कुछ ऐसे होते हैं जिन्हें आत्महत्या से इतर उन्हें कुछ नहीं सूझता।

आत्महत्या करने वाला व्यक्ति किसी का भाई, बहन, बेटा कुछ भी हो सकता है। आवेश में आ कर अपनी जीवन लीला को अंजाम देने वाले यह नहीं सोच पाते कि उनके इस दुस्साहसपूर्ण प्रयास से अनेक व्यक्ति आहत होते हैं। अपना जीवन समाप्त करने वालों की संख्या लगभग 8 लाख। अफसोस यह कि सर्वाधिक आत्महत्याएं हमारे देश में हो रही हैं जहां मनुष्यरूप में जन्म लेना धन्य समझा जाता रहा है।

आंशिक तौर पर आत्महत्या पर एक प्रवृत्ति है। इसके सामान्य लक्षण हैं — घर-परिवार या समाज से अलग, थलग रहना, नितांत अकेला या गुमसुम रहना; नशे में धुत रहना; ऊलजलूल आचरण; विकट परिस्थिति में कोई रास्ता न सूझना; स्वयं को परिजनों पर बोझ समझना, मृत्यु की बातें करना; किसी असाध्य रोग से खिन्नता; बहुत कम या अत्यधिक सोना; बदले की प्रबल भावना; अकारण गुमसुम या अतिशांत होना; उन कार्यों में दिलचस्पी न लेना जिनमें समान्यतया रही हो, आदि। बीमारी को छोड़ दे तो अधिकांश के मूल में आप खुदगर्जी, लोभ, संचयी वृत्ति, अपने मंसूबे छिपाना और परहित में रुचि बिल्कुल न लेना ही पाएंगे। यानी खुदकुशी के रुझान वाले व्यक्तियों में अपने उद्कार साझा करने की भावना का अभाव रहता है।

जितनी आत्महत्याएं वास्तव में दर्ज होती हैं, आत्महत्या के प्रयास उससे कई गुना मामलों में किए जाते हैं। कुछ विचारकों की धारणा है कि आत्महत्या के प्रयास के अधिकांश मामले शुद्ध नाटक होते हैं, अगले का मकसद किसी भी तरह से अपनी बात मनवाना रहता है।

हमें समझना होगा, जब वे दिन नहीं रहे तो ये दिन भी नहीं रहेंगे। वर्तमान क्षण कितना भी पीड़ादाई क्यों प्रतीत हो, सरकना इसकी नियति है। धैर्य और सुविचार बगैर जीवन सुचारु रूप से नहीं चलेगा। अंततः सुखी वह रहेगा जो धैर्य बरतेगा है। भारी ग्लानि, असह्य प्रतीत होता पश्चाताप या लाइलाज बीमारी से थक-हार कर इस दिव्य जीवन के शेष दिनों को हेय मान लेना दूरदर्शिता नहीं है। कदाचित न भूलें कि आप अनेक व्यक्तियों के रोल मॉडल हैं, जिनके दिल में सदा आप सरीखे बनने की चाहत रही है। और फिर सुनहरे भविष्य का रास्ता कंटीली, उबाऊ गलियों से ही गुजरता है। संकट और अड़चन प्रभु उसके मार्ग में छितराते हैं जिन्हें वे बुलंदियों तक पहुंचाने के लिए उपयुक्त मानते हैं, ताकि इनसे जूझ कर वह अधिकाधिक परिष्कृत और परिमार्जित हो सके। एक वृहत प्राकृतिक व्यवस्था का अभिन्न अंग समझते हुए वह स्वयं को एकाकी न समझे।

शीघ्र निराश हो जाने और खो बैठने वाले व्यक्तियों को प्रेरित करना होगा कि प्रत्येक विफलता में सफलता के बीज होते हैं। विफलता सफलता का विलोम नहीं, सफलता की पूर्वावस्था है। मशाल थामे आगे चलते, दूसरों का मार्ग रोशन करने व्यक्ति के अतीत का विश्लेषण करेंगे तो पाएंगे उसका अतीत निर्बाध सीधा-सपाट नहीं रहा। विकट समस्या के समक्ष घुटने टेकना सहज है, अधिसंख्य व्यक्ति यही करते हैं। उन्नति के मार्ग पर प्रशस्त रहने के लिए अतीत की चूकों को समझ कर उन्हें न दोहराने का संकल्प लेना होगा, वैसे भी आगामी पारी में आप नौसिखिए नहीं रहे। याद रहे, यह दिव्य जीवन हमें गुमसुम, मुंह लटकाए रहने के लिए नहीं, जीवन की छटाओं का आस्वादन लेने के लिए है।

प्रेरक साहित्य के नामी लेखक नेपोलियन हिल कहते हैं, जब आपको लगता है सारे रास्ते बंद हो गए हैं, तब भी कुछ रास्ते शेष रहते हैं।

## हिंदी पखवाड़ा क्यों और कैसे मनाया जाता है?

ब्रिटिश कालीन भारत में देश में अनेक रियासतें थीं। उनकी भाषा भी एक न थी। तथापि, चूंकि सभी रियासतें स्वशासी थीं, अपने-अपने तरीके से उनमें शासकीय व अन्य कार्य चल जाते थे। वर्ष 1947 में स्वतंत्रता मिलने के बाद एक बड़ी समस्या विशाल देश के विभिन्न राज्यों में एक सर्वमान्य भाषा अपनाए जाने को ले कर थी ताकि सभी अंचलों में संवाद निर्बाध रूप से चलता रहे।

दशकों तक ब्रिटिश हुकूमत के चलते लगभग सभी राज्यों में पूर्व शासकों या उनके प्रतिनिधियों को अंग्रेजी का कार्यसाधक ज्ञान था। हालांकि हिंदी जानने वाले सर्वाधिक थे, तो भी दक्षिणी और पूर्वी भारत में इसे राष्ट्रीय भाषा के तौर पर अपनाया जाना मान्य नहीं था। अतः तत्कालीन सरकार ने निर्णय लिया गया हिंदी को राजभाषा और अंग्रेजी को सहयोगी भाषा के रूप में अपना लिया जाए। इस निर्णय के बावजूद शासकीय दायरों में हिंदी का प्रयोग अतिसीमित स्तर पर होता रहा, इसका प्रमुख कारण हिंदी लेखन की उचित जाकारी नहीं होना था।

यह देखा गया है कि अंग्रेजी को अधिक महत्व दिए जाने के कारण अंग्रेजी में कमजोर वर्ग व्यवस्था के अनेक लाभों से वंचित रह जाता है। विश्व के प्रबुद्ध वर्ग एकमत हैं कि यह स्थिति ठीक नहीं है तथा स्थानीय स्तर पर विकास को सुचारु रखने के लिए स्थानीय भाषाओं को संवर्धित और पुष्ट करना आवश्यक है। इसी भाव से समूची दुनिया में 28 जनवरी का दिन अंतर्राष्ट्रीय मातृभाषा बतौर मनाया जाता है। निचले तबके के बच्चे जानकारी और हुनर के बावजूद इसलिए पिछड़ जाते हैं चूंकि वे अंग्रेजी नहीं जानते।

हिंदी को समुचित स्थान मिले, इस आशय से भारत सरकार प्रतिवर्ष सभी केंद्रीय कार्यालयों व अधीनस्थ संगठनों में 14 सितंबर का दिन हिंदी दिवस मनाने का आह्वान करती है। इसी के आसपास हिंदी पखवाड़ा मनाया जाता है। हिंदी के प्रयोग को प्रोत्साहित करते हुए हिंदी में भाषण, टिप्पण, टंकण, निबंध व काव्य प्रतियोगिताएं आयोजित की जाती हैं तथा विजेताओं को पुरस्कार दिए जाते हैं।

स्थानीय भाषाओं को संवर्धित करने के उद्देश्य से मौजूदा सरकार ने प्रस्तावित नई शिक्षा नीति में प्राथमिक शिक्षा मातृभाषा में होने की संस्तुति की है। आशा है इसके क्रियान्वयन के बाद हिंदी तथा भारतीय भाषाओं के विकास को गति मिलेगी।

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