

# TNAI BULLETIN



## Yet another, 'PHD Astitva Samman' Feather in the TNAI Cap

Happy news for all TNAI members, well-wishers and stakeholders! The PHD Family Welfare Foundation (PHDWC) conferred the coveted 6th Astitva Samman 2021 Award for Women empowerment to TNAI jointly with Gujarat Cooperative Milk Federation Ltd (Amul) of world fame. On behalf of TNAI, Prof (Dr) Roy K George, National President TNAI received the award virtually on 12 February 2021 in a function with Shri Ram Mohan Mishra (Secretary, Ministry of Women & Child Development, Government of India) and Ms Mahua Moitra (Member of Parliament) as chief guests. This coveted award is conferred to TNAI in recognition of the outstanding work done towards Women Empowerment as demonstrated by upskilling of 1.5 lakh nurses for Covid care in record time.

The TNAI believes that the credit for this honour goes to the numerous nurses who fought relentlessly towards mitigating the woes of the Covid-19 patients; some of the brave nurses even lost their lives in performance of their duties. As usual, nurse fraternity has shown unusual enthusiasm and sense of duty to meet the unforeseen emergencies. We believe the PHD award shall reinvigorate TNAI to help the nurses to continue their duties with greater verve and zeal.

**International Women's Day:** Although women have shown their capabilities at home, work place, leadership, innovation, teaching, business, creativity, etc. yet they often remain marginalised and neglected in most regions of the world. Organised yearly on 8 March, the International Women's Day (IWD) celebrates the social, economic, scientific & technological and political achievements of women with special focus on areas requiring further action. Based on the premise that without active participation of half the population, no society or nation can grow and develop optimally, the IWD challenges the status quo for women's equality to usher in a positive change. Commenting on the way women impact the destiny of society and the world, former UN Secretary-General Ban Ki-moon said: "Countries with more gender equality have better economic growth. Companies with more women leaders perform better. Peace agreements that include women are more durable. Parliaments with more women enact more legislation on key social issues such as health, education, anti-discrimination and child support. The evidence is clear: equality for women means progress for all."

Beginning with onset of the dreaded Covid-19 pandemic and still lingering, among the healthcare workers at the fore were nurses – mostly females – who could help significantly control the situation. The IWD theme for 2021 is, Women in Leadership: Achieving an Equal Future in a Covid-19 World, attesting the vital role of women as health care worker, caregiver and community organiser in hard times. "The crisis has highlighted both the centrality of their contributions and the disproportionate burden that women carry", says a UN communication. Despite subtle acceptance of women's role they continue to face "domestic violence, unpaid care duties, unemployment and poverty". Believing that from challenge comes change, the campaign theme for IWD happens is, Choose to Challenge.

Let us all salute the power of women, and lend support to their cause in the interest of overall growth and prosperity.

Evelyn P Kannan  
Chief Editor & Secretary-General

### INSIDE

- 34 TNAI- Free Recruitment for Nurses to UK – Upcoming Interviews
- 35 TNAI – Free Recruitment for Nurses to United Kingdom, NHS Trust Hospitals
- 36 TNAI Representatives' Meeting with Protector General of Emigrants
- 37 TNAI Shares PHD Astitva Samman Award with Amul
- 38 Cancer and its Management: Workshop Report
- 39 Touching send off: Mrs Gracy K Lalu & Mrs Indira Suresh
- 40 TNAI's Plans for Professional Development of Nurses
- 41 TNAI - Grievances Cell
- 41 TNAI Members Group Insurance Scheme (TMGIS)
- 42 Obituaries: Mr Laishram Ibohal Singh; Mr Naveen Kumar Shukla
- 43 Obituary: Maj Gen S Padiniamma; Guidelines for Authors
- 45 Hindi Matter
- 47 Benefits for TNAI & SNAI Members
- 48 TNAI Bulletin Form IV (See Rule 8)



The Trained Nurses' Association of India  
Estd: 1908

**NHS**  
Health Education England

# Free Recruitment for Nurses to UK

## Upcoming Interviews

Date	Name of NHS Trust
25-26th February	Devon
1 <sup>st</sup> -3rd March	Shrewsbury and Telford
3rd March	Calderdale and Huddersfield
3rd March	Devon
3rd, 4th March	Robert Jones & Agnus Hunt Orthopaedic Hospital
5th March	Devon
9th March	South Warwickshire
15-16TH March	Shrewsbury and Telford
16th March	Lancashire Teaching
16-17th March	East Lancs
17th March	Shrewsbury and Telford
18 <sup>th</sup> March	Lancashire Teaching
23rd March	Lancashire Teaching
25th March	Lancashire Teaching
23rd March	South Warwickshire
27th April	South Warwickshire
26th May	South Warwickshire

### Eligibility:

1. Qualification: GNM or Above | 2. Experience: Six months of recent
3. Valid IELTS or OET Score - **IELTS** (L-7, R-7, W-6.5, S-7) | **OET** (L-B, R-B, W-C+, S-B)

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

[tnairecruitment@gmail.com](mailto:tnairecruitment@gmail.com)

### For more details contact:

The Secretary-General, TNAI  
L-17, Florence Nightingale Lane, Green Park, New Delhi  
Ph: 01140195409, 40195407,

**WhatsApp: 8287374228**

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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

### -----Eligibility-----

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

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

Interested Candidates are requested to send:

1. Updated CV
2. IELTS or OET result
3. Experience Certificate

To below mentioned email:

[tnairecruitment@gmail.com](mailto:tnairecruitment@gmail.com)

For more details contact:  
**Secretary-General, TNAI**  
 L-17, Florence Nightingale Lane,  
 Green Park, New Delhi-16  
 Ph: 01140195409, 40195407  
 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

### Additional Benefits:

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

\* Conditions apply

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By Secretary-General

## TNAI Representatives' Meeting with Protector General of Emigrants

The TNAI delegation led by Prof (Dr) Roy K George (National President), Mrs Annie Kumar (Vice President), Mrs Pritpal Kaur Bamra (Hony Treasurer), Mrs Evelyn P Kannan (Secretary-General) and Mr Ajinas AM, Asst Secy-General had a meeting with Mr Yogeshwar Sangwan, Protector-General of Emigrants (PGE) & Joint Secretary in the Ministry of External Affairs, Govt of India at Akbar Bhawan, New Delhi.



The meeting, held in PGE's chamber on 3 February 2021 covered following issues: Re-introducing the nurses' recruitment permission in Emigrate system; License for recruitment of nurses to Kingdom of Saudi Arabia; Introducing TNAI to other Middle East countries for recruitment of nurses.

The PGE was positive towards the requests of TNAI and assured to help in areas where nurses can be benefited without any exploitation.

The Protector General of Emigrants Mr. Yogeshwar Sangwan visited TNAI Headquarters on 10.02.2021.

Mrs. Annie Kumar, Vice President- North Region welcomed the PGE to the TNAI headquarters. Mrs Pritipal Kaur Bamra- Hony Treasurer, Mrs. Evelyn P Kannan, Secretary General, Mrs Sanghamitra Sawant, Mr Ajinas A M, Mrs. Vatchala Dhinakaran, Assistant Secretary Generals were present at the meeting.

During the visit, the Secretary General explained the various activities of TNAI and introduced the various sections of TNAI.

The PGE extended the support for all recruitment activities of TNAI.





# TNAI Shares PHD Astitva Samman Award with Amul



## Great news for TNAI and all its members & well-wishers!

Our organisation TNAI shares the prestigious 6th Astitva Samman 2021 Award for Women empowerment instituted by the PHD Family Welfare Foundation (PHDFWC) with Amul Gujarat. This coveted award is conferred to TNAI in recognition of the outstanding work done towards Women Empowerment as demonstrated by upskilling of 1.5 lakh nurses for Covid care in record time. The winners for award are selected on the basis of recommendation of PHDFWC's Women & Child Committee. The award citation applauds the dedicated and consistent efforts of TNAI in empowering women and improving the health conditions of populations. The jury for the award consisted of former senior civil service officers. The TNAI is proud to be bracketed with Gujarat Cooperative Milk Federation Ltd (popularly known as Amul) of world fame in receiving this award.

The award was given in an online function held in which the TNAI received it virtually through Prof (Dr) Roy K George, National President TNAI on 12 February 2021. The chief guests of the occasion were Shri Ram Mohan Mishra, Secretary in Ministry of Women & Child Development, Government of India) and Ms Mahua Moitra, Member of Parliament. Supported by Kali Centre for Legal Reforms & Research DCM Shriram Industries Ltd. An important highlight at this occasion was presentation of a video on nurses by TNAI. Another interesting feature of the programme was the 'Aum Ballet' by Padmashree Kathak Guru Shovana Narayan, after conferment of award.

The TNAI believes that the credit for this honour goes to the numerous nurses who fought relentlessly towards mitigating the woes of the Covid-19 patients; some of the brave nurses even lost their lives in performance of their duties. As usual, nurse fraternity has shown unusual enthusiasm and sense of duty to meet the unforeseen emergencies.

We believe the PHD award shall reinvigorate TNAI to help the nurses to continue their pious human duties with greater verve and zeal.



## Cancer and its Management: Workshop Report

The Trained Nurses' Association of India (TNAI) organised a one-day workshop on 'Cancer and its Management' at its Headquarters on 15 February 2021. The chief guest of the workshop was Dr Anita Khokhar, Professor in VMMC & Safdarjung Hospital; Mrs Annie Kumar, TNAI Vice President North Region was also present at this occasion.

Thirty-one participants from and around Delhi attended the workshop. Mrs Evelyn P Kannan, Secretary-General presented an overview of the workshop and introduction about TNAI; earlier the chief guest, dignitaries, speakers

and participants were welcomed by Mrs S Vatchala Dhinakaran, Asst Secretary-General TNAI. The chief guest Dr Anita Khokhar, Professor, Safdarjung Hospital briefed brought about the current scenario of Cancer in India.

The pre-lunch sessions began with Basics of Oncology Nursing by Ms Parveen, Nurse Educator at AIIMS, New Delhi. Mr Mathew Varghese, Nursing Officer AIIMS New Delhi covered the topic, 'Nurses' Role in Prevention of Cancer', while the topic, 'Cancer Pain Management' was addressed by Dr (Prof) Madhu Dayal, Pain Palliative Clinic, Safdarjung Hospital. The topic, 'Nurses' Role in Chemotherapy: Biosafety Cabinet' was covered by Ms Mamta Kaushal, Nurse Educator, Rajiv Gandhi Hospital. 'Radiation Therapy: Safety Practices was dealt by Dr N Gopishankar, Asst Professor in Radiation Oncology department, AIIMS.

The post-lunch sessions on 'Breaking the Bad News & End of Life Care', Stoma Management, Cancer Patients with Covid-19 were taken by Ms Hanife Mac Gamwell, Palliative Nurse Care Specialist, Mr Nileema Shingde, Senior Nursing Officer AIIMS, Ms Anu Sukumaran, Nursing Officer AIIMS, respectively.

At the end of sessions, feedback was obtained from the participants and certificates with credit hours were given to the participants. Vote of thanks was proposed by Mrs Sanghamitra Sawant, Asst Secretary-General, TNAI.



Participants at the Workshop

## Touching Send Off to Mrs Gracy K Lalu and Mrs Indira Suresh

### **Mrs Gracy K Lalu**

After attaining the age of superannuation, Ms Gracy, Upper Division Clerk, retired from the services of TNAI on 31 December 2020. She was born on 20 December 1960. She had joined TNAI on 1 May 1987.

At the farewell ceremony held on at TNAI Hqrs on 7 January 2021, Mrs Evelyn P Kannan, Secretary-General recalled her interactions with Mrs Gracy. Mrs Annie Kumar, Vice President North Region TNAI was also present at this occasion. Officers and many staff members referred to events associated with her at TNAI. Prof (Dr) Roy K George, National President TNAI online wished Mrs Gracy a happy and pleasant post-retirement life.

Mrs Gracy, who gave her 34 years to TNAI, enjoyed the reputation of being a sincere, hardworking and quite worker. She organised her work nicely and reported promptly, and kind-hearted person organizing her work properly. After serving many years in Continuing Education Programme in her last years she served Membership Section.



### **Mrs Indira Suresh**

Born on 11 April 1964, Mrs Indira joined TNAI on 1 January 1995. She sought voluntary retirement, and got relieved from the services of TNAI on 31 January 2021 as Upper Division Clerk. She was hardworking, sincere, dependent, very punctual, cooperative and willing worker; always completing her work in time, she was ever an asset to TNAI. In the 26 years she served, except for a year in Membership Section, she was in Accounts Section.

At the farewell function organised to mark farewell to Mrs Indira 3 February 2021, Mrs Evelyn P Kannan outlined several qualities and her overall tenure at TNAI that was pleasing to one and all. Prof (Dr) Roy K George, National President TNAI, who was present at this occasion, wished a fruitful and happy post-retirement life to Mrs Indira. Also present at the occasion was Mrs Annie Kumar, Vice President North Region TNAI and felicitated Mrs Indira. Members of TNAI shared their sweet memories associated with Mrs Indira.

Slide presentation of farewell programme of both outgoing officials was prepared.

## 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-specialities. 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.

### New Email ID for TNAI Publications

**Attention - Authors, Contributors, Institutions, Advertisers, Book sellers, NJI subscribers, buyers of publications and individuals!**

Kindly note that The Trained Nurses Association has a new Email ID now (i.e. [publicationstnai@yahoo.com](mailto:publicationstnai@yahoo.com)), exclusively for matters related with TNAI publications. All concerned are therefore requested to address their queries and correspondence at the new email ID.





# 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](mailto:tnaioncovid19@gmail.com) | Mob: 8287374228 | WhatsApp: 8287374228 | Landline: 011-40196690/40195407

Mrs. Evelyn P Kannan  
Secretary General

Prof(Dr) Roy K George  
President- TNAI

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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: 31-03-2021**

### 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](mailto: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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### **Mr Laishram Ibohal Singh**

Popularly known as Master Ibohal in nursing community, Mr Laishram Ibohal Singh, President TNAI Manipur State Branch breathed his last on 10 January 2021. Born on 1 July 1944 in Thoubal district of Manipur, Mr Singh acquired GNM diploma from Makunda Christian Hospital (Assam Nursing Council) in 1969. He served as Ward Supervisor and also as acting Superintendent from 1969 to 1978 at Makunda Christian Hospital and later at Regional Institute of Medical Sciences, Imphal, from where he retired as Ward Master. Mr Singh was President TNAI Manipur State Branch from 2009-2014, Vice President 2000-2001, General-Secretary from 1989-99. He organised TNAI XVIII (67th) Biennial National & State Conference in 1999 in Imphal (Manipur).

Mr Singh was recipient of many honours: TNAI Life time Achievement award (in Goa) in 2018; Bronze Plaque for enrolling TNAI Life Members (4 times). He was instrumental in purchase of homestead land for construction of office building of TNAI Branch when he was Secretary; he was active in establishing Manipur Nursing Council in 2008; and in resolving nurses' grievances in Manipur.

The TNAI National President Prof (Dr) Roy K George, its Executive Council, Vice Presidents, TNAI State/ UT Branch Presidents & Secretaries and entire staff of convey deep condolences to the family members and the kith & kin of Mr Laishram Ibohal Singh.

The TNAI prays to God, the Almighty, for peace to the departed soul and strength to family members to bear the loss.



### **Mr Naveen Kumar Shukla**

Mr Naveen Kumar Shukla, a veteran nursing officer & an active TNAI member departed for his heavenly abode on 12 February 2021. He was born on 14 February 1967. Former President, TNAI Uttar Pradesh Branch and Nursing Officer at SGPGIMS Lucknow, he was struggling with post-covid ailments since long.

Mr Shukla served as the president of Uttar Pradesh Branch of TNAI for two terms 2005-2011 & 2011-2015 and also as SNA advisor in 2015-2019. His contributions towards TNAI were beyond words. On behalf of TNAI Headquarters and TNAI Uttar Pradesh, Mrs Mary J Malik, President TNAI, Uttar Pradesh Branch – who was present at this occasion – expressed heartfelt condolences to Mr Naveen' family, his wife Mamta Shukla (Nursing officer, SGPGIMS, Lucknow) and two sons.

Mr Naveen Kumar Shukla during his tenure as a President UP, he arranged TNAI Biennial National Conferences in 2014 at Lucknow, Uttar Pradesh and as well as State Conference in Lucknow. Prof (Dr) Roy K George, National President TNAI, its Executive Council, Vice Presidents, TNAI State/ UT Branch Presidents & Secretaries and entire staff of convey deep condolences to the family members and the kith & kin of Mr Naveen Kumar Shukla. The TNAI prays to God, the Almighty for peace to the departed soul and strength to family members to bear this loss.

# OBITUARY



## **Maj Gen S Padminamma**

Maj Gen S Padminamma, former Additional Director-General Military Nursing Service (MNS), left for heavenly abode on 7 February 2021 at Command Hospital (Southern Command) Pune after a brief illness.

Born on 20 June 1940, the Officer was commissioned on 9 December 1962. She held numerous clinical, administrative and staff appointments in various Armed Forces establishments in her 38 years long illustrious career. She completed her Post-Certificate BSc Nursing, Diploma in Paediatric Nursing from JJ Hospital, Mumbai and Nursing Care Audit from RAK College of Nursing, Delhi.

An excellent paediatric nurse, able administrator, exemplary leader and epitome of compassion, she performed her duties with utmost dedication and devotion. Hard work and dedication led her to rise to the highest position in MNS as Additional Director-General Military Nursing Service (ADGMNS) in the rank of Maj General. Her two and half years of tenure as ADGMNS witnessed many reforms which paved way for adoption of innovative nursing practices in quality care of Armed Forces Medical Service clientele and created profound impact on the lives of MNS Officers. The Maj General retired from service on 30 Jun 2000. With her passing away, MNS lost an eminent MNS Officer and a great source of inspiration. Her immense contribution to the service will remain enshrined in the annals of the Military Nursing Service.

The TNAI joins Maj General Sonali Ghosal, Addl DGMNS and other Officers of MNS in offering condolences to the family and pray to almighty to bless and grant eternal peace to the departed soul and strength to the bereaved family to bear this irreparable loss.

## **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](mailto:publicationstnai@yahoo.com) along with a cover note addressed to the Chief Editor, The Nursing Journal of India (NJI).

## Events of the Month

### **International Women's Day: 8 March**

Nature has designed men and women complimentary – and not subservient to each other. Women in history till the recent era have proved again and again that they are imbued with same attributes and capabilities as men. Hence they must not be isolated from mainstream development activities or from decision making processes. However, for various socio-cultural reasons, women have remained marginalised from mainstream development activities and discriminated in various areas. The champions of women empowerment plead that “despite more women in the boardrooms, greater equality in legislative rights, and an increased critical mass of women's visibility as impressive role models in every aspect of life” women are still not paid equal to their male counterparts and their presence is low in business, politics and other fields. Many of them continue to be subjected to violence and abuse of various sorts.

It is to recognise women's contribution and achievements that International Women's Day (IWD) is organised on 8 March annually the world over; the IWD theme for 2021 is, Women in Leadership: Achieving an Equal Future in a Covid-19 World, recognising the vital role of women as health care worker, care giver and community organiser in critical times. “The crisis has highlighted both the centrality of their contributions and the disproportionate burden that woman carry”, says a UN release. In India, as part of IWD celebrations, Government of India honours select women for having made significant contribution in the areas of support and rehabilitation of women & children in difficult circumstances (destitute, disabled, aged and infirm, victims of atrocities & conflicts, etc.); education and training; promotion of self-help groups; creating awareness about women's issues, etc. Each award carries a citation, certificate of commendation and cash. Referred to as Stree Shakti Puraskas, these awards are given every year after six illustrious women of India, viz. Devi Ahilyabai Holkar, Kannagi, Mata Jijabai, Rani Gaidinlieu, Rani Lakshmbai of Jhansi and Rani Rudramma Devi.

### **World Consumer Rights Day: 15 March**

World Consumer Rights Day held on 15 March around the world recognises our rights as consumers. It is organised by Consumers International, an independent voice for all of us consumers, wherever in the world.

The theme of Consumer Rights Day 2021 is, Tackling Plastic Pollution. The campaign seeks to enhance awareness and engage consumers globally to promote and adopt more sustainable practices over plastics. It will focus on what governments and commercial houses can do in tackling the global plastic pollution crisis.

Admittedly, plastic is a highly useful material in our everyday lives, but our consumption and production of plastics, especially single-use plastic, have become unsustainable. Apart from severe damage to human health including cancers, its excessive use is wreaking havoc with our ecosystem. Around 8 million tonnes of plastic is estimated to enter oceans every year and by 2050 there will be more plastic in the oceans than fish. Consequently, every year lakhs of sea birds and thousands of marine mammals & and turtles shall be killed by marine plastic pollution annually.

Dealing with plastic pollution is a global challenge and requires coordinated action by nations and voluntary agencies. Packagings use about 40 percent of entire plastic production. Last year, a global study found that consumers responded positively to the plastic waste; 82 percent of them were using reusable cleaning utensils instead of single-use plastic. Also, globally 55 percent consumers became more concerned about the environmental hazards of plastics after Covid-19 pandemic. Consumers International suggests consumers and partners to promote more sustainable practices, utilising the Circle Model of Waste Management of 7Rs (rethink, refuse, reduce, reuse, recycle, repair, and replace).

### **World Water Day: 22 March**

Water is the building block of all living entities on earth without which no life is possible. Despite its global abundance, hardly 3 percent of all water is safe and consumable. As such most regions of the world face water crunch. An estimated 78 crore people live without clean, accessible drinking water. Consumption of contaminated water is known to lead to a host of life threatening diseases.

World Water Day celebrates water and raises awareness of the 2.2 billion people living without access to safe water. It is about taking action to tackle the global water crisis and achieving Sustainable Development Goal 6: water and sanitation for all by 2030.

To draw the attention of village earth, World Water Day is celebrated the world over on 22 March every year. The theme of World Water Day 2021 is Valuing Water. Beyond the issues of pricing this essential commodity, the agenda of Water Day includes the environmental, social and cultural value people place on water. As part of celebrating Water Day, a digital campaign aims to generate conversations – to gather opinions and comments from people around the world about water



and what it means to them.

Some suggestive actions envisaged to observe Water Day include: Cleaning up local water sources; joining hands to reduce your water footprint; organising an event to raise awareness on judicious use of this dwindling, precious resource.

### **World Tuberculosis (TB) Day: 24 March**

Each year, we commemorate The World Tuberculosis Day is celebrated every year on 24 March to raise public awareness about the devastating health, social and economic consequences of tuberculosis (TB), and to boost efforts to eliminate the global TB epidemic. The date was chosen to coincide with Dr Robert Koch's announcement on this day for having discovered the bacterium that causes TB. This was a landmark event in diagnosis and cure of tuberculosis.

The TB continues to be one of the world's deadliest infectious killers. Nearly 4000 people lose their lives to TB and about 28,000 people fall ill with this preventable and curable disease annually. The World TB Day theme for 2021 i.e. The Clock is Ticking' impresses that the world is running out of time to act on the commitments to eliminate infectious TB made by global leaders.

The National Strategic Plan (NSP) outlines the strategic direction and key initiatives that the Ministry of Health & Family Welfare for the 2017 to 2025 for working towards achieving the goals of eliminating TB by 2025. In India TB kills around 4.80 lakh people i.e. over 1400 per day. The strategy includes mandatory notification of all TB cases and integration of the programme with the general health services (National Health Mission); expansion of diagnostics services; programmatic management of drug resistant TB (PMDT) service; single-window service for TB-HIV cases, national drug resistance surveillance and revision of partnership guidelines.

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## यकुर गऽ ; फन बल कु इ कुह दस फ्य, रजि रक जग

पानी सर्वत्र है, तो भी जहां देखो पानी के अभाव में लोगों का जीवन अस्त-व्यस्त हो रहा है।

प्राकृतिक विधान है कि जिन वस्तुओं की कद्र नहीं करेंगे उनकी किल्लत से हमारा जीवन दुष्कर हो जाएगा। इसके विपरीत जिनकी संवार करेंगे, सम्मान देंगे वे ऐन वक्त पर हमारी रक्षा करेंगी। पानी के अतिरिक्त वायु, मिट्टी आदि संसाधनों के उपयोग के बाबत यही स्थिति देखी जा रही है। जिन अस्मिताओं की मनुष्य ने अवहेलना की उनमें जल, जैसे नैसर्गिक संसाधन शामिल हैं। जल व्यवस्था की मौजूदा दुर्दशा पर अधिकांश विचारक मानते हैं कि पानी और हवा, जिन पर समस्त जीवों का दारोमदार है, कचरादान बन चुके हैं। हालांकि पृथ्वी की सतह का 71 प्रतिशत समुद्रों से आच्छादित है, इसी कारण पृथ्वी को नीले ग्रह के नाम से भी जाना जाता है। फिर भी दिक्कत है तो इसलिए कि इस समूचे जल का मात्र ढाई प्रतिशत ही सुरक्षित और उपभोग के योग्य है।

संप्रति विश्व के करीब 78 करोड़ व्यक्ति पानी की भीषण समस्या से जूझ रहे हैं। दूषित जल के सेवन से वे नाना प्रकार की बीमारियों से ग्रस्त हो जाते हैं, इनमें कुछ जानलेवा होती हैं। प्रतिवर्ष 22 मार्च को मनाए जाने वाले विश्व जल दिवस का उद्देश्य जल के अभाव में जी रहे 2.2 अरब व्यक्तियों की दुदर्शा की ओर ध्यान आकर्षित करना है ताकि इस बुनियादी आवश्यकता की आपूर्ति के लिए विश्व स्तर पर कार्रवाई की जाए। इस वर्ष

के अंतर्राष्ट्रीय जल वर्ष का फोकस है, जल की अहमियत समझी जाए। एसडीजी लक्ष्य 6 (सस्टेनेबल डेवेलपमेंट गोल 6) के तहत भी आह्वान है कि वर्ष 2030 तक कोई भी व्यक्ति जल, स्वच्छता और स्वास्थ्यकर जैसी बुनियादी सुविधाओं से वंचित न रहे।

जल दिवस के मौके पर सदस्य राष्ट्रों से आग्रह किया जाता है कि वे अपने अधिकारक्षेत्र में पीने और कृषि के लिए जरूरी जल की उपलब्धता सुनिश्चित करने के लिए उचित युक्तियां ईजाद करें और जल संरक्षण की विधियों को बढ़ावा दें।

लोक जीवन में जल आदिकाल से आराध्य रहा है। सभ्यताओं की शुरुआत जलस्रोतों के निकट फली-फूली। पानी पर गीत लिखे गए, नृत्य किए गए। सभी भाषाओं में जलाशयों, नदी-झरनों के नजारों और कलकलों की प्रेरणा से उपजे रचे साहित्य का आकलन दिलचस्प है। आदि मानव को जल के महत्व और इसे संरक्षित रखने की आवश्यकता के बाबत ज्ञान था। इसीलिए विभिन्न संस्कृतियों में जल को आराध्य माना जाता रहा है। समस्त पंथों में पवित्र माना जाता जल चराचर जगत में प्राण फूंकता है। हर संप्रदाय में कोई अनुष्ठान शुरु करने से पूर्व जल द्वारा मन-परिवेश को पुद्ध किया जाता है ताकि व्यक्ति पूरी तरह ग्राही मुद्रा में आ जाए। हिंदुओं में आचमन से स्वयं और परिवेश की शुद्धि के बाद स्तुतियां करते हैं। स्नान, तर्पण आदि जल माहात्म्य के प्रतिरूप हैं। मुस्लिमों के लिए सलात (पूजा) से पूर्व तहरा (पानी से सफाई) अनिवार्य है। ईसाइयों में कोई दीक्षा पानी बगैर संपन्न नहीं होती। सिख पानी को 'अमृत' समझ कर ही पीते और सिर, चेहरे और आंखों पर छिड़कते हैं। वास्तु के अनुसार सहिष्णुता और विनम्रता का प्रतीक पानी नकारात्मक भावों को निष्क्रिय कर सकारात्मक मुद्रा में रखता है।

पानी सूखने का अर्थ निष्प्राण होना माना जाता है। संप्रति आधा करोड़ लोग पेयजल के अभाव से संबंधित बीमारियों से दम तोड़ देते हैं। जल को देश-समाज की प्रगति का सशक्त साधन बताते पूर्व अमेरिकी सीनेटर गेलॉर्ड नेल्सन ने कहा, 'हवा, पानी, मिट्टी आदि ही किसी देश को संपन्न बनाते हैं।' शरीर का तापक्रम सही रखने, हमारे जोड़ों, मुंह-नाक-आंखों और गुर्दे को नम व स्निग्ध रखता जल समूची अंदरूनी क्रियाओं को दुरुस्त रखता है।

जल को संरक्षित करने का एक कारगर उपाय इसका उपयोग सावधानी से करना है। इस आशय से स्थानीय जल भंडारों की समय समय पर सफाई करना महत्वपूर्ण होगा। जल की प्रत्येक बूंद बहुमूल्य है, इसे सुविचार से खर्च किया जाए।

# BENEFITS FOR TNAI & SNAI MEMBERS

Welfare	Educational	Awards																														
<p>1. TNAI &amp; SNA Scholarship (Rs. 24,000/ Year)</p> <p>2. Medical Assistance (Maximum upto Rs. 1,00,000)</p> <p>3. Critical illness assistance (Rs. 1,00,000)</p> <p>4. Nurses Welfare Grant</p> <p>5. Subsidized accommodation at TNAI guest houses (helpdesk@tnaionline.org)</p> <p>6. Railway Concession (25%)</p> <p>7. Free recruitment for European Countries - <a href="#">Click for more details</a></p> <p>8. Day Care centre for the Elderly</p> <p>9. Disaster Relief fund for individual/ state/national</p> <p>10. Addressing grievances of nurses at various levels</p>	<p>1. Concession for:</p> <ul style="list-style-type: none"> <li>✓ Conference Registration fee for participation in TNAI's national and state Conferences.</li> <li>✓ Continuing Education Programmes; American Heart Association (AHA) approved Basic Life Support (BLS) / Advance Cardiac Life Support (ACLS), Reproductive, Maternal, Neonatal, Child Health and Adolescent (RMNCH+A)</li> </ul> <p>2. Scientific Paper Presentation at TNAI / SNA National Conferences.</p> <p>3. Participation of competitions at State and National level</p> <p>4. Publication of articles in NJI and Bulletin – <a href="#">Click for more details</a></p> <p>5. Free online/E-learning courses with credit hours - <a href="#">Click for more details</a></p> <p>6. Concession on TNAI publications</p>	<p>1. Life time achievement award</p> <p>2. Incentives for motivator for enrolling TNAI membership</p> <table border="1" data-bbox="435 92 993 730"> <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>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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Mrs Evelyn P. Kannan  
Signature of the Publisher

### 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.

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