

TNAI BULLETIN



Moving Onwards Despite Covid-19 and the Omicron

The years come and pass by. As we become aware of pleasing ambience around the foliage and the greenery that is absent with felling of leaves in autumn, so with each year end we are reminded that a 12-month period is, alas, over. The Wheel of Time does not discriminate, it allows equal slot (read opportunities) to each of us. It is upon the individual's discretion and mindset how to use it or just let it go routinely. One thing is sure, though. One having oneself engaged in a constructive, philanthropic activity derives the satisfaction of having contributed, in whatsoever degree, towards a purpose beyond serving one's own interests. Such person is a giver, and more than earning the good wishes of the beneficiaries, the benefactor leads a vibrant, fulfilling life.



On health front, the year 2021, like the preceding year, has been quite precarious with massive casualties the world over with no region, no sector excluded. With diminishing severity and spread of Covid-19 the situation seemed under control at start of 2021 but there was resurgence in second phase of the pandemic with additional burden of its novel version, 'Omicron' that continues to baffle the medical scientists. The virologists are still attempting to study its nature, and pattern of its genesis and spread. As such prevention is the best modality to stay clear of these infections. Kudos to the nurses and other health workers, who as integral part of the medical team spared strained every nerve in their duties of diagnosis, cure and care of the affected and the vulnerable. In the process, many nursing personnel succumbed; TNAI highlighted their profile and also endeavoured to have compensation to the next of the kin of the Corona nurse martyrs.

At TNAI, we continued working on alternative strategies to keep on our training programmes, workshops, meetings, and other activities in online mode, as protocol demanded. To cite a major achievement of 2021, is the launch of online portal of TNAI's Nursing Journal of India during an EC meeting on 4-5 September 2021. The TNAI also continued conducting its collaborative programmes on RMNCH+A training for the Nurses, Doctors and student nurses; BLS and ACLS courses; and Continuing Professional Development and Providing Free Online courses for up-skilling the nurses jointly with World Continuing Education Alliance (WCEA). On the anvil are collaborative programmes with WHO. The Learning Management System (LMS) through online (free of cost) has already benefited around 2 lakh Nurses including Student Nurses. Then, the long-awaited 4th revised (14th reprint) multi-coloured edition of TNAI's prestigious classic publication, Community Health Nursing Manual was released.

Setbacks sometimes make us stronger to rise with re-invigorated zeal. We at TNAI not only wish but believe that as voice of Indian nurses, we shall emerge stronger to perform our role of wellness of our nurses but also those of people at large. My best wishes for the New Year to all readers.

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Prof (Dr) Roy K George
National President, TNAI

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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: tnaisajobs@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

NJI Contributors to Submit Articles through NJI Portal

In case existing and prospective contributors of NJI and others may not aware, the on-line portal of TNAI's flagship periodical Nursing Journal of India was launched during an EC meeting on 4-5 September 2021.

With the NJI portal being fully functional authors are advised to use it for submission of articles. The peer reviewers shall also be enabled to offer their observations & comments. The portal can be accessed after logging in. The editorial team at Headquarters shall monitor the receipts at hand and onward action on the articles and related material, and queries of the contributors.

Authors may submit the manuscript via the link: <https://www.tnainjournal-nji.com>.

NEWS FROM NURSING INSTITUTIONS

Mahatma College of Nursing (MCON), Khammam (Telangana):

A conference on Nursing Education was organised on 12 October 2021 on the theme, 'Covid-19 Pandemic: The Challenges to the Professional Identity of Nurses and Nursing Education'. Sponsored by the Trained Nurses Association of India (TNAI), the conference had five Resource Persons from various nursing colleges. The theme of the conference was unfolded by MCON Principal after which sessions were held. It was attended by 61 delegates. Among those present in the conference were President and State SNA Advisor from Telangana TNAI State Branch and observer from Telangana State Nurses & Midwives Council. The programme concluded with national anthem.



Lost and Found

It is to bring to the information of all concerned that I, Bimla Barthan, D/o Mr Banchha Bardhan, have lost my original Diploma Marks Sheet of General Nursing & Midwifery (GNM) bearing certificate No. 15426 through Narsapur Christian Hospital, Narsapur, while going to a photocopy shop in Markat Nagar Police Station. I am unable to find the same despite much efforts, and same is beyond recovery.

**Bimla Barthan, D/o Mr Banchha Bardhan, Staff Nurse,
CDA Sector 6, Plot No. 879/24 (G), PS Markat Nagar, Cuttack - 753014 (Odisha). Mob: 8917679100**

Lost and Found

This is for information of all concerned that I, Nilani Majhi, Bimla Barthan, lost my original Diploma Certificate (bearing No. 15030) as well as Marks Sheet of General Nursing & Midwifery (GNM) (2014 pass out from Narsapur Christian Hospital, Narsapur) on 17 January 2021. I tried hard to search the same but the same was not traceable.

**Nilani Majhi, Staff Nurse
Urban Primary Health Centre, At AGA Sahi Square
Near Chandra Sekhar Temple, Berhampur-760009, Dist Ganjam (Odisha). Mob: 7077344698**

Nursing Journal of India (NJI)

Author Guidelines

The Nursing Journal of India is a nursing journal with National and International circulation. It publishes original communications of nursing research that advance or illuminate Health science, that educate the journal readers. It is published bimonthly.

The NJI strongly discourages duplication/reduplication of data already published in other journals (even when certain cosmetic changes/additions are made). If and when duplication is detected after publishing in NJI, the journal will be forced to 'retract' such articles.

EDITORIAL PROCESS

- Copy Right: Authors need to certify in the covering letter that this manuscript has not been published elsewhere/submitted to any other journal simultaneously for consideration.
- Manuscripts are screened initially at the editorial office for suitability of publication. Those found provisionally suitable are sent to three peer reviewers. The journal follows the double blind peer review process.
- After peer review process, selected manuscripts for publication are edited before publication.
- The processes of submission of manuscript, peer review, communication of final decision and sending proofs are managed through online platform.

SUBMISSION OF MANUSCRIPT

All manuscripts submitted for publication to the NJI should include the following:

1. Cover page file
2. Article file including tables and figures
3. A scanned copy of ethical clearance certificate
4. Undertaking by authors & copyright transfer agreement

1. Cover Page File: Covering letter should include (i) name(s) of author(s); (ii) TNAI number; (iii) Educational qualification (iv) Designation of authors; (v) complete postal address, mobile number and e-mail id of all authors; (vi) name of corresponding author with all above mentioned details. (vii) Title of the article/Problem Statement. It should be addressed to the Chief Editor, NJI at The Trained Nurses' Association of India L-17 Florence Nightingale Lane, Green Park New Delhi-110016.

2. Article File: Manuscripts must be submitted online through the website: <https://review.jow.med-know.com/ijmr>. First time users will have to register at this site. Registration is free but mandatory. Registered authors can keep track of their articles after logging into the site using their user name and password. Manuscripts should be presented in concise form within the word limits of 2000-2500 maximum. Pages should be numbered consecutively and the contents arranged in the following order:

Sequence of Research Article (Maximum 2000-2500 words)

I. Title: The title of manuscript shall not exceed 15 words, shall be given on top of the title page. Information regarding authors shall be given in a separate page which shall include the following; Name, Academic degree, Designation/position, name of Institution. Address for correspondence including telephone number & email. In case of group of authors the names shall be listed in the order of authorship. Cover letter should include statements regarding authorship.

II. Abstract and Key Words: The abstract must be in one-paragraph with self-contained summary of the most important elements of the paper. The abstract shall not exceed 250 words. All numbers in the abstract (except those beginning a sentence) should be typed as digits rather than words.

Key words: provide 4 to 6 key words which can be used for indexing purposes.
Text: IMRAD format.

III. Introduction: It shall be 3-4 paragraphs which consists of brief background of the problem studied, critique of relevant research articles that are referenced as per Vancouver/ APA style. Clearly state the purpose / objectives and hypotheses tested.

IV. Materials and Methods: It should highlight the setting where the study was done, sample size and method of selection. A brief description of the demographic variables of the sample could be provided in 2-3 sentences. It should also have a description of the design, tools/ instruments used for collecting data; ethical approval and ways by which privacy and confidentiality of subjects were maintained; how data were collected; pilot study (if done) with any modifications made thereof and any methodological limitations.

V. Results: It must be presented in a logical sequence. Only such data as are essential for understanding the discussion and main conclusions emerging from the study should be included. Data presented in tables and figures should not be repeated in the text. Only important observations need to be emphasized or summarised. The same data should not be presented both in tabular and graphic forms. Interpretation of the data should be taken up only under the Discussion and not under Results.

VI. Discussion: The discussion should deal with the interpretation of results without repeating information already presented under Results. It should relate new findings to the known ones and include logical deductions. The conclusions can be linked with the goals of the study but unqualified statements and conclusions not completely supported by the data should be avoided. Recommendations may be included as part of the Discussion, only when considered absolutely necessary and relevant.

VII. References: The total number of References should normally be restricted to a maximum of 20.

VIII. Illustrations: Illustrations must be electronically prepared and we prefer them in soft copy either by mail / disc. Tables and figures must be numbered.

IX. Acknowledgement of Receipt: The decision of acceptance/ rejection/ recommendation for resubmission will be intimated to the corresponding author.

3. ETHICAL CLEARANCE CERTIFICATE: All research articles submitted shall be accompanied by a copy of certificate issued by the institutional ethical committee

4. UNDERTAKING BY AUTHOR(S) Downloadable form: It is necessary that all the authors give an undertaking (in the format specified by the journal) indicating their consent to be co-authors in the sequence indicated on the cover page. All authors must sign the undertaking letter.

Note:

1. The NJI does not charge any Fee for submission and processing of the Manuscript.
2. Life membership of TNAI is mandatory for primary Author and all Nurse researchers in the team of authors.
3. No addition/deletion/ or any change in the sequence of the authorship will be permissible at a later stage, without valid reasons and permission of the Editor-in-Chief.
4. If the authorship is contested at any stage, the article will be either returned or will not be processed for publication till the issue is solved.

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

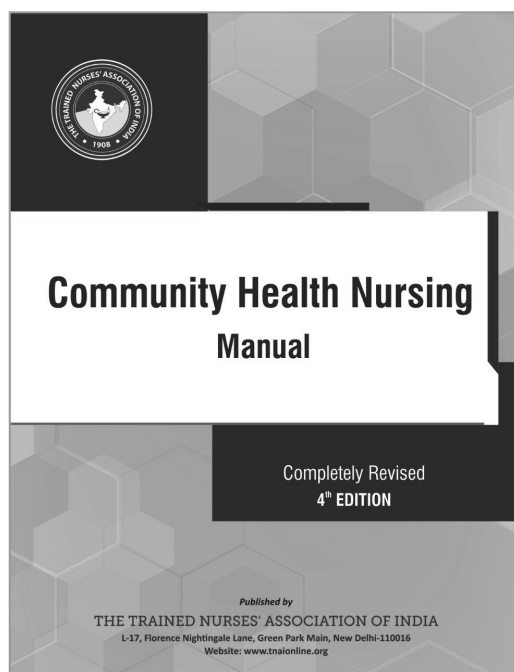
Drawn at (name of bank & branch)

Signature



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 Vice-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 beset the 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>).

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।

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.

Telephone: 011-26966873, 26566665, 26534765; Email: publicationstnai@yahoo.com

The Trained Nurses' Association of India

Estd: 1908



PROUD TO BE A NURSE

Happy News for Mental Health Nurses

UK NHS Trusts are inviting applications for Mental Health Nurses

Eligibility

1. Masters in Psychiatric Nursing
(No clinical experience is required)
2. GNM/ BSc
(12 months of clinical experience in Mental Health)
3. IELTS/ OET with UK Score

Features:

1. Multiple locations
2. Immediate deployment
3. Salary hike with qualification and years of experience
4. Family settlement scheme
5. Take your family while travelling

We are also providing free OET training for Nurses with Masters in MH or 12 Months of MH clinical experience.

Free Recruitment to UK

Connect with TNAI TNAINationalHq TNAI

Send Your CV and score (IELTS/OET) to
tnairecruitment@gmail.com | WhatsApp: 08287374228

L-17, Florence Nightingale Lane, Green Park, New Delhi
Ph: 01140196690, 40195409, 40195407

Moving ahead with commitment and dedication since 1908

by Secretary-General



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

OBITUARY

Miss Tahira Hashim Ali Khan

Born on 31 December 1930, the nurse luminary Miss Tahira Hashim Ali Khan breathed her last on 22 December 2021 in Hyderabad (Telangana).

After her education from RAK College of Nursing, she had a long distinguished career in various health sectors including Public Health (as Health Visitor, 1953-54), Training (as Asst Superintendent, and later as Superintendent at Health Visitors Training School, 1954-59), Teaching (Special Officer, later as Principal & Head of Public Health Nursing Dept, 1959-63; 1963-85). She was instrumental in establishing many nursing colleges: College of Nursing, Hyderabad and also two Government Colleges of Nursing at Kurnool and Visakhapatnam. In later years she was associated with adult literacy and teaching to primary students. She was member of many professional bodies: Member TNAI; Syndicate Member/ Senate Member/ Medicine Faculty Member, Osmania University; Member, Board of Studies of Osmania University/ Andhra University/ Sri Venkateswara University/ SNTD Women's University; Member & Vice President Indian Nursing Council, Member, American Nursing Association, President, Academy of Nursing Studies, Hyderabad.

Miss Khan was recipient of several awards & honours: One-year WHO Fellowship in 1956; Training under USAID; working as Counterpart to WHO Nurse Project. She was honoured with the National Florence Nightingale Award in 2007; Miss Hashim Khan was among the few who donated the entire award of cash for the health and welfare of nurses. Her life has been covered in a biography, 'Rest Well Legend'.

The TNAI pays its deepest condolences to the aggrieved family, friends and near & dear ones. May her soul rest in peace.



EVENT OF THE MONTH

World Leprosy Day: 30 January

Every year on 30 January or the Sunday closest to it, World Leprosy Day (WLD) is celebrated worldwide to increase public awareness about leprosy (or Hansen's disease). The day was fixed to commemorate the death of Mahatma Gandhi, who contributed immensely to alleviate the woes of living with this disease. The WLD theme for 2022 is, 'United for Dignity'. The campaign honours the lived experiences of individuals who have been living with leprosy by sharing their empowering stories and advocating for mental wellbeing and the right to a dignified life free from disease-related stigma. The key messages of leprosy campaign are: Those living with leprosy have the right to a dignified life free from disease-related stigma and any discrimination or isolation against the leprosy-affected must be done away with.

Leprosy is a chronic infectious disease caused by "mycobacterium leprae" that mainly affects the skin, peripheral nerves, eyes and the mucous membrane of the windpipe. The idea of World Leprosy Day is spreading the message that leprosy is completely curable using multi-drug therapy available free in public hospitals; if treated in early stage, there are little or no chances of disability. A myth doing rounds about leprosy is its being equated with HIV/AIDS. World Leprosy Day seeks to educate public at large, and debunk the stigma associated with it.

The major reason behind high incidence of leprosy in India most cases remain hidden. By the end of 2018, globally 1,84,212 new cases were reported with prevalence rate at 0.2/10,000 as against 0.57/10,000 population in India as of March 2020. Low voluntary reporting in the community is again due to a lack of awareness and associated stigma and discrimination. The extent of stigma and discrimination is evident by the fact that 200,000 people are residing in about 750 leprosy colonies. WLD is an opportunity for enhanced efforts and renewed commitment for elimination/eradication of the debilitating disease at the earliest. It focuses on the target of zero cases of leprosy-related disabilities in children. Early detection is prime focus to achieve this target, along with strengthening interventions to prevent leprosy transmission.

नेत्रदान से आप भी किसी की दुनिया रौशन कर सकते हैं, जी हां!

आंख में धूल का कण आ जाने, बत्ती गुल होने पर यकायक घुप्प अंधेरा छाने आदि से थोड़ी देर के लिए कुछ न दिखे तो हम पर क्या बीतती है। कभी सोचा, जिन्हें जन्म से या किसी दुर्घटना के बाद पूरी तरह दिखना खत्म हो जाता है वे क्या सोचते, विचारते, महसूस करते होंगे? कैसे गुजार लेते हैं वे समूची जिंदगी?

आंख है तो जहां है। विश्व अंध संघ की पहल पर 4 जवरी का दिन प्रतिवर्ष विश्व ब्रायल दिवस बतौर मनाते हैं। वर्ष 1809 में जन्मे फ्रांसिसी शिक्षक लुई ब्रायल अंधों के मसीहा बन कर आए और अपने अथक प्रयासों से उन्हें पढ़ने-लिखने की उस पद्धति की शुरुआत की जिससे अंधों की दुनिया बदल गई। ब्रायल स्वयं तीन वर्ष की अल्पायु में एक दुर्घटनावश देखने में अक्षम हो गए थे और ऐसे व्यक्तियों की पीड़ा समझते थे। ब्रायल लिपि में अक्षर प्लेन सतह पर अक्षर खुदे होते हैं और हाथ से टोह कर व्यक्ति पढ़ सकता है। उनकी स्मृति में उनकी जन्मगांठ विश्वभर में ब्रायल दिवस को अनेक सरकारी, गैरसरकारी और स्वैच्छिक संगठन विभिन्न कार्यक्रम आयोजित करते हैं।

ब्रायल लिपि से न केवल दृष्टिबाधित पढ़ने में समर्थ होता है, वह संगीत को भी समझ सकता है। इसका कारण है, ब्रायल लिपि विश्वभर में अधिकांश संगीत यंत्रों के तालमेल से विकसित की गई है। वर्ष 1854 में उनकी मृत्यु के दो वर्ष बाद उनकी पद्धति समूचे फ्रांस में लोकप्रिय हो गई थी, और धीमे धीमे समस्त विश्व में अपनाई जाने लगी।

विकासशील देशों की स्वास्थ्य समस्याओं में में दृष्टिहीनता एक प्रमुख समस्या है। विश्व स्वास्थ्य संगठन के अनुसार कॉर्निया की बीमारी मोतियाबिंद और ग्लूकोमा के बाद दृष्टि गिरने का मुख्य कारण है। किसी व्यक्ति की मृत्यु के बाद नेत्र सहित अनेक अंग दान किए जा सकते हैं। इन्हें जरूरतमंद रोगियों में प्रत्यारोपित किया जा सकता है। मृत्यु के बाद नेत्रदान से क्षतिग्रस्त कॉर्निया के स्थान पर स्वस्थ कॉर्निया को प्रत्यारोपित किया जाता है। प्रत्यारोपण के बाद दृष्टिहीन व्यक्ति फिर से सामान्य व्यक्ति की भांति देख सकता है और उसकी जिंदगी जगमगाने लगती है।

नेत्रदान के बारे में एक तथ्य यह है कि नेत्रदान मृत्यु के छह घंटे के अंदर हो जाना चाहिए। अनेक संगठनों द्वारा नेत्रदान की सुविधा घर पर भी दी जाती है। यदि किसी व्यक्ति ने नेत्रदान की घोषणा न की हो, उसके रिश्तेदार मृत व्यक्ति का नेत्रदान कर सकते हैं। आंखों का कोई आपरेशन करा चुके, चश्मा पहनने वाले व्यक्ति या डायबिटीज के रोगी भी नेत्रदान कर सकते हैं। नेत्रदान के पुनीत कार्य को प्रोत्साहित करने की दृष्टि से स्वास्थ्य मंत्रालय राष्ट्रीय पखवाड़ा आयोजित करता है।

दृष्टि क्षमता के परिप्रेक्ष्य में देश का परिदृश्य चिंताजनक है। नेत्रहीनों में सर्वाधिक संख्या, करीब 92 लाख, भारत में हैं; इसके बाद चीन का स्थान है जहां 89 लाख नेत्रहीन हैं। बदतर यह कि पिछले 30 वर्षों में कम देख सकने वालों की संख्या, यानी जिन्हें नजदीक का नहीं दिखता, दुगुनी हो गई है। ऐसे व्यक्ति पूरी तरह अंधे हो सकते हैं। उम्र का दृष्टिदोष से सीधा नाता है। देश में जीवन प्रत्याशा 70 वर्ष तक बढ़ जाने से डायबिटीज़ सरीखी बीमारियां के मामले अधिक दर्ज किए गए। देश के 70 प्रतिशत नेत्रहीन 50 वर्ष से अधिक आयु के होते हैं। लगभग 16 मामलों में दृष्टिहीनता का कारण रेटिनोपैथी यानी डायबिटीज़ से रेटिना क्षतिग्रस्त होना है। ताजा आंकड़ों बताते हैं कि संप्रति 13 करोड़ भारतीय नजदीकी चीजों पर फोकस नहीं कर सकते।

नेत्रहीनों तथा दृष्टि से वंचित व्यक्तियों को देश की मुख्यधारा में भागीदार बनाने के उद्देश्य से भारत सरकार का राष्ट्रीय दृष्टि दिव्यांगजन सशक्तिकरण संस्थान (पुराना नाम राष्ट्रीय दृष्टि बाधितार्थ संस्थान - एनआईवीएच) विभिन्न कार्य करता है।

वर्ष 1943 में स्थापित इस प्रिमियर संस्थान का मुख्यालय देहरादून में है, एक केंद्र चेन्नै में है तथा कोलकता व सिकंदराबाद (आंध्रप्रदेश) में प्रखंड हैं। इसका प्रमुख उद्देश्य देखने से अक्षम व्यक्तियों के अधिकार सुनिश्चित करना, उन्हें गरिमापूर्ण जीवन बिताने में सहायता प्रदान करना और उनके शिक्षण के लिए उपयुक्त जनशक्ति प्रशिक्षित करने जैसे उपाय करना है। इस आशय की पूर्ति के लिए यह अनुसंधान भी करता है, अनुकूल नीतियां बनाने में योगदान देता है। बोलती पुस्तकों के निर्माण सहित यह ब्रायल साहित्य उत्पादित और वितरित करने वाली देश की सबसे बड़ी संस्था है।

अनेक सरकारी, गैरसरकारी अस्पताल तथा बहुत से स्वैच्छिक संगठन मृत्यु उपरांत नेत्रदान स्वीकार करते हैं। नेत्रदान एक पुण्य का कार्य है, याद रहे मनुष्य न भी रहे तो उसकी आंखें किसी के जीवन को रौशन कर सकती हैं। इस अभियान में स्वयं के योगदान तथा अन्यो को इस बड़े कार्य के लिए प्रेरित करना सही मायने में मानवीय सेवा है।

Lodging at TNAI Headquarters Made Easier !

TNAI Hqrs has expanded its capacity to accommodate more of TNAI members visiting Delhi. The TNAI members including students visiting Delhi on official or professional tours can avail the lodging facility, within the TNAI Hqrs premises at reasonable charges. The per day charges are as under:

TNAI Members: Rs. 600/-

SNA Members: Rs. 250/-

Non-Members: Rs. 900/-

Children below 5 yrs: No charges

Children 6-12 yrs: Rs. 150/-

However, due to limited beds, interested members may get the booking done in advance.

Secretary-General, TNAI

NOMINATIONS FOR NATIONAL FLORENCE NIGHTINGALE AWARDS 2022

Nominations are invited for National Florence Nightingale Awards, 2022. This is the highest award, conferred on nursing personnel (Auxiliary Nurse & Midwife, Registered Nurses/ Midwife/ Lady Health Visitor) employed in government, semi-government, charitable, private or voluntary sector anywhere in India. Each award carries Rs. 50,000/- in cash, a certificate and a medal. The last date for receipt of Nominations at the office of Indian Nursing Council (INC) is 28 February 2022.

For details, interested candidates may visit the INC website (www.indiannursingcouncil.org) or e-mail (secy.inc@gov.in) or contact on phone (011-66616800/ 66616821/ 6661682200) or TNAI website: www.tnaionline.org.

HEALTH EVENT OF THE MONTH

World Braille Day: 4 January

At the instance of World Blind Union every year, 4 January is observed as World Braille Day the world over in remembrance of the birthday of Louis Braille, who is credited with inventing the Braille system of language that facilitates blind people to read and write. The World Braille Day acknowledges the efforts of Louis Braille, which brought revolutionary change in the lives of visually impaired. World Braille Day is seen as an opportunity for various voluntary organisations to lend a help hand to the cause of the visually impaired.

Beyond learning the alphabets, the Braille language helps understand music as well. While developing the language for music, Louis Braille made it flexible enough to be adapted to most musical instrument all over the world. Two years after Louis's death in 1854 that the system was adopted by his school that gained wide popularity in entire France, and gradually in other countries.

Born in France, Louis Braille became blind at the tender age of 3; at 15 he developed a set of symbols by making raised dots on paper that could be easily sensed by hand, thus enabling the blind to read and write. At age 20, in 1829, he published, "Method of Writing Words, Music and Plain Songs by Means of Dots, for Use by the Blind and Arranged for Them".

In India the National Institute for the Empowerment of Persons with Visual Disabilities (earlier 'National Institute for the Visually Handicapped' with a Regional Centre in Chennai (TN) and two Regional Chapters at Kolkata (WB) and Secunderabad (AnP) takes care of visual issues. The Institute promotes rights and dignity of persons with visual impairments by generating trained manpower with quality endurance in terms of higher education, vocational training and rehabilitation services to persons with visual impairment besides R&D activities ensuring emergence of policies, programmes and practices for persons with disabilities. The Institute is largest producer and distributor of Braille literature, devices in and talking books in the country.

In India about 4.6 million people with corneal blindness can be cured (success rate with over 90%) through corneal transplantation (the surgical procedure that replaces a disc-shaped segment of an impaired cornea with an identical healthy donor cornea).

Call for News Items from Nursing Institutions

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

TNAI BULLETIN

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The Trained Nurses' Association of India
L-17 Florence Nightingale Lane, Green Park, New Delhi-16
Phone: 011-40195409, 011-40195407
E-mail: helpdesk@tnaionline.org, membership@tnaionline.org,
sna@tnaionline.org, publicationstnai@yahoo.com
Website: www.tnaionline.org

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