



Student Nurses: Paving the Way for Healthy India

The TNAI's 29th SNAI Biennial Conference, first time the virtual way because of the still lingering Coronavirus, was conducted befittingly on 21-22 January 2022 with WHO as Conference partner. About three lakh participants attended the Conference, quite many of them joined via YouTube. Goodwill messages for the event were received from Hon'ble Vice President, Prime Minister, Health Secretary, Chief Nursing Officer WHO, President CNMF, Executive Secretary CNMF and President INC. Special highlights of the Conference were the online Quiz competition and the launch of WHO's Safe Abortion Values – Evidences & Rights (SAVER) game. The academic and cultural inputs together made it a memorable event. The enthusiasm demonstrated by students in the Conference once again confirmed that the nurse students are willing and committed to keep learning and growing professionally, a good sign for one and all. We congratulate all the student nurses who vibrantly participated in this historical event.

The health care delivery system in any country is primarily dependent on the quality of services nurses discharge. The student nurses have enormous potential that can be channelised for the benefit of community. That is why at TNAI we have been endeavouring to groom the student nurses the best way, through training, upskilling and otherwise. The SNA wing of TNAI precisely works in this direction.

The New SNAI Plan: Ever since introduction of SNAI new plan in 2016, consistent increase is being witnessed in the number of SNAI units adopting new plan. So far 551 units have adopted this plan; that covers 79,801 BSc (N) students, 39,698 GNM students and 5,819 ANM students, i.e. a total of 1,25,318 students have opted this plan. As a token of appreciation, it has been decided to facilitate the SNAI with Laerdal Skill Modular having adopted the new SNAI Plan for last five years and the uterine collection Manikins to the units who adopted it continuously for three years.

INSIDE

- 33 Editorial
- 34 Wanted- Assistant Secretary for TNAI State Branches
- 36 XXIX SNAI Biennial E-Conference – List of Prize Winners
- 39 Re-Nomination Sheet: TNAI Tamil Nadu State Branch Election 2022
- 40 Meritorious & Lost and found
- 41 Provisional Ballot Paper: TNAI Goa State Branch Election 2022
- 42 National e-Governance Award 2020-21
- 43 Nursing Journal of India (NJI) - Author Guidelines
- 45 Community Health Nursing Manual: Completely Revised 4th Edition
- 46 Hindi Matter
- 47 How to Obtain Copies of TNAI Publications
- 48 Form IV (See Rule 8)

Advertisers List

- 47 Indian Institutes of public Health, Gurgaon Haryana

Appointment of Assistant Secretaries in States: As a fillip to execute the TNAI's plans at State level, we are on way to recruit Assistant Secretary in select locations, a full time salaries position. The incumbent shall provide necessary support to the State Branch in fulfillment of the TNAI's objectives through coordination with stake holders. The advertisement appears at pages 34-35 of this issue.

The EC/ Council Meeting: The forthcoming EC/ Council Meeting scheduled for 12-13 March (Saturday & Sunday) will review the achievements of recent recent past, the ongoing programmes and deliberate on how best the future plans can be realised in post-Corona phase.

Evelyn P Kannan
Chief Editor & Secretary-General

Wanted

Assistant Secretary for TNAI State Branches

(Karnataka, Kerala, Maharashtra, Madhya Pradesh, Punjab, Tamil Nadu, Telangana, West Bengal)

(Full time salaried post)

The Trained Nurses' Association of India (TNAI) requires a dynamic and mature person for a regular post as an Assistant Secretary to work at TNAI State Branch Office for a salary of Rs. 40,000/- per month.

Essential Qualifications

1. Registered Nurse and Registered Midwife
2. MSc Nursing in any specialty with five years of experience in Education/ Clinical/ Public Health/ Administration.
3. Member of the Trained Nurses' Association of India (Minimum 5 years).
4. Applicants shall hold the TNAI Membership of the respective state branch where they wish to apply.

Preference

Candidates with at least 5 years of experience and active participation in the TNAI activities at National/State level will be given preference.

Other Requirements

- Proficiency in written and spoken English language.
- Proficiency in computer skills (MS Office and other online submissions).
- Upper age limit is 30 years, relaxable upto 35 years if the candidate is found otherwise well suitable.
- Name and addresses of 3 referees not related to the candidate, one of whom should be the present employer if in service-otherwise last employer.
- One referee shall be preferably from TNAI State level office bearers/ executives.

Job Requirement

- She/he shall co- ordinate with the National office of TNAI by acting in liaison with Secretary General, Dy. Secretary General and Assistant Secretary General to implement the programmes and activities (pertaining to the State) assigned by the management of TNAI.
- She/he shall co-ordinate with the State Branch President and Secretary to implement TNAI's programmes and welfare activities.
- She/he shall be responsible for such other works and duties in the TNAI State Branch Office as assigned by the state office bearers including state level publication and research activities.
- Her/his scope of duties will include planning and implementation of various activities in the state branch (TNAI and SNAI) in consensus with TNAI Hqrs / State President / Secretary.
- She / he shall prepare, keep all necessary records, reports & minutes of every meeting related to state branch functioning.
- She/he shall co-ordinate with state SNA Advisors.
- She/he should establish/activate/rejuvenate SNA Units in educational institution of branches.
- She/he should encourage and motivate the nurses and nursing students to become life members of TNAI.
- She/he shall assist in organizing state SNAI/ TNAI Conferences in the respective state branch with the guidance of the state branch executives.
- She/he shall assess and identify the continuous professional development needs of all categories of nursing personnel.
- She/he shall assist in organising the continuous professional development programmes in their respective state branches.
- She / he shall visit the Institution/Hospital to conduct orientation programme of TNAI/SNAI.
- She / he shall initiate the SNAI/ TNAI membership drive in the respective branches.

The last date for receiving the application via post/email on **31st March, 2022**.

The filled applications with relevant documents shall be sent to the Secretary General, L-17, Florence Nightingale Lane, Green Park Main, New Delhi-110016 **OR** sent the application with the relevant documents to **secgen@tnaionline.org**.

PS: All claims for educational, professional and TNAI activities shall be supported by attaching the copies of the relevant certificates.

Application form for the post of Assistant Secretary for the TNAI State Branches

Name			
TNAI Number			
Address with Pincode			
Applying for (Tick the state you are applying for).	Karnataka	Kerala	Maharashtra
	Madhya Pradesh	Punjab	Tamil Nadu
	Telangana	West Bengal	
Email ID			
Mobile Number			
Professional Qualification			
Experience	Years	Months	
A. Clinical			
B. Teaching			
C. Public Health			
D. Administration			
Post held in TNAI with year and duration	1.		
	2.		
	3.		
TNAI programme attended 1. National/State level Conference 2. TNAI- House of Delegates meeting 3. Any other programmes			
Reference 1			
Name of the Referee			
Address with Pincode			
Signature			
Reference 2			
Name of the Referee			
Address with Pincode			
Signature			
Reference 3			
Name of the Referee			
Address with Pincode			
Signature			
Self-declaration			
I hereby declare that the above-mentioned details are true to my best of knowledge and faith.			
Signature of the Applicant:		Date:	

THE TRAINED NURSES ASSOCIATION OF INDIA XXIX SNAI BIENNIAL E-CONFERENCE

21st & 22nd January 2022

LIST OF PRIZE WINNERS

Scientific Paper Presentation

Theme: ("Prevalence of COVID - Appropriate Behavior among general public")

Moderator: Mrs. Swapna S. Joshi, Vice President-TNAI West Region

First Prize: Ms Aastha Negi, 4th year BSc (N), College of Nursing, Army Hospital (R&R), Delhi Cantt-10, Delhi

Second Prize: Ms. Divya Sreedharan, 4th year BSc (N), St. John's College of Nursing, St. John's National Academy of Health Sciences, Sarjapur Road, Bangalore, Karnataka

Third Prize: Ms Athira Rajan, Ms Alphonsa Sabu, Ms Aleena Baby, 4th year BSc (N), Malankara Orthodox Syrian Church (MOSC) College of Nursing, Kolencherry, Distt. Ernakulum, Kerala.

E-Poster Presentation

Category Code No. 001 MCH Section Topic: Child rearing in COVID Pandemic

First Prize: Ms Monalisa Nongkhaw 1st year FHW Training Female Health Worker Training School, GDGMCHH, Shillong, Meghalaya

Second Prize: Ms Alka Pandey, Ms Anshika Katiyar, final year ANM, Pragyan College of Nursing, Near RGPV Gandhi Nagar, Bhopal, Madhya Pradesh

Third Prize: Ms Muthai 2nd year ANM, ANM School of Nursing, Tuensang, Nagaland.

Consolation Prize: Ms Agu Lego 2nd year ANM, Govt. ANM School HTRC Pasighat, Pasighat Distt. East Siang, Arunachal Pradesh

Category Code No. 002 Midwifery Topic: Care of women in menopausal transition

First Prize: Ms Muskan Khavase Ms Steffy Johnson Ms Akriti Patel, Final year ANM, Pragyan CON Near RGPV Gandhi Nagar Bhopal Madhya Pradesh

Second Prize: Ms Ritu 2nd year ANM, Khalsa College of Nursing, Amritsar Punjab

Third Prize: Ms Shidalin Dkhar, 1st year FHW Training School GDGMCHH Shillong Meghalaya

Consolation Prize: Ms Jyoti, 4th year BSc (N) College of Nursing, Dr RML Hospital Delhi

Category Code No. 003 Anatomy and Physiology

Topic: Respiratory tree and its function

First Prize: Ms Priyanka Kujur, 1st year GNM, St. Gerosa Institute of Nursing, Dibrugarh, Assam

Second Prize: Ms Nitu, Ms Jyoti, Ms Divya, 2nd year & 1st year GNM, St. Mary's School of Nursing, Varanasi, Uttar Pradesh

Third Prize: Ms Shreya Gawandi, 1st year BSc (N), LT College of Nursing, Churchgate, Maharashtra

Consolation Prize: Ms Bryan K Marak, 2nd year GNM, School of Nursing, Civil Hospital, Shillong, Meghalaya

Category Code No. 004 First-Aid & Basic Nursing Procedures

Topic: Health care emergency codes

First Prize: Ms Snehamol Shibu and Ms Drisya Ullas, 4th year BSc (N), SVS College of Nursing, Telangana

Second Prize: Ms Christina Langhu Anai, Ms Kenari Sheltun Anal, 4th year BSc (N), CMC College of Nursing, Manipur

Third Prize: Ms Sona Eldhose, Ms Sona Saji, Ms Elizabeth Kose, 1st year BSc (N), Mar Baselios College of Nursing, Kothamangalam, Kerala

Consolation Prize: Ms. Kedouhonu Khieya, Ms Shiem M, Ms Lolanbeni NA Erui, 1st year GNM, School of Nursing, District Hospital Dimapur, Nagaland

Category Code No. 005 Medical & Surgical Nursing Topic: Care of patients on ECMO

First Prize: Ms Deepika Issac Ms Muskan Verma Ms Stuti Sonalika , 4th year & 3rd year BSc (N), Pragyan CON Near RGPV Gandhi Nagar Bhopal Madhya Pradesh

Second Prize: Ms Deepa Ms Vandana Ms Priya, 2nd year GNM, St. Mary's School of Nursing, Varanasi, Uttar Pradesh

Third Prize: Ms G Rajshree Ms Awantika Bharti , 4th year & 2nd year BSc (N), PG College of Nursing, Bhilai, Chhattisgarh

Consolation Prize: Ms Sayana Suresh, Ms Leena Sebastian, Ms Lesly Ann Jolly, 2nd year GNM, Holy Family School of Nursing, Muthalakodam Idukki Kerala

Category Code No. 006 Paediatric Nursing

Topic: Primordial prevention of communicable diseases

First Prize: Ms Cheanchi R. Marak, 2nd year GNM, School of Nursing, Civil Hospital Shillong, Meghalaya

Second Prize: Ms Dhanya Poly, 3rd year BSc (N), Choithram College of Nursing, Indore, Madhya Pradesh

Third Prize: Ms Pooja Kumari, 4th year BSc (N), Laxmi Bai Batra College of Nursing, New Delhi

Consolation Prize: Ms Puja Gogoi, Ms Neha Kerketta, Ms Jyoti Baa, 2nd year GNM, St. Gerosa Institute of Nursing, Dibrugarh, Assam

Category Code No. 007 Psychiatric Nursing

Topic: Infodemics and it's impact on mental health

First Prize: Ms Anjali Sahu, Ms. Sonam Kujur, 3rd year & 2nd year BSc (N), PG College of Nursing, Bhilai, Chhattisgarh

Second Prize: Ms Nending Tatang, 4th year BSc (N), College of Nursing , NEIGRIHMS, Shillong, Meghalaya

Third Prize: N/Cadet Garima Kapoor, 4th year BSc (N), College of Nursing, Army Hospital, New Delhi

Consolation Prize: Ms Sudhanshi, Ms Shreya, Ms Rittu, 3rd year BSc (N), Kasturba College of Nursing, (BHEL) , Bhopal, Madhya Pradesh

Category Code No. 008 Community Nursing Topic: Lockdown appropriate behaviour

First Prize: Ms Uthara KU, Ms Shivakami R, Ms Sreelakshmi SS, 4th year BSc (N), Sivagiri SNMM College of Nursing, Varkala, Trivandrum, Kerala

Second Prize: Ms Dimpal, 2nd year BSc (N), Govt. College of Nursing, Jaipur, Rajasthan

Third Prize: Ms Ann Mary Dennichan, 3rd year BSc (N), St. John's College of Nursing, Bangalore, Karnataka

Consolation Prize: Ms Saniya Khan, Ms. Manshi David, Ms Kale Rudrakshi, 3rd, 2nd & 1st year BSc (N), Pragyan College of Nursing, Near RGPV Gandhi Nagar, Bhopal, Madhya Pradesh

Category Code No. 009 Obstetrical Nursing Topic: Birthing centres

First Prize: Ms Nithya Ross Sabu, 4th year BSc (N), Choithram College of Nursing, Indore, Madhya Pradesh

Second Prize: Ms Dharitri Narzary, Ms Pinky Priyanka Panna, Ms Durnasri Gajmer, 3rd year GNM, Baptist Christian Hospital Mission Chariali, Tezpur, Assam

Third Prize: Ms Shristi Verma, Ms Reena Mehra, 3rd & 2nd year BSc (N), PG College of Nursing, Bhilai, Chhattisgarh

Consolation Prize: Ms Santukhi Pothmi, 3rd year GNM, School of Nursing, Dr. Norman Tunnel Hospital, Jowai, Meghalaya

Category Code No. 0010 SNA Activities in India

Topic: Merits of online SNA competitions

First Prize: Ms Noganchi N Marak, 3rd year GNM, School of Nursing, Civil Hospital Shillong Meghalaya

Second Prize: Ms Joncy Jebu Ms Geena Raju Ms Jaimol Devasiachan, 3rd year GNM's Holy Family SON Muthalakodam Idukki Kerala

Third Prize: Ms Bristi Borgohain Ms Pratigya Longri Ms Saziini, 3rd year GNM's, St Gerosa Institute of Nursing Dibrugarh Assam

Consolation Prize: Ms Prajakta Mokal Ms Aditi Jadhav, 2nd year GNM, Sau Minatai Thakre Institute of Nursing Education, Khopat, Thane, Maharashtra

Category Code No. 0011 SNA Activities in India

Topic: Merits of online SNA competitions

First Prize: Ms Akshata Gaikwad, Ms Anuja Gavhane, 3rd year GNM, Sau Minatai Thakre Institute Of Nursing Education, Khopat, Thane, Maharashtra

Second Prize: Ms Preeti Meena, Ms Kamna Rathore, Ms Jyoti Rathore, 3rd year BSc (N), Pragyan College of Nursing, Near RGPV Gandhi Nagar, Bhopal, Madhya Pradesh

Third Prize: Ms Sandhya, Ms Mariana and Ms Neha, 3rd year GNM, St. Mary's School of Nursing, Varanasi, Uttar Pradesh

Consolation Prize: Ms Phetan Tingkhatra, Ms Pratigya Longri, Ms Paskalina Jojo, 3rd year GNM, St. Gerosa Institute of Nursing, Dibrugarh, Assam

Online Quiz Competition

First Prize: Ms Neelima Tirkey, 3rd Year GNM, GNM School, RIMS, Jharkhand

Second Prize: Ms Isha Thakur, 4th Year BSc (N), PG College of Nursing, Bhilai, Chhattisgarh

Third Prize: Ms. Vibha, 4th Year BSc (N), College of Nursing, AIIMS, Patna, Bihar

Consolation Prize: N/Cadet Arshpreet Kaur, 4th Year BSc (N), College of Nursing, Army Hospital (R&R), Delhi Cantt., Delhi

E-Concept Mapping (Theme: SNA member to National TNAI President)

First Prize: Ms Punam Biswas, 4th year BSc (N), Department of Nursing, Aliah University, West Bengal

Second Prize: Ms Jatin Das Mohapatra, 4th year BSc (N), SCB College of Nursing, Cuttack, Odisha

Third Prize: Ms Sonal George Ms Bhavana KM, Ms Angel Maria David, 4th & 3rd years BSc (N), Vijaya Marie College of Nursing, Begumpet, Hyderabad, Telangana

Consolation Prize: Ms Prerna, 4th year BSc (H), RAK College of Nursing, Delhi.



**Re-Nomination Sheet: TNAI Tamil Nadu State
Branch Election 2022**

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 **17 April, 2022** (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 Organizations 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 Un-

- ion 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 "Re-Nomination sheet – TNAI Tamil Nadu State Branch Election 2022".
 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.**
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MERITORIOUS

Dr Pallavi Harod

Shri Jagdish Prasad Jhabarmal Tibrewala University, Jhundhunu (Rajasthan) recently conferred the degree of Doctor of Philosophy upon Dr Pallavi Harod. The research was conducted under Prof (Dr) MS Vinsi. The topic of her dissertation was, 'Paediatrics Early Warning System. The study was undertaken in selected areas of Bhopal, Ujjain and Indore region of Madhya Pradesh.



Dr Pallavi, a TNAI member is Lecturer in Government College of Nursing Ratlam a nursing graduate from Government College of Nursing, Indore in 2009 and Masters in Nursing from Index College of Nursing, Indore in 2012 with speciality in Pediatric Nursing.

Lost and Found

This is to bring to the information of all concerned that I, J. Esther Premlatha, D/o Mr D. Jesupatham, have lost my original Diploma certificate (1988-1991 batch) of General Nursing & Midwifery (GNM) bearing certificate No. 6021 through Scudder Memorial Hospital, Ranipet (TN) alongwith 10th and 12th pass certificates and TC. The same are untraceable despite much efforts.

J. Esther Premlatha

93/11 Annamalayar Street, Bypass Road, Anandha Nager, Ambur - 635802 (TN). Mob: 91-8754717801

PROVISIONAL BALLOT PAPER: TNAI Goa State Branch Election 2022

Post	Name and Address of the Contestant	Voter's X
President	Mrs. Nilima Rane, TNAI No. 26734, B- 402, Grandeza, Glenwood Gardens, Goa Velha, Goa - 403108.	
Vice President	Mrs. Flosy Menezes Rodregues, TNAI No. 289164, Institute of Nursing Education, Campus, Opposite Military Workshop, Bambolim, Goa - 403202.	
Secretary	Vacant	
Joint Secretary	Vacant	
SNA Advisor	Mrs. Maria De Jesus Guilhermina Ferrao, TNAI No. 50164, Institute of Nursing Education Bambolim, Goa - 403202.	
	Mr. Sangam S Sawant, TNAI No. 241244, Sawantwada Mandre Pernem, Goa - 403527.	
Treasurer	Mrs. Patsy Joseph, TNAI No. 118768, Institute of Psychiatric and Human Behaviour, Bambolim, Goa - 403202.	
Chairperson - Membership Committee	Mrs. Reshma M. Gaonkar, TNAI No. 269727, H No. 175, Indiranagar, Near Sai Baba Temple, Kapardem, Valpoi, Sattari Goa - 403506.	
Chairperson - Nursing Education Committee	Mrs. Kalyan Sawant, TNAI No. 47099, Principal, Sai Nursing Institute, Sankhali, Goa - 403505.	
Chairperson - Nursing Service Section	Mrs. Clemy Lopes Lobo, TNAI No. 377949, H. No. 732, Sataporio Moira Bardez, Goa - 403507.	
Chairperson - Programme Committee	Vacant	
Chairperson - Public Health Section	Vacant	
Chairperson- Economic Welfare Committee	Vacant	
Chairperson- LHV/ANM Committee	Vacant	

As per the TNAI Constitution Rules & Regulations & Bye-Laws page no 56-64 State Branch Election Procedure (Revised and approved by Council/HOD 2012)

1. Election will be held during General Body Meeting on **31st March, 2022 from 9:00 am to 3:00 pm at Institute of Nursing Education, Bambolim, Goa - 403202.**
2. The Provisional Ballot Paper is published only for the information of the members. A separate Ballot Paper will be distributed to the voters on the day of Election.
3. Only Life members of TNAI are eligible to vote.
4. All the Voters are requested to bring their TNAI Membership card provided by the TNAI Headquarters along with Photo identity (Election card/PAN card/Driving license) before entering the hall for voting.
5. No one shall be allowed to vote before or after the schedule time of voting.
6. Names of the contestant who have not given their consent in writing to the Returning Officer will be deleted from the final Ballot Paper.
7. No addition of the contestant shall be made to the final ballot paper.
8. It is expected that the Voters/Members are well versed with the TNAI Rules and Regulation and Byelaws. A copy of the same shall be available with the Returning Officer for ready reference.
9. The person so elected for a particular office at branch level shall hold the office for the

- full term (four years) and shall not contest and cross to another office prior to completion of the term of her/his existing office.
10. On the day of election during the General Body meeting, open election will be conducted for the following vacant post(s):
 - i. Secretary
 - ii. Joint Secretary
 - iii. Chairperson - Programme Committee
 - iv. Chairperson - Public Health Section
 - v. Chairperson - Economic Welfare Committee
 - vi. Chairperson - LHV/ANM Committee
 11. Any contestant wishing to withdraw from any office of contest should inform the Returning Officer at least 20 days prior to the election date in writing to the following address: **Mrs. Carmina Botelho, Returning Officer - TNAI Goa State Branch, C/o The Trained Nurses' Association of India, L-17, Florence Nightingale Lane, Green Park Main, New Delhi- 110016.**

National e-governance Award 2020-21

The National e-governance Award 2020-21 under Category of IV-Outstanding research on citizen centric services in Academic/Research institutions was awarded to the ICMR funded project with team members of Dr. L Gopichandran, Associate Professor, College of Nursing, AIIMS, New Delhi and Principal Investigator of ICMR project titled "A randomised controlled trial to compare the efficacy of mobile app vs conventional prescription of analgesics and adjuvants on adherence and selected variables among cancer patients receiving palliative care at a tertiary care centre" during 24th National Conference on Friday, 7th January 2022.



The prestigious award was presented by Dr Jitender Singh, Union Minister of the state, Govt of India. The project was done at the Department of Onco-Anaesthesia and Palliative Medicine, Dr BRAIRCH, AIIMS, New Delhi. The mobile application enabled patients to improve the medication adherence by utilising the app features such as reminder alarms, drug information, symptoms scoring, etc. This also helped the palliative care physicians and nurses to follow up and track patient status including pain, constipation, nausea, vomiting, etc and thus improving the overall quality of life of the patient.

NJI Contributors to Submit Articles through NJI Portal

In case existing and prospective contributors of NJI and others may not aware, the online 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.tnaijournal-nji.com>.

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

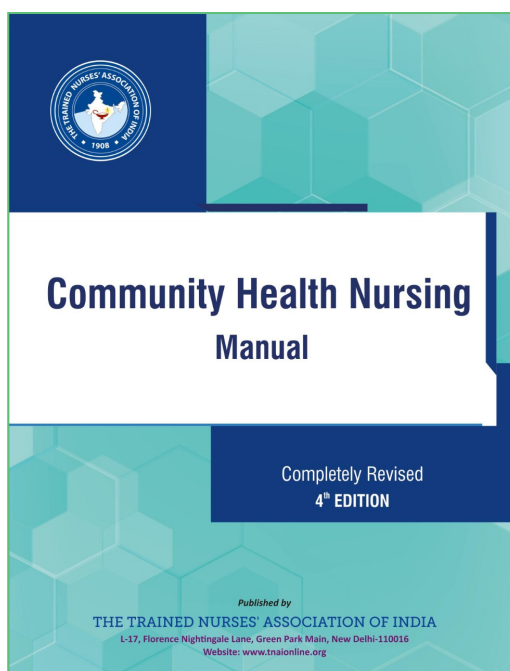
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Community Health Nursing Manual:

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 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.

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भारी पड़ सकती है किडनी रोग के प्रति कोताही

शरीर की सेहत के लिए अत्यावश्यक है कि विभिन्न शारीरिक क्रियाओं के दौरान उत्पन्न हानिकारक अपशिष्टों और अतिरिक्त पानी को बाहर निकाल दिया जाए। यह कार्य सुषुम्ना की पसलियों के नीचे स्थित दो किडनी करती हैं। ये सुचारु रूप से कार्य न करें तो शरीर का रासायनिक बिगड़ जाता है।

किडनी की कार्यप्रणाली विकृत होने को क्रॉनिक किडनी डिसीज़ (सीकेडी) कहते हैं। सीकेडी का अर्थ है कि आपकी किडनी खराब है और ब्लड को सही तरीके से फिल्टर नहीं कर सकती है। इनका मुख्य काम है यूरिन बनाने के लिए आपके रक्त से अपशिष्टों और अतिरिक्त पानी को फिल्टर करके बाहर निकालना। ये शरीर का रासायनिक संतुलन भी बनाए रखते हैं, ब्लड प्रेशर कंट्रोल करने में सहायता करते हैं और हार्मोन बनाते हैं। किडनी ब्लड प्रेशर कंट्रोल करने में सहायक होती है, हार्मोन भी निर्मित करती है। डायबिटीज़ और हाई ब्लड प्रेशर सीकेडी का सबसे बड़ा कारण किडनी का कार्य अवरूद्ध होना है।

क्रॉनिक किडनी रोग के आम लक्षण हैं अनीमिया (यानी खून की कमी); मूत्र का रंग गहरा होना, इसकी मात्रा कम हो जाना, मूत्र में रक्त आना, जल्दी जल्दी (विशेषकर रात में पेशाब आना); भूख कम लगना; पैर, हाथ या टखने (कभी चेहरे में भी) में सूजन; थकान; हाई ब्लड प्रेशर; त्वचा में लगातार खुजली होना; मांसपेशियों में ऐंठन; जी मचलना, मांसपेशियों में झनझनाहट आदि।

किडनी को खराब होने में कई वर्ष लग जाते हैं। कई लोगों को बीमारी बहुत गंभीर होने से पहले पता नहीं चलता है। इसका एक कारण यह भी है एक किडनी स्वस्थ हो तो भी शरीर भलीभांति कार्य करता रहता है। मूत्र और खून की जांच से इसका पता लगाया जा सकता है। उपचार के लिए ब्लड प्रेशर घटाने, ब्लड ग्लूकोज कंट्रोल तथा ब्लड कोलेस्ट्रॉल कम करने की दवाएं दी जाती हैं। सीकेडी की वजह से किडनी ज्यादा खराब होने पर एकमात्र उपचार डायलिसिस या किडनी प्रत्यारोपण है।

बचाव कैसे करें

विश्व में करीब 17 लाख व्यक्ति सीकेडी के कारण जान खो बैठते हैं। वैश्विक स्थिति की भांति संप्रति देश में भी लगभग 14 प्रतिशत व्यक्ति किडनी रोगों से जूझ रहे हैं। चरम सीमा तक पहुंचने पर प्रत्यारोपण (ट्रांसप्लांटेशन) के सिवाए विकल्प नहीं रहता जो न केवल खर्चीला है (करीब 8-10 लाख रुपए) किंतु मैचिंग किडनी मिलना दुष्कर होता है। अतः बीमारी के रोकथाम पक्ष पर ध्यान देना चाहिए।

आहार नियमित और पौष्टिक हो, इसमें फल और सब्जियां, साबुत अनाज, बिना चर्बी वाला मांस-मछली आदि प्रचुर मात्रा में हों ताकि ब्लड प्रेशर नियंत्रित रहे। उपयुक्त आहार के सेवन से डायबिटीज़ और हृदय रोग जैसी दीर्घकालीन बीमारियां के आसार भी घटते हैं। सीकेडी से बचाव के लिए शारीरिक व्यायाम को सर्वाधिक कारगर माना गया है। प्रत्येक व्यक्ति को चाहिए कि वे अपनी उम्र, वजन और स्वास्थ्य के लिए अनुसार जानकारों द्वारा बताए व्यायाम नियमित तौर पर करें। इसके अतिरिक्त मादक पदार्थों, नशीली दवाओं और धूम्रपान का सेवन न किया जाए; लीड जैसी भारी धातुओं के संपर्क में रहने से यथासंभव बचा जाए। एंटीइन्फ्लेमेटरी दवाओं और दर्दनिवारकों का उपयोग चिकित्सकीय देखरेख में किया जाए, डाक्टरों से नियमित अंतराल पर जरूरी जांचें करवाई जाएं। सीकेडी के प्रति जागरूकता उत्पन्न करने की दृष्टि से इंटरनेशनल सोसाइटी ऑफ नेफ्रोलोजी और इंटरनेशनल फेडरेशन ऑफ किडनी फाउंडेशन के संयुक्त तत्वाधान में प्रतिवर्ष मार्च के दूसरे बृहस्पतिवार (इस वर्ष 10 मार्च) का दिन विश्व किडनी दिवस बतौर मनाया जाता है।

- प्रकाशन एकक, टीएनआईआई

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World Kidney Day: 10 March

One of fastest growing diseases the world over, chronic kidney disease (CKD) is a challenge for health planners and laymen. It is the eighth leading cause of death. In India, one in every seven persons is living with this complicated condition. Diabetes, raised potassium level, anaemia, heart disease, decreased sex drive, damage to central nervous system and hypertension complicate the issues with kidney. In the terminal stage, called end-stage renal disease, the kidneys are disabled to remove enough wastes and unwanted excess fluids from the body and dialysis (usually twice or thrice a week) is often the only option. If that too does not work, kidney transplant, a costly and cumbersome proposition, is the only way. Increasing incidences of diabetes and hypertension tend to raise the CKD cases.

World Kidney Day on 10 March (second Thursday of March every year) is a joint initiative of the International Society of Nephrology and the International Federation of Kidney Foundations. Behind the campaign is the need to raise awareness about the kidneys and reducing the frequency and impact of kidney disease together with associated health problems, worldwide. The campaign is conducted annually in more than 100 countries.

Many factors go into the high prevalence of CKD in our country, these include: type 1 or type 2 diabetes; hypertension; inflammation of the kidney's filtering units or tubules and surrounding structures; prolonged obstruction of the urinary tract due to enlarged prostate, kidney stones; or recurrent kidney infection. Trend of consuming the fast and ultra-processed food also put additional pressure on the kidneys thus affecting its functioning.



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