THE TRAINED NURSES' ASSOCIATION OF INDIA

# TNAI BULLETIN



Volume X | No. 5

**MAY 2021** 

#### This International Nurses & Midwives Days, Keep the Nightingale Spirit Alive

e are all passing through tough times. With lockdowns imposed in some States and many to follow, the threat of Covid pandemic continues to threaten the entire world, especially India, as the current second phase is spreading at faster pace with greater virulence. Worse, unlike in phase 1 last year, the novel strains are not sparing children and young generation. Although government at central and state levels are working hard to contain the transmission of the pandemic, find appropriate care for the affected and arrange mass vaccination, but the size of the problem being enormous, it is indeed a formidable challenge. The manpower and logistics including hospitals being insufficient to cope up with this unexpected crisis, several institutions and hotels have been temporarily converted into Covid Care Centres. The Indian health care system, already deficient in health care workers including nurses and diagnostic facilities continues to be overstrained beyond capacity.

As usual, the TNAI has been contributing to mitigating the sufferings of those affected with dreaded Covid. To supplement the nursing workforce, the Government had decided to deploy the final year GNM, BSc and MSc Nursing students from schools and colleges of nursing. In this context, considering the well being and economic interest of young nurse students, the TNAI submitted an elaborate charter of guidelines to be observed.

The Covid wave 1 and wave 2 this year has clear messages for nursing administrators and planners. An imperative for preparedness is availability of nurses to meet the health emergencies like the current one. Not only nursing vacancies need to be duly filled up but also a reserved pool to swing to action, is the need of the hour

Given the lingering threat of Covid and the protocols we must follow for the second year in row, we are missing the grand celebrations with huge gathering to observe the International Nurses Day on 12 May, the most awaited opportunity to remember and pay homage to the doyen of modern nursing, Sr Florence Nightingale, who laid the benchmarks for the nursing practice. Corona times warrant abiding by the Dos and Don'ts

#### INSIDE

- 65 Editorial
- 66 Free Recruitment for Nurses to UK
- 67 Message from Prof (Dr) Roy K George, National President, TNAI on the occasion of International Nurses Day (12 May)
- 68 Saluting the Covid 19 Nurse Martyrs
- 70 TNAI Scholarship
- 73 SNA Scholarship
- 76 Obituary
- 77 Guidelines for Deploying Student Nurses in Covid Facilities
- 79 Hindi Matter
- 80 Guidelines for Authors

#### Advertisers' List

76 Sikkim Manipal College of Nursing

to minimise the spread of Covid pandemic. More involved with bringing relief to the suffering in the events of health calamities by closely helping the sick than any other category of health professionals, a great challenge confronts nurses today; they continue to grapple with those affected with the Covid on an unprecedented scale. In keeping with the noble spirit to serve with unstinted dedication that Florence Nightingale ever preached and practiced, Nurses in particular have been putting in more than 8 hours in Covid duties to manage the cases. In the process, many nurses and other health care workers succumbed.

Not all days are alike. Believing that the situation shall take a pleasant turn, I wish all of you a Happy Nurses Day and Happy Midwives Day!

Evelyn P Kannan Chief Editor & Secretary-General

TNAI BULLETIN - MAY 2021 VOL. X No. 5





## The Trained Nurses' Association of India

Health Education England

## Free Recruitment for Nurses to UK

**Upcoming Interviews** 

Dates	Trust	Specialities
06-05-2021	Bradford Teaching Hospital	Renal & Gastro
05-05-2021	Surrey and Borders	Mental Health
06-05-2021	Surrey and Borders	Mental Health
07-05-2021	Dorset	Mental Health
07-05-2021	Lancashire Teaching Hospital	General Medical

## **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

## For more details contact:

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

WhatsApp: 8287374228







Connect with (7) TNAI D TNAI TNAINationalHq

Moving ahead with committment and dedication since 1908

## **International Nurses Day (12 May)**

#### Message from Prof (Dr) Roy K George **National President, TNAI**



My heartiest wishes to all TNAI members and other nurses of the country in India or elsewhere on International Nurses Day!

I understand, due to the restrictive conditions in the pandemic era all around we are constrained to celebrate this august day the way we have been doing in the pre-Corona era, with a lot of fanfare and public display of collective enthusiasm & gaiety. But that does not, and must not diminish our spirit to fondly remember, ruminate and put into action what our great master, Florence Nightingale taught us, in whose honour we annually pay our high regards to the lady with lamp.

Recall for a moment, the historic Crimean War situations in years 1854-56, when Florence Nightingale full-heartedly engaged herself in bringing succour to the helpless, hapless, sick soldiers looking for relief. In precarious condition, she did it relentlessly in mitigating their sufferings. The dire scenario bears resemblance to present Corona-stricken times, with services of railways, army and others invoked to facilitate supply of oxygen and other wherewithals to contain the situation. The nurses and other health care workers as frontline warriors are rendering Yeoman's job in reviving and resurrecting the Covid-affected.

I urge and appeal all the nurses and health functionaries to continue their noble efforts at the hour of national crisis. The entire nation is witness to our unstinted hard work and immense contribution for standing by the nation though more than that, it is our sense of duty at work.

Happy International Nurses Day!

## 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.



Ms. Uma Khalid Uttar Pradesh



Mrs. Premlata Katiyar Uttar Pradesh



Smt Mehrunnisa Uttar Pradesh



Mr. Ramesh Kumavat Uttar Pradesh



Ms. Sunila Jonshon Uttar Pradesh



Ms. Sheeba Santosh Delhi



Mrs. Elizabeth Joseph Delhi



Mrs. Manju Ray Rajasthan



Ms. Ravinder Kaur Delhi



Mrs. Sudha Singh Uttar Pradesh



Mrs. Virgenia Sharp Uttar Pradesh



Mr. Vinod Vyas Gujarat



Mr. Raj Kumar Aggarwal Delhi



Mrs. Satinder Hans Delhi



Ms. Sofiya Kanavalli Karnataka



Mrs. Rajavarapu Rajini Andhra Pradesh



Ms. Kumud Sudan Rajasthan

### NOTICE TO ADVERTISERS

Although we take utmost care in checking the veracity of facts mentioned in the advertisements, yet readers are requested to make appropriate enquiries and satisfy themselves before acting upon any advertisement.

#### TNAI SCHOLARSHIP

#### **ACADEMIC YEAR 2020 - 2021**

The Trained Nurses' Association of India invites applications for award of scholarship for higher studies in Nursing for the year 2020-2021.

Scholarships are available for the following courses.

#### I. For TNAI Members

- a) Post-Basic BSc (Nursing)
- b) MSc (Nursing)

#### II. For Associate TNAI Members [HVL and ANM/MPHW (F)]

All the above mentioned courses should be recognised by the Nursing Council/ Regulatory body.

#### I. Eligibility criteria

- 1. The candidates should have at least one year membership of TNAI before joining the course.
- 2. The proof of annual family income of the candidates should be obtained from competent Government authority and attached along with the application.
- 3. The candidates should not be recipients of any other scholarship or financial help from any other source.
- 4. The candidates should not have received TNAI scholarship during last 5 years.

#### II. General Instructions

- 1. Application forms should be recommended and signed by the
  - a) Principal /Head of the Institution.
  - b) President/Secretary of the concerned TNAI State Branch.
- 2. The completed application forms addressed to: The Secretary General, The Trained Nurses' Association of India, L-17, Florence Nightingale Lane, Green Park, NewDelhi-110016, should be sent to TNAI Headquarters on or before **August 31, 2021**.
- 3. Applications received late or incomplete, shall not be considered.

70 TNAI BULLETIN

TNAI-Bulletin-APR-2021-Page 6

#### THE TRAINED NURSES' ASSOCIATION OF INDIA

Headquarters: L-17, Florence Nightingale Lane, Green Park, New Delhi-110016

#### **APPLICATION FOR TNAI SCHOLARSHIP: 2020-2021 Academic Year**

Photograph		Full Name: Miss/Mrs/Mr/Sr (in block letters)
Photograph	Pho	
		TNAI Life Membership No
	4. Nationality:	Date of Birth:
		Postal Address
		Phone / Mobile No.:
	8. Number of children, if any, with age:	Marital Status: Single/ Married/ Widow/ Widower:
Year of study:		Name of the course:
	Completion of course: (MM/YY)	Commencement of course: (MM/YY)
		Name and address of the Institution:
	to me, by the Trained Nurses' Association of India in	undertake to refund the whole amount of scholarship paid tifered financial help from any other source(s).
elief.	n form is true to the best of my knowledge and belief.	nereby certify that the information given in this application f
	n form is true to the best of my knowledge and belief.  Signature of the candidate	nereby certify that the information given in this application f
didate	Signature of the candidate	
didate	Signature of the candidate  mendation  keeping in view, the merit of the candidate and the e	Recommendation by the principal / Head of the Institution ket the TNAI Scholarship.
didate	Signature of the candidate  mendation  keeping in view, the merit of the candidate and the e	Recommendation by the principal / Head of the Institution ket he TNAI Scholarship.  Signature:
didate	Signature of the candidate  mendation  keeping in view, the merit of the candidate and the e  TNAI membership No.  Designation:	Recommendation by the principal / Head of the Institution ket he TNAI Scholarship.  Signature:
	Completion of course: (MM/YY)  deputation/ from any other source/institution? Or you	Commencement of course: (MM/YY)

TNAI BULLETIN - MAY 2021 VOL. X No. 5 71

2. Recommendation by the State branch President or Secretary
Note: The address, Mobile No. and e-mail ID of the President/ Secretary of the respective TNAI State /UT branch
can be obtained from TNAI HQ by sending mail to: <a href="mailto:sna@tnaionline.org">sna@tnaionline.org</a> Enclose the following:
<ol> <li>Certificate of ANM /GNM / PC B.Sc (N) / B.Sc (N), as applicable.</li> <li>Nurses &amp; Midwives Council Registration Certificate.</li> <li>Mark sheet of higher Secondary or equivalent examination</li> <li>Certificate of annual family income of the candidate from competent Government authority.</li> <li>Photocopy of TNAI Life membership card.</li> <li>Bank account details of the applicant with copy of front page of Bank pass book and a crossed &amp; cancelled cheque.</li> </ol>
Bank Details of the Applicant
The scholarship amount shall be transferred (NEFT) to student's bank account directly from TNAI HQs. Hence, it is mandatory to fill the following information for disbursing the scholarship.
Name of the Account Holder:(Should be in the name of student)
Nature of account (SB/CA):
Bank Account Number:
Name of Bank:
Branch & Address:
IFSC Code:
Note: Enclose a copy of a cancelled cheque of your account.
Signature of student
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.
72 TNAI BULLETIN
12 INAL DOLLETIN

#### **SNAI SCHOLARSHIP**

#### ACADEMIC YEAR 2020 - 2021

The Trained Nurses' Association of India (TNAI) invites applications for award of SNA Scholarships for the academic year 2020-2021.

Scholarships are available for the following courses:

- 1) ANM Programme / Multipurpose Health Workers (Female)
- 2) Diploma in General Nursing and Midwifery.
- 3) Basic BSc Nursing.

#### I. Eligibility Criteria

- 1. The applicant should be a bonafide student of a School/College of Nursing (recognised by Nursing Council/regulatory body).
- 2. The SNA unit recommending the candidate for the Scholarship should be an active Unit for at least last three years.
- 3. The applicant should not be receiving any financial support/benefits from any other source by way of stipend / fellowship / scholarship, etc.

#### **II. General Instructions**

- 1. Application forms should be recommended and signed by:
  - a) Principal /Head of the Institution.
  - b) President/Secretary/SNA Advisor of the TNAI State Branch.
- 2. The duly completed application forms addressed: The Secretary General, The Trained Nurses' Association of India, L-17, Florence Nightingale Lane, Green Park, NewDelhi-110016 should be received on or before **August 31, 2021**.
- 3. Applications received late or incomplete shall not be considered.

#### Note:

- 1) Students of academic year 2020-2021 (1st year only- admitted between June 2020 to March 2021) are eligible to apply for the SNA Scholarship.
- 2) Each SNA Unit can forward maximum two applications only from each category i.e. ANM, GNM and BSc (N).
- 3) The SNA unit applying for scholarship should have enrolled all former students to TNAI after successful completion of their course (SNA to TNAI membership), if they were/are following the old scheme of SNA membership.
- 4) The SNA annual subscription fee should have been paid for the entire batch of students in the institution, if the institution is following/opting SNA subscription plan (old scheme).
- 5) Recommendation of the Unit SNA Advisor and the Principal is mandatory.

#### THE TRAINED NURSES' ASSOCIATION OF INDIA

HEADQUARTERS: L-17, FLORENCE NIGHTINGALE LANE, GREEN PARK, NEW DELHI - 110016

## APPLICATION FOR SNA SCHOLARSHIP: 2020-2021 Academic Year

?. Date	of Dirth:					
	OI DII (II.	3. N	lationality:			
			E-mail ID:			
. Course	e details:					
(a)	Name of the Cours	e:				
(b)						
i. Comm			Completic			
'. State	whether married/ si	ngle/ widow/ widower: _				
		-				
10. Will y	you be getting any f	nancial help, stipend/sc	cholarship from other source	ces? If Yes, name	of the source, amou	
3. I also	undertake to refund		Application form is true to cholarship paid to me by to s).			a, in case, I
Date:				Signature	of the Candidate	
		To be f	illed by the Principal/ He	ad of the Institut	tion	
a) Year o	f SNA Unit: of establishment o Subscription fee pa	f SNAUnit:	es/No If yes, mention th			
,	Year	PLAN Old/ New	No. of Students	Amount Paid	Receipt No./ *Date of Paymo	
20	18-2019 19-2020 20-2021	Old/ NOW		1 did	Date of Faying	,t
	ment was made or	nline.				

#### Recommendation

Recommendation of the Unit SNA Advi	isor
Name:	TNAI membership No Designation:
TNAI Scholarship.	ad of the Institution keeping in view the merit of the candidate and the eligibility for the
Signature:	
3. Recommendation by the President/Sec	cretary/State SNA Advisor of the TNAI State Branch.
Note: The address, Mobile No. and e-ma branch can be obtained from TNAI HQ because the following:  A. Certificate of Higher Secondary B. Certificate of annual family incontact attached along with the applica	ome of the candidate should be obtained from competent Government authority and tion.
C. Bank account details of the app	plicant with copy of front page of Bank pass book and a crossed, cancelled cheque.
fill the following information for disbursing	Bank Details of the Applicant red (NEFT) to student's bank account directly from TNAI HQs. Hence, it is mandatory to the scholarship.
Name of the Account Holder:(should be in the name of student)	
Nature of account (SB/CA):	
Bank Account Number:	
Name of Bank:	
Branch Name & Address:	
IFSC Code:	
Note: Enclose a copy of your one cancell	led cheque.
	Signature of student
	TNAI BULLETIN - MAY 2021 VOL. X No. 5

(A constituent Unit of UGC approved SIKKIM MANIPAL UNIVERSITY)
Approved by Indian Nursing Council, State Nursing Council, State Govt.

#### ADMISSION FOR 2021 - BSc & MSc NURSING

#### **MSC. NURSING**

- Eligibility: Passed in BSc Nursing / PBBSc Nursing with minimum 55% marks in aggregate, RNRM, 1 year job experience
- Specialty Offered: All-MSN, CHN, OBG, MHN, Child Health
- Admission: Apply online now, admission will be based on merit & counselling
- Commencement of course: September 2021

#### **BSC. NURSING**

- Passed in 10+2/equivalent, passed in PCBE & have obtained a minimum of 45% marks taken together in PCB,
- 17 years or older on 31.12.2021
- Admission: Apply online now & admission will be based on merit
- Commencement of course: August 2021

#### **HOW TO APPLY**

Apply online through

www.apply.smu.edu.in or www.smcon.smu.edu.in

For further information: Visit Website: www.smcon.smu.edu.in / www.smu.edu.in

Contact : 8001360843/03592-232263/8617627494

Email : binita.k@smims.smu.edu.in or principal.nursing@smu.edu.in

#### **OBITUARY**

#### **Brig KS Pattu**

Brig KS Pattu, a senior Military Nursing Officer, left for her heavenly abode on 10 March 2021 at Bangalore.

She was commissioned into Military Nursing Service as Lieutenant on 8 September 1995 and held numerous clinical, administrative and staff appointments in various Armed Forces establishments in her 34 years long illustrious career. She was an excellent bedside nurse, able administrator and exemplary leader who per-



formed her duties with utmost dedication and compassion. She held her last appointment as Deputy Military Nursing Service, Headquarters, Southern Command wef 1 November 1988 and retired from service on 31 October 1989 in the rank of Brigadier. We have lost an eminent MNS Officer who has been a great source of inspiration and her void will be left for times to come. Her immense contribution to the service will always remain enshrined in the annals of the Military Nursing Service.

Maj Gen Sonali Ghosal, Addl Director General Military Nursing Service and other Officers of Military Nursing Service offer hearty condolences to the bereaved 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.







## The Trained Nurses Association of India **Hqrs: L-17, Florence Nightingale Lane** Green Park Main, New Delhi-110016

### Guidelines for deploying student Nurses in Covid facilities

1	Deployment: Uniformity in deployment
	The Student nurses appointed shall be from the:
	i) Final year batch students of GNM and BSc,
	ii) First and Second year students of PB BSc and MSc.
	<i>Note</i> : The students with comorbidities shall be excluded for this deployment.
2	Vaccination
	The student nurses deployed shall receive the free Covid vaccination before
	deployment.
	Those who have completed two doses of Covid vaccine can be posted in Covid
	wards; others can be retained in the non-Covid area facilities of the hospital.
3	Personal Protective Equipment
	The student nurses deployed must be provided complete PPE during the time of
	duties in Covid facilities.
	Principal of the particular nursing college shall ensure that students are provided
	complete PPE for students.
4	Social security schemes
	The student nurses deployed shall be eligible for the PMGKP Insurance scheme
	of the MoHFW.
5	Working Hours
	The student nurses working hours shall be 6 hours including donning and
	doffing time.
6	Working Days per week
	Number of working days: 5 days per week (2 days off/ week).
7	Accommodation
	The student nurses' accommodation shall be arranged inside the hospital
	premises or adjacent facilities.
	The nurses deployed shall be provided decent, clean, hygienic, well-furnished,
	single accommodation.
8	Quarantine facilities
	The following facilities needs to be available in the quarantine centres:
	i. The period of quarantine must be as per the state/ central government
	norms applicable from time to time.
	ii. Individual accommodation with wash room facilities.
	iii. Nutritious meals and hygienic ambience.
	iv. Free testing / treatment facilities during quarantine illness period.

Moving Ahead with Commitment and Dedication Since 1908

9	Food
	The student nurses shall be offered nutritious food at the duty area just after
	the duty.
	The 3-time meal facility/mess services must be provided at the
	hostel/accommodation area.
10	Transportation
	Transportation facilities shall be arranged if the accommodation facility is away
	from the working place
11	Nurse-to-patient ratio
	The nurse to patient ratio shall be:
	In General ward- 1:6
	In General Ward with Covid positive patient on oxygen- 1:3
	In ICU- 1:1
12	Pay and Risk Allowances:
	i. The student nurses shall be paid @ Rs. 1000/day for BSc Nursing and GNM
	students
	ii. Since Post-Basic B.Sc Nursing and M.Sc Nursing students are Registered
	Nurses, they should be given pay equivalent to that of Nursing Officers/ Staff
	Nurses.
	iii. This pay shall be uniform in all the states intending to deploy the student
13	nurses for the Covid duties.  Supervision of the student nurses
13	The student nurses shall work under the supervision of Nursing Officer or
	nursing faculty.
14	Certificate of appreciation/ experience
17	The Student nurses deployed shall be given the certificate of appreciation and
	experience for working in Covid area.
	They shall be entitled for preference and/or grace marks in future Government
	employment.
15	Counting of clinical experience
	The number of hours of special duty during Covid pandemic shall be considered
	along with the clinical experience for the course
16	Up-skilling
	The student nurses shall be updated with new Covid treatment guidelines time
	to time.

and my

Mrs. Evelyn P Kannan Secretary General



Prof (Dr) Roy K George National President- TNAI

Moving Ahead with Commitment and Dedication Since 1908

## बच्चों को स्वावलंबी होना सिखाएं

अनेक मातापिता लाड़ में बच्चों को अधिकाधिक स्विधाएं देने से बाज नहीं आते। कुछ की सोच होती है कि जिन शौकों से वे बचपन में स्वयं वंचित रहे, उन चीजों के लिए उनके बच्चे लिए न तरसें। ऐसे मातापिता बच्चों में गलत आदतें विकसित करते हैं। वे नहीं जानते कि बच्चे के समुचित विकास के लिए उसे दुनिया से रूबरू होना आवश्यक है।

अपनी शिक्षा, नौकरी, कार्य का स्वरूप, कंपनी का कार्यक्षेत्र के बाबत बच्चा बेहतर जानता है। और जब प्रश्न बच्चे से पूछे जाएं और उत्तर मातापिता दें तो बच्चे का विकास अधूरा रहना स्वाभाविक है। बच्चों को अपने कार्य स्वयं करने और खुलने के अवसर नहीं देंगे तो वे प्रौढ़ होने पर पराश्रित रहेंगे। अमेरिकी लेखक एलबर्ट हब्बार्ड कहते हैं, "जिन बच्चों के लिए मातापिता बहुत कुछ करते, और छोड कर जाते हैं, वे अपने लिए स्वयं कुछ ठोस नहीं करेंगे।" बच्चों को योग्य और समर्थ बनाने के लिए पश्—पक्षियों से सीखा जा सकता है। मादा जिराफ अपनी नवजात संतान को पहली बार तनिक ऊंचाई से, दूसरी-तीसरी बार और अधिक ऊंचाई से नीचे पटकती है। इस प्रक्रिया से गुजर कर नन्हा जिराफ सुघड, दृढ और आत्मविश्वासी बनता है। पैरेंटिंग का 'हेलिकॉप्टर' मॉडल अपनाते मातापिता बच्चे का गला खराब होने पर डाक्टर से कहते सुने गए हैं, "मेरा ही गला देख लीजिए, मुझे बता दीजिए, मैं उसे सब समझा दुंगा"।

प्रत्येक प्राणी स्वतंत्र शरीर और स्वतंत्र मन के साथ दुनिया में आता है, वह प्रभु द्वारा प्रदत्त अथाह सामर्थ्य से परिपूर्ण होता है। बुद्ध ने कहा था, प्रत्येक व्यक्ति की जीवन यात्रा सबसे जुदा होती है जो उसे स्वयं तय करनी है। अपनी अलहदा मानसिक और आध्यात्मिक शक्तियों के बृते वह अकल्पित, अविश्वसनीय मंजिलों तक पहुंच सकता है। किंतू उसे शिकस्त करनी होगी, अपने पंख फैलाने पर ही वह उडान भर सकेगा। और पंख तभी खुलेंगे जब वह मन के अंतर्विरोधों और बाह्य अवरोधों से जुझ कर उन्हें पराजित करेगा। प्रश्न उपयुक्त उचित तौरतरीके अपनाने का है।

पौधे की इष्टतम संवृद्धि के लिए दूसरे पौधे से एक निर्दिष्ट दूरी आवश्यक है, बडे पेड की छांव से भी बचाना होगा, उसे फलने-फूलने के लिए उचित पोषण और पर्याप्त सौर्य प्रकाश जो चाहिए। इसी तर्ज पर मनुष्य को बेहतर परवरिश और विकास के लिए कमोबेश उन्मुक्त, अबाधित वातावरण चाहिए। शैशव काल में विरासत में मिले संस्कारों के बाबत हम विवश होते हैं किंत् उम्र बढ़ने पर सूधी व्यक्ति विवेकपूर्ण पुनरीक्षा से अवांछित, नकारात्मक और अधोगामी पैत्रिक मूल्यों को तिलांजलि देने में समर्थ होता है। 'मुझे घर-परिवार में अनुकूल वातावरण नहीं मिला', यह दलील अपनी वर्तमान क्षमता को कमतर आंकने वाले की होती है। जीवन को सार्थक बनाने में अनुवांशिक संस्कारों से अधिक महत्व स्वनिर्मित संस्कारों का है। तीसरे संस्कार वे मुखौटे हैं जिन्हें हम लोक मर्यादा की अनुपालना में ओढ़ लेते हैं। शिष्टता, औपचारिकताओं और मर्यादाओं के आवरण में जीते व्यक्ति को अपने असल, दिव्य स्वरूप की मौजूदगी का अहसास नहीं रहता। इन तीनों संस्कारों की निष्पक्ष पड़ताल और अवांछित संस्कार निराकृत करने से ही सन्मार्ग का पथ प्रशस्त होगा।

बच्चे की जीवनरक्षक नौका बन कर उन्हें बचाने वाले अभिभावक बच्चे को निर्बल और पराश्रित बनाते हैं। जरूरत एक प्रकाशस्तंभ बन कर उसे स्वयं किनारे लगने का रास्ता सुझाने की है। तभी बच्चे की प्रगति की राह सुकर होगी।

– हरीश बडथ्वाल, प्रकाशन एकक, टीएनएआई

TNAI BULLETIN - MAY 2021 VOL. X No. 5 79

Registered with Registrar of Newspapers of India Regn No. DELBIL/2012/42030 Licensed to post without pre-payment under License No. U(SW)-16 / 2021 Postal Regn. No. DL-SW-01/4166/2021-2023 Date of Publication: May 5, 2021 Date of Posting: May 6-7, 2021 Posted at LPC Delhi RMS-110006

#### **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).

#### **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.

#### TNAI BULLETIN

Monthly Newsletter of The Trained Nurses' Association of India L-17 Florence Nightingale Lane, Green Park, New Delhi-16 Phone: .011-26566665, 26858304

E-mail: helpdesk@tnaionline.org, membership@tnaionline.org, sna@tnaionline.org, publicationstnai@yahoo.com
Website: www.tnaionline.org

#### EDITORIAL ADVISORY BOARD

Prof (Dr) Roy K George, Dr Mehmooda Regu, Dr A Indira, Dr Larissa Martha, Mrs Avani Oke, Dr G Hemavati, Mrs Evelyn P Kannan

Consulting Editor: Mr HK Barthwal
Chief Editor: Mrs Evelvn P Kannan

Published, printed and edited by Mrs Evelyn P Kannan for The Trained Nurses' Association of India, L-17, Florence Nightingale Lane, Green Park, New Delhi-110016 and printed by her at Chandu Press, 63 FIE, Patparganj Industrial Estate, Delhi-110092. Computerisation and layouts by Anupam Kamal, Delhi