



To Ward off 3rd Wave, Don't Take Chances, Take Vaccination

Substantial overall relief in drop of morbidity and mortality due to Covid-19 has tended to make us complacent about the gravity of the pandemic. This does not augur well for the country. The virologists are still exploring the precise mechanism of this virus, its variants and the ways it may resurge in future. Many speculations are doing round about third wave of Covid. With 40 cases of the new (Delta Plus strain) already reported, the government apprehends an imminent third wave. Another version from Institute of Genomics and Integrative Biology (IGIB) says, "There is no data to prove that the Delta Plus variant will cause the third wave". It is also being stated that the virus in third phase is a biologically engineered entity.

The spread of the disease due to large biological waste from hospitals with Covid patients that was not disposed of in keeping with the prescribed norms is also a hard fact. It is strongly advised not to compromise with full immunisation schedule and continue taking precautionary measures to ward off Covid-19.

Population Blues

For many developing countries, a formidable barrier to developing optimally is over population. Most third world countries have high population and population growth. Since resources in any given area are limited, per capita availability of essential and other commodities is low in countries with large population; the civil, health and other services are also under strain. Historically women have had little or no say in deciding size of family. Millions of women are deprived of access to safe and effective family planning methods. With Covid-19 pandemic lingering since past 15 months, overpopulated countries like India witnessed the heavy pressure on the entire health structure, and acute shortages of medicines, oxygen and related accessories.

The **World Population Day (WPD)** is celebrated globally on **11 July** seeks to raise awareness about the unbridled population and its negative consequences for future of mankind. An estimated 7.8 billion people were living on Earth as of March 2021, China and India constituting about 36 percent of the world population.

The WPD 2021 theme for this year (to raise awareness of women's and girls' needs for sexual and reproductive health and vulnerabilities during the pandemic) is based

on safeguarding the health and rights of women and girls around the world especially in the context of ongoing Covid-19 pandemic. A recent UNFPA study showed that lockdown for 6 months meant depriving 47 million women in low and middle-income countries access to modern contraceptives, translating into about 7 million unwanted pregnancies, apart from increased gender-based violence, female genital mutilation and child marriages. In India, incentives for single girl child family, raise in minimum age of marriage, late marriage, practice of adopting children, better status and employment of women have borne fruits but more needs to be done. We as nurses have a major responsibility to lend support to women empowerment efforts.

Evelyn P Kannan
Chief Editor & Secretary-General

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BENEFITS AVAILABLE FOR TNAI & SNAI MEMBERS

Welfare	Educational	Awards																														
<p>1. TNAI & 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</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"> ✓ 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) <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</p> <p>5. Free online / E-learning courses with credit hours</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" style="width: 100%; border-collapse: collapse;"> <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><i>From 2020, the incentives are being 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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TNAI Delegation Meets Himachal Health Minister in Shimla

A 2-two member delegation visited Shimla (Himachal Pradesh) on 5 & 6 April 2021 to take stock of the nursing affairs in the hilly state.

On 5 April 2021, Mrs Annie Kumar, TNAI Vice President (North Region) and Mrs Evelyn P Kannan, Secretary-General TNAI held a meeting with TNAI HP State branch executive members. Internal audit of the branch was performed. Later, the issue of increasing TNAI membership enrolment and other matters of the Branch were discussed.

Next day, on 6 April 2021 Mrs Annie Kumar and Mrs Evelyn P Kannan accompanied by TNAI HP State branch executive members including its President Mrs Jyotiwalia, Mrs Manorama and Treasurer Mrs Vidya Sharma held a meeting with Dr Rajeev Sehgal, HP State Health Minister, and Mr Amitabh Awasthy, Secretary Health. The Minister was requested to consider abolishing the system of appointment of nurses on contract basis, and filling up nursing vacancies on regular basis.

In the afternoon, a zoom meeting was conducted with Principals of Schools & Colleges of Nursing in the state. Various ongoing and proposed activities and programmes of TNAI and SNAI were discussed in the meeting.



HEALTH EVENT OF THE MONTH

World Hepatitis Day: 28 July

Viral hepatitis, an inflammation of the liver caused by any of the five hepatitis viruses: A, B, C, D and E, is transmitted through various channels like contaminated food or water, blood or other body fluids though many people are not unaware of the staggering toll it takes globally. World Hepatitis Day (WHD) is organised annually by World Hepatitis Alliance on 28 July with the objective to create awareness about controlling hepatitis infection through several programmes. The WHD theme for 2021 is, *We Can't Wait*. The target is, to eliminate public health threat of viral hepatitis by 2030. The idea is, people living with viral hepatitis unaware can't wait for testing, screening and life saving treatments.

Acute hepatitis is marked by fatigue, fever, loss of appetite and jaundice. Spread of hepatitis virus can be prevented through better awareness and services including blood and injection safety. An estimated 400 million people are living with hepatitis B and C worldwide and 1.4 million die yearly due to these infections, as per WHO; this figure is besides the new cases being added. Clubbed together, hepatitis A, B and C are the leading cause of liver cancer in the world, accounting for 78 percent of cases. Sadly, most persons with hepatitis are not aware of their infection leading to consistent debilitation or fatal liver disease, and also unknowingly transmit the infection to others.

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 recipient 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 both, 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, New Delhi-110016, should be sent to TNAI Headquarters on or before **August 31, 2021**.
3. Applications received late or incomplete, shall not be considered.

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

1. Full Name: Miss/Mrs/Mr/Sr (in block letters) _____	Photograph	
2. TNAI Life Membership No. _____		
3. Date of Birth: _____		4. Nationality: _____
5. Postal Address _____		

6. Phone / Mobile No.: _____ E-mail: _____		
7. Marital Status: Single/ Married/ Widow/ Widower: _____		
8. Number of children, if any, with age: _____		
9. Name of the course: _____ Year of study: _____		
10. Commencement of course: (MM/YY) _____ Completion of course: (MM/YY) _____		
11. Name and address of the Institution: _____		

12. Will you be getting any financial help/stipend/scholarship/deputation/ from any other source/institution? Or you have to resign your job to take up the study? If yes, please give details:		

A. I undertake to refund the whole amount of scholarship paid to me, by the Trained Nurses' Association of India in case I am offered financial help from any other source(s).		
B. I hereby certify that the information given in this application form is true to the best of my knowledge and belief.		

Date: _____ Signature of the candidate _____

Recommendation

1. Recommendation by the principal / Head of the Institution keeping in view, the merit of the candidate and the eligibility for the TNAI Scholarship.

Signature: _____ TNAI membership No. _____

Name: _____ Designation: _____

Address: _____

E-mail ID & Mobile No.: _____

2. Recommendation by the State branch President or Secretary _____

Signature: President/Secretary State Branch, TNAI

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: sna@tnaionline.org

Enclose the following:

- 1) Certificate of ANM /GNM / PC B.Sc (N) / B.Sc (N), as applicable.
- 2) Nurses & Midwives Council Registration Certificate.
- 3) Mark sheet of higher Secondary or equivalent examination
- 4) Certificate of annual family income of the candidate from competent Government authority.
- 5) Photocopy of TNAI Life membership card.
- 6) Bank account details of the applicant with copy of front page of Bank pass book and a crossed & cancelled cheque.

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:

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Note: Enclose a copy of a cancelled cheque of your bank 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.

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

1. Full Name: Miss/Mrs/Mr/Sr/ (in block letters) _____
2. Date of Birth: _____ 3. Nationality: _____
3. Present Address: _____

4. Student Mobile No. _____ E-mail ID: _____
5. Course details:
- (a) Name of the Course: _____
- (b) Name & Address of the Institution: _____

6. Commencement of course: (MM/YY) _____ Completion of course: (MM/YY) _____
7. State whether married/ single/ widow/ widower: _____
8. If married, number of children with age: _____
9. Basic educational qualification: _____
10. Will you be getting any financial help, stipend/scholarship from other sources? If Yes, name of the source, amount; give details: _____

- A. I hereby certify that the information given in this Application form is true to the best of my knowledge and belief.
- B. I also undertake to refund the whole amount of scholarship paid to me by the Trained Nurses' Association of India, in case, I am offered any financial help from any other source(s).

Date: _____

Signature of the Candidate

To be filled by the Principal/ Head of the Institution

Details of SNA Unit:

- a) Year of establishment of SNA Unit: _____
- b) SNA Subscription fee paid regularly? (Tick): Yes/No If yes, mention the last 3 years payment details:

Year	PLAN Old/ New	No. of Students	Amount Paid	Receipt No./ *Date of Payment
2018-2019				
2019-2020				
2020-2021				

*If payment was made online.

Recommendation

1. Recommendation of the Unit SNA Advisor

Signature: _____ TNAI membership No. _____
Name: _____ Designation: _____
E-mail ID & Mobile No.: _____

2. Recommendation by the Principal/ Head of the Institution keeping in view the merit of the candidate and the eligibility for the TNAI Scholarship.

Signature: _____ TNAI membership No. _____
Name: _____ Designation: _____
Address: _____
E-mail ID & Mobile No.: _____

3. Recommendation by the President/Secretary/State SNA Advisor of the TNAI State Branch.

Signature of President/Secretary/State SNA Advisor of the TNAI State Branch

Note: The address, Mobile No. and e-mail ID of the President/ Secretary/ State SNA Advisor of the respective TNAI State /UT branch can be obtained from TNAI HQ by sending mail to: sna@tnaionline.org or Whatsapp to 8587825407.

Enclose the following:

- A. Certificate of Higher Secondary or equivalent examination.
- B. Certificate of annual family income of the candidate should be obtained from competent Government authority and attached along with the application.
- C. Bank account details of the applicant with copy of front page of bank pass book and a crossed, cancelled cheque.

Bank Details of the Applicant

The scholarship amount shall be transferred (through 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 Name & Address: _____

IFSC Code:

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Note: Enclose a copy of cancelled cheque of your bank account.

Signature of student

OBITUARIES

Brig Jaya Agnihotri (Retd)

A veteran Military Nursing Service (MNS) officer, Brig Jaya Agnihotri, left for heavenly abode on 29 April 2021.

Born on 11 July 1952, she was commissioned into MNS as Lieutenant on 3 Jun 1975 after completing her professional training from School of Nursing, Army Hospital (R&R), Delhi. She held clinical, administrative and staff appointments in various Armed Forces establishments during her 36 years' long illustrious career. She was an excellent bedside nurse, an able administrator and exemplary leader who contributed to the corps with utmost dedication and compassion. She superannuated on 31 July 2011 from Military Nursing Service while serving as Principal Matron, Command Hospital Eastern Command, Kolkata in the rank of Brigadier. We

are aggrieved to have lost a dynamic leader who had been a great source of inspiration. She will be greatly missed and her pleasant memories will be cherished forever. Her void will be felt for times to come.

Maj Gen Sonali Ghosal, Addl Director General MNS and the entire Nursing fraternity offer sincere condolences to the family and pray to God almighty to bless and grant eternal peace to the departed soul.



Lt Col Santosh Kumari Ahuja (Retd)

A senior veteran Military Nursing Service (MNS) officer, Lt Col Santosh Kumari Ahuja, left for heavenly abode on 7 May 2021.

Born on 24 April 1959, she completed her professional training from School of Nursing, Command Hospital Air Force, Bengaluru, and was commissioned in the Military Nursing Service on 27 December 1985. In her distinguished professional career spanning over 30 years, she held clinical and administrative posts in various AFMS Hospitals. The Nursing Officer was well known in the fraternity for her excellent clinical acumen and compassionate demeanour in patient care. She superannuated from Military Nursing Service on 30 April 2015 while serving in Army Hospital (R&R). Even the very best of words cannot pay appropriate tribute or truly capture the sense of loss that we feel today.

Maj Gen Sonali Ghosal, Addl Director General MNS and the entire Nursing fraternity deeply mourn and express heartfelt condolences on the sad demise of Lt Col Santosh Kumari Ahuja.



Lt Col (S) Lali George

A senior nursing officer of Military Nursing Service (MNS) officer and a TNAI Life Member, Lt Col (S) Lali George left for heavenly abode on 2 April 2021, hardly 56 years. She was born on 12 May 1965.

She was commissioned into Military Nursing Service on 1 June 1989 after her training from School of Nursing, Command Hospital, Bengaluru. She served various Military Hospitals across India during her 31 years of dedicated service. She was diligent and hard working clinical nurse with a gentle demeanour and an able administrator who performed her duties with utmost commitment and devotion. Due to her selfless and dedicated attitude to the service, she



was promoted to the select rank of Lt Col (S) and was holding the appointment of Nursing Officer-in-charge of Operation Theatre, Military Hospital, Kirkee from 12 June 2019. She was awarded General Officer Commanding-in-Chief Command (Western Command) Commendation card for her meritorious contribution to the service on 15 August 1999. Her unforeseen demise is an irretrievable loss to Military Nursing Service.

Maj Gen Sonali Ghosal, Addl DG MNS and all Officers of MNS are deeply aggrieved at the untimely demise of Lt Col (S) Lali George and pray to God almighty to give strength and courage to the members of the bereaved family to overcome this great loss. May her soul rest in peace!

Lt Col Ratnesh Kumari Sharma (Retd)

Lt Col Ratnesh Kumari Sharma, a senior veteran Military Nursing Service (MNS) officer left for heavenly abode on 29 April 2021.

She was born on 1 December 1956. An alumna of School of Nursing, Command Hospital Central Command, Lucknow, she was commissioned in MNS on 20 January 1979. She held numerous clinical appointments in various Armed Forces Hospitals during her 33 years of professional career. She was an excellent Clinical Nurse leader and took great initiatives and efforts to monitor and guide her juniors. Her last appointment was as Matron In-charge at Military Hospital Alwar (Rajasthan) prior to her superannuation on 30 December 2012. She was always ready to walk an extra mile for providing quality care to her patients. Her pleasant memories are etched in our hearts forever.



Maj Gen Sonali Ghosal, Addl Director General MNS and the entire Nursing fraternity offer sincere condolences to the bereaved family and pray to God almighty to bless and grant eternal peace to the departed soul.

HEALTH EVENT OF THE MONTH

World Population Day: 11 July

The development of a community or country is directly linked to its population. Over population means straining of essential supplies for good living. Unbridled population leads to poverty, unemployment, pollution, deforestation etc. There is an urgent need to check the exponentially increasing population in some regions. Religious sanction for large family, still ruling in some groups is deeply rooted. As of March 2021, an estimated 7.8 billion people were living on Earth, Asia being the most populous continent; China and India clubbed constitute about 36 percent of the world population.

The United Nations' World Population Day (WPD), annually observed on 11 July reaffirms the human right to plan for a family. It encourages programmes, activities, events and information-sharing to help make this right a reality throughout the world. It is celebrated all over the world to raise awareness about what unbridled population spells for future of mankind. WPD was first started in 1989 by the Governing Council of the United Nations Development Programme (UNDP).

Community organisations, educational institutions, business groups and individuals celebrate this day through activities such as meetings, discussions, educational information sessions and essay competitions.

The WPD 2021 theme for this year (to raise awareness of women's and girls' needs for sexual and reproductive health and vulnerabilities during the pandemic) is based on safeguarding the health and rights of women and girls around the world especially in the context of ongoing Covid-19 pandemic. A recent UNFPA study showed that lock-down for 6 months meant a major disruption to health services including depriving 47 million women in low and middle-income countries access to modern contraceptives. This translates into about 7 million unwanted pregnancies, apart from increased gender-based violence, female genital mutilation and child marriages.

In India, incentives for single girl child family, raise in minimum age of marriage, late marriage, practice of adopting children, better status and employment of women have borne fruits but more needs to be done.

गेमिंग डिसऑर्डर

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गेमिंग डिसऑर्डर एक व्यवहार संबंधी विकृति है। यह उसी वर्ग की समस्या है जैसे खानपान (फूड डिसऑर्डर), खरीदारी (शॉपिंग डिसऑर्डर), सेक्स डिसऑर्डर या कार्य संबंधी (वर्क डिसऑर्डर) समस्याएं। गेमिंग डिसऑर्डर के शिकार लोगों को यह तय करना कठिन होता है कि कितना समय डिजिटल या वीडियो गेम खेलते हुए बिताएंगे। वे गेम खेलने को अपने रोजमर्रा के कामों से ज्यादा महत्व देते हैं। धीमे धीमे उनके व्यवहार पर नकारात्मक प्रभाव पड़ने लगता है। गेमिंग डिसऑर्डर और इंटरनेट गेमिंग डिसऑर्डर (यानी आई.जी.डी) में काफी समानताएं हैं। इंटरनेट गेमिंग डिसऑर्डर को अमेरिकन साइकिएट्रिक एसोसिएशन (ए.पी.ए.) और फिर 2018 में विश्व स्वास्थ्य संगठन (डब्ल्यूएचओ) ने मानसिक बीमारी की श्रेणी में रखा है।

वर्ल्ड रिवरिडिग और ईवाई की रिपोर्ट के अनुसार भारत में गेमर्स की औसत आयु 24 साल है, जबकि पूरी दुनिया में ये औसत 25 साल है। यूनिसेफ की 2017 की रिपोर्ट के अनुसार, दुनिया की 48 प्रतिशत युवा आबादी आनलाइन गेमिंग की शौकीन है।

वर्ल्ड रिवरिडिग और ईवाई% ऐसा व्यक्ति अपना ज्यादातर समय गेम खेलने में बिताता है जिसका असर पढ़ाई, नौकरी और रिलेशनशिप आदि पर पड़ता है। इन संकेतों को नजरअंदाज करने से 12 महीने के अंदर इसकी लत लग जाती है। डब्ल्यूएचओ की परिभाषा के अनुसार गेमिंग डिसऑर्डर के शिकार व्यक्ति में निम्नलिखित संकेत दिखते हैं।

- गेम खेलने की आदत पर नियंत्रण न रख पाना।
- अन्य कामों से ज्यादा प्राथमिकता गेमिंग को देना।
- नकारात्मक प्रभावों के बावजूद गेम खेलने का मोह न छोड़ पाना।
- कई मामलों में ये लक्षण इतने बढ़ जाते हैं कि ये व्यक्ति का पारिवारिक, सामाजिक और निजी जीवन, पढ़ाई, जरूरी कामकाज आदि चौपट कर देते हैं।
- कुछ अध्ययनों के अनुसार, ज्यादा देर तक गेम खेलने से मूड से जूड़े अन्य डिसऑर्डर भी आप को अपना शिकार बना सकते हैं जैसे आत्मग्लानि, एंग्जाइटी डिसऑर्डर, डिप्रेशन, स्ट्रेस आदि।
- गेमिंग की वजह से निष्क्रिय बन चुके व्यक्तियों में मोटापा, अनिद्रा आदि समस्याएं हो सकती हैं।

वर्ल्ड रिवरिडिग और ईवाई% गेमिंग एप्स पबजी 2019 में भारत में 5 करोड़ से अधिक स्मार्ट फोनों तक पहुंचा, और इस पर भारतीयों ने सबसे ज्यादा पैसा खर्च किया। देश में पबजी के 3.3 करोड़ सक्रिय खिलाड़ी हैं, जो विश्व के 10 करोड़ खिलाड़ियों का एक तिहाई है। विश्व के 3.2 करोड़ पबजी लाइट खिलाड़ियों में से 50 प्रतिशत भारत में हैं।

मनोचिकित्सकों के एक अध्ययन में देश के 22 शहरों में पबजी खेलने वाले 13 से 46 वर्ष के 500 लोगों में एडिक्शन स्तर की जांच की गई। इसमें खुलासा हुआ कि पबजी से उनकी मानसिक एकाग्रता और खुद पर नियंत्रण रखने की क्षमता खत्म हो गई। वे तनावग्रस्त, पलायनवादी और तुनकमिजाज होने लगे।

दृष्टि गैर-सामान्य

केस 1 – तेलंगाना का 20 वर्ष का लड़का 45 दिन तक लगातार पबजी खेलता रहा; 45वें दिन उसकी गर्दन में तेज दर्द उठा। हैदराबाद के अस्पताल में उसने दम तोड़ दिया। कारण नर्व डेमेज होना बताया गया।

लेखक कॉलज ऑफ नर्सिंग, एलएलआरएम मेडिकल कॉलेज, मेरठ (उ.प्र.) में प्रोफेसर हैं।

केस 2 – मध्यप्रदेश के छिंदवाड़ा में पबजी खेल में डूबा एक युवा प्यास लगने पर उठा और बदगुमानी में घर में रखी बोतल से पानी समझ कर तेजाब पी गया।

केस 3 – महाराष्ट्र के हिंगोली में पटरी पर पबजी खेलते दो लड़कों को अजमेर-हैदराबाद एक्सप्रेस ने काट दिया।

केस 4 – जम्मू में एक जिम ट्रेनर 10 दिन पबजी खेलने के बाद दिमागी रूप से बीमार हो गया, उसका दिमागी संतुलन बिगड़ने की बात सामने आई। जम्मू के चिकित्सकों ने पबजी की वजह से उनके पास आया साल का छठा मामला बताया, साथ ही बच्चों को इस गेम से दूर रखने की सिफारिश की।

केस 5 – मुंबई में 18 साल के एक लड़के को पबजी खेलने का ऐसा जुनून सवार हुआ कि उसने अपनी माता-पिता से नए फोन की जिद पकड़ ली। महंगा फोन दिला सकने में माता-पिता ने असमर्थता जताई। इससे लड़के ने आवेश में आकर आत्महत्या का कदम उठा लिया।

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हालांकि डब्ल्यूएचओ के वर्गीकरण में ऐसे व्यवहारों के कारकों का स्पष्ट उल्लेख है जिनकी सहायता से गेमिंग डिसऑर्डर को डाइग्नोस किया जा सकता है लेकिन इस बाबत स्पष्टता नहीं है कि कोई मेडिकल प्रोफेशनल कैसे इन व्यवहारों की पड़ताल करेगा। विशेषज्ञ अभी भी गेमिंग डिसऑर्डर की जांच के लिए प्रश्नपरक विधि (क्वेशचनार) और व्यक्तिगत साक्षात्कार के जरिये ही यह सुनिश्चित करने के प्रयास में हैं कि व्यक्ति गेमिंग डिसऑर्डर से पीड़ित है या नहीं।

mi pkj i) fr

गेमिंग डिसऑर्डर एक नई व्याधि है, इसके इलाज के लिए कोई उचित पद्धति विकसित नहीं हुई है। तथापि अन्य व्यवहारगत विकृतियों जैसे जुआ खेलने (गैंबलिंग) या ज्यादा भोजन का सेवन (ओवरईटिंग) की लतों को उपचार में प्रयुक्त की जाने वाली तकनीकें इस व्याधि में अपनाई जाती हैं।

वर्ष 2017 में संचालित एक अध्ययन में इंटरनेट गेमिंग डिसऑर्डर (आई.जी.डी.) के उपचार में निम्न विधियों को कारगर पाया है।

I kbdkš t p d š ku % इसके अंतर्गत पीड़ित व्यक्ति को गेमिंग से जुड़े व्यवहार और मानसिक सेहत पर उसके प्रभाव के बारे में बताया व समझाया जाता है।

bUVki | luy% यह उपचार लोगों को अपनी पहचान तलाशने, आत्मसम्मान की भावना विकसित करने और भावनाओं के प्रति ज्यादा सजग रहने पर जोर देता है।

bUVji | luy% इस विधि में व्यक्ति को सिखाया जाता है कि वह कैसे अपने संप्रेषण हुनर (कम्प्यूनिकेशन स्किल्स) को विकसित करते हुए दूसरों से बेहतर बातचीत व व्यवहार सीख सकता है।

i fjokj dk gLr {kš % परिवार या दोस्तों द्वारा समझा कर व्यवहार व सोच को बदला जा सकता है।

u, thoudkš ky dk fodkl % स्वयं के लक्ष्य निश्चित करें, तथा गेमिंग के अलावा अन्य ऐसी गतिविधि की तलाश करे जो उसे शांति व सुकून दे सकें।

आईजीडी के उपचार के लिए उत्तर प्रदेश में पहला क्लीनिक किंग जॉर्ज मेडिकल यूनिवर्सिटी (के.जी.एम.यू.) लखनऊ के मानसिक रोग विभाग में खोला गया है जहां मोबाइल व अन्य टेक्नोलॉजी का अधिक प्रयोग करने वाले मरीजों की साइकोथेरेपी व काउंसिलिंग की जाएगी। साथ ही उन्हें टेक्नोलॉजी के उपयोग व स्वस्थ रहने संबंधी टिप्स दिए जायेंगे। प्रदेश की यह पहली क्लीनिक है।

NEWS FROM NURSING INSTITUTIONS

RV College of Nursing (RVCON), Jayanagar, Bengaluru (Karnataka): The lamp lighting & oath taking ceremony of the 18th batch of Basic BSc Nursing students was held on 8 March 2021 in college auditorium. The chief guest of the occasion was Col Padma Hepsiba, Principal, CON, Command Hospital, Air Force, Bengaluru. Guests of Honour were Dr YSR Murthy, Vice Chancellor, RV University, Bengaluru and Smt Rohini Paul, Chief Nursing Officer- Asster RV Hospital, Bengaluru. Special invitees were: Dr Ramu K and Dr G Kasturi, current and former Dean respectively, Faculty of Nursing, RGUHS Bengaluru. The programme was presided over by Sri Karthik D Meda, Chairman, Governing Council, RVCON.

The programme began with welcome speech by Dr I Clement, HOD R&D, RVCON. The dignitaries lighted the traditional lamp. Novice nurses recited the nurse pledge. Congratulating the new students for joining nursing profession, Dr YSR Murthy briefed on the significance of lamp lighting and oath, evoking the spirit to commit themselves to the service of humanity. Speaking about the life of Florence Nightingale, Smt Rohini Paul advised budding nurses to have smile on the face and kindness in heart for patients. Dr G Kasturi highlighted the multi-faceted, vital role nurses discharge in health care delivery, promoting health, and rendering curative and rehabilitative services. Dr Ramu K said that nurses serve as backbone of the health team and the nursing profession has flourished over years. He added, Covid pandemic has brought out their special role in health care.



HEALTH EVENT OF THE MONTH

Doctor's Day: 1 July

In India, Doctors' Day is celebrated on 1 July (in US it is 30 March) to appreciate the contribution of physicians, the health keepers of the nation. As doctors save lives, they have been given the status of Gods on earth. When the dreaded pandemic Covid-19 erupted in India, as elsewhere, the doctors had a great challenge of managing the huge number of cases. In discharge of their duties they had to interact closely with Covid patients. Among the doctors who contracted infection, many hundreds lost their precious lives.

In India, first Doctor's Day was celebrated in 1991 to pay tribute to Dr Bidhan Chandra Roy, who is remembered for his active involvement in establishing several institutions and hospitals for well being of Indian society.



The Trained Nurses' Association of India
Estd 1908



TNAI Salutes the COVID Martyrs

Covid Martyrs in the Month of June 2021



Ms Pravabati Behera
Odisha



Ms Manjula Panda
Odisha



Ms Prachi P. Yande
Karnataka



Ms Rachel
Telangana



Ms Smita Panda
Odisha



Ms Sushama baral
Odisha



Ms Jyotismita
Odisha

Your supreme sacrifice inspires us and we rededicate ourselves in tribute to your great memory

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

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 made through a demand draft in favour of **The Trained Nurses' Association of India (TNAI), New Delhi** or through electronic transfer. Neatly spaced out hand-written matter, preferably typed in double space on one side of paper with photograph may be sent or e-mailed along with requisite charges, to the Editor, TNAI Bulletin.

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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.

Particulars like: 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; an undertaking that the article has not been submitted elsewhere for publication; Institution Ethical Clearance (IEC) letter (whoever conducting interventional studies); indicate if it is part of MSc Programme; if so, the names of your guide and co-guide should be indicated.

The articles should follow the following sequence:

1. Abstract; 2. Problem Statement; 3. Objectives; 4. Need of the study; 5. Review of Literature; 6. Methodology; 7. Result in two tables with interpretation below the table; 8. Discussion of your study finding to be based on the similar studies; 9. Recommendation ; 10. Nursing Implication; 11. Conclusion; 12. References-recent references (5-15) (references should be numbered and should follow the Vancouver Style). 13. In case of websites: mention the retrieval date.

Note:

- The articles should preferably be 1200 to 1800 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).

World Nature Conservation Day:

“The Earth is what we all have in common”, said Wendell Berry. We often forget that our future depends on the health of natural resources. World Nature Conservation Day on 28 July urges us to understand that the balance in the natural beauty of the earth can be established by preserving various components of nature – water, air, soil, energy, vegetation, minerals, fauna etc. Dumping harmful substances in soil or water, like masks in recent past has far reaching implications for our survival. All out efforts should be undertaken to conserve nature; else we shall leave a toxic environment for generations to come.

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