



Good Health of the Elderly is Crucial for the Nation

Pedicated to acknowledge the contribution of the elderlies they have made, 1 October is observed annually as the International Day of Older Persons at the instance of the United Nations. With increased health awareness and availability of medicare facilities, longevity has improved over years. Yet many oldsters continue to be maltreated, without access even to basic services; they also have little say in social and other spheres. Each of us shall be included among them, a fact we ever tend to overlook. It is to appreciate the immense contribution of the elder persons in nurturing the young ones and also in social, professional and other areas.

Respect for the elderly persons is a mark of gratitude towards those who were instrumental in helping nurture and bring up us with all their means but also strengthens our sense of belongingness to a genetic chain of which one is the most evolved product. With availability of increased and better medical and healthcare facilities, they lead a longer life. Many of them are expert, and fit enough to be involved in development activities although certain health issues do crop with the aged. Each of us, particularly those in nursing need to take care of the particular mental and physical health issues the aged face: diminished sensory perception, joint pains, insomnia, falls, etc. What they need utmost is being heard. "One of every 10 persons is now 60 years or older. By the year 2050, one of five will be 60 years or older," states a United Nations (UN) report. Considering the plight of the elderly, UN Principles for Older Persons to provide a broader framework for action on ageing, and suggest member countries to incorporate these Principles into national programmes whenever possible so that the older persons receive their entitlements.

World Mental Health Day: According to WHO, an estimated 450 million people live with mental disorders that are among the leading causes of ill-health and disability worldwide; one person in every four will be affected by a mental disorder at point in life. Ironically this is so when effective treatments modalities for many mental illnesses are available but cannot be easily accessed in less developed countries; in many countries hardly a tenth of those who need it receive the required treatment. Organised by

the World Federation for Mental Health (WFMH), World Mental Health Day on 10 October every year raises public awareness about mental health issues. The day promotes open discussion of mental disorders, and investments in prevention, promotion and treatment services. This year the theme for the day is "Mental Health for All: Greater Investment – Greater Access. Everyone, everywhere".

Group Insurance for TNAI Members: With a view to provide cover to its members, after the approval of TNAI Council, TNAI Members Group Insurance Scheme (TMGIS) is in the pipeline. The interested members are advised to submit their particulars (details available at page 213 in this issue) by the stipulated date.

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Evelyn P Kannan
Chief Editor & Secretary-General

Saluting the Covid-19 Nurse Martyrs

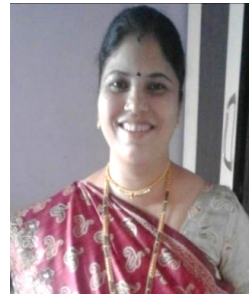
Even as the entire medical and health care personnel including nurses continue to be actively engaged in diagnosis and management of Covid-19 cases, in performance of their hard duties some have already lost their life. While actual figures must be on quite high side, we have been informed of following 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.

 <p>Mr Yamanappa Bhimappa Ramavata Trainee Health Officer at Covid Care Center, Medical College and Hospital, Koppal, Karnataka</p>	 <p>Mr Sanghratna Khillare CHO Trainee, Civil Hospital, Parbhani, Maharashtra</p>	 <p>Mrs Shobha Bhujbal Staff Nurse, Bhosari Hospital Pimpri-Chinchwad Municipal Corporation Maharashtra</p>
 <p>Ms Qamar Sultan Nursing Superintendent, Owaisi Hospital, Hyderabad, Telangana</p>	 <p>Mr Vipul Koria Staff Nurse, GMERS Medical College Hospital, Junagadh, Gujarat</p>	 <p>Ms D Vijaya Kumari Nursing Officer, Visakha Steel General Hospital, Visakhapatnam, Andhra Pradesh</p>
 <p>Mrs Chandramma Staff Nurse, City Central Hospital, Davanegere District, Karnataka</p>	 <p>Mrs Hansaben Ninama Head Nurse, GG Hospital, Jamnagar, Gujarat</p>	 <p>Mrs Basanti Sundas Assistant Nursing Superintendent Sir Thutob Namgyal Memorial (STNM) Hospital, Gangtok, Sikkim</p>



Mr Malatesh Jummanavar
Staff Nurse, PHC-Mundaragi, Gadag District, Karnataka



Mrs Hemangi Avinash Kadam
Staff Nurse, Harilal Bhagwati Municipal General Hospital,
Mumbai, Maharashtra



Ms Minati Ghosh
Sister In Charge, Vidyasagar State General Hospital



Mrs Asha Dhusiya
Sister in Charge, Queen Mary Hospital
King George Medical University, Lucknow, Uttar Pradesh



The Trained Nurses' Association of India

Estd: 1908



TNAI MEMBERS GROUP INSURANCE SCHEME (TMGIS)



As approved by the TNAI Council, the members interested to join the **TNAI Members Group Insurance Scheme (TMGIS)** shall submit the following details to TNAI HQs.

Last Date: 31-10-2020

Required Details

1. Name
2. Complete address with PIN
3. Date of birth with proof
4. TNAI Membership Number
5. Date of enrollment as TNAI Member
6. E-mail and mobile number

Send the Information to - tmgis@tnaionline.org

Connect with  TNAI  TNAI  TNAINationalHq  PresidentTnai

Note:

1. Details will be finalised based on number of members interested to join.
2. Planning for a Life Cover Insurance
3. The premium shall depend on the age period covered, and the number of members.
More the numbers, lower the premium

Moving ahead with committment and dedication since 1908

BENEFITS FOR TNAI & SNAI MEMBERS

Welfare	Educational	Awards																														
<ol style="list-style-type: none"> 1. TNAI & SNA Scholarship (Rs. 24,000/ Year) 2. Medical Assistance (Maximum upto Rs. 1,00,000) 3. Critical illness assistance (Rs. 1,00,000) 4. Nurses Welfare Grant 5. Subsidized accommodation at TNAI guest houses (helpdesk@tnaionline.org) 6. Railway Concession (25%) 7. Free recruitment for European Countries - Click for more details 8. Day Care centre for the Elderly 9. Disaster Relief fund for individual/ state/national 10. Addressing grievances of nurses at various levels 	<ol style="list-style-type: none"> 1. Concession for: <ul style="list-style-type: none"> ✓ 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) 2. Scientific Paper Presentation at TNAI / SNA National Conferences. 3. Participation of competitions at State and National level 4. Publication of articles in NJI and Bulletin – Click for more details 5. Free online/E-learning courses with credit hours - Click for more details 6. Concession on TNAI publications 	<p>1. Life time achievement award</p> <p>2. Incentives for motivator for enrolling TNAI membership</p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <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> <p style="text-align: right; font-size: small;">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 8/-	5	SNA New Scheme (SNA-TNAI membership)	Rs 2000 (paid at the time of admission)	1%	Rs 17/-
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Health Education England

The Trained Nurses' Association of India

Estd: 1908

Free Recruitment for Nurses to United Kingdom, NHS Trust Hospitals

Congratulations

For your travel to Liverpool University Hospital NHS Trust, United Kingdom on October 26, 2020



Ms. Siji Samuel



Ms. Ashuli Katini Krichena

-----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

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

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.

NOTICE TO ADVERTISERS

All advertisements published in TNAI Bulletin or Nursing Journal of India shall attract the provisions of GST. All advertisers including nursing institutions may kindly note that the current GST rate of 5% shall be compulsorily applicable on all transactions. The advertisers are requested to kindly furnish their GST number at the time of placing the order for publication of advertisement.

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



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 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"> Rs 2000/- per student including SNA scholarship, SNA subscription fee. Automatically becomes TNAI member without any fee. SNA ID Card issued to individual student.
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"> Rs 1000/- per student including SNA scholarship, SNA subscription fee and life membership fee. SNA ID Card issued to individual student. Automatically becomes TNAI Associate member after completion of course.

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.

मन की दुरस्ती पर विमर्श का दिन

इससे पहले कि मानसिक बीमारियां अक्षमता का सबसे बड़ा कारण बन जाएं, समय से उपाय करने जरूरी होंगे।

इंसान की दिमागी दुर्गत पर शहरयार के लोकप्रिय गीत की पंक्ति है, “इस शहर में हर शख्स परेशां क्यों है।” समूचे विश्व का मानसिक स्वास्थ्य परिदृश्य खस्ता हाल है बल्कि बिगड़ ही रहा है। संयुक्त राष्ट्र (डब्लूएचओ) के अनुसार करीब एक अरब व्यक्ति मानसिक विकृतियों के साथ जी रहे हैं, जो मर्त्यता का अग्रणी कारण बनने जा रहा है। डब्लूएचओ और एम्स दिल्ली के अनुसार भारत में भी, हर पांचवा व्यक्ति मानसिक रोगी है। इसका कारण हमारी सोच और बेढंगी जीवनचर्या है जैसे स्मार्टफोन की स्क्रीन में आंखें गड़ाए रखना, सामने परोसे कैलोरी-बहुल स्नैक्स आदि के फोटो अपने अपने ग्रुप में शेयर करना, आदि।

संप्रति 10-29 आयु के 90 प्रतिशत लोग फोन के साथ सोते हैं; हम में से अधिकांश फैंटम वाइब्रेशन सिंड्रोम से ग्रस्त हैं यानी फोन के वाइब्रेट करने का अहसास अक्सर होता है जब कि वास्तव में ऐसा नहीं होता। ये सभी मानसिक बीमारियों के लक्षण हैं। यूएनओ के महासचिव का कहना है, “मानसिक स्वास्थ्य को सार्वजनीन स्वास्थ्य यानी यूनिवर्सल हैल्थ कवरेज का अंग मानना चाहिए तथा दूरस्थ स्थानों में रहने वालों, गरीबों, किसी को भी मानसिक स्वास्थ्य देखभाल से वंचित नहीं रखना है।

मानसिक संस्थान निम्हांस के अनुसार बेंगलूर में एक तिहाई से ज्यादा टेक्निकल कार्मिक मानसिक विकारों से पीड़ित हैं। देश में आधे कामकाजी तनावग्रस्त हैं, इनमें से 85 प्रतिशत के अपने परिजनों व मित्रों से कटु संबंध हैं, 30 प्रतिशत नशैड़ी और गंभीर पारिवारिक कलह से त्रस्त हैं और 20 प्रतिशत डिप्रेशन के शिकार। अन्य देशों के हालात भी बेहतर नहीं हैं। कार्य का अत्यधिक भार, अवकाश न मिलने पर घरेलू कर्तव्य वाहन में कठिनाई, नौकरियों में ठेका प्रथा और असुरक्षित भविष्य आदि।

इन्हीं हालातों के मद्देनजर डब्लूएचओ का 10 अक्टूबर को मनाए जाते विश्व मानसिक स्वास्थ्य दिवस का इस वर्ष का फोकस है, कार्यस्थल में मानसिक स्वास्थ्य। यों विकसित देशों में भी कामकाजी स्थितियां बेहतर नहीं हैं। इंग्लैंड में बिजनैस इन कम्युनिटी के एक सर्वेक्षण में 60 प्रतिशत कर्मचारियों ने माना कि नौकरी छूटने, अनुशासनात्मक कार्रवाई आदि के भय से वे क्षुब्ध रहते हैं। भारत में कार्यस्थल पर मानसिक रुग्णता का प्रमुख कारण सेक्स दुर्व्यवहार है। इंडियन बार एसोसिएशन का कहना है कि 70 प्रतिशत यौन कदाचार की शिकार महिलाएं शिकायत ही दर्ज नहीं करातीं।

समझना होगा कि मन और शरीर एक ही अस्मिता के दो पक्ष हैं, एक के बगैर दूसरे की दुरस्ती संभव नहीं। याद रहे, डाक्टरों से परामर्श लेने वालों के 60 प्रतिशत मामलों के कारण मनोवैज्ञानिक होते हैं, यानी असल बीमारी नहीं होती। इसीलिए प्लैसीबो यानी छद्म दवाओं का व्यापक प्रचलन है। इसीलिए कहा गया है, प्रसन्नता या संतुष्टि व्यक्ति की सोच की परिणति है, ये बाहरी तत्वों पर निर्भर नहीं। जोसेफ एडीसन के अनुसार खुशनुमां मुद्रा बेहतरीन सेहत की कुंजी है जो मन और शरीर दोनों को दुरस्त रखती है। डिप्रेशन, सीजोफ्रेनिया आदि मानसिक व्याधियों से ग्रस्त चौथाई आबादी एंटीडिप्रेशन दवाओं पर निर्भर है, इनमें से कुछ की लत हेरोइन और निकोटीन से ज्यादा

खतरनाक है जिनके गंभीर साइड इफेक्ट हैं। एंटी डिप्रेशन दवाएं सेवन करने वाले आत्महत्या ज्यादा करते हैं यानी दवा की और मर्ज बढ़ा।

कृदरती जीवनशैली से दूरी और अंतरंग संबंधों का अभाव हमारी अधिकांश मानसिक और शारीरिक व्याधियों का प्रमुख कारण है। बच्चों में मानसिक रुग्णता की शुरुआत उनकी बनावटी परवरिश से होती है जैसे मिट्टी से खेलने देना तो दूर, उससे नफरत पैदा कराना। उनके दिलो-दमाग में सहज, सरल आचरण और घर-पारिवार से मेलभाव सिखाने के बदले अकादमिक श्रेष्ठता, रुतबेदार मोटी पगार वाली नौकरी और ऐशोआराम वाली जिंदगी का मॉडल होता है और जब इरादों के अनुकूल वे कार्य नहीं करते तो निराशा, हताशा पसरती है, वह एकाकी पड़ जाता है। कुछ कदाचारी तत्व सोशल मीडिया के जरिए उन बच्चों को चिन्हित कर लक्षित किया जाता है जो हताश, अलगथलग हैं। जोखिम तब बढ़ता है जब व्यक्ति आत्मग्लानि में स्वयं को कोसने लगे और सोचे, यह मेरे बस की नहीं, मैं अभागा हूं।

बच्चों का डिप्रेशन से बचाव तभी संभव होगा जब वे निजी सरोकार मांपिता व परिजनों से उन्मुक्त शेर करे, जब उन्होंने बेहतर दिखने की नहीं बल्कि बनने की ख्वाहिशें संजोई हों। डब्लूएचओ की धारणा है कि नजदीकी मानवीय रिश्ते दिल से टूट चुके व्यक्ति के सुरक्षा कवच हैं और जो आत्महत्या के कगार पर हैं उन्हें परिजनों व समाज से जोड़ कर राहत दी जा सकती है। न भूलें, रात कितनी भी स्याह हो, सुबह तो सूर्य निकलेगा ही।

— हरीश बड़थवाल,
प्रकाशन एकक, टीएनएआइ

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L-17, Florence Nightingale Lane,
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Moving ahead with commitment and dedication since 1908

by Secretary-General

HEALTH EVENTS OF THE MONTH

International Day of Older Persons: 1 October

On 1 October every year, the world remembers the elderly persons and expresses appreciation for the contribution they made in lifetime to the world, to observe the International Day of Older Persons. One day, each of us shall be included among them, something we tend to ignore.

According to the United Nations (UN), “one of every 10 persons is now 60 years or older. By the year 2050, one of five will be 60 years or older.” Although with enhanced health awareness, availability of increased and better medical and healthcare facilities, longevity has increased over years in most countries yet, with little care for their well being by the younger generation, they are generally driven to lead a life of loneliness, destitution and neglect, at times even deprived of basic facilities.

The current Covid-19 era has made the elderly more miserable. UN Secretary-General Antonio Guterres said: “Beyond its immediate health impact, the pandemic is putting older people at greater risk of poverty, discrimination and isolation. It is likely to have a particularly devastating impact on older people in developing countries.”

Taking into cognizance the need for appropriate care of the elderly, the General Assembly of the United Nations (UN) adopted the Principles for Older Persons to provide a broader framework for action on ageing. Member-countries are encouraged to incorporate the UN Principles into national programmes to the extent possible so that the older persons receive their entitlements. The objectives of Decade of Healthy Ageing (2020-30) to “ensure healthy lives and promote well-being of all at all ages” seek participation of experts, civil society, government and health professionals.

Better healthcare of the elderly means their productive involvement in society and family, transmitting experience and knowledge and increased participation in the paid labour force. Thus, improvement in healthcare facilities for the elderly shall have a win-win situation for both the aged and the younger ones.

World Mental Health Day: 10 October

Thousands of people with mental health issues around the world are not only discriminated against, stigmatised and marginalised but are also subjected to emotional and physical abuse. Poor quality care due to a lack of qualified health professionals and inadequate diagnostic and treatment facilities add to the woes of the mentally sick. They are often deprived of their human rights.

About a billion people are presently living with mental disorders, which are among the leading causes of ill-health and disability worldwide. “The world is accepting the concept of universal health coverage. Mental health must be an integral part of UHC. Nobody should be denied access to mental health care because she or he is poor or lives in a remote place”, said Dr Tedros Adhanom Ghebreyesus, Director-General, WHO.

The worst manifestation of mental disorder is suicide. Recall, the figure of over 8 lakh people committing suicide is more than people dying by war and homicide put together. Suicide is the second leading cause of death among 15 to 29-year-olds. The disappointing scenario necessitates that we ensure good mental health for one and all than ever before.

Initiated by the World Federation for Mental Health (WFMH), World Mental Health Day (WMHD) on 10 October seeks to raise public awareness about mental health issues. The theme for 2020 is, Mental Health for All – Greater Investment, Greater Access. Everyone, Everywhere. WMHD day promotes open discussion of mental illnesses and investments in prevention, promotion and treatment services. Ironically, effective treatment modalities for mental illnesses are available, but access to treatment is a problem in most countries; in some countries hardly 10 percent of those who need it receive the required treatment. Addressing the mental health disorders has emerged as a formidable public health challenge of our era. Mental Illness is endemic in both developed and developing countries, and rising at epidemic rates.

In India, given just 3,500 psychiatrists for the 20 million Indians with mental illness, India is not equipped to handle mental health issues on such a large scale.

Launch of '200th B-Anniversary of Florence Nightingale', 'Nightingale Challenge' and 'the Year of Nurse and Midwife'

The TNAI Karnataka State Branch (KSB) hosted the launch of (i) Bicentennial Birth Anniversary Celebration of Florence Nightingale, (ii) Nightingale Challenge, and (iii) the Year of Nurse and Midwives, on 2 January 2020, at Sir Puttanna Chetty Town Hall, Bengaluru (Karnataka).

The function began with Nadageethe and a welcome dance by students. The dignitaries on the dais were Hon'ble Dr Ashwath Narayan CN, Deputy Chief Minister, Govt of Karnataka; Hon'ble Justice V Gopala Gowda, Former Judge, Supreme Court; Dr Neeraj Patil, Former Mayor, The London Borough of Lambeth; Shri T Dileep Kumar, President, Indian Nursing Council (INC); Smt Salumarada Thimmakka, environmentalist; Nadoja Dr Mahesh Joshi, Addl DG, Doordarshan; Dr Roy K George, President TNAI; Ms Vinodamma M, KAS; Dr ATS Giri, President, TNAI KSB; Smt Girijamba Devi, Secretary, TNAI KSB.

The audience included distinguished guest of Senate, Syndicate, Directors, Deans, UG & PG BOS Chairmen, officers & members of RGUHS, In-charge Registrar, Members of Karnataka State Nursing Council, Secretary KSDNEB, Presidents/Secretaries of various Nursing and Non-Nursing associations GNAK/KNF/KNA/UNA and Charitable Trust/Mahila Mandali/NGOs etc. Special invitees were: chairpersons, principals, staff and students of Nursing Institutions as well as Nursing Superintendents/Nursing officers of organisations from all over Karnataka.

Welcome address was given by Dr ATS Giri, President- TNAI KSB who greeted and welcomed the dignitaries on the dais with their contribution in life and for the society.

Unfolding the theme of the event, Dr T Dileep Kumar, President INC presented an in-depth vision about the Nightingale Challenge. He stated that the high profile programme, Leadership for Change (LFC) programme with main aim to train under 35 nurses will be brought from ICN to India. He also mentioned the release of global nursing & midwifery report on 7 April, the World Health Day and also the role of nurses & midwives in achieving the national SDGs.

Inauguration: The event was inaugurated by Hon'ble Deputy Chief Minister of Karnataka, Dr Ashwath Narayan CN, and other dignitaries on the dais by traditional lighting of the lamp.

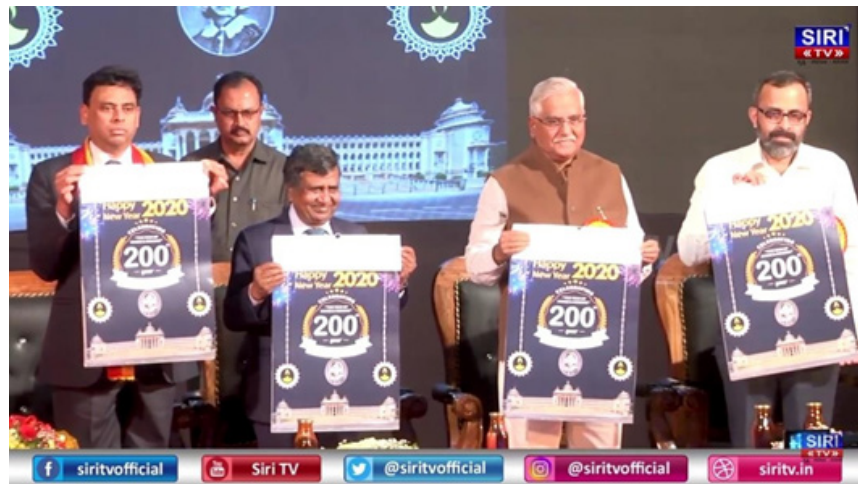
Assuring full government support for infrastructure and maximum investment,



Hon'ble Dy Chief Minister called for recognition of the dedicated services of nurses and recommended a multiple entry and multiple exit scheme for achieving sustainable development goals and universal health coverage by 2030. He referred to the government initiative of developing pre-services and in-service training, education and upgradation of nursing services.

Releasing the TNAI Karnataka State Branch Calendar 2020, first ever effort of its kind, Dr Neeraj Patil, former Mayor of The London Borough of Lambeth stressed that nursing is not only a profession, nor just a career, but truly a service to humanity. He said, it is the human element that makes a huge difference in the recovery of the patient, as such Nurses as the backbone of the health system should be our prime focus.

Nightingale Challenge: Addressing the Nightingale Challenge from the perspective of Administrators, Nurse Educator and Service sector were covered by eminent experts – environmentalist Smt Salumarada Thimmakka, Additional DG Doordarshan Dr Mahesh Joshi, Ms Vinodamma M, KAS, Dr Roy K George, National President TNAI and Mrs Girijamba Devi,



Secretary TNAI- KSB. Recalling the historical contribution of Florence Nightingale, the dignitaries – all experts in their fields – exhorted the nurses and other health care professionals to draw inspiration from the nurse legend and keep others posted with evidence-based practice on common platforms to be shared by TNAI.

Recapitulating the crucial contribution of the nursing community in strengthening the nation, Dr Roy K George, National President TNAI called for more support from the government for better delivery of quality service. He also suggested students to share the modalities of facing the 'Challenge', the experiences and lessons learnt via creative writing in Facebook pages regularly at 3, 6 and 9 months to be appraised by TNAI for award of digital certificates. The programme concluded with a vote of thanks by Mrs Girijamba Devi, Secretary TNAI- KSB.






MERITORIOUS

Dr Sudha Singh Mohey

Dr Sudha Singh Mohey was recently awarded the degree of Doctor of Philosophy by Shri Jagdishprasad Jhabarmal Tibrewala University (Jhunjhunu, Rajasthan). The topic of her desertation, started in May 2017 under the guidance of Dr Anupama Vinay Oka, was Child Abuse. The area she covered was selected areas of Harda district in Madhya Pradesh.

A TNAI member and Professor in Mansarovar Nursing College, Bhopal (MP), Dr Sudha had done her graduation from Government College of Nursing Indore in 2009 and PG in 2012 from Index College of Nursing Indore with speciality in Paediatric Nursing.



  <p>The Trained Nurses' Association of India Estd: 1908</p>	<p>Upcoming Recruitments to UK NHS Trust Hospitals</p> <p>Interviews for the month of October 2020</p> <p>Trusts:</p> <ol style="list-style-type: none"> 1. United Lincolnshire Hospitals NHS Trust 2. Solent NHS Hospital Trust (Mental Health) 3. Worcestershire Hospitals NHS Trust 4. University Hospitals Coventry & Warwickshire 5. Leeds Teaching Hospitals NHS Trust <p>Eligibility:</p> <ol style="list-style-type: none"> 1. Recent six months of clinical experience as Staff Nurse 2. Valid IELTS or OET Score 3. IELTS (L-7, R-7, W-6.5, S-7) OET (L-B, R-B, W-C+, S-B) Professional Qualification GNM or above <p>Departments: All departments including Psychiatric ward</p> <p>Candidates with minimum 6 months of clinical experience and valid IELTS & OET score can send your CV and other required documents to tnairecruitment@gmail.com</p> <p>For more details contact: The Secretary-General, TNAI L-17, Florence Nightingale Lane, Green Park, New Delhi Ph: 01126566665, 40195409, WhatsApp: 8287374228</p> <p>Connect with  TNAI  TNAI  TNAINationalHq</p> <p><i>Moving ahead with commitment and dedication since 1908</i> by Secretary-General, TNAI</p>
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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 31 January 2021. Prospective members can avail of the discounted membership charges.

Lodging at TNAI Headquarters Made Easier !

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

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

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

Secretary-General, TNAI

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