

TNAI BULLETIN



Remembering Teachers Who Made Us What We Are Today

TNAI Conference: The forthcoming XXVIII TNAI Biennial (77th) Conference scheduled on 30-31 January 2023 in Kalakshetra Auditorium in Guwahati (Assam) has special significance for us. For one, the Conference shall be held the traditional (physical) non-virtual way after a long gap that we were deprived of due to Covid restrictions. Then, we shall be exposed to the benign ethos of North-East not known to many. While we focus on necessary spadework for this mega event, interested members are advised to submit the research papers (on the theme Invest in Nursing for Global Health), scientific posters and concurrent sessions in nursing specialities by 31 October 2022 positively.

Award for senior TNAI members: We are delighted to inform you that after a recent decision of National EC/ Council, TNAI members above 60 years shall be eligible for Life Time Achievement Award. There shall be five awards, one from each region; last date of receipt of applications (pages 135-136) is 30 October 2022.

Incentives for civil services aspirants: As follow-up to the recent decision of National EC/ Council to encourage TNAI members appearing in Indian Civil Services exam, the selected members shall be provided free accommodation in TNAI Guest House, New Delhi and part-funding of coaching fee for maximum duration of 6 months. Interested members may apply in the format given at pages 137-138.

Suicide Prevention Day: Suicide prevention remains a universal challenge. An estimated 703,000 people a year take their life around the world; for every suicide committed, there are around 20 others making a suicidal attempt and many more seriously having such thoughts. Millions of people suffer intense grief or are otherwise profoundly impacted by suicidal behaviours. World Suicide Prevention Day (WSPD) on 10 September is an initiative of International Association for Suicide Prevention (IASP). The triennial theme for theme of WSPD for the years 2021-23 is, "Creating hope through action" is the triennial theme for the World Suicide Prevention Day from 2021-2023 which reminds that there is an alternative to suicide, and through inspiration and confidence one can bring life into someone's life. We can all supporting those experiencing a suicidal crisis or those bereaved by suicide whether as a member of society, as a child, as a parent, as a friend.

World Heart Day: Heart disease and stroke claims 18.6 million lives worldwide every year. World Heart Day celebrated annually on 29 September helps people realise that the majority of these deaths could be avoided. The 2022 theme is, Cardiovascular Health for Everyone. The activities of the day highlight the actions that individuals can take to prevent and control CVD. It aims to drive action on controlling risk factors such as tobacco use, unhealthy diet and physical inactivity, so at least 80 percent of premature deaths from heart disease and stroke could be avoided.

Teacher's Day: On 5 September each year, the nation celebrates Teachers' Day to commemorate the birth anniversary of Dr Sarvapalli Radhakrishnan, the great educationist and former (second) President of India. It is an occasion to understand, appreciate and celebrate the seminal role of teachers and teaching in grooming the student community, the future guardians of the nation. The veteran nurses and other professionals recall the valuable know-how they learnt as students and carry on the feeling of gratitude. The values sterling teachers implant among young minds in formative years have life long impact on the growth and development of child. Happy Teachers Day!

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Evelyn P Kannan
Chief Editor & Secretary-General



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on AMR in Regional languages

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Americares India Foundation (AIF), a leading health focused not-for-profit organization and Pfizer have partnered to develop a FREE, Online Platform for Education of Nurses on AMR in Regional languages (OPEN-AMR), that will offer certification programs on various aspects of Infection Prevention and Control and Antimicrobial Stewardship. In its first phase the platform will offer certificate programs in **English, Hindi, Malayalam, Telugu, Tamil, Kannada and Marathi.**

Key Features

- Zero Course Fees
- Easy registration process
- Courses available in 7 languages: English, Hindi, Malayalam, Kannada, Tamil, Telugu and Marathi
- Course curated by subject experts
- Easy to learn, audio-visual medium
- High flexibility of learning, learn at your pace
- Learn anytime from anywhere
- Simplified course content
- Excellent Knowledge enhancement opportunity
- Certificate for each completed course
- Certification from leading bodies

Key Topics

- Introduction to Infection Prevention & Control and Antimicrobial Stewardship
- Common Infection Prevention and Control Practices
- Basics of Antimicrobial Stewardship and Core Components
- Advanced Infection Prevention and Control Practices
- Healthcare - Associated Infections and their Control
- Antimicrobial Stewardship Principles and Action Planning



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Nursing Advisor and ADG Nursing Felicitated by TNAI



As a welcome measure to assuming the new charge, TNAI invited and felicitated Dr Deepika C Khaka- Nursing Advisor to Government of India and Mrs Achala- Additional Director-General in Ministry of Health & Family Welfare, at TNAI Headquarters, New Delhi on 20 August 2022.

Prof (Dr) Roy K George, National President along with Dr Jaeny Kemp, Mrs Annie Kumar- Vice Presidents, Mrs PK Bamra - Honorary Treasurer and Mrs Evelyn P Kannan - Secretary-General and Mrs Sanghamitra Sawant, Mr Ajinas AM and Mrs Vatchala S Dhinakaran, Assistant Secretary-General TNAI, felicitated the Nursing Advisor and ADG Nursing.

Sri Ramachandra College of Nursing, Sri Ramachandra Institute of Higher Education & Research, Porur, Chennai:

Celebrating the International Nurses Day (on the theme, 'Nurses: A Voice to Lead- Invest in Nursing and Respect Rights to Secure Global Health'), the Integrated Nursing Unit of Service & Education of the institute conducted a series of academic (debate, quiz, poetry, slogan, puzzle), cultural (rangoli, hair dressing, face painting, antakshari, monoact, solo dance- classical and western, group dance, solo & group songs) and sports activities (indoor & outdoor games) from 7 to 12 May 2022. Addressing the gathering as chief guest on grand finale on 12 May, Dr TS Selva-inayagam, Director Public Health & Preventive Medicine, Govt of Tamilnadu said nurses deserve our full-hearted ap-



preciation as they render crucial role in provide medical services at the doorstep of communities as demonstrated in high risk Covid era. Prof Dr PV Vijayaragavan, the Vice Chancellor in his special address deplored the high attrition rate among nurses in initial three years of service that necessitates constant training. He added, nursing has become a highly specialised vocation. Earlier, Prof Dr SJ Nalini, Principal- Faculty of Nursing welcomed the gathering; Mrs Selma Thomas, Dy Nsg Suptdt administered the Nightingale pledge. Prof Dr S Santhi, Vice Princepal, Faculty of Nursing presented the annual report. The chief guest distributed prizes and certificates to the winners. Complimentary gifts from institution were distributed to nurses.

**Dr Deepika Cecil Khakha, Nursing Advisor to
Government of India
Ministry of Health & Family Welfare**

Dr Deepika Cecil Khakha, who recently joined as Nursing Advisor to Government of India in the Ministry of Health & Family Welfare has rich experience in academics, research and other areas.

Dr Deepika had her BSc (Hons) Nursing- Delhi University, MA (Psychology)- Annamalai University and MSc Nursing- Delhi University and PhD from IGNOU, New Delhi. Starting her career at AIIMS, New Delhi as Sister Gr II in 1988, she rose to position of Lecturer, from there she moved to the new assignment of Nursing Advisor.

Her professional memberships include: Joint Secretary, Nursing Research Society of India; Executive body member, TNAI; Secretary North Zone- Nursing Research Society of India. She was conferred AIIMSonian of America Award of Best Nurse for the year 1999; AIIMSonian of America Award for Best Research for the year 2006. She received Fogarty Fellowship at New York University (Oct. 2002-Jan 2003), Advanced AITRP Fellowship at University of California, Los Angeles (April 2007 to July 2007) and Best poster award at Evidencelive13 in March 2013 at University of Oxford. She has been on Editorial board/ peer reviewer of over a score of journals on Nursing, Health, Psychology, Psychiatry, Alternative Medicine besides active association with health and nursing projects. Dr Deepika on expert panel of numerous professional bodies. Her numerous articles/ papers have been published in national and international journals. She contributed chapters to many books on nursing/health/ psychology and was Expert/ Resource person in many National & International level seminars, conferences and workshops. We wish her grand success in her new position.



**Ms Achala, Additional Director General (Nursing)
Ministry of Health & Family Welfare**

Ms Achala, who recently took over as Additional Director General (Nursing) in the Ministry of Health & Family Welfare (MHFW), is a professionally well qualified person with sound diversified background.

After her Masters in Nursing (Paediatric) from RAK College of Nursing (Delhi University), New Delhi she has had 25 years of experience paediatric nursing in Kalawati Saran Children's Hospital (KSCH) New Delhi working as Officiating Nursing Superintendent.

She has wide exposure due to her participation in several training and refresher courses, workshops and the advisory roles she discharged. Among others, she underwent BPNI's training course on 'Infant and Young Child Feeding (IYCF) Counselling and then played a key role in establishment of IYCF centre at KSCH New Delhi in 2008. She is DAKSH-trained, and National faculty for National Collaborative Centre for facility-based New Born Care, established CNE Cell at KSCH in November 2016 and served as its Coordinator.

Recipient of certificate of outstanding services and contribution to improve Neonatal Care on World Prematurity Day by IFPB in November 2014, she is trained in National TOT Course for Quality Improvement Coaches and LaQshya QI Cycles. Ms Achala is empanelled as External Quality Assessor of Public Health Facilities under the NHM and National QI Coach from NQOCN India providing on-site mentoring to SNCU across Jabalpur Division and Niti Aayog Aspirational Districts MP. TNAI Wishes her success in her new role.



XXVIII TNAI BIENNIAL (77th) CONFERENCE

30-31 January 2023 in Kalakshetra Auditorium, Guwahati (Assam)

Invitation for Scientific Papers and Scientific Posters

I. Conference Theme: Invest in Nursing for Global Health

(Three best scientific papers on the conference theme will be selected for presentation during the conference)

II. Concurrent Session: Scientific Paper shall be presented on any specialty of nursing.

- a) OBG Nursing
- b) Mental Health Nursing
- c) Child Health Nursing
- d) Community Health Nursing
- e) Medical and Surgical Nursing
- f) Nursing Education
- g) Administration and Research.

The Concurrent sessions and Scientific posters shall be based on studies in nursing specialty, not necessarily related to theme of the conference.

The scientific study submitted for consideration as Scientific paper or poster presentation shall follow IMRAD format (Introduction, Methodology, Results and Discussion)

Please Note:

- The study carried out within last four years period are only entertained.
- The researcher/presenters shall be a member of TNAI.

The word limit for the scientific paper presentation are 2000 - 2500. Enclose separate sheet for author/authors name and a paragraph of bio data, complete address, phone number, email, and TNAI number.

- All the presenters should register for the conference. **No TA DA will be provided to the presenters.**
- The TNAI will be awarding certificate along with the credit hours to the presenters. The delegates' participants will get the participation certificate along with the 16 credit hours purely based on registration and attendance.

Complete research paper on theme and Concurrent session and poster presentation in Soft and hard copy should reach TNAI Hqrs by October 31, 2022 for scrutiny and selection to the following address: Scientific Scrutinizing Committee, C/o Secretary General, TNAI L-17, Florence Nightingale Lane, Green Park Main, New Delhi-110016. Email Id: tnaiconf2023@gmail.com



The Trained Nurses' Association of India
 Estd: 1908
Upcoming Interviews
 to
Devon Hospitals, South West England

Eligible Score

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

Departments :

- * General Medicine
- * Surgery
- * Oncology
- * Theaters
- * Emergency
- * Critical Care
- * Cathlab
- * Pediatric
- * Community Nurses

Eligibility :

- 1 GNM or Above
- 2 Valid IELTS or OET Score
- 3 Minimum 6 months of recent clinical experience

The Trained Nurses' Association of India

RUSH Your CV To: tnairecruitment@gmail.com

WhatsApp: 08287374228

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

Ph: 01140196690, 40195409, 40195407

By Secretary - General

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Invitation for Becoming Peer Reviewer for NJI

The Nursing Journal of India (NJI), the bi-monthly research periodical of The Trained Nurses Association of India (TNAI) is published in February, April, June, August, October and December. NJI publishes original research articles, case studies, review articles, reports and general articles on Nursing and related issues.

We invite the subject experts with sufficient experience and exposure in various fields of Nursing. The eligibility conditions for Peer Reviewer are as under.

- a. TNAI members with Master's Degree in Nursing with Ph.D (Nursing). International Experts who are TNAI members also will be considered.
- b. A minimum of ten years of experience in hospital/health care setting/college/university/academic institutions.
- c. The candidate must have published minimum ten articles in indexed/reputed journals.
- d. The candidate should not be already a Peer Reviewer for more than two Nursing/Health Journals.

Only experts, who can spare time to submit their observations on the article/other publication material as per TNAI format, within two weeks of receipt of manuscript are only advised to apply.

Interested candidates may submit their CV to the Chief Editor, The Nursing Journal of India, The Trained Nurses Association of India, L-17, Green Park, New Delhi-110016 by post or via email (tnai_2003@yahoo.com, with subject line: Application for Peer Reviewer).



Estd: 1908

The Trained Nurses' Association of India

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



TNAI is delighted to inform you that as per decision of National EC / Council 2022, Life-time Achievement Awards will be presented to TNAI members (5 awards, one from each region).

Application For Life time Achievement Award

Photo

Personal Details

| | | |
|---|--|--|
| 1 | Name | |
| 2 | Complete address with email, Contact no. | |
| 3 | TNAI number* | |
| 4 | Year of enrolment | |

Professional Qualification:

| Sl. No. | Institute | Year of Passing | University |
|---------|-----------|-----------------|------------|
| 1 | | | |
| 2 | | | |
| 3 | | | |

Professional Experience (Additional sheets can be used)

| Sl. No. | Position held | Name of Institute | Period of Service |
|---------|---------------|-------------------|-------------------|
| | | | |
| | | | |
| | | | |

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Activities/ Contributions for TNAI

| | | | |
|---|--|----------|--|
| 1 | Position Held in TNAI (Mention the highest 01 post and other posts held by the applicant can be included in the attachment with a heading "Other positions held") | Zonal | |
| | | State | |
| | | National | |
| 2 | Contributions for TNAI upliftment (Mention the highest 01 activity and additional activities conducted by the applicant can be included in the attachment with a heading "Other contributions") | | |
| 3 | Any special contribution for the profession or health care (additional sheets can be used) Attach proof | | |
| 4 | Any other relevant information/ achievements* Attach proof | | |
| 5 | Distinguished awards received* (Mention the highest awards as 03; any other awards received by the applicant can be included in the attachment with a heading "Other awards") | | |

Signature of the Applicant

**Certification by the TNAI State Branch President/ Secretary
Name:**

Important Instructions

- The applicant shall submit a brief note on their professional achievements (maximum 200 words) along with the application.
- TNAI members who are currently office bearers at National Level are not eligible to apply for this award.
- The applicant shall be above the age of 60 years at the time of application.
- Applications to be sent to TNAI Headquarters at New Delhi on or before **30th October 2022**.
- * Book writing, Editorial work of Journals, Peer reviewer, or any other.
- Application can be in typed or in written format.

The filled application form along with supportive documents should be sent by post/courier to:

**The Secretary General, The Trained Nurses' Association of India
L-17 Florence Nightingale Lane, Green Park Main, New Delhi- 110016
Ph: 011-26566665, 26966873, 26858304**

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



TNAI is delighted to inform you that as per decision of National EC and Council 2022, TNAI will promote nurses to take up the Civil Service Examination. The scheme involves free accommodation in TNAI Hqrs for attending Civil Service coaching in Delhi (maximum duration - 6 months). Part of the coaching fees will be sponsored by TNAI. One candidate from each region of TNAI will be selected. Total number of candidates selected will be 5 nurses per year.

APPLICATION FOR CIVIL SERVICE EXAMINATION TRAINING

| | |
|---|----------------|
| Name of the applicant | _____ |
| TNAI number | _____ |
| Age & gender | _____ |
| Permanent address | _____ _____ |
| Qualifications | _____ |
| Designation | _____ |
| Area of employment | _____ |
| Address of the employer | _____ _____ |
| Give details of the educational qualification (Mention only the highest qualification) | _____ _____ |
| MSc Nursing | |
| Name of the university | _____ |
| Name of the institute | _____ |
| Speciality | _____ |
| Year of passing | _____ |
| Percentage of marks obtained | _____ |
| BSc Nursing | |
| Name of the university | _____ |
| Name of the institute | _____ |
| Year of passing | _____ |
| Percentage of marks obtained | _____ |

Previous attempts in Civil Service Examination (If applicable)

Date of appearance _____

Rank obtained _____

Previous training in Civil Service Examination (If applicable)

Date of training _____

Name of the centre _____

Availability for the training _____

Expected duration of stay in Delhi _____

Expected fees to be paid for the coaching in _____

Delhi (to be filled by the aspirant)

Write 200 words on “Why I wish to become a Civil Service Officer”.**Note:**

- Maximum accommodation provision will be 6 months at TNAI Hqs for availing Civil Service Coaching in Delhi.
- Part of the fees will be sponsored by TNAI for the Civil Service Coaching in Delhi.
- One candidate from each region of TNAI will be selected.
- A total of five candidates selected in the year shall be awarded during the TNAI Conference 2023.

World Heart Day: 29 September

One in three deaths due to cardiovascular disease (CVD) occurs prematurely in people under 70 years of age; 85 percent of CVD deaths are due to heart attack and stroke and more than 75 percent deaths occur in low- and middle income countries. Heart disease and stroke claims 17.9 million lives worldwide every year that is 32 percent of all global deaths.

To raise awareness about upkeep of health, World Heart Federation organises World Heart Day on 29 September every year. This day was devised by the World Heart Federation to help people realise that the majority of these deaths could be avoided. It is an opportunity for everyone to stop and consider how best to use heart for humanity, for nature, and for you. The 2022 theme of World Heart Day is, Cardiovascular Health for Everyone.

Cardiovascular disease affects the heart or blood vessels; it can be caused by a combination of socio-economic, behavioural, and environmental risk factors, including high blood pressure, unhealthy diet, high cholesterol, diabetes, air pollution, obesity, tobacco use, kidney disease, physical inactivity, harmful use of alcohol and stress. Family history, ethnic background, sex, and age can also affect a person’s risk of cardiovascular disease.

About heart: Though only the size of a fist, human heart is the strongest muscle in the body. With every heartbeat, the heart pumps blood, carrying oxygen and nutrients to every part of the body throughout the body via the circulatory system, which is made up of the heart, blood and blood vessels. The pumped blood carries oxygen and nutrients to tissues and organs through the blood vessels. “Beating cardiovascular disease is something that matters to every beating heart” says the world heart federation communicate.



The Trained Nurses' Association of India

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



Application for

TNAI's National Nurses Research Grant (TNNRG) - 2022

**Note: Last date for receiving completed applications
is on or before 30 September 2022**

Photo
(Primary
Researcher)

| | | |
|---|---|--|
| Full Name(s) | | |
| TNAI Number(s) | | |
| Correspondence Address (Primary Researcher) | | |
| Email ID (Primary Researcher) | | |
| Contact Number (Primary Researcher) | | |
| Educational Qualification (Primary Researcher) | | |
| Current designation and address of the Institution (Primary Researcher) | | |
| Experience in years (Primary Researcher) | Research Guide | |
| | Independent Research | |
| Research focus (Please tick or highlight the appropriate) | Nurses' welfare | |
| | Nursing Management | |
| | Nursing Standards | |
| | Evaluation of Nursing Education | |
| | Nursing Standards, Assessment/ Innovation/Experiment/Improvement of Nursing Services and Education. | |
| Population of the study | State | |
| | Region | |
| Duration of the study (Please tick or highlight the appropriate) | 01 Year | |
| | >01 Year to 02 years | |
| Brief report of Primary researcher's activities or contributions in TNAI* | | |

| | |
|---|--|
| <p>Brief profile of other members of Research team*</p> | <p>Name:</p> |
| | <p>Qualification:</p> |
| | <p>Designation:</p> |
| | <p>Address:</p> |
| | <p>TNAI related activities, if any:</p> |

*** Additional sheets can be used.**

Declaration: I hereby declare the following:

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

2. The research project submitted for TNAI's research grant is not part of the requirements of any course of study like BSc (N)/PB BSc (N)/MSc (N)/PhD/PDF (Post-Doctoral Fellowship) etc.

Name of the Researcher(s)

Signature(s)

Note:

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

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New Delhi - 110016



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

| |
|---|
| 1. Eligibility Criteria |
| <ul style="list-style-type: none">a. Life membership(s) of TNAI (Minimum Two years of active membership) is mandatory.b. BSc/MSc/ PhD in Nursingc. Experience in independent research is preferabled. Experience in guiding research is preferablee. In case of a research by a team of professionals in which non nursing members are included, the primary researcher shall be a TNAI member as per criteria (1.a) above. But in any case, all nurse researchers in the team shall be TNAI members. |
| 2. The Research Focus |
| Studies related to Nurses Welfare, Nursing Management, Nursing Standards, Assessment/ Innovation/Experiment/Improvement of Nursing Services and Education. |
| 3. Population |
| The study should cover ideally a wide range of Population (State, Region) and not limited to a single institution. |
| 4. Application and Proposal |
| The investigator(s) shall submit the Research Grant Application in the prescribed Performa along with the detailed proposal and the budget. |
| 5. Recommendation |
| The application shall be recommended by the State/UT Branch President and the Secretary. |
| 6. Research Grant |
| <ul style="list-style-type: none">a. TNAI National office after due consideration by the research committee may accept or reject the application at their discretion.b. TNAI can decide whether it can be fully funded or partially funded.c. Funding may be released in instalment, say 50%, after preliminary submission of proposal and Ethical committee clearance. Next 25% upon completion of study and final 25% after submitting the written document along with soft copies. |

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d. Can be directly funded from National office to the Individual/Group or the research organisation.

7. Duration of the project

Research Study must be time framed (A time plan to be submitted by the Principal Investigator)

- a. 1 Year
- b. >1 Year to 2 Years

Note: Studies planned for a period more than 2 years are not preferable.

8. Review of progress

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

9. Publication

Studies conducted under the auspices of TNAI must and will be the intellectual property of TNAI and shall be published in NJI only.

10. Recognition (Mandatory)

The investigator shall document and recognize the financial support from TNAI in all communications/reports/publications related to the study.

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

Email: tnai.nnrg@gmail.com

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

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

Published by:

Mrs. Evelyn P Kannan,
Secretary General,
The Trained Nurses Association of India
New Delhi- 110016

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



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

| | | |
|---|-----------|--|
| Name of the State/ UT Branch | | |
| Name of the State/UT office bearer | | |
| Designation (Tick/highlight the appropriate) | President | |
| | Secretary | |

I/We hereby recommend the proposal submitted by

Mr/Ms/Mrs/Sr/Prof/Dr

- 1.
- 2.
- 3.

for the research grant by TNAI.

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

Place:

Date:

Signature:

Seal:

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क्यों आता है किसी के मन में आत्महत्या का विचार?

जीवन फूलों की शैया नहीं है। स्याह रात है तो कुछ घंटों बाद सुबह होनी है। किंतु कुछ लोग हैं कि दुष्कर, कष्टकर प्रतीत होती परिस्थितियों के समक्ष घुटने टेक देते हैं। संकीर्ण सोच वाले बेचारे व्यक्ति को नहीं सूझता कि जिंदगी का एक दरवाजा बंद है तो प्रभु ने चार अन्य दरवाजे खुले रखे हैं।

हमारे कष्ट कभी इतने नहीं होते जितना प्रायः हम समझ लेते हैं। परीक्षा या नौकरी में असफलता, घरेलू या कार्यस्थल के स्तर पर क्लेश, प्रेम में धोखा खाना यहां तक कि मनचाहे कोर्स में प्रवेश न मिलने जैसी स्थितियों में कदाचित कोई रास्ता न दिखने और भावावेश में दुनिया में 8 लाख से अधिक व्यक्ति अपनी आत्महत्या करते हैं हालांकि अधिकांश देशों में यह गैरकानूनी है और सामाजिक दृष्टि से अनैतिक और कुत्सित कृत्य है। अफसोस यह कि सभी आयुवर्ग के, इससे चार गुना व्यक्ति अपनी जीवनलीला समाप्त करने का प्रयास करते हैं। दुखद यह भी है कि भारत का आत्महत्या दर विश्व औसत से अधिक है।

जीवन में अनिवार्यतः आने वाले कष्टों और चुनौतियों को असहनीय न मान कर सुविचार से उनसे मुकाबला करे, इस आशय से 'आत्महत्या रोकथाम का अंतर्राष्ट्रीय संगठन' (आ. ईएएसपी) और डब्लूएचओ समूचे 10 सितंबर को विश्व आत्महत्या रोकथाम दिवस मनाते हैं। आशय यह रहता है कि आत्महत्या के मामले घटें, व्यक्तिगत, सामाजिक, राष्ट्रीय व अंतर्राष्ट्रीय स्तरों पर पारस्परिक दूरियां को पाटा जाए, मानसिक-भावनात्मक संवाद बने रहें तथा आत्महत्याओं का ग्राफ गिरे। डब्लूएचओ की धारणा है जो व्यक्ति एकाकीपन या डिप्रेशन के कारण आत्महत्या करने के कगार पर हैं उन्हें परिजनों और समाज से जोड़ कर राहत देने के प्रयासों में तेजी लाई जाए। मूल धारणा यह है कि करीबी मानवीय रिश्ते मन-दिल से टूट चुके व्यक्ति के सुरक्षा कवच हैं। आत्महत्या निवारण दिवस का वर्ष 2021-2023 का त्रिवर्षीय थीम है, "उचित कार्रवाई के माध्यम से लोकजीवन में आशा का संचार हो।

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