## Addressing the In-house Concerns

In line with one of its mandate to strengthen and promote nursing research, after a series of deliberations, the TNAI finally drew 'Guidelines for TNAI's National Nurses Research Grant' (TN-NRG) for those TNAI Life Members who are inclined to pursue research in time-bound manner (up to 2 years) in the areas specified in the Guidelines. The brief details regarding eligibility, etc. for availing grant as well as the format of application are available in the inside pages of this issue.

We believe, by strengthening ourselves, we can achieve our targets more effectively. To this end we must increase our membership. As of now large number of student and practicing nurses in the country are outside the TNAI fold, which is a challenge for us. We therefore revised the quantum of incentives for the motivators in each category (details shown in inside pages).

The TNAI's e-platform has capacity of 3,000 participants in one go. We made optimal use of it in two recent webinars conducted for nursing students: the first one on 28 June 2021 on Strengthening Membership Drive, hosted by TNAI Telangana State Branch in collaboration with Hqrs; and another by the TNAI Delhi State Branch on Career Opportunities for Nurses in India and Abroad on 29 June 2021 in collaboration with Hqrs. Both the virtual programmes were addressed by Prof (Dr) Roy K George, National President-TNAI and senior members & executive members of respective TNAI state branches. We urge other States to come forward for not only conducting such webinars, with support from Hqrs, but also hold meetings and conferences at regional level.

In the wake of Coronavirus still lingering, it was not possible to hold the SNAI Biennial Conference due in 2021. The TNAI EC/Council therefore decided to conduct the various Conference sessions the virtual way. Now, the participants shall submit entries under four categories viz. Scientific Paper Presentation, Poster Presentation, Quiz Competition and Concept Mapping online. The relevant conditions, the submission details including the last dates are shown in this issue.

**World Breastfeeding Week:** The World Breastfeeding Week during 1-7 August (Theme: Protecting Breastfeeding : Where Lies the Responsibility) is annually organised at the instance of World Alliance for Breastfeeding Action (WABA) to promote breastfeeding, universally acknowledged as essential for growth & development of child. The multiple benefits of breastfeeding to both child and mother are beyond debate. The aims of week's celebraton, inter alia, are to: make aware the peer group to support mothers to establish and carry on the breastfeeding; call on the governments to secure best maternity facilities to increase the rate and duration of breastfeeding, and devise modalities to promote breastfeeding.
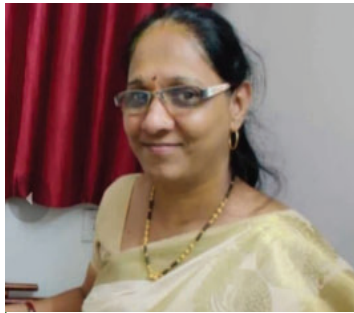
**Evelyn P Kannan**
**Chief Editor & Secretary-General**

# Election Result: TNAI Delhi State Branch

The elections of TNAI Delhi State Branch were held on 4th May, 2020 at The Trained Nurses' Association of India, L-17, Florence Nightingale Lane, Green Park Main, New Delhi- 110016. The following office bearers were declared elected: 1. President: Dr L Gopichandran, TNAI No. 226178, Associate Professor, College of Nursing, AIIMS- 110029, New Delhi. 2. Vice President: Ms Harshlata, TNAI No. 152393, H No. 10 Type 3, LHMC quarter, Gole Market, New Delhi- 110001. 3. Secretary: Mrs Shiny Chacko, TNAI No. 75563, House No. 22 (GF), Block-I, Pocket-5, Sector-16, Rohini, Delhi-110089. 4. Joint Secretary: Mr Suresh TP, TNAI No. 72317, Flat No. I-1, Jay Apartment, 177/E, Ward No. 2, Mehrauli- 110030, New Delhi. 5. Treasurer: Mrs Kala Vivekanandan, TNAI No. 161351, B-11/8148, Vasant Kunj, New Delhi- 110070. 6. SNA Advisor: Mrs V Indumathy, TNAI No. 120477, Sister Tutor, College of Nursing, Vardhman Mahavir Medical College, Safdarjang hospital, New Delhi- 110029. 7. Chairperson - Membership Committee: Ms Reeta Sharma, TNAI No. 76621, 141 C, Railway Colony, Basant Lane, New Delhi- 110055. 8. Chairperson - Programme Committee: Mrs Savita Devi, TNAI No. 95568, W/o Mr Kuldeep Singh, House No D-203, Nawada Housing Complex Dwarka Mor, Uttam Nagar, New Delhi-110059. 9. Chairperson - Public Health Section: Ms Alka Mishra, TNAI No. 87332, Office Room No 424, Deptt. Of Community Medicine, 4th Floor College Building, VMMC & Safdarjung Hospital, New Delhi- 110029. 10. Chairperson - Nursing Service Section: Mrs Yangchen Dolma, TNAI No. 275251, H No. B-7, Tibetan Youth Hostel, Sector-14, Rohini, New Delhi- 110085. 11. Chairperson - Nursing Education Committee: Ms Bindu Shaiju, TNAI No. 85195, Associate Professor, Rufaida College of Nursing, Jamia Hamdard- 110062, New Delhi. 12. Chairperson - Economic Welfare Committee: Mrs Rekha Anil Kumar, TNAI No. 133547, Senior Nursing Officer (Tutor) College of Nursing, RML, H.No. 1278 IInd Floor, Dr Mukherjee Nagar, New Delhi- 110009. 13. Representative ANM/LHV Committee: Ms Swati, TNAI No. 196207, RZ-46, Lokesh Park, Gali Nav Chetna School, Near DTC Bus Terminal, Najafgarh- 110043, New Delhi.

**Mrs Veena Sharma, Returning Officer - TNAI Delhi State Branch**
**C/o TNAI Headquarters, L-17 Florence Nightingale Lane, Green Park, New Delhi-110016**

# The Trained Nurses Association of India

**Hqrs: L-17, Florence Nightingale Lane, Green Park Main,**
**New Delhi- 110016**

# Guidelines for TNAI's
# National Nurses Research Grant (TNNRG)

### 1. Eligibility Criteria

a) Life membership(s) of TNAI (Minimum Two years of active membership) is mandatory.

b) BSc / MSc / PhD in Nursing

c) Experience in independent research is preferable

d) Experience in guiding research is preferable

e) In case of a research by a team of professionals in which non nursing members are included, the primary researcher shall be a TNAI member as per criteria (1.a) above. But in any case, all nurse researchers in the team shall be TNAI members.

### 2. The Research Focus

Studies related to Nurses Welfare, Nursing Management, Nursing Standards, Assessment / Innovation / Experiment / Improvement of Nursing Services and Education.

### 3. Population

The study should cover ideally a wide range of Population (State, Region) and not limited to a single institution.

### 4. Application and Proposal

The investigator(s) shall submit the Research Grant Application in the prescribed Performa along with the detailed proposal and the budget.

### 5. Recommendation

The application shall be recommended by the State/UT Branch President and the Secretary.

| **6. Research Grant** |
| --- |
| a) TNAI National office after due consideration by the research committee may accept or reject the application at their discretion. |
| b) TNAI can decide whether it can be fully funded or partially funded. |
| c) Funding may be released in instalment, say 50%, after preliminary submission of proposal and Ethical committee clearance. Next 25% upon completion of study and final 25% after submitting the written document along with soft copies. |
| d) Can be directly funded from National office to the Individual/Group or the research organisation. |

| **7. Duration of the project** |
| --- |
| Research Study must be time framed (A time plan to be submitted by the Principal Investigator) |
| a) 1 Year |
| b) >1 Year to 2 Years |
| **Note: Studies planned for a period more than 2 years are not preferable.** |

| **8. Review of progress** |
| --- |
| Review of Progress will be done by TNAI National office at least once in every six months. The investigators shall submit the progress reports once in 6 months. |

| **9. Publication** |
| --- |
| Studies conducted under the auspices of TNAI must and will be the intellectual property of TNAI and shall be published in NJI only. |

| **10. Recognition (Mandatory)** |
| --- |
| The investigator shall document and recognize the financial support from TNAI in all communications/reports/publications related to the study. |

The eligible candidates can apply for the research grant by sending the proposal and application through email or post.

**Email:** tnai_2003@yahoo.com

**Address:** The Secretary General, The Trained Nurses Association of India, Headquarters: L-17, Florence Nightingale Lane, Green Park Main, New Delhi 110016.

For more details, contact us on **011-40195407/40195409**

# The Trained Nurses' Association of India

**Hqrs: L-17, Florence Nightingale Lane, Green Park Main,
New Delhi- 110016**

## TNAI's National Nurses' Research Grant (TNNRG) Recommendation form

| | |
|---|---|
| **Name of the State/ UT Branch** | |
| **Name of the State/UT office bearer** | |

| **Designation** | President | |
|---|---|---|
| **(Tick/highlight the appropriate)** | Secretary | |

**I/We hereby recommend the proposal submitted by**

**Mr/Ms/Mrs/Sr/Prof/Dr**

1.
2.
3.

**for the research grant by TNAI.**

**Also, I/We certify that, the Primary researcher and all the nurses in the research team are active TNAI members.**

**Place:**

**Date:**

**Signature:**

**Seal:**

*Moving ahead with commitment and dedication since 1908*

# The Trained Nurses Association of India

**Hqrs: L-17, Florence Nightingale Lane, Green Park Main, New Delhi- 110016**

## Application for
## TNAI's National Nurses Research Grant- (TNNRG)

<div>Photo<br>(Primary Researcher)</div>

| | | | |
|---|---|---|---|
| **Full Name(s)** | | | |
| **TNAI Number(s)** | | | |
| **Correspondence Address (Primary Researcher)** | | | |
| **Email ID (Primary Researcher)** | | | |
| **Contact Number (Primary Researcher)** | | | |
| **Educational Qualification (Primary Researcher)** | | | |
| **Current designation and address of the Institution (Primary Researcher)** | | | |
| **Experience in years (Primary Researcher)** | Research Guide | | |
| | Independent Research | | |
| **Research focus (Please tick or highlight the appropriate)** | Nurses' welfare | | |
| | Nursing Management | | |
| | Nursing Standards | | |
| | Evaluation of Nursing Education | | |

| | Nursing Standards, Assessment/ Innovation/Experiment/Improvement of Nursing Services and Education. | |
|---|---|---|
| **Population of the study** | State | |
| | Region | |
| **Duration of the study (Please tick or highlight the appropriate)** | 01 Year | |
| | >01 Year to 02 years | |
| **Brief report of Primary researcher's activities or contributions in TNAI** | | |
| **Brief profile of other members of Research team.** | Name:<br>Qualification:<br>Designation:<br>Address:<br>TNAI related activities, if any: | |

**Undertaking:** The details mentioned above and the proposal submitted by me/us is true to the best of my/our knowledge and understanding. Also, I/we assure that Studies done under the auspices of TNAI must and will be the intellectual property of TNAI and to be published in NJI only. I/we also will recognise and document that I/we had received the research grant from TNAI and the study is done on behalf of TNAI.

**Name of the Researcher(s)**                    **Signature(s)**

**Note:**

1. Application:
   Shall be in prescribed performa with a detailed research proposal and the budget shall be submitted along with the recommendation by the President and Secretary of the State/UT Branch of TNAI.
2. The eligible candidates can apply for the research grant by sending the proposal and application via email (tnai_2003@yahoo.com) or post to **The Secretary General**, The Trained Nurses Association of India, Headquarters: L-17, Florence Nightingale Lane, Green Park Main, New Delhi 110016.

*Moving ahead with commitment and dedication since 1908*

# SNAI CIRCULAR - 2021

Dear Members,

Greetings from the Student Nurses' Association of India!

*Marching towards centenary with commitment and dedication since 1929*

Our main intention of sending this circular is to bring to notice of nursing students in your charge and encourage their participation in SNAI competitions, 2021.

## I. STATE SNAI VIRTUAL COMPETITIONS '2021'

As per the EC/Council decision (**Minute No. TNAI/TCAC/Zoom/8th June, 2021/2**) the members decidedthat due to Covid -19 pandemic, it was not possible to conduct SNAI Biennial conference as well as any offline activities for the students since 2020. Further, it was decided to conduct few virtual SNA competitions in order to make the students exhibit their talents and it is the high time to keep our students engaged in various constructive activities related to their professional development.

The members have decided to conduct the following competitions at the state level.

| S. No. | List of SNAI Competitions |
|--------|---------------------------|
| 1 | E-Scientific Paper |
| 2 | E-Poster Presentation |
| 3 | Online Quiz competition |
| 4 | Concept Mapping |

**Criteria for SNA E-competitions**

## 1. E - Scientific Paper Presentation
*Theme:* **Prevalence of COVID - Appropriate Behavior among general public**

E-Scientific paper presentation refers to electronic visual version of research paper with a brief description of the methods, tables and/or graphs related to the findings, and interpretation of the data.

**Criteria for Scientific Paper Presentation**

The Student Nurse(s) will present the Scientific Paper on the theme.
1. The paper should contain: Introduction, Need, Significance in Nursing, Statement of the Problem, Objectives, Review of Literature, Methodology, Findings and Interpretation (with one or two tables), Recommendation, Implications, Conclusion and Bibliography.
2. One hard copy and one soft copy of the Scientific Paper containing not more than 1500 words (4-5 pages in A-4 size) which should be submitted to the State SNAI Advisor.
3. The State SNAI Advisor along with the committee members should select up to three best Scientific Papers at the State Level which shall be presented by the student(s) during the state SNAI conference.

## 2. E - Poster Presentation
E-Poster presentation refers to an electronic way of exhibition of the topic in pictorial form with short and concise outline of the concept.

**Topics for E-Poster Presentation**

| S.No. | Section | Topic |
|-------|---------|-------|
| 1 | MCH Section | Child rearing in COVID pandemic |
| 2 | Midwifery | Care of women in menopausal transition |
| 3 | Anatomy and Physiology | Respiratory tree and its function |
| 4 | First Aid & Basic Nursing Procedures | Health care emergency codes |
| 5 | Medical & Surgical Nursing | Care of patients on ECMO |
| 6 | Paediatric Nursing | Primordial prevention of communicable diseases |
| 7 | Psychiatric Nursing | Infodemics and its impact on mental health |
| 8 | Community Nursing | Lockdown - appropriate behaviour |
| 9 | Obstetrical Nursing | Birthing centres |
| 10 | SNA Activities in India | Merits of online SNA competitions |
| 11 | History & Trends in Nursing in India | Pandemics – Role of nurses |

**Note:**
1. Section 1-2 are for ANM students / MPHW (F) students.
2. Section 3-9 are for GNM / BSc Nursing Students.
3. Section 10-11 are for all categories of (ANM/GNM/BSc) Nursing students.
4. Hand-made posters uploaded digitally will be considered.

**Criteria for E-Poster Presentation**

1. **Size:** Standard size (22"x26") approx. for both individual and group presentation.
2. **Topics:** Ideas depicted in the poster should be relevant to the topics given. Font size and design of letters should be bold and clearly visible.
3. **Clarity:** For bringing clarity of the poster, restrict yourself to one idea relevant to the topic.
4. **Layout of pictures:** It must be balanced to give a correct sense of proportion.
5. **No extra fixing:** of clippings/cuttings or any other form on the poster.
6. **Legibility:** The poster should be easy to read.
7. **Quality of picture:** The key concepts of the poster should be diagrammatically represented. Ideally it should have a single figure representing the entire concept. Figures should be neatly labeled.
8. **Flow:** The poster content should follow a logical sequence. T*he reader should be able to navigate the poster with ease.*
9. Poster must be free of spelling mistakes.
10. The poster should be original with some innovative idea.

## 3. ONLINE QUIZ COMPETITION

Quiz competition on various Nursing subjects including General Knowledge can be conducted through Quizzes.

a) Components of Quiz Competition:
1. General knowledge
2. General awareness regarding nursing
3. Sports
4. Literature
5. History and culture
6. Entertainment

**Note:** Video or pictures can be included in any of the rounds.

b) General Instructions:
1. <u>Quiz comprises</u> of 8 rounds with a total of 50 questions.
2. The rounds are Acronym Corner, Close the Loop Holes, Track the Fame Days, Truth or Dare, Emoji Nation – Guess Me, Quizalize, Ping on Colours, Unwrap the Covid Fire.
3. Each round has 5 questions except quizalize which has 15 questions.
4. Each question carries 1 mark. No negative scores.
5. Scoring will be displayed through the Quiz Application.

**Quiz link**: https://quizizz.com/join?gc=38989574

## 4. Concept Mapping

*Theme: **SNA member to National TNAI President***

Concept mapping refers to a diagram or graphical tool that visually represents relationships between concepts and ideas.

**Criteria for concept writing:**
1. **Logical**: All the relevant concepts must be well organised and linked logically. Concepts reflect the essential information about the topic.
2. **Design**: Text should be clear and easy to read. Amount of text is appropriate for the intended audience. Colour should be effectively used for emphasis and increased comprehension. Graphics are used only when necessary.
3. **Layout**: Map must be contained in a single page.
4. **Hierarchy:** The number of hierarchical levels addresses the degree of categorisation of concept with relevant examples.
5. **Use of descriptive links:** Concepts are physically arranged, so links are established in the most reasonable way, without cluttering the map. All concepts must be interlinked with other plotted concepts.

## II. TNAI / SNAI SCHOLARSHIP FOR ACADEMIC YEAR 2020 - 2021

TNAI invites application for award of TNAI/SNAI scholarship for academic year 2020 – 2021. The last date to submit the duly filled application form is **August 31, 2021**. The format of application was published in May, June, July issue of TNAI bulletin and also available in TNAI website www.tnaionline.org.

**The criteria for applying scholarship are as follows:**

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

**Recommendation**
Due to continuation of Covid-19 pandemic and lockdown, the recommendation can be **obtained through mail** from the respective TNAI State/UT Branch President/Secretary/SNAI Advisor and the same can be attached along with the Scholarship application form and submit to TNAI headquarters on or before **August 31, 2021**.

**Note**: The e-mail Id and Mobile No. of the President/Secretary/SNAI Advisor of the respective TNAI State Branch can be obtained from TNAI HQ by sending mail to sna@tnaionline.org or Whatsapp to 8587825407.

### III. SNAI ONLINE PAYMENT SYSTEM

As per EC decision **Minute No. TNAI/EC/Zoom-2/31st October, 2020/5/1,** it was decided to create online payment gateway so that it will be convenient for the colleges to renew SNA subscription.

Please pay the SNAI subscription through this link **Payments.tnaionline.org** and it is available for use from July 2021.

### IV. SNAI Whatsapp No. 08587825407

As per EC decision, it was decided to get mobile phone for SNA separately. The same number can be used for whatsapp also to share details. This whatsapp facility is to facilitate quick clarification if any.

### V. SNAI Badge

SNA Badge was designed as per the new SNA logo. The cost of each badge is Rs.50/-.

**Old Badge**



**New Badge**
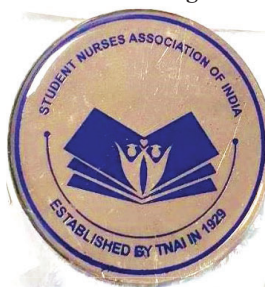


### VI. Incentives for Motivators

As per our existing policy the incentives are given at the rate of 1% to the motivators who enrolled SNAI to TNAI membership (New SNAI Plan) after 4 years (BSc Nursing students) 3 years (GNM) and two years (ANM) respectively. The details of revised incentive are as follows:

| S. No. | Name of Fee | Rate per membership | Revised incentive (in Rs) | Proposed incentive (in Rs) | |
|---|---|---|---|---|---|
| | | | | 8% | 12% |
| 1 | SNA to TNAI New Scheme | 2000 | 16.40 | 131.20 | NA |
| 2 | ANM New Scheme | 1000 | 8.20 | 65.60 | NA |
| 3 | TNAI Membership | 3600 | 29.52 | NA | 354.24 |
| 4 | TNAI Membership Nurses Year | 3000 | 24.60 | NA | 295.20 |
| 5 | SNA to TNAI | 2200 | 18.04 | NA | 216.48 |
| 6 | ANM | 1500 | 12.30 | NA | 147.60 |
| 7 | Others | 1000 | 8.20 | NA | 98.40 |

a) TNAI will provide a space in the membership form for sharing the bank details of the motivators/introducers.

b) The incentive will be released immediately at the time of enrolling membership directly to the motivators' bank account.

c) The motivators/introducers will get financial benefit of 7% and 11% more than the existing rate of incentive.

d) The incentive will be increased according to the increase of TNAI membership status.

e) It will drastically increase the membership of TNAI.

f) The Grant to State Branches also increases according to the increased membership.

### VII. SNA Membership Plan [Minute No. EC, CL/2019/4/2(ii)]

The institution can adapt any of the two SNA membership plans.

**1. SNA Subscription Plan (Old Plan)**

In this plan, previously I year students pay Rs.200/- per student whereas rest of the year each student needs to pay Rs.150 /- per year.

As per the EC council decision **[EC, CL/2019/4/2(ii)],** the unit adapting old plan also required to pay as onetime payment for entire course (applicable from 2020-2021 academic year onwards).

| Course | 1st Year |
|--------|----------|
| ANM | Rs.350/- |
| GNM | Rs.500/- |
| BSc (N) | Rs.650/- |

**2. SNA-TNAI Membership Plan (New Plan)**

In this plan every student is required to pay their SNA subscription during their 1st year itself. This fee includes SNA Subscription for 4 years, Scholarship fund and **SNA to TNAI membership** fee. Each student will get individual SNA - TNAI membership card.

| Course | SNA-TNAI Membership Plan |
|--------|--------------------------|
| ANM | Rs. 1000/- |
| GNM | Rs. 2000/- |
| B.Sc.(N) | Rs. 2000/- |

**Note:** After the successful completion of their course respective students will get a TNAI membership card **without any payment or fees**.

The subscription fee has to be deposited in TNAI bank account through e-banking or Demand Draft (D.D) in favour of "The Trained Nurses' Association of India" payable at New Delhi.

**3. Bank Details are as follows:**

| 1 | Account Name | THE TRAINED NURSES ASSOCIAITON OF INDIA |
|---|--------------|------------------------------------------|
| 2 | Account Number | 6602721709 |
| 3 | IFSC Code | IDIB000H019 |
| 4 | Name of bank | INDIAN BANK |
| 5 | Branch | HAUZ KHAS, NEW DELHI |
| 6 | E-mail ID | hqaccounts@tnaionline.org |

**Note:** After remitting the amount it is mandatory to provide UTR Number for accounting the transaction.

To know more details about SNA, please visit TNAI website (www.tnaionline.org).

**Note:** Please send the Name of Principal, e-mail ID of the Institution and complete address to the TNAI Headquarters for the faster communication. Write your SNA Unit code (assigned by the TNAI Headquarters) in all your communications**.**

# FAREWELL

### Mr Prakam Singh Chauhan



After serving long years of service at the TNAI, Mr Prakam Singh Chauhan, Upper Division Clerk, left TNAI after attaining the age of super-annuation on 31 March 2021. He was born on 29 March 1961. A farewell was organised to pay regards to the outgoing official on 1 April 2021 in the seminar hall of TNAI Hqrs over lunch.

At this occasion, Mrs Evelyn P Kannan and other TNAI members expressed their regards for the outgoing official. His family members were also present at this occasion. National President TNAI also made virtual presence and appreciated the role of outgoing official.

Mr Prakam had joined TNAI on 24 May 1982. In his 39 years stint at TNAI, he served various sections: Accounts, Membership and lastly, Publications section. A tall, handsome personality with congenial smile ever on his face, he was quite affable, cooperative and sweet natured employee who completed the duties assigned to him well in time.

After retirement, Mr Prakam has planned to settle in his native hill town in Mandi (Himachal Pradesh).

# MERITORIOUS

### Dr Alka D. Tajne



Dr Alka D.Tajne, working as Principal in Vibrant College of Nursing, Surat (Gujarat) had taken admission in PhD programme in Nursing at Malwanchal University, Indore (Madhya Pradesh) in 2018 and completed it on 19 June 2021. The topic of her dissertation was, "A Study to Assess the Effectiveness of Counselling, Creative Visualization Therapy (CVT), and Planned Health Teaching on Depression, Children's Subjective Wellbeing and Quality of Life among Mothers with Troubled Marriage Life Visiting Selected Counselling Centers, at Surat, Gujarat". The thesis was completed under the guidance of Dr (Mrs) Sreemini Pillai. The research work is believed to be fruitful for the welfare of women living particularly in Surat (Gujarat), and elsewhere in general.

## एक दिन, मच्छरों के नाम भी

जी हां, 20 अगस्त का दिन पिछले सवा सौ वर्षों से विश्व मच्छर दिवस के रूप में मनाया जाता है। इस तिथि को 1897 मे भारत में ब्रिटिश वैज्ञानिक डा0 सर रोनाल्ड रॉस ने मलेरिया, डेंगू, चिकनगुनिया, जापानी एन्सेफेलाइटिस आदि जानलेवा व्याधियों के मूल कारण मच्छर की खोज की थी। इन व्याधियों से दस लाख से अधिक व्यक्ति (भारत में करीब 50 हजार) दम तोड़ देते हैं। मच्छर की 40 हजार प्रजातियों में से मादा एनाफिलीज़ अैर एडीज़ एजिप्टी मनुष्य के लिए ज्यादा खतरनाक हैं, अंडे पैदा करने के लिए इन्हें रक्त की आवश्यकता रहती है। इस दिन मच्छरों के प्रसार को रोकने के तौरतरीकों के प्रति लोगों को जागरूक किया जाता है।

## WORLD HEALTH ASSEMBLY ADDRESSES MENTAL HEALTH

**The 74th World Health Assembly, meeting in May 2021, recommended the reinforcement of measures to protect mental health during public health emergencies, such as the COVID-19 pandemic.**
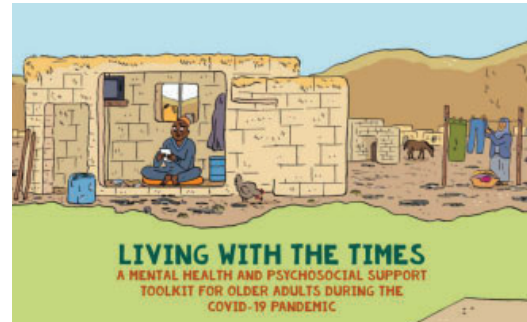
The Assembly noted that since the beginning of the pandemic, unemployment and financial instability, disruption to education, social isolation, fear of life-threatening disease, intimate partner and family violence, and sudden loss of loved ones, have become increasingly common. All of these are risk factors for mental health conditions and behavioural problems such as depression and substance use disorders.

Throughout 2020, the WHO developed a wide range of resources in many languages in collaboration with partners, including: a stress management guide for the general public; a guide for COVID-19 responders on basic psychosocial skills; and a toolkit to help older adults maintain mental well-being. In addition, the WHO has collaborated on the first-ever programme for rapid deployment of experts in mental health and psychosocial support during public health and humanitarian emergencies with more than 20 deployments since its launch in January 2020.

During the World Health Assembly, delegates endorsed that the Comprehensive Mental Health Action Plan 2013-2020, be extended to 2030 and include updated implementation options and indicators. For the first time, the plan includes an indicator on preparedness for providing mental health and psychosocial support during emergencies.

The Assembly urged Member States to develop and strengthen comprehensive mental health services and psychosocial support as part of universal health coverage, with a particular focus on improving understanding and acceptance of mental health conditions, especially for vulnerable populations.

https://www.who.int/news/item/31-05-2021-world-health-assembly-recommends-reinforcement-of-measures-to-protect-mental-health-during-public-health-emergencies.



**Addressing the impact of COVID-19 on the mental health and wellbeing of older people**

The COVID-19 pandemic has had a disproportionate impact on older women and men, who are at a higher risk of developing more severe symptoms of the disease, and of dying as a result. This is partly due to age-related changes to the immune system, which make it harder to fight off diseases and infection. Older adults are also more likely to have underlying health conditions, such as lung, kidney, cardiovascular or cerebrovascular disease or cancer, and to take multiple concurrent medications that make it harder to cope with, and recover from, illness.

The WHO has developed a mental health and psychosocial support toolkit for older adults during the COVID-19 pandemic. The purpose of the toolkit is to share ideas with older adults on how to protect their health and well-being, as well as provide support to those around them. The toolkit contains five large poster illustrations to print out or show on a screen, addressing the following questions:

1. How can I stay healthy?
2. What can I do to improve my mood?
3. How can I feel connected to my family and community?
4. Where can I get help if I need it?
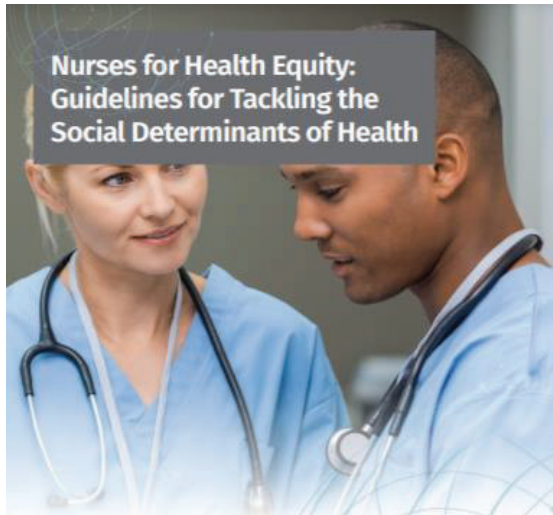5. How can I cope with grief and loss?

The toolkit also includes instructions for facilitators on how to conduct guided conversations with older adults using the posters. One hundred and ninety nine older adults aged between 60 and 90 years from 51 countries were involved in the development of the toolkit - https://www.who.int/news/item/01-04-2021-living-with-the-times-new-toolkit-helps-older-adults-maintain-good-mental-health-and-wellbeing-during-the-covid-19-pandemic.

## WISH RELEASES 'NURSES FOR HEALTH EQUITY' REPORT



The World Innovation Summit for Health (WISH) have released their long anticipated report '*Nurses for Health Equity: Guidelines for tackling the social determinants of health*'. The report was authored by: William Rosa, Catherine Hannaway, Charlotte McArdle, Mary McManus, Sanaa Alharahsheh, and Michael Marmot.

The result of extensive global consultation, the report has detailed guidelines covering six domains:

1. Understanding the issue and what to do about it: education and training.
2. Building the evidence: monitoring and evaluation.
3. The clinical setting: working with individuals and communities.
4. Healthcare organisations as employers, managers and commissioners.
5. Working in partnership: within the health sector and beyond.
6. Nurses as advocates.

Each chapter contains practical actions that nursing associations and individual nurses can undertake to improve global health equity. The report includes comments from global nurse leaders and case studies which highlight actions nurses are already taking to improve health equity.

The full report can be downloaded from: https://www.wish.org.qa/wp-content/uploads/2021/06/Nurses-for-Health-Equity-.pdf.

## WORLD HEALTH ASSEMBLY RESOLUTION ON ORAL HEALTH

At the 74th World Health Assembly in May 2021, an historic resolution was passed relating to oral health, requiring the World Health Organisation to develop a global strategy on addressing oral disease by 2022 and, by 2023, a global action plan for oral health.



More than 3.5 billion people globally are affected by oral diseases. Untreated dental caries (tooth decay) is the most common. Severe periodontal (gum) disease affects almost 10% of the global population and more than 530 million children suffer from dental caries of primary teeth. Oral diseases conditions are largely preventable and can be treated in their early stages, however treatment is often not affordable and usually not part of universal health coverage packages.

The World Health Assembly resolution noted that oral health services were among the most affected health services as a result of COVID-19 with 77% pf countries reporting partial or complete disruption. The resolution on oral health urges countries to address the key risk factors of oral diseases such as high intake of free sugars, tobacco use and harmful use of alcohol, and to enhance the capacities of oral health professionals.

The resolution also recommends a shift from the traditional curative approach toward a preventive approach that includes promotion of oral health within the family, schools and workplaces, and includes timely, comprehensive and inclusive care within the primary health-care system.

https://www.who.int/news/item/27-05-2021-world-health-assembly-resolution-paves-the-way-for-better-oral-health-care.

# 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).

## 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.

**128** TNAI BULLETIN