



Online Culture is here to Stay, Espouse it !

With its widespread attack in March this year, the dreaded Covid-19 disequibrated the ways people work, think, communicate, interact with each other, and live globally. Apart from heavy death toll, morbidity and consequent fear psychosis to varying degrees, livelihood of millions of people was affected. None, from whatever sector, was spared irrespective of age, gender, ethnicity or nationality. Interestingly, the enigmatic Coronavirus had a positive side to. People in all persuasions reconsidered their ages-old life style, weeding out several non-essential elements and resorted to 'organic' in dietary intake besides undertaking breathing & physical exercises and Yoga. Revival of the forgotten culinary and other skills was yet another positive feature. Covid-19 taught us that despite lockdown and movement restrictions, things could not stay standstill; a working arrangement could be arrived at by adopting the work from home (WFH) culture whether in industry, education or other sectors. With evolution of suitable and affordable vaccine still far off, and traditional physical gathering risky, online modality came to be accepted in teaching-learning scenario as well. Accordingly, at TNAI we have recast our workshops and training programmes. We hope, with outgoing 2020, the uncertainties related to Covid-19 shall subdue and life shall restore towards normalcy.

In their duty of diagnosing and managing the Covid-19 patients all around, the nurses took up the cudgels and showed their mettle; in the process, quite many nurses made supreme sacrifice. We salute all the courageous nurses!

Observed annually since 1988 on 1 December, the World AIDS Day draws attention to the wide prevalence of HIV epidemic around the world and support those living with HIV (Human Immunodeficiency Virus) that weakens body's immune system. Besides transmission of the AIDS virus (mainly through blood-to-blood and sexual contact), the infected pregnant women can pass HIV to their babies during pregnancy, delivery of the baby during childbirth, and also through breastfeeding. The World AIDS Day 2020 theme 'Global Solidarity, Resilient Services' impressing that any laxity in provision of essential HIV services due to Covid-19 will leave many vulnerable populations at greater risk of HIV infection and AIDS-related deaths.

The International Day of Persons with Disabilities (IDPD) on 3 December promotes understanding of disability issues and mobilises support for the dignity, rights and well-being of persons with disabilities. The IDPD 2020 theme i.e. Not all Disabilities are Visible focuses on spreading awareness and understanding of disabilities that are not overtly visible. These include mental

illness, chronic fatigue or pain, sight or hearing impairments, diabetes, brain injuries, neurological disorders, learning differences and cognitive dysfunctions. More than 1 billion people (15%) the world over live with some form of disability, says the WHO report on disability. Of this number, an estimated 450 million are living with a mental or neurological condition and two-thirds of these people will not seek professional medical help, largely due to stigma, discrimination and neglect. Another 69 million individuals sustain traumatic brain injuries each year and one in 160 children live with the autistic disorder.

Group insurance scheme for nurses: As outlined informed through previous issues, the proposed TNAI Members Group Insurance Scheme (details at page 179 inside). Although not compulsory, interested members are requested to submit their particulars by 31 December 2020.

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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.



Mr Shankar Linga Gowda
Nursing Officer, NIMHANS
Bangalore, Karnataka



Mr Dayaram Vasava
Staff Nurse, SSG Hospital
Vadodara, Gujarat



Mrs Alka Salvi, Sister Incharge, ENT Ward
Yashwantrao Chavan Hospital
Pimpri Chinchwad Municipal Corporation
Pune (Maharashtra)



Mr Nikul Patel
Staff Nurse, Shree Sayajirao General Hospital
(SSG), Vadodara, Gujarat



THE TRAINED NURSES' ASSOCIATION OF INDIA

Estd:1908



Grievances Cell

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

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

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

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

Contact Details:

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

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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: 31-12-2020

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

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**NHS****Health Education England**

The Trained Nurses' Association of India

Estd: 1908

Trusts under HEE for the Global Learners Programme

- 1 Blackpool Teaching Hospitals NHS Foundation Trust
- 2 Bedfordshire Hospitals NHS Foundation Trust
- 3 Cambridge University Hospitals NHS Foundation Trust
- 4 East & North Hertfordshire NHS Trust
- 5 East Lancashire Hospitals NHS Trust
- 6 Harrogate and District NHS Foundation Trust
- 7 James Paget University Hospitals NHS Foundation Trust
- 8 Lancashire & South Cumbria NHS Foundation Trust
- 9 Lancashire Teaching Hospitals NHS Foundation Trust
- 10 Liverpool University Hospitals NHS Foundation Trust
- 11 Mid and South Essex NHS Foundation Trust
- 12 Milton Keynes University Hospital
- 13 Norfolk and Norwich University Hospitals NHS Foundation Trust
- 14 North Cumbria Integrated Care NHS Foundation Trust
- 15 North West Anglia NHS Foundation Trust
- 16 Northern Lincolnshire and Goole NHS Foundation Trust
- 17 Portsmouth Hospitals NHS Trust
- 18 Solent NHS Trust
- 19 South Warwickshire NHS Foundation Trust
- 20 St Helens and Knowsley Teaching Hospitals NHS Trust
- 21 Stockport NHS Foundation Trust
- 22 The Leeds Teaching Hospitals NHS Trust
- 23 The Mid Yorkshire Hospitals NHS Trust
- 24 The Princess Alexandra Hospital NHS Trust
- 25 The Shrewsbury and Telford Hospital NHS Trust
- 26 Torbay and South Devon NHS Foundation Trust
- 27 United Lincolnshire Hospitals NHS Trust
- 28 University Hospitals Coventry and Warwickshire NHS Trust
- 29 University Hospitals of Morecambe Bay NHS Foundation Trust
- 30 Warrington and Halton Teaching Hospitals NHS Foundation Trust
- 31 West Hertfordshire Hospitals NHS Trust
- 32 West Suffolk NHS Foundation Trust
- 33 Worcestershire Acute Hospitals NHS Trust
- 34 Wrightington, Wigan and Leigh NHS Foundation Trust
- 35 York Teaching Hospital NHS Foundation Trust



Relocation Package:

Refund of:

1. IELTS/OET Training fees*
2. IELTS/OET Exam fees
3. NMC Verification fees (1st & 2nd Stage)
4. CBT Examination fees
5. State Nursing Council Verification & Other Verification Charges*
6. VISA fees

Free:

1. Flight Ticket
2. OSCE Examination fees
3. Three Months Accommodation
4. Pick up from Airport to accommodation

Candidates with experience in the above mentioned speciality area and meeting the eligibility criteria can please share the updated CV to

tnairecruitment@gmail.com

WhatsApp: 8287374228

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by Secretary-General

OET

Occupational English Test



TNAI's

NHS
Health Education England

Free OET Training and Free Exam in collaboration with HEE

**Apply immediately to enrol for the
upcoming Free OET Training**

**Free Online OET Training
(Full Time/Part Time Training)**

Eligibility criteria:

1. TNAI members (Preferable)
2. Registered Nurse and Midwife
3. 06 Months of recent clinical experience
4. Eligible IELTS/OET Scores (Preferable)

**To Apply:
Send CV immediately to
tnairecruitment@gmail.com**

HURRY !!!

**Only Limited Seats
Available**

Category 1: Direct Entry for OET Training

Eligible Scores

Exam	Listening	Reading	Writing	Speaking
IELTS	6.5	6.5	6	6.5
OET	C+	C+	C (250)	C+

Category 2: Through Screening Tests (RST & CEPT)

Connect with TNAI TNAI TNAINationalHq

FOR MORE DETAILS
01140195409, 8287374228 (WhatsApp)
www.tnairecruitment.com

The Trained Nurses' Association of India
L-17, Florence Nightingale Lane,
Green Park Main, New Delhi-110016

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by Secretary-General



The Trained Nurses' Association of India

Estd: 1908

NHS
Health Education England

Invites applications from nurses with Critical Care and Operation Theater experience for:

1. The Princess Alexandra Hospital
2. James Paget University Hospitals
3. Bedfordshire Hospitals
4. Milton Keynes University Hospital
5. North West Anglia
6. West Hertfordshire Hospitals
7. Blackpool University Hospital
8. The Mid Yorkshire Hospitals
9. Cambridge University Hospitals
10. Mid and South Essex
11. East & North Hertfordshire
12. Norfolk & Norwich University Hospitals
13. Queen Elizabeth Hospital King's Lynn
14. West Suffolk
15. The Leeds Teaching Hospitals

**Large number of vacancies
Travel date: Jan-Feb 2021**

Relocation Package:

Refund of:

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2. IELTS/OET Exam fees
3. NMC Verification fees (1st & 2nd Stage)
4. CBT Examination fees
5. State Nursing Council Verification & Other Verification Charges*
6. VISA fees

Free:

1. Flight Ticket
2. OSCE Examination fees
3. Three Months Accommodation
4. Pick up from Airport to accommodation

Eligibility: 6 months of clinical experience, IELTS(LRS-7 W-6.5) or OET (LRS-B, W-C+)

Send your CV and IELTS/OET score to
tnairecruitment@gmail.com

WhatsApp: 8287374228

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by Secretary-General

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.

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.

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

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; 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 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: center; margin-top: 20px;"><i>From 2020, the incentives will be released within 4-6 months to the motivators</i></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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मनोरोग संबंधित मिथकों के युक्ति संगत उपाय

भारत एक धार्मिक, सांस्कृतिक एवं सहृदयता वाला देश है जहां निर्बल व रोगी की सेवा मानव का परम धर्म समझा जाता है। फिर भी रोगियों का ऐसा वर्ग भी है जो आज भी मनुष्य की उपेक्षाओं के कारण जीर्ण शीर्ण जीवन जीने को अभिशप्त है। मानसिक रोगियों ने प्राचीन काल से ही अंधविश्वासों के चलते अमानवीय पीड़ादायक उपचार सहे हैं। इनमें खोपड़ी में छेद कर प्रेत निकलना, ओझा तांत्रिकों द्वारा मंत्रोच्चारण के साथ चिमटे, छड़ियों, झाडुओं व झुमरों से पीटना, कड़े भदे स्वाद वाले काढ़े पिलाना, आंखों में मिर्च का धुंआ देना एवं भूखे रखना आदि शामिल थे। दुर्भाग्यवश ये प्रथाएं आज भी चल रही हैं।

विश्व स्वास्थ्य संगठन की एक रिपोर्ट के अनुसार आज लगभग 45 करोड़ लोग विभिन्न मानसिक विकारों से ग्रस्त हैं तथा 2020 तक मानसिक अवसाद विश्व में दूसरे पायदान वाली प्रमुख बीमारी होगी। भारत में हुए शोधों के अनुसार 47 प्रतिशत लोगों के मन में मानसिक रोगों के प्रति मिथ्या धारणाएं आज भी मौजूद हैं तथा 47 प्रतिशत लोग मानसिक विकारों को सामाजिक कलंक मानते हैं। वहीं 87 प्रतिशत लोग मानसिक रोगों को गंभीर मानसिक रोग जैसे ऑब्सेसिव कंपल्सिव डिसऑर्डर, सिज़ोफ्रेनिया तथा मल्टीपल पर्सनलिटी डिसऑर्डर ही मानते हैं। इन लोगों में मानसिक रोगियों के प्रति सहानुभूति तो है लेकिन उनसे दूरी बनाने में स्वयं की व समाज की सुरक्षा समझते हैं। भारत के 7.5 प्रतिशत व्यक्ति किसी न किसी मानसिक रोग से ग्रसित बताए गए हैं तथा 2020 तक 20 प्रतिशत लोग मानसिक रोगों की चपेट में आ जाएंगे। फिर भी मानसिक स्वास्थ्य उपेक्षित है तथा मानसिक रोगों को रोग का दर्जा प्राप्त नहीं है। इन्हें परिवार व समाज के लिए कलंक समझा जाता है।

मानसिक स्वास्थ्य एवं मनोविकार

विश्व स्वास्थ्य संगठन के अनुसार स्वास्थ्य केवल रोग व अक्षमताओं का न होना नहीं वरन् शारीरिक, मानसिक, सामाजिक एवं आध्यात्मिक स्वस्थता व क्षमताओं का होना है। मानसिक स्वास्थ्य संपूर्ण स्वास्थ्य का एक पहलू है जो कि शरीर, मन व आत्मा का उनके वातावरण के साथ समग्र संतुलन बनाए रखता है। मनोरोग मनुष्य के स्वास्थ्य कि वह स्थिति है जिसमें उसे सामान्य होने का दर्जा नहीं दिया जा सकता, ऐसे व्यक्ति में अनुभूति, विचारों व व्यवहार में असामान्यता, व्यथा व असमर्थता पायी जाती है। ये मनोविकार मनुष्य के आंतरिक रासायनिक असंतुलन के कारण होते हैं जिनका उपचार मनोरोग चिकित्सक से करवाना चाहिए।

क. मनोरोगों के प्रति समाज में व्याप्त मिथ्या अवधारणाएं

भारतीय समाज मुख्यतः ग्रामीण परिवेश में मानसिक रोगों के कारण व उपचार को लेकर अनेक मिथ्या अवधारणाएं बनी हुई हैं जैसे:

- ◆ मानसिक रोग जादू टोना, भूत-प्रेत, डायन या बुरी आत्माओं के प्रकोप से होते हैं।
- ◆ मानसिक रोग, रोग नहीं जिम्मेदारियों से बचने हेतु नाटक मात्र है।

- ◆ देवी देवताओं को ढोकने से व झाड़ू फूंक से मानसिक रोगों का इलाज संभव है।
- ◆ मनोरोगों का इलाज संभव नहीं, चिकित्सक केवल नींद की दवाएं देते हैं जो नुकसानदायक होती हैं तथा व्यक्ति को परनिर्भर बना देती हैं जिन्हें जीवन भर लेना पड़ता है। दवाओं से मनोरोगियों को बचना चाहिए।
- ◆ मनोरोग एक बार होने पर जीवन भर रहता है।
- ◆ मनोरोगी समाज व व्यक्ति कि सुरक्षा के लिए खतरा है अतः इन्हें समाज से अलग रखना चाहिए।
- ◆ अवसाद कोई बीमारी नहीं, यह अपने आप ठीक हो जाती है।
- ◆ बच्चों को मनोरोगों की दवा नहीं देनी चाहिए, दवा से उनके दिमाग का विकास नहीं होगा।
- ◆ मनोरोगियों का व्यवहार डरावना, झगड़ालू, असुरक्षित व दूसरों को नुकसान पहुंचाने वाला होता है।
- ◆ मनोरोगी आत्मनिर्भर नहीं हो सकता, वह परिवार व समाज पर बोझ होता है।
- ◆ मानसिक रोग एक सामाजिक कलंक है।
- ◆ आत्महत्या एक अपराध है जिसे भारतीय दंड संहिता के अनुसार दंडित किया जाना चाहिए।

मनोरोगों के प्रति कुधारणाओं के कारण

- ◆ मनोरोगों के प्रति समाज में व्याप्त अन्धविश्वास, रूढ़िवादी दृष्टिकोण, लोगों की विकृत सोच
- ◆ अशिक्षा एवं मनोरोगों के प्रति अज्ञानता
- ◆ वैज्ञानिक दृष्टिकोण के प्रति लोगों की उदासीनता
- ◆ परिवार व समाज की मनोरोगियों से छुटकारा पाने की प्रवृत्ति

मिथ्या धारणाओं को दूर करने के उपाय

हमारे समाज में मानसिक रोगों के प्रति मिथ्या अवधारणाओं और नकारात्मक दृष्टिकोण को बदलना बेहद जरूरी है। इस दृष्टि से निम्न उपाय किए जा सकते हैं।

1. मानसिक रोग पागलपन है – इस विचारधारा में परिवर्तन करना: पहले मानसिक रोगी को एक परेशान व्यक्ति तथा मानसिक रोग को व्याधि समझा जाए, उसका मजाक न उड़ाए, उसे समाज से बहिष्कृत करने कि न सोचें बल्कि मानसिक रोगी को भी समाज का एक हिस्सा समझें न कि समाज पर कलंक।
2. तथ्यों को स्वीकारना – वैज्ञानिक दृष्टिकोण अपनाया जाए ताकि मिथ्या अवधारणाओं का निराकरण हो।
3. स्वास्थ्य शिक्षा: लोगों में जागरूकता बढ़ाने के लिए स्वास्थ्य शिक्षा अहम है। अतः स्वास्थ्य शिक्षा के अंतर्गत मानसिक स्वास्थ्य, मनोरोग, मनोरोगों के कारण एवं समाधान के बारे में सूचना एवं प्रसारण हो तथा जन जागरूकता अभियान चलाए जाएं।
4. विचारों में सकारात्मकता लाना – मानसिक स्वास्थ्य एवं मनोरोगों के प्रति समाज में

सकारात्मकता लाने के लिए कहानियों व पटकथाओं के माध्यम से लोगों के विचारों में सकारात्मक सोच जाग्रत करनी चाहिए।

5. समानुभूति, एम्पैथी, विकसित करना – समानुभूति वह व्यवहार है जिसमें व्यक्ति अपने आप को जरूरतमंद कि जगह रख कर सोचता है कि इन परिस्थितियों में उसे क्या आवश्यकता होती, उसी अनुरूप आचार, विचार एवं व्यवहार प्रस्तुत करता है। अतः व्यक्ति को मानसिक रोगियों को समझना चाहिए, उनसे सहयोग करना चाहिए एवं परिस्थितियों से सामंजस्य बैठाने में उनकी सहायता करनी चाहिए
6. समाज में समावेश – मनोरोगियों को भी समाज का हिस्सा समझना चाहिए उन्हें समाज से बहिष्कृत, समाज पर कलंक नहीं समझना चाहिए मनोरोगियों को समाज में पुनर्स्थापित एवं स्वयं पर आश्रित होने में मदद करनी चाहिए समाज व स्वयं के लिए उत्पादक आत्मनिर्भर बनने में उनकी सहायता करनी चाहिए
7. मनोरोग एक व्याधि – समझें व स्वीकार करें कि मनोरोग भी शारीरिक रोगों कि तरह रोग है। मनोरोगों के कुछ कारण होते हैं, जिन्हें उपचार द्वारा ठीक किया जा सकता है। उन्हें अन्य रोगियों की तरह मान कर उपचार के लिए प्रेरित करें ताकि वे सामान्य जीवन जी सकें।
8. आत्महत्या के कारण को पहचानना – आत्महत्या पाप नहीं है यह तनाव, चिंता, अवसाद एवं पारिवारिक असामंजस्यता का परिणाम है; इसका पता लगा कर समुचित उपाय किए जाने चाहिए।

मानसिक स्वास्थ्य कार्यक्रम

राष्ट्रीय मानसिक स्वास्थ्य कार्यक्रम देश में 1982 में प्रारम्भ हुआ। इसके तीन मुख्य उद्देश्य थे: (क) मानसिक रोग से ग्रस्त हो सकने वाली जनसंख्या की पहचान कर सुनिश्चित करना कि वे मानसिक स्वास्थ्य सेवा तक पहुंच कर उनका लाभ ले सकें। (ख) सामान्य चिकित्सा सेवा में मानसिक रोग चिकित्सा सेवा का समायोजन करना। (ग) मानसिक स्वास्थ्य एवं मानसिक रोगियों के पुनर्वास की योजना का क्रियान्वयन करना। इन उद्देश्यों की पूर्ति हेतु जन सहयोग व सहभागिता परमावश्यक है। उचित प्रचार व प्रसार के माध्यम से इसे जन जन तक पहुंचाना होगा।

निष्कर्ष

मानसिक रोग अन्य रोगों की भांति एक व्याधि है। अतः मानसिक रोगों के प्रति समाज की सोच को बदलना व जनजागरूकता अभियान चलाना जरूरी है ताकि समाज का यह बहिष्कृत व उपेक्षित वर्ग उपेक्षित न रहे और समाज की मुख्यधारा में रह कर सार्थक जीवन बिता सके।

प्रदीप कुमार शर्मा

शोध अध्येता—मानसिक स्वास्थ्य नर्सिंग

शासकीय नर्सिंग कॉलेज, जयपुर (राजस्थान)

Guidelines for Authors

The Nursing Journal of India (NJI) invites contributions for publication including original research article, case studies, review articles that may be relevant/related to Nursing Practice, Management, Education, Community.

Name(s) of author(s) with designation; TNAI Number; Author (s) and co-authors details; Email id and phone no.; Complete address for correspondence; mention the year in which the study was conducted; furnish an undertaking that the article has not been submitted elsewhere for publication; Institution Ethical Clearance (IEC) letter (whoever conducting interventional studies); If your research study is the part of MSc Programme mention the names of your guide and co-guide.

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

Note:

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

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

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/- / Member
For Associate Life Membership (ANM & HVL)	-	Rs. 1,500/- / Member

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

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 / Student	
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ANM	350.00 / Student	<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.

Events of the Month

World AIDS Day: 1 December

Every year, 1 December is observed since 1988 as World AIDS Day with a view to raise awareness about the AIDS pandemic caused by the spread of HIV infection. People from government and non-government establishments and individuals around the world undertake educational activities on prevention and control of AIDS. The theme of World AIDS day 2020 is: Global Solidarity, Shared Responsibility.

HIV (a prelude to AIDS) is an abbreviation for Human Immunodeficiency Virus that damages the body's immune system. HIV can spread from one infected person to another through infected bodily fluids, usually unsafe sex or also by sharing infected needles, syringes or injectables. Apart from transmission of the virus from one person to another (mainly through blood-to-blood and sexual contact), the infected pregnant women can pass HIV to their babies during pregnancy, during childbirth, and through breast feeding.

World AIDS Day is an opportunity for people worldwide to unite in the fight against HIV, to show support for people living with HIV, and to commemorate those who succumbed from an AIDS-related illness. A red ribbon is worn on this day as a universal symbol of awareness of, support for and solidarity with people living with HIV. Founded in 1988, World AIDS Day was the first ever global health day.

Approximately 38 million people across the globe were living with HIV/AIDS in 2019. Of these, 36.2 million were adults and 1.8 million were children under 15 years of age. Despite the virus only being identified in 1984, more than 35 million people have died of HIV or AIDS, making it one of the most destructive pandemics in history.

International Day of Persons with Disabilities: 3 December

The United Nations General Assembly proclaimed in 1992 that 3 December would be celebrated annually as The International Day of Persons with Disabilities (IDPD) to promote understanding of disability issues and mobilise support for the dignity, rights and well-being of persons with disabilities. This Day also seeks to increase awareness of benefits to be derived from the integration of persons with disabilities in all aspects of political, social, economic and cultural life. Theme for IDPD 2020 is: Building Back Better: Toward a Disability-inclusive, Accessible and Sustainable Post Covid-19 World.

The Day aims to promote understanding of disability issues and mobilise support for the dignity, rights and well-being of persons with disabilities. It also seeks to increase awareness of gains to be derived from the integration of persons with disabilities in every aspect of political, social, economic and cultural life.

The WHO World Report on Disability points out that over a billion people of the world (15%) are living with disability; this number includes about 450 million with a mental or neurological condition, two-thirds of these do not seek professional medical help mainly due to stigma, discrimination, neglect and ignorance. The isolation, disconnect, disrupted routines and diminished services due to Covid-19 pandemic have greatly impacted the well-being of people with disabilities around the world. Spreading awareness of invisible disabilities, helping those living with it and helping these less fortunate so they grow like other normal people are the messages that IDPD conveys.

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.

दुनिया की सुख-सुविधाओं वंचित नहीं रहने चाहिए अपंग जन

धार्मिक व पर्यटन परिसरों, बाजारों के किनारे, मेले, चौराहों या फुटपाथ पर कटोरा लिए कतार में बैठे भीख मांगते अपंगों को देख कर आप क्या सोचते हैं? दूसरों की मेहरबानी पर गुजर-बसर करते, वक्त के मारे ये बेचारे दिनभर लोगों की लताड़ और उलाहना सुनते-सहते हैं।

अपूर्णताएं प्रत्येक मनुष्य में रहती हैं, परिपूर्ण कोई नहीं। किसी की कमियों को तवोज्जु देंगे तो उसकी खूबियां और हुनर नजरअंदाज हो जाएंगे। इसीलिए जन्म से 'अपंग', गिनीज़ वर्ल्ड रिकार्ड ख्याति के रॉबर्ट हैंसेल ने कहा, "समाज की सबसे बड़ी अपंगता यह है कि वह किसी व्यक्ति के मात्र एक पक्ष से परे नहीं देख पाता"। सवाल व्यक्ति में खोट का नहीं, देखने वाले के नजरिए का है। जो व्यक्ति कोई एक कार्य भलीभांति संपन्न कर सके, उसकी समाज और देश को निहायत जरूरत है।

अपंग वह है जो जन्मागत या परिस्थितिवश किसी शारीरिक या मानसिक त्रुटिवश कुछ मामलों में पराश्रित हो जाता है। विश्व के करीब एक अरब यानी 15 प्रतिशत और अपने देश के 2.68 करोड़ अपंग समाज की मुख्यधारा से कमोबेश अलहदा, नियमित आजीविका, शिक्षा, स्वास्थ्य देखरेख जैसी बुनियादी सुविधाओं से वंचित हैं। दुखद यह है कि इनमें से दो तिहाई उपचार के बाबत अनभिज्ञ हैं या उपलब्ध सुविधाओं तक उनकी पहुंच नहीं है। इनके साथ सहानुभूति या न्यायसंगत तौरतरीकों के बदले दोगम दर्जे का व्यवहार बरकरार है। ये यौन कदाचार के शिकार जल्द होते हैं। उपेक्षा और उचित देखरेख न मिलने से इनकी आयु कम रहती है। शरीर या मन से बाधित ये हमारे ही बंधु हैं, मुख्यधारा में रहने और नानाविध खुशियों में सहभागिता का उन्हें भी अधिकार है; वे अवांछित भेदभाव का शिकार न बनें।

अपंगताओं से संबद्ध यूएनओ के दस्तावेज 'एजेंडा 2030' में संकल्प है कि "कोई पीछे नहीं छूटना चाहिए"। दस्तावेज में सदस्य राष्ट्रों से आग्रह है कि अपंगों के हित में कार्यरत संगठन और सरकारें आपसी तालमेल से कार्य करें ताकि अपंगों की बेहतरी के लक्ष्य हासिल किए जा सकें। इस वर्ष के विश्व अपंगता दिवस (3 दिसंबर) के फोकस में उन अपंगताओं का समावेश है जो दिखती नहीं, जैसे मानसिक बीमारियां, अत्यधिक थकान, कानिक दर्द, मस्तिष्क की चोट, सीखने में कठिनाई, आदि। कोविड-19 के चलते अपंगों की दुर्गत बढ़ी ही है।

अपंगों के अधिकार संबंधी संशोधित विधेयक 2016 में इनके लिए शिक्षा, रोजगार, भूमि आवंटन, गरीबी उन्मूलन आदि योजनाओं में विशेष ध्यान रखे जाने की बात है। नए प्रावधानों पहले 7 के स्थान पर 21 प्रकार की मेडिकल अपंगताओं का समावेश है। सरकारी और शासन द्वारा पोषित संस्थानों को समावेशी प्रणाली अपनाना अनिवार्य होगा, शासकीय नौकरियों में अपंगों के लिए आरक्षित पद 3 प्रतिशत से बढ़ कर 4 फीसद होंगे, अपंगों के प्रति अपराध पर जुर्माना बढ़ा दिया गया है तथा उनके मामले निबटाने के लिए प्रत्येक जिले में विशेष न्यायालय होगा। अपंगता के अनुरूप प्रशिक्षण लेने से रोजगार हासिल करना या निजी उद्योग स्थापित करना उनके लिए सहज होगा। अनेक अपंग हुनरों के धनी होते हैं, वे चुनींदा क्षेत्र में सामान्यजनों को मात दे रहे हैं। वोन पियरे की राय में, अक्षमता को सदा अवसर में तब्दील किया जा सकता है। समझना होगा कि मौजूदा हालात केवल यही इंगित करते हैं कि शुरुआत यहां से होनी है, इससे मंजिल तय नहीं होती। अपंगों को मशाल दिखाते स्टीफेन हॉकिंग ने सिद्ध किया है कि प्रकृतिजन्य कमजोरियां व्यक्ति की ताकत बन सकती हैं। जरूरी इतना भर है कि हौसले बुलंद रहें।

प्रकाशन एकक, टी एन ए आई

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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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