

TNAI BULLETIN



Counting the Blessings of the Outgoing Year

The whole world recalls the havoc caused by Covid-19 pandemic that was at peak in April-June last year before ebbing in 2021. Barring a few states, the situation is under control at home yet complacency may be risky, given the reports about resurgence of its delta or other variants from Europe and Central Asia. With new learnings we at TNAI recast our working to continue our onwards march. To begin with, the TNAI (a) published the Guidelines for deploying student nurses in Covid facilities, and (b) honoured the Covid-19 martyrs, and also pleaded with Government to compensate next of kin through employment, etc.

Not to halt the membership process in financially depressed times, the annual charges were reduced from Rs. 3,600 to Rs. 3,000 and enhanced incentive to motivators. Considering the need of insurance for nurses, ever in vulnerable zone, TNAI Members' Group Insurance Scheme (TMGIS) was launched.

Empowering the Nurses: Considering upskilling as a crucial input for empowering Nurses, skill-imparting activities were continued under Continuous Professional Development (CPD) programmes in online & offline mode.

As a Government of India-approved placement agency, the TNAI continued its Free Recruitment activity for Nurses to United Kingdom, most of these for NHS Trust Hospital.

Nursing Education: Not to degrade Nursing Education standards, the TNAI conveyed its stand to disallow introduction of Vocational (Nursing) by Government of Maharashtra.

Nursing Research: To promote nursing research, the TNAI initiated 'TNAI's National Nurses Research Grant' (TNNRG) and award of research grant to nine researchers from various parts of the country to pursue time-bound research upto two years in the specified areas.

TNAI Grievances Cell: Created in 2021, this Cell took up the grievances of nurses at individual, regional or national levels, most of these related to underpayment, unsatisfactory working conditions, overduely long duty hours, etc.

Honouring the Florence Nightingale Awardees (highest national recognition to nurses): As per its tradition of felicitating the National Florence Nightingale Awardees every year, TNAI conducted a virtual awardee felicitation programme on 25 September 2021.

Laurels Conferred on TNAI: The PHD Family Welfare Foundation (PHD FWF) conferred the prestigious 6th Astitva Award for Women Empowerment 2021 to TNAI jointly with Gujarat Cooperative Mill Federation Limited (Amul).

CHN Manual Released: 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. Unlike past editions this time the manual is multi-coloured, larger in size, with additional content.

NJI Online Portal: The Nursing Journal of India (NJI) has the enviable status of being third oldest surviving nursing journal in existence since 1910 twithout interruption. The online portal of NJI was launched in September. The new automotive system shall enhance visibility of the journal it legitimately deserves besides greater credibility and prestige and hopefully, increased readership.

During the year, the Executive Council held meetings and took important decisions on expediting the issues at hand.

Evelyn P Kannan
Chief Editor & Secretary-General

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THE TRAINED NURSES' ASSOCIATION OF INDIA

L-17 Florence Nightingale Lane, Green Park (Main), New Delhi – 110016

TNAI Headquarters - Contact Details

Contact Numbers

S No	Department	Phone
1	TNAI Headquarters	011-40195407 / 40195409 / 40196690 / 26534765
2	TNAI's Greater Noida Office	0120 - 2977797 / 2977481
3	WhatsApp numbers	Recruitment: 8287374228 SNAI: 8587825407 Membership: 8588885409

Email IDs

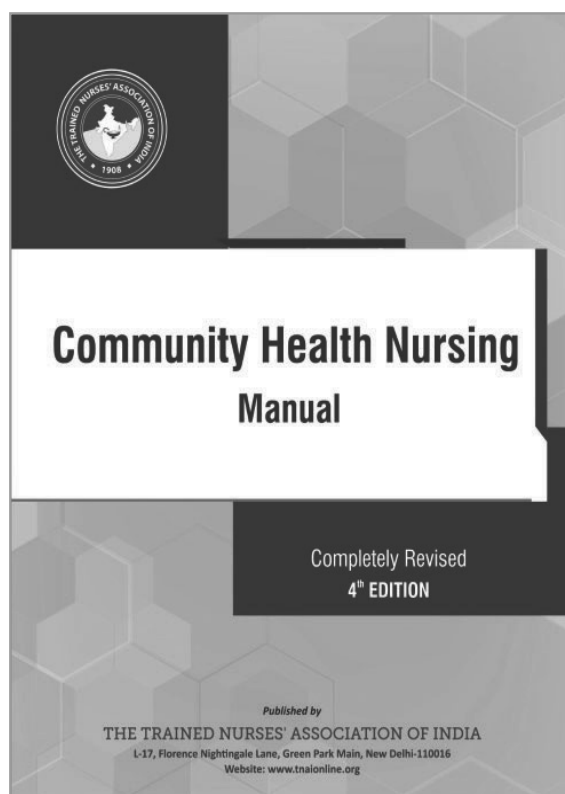
S No	Department	Email
1	Administration (General)	tnai_2003@yahoo.com
2	Help Desk	helpdesk@tnaionline.org
3	Membership	membership@tnaionline.org
4	Student Nurses Association	sna@tnaionline.org
5	Publication	publicationstnai@yahoo.com
6	ELearning	tnaielearning@gmail.com
7	Recruitment	General: tnaiemployment@gmail.com Arab countries: tnaikajobs@gmail.com
8	Grievances	tnaioncovid19@gmail.com
9	TNAI's Greater Noida Office	tnai.cin.ech@gmail.com
10	TNAI's for BLS / ACLS – International Training Centre	tnaiitc@gmail.com
11	Accounts	hqaccounts@tnaionline.org

Websites

S No	Department	Website
1	Public Relation	www.tnaionline.org
2	Publication	www.tnaipublications.in
3	ELearning	www.elearning.tnaionline.org
4	Recruitment	www.tnaiemployment.com
5	International Training Center	www.tnaiitc.com

Community Health Nursing Manual:

Completely Revised 4th Edition



Released on 4-5 September 2021 the long-awaited revised version of TNAI's prestigious classic publication, 'Community Health Nursing Manual' is available for readers.

Compared to past editions the 4th revised edition is multi-coloured, and in larger size with additional contents. The continued popularity of this valuable publication can be adjudged by its running into 14th reprints after its first publication way back in 1959. This edition has been enriched with valuable inputs by such nursing luminaries like Prof Rajeshwari Siva (former President TNAI South Region, former Head, CHN Department CMC Vellore, TN) and Dr Chellarani Vijayakumar (Consultant & Editor). It covers latest thinking on theory and practice of community health nursing.

Health experts and others are aware of the preemptive approach of adopting Community health approach that ward off several later-stage complications; the whole world is witness to a weak community health system in place when it came to combating Covid-19 pandemic that beseezed entire world.

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 nursing undergraduate and post-graduate 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. The book is priced at Rs. 850/- besides handling and dispatch charges.

The orders for copies can be placed directly with the exclusive distributor for all TNAI publications (contact details: Mr Prabhat Sharma, I-2/16, Ansari Road, Darya Ganj, New Delhi 110 002; Phone: 011-45045302, Mob: 9811449591, 8130304347; E-mail: perfectbookdist@gmail.com; Website: <http://www.pbdonline.in>).



The Trained Nurses' Association of India

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

Dear Madam/Sir,

Greetings from the Trained Nurses' Association of India!

Moving ahead with commitment and dedication

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.

After getting the approval from the TNAI's EC/Council, the revised incentives for the motivators are as follows:

Sr. 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

- TNAI will provide a space in the membership form for sharing the bank details of the motivators/introducers.
- The incentive will be released immediately at the time of enrolling membership directly to the motivators' bank account.
- The motivators/introducers will get financial benefit of 7% and 11% more than the existing rate of incentive.
- The incentive will be increased according to the increase of TNAI membership status.
- It will drastically increase the membership of TNAI.
- The Grant to State Branches also increases according to the increased membership.

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

Mrs. Evelyn P. Kannan
Secretary-General

Report for Two Days Workshop – Training of the Trainers programme on OSCE/OSPE



The Trained Nurses' Association of India (TNAI) organised two days workshop on Training of the Trainers Programme on OSCE/OSPE on 17-18 November 2021 at TNAI Headquarters, Florence Nightingale Lane, Green Park Main, New Delhi.

Day-I: The ToT training programme was conducted on both the days. The day began with registration of the candidates followed by pre-test; 28 participants from Delhi and around attended the workshop. The welcome address and updates about TNAI was briefed by Mrs Evelyn P Kannan, Secretary-General, TNAI. Vice Presidential address was given by Mrs Annie Kumar, Vice President, TNAI North Region.

Dr Latha Venkatesan, Principal, CON, AIIMS, New Delhi delivered a lectured on overview of OSCE/OSPE. Dr Feba Gee Varghese, Principal, St Stephens CON, New Delhi explained the concept of OSCE/OSPE in Fundamentals of Nursing. Dr Sunita Srivastava, Professor, Amity CON and Ms Raman Deep, Professor, SGT University, Gurgaon took the sessions on OSCE/OSPE in Medical and Surgical as well as Psychiatric Nursing respectively.

Post-lunch, the participants were divided into three groups for three skill stations namely Fundamentals of Nursing (headed by Ms Jasmine Debora, Professor, SGT University, Gurgaon), Medical and Surgical Nursing (led by Dr Sunita Srivastava, Professor, Amity CON) and Psychiatric Nursing (by Dr Muthu Venkatachalam, Associate Professor, AIIMS, CON, New Delhi). In each workstation, participants were rotated in both manned and unmanned stations and after every hour, the groups were rotated to other skill stations by following OSCE circuit guide.

Day-II: It started at 9 am. First session on OSCE/OSPE in OBG Nursing was taken by Prof Akoijam Mamata Devi, Faculty of Nursing, SGT University. Prof Dr Smriti Arora, Professor, Amity CON took the session on OSCE/OSPE in Paediatric Nursing. Dr Kamlesh Kumari Sharma, Associate Professor, AIIMS College of Nursing, New Delhi spoke on OSCE/OSPE in Community Health Nursing.

After lunch, the three groups were rotated in three Skill stations. Mrs Cecilia Mary, Associate Professor, CON, AIIMS, New Delhi handled the manned station in Paediatric Nursing, Ms Geetanjali Sirohiwal, Tutor, SGT University in OBG Nursing skill station and Ms Deepa Mukherjee, Associate Professor, SGT University in Community Health Nursing.

All the participants enjoyed the workshop as they had more sessions on hands-on skills, manned and unmanned stations. Further, they had clarity of concept on OSCE/ OFPE in organising and conducting the same.

During valediction, Certificate with credit hours were given to all the participants. Post test and feedback was obtained from the participants and ended with vote of thanks.

Nomination Sheet: TNAI Goa State Branch Elections 2021

Post	Name and Address of the Nominee	TNAI Number
President		
Vice President		
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		
Chairperson LHV/ANM & MPHW 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 **17 January, 2022** (6 weeks from the date of Publication)
2. The election of all the office of the Branch shall be held at the annual or biennial meeting of the Branch.
3. Returning Officer and Election Committee Members are not eligible to contest for election.
4. Both the nominator as well as nominee shall be a life member of TNAI.
5. The members holding office positions in TNAI shall not hold office positions in parallel Nursing Organizations and vice versa. For acquiring the new post, the members will have to relinquish the former post.
6. 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.

7. 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.
8. The members who are residing outside the country and state shall not be eligible for contesting election.
9. 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.
10. Outgoing office bearers who completed one term shall be eligible for re-election for one more term.
11. 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.
12. A break of four years after two consecutive terms (8 years) is necessary for the President/Secretary of the branch.
13. 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.
14. 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.
15. 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.
16. Please mark the envelope "Nomination sheet – TNAI Goa State Branch Election 2021".
17. Completed Nomination Sheet(s) and all other correspondence related to election to be sent to the following address: **Mrs Carmina Botelho, Returning Officer- TNAI Goa State Branch Election 2021, C/o The Trained Nurses Association of India, L-17, Florence Nightingale Lane, Green Park Main, New Delhi-110016.**

Lost and Found

It is to bring to the notice of all concerned that I, Shahrin Nisha have lost/ misplaced my one original educational certificates marks sheet of ANM II year, 2015 Exam, bearing Roll No. 414504, Enrolment No. 12047114 (with photocopies of other certificates) while commuting by autorickshaw from residence to market. The same are untraceable despite many efforts.

**Shahrin Nisha D/o Shri Ajij Baksh,
Rewa Bypass Road, Sohagpur, Shahdol (MP). Mob: 9926893588**

It is brought to notice of all concerned that during travel from Khaspa Street Bada Bazar (Berhampur) on 17 January 2021, I, Nilani Majhi, lost my original 2014 pass out GNM (i) Diploma certificate No. 15030 and (ii) Marks list issued by the Board of Nursing Education (Nurses' League of The Christian Medical Association of India South India Branch). The same are not traceable despite many efforts.

**Nilani Majhi, Staff Nurse, Uban Primary Health Centre, Aga Sahi Square,
Nr Chandra Sekhar Temple, Berhampur - 760009, Ganjam (Odisha). Mob. 7077344698**



The Trained Nurses' Association of India

Estd: 1908



**As part of the celebration of "Year of Nurse and Midwife 2020"
The TNAI announced a concessional rate of Rs. 3000/-
in membership fees.**

**This concessional rate shall be valid upto 31/12/2021.
From 01/01/2022 onwards the membership rate
will be Rs. 3600/- as usual**

Don't miss this opportunity

Note: Motivator will get 12% incentive as token of appreciation

For queries:

Call / Whatsapp: 08588885409

Email: membership@tnaionline.org

**Rush your application
before 31st of December 2021**

Apply online: payments.tnaionline.org

Moving ahead with commitment and dedication since 1908
by Secretary-General



The Trained Nurses' Association of India

Estd: 1908



Attention to the Newly Graduated Nurses

**Student Nurses completed the training successfully apply immediately
on passing the final examination to avail the concessional fees
Rs. 2200/- (BSc/GNM) Rs. 1000/- (ANM) for life membership of TNAI.**

**This concession rate is applicable for
one year after the announcement
of final examination result.**

Note: Motivator will get 12% incentive as token of appreciation

For queries:

Call / Whatsapp: 08588885409

Email: membership@tnaionline.org

**Don't miss this
opportunity**

Rush your application immediately

Apply online: payments.tnaionline.org

Moving ahead with commitment and dedication since 1908
by Secretary-General



The Trained Nurses' Association of India

Estd: 1908



UK NHS Trust Invites applications from Nurses **For All Departments**

Eligibility:

1. Six months of recent Staff Nurse experience.
2. Valid IELTS or OET Score
3. Professional Qualification: GNM/B.Sc/M.Sc (N)
4. Employment Gap of 1.6 years in service is accepted

Eligible Score

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

Benefits*

1. NMC full application assistance
2. Assistance for CBT exam
3. Assistance for OSCE Examination
4. Visa application assistance
5. Certificate of sponsorship paid
6. Flight ticket paid
7. OSCE examination paid
8. 3 months free accommodation
9. Pickup from airport
10. Spouse Visa

* Varies with the trusts

Don't miss the opportunity

RUSH your CV to

tnairecruitment@gmail.com | WhatsApp: 08287374228

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

Ph: 01140196690, 40195409, 40195407,

Connect with TNAI TNAI TNAINationalHq

Moving ahead with commitment and dedication since 1908

by Secretary-General

TNAI Souvenirs - Price List



Money Bank
Rs. 150/-



Medicine Pill Water Bottle
Rs. 240/-



Mug
Rs. 110/-



Pen
Rs. 10/-



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/-

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



Flower Pot
Rs. 25/-



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।

खतरनाक मोड़ ले रहा है बच्चों में मोबाइल फोन का चस्का

मोबाइल फोन से बच्चों की आसक्ति बहुतेरे माता-पिताओं की चिंता बन गई है और उन्हें इस घातक रूप ले चुकी समस्या से निजात पाने का रास्ता नहीं सूझता। कुछ तो टीवी व प्रचार माध्यमों का असर तो कुछ अपने साथियों की देखादेखी बच्चे मोबाइल की लत का शिकार हो जाते हैं।

इससे जहां एक ओर उन अभिभावकों की आर्थिक स्थिति डांवाडोल होती है, वहीं बच्चों के स्वास्थ्य पर इसका भीषण कुप्रभाव पड़ता है। फोन की कीमतें, विशेषकर स्मार्टफोनों की कीमतें बहुत उच्च हैं किंतु बच्चे जब ज़िद पकड़ लेते हैं तो तंगहाथ अभिभावक स्वयं को बेबस महसूस करते हैं। उससे भी ज्यादा खतरनाक स्थिति है उनके श्रवण क्षमता का ह्रास और उनका संतुलन डगमगाना। बहुत से बच्चे खाते, चलते, पढ़ते, बाइक चलाते फोन में डूबे रहते हैं, अपना ध्यान पढ़ाई या कार्य में नहीं लगा पाते।

हालिया जयपुर (राजस्थान) के एक २० वर्षीय युवा को मोबाइल की भीषण चपेट में आने का मामला सामने आया है। उसका यह हाल है कि वह सब कुछ ताक पर रख कर मोबाइल की चैटिंग और गेम्स में लगा रहता था। इस लत के कारण वह अपने ही घरवालों को पहचान ही नहीं रहा है। उसने कुछ दिनों से किसी से भी बोलचाल बंद कर दी है, वह कई दिनों से नहीं सोया किंतु लोग चकित हैं कि उसे यह याद ही नहीं। उसकी दशा को देखते हुए उसे चूरू के राजकीय भरतिया अस्पताल में भर्ती कराया गया है जहां उसका इलाज किया जा रहा है। सही बात यह है कि वह मानसिक रोगी बन गया है। पता चला है कि वह करीब एक महीने से अपना मोटर वाइंडिंग का काम छोड़ कर सुबह शाम मोबाइल में लगा रहता था। इस प्रकरण में उन सभी बच्चों के लिए संदेश है कि वे मोबाइल के प्रयोग के प्रति सचेत रहें।

NEWS FROM NURSING INSTITUTIONS

Sri Ramachandra Faculty of Nursing (SRFON), a unit of Institute of Higher Education & Research (Deemed to be University) (SRIHER-DU), Porur, Chennai (TN): The 28th Lamp Lighting ceremony was organised on 22 September 2021 in Seminar Hall of Medical College. The programme began with a prayer and university anthem. The chief guest was Dr S Kanchana, Principal & Research Director of International Centre for Collaborative Research, Omayal Achi College of Nursing. Prof (Dr) SJ Nalini, Principal, SRFON introduced & felicitated the chief guest and Prof (Dr) Vi-



ayaraghavan, Vice Chancellor SRIHER-DU. Dignitaries on the dais lit the kuthuvillakku. Earlier, Dr Anitha David, Reader & Head, Dept of Paediatric Nursing, SRFON welcomed the participants. Principal SRFON lit the Florence Nightingale lamp and transferred luminosity to senior nursing leaders. Mrs S Rajeswari, Reader in O&B, SRFON highlighted the significance of lamp lighting. At this occasion, 101 BSc Nursing (Basic) I year students dedicated themselves to the profession and recited the pledge after Principal. Freshers rendered the special song. Annual Report of SRFON was presented by Mrs S Nalini, Lecturer, SRFON. In his Presidential address, Prof (Dr) Viayaraghavan, VC, SRIHER-DU underscored the attributes of nurses: commitment, compassion, confidence, critical thinking, communication and competence in basic skills. As an integral part of healthcare system, their role is crucial, he said. Dr S Kanchana emphasised selflessness and caring attitude for nurses. The programme concluded with vote of thanks by Dr A Seethalakshmi, Reader & Head, Dept of Nursing Foundation, SRFON.

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.



You can also detach the proforma below, which should be duly filled in and sent along with demand draft of requisite value.

Name:

Complete address with pin code:

Phone No.

Fax:

Email id:

Demand Draft No.dated

Drawn at (name of bank & branch)

Signature



EVENTS IN DECEMBER

National Pollution Prevention Day: 2 December

National Pollution Prevention Day is observed in India on 2 December to spread awareness on managing and controlling industrial disasters. The broad objective is, make people and industries aware about the importance of various pollution control acts. The Day was established to pay tribute in the memory of people who lost their lives in historical Bhopal gas tragedy in the night of 2 December. That fateful night, known as Bhopal Gas Tragedy, many people died due to leakage of poisonous gas methyl isocyanate (MIC) from Union of Bhopal.

With rise in incidence of pollution of natural resources (water, air, land or forest), it is essential to implement the rules and regulations properly to protect the environment and to reduce the pollution. These acts relate to protection of Water, Air, Environment; manufacture, storage and import of hazardous chemicals; chemical accidents; bio-medical waste, recycled plastics, ozone depleting substances; noise pollution, municipal solid waste; batteries; environment impact assessment, the National Green Tribunal, e-waste; construction and demolition waste. The Central Pollution Control Board (CPCB), constituted in September 1974, promotes cleanliness of streams and wells in different areas of the States by prevention, control and abatement of water pollution, and improvement in the quality of air and to prevent, control or abatement of air pollution in the country. Vested with the powers and functions under the relevant Acts, it provides technical guidance to the Ministry of Environment, Forests & Climate Change, Government of India.

Know and Help Keep Environment Clean & Healthy

- Nine out of ten people worldwide do not breathe safe air.
- Air pollution kills 7 million people every year globally, 4 million of whom die from indoor air pollution.
- A microscopic pollutant (PM 2.5) is so tiny that it can pass through mucus membrane and other protective barriers to damage lungs, heart, and brain.
- The key pollutants include particulate matter, a mix of solid and liquid droplets arising from fuel combustion, nitrogen dioxide from road traffic; ozone at ground level, caused by the reaction of sunlight with pollutants from industrial facilities and vehicle emissions; and sulphur dioxide, and invisible gas from burning fossil fuels like coal.
- Children and old persons are highly affected by air pollution.
- Air pollution is also responsible for climate change.

Ways to limit breathing polluted air:

- Limit walking on busy streets during rush hour, and if you have a young child with you, try and lift them up above the level of vehicle exhausts.
- Don't burn waste as the smoke that results damages the health.
- Promote use of renewable energy.
- Enhance plantation such as urban forest and green roofs for reducing pollution in urban areas.
- Turn off lights and electronics not in use.

International Universal Health Coverage Day: 12 December

Every year on 12 December, the world celebrates the UN-designated International Universal Health Coverage (UHC Day) Day to raise awareness of the need for strong, equitable and resilient health systems and universal health coverage (UHC). The UHC is based on the principle that everyone, everywhere should have access to quality essential health services without suffering financial hardship. It cuts across all health targets.

Earlier, the regulatory system required the industrial employers to provide health care to workers. All employees and employers contributed to a "sick fund", which was used to pay for healthcare for those who needed it. With time, it spread to the UK, Russia, and more. In the first half of the 20th century, nearly all European countries developed a similar plan. By the end of the 20th century, universal health care systems existed in Europe, some Asian countries, Latin American, Africa, and more.

In the face of the pandemic, the UHC Day campaign had to evolve as well, much as it has done every year since the first UHC Day in 2014. The Covid-19 pandemic exposed long-ignored risks, including inadequate health systems, gaps in social protection and structural inequalities. For the 2030 health targets to be achieved, we must prioritize equity - investing more in health and allocating resources efficiently and equitably as per requirements. To that end, this year's theme is: Leave No One's Health Behind: Invest in health systems for all.

In current year, the UHC Day campaign will continue to involve localised and sustainable campaigns. The three pillars of UHC are: service delivery, health financing and governance. Countries with best health coverage are: South Korea has been dubbed as country with the best health care systems in the world according to the 2021 edition of the CEOWORLD magazine Health Care Index, which ranks 89 countries according to factors that contribute to overall health.

Advertisement Rates

Monthly *TNAI Bulletin* and Bi-Monthly *The Nursing Journal of India (NJI)*

Consequent upon the decision of TNAI Executive Committee/ Council meeting held during December 11-16, 2018 at Goa (Minutes No. EC/CL/2018/4, the advertisement rates for the NJI and TNAI Bulletin have been modified from April 2019 issue onward, as under.

Advertisement for Website only

Products	-	Rs. 30,000/- per month
Institutions (Admission Notices, Staff Vacancies)	-	Rs. 15,000/- per month
Institutions (Workshops / Conferences / News)	-	Rs. 10,000/- per month

The Nursing Journal of India (NJI) – Bi-Monthly

Advertisement Size	Contract Rate Per issue (Rs.)	Casual Rate Per issue (Rs.)	Foreign Advertisement Rate in US Dollar (\$) Per issue
Front Cover Inside/Last Cover Inside/Last Cover (Colour)	53,200	63,800	3,600
Full Page (Colour)	35,100	38,300	2,880
Half Page (Colour)	19,100	26,500	1,440
Quarter Page (Colour)	12,800	19,100	720
Full Page B/W	25,100	27,300	2,070
Half Page B/W	15,200	20,300	1,080
Quarter Page B/W	10,200	15,200	540
Job Work		Rs. 1530/- per column per centimeter with minimum size as 7 cm i.e. Rs. 10,700/- minimum charges	

TNAI Bulletin – Monthly

Advertisement Size	Contract Rate Per issue (Rs.)	Casual Rate Per issue (Rs.)	Foreign Advertisement Rate in US Dollar (\$) Per issue
Front Cover Inside/Last Cover Inside/Last Cover	27,300	32,800	2,025
Full Page B/W	20,000	21,900	1,620
Half Page B/W	11,000	14,600	810
Quarter Page B/W	7,300	11,000	405
Job Work		Rs. 1215/- per column per centimeter with minimum size as 7 cm i.e. Rs. 8,500/- minimum charges	

- Contractual rates applicable to a minimum of 6 insertions in twelve months.
- Advertisement matter mentioning the size of advertisement, month of publication along with payment should reach TNAI office latest by the first day of the previous month (e.g., for publication in April, the advertisement matter and payment etc., should reach us latest by May 1).
- Outstation Cheques will not be accepted.
- Payment shall be made in advance through Demand Draft in the favour of TNAI, payable at New Delhi.
- Kindly note that GST, as relevant (presently 5%) shall be chargeable on the rates mentioned.

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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.

Name(s) of author(s) with designation; TNAI Number; Author(s) and co-authors details; Email id and phone no.; Complete address for correspondence; mention the year in which the study was conducted; furnish an undertaking that the article has not been submitted elsewhere for publication; Institution Ethical Clearance (IEC) letter (whoever conducting interventional studies); If your research study is the part of MSc Programme mention the names of your guide and co-guide.

The articles should follow the following sequence:

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

Note:

- The articles should be 1200 to 2000 words long. Illustrations, diagrams, photographs should be preferably in black and white; if in colour, these should have good reproducibility.
- Evidence-based studies are given priority
- Planned teaching programme studies are not accepted

Authors should send the soft copy through mail publicationstnai@yahoo.com along with a cover note addressed to the Chief Editor, The Nursing Journal of India (NJI).

Call for News Items from Nursing Institutions

Schools and Colleges of Nursing are welcome to submit for publication in monthly TNAI Bulletin, the news items and write ups about observances of Graduation Ceremony, Annual Day, Seminars, Conferences, important workshops, etc. The charges are Rs 1000/- + GST per item including one photograph. The payment should be through a demand draft in favour of The Trained Nurses' Association of India (TNAI), New Delhi. Neatly spaced out hand-written matter, preferably typed in double space on one side of paper with photograph may be sent, along with requisite charges, to the Editor, TNAI Bulletin.

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