



Numbers Matter, United We Can Achieve More

At the Executive/ Council meetings of TNAI and elsewhere, an often-raised concern is that of low enrolment of nurses. Presently, only a small percentage of nurses are under TNAI umbrella despite its being the oldest and largest body of nurses in India and its undisputed credentials. It would be great if even a third of nurse force is inducted into TNAI fold; we shall then be enabled to enhance the ambit of our activities including more welfare programmes.

The fully revised and updated 4th edition of 'Community Health Nursing Manual' was released during National EC Meeting of TNAI on 4-5 September 2021 at a modest ceremony presided by Prof (Dr) Roy K George at TNAI Headquarters. Compared to past editions this time the manual is multi-coloured, larger in size, with additional content. After appointment of an exclusive distribution agency, the orders for copies can be placed directly with them.

NJI to be available online: It is to inform readers of TNAI periodicals that soon they shall be able to read e-version of Nursing Journal of India (NJI) online. So in future, contributors, readers, advertisers and other stake holders shall be able to have the benefit of NJI from the comfort of their home, or anywhere. We have decided to keep digital version of NJI free of cost for few months. We request you all to visit the NJI website (www.tnaijournal-nji.com).

Souvenirs: As a novel measure to promote TNAI brand, souvenirs like paperweight, pen holders, pens, T-shirts, (male & female) are available at TNAI HQs for a reasonable price (details in inside pages).

Health Events in November: World over, about 2.6 million infants die due to various complications within 28 days of life and as many are still births. To cope up with this sorry situation, New Born Week is celebrated from 15-21 November every year to educate the women and others about measures to be undertaken. The aim is, to raise awareness about the importance of the care of new born for child survival and development. To begin with, it is to be ensured that immediately after birth, the vital signs, response to stimulus and overall health parameters are checked.

World Diabetes Day on 14 November, a joint initiative of WHO and International Diabetes Federation (IDF) seeks to review strategies and action to curb diabetes mellitus, a leading cause of kidney failure, blindness, amputation, heart attack and stroke. It is a major cause of mortality and morbidity, similar to HIV/AIDS. More than 460 million people are currently living with diabetes and many more are at risk. Since diabetes is linked to lifestyle to a large extent, nurses can play a vital role in its management by educating and counseling the individual, family and communities. Let us join hands and help reduce the quantum of diabetes burden.

Evelyn P Kannan
Chief Editor & Secretary-General

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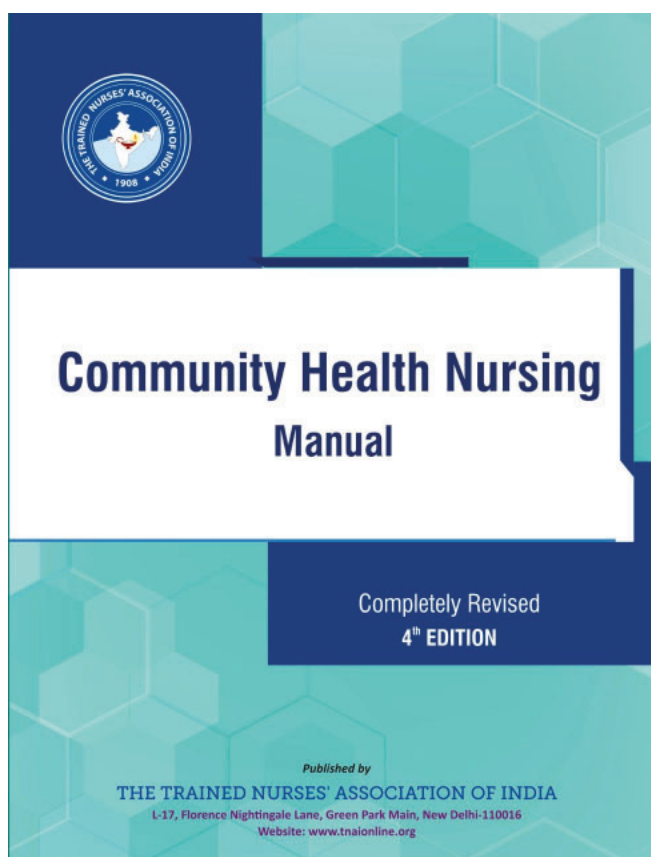
LAUNCH OF 4TH EDITION OF COMMUNITY HEALTH NURSING MANUAL



The long-awaited revised version of TNAI's prestigious classic publication, 'Community Health Nursing Manual' was released during National Executive Committee meeting of TNAI on 4-5 September 2021 at a modest ceremony held at TNAI Headquarters New Delhi. It was presided over by TNAI National President Prof (Dr) Roy K George.

Compared to past editions the 4th edition is multi-coloured, and in larger size with additional content. The popularity of this valuable manual can be adjudged by its running into 14th reprints after its first publication way back in 1959. With inputs from such experts on the subject like Prof Rajeshwari Siva- Vice Chairperson CHN Project, former President TNAI South Region and former Head, CHN Department CMC Vellore (TN) and Dr Chellarani Vijayakumar- Consultant & Editor, the manual in its new version is more enriched with coverage of latest developments and practices in community health nursing.

Releasing the new edition of manual, in his presidential address Prof (Dr) Roy K George said, "The preventive aspects followed to ward off an unbecoming health or other situation ... the massive havoc created with large scale spread of pandemic Covid-19 in all parts of the world since March last year ... was a case of weak community health system in place". He added, "Community Health is all about covering issues not strictly un-



der the ambit of medical intervention, i.e. managing the patients in ways that exposure is minimised, immunity is enhanced, etc. It emphasises ways to adopt for steering clear of factors predisposing to illnesses and deformities”.

Pointing to the importance of the manual, the treasure house of community health nursing, Mrs Evelyn P Kannan, Secretary General TNAI said, “With lay people becoming more and more health conscious and adopting lifestyle to keep diseases at bay, Community Health (also called Preventive and Social Health) shall have greater role, so nursing and other community health personnel shall have more responsible roles to discharge particularly through care of people at their door step”.

Beginning with theory and practice of community health nursing, the 632-page manual divided into 27 chapters covers all major aspects of community health like health education, nutrition, family health, maintenance of health records, reproductive & child health, family welfare services, school health, communicable diseases, STDs, tuberculosis, leprosy, AIDS, occupational health nursing, public health - organisation, administration and programmes, alternative medicine systems.

Interspersed with relevant tables and pictures, the presentation of each topic is lucid and easy to understand, particularly for students.

Though highly useful for students of Nursing and other health education programmes for high scholastic score, it also serves as a reference book for all health care functionaries.

After appointment of an exclusive distributor for all TNAI publications, the orders for copies can be placed directly with them. The book is priced at Rs. 850/- besides handling and dispatch charges.

Revised Rates for *NJI* Subscription

It is to bring to notice of all *NJI* subscribers that as per decision of TNAI's EC (vide Minute No. EC/CL/2004/3 subsequent to meeting held on 18-19 Nov 2014) the yearly price of Nursing Journal of India shall be revised upwards from March-April 2016 issue, as under.

One-year subscription: For individuals Rs. 1,000/-; for Institutions Rs. 1500/-

Five-year subscription: For individuals Rs. 4,000/-; for Institutions Rs. 6,500/-

All payments shall be accepted in the form of demand draft in favour of **The Trained Nurses' Association of India** payable at **New Delhi**. Local subscribers can also deposit the subscription charges as cash at TNAI Headquarters.

All communication related to *NJI* should be sent to the following address:

Secretary General, The Trained Nurses' Association of India

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

Phone: 011-26566665, 26966873

Fax: 011-26858304; Email: publicationstnai@yahoo.com, tnai_2003@yahoo.com

Website: www.tnaionline.org

NOTE: Those already enrolled for subscription of the Nursing Journal of India (*NJI*) may kindly ignore this communication.

TNAI Souvenirs - Price List



Money Bank
Rs. 150/-



Medicine Pill Water Bottle
Rs. 240/-



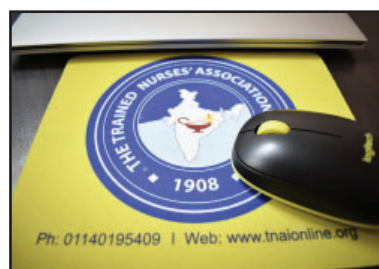
Mug
Rs. 110/-



Pen
Rs. 10/-, Rs. 15/-



Water Bottle - A5 size
Rs. 250/-



Mouse Pad
Rs. 65/-



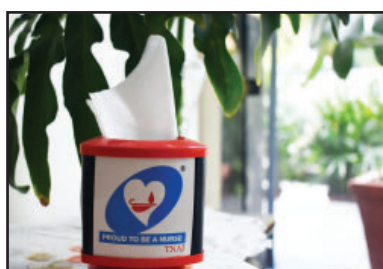
Paper Weight
Rs. 50/-



Paper Weight
Rs. 80/-



First Aid Container
With medicine Rs. 750/-
Without medicine Rs. 390/-



Revolving Pen Holder
(Plastic) Rs. 130/-



Revolving Pen Holder
Standard Classic Rs. 390/-



Pen Stand (Metallic with
India Map) Rs. 350/-



T-Shirt
Collared Rs. 350/-
Round Neck Rs. 240/-



Flower Pot
Rs. 25/-

1. Can't Stay At Home; I Am A Nurse
2. Feel Proud - My Spouse is a Nurse
3. Nurse - A Super Hero; Dare to Care



Pen Stand (Wooden)
Rs. 130/-



Wall Clock with Hanger
Rs. 300/-



Revolving Pen Holder
(With Pen) Rs. 270/-

हिंदी लेखकों से अनुरोध

हिंदी में लिखने वालों से आग्रह है, मासिक टीएनएआई बुलेटिन के लिए रचनाएं भेजें। मौलिक, सुरुचिपूर्ण, नर्सिंग पेशे, स्वास्थ्य सरोकार तथा संबद्ध विषयों पर आलेख, अनुभव, ज्ञानवर्धक सामग्री, हास्य, कविता आदि स्वीकार्य होंगी। हस्तलिखित या कंप्यूटर से टंकित रचनाएं साधारण डाक या मेल से मुख्य संपादक के नाम भेजी जाएं।

Nomination Sheet: TNAI Tamil Nadu State Branch Election 2021

Post	Name and Address of the Nominee	TNAI Number
President		
Vice President		
Secretary		
Joint Secretary		
Treasurer		
SNA Advisor		
Chairperson – Programme Committee		
Chairperson – Membership Committee		
Chairperson – Public Health Nursing Section		
Chairperson – Nursing Service Section		
Chairperson – Nursing Education Section		
Chairperson – Economic Welfare Committee		
Representative – ANM/LHV Committee		

Nominator's Signature _____

Nominator's TNAI No. _____

Nominator's Name and Address _____

Nominator's Email/Mobile No. _____

[(As per the TNAI Constitution Rules & Regulations and Bye-laws (Revised and approved by Council/HOD 2012)]

1. Last date for receiving Nominations is **18 December 2021** (6 weeks from the date of Publication)
2. The election venue, date and time will be informed to you well in advance.
3. Both the nominator as well as nominee shall be a life member of TNAI.
4. The members holding office positions in TNAI shall not hold office positions in parallel Nursing organisations and vice versa. For acquiring the new post the members will have to relinquish the former post.
5. A member working and residing in a state or Union Territory shall be the member of the branch of TNAI. In case of temporary change of resident e.g. study; deputation etc. for a period of more than a year, the member shall be given an option for changing his/her membership to the temporary place of resident after informing the headquarters

- and the former and latter state branches.
6. The nominator and Nominee should be working and residing in the same state or Union Territory shall be eligible for contesting election and casting the vote.
 7. The members who are residing outside the country and state shall not be eligible for contesting election.
 8. Members who are or had been involved in litigation with the Association without first representing the grievances to the grievances committee shall not be eligible to contest and shall have no voting rights and same will be applicable to the members who are facing disciplinary proceedings in their work situation/sphere.
 9. Outgoing office bearers who completed one term shall be eligible for re-election for one more term.
 10. Any life member of TNAI may make nominations for all the offices of the TNAI State/UT Branch, but the nomination for the President and Secretary shall be made only from those who have served for one term (four years) as the EC members/office bearers at any time.
 11. A break of four years after two consecutive terms (8 years) is necessary for the President/Secretary of the branch.
 12. For the offices of President and Secretary all valid nominations shall be included in the Provisional Ballot Paper. For other offices the names of three members having highest number of nominations shall be included in the Ballot Paper.
 13. The Chairperson of the Public Health Nursing Section, Nursing Service Section, Education Section and Representatives of Health Visitor's League (HVL)/ANM should be elected from their respective field only.
 14. The nomination Sheet duly filled and completed by the nominator i.e. complete address, TNAI number along with the signature shall be sent to the Returning Officer within six weeks of its publication in the TNAI Bulletin.
 15. Please mark the envelope "Nomination sheet – TNAI Tamil Nadu State Branch Election 2021".
 16. Completed Nomination Sheet(s) and all other correspondence related to election to be sent to the following address: **The Secretary General, TNAI Headquarters, L-17, Florence Nightingale Lane, Green Park, New Delhi-110016.**

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.

New Email ID for TNAI Publications

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

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

Nomination Sheet: TNAI Chandigarh UT Branch Election 2021

Post	Name and Address of the Nominee	TNAI Number
President		
Vice President		
Secretary		
Joint Secretary		
Treasurer		
SNA Advisor		
Chairperson – Programme Committee		
Chairperson – Membership Committee		
Chairperson – Public Health Nursing Section		
Chairperson – Nursing Service Section		
Chairperson – Nursing Education Section		
Chairperson – Economic Welfare Committee		
Representative – ANM/LHV Committee		

Nominator's Signature _____

Nominator's TNAI No. _____

Nominator's Name and Address _____

Nominator's Email/Mobile No. _____

[(As per the TNAI Constitution Rules & Regulations and Bye-laws (Revised and approved by Council/HOD 2012)]

1. Last date for receiving Nominations is **18 December 2021** (6 weeks from the date of Publication)
2. The election venue, date and time will be informed to you well in advance.
3. Both the nominator as well as nominee shall be a life member of TNAI.
4. The members holding office positions in TNAI shall not hold office positions in parallel Nursing organisations and vice versa. For acquiring the new post the members will have to relinquish the former post.
5. A member working and residing in a state or Union Territory shall be the member of the branch of TNAI. In case of temporary change of resident e.g. study; deputation etc. for a period of more than a year, the member shall be given an option for changing his/her membership to the temporary place of resident after informing the headquarters and the former and latter state branches.

6. The nominator and Nominee should be working and residing in the same state or Union Territory shall be eligible for contesting election and casting the vote.
7. The members who are residing outside the country and state shall not be eligible for contesting election.
8. Members who are or had been involved in litigation with the Association without first representing the grievances to the grievances committee shall not be eligible to contest and shall have no voting rights and same will be applicable to the members who are facing disciplinary proceedings in their work situation/sphere.
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Strengthening the TNAI Fold

Appeal for Enrolling Memberships

In our age, it is numbers that matter. We at TNAI strongly feel that the number of non-TNAI member nurses is many times the TNAI members. This is quite disheartening, and a challenge considering the status, prestige of organisation TNAI is, and also the numerous advantages of acquiring TNAI Membership.

Membership is the backbone of an organisation, especially the one like the TNAI. Larger the members, stronger we become, better we can bargain for the justice and welfare of nurses, and secure what nurses rightfully deserve at various levels: local, State, national, regional and international.

We urge you to kindly help strengthen TNAI, an organisation that is yours, by requesting/ convincing/ persuading/ cajoling the non-member nurses to acquire TNAI membership. Also think of any other modality to this end, and write or mail to us.

You can help TNAI become a stronger and more effective body by contributing to TNAI membership enrolments.

As you are aware, TNAI Membership entitles one to exclusive online resources, networking opportunities, scope for professional development, educational advancement and skill upgradation, discounts on TNAI publications, proposed health insurance.

World Immunisation Day: 10 November

It is so ironical that world over, around 20 million children remain unvaccinated or under-vaccinated today. The WHO estimates that between 2 and 3 million child deaths occurring every year can be prevented through immunisation. Effective immunisation to ward off diseases like diphtheria, tetanus, polio and measles, and also pneumonia and rotavirus diarrhoea, the killers of children below five years of age, its wide, usually free availability notwithstanding.

A vaccine is a biological preparation to improve immunity against a particular disease. It usually contains an agent resembling a disease-causing microorganism, and is often made from weakened or killed forms of the microbe, its toxins or one of its surface proteins.

True, some diseases that once killed thousands of children, have been eliminated completely, polio for instance. Polio was once the most feared disease in India; but the country became polio-free in 2014. In India, ignorance of people at large, limited trained staff, particularly in poor-performing states and at the field level, and gaps in key areas such as predicting demand, logistics and cold chain management, which result in high wastage rates. Immunisation is one of the most cost-effective investments in health; it does not require any lifestyle change as well. In recent years, the Government has developed a strict monitoring mechanism to ensure that young children are administered all necessary vaccinations in a timely manner.

World Diabetes Day: 14 November

Diabetes is a leading cause of kidney failure, blindness, amputation, heart attack and stroke; it is a major cause of mortality and morbidity, similar to HIV/AIDS. More than 460 million people are currently living with diabetes and millions more are at risk. Considering its growing incidence and the varied health threats that it is linked to, World Diabetes Day (WDD) is celebrated annually on 14 November jointly by the World Health Organisation and International Diabetes Federation (IDF). The WDD theme for the years 2021-23 is Access to Diabetes Care. The date of WDD (14 November) was made to coincide with the birthday of Frederick Banting who, along with Charles Best helped discovery of insulin in the year 1922, a master drug for diabetes.

Risk factors for type-1 diabetes are: family history, age (more common among children and adolescents), geography, genetics (presence of certain genes). Risk factors linked to type-2 diabetes are: prediabetes or slightly elevated blood sugar levels, excess weight (obesity), a lot of belly fat, physically inactive, 45+, if ever had gestational diabetes (i.e. diabetes in pregnancy), have given birth to a baby weighing 9+ pounds.

There is no cure yet for type-2 diabetes (90-95% of all diabetics are type-2); in such persons, the body either does not produce adequate insulin or the body cells do not respond to insulin correctly. In an insulin-deficit condition, glucose does not move from the blood into the cells. When glucose builds up in the blood instead of going into cells, the body's cells do not function properly. The emphasis is therefore on helping people put their type-2 diabetes into remission (a state when blood glucose/ blood sugar levels are in a normal range again. An important risk factor predisposing to diabetes is obesity. Obesity and severe obesity trends have increased over the past 15 years. The diabetes cases have bloomed with the increase in the rates of obesity. Obesity is one of the most important factors that increase your risk of diabetes. Gastric bypass is considered by those whose body mass index (BMI) and medical conditions put them at risk for serious complications. For most people living with type-2 diabetes, lifestyle changes with or without medications helps significantly. It is estimated that by reducing just 7-10 percent of body weight, the body cells

are enabled to respond to insulin.

World Toilet Day: 19 November

Not many are aware that worldwide, 4.2 billion people do not have a safe, clean and private toilet and about 673 million people practice open defecation, mostly in fields or along rail tracks that not only impinges on privacy of women in particular but also renders them vulnerable to sexual assault. Lack of proper toilets paves way for diarrhoeal diseases, the second most common cause of death of children in developing countries.

World Toilet Day on 19 November every year celebrates toilets and raises awareness of the 3.6 billion people living without access to safely managed sanitation. Every year, UN-Water (the United Nations coordination mechanism on water and sanitation) sets the theme for 19 November, the day of the celebration. In 2021, the theme is 'Valuing Toilets'. At macro level, World Toilet Day is about taking action to tackle the global sanitation crisis and achieve Sustainable Development Goal 6: Water and Sanitation for all by 2030.

In India, to achieve universal sanitation coverage and to put the focus on sanitation, the Swachh Bharat Mission has been functioning since 2 October 2014; its main activity has been construction of over 100 million toilets in rural India thereby eliminating the practice of open-defecation free (ODF). According to a NITI Aayog report, SDG-India: Index and Dashboard 2019-2020, "Nearly six million villages, 633 districts (90.7 per cent of all districts) and 35 states / Union territories were verified as ODF in December 2019 ... 17 states and 5 UTs already have declared and verified all their districts to be ODF under Swachh Bharat Mission (Grameen)."

MERITORIOUS

Maj Gen Smita Devrani

Maj Gen Smita Devrani assumed the position of Addl Director-General Military Nursing Service (ADG MNS) on 1 October 2021. An alumna of School of Nursing, Military Hospital Secunderabad, the General Officer was commissioned on 28 December 1983. She completed her Diploma in Midwifery from the flagship Naval Hospital INHS Asvini, Mumbai in 1984.

Her enviable academic record includes: graduation from Delhi University, Post Graduate Diploma in Hospital and Health Care Management, MBA in Hospital Administration, and Six Sigma Certificate and Diploma in Quality Control Management & Infection Control and Prevention Management from National Health Care Academy, Singapore. She had her Intensive Care Nursing specialty from Army Hospital, Delhi Cantt in 1992. Her diligent critical care nursing management won her accolades during her tenure in 92 BH & 166 MH. Gen Smita Devrani was instrumental in managing casualties during her deputation to UN Mission in Indian Level III Hospital MONUSC (Congo) in 2006-2007 where she served as a Chief Matron.

Her adventurous streak came to fore when she volunteered to be part of the team that climbed the Mount Nyiragongo in Congo, an active strata volcano at an elevation of 3470 m. She was awarded GA Ram Silver medal for best speaker in Armed Forces Medical Research Conference 1993. For her meritorious service, the Gen Officer was awarded Vice-Chief of Army Staff Commendation Card in 2014.

With a keen strategic vision and excellent leadership skill, she is known for mentoring and inculcating service ethos to her juniors. The Gen Officer held various administrative and staff appointments like: Joint Director Military Nursing Service, Research Pool Officer, Director Admin at Integrated HQ of MoD (Army), Principal Matron of Command Hospital Southern Command, Pune and Brig MNS of HQ Central Command. During her tenure as PM, CH (SC), Pune, the unit received NABH Safe I Certificate in 2018. The unit also bagged the first runner up of Raksha Mantri Trophy under her spectacular leadership. She was also Principal Matron of Army Hospital (Research & Referral).

A visionary and excellent team spirit, she is the First Lady Officer in Armed Forces from Uttarakhand to assume the rank of Maj Gen, the Gen Officer has been a role model for many in patient care delivery in the Armed Forces.



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अक्टूबर-नवंबर में दशहरा से दिवाली, बल्कि जनवरी के पहले सप्ताह तक के उत्सवी दौर में खासकर उत्तर भारत में जम कर खरीदारी होती है और व्यापारियों की पौ बारह। कुछेक तो चंद दिनों में सालभर का कमा लेते हैं। प्रमुख छुटपुट वस्तुओं में मिठाइयां और कपड़े होते हैं तो बड़ी आइटमों में वाहन, जमीन या फ्लैट की खरीद या बुकिंग। विशेष साज-सज्जायुक्त जगमगाते बाजार और यकायक प्रकट हो गई दुकानें सेल, छूट व विशिष्ट ऑफरों से ग्राहकों को लुभाने में कसर नहीं छोड़तीं। आदतन मितव्ययी भी इन शुभ दिनों कुछ खरीद डालता है।

किफायत बरतना हेय या बुरी आदत नहीं बल्कि सद्गुण है, इसके फायदे ही फायदे हैं। यह केवल धन से संबद्ध नहीं, इसका आशय वस्तुओं और सेवाओं के इष्ट उपयोग से है। फिजूलखर्ची पर नकेल नहीं कसेंगे तो बचत नहीं होगी और वे महत्वपूर्ण वस्तुएं नहीं खरीद सकेंगे जिनसे आप आनंदित होंगे, जो आपकी प्राथमिकता सूची में, आपके दूरगामी हित में हैं। आदतें बिगड़ेंगी वह अलग। सब्जीवाले से एक किलो आलू, पौना किलो लौकी, आधा किलो प्याज, पावभर टमाटर आदि तुलवा कर “कितने हुए” पूछ कर चुकाने में बड़प्पन नहीं है। बल्कि हर बार स्वयं हिसाब न करने से आपका गणित कमजोर पड़ जाएगा और आपकी आदत जान कर अगला आपको छल सकता है। दुकानदार ग्राहक का मन पढ़ने में माहिर होते हैं। बेंजामिन फ्रैंकलिन की नसीहत याद रखी जाए, “छुटपुट आवश्यक खर्चों पर नजर रखें, एक छोटा सूराख समुद्री जहाज को डुबो देता है”।

समझना होगा, बगैर सुविचारे, भावावेश में या विक्रेता के बहकावे में आ कर या कमीशन बतौर सामान, उपकरण आदि की खरीद से घरों, ऑफिस, फैक्ट्री तथा औद्योगिक परिसरों में अनचाही वस्तुओं और सामग्रियों का जमावड़ा होता है जिसे निबटाना खासी मुसीबत बन जाती है। उस बीपी नापने या कॉफी बनाने की मशीन या मिक्सी को याद करें जो दो-चार बार बमुश्किल इस्तेमाल हुई, खराबी आने पर मरम्मत के लिए दुकान में गई और लौट कर नहीं आई। सरकारी कार्यालयों में कदाचित ऐसे उपकरण खरीद लिए जाते हैं जिनका उपयोग लगभग नहीं होता। चार वर्ष पूर्व राष्ट्रीय स्वास्थ्य मिशन पर सीएजी रिपोर्ट में करोड़ों रुपए से खरीदे गए रक्त भंडारण यूनिटों, अल्ट्रासाउंड तथा एक्स-रे मशीनों की भर्त्सना की गई जिनके उपयोग में नहीं आने का कारण कुशल तकनीशियनों की किल्लत बताया गया था। नामी अमेरिकी बैंकर फ्रांसिस सिसन के अनुसार “मितव्ययता बरतना आज जितना आवश्यक है उतना अतीत में कभी न था”। रिहाइशी, कार्यस्थल, उद्योग सभी क्षेत्रों में जगहें सिकुड़ रही हैं, कीमतें बेतहाशा बढ़ रही हैं। ऐसे में कुछ भी नया या अतिरिक्त खरीदने के निर्णय में सूझबूझ और सुविचार आवश्यक है। सेमुएल जॉनसन के शब्दों में “किफायत बरते बिना कोई भी समृद्ध नहीं हो सकता और किफायत अपनाने से गरीबों की संख्या नगण्य रह जाएगी”।

पैसा खर्चने के परिप्रेक्ष्य में जहां एक वर्ग उन उम्रदारों का है जिन्होंने अपेक्षाकृत आर्थिक तंगी की पृष्ठभूमि के चलते या अन्यथा सहेज-सहेज कर भविष्य के लिए पैसा संचित किया। अब पर्याप्त उपलब्ध पैसे के बावजूद वे आदतन खुले हाथ नहीं खर्च पाते। कुछ उम्रदारों के तो शहर में दूर दराज के बैंकों में पड़े पैसे की उनके बच्चों को खबर न रहती। ऐसे अरबों रुपए न उन उम्रदारों या न उनकी संतति की जरूरतों में काम आए और दावेदार न होने से बैंकों द्वारा हड़प लिए गए।

दूसरे छोर पर नवपीढ़ी है जिसे बचत की नहीं सूझती और पैसा उड़ाने में अपनी शान समझती है। बचत की अनदेखी करने वालों में बहुसंख्य एमएनसी में कार्यरत आज मोटा वेतन पा रहे युवा हैं जिन्हें नहीं कौंधता कि दिन कभी भी पलट सकते हैं और एकबारगी मोटा खर्चने की आदत को छोड़ना दुष्कर होता है। इसी से जुड़ा एक सच उधारी का बढ़ता चलन है। आज एक कार्यस्थल में प्रति सौ कर्मचारियों पर डेढ़ सौ क्रेडिट कार्ड मिलेंगे। उन्हें समझना होगा, शादी-ब्याह या मकान खरीद जैसे मामलों को छोड़ कर डाइनिंग टेबल आदि फुटकर चीजें हासिल करने के लिए कर्जदारी अच्छी प्रवृत्ति नहीं है। वे उन बुजुर्गों को देखें जो संतान के दूसरे शहर या विदेश में रचपच जाने के कारण भाड़े की सेवाओं के बूते बुनियादी आवश्यकताओं की आपूर्ति कर पा रहे हैं, गांठ में बचत न होती तो नामालूम कैसे गुजर होती।

बचत की परिपाटी नई नहीं। मनुष्य तथा अन्य प्राणी आदिकाल से भविष्य में कठिन, अप्रत्याशित परिस्थितियों से सुरक्षा की सोच कर आज उपलब्ध सामग्री का एक अंश बचाते रहे हैं। इस प्रवृत्ति को सर्वर्धित करने की दृष्टि से 1925 से विश्व बचत दिवस मनाया जाता है। आशय यह रहता है कि पैसे को तकिए-गद्दे के नीचे छिपा कर बचाने के बदले इसे बैंक में रखने की आदत बनाई जाए ताकि पैसा सुरक्षित रहे और संचित निधियों का सदुपयोग देश के विकास कार्यों के लिए हो सके। ओलिवर गोल्डस्मिथ के अनुसार, “यदि राज्य के सभी लोग किफायत से चलें और हम बाहरी दिखावे के बजाए वास्तविक आवश्यकताओं पर ही खर्चा करें तो अभाव की परिस्थितियां कमोबेश खत्म हो जाएंगी और सर्वत्र अनंत खुशियां छा जाएंगी”।

— हरीश बड़थवाल
लेखक के ब्लॉग (bluntspeaker.com) से

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Secretary-General, TNAI

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THE TRAINED NURSES' ASSOCIATION OF INDIA

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The articles should follow the following sequence:

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Note:

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TNAI BULLETIN

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