

TNAI BULLETIN



Let Us Dedicate Ourselves to Honour the Elderly

At TNAI, we believe that besides upgrading the skills, knowledge and know-how of Indian nurses we have to set our eyes on empowering them to emerge from being just 'Voice of Indian Nurses' to a formidable professional body to be reckoned with. One way to accomplish is by expanding the membership base because it is numbers that count in our age and time. This point is being discussed in our interactions at various levels from time to time. My visit to Bengaluru for a 9 September meeting had this very purpose. I also wish that you bear the membership issue in mind in all your meetings with friends and in professional get togethers.

We also impress upon you to prepare yourself befittingly, and well in timely manner, for your active participation in the forthcoming XXVIII TNAI Biennial (77th) Conference scheduled on 30-31 January 2023 in Guwahati (Assam), a long-awaited mega event for all of us. Please stick to the stipulated deadlines regarding submission of 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.

Care of the elderly persons (the day of Older Persons happens to fall on 1 October every year) has been an area of interest. In line with it, after a recent decision of National EC/ Council, TNAI members above 60 years are eligible for Life Time Achievement Award. There shall be five awards, one from each region. The last date of receipt of applications is 30 October 2022. Details about submission of entries have been given in September 2022 issue of TNAI Bulletin.

A recent initiative of TNAI towards facilitating them in career advancement has been (after the decision of National EC/ Council) to this effect) incentive to Indian Civil Services aspirants. The selected members shall be eligible for free accommodation in TNAI Guest House, New Delhi and part-funding of coaching fee for duration up to 6 months.

The International Day for Older Persons Day, annually on 1 October, is dedicated to honour, respect and care to the elderly of the world. It spreads awareness about the importance of senior citizens in our society and to appreciate their contributions. Senior citizens carry a lot of responsibility on their shoulders as leaders of the society, hence must not remain marginalised from the main stream life. With availability of better medical and health care facilities the world over, there has been increase in longevity, the elder population shows an upward graph. "By the year 2050, one of five will be 60 years or older; by 2150, it will be one of three persons", according to the United Nations. Thus, facilities and infrastructure to match the routine and psychological needs of the elderly need to be created. The 2022 campaign focuses on highlighting the resilience of older women in the face of environmental, social, economic and lifelong inequalities.

Evelyn P Kannan
Chief Editor & Secretary-General

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- 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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TNAI Participates at Launch of 'For Every Mother in India' Coalition Meet



The ambassador of Switzerland invited TNAI National President Prof (Dr) Roy K George on the launch of the 'For Every Mother in India' initiative on 13 September 2022 at the Embassy of Switzerland in Chanakyapuri, New Delhi.

After the opening remarks by Dr Olivier Fink, Charge d' Affaires, Dr S Shantha Kumari- President, Federation of Obstetric & Gynaecological Societies of India addressed the participants. This was followed by launch of the programme, For Every Mother in India – Call for Action by Dr Bulbul Sood- Chair of the Coalition, and Jhpiego- Senior Strategic Advisor.

Sir JJ School of Art, Mumbai exhibited their art in the lawn, which was appreciated by the delegates.

The For Every Mother in India initiative, sponsored by Switzerland-based Ferrig, a leading healthcare company in reproductive medicine and maternal health with production facilities in India, endeavours that each woman, anywhere, should have access to quality care & treatment before and after child birth.

On behalf of TNAI, Mrs Evelyn P Kannan, Secretary-General, TNAI participated in the launch.

खोया पाया

एतद्द्वारा सभी संबंधितों की जानकारी के लिए सूचित किया जाता है कि मैं अंकित केरकेट्टा, पिता का नाम स्व० केलोम केरकेट्टा, निवासी ग्राम सिमडेगा बुधराटोली का निवासी हूँ। मैंने एस.डी.ए. स्कूल ऑफ नर्सिंग, रांची से जीएनएम नर्सिंग की पढ़ाई की है। मेरी सितंबर 2018 परीक्षा उत्तीर्ण की जीएनएम तृतीय वर्ष की मार्क्स भीट (रोल नं० 718301, नामांकन नं० 15076187) नैगमटोली से बुधराटोली की यात्रा में कहीं खो गई है तथा काफी खोजबीन के बाद भी नहीं मिली है।

अंकित केरकेट्टा

ग्राम सिमडेगा बुधराटोली, पो० व जिला सिमडेगा, पिन - ८३५२२३ (झारखंड), संपर्क: ८५२१२०२८८८

Lost and Found

This is for information of all concerned that I, Ms A. Aparna Catherine studying in 1st year PB BSc Nursing at Scudder Memorial College of Nursing, have lost/ misplaced my original 2nd Year GNM Nursing Marks List during my travel. And the same is not traceable despite many best efforts.

Ms A. Aparna Catherine

89, Sanjeevipuram, Bagayam, Vellore - 632002 (TN). Contact No. 9629251314

Orientation Programmes for TNAI's Tamil Nadu and Delhi State Branch Executives

In line with the earlier decision by the TNAI's EC at its meeting to orient the Executive Committee members of TNAI State Branches about the functioning of TNAI, the executive members from Tamil Nadu along with Dr. Jaeny Kemp, Vice President, TNAI South Region participated in the two days orientation programme on 2-3 September 2022 and the executive members of Delhi State branch along with Mrs. Annie Kumar, Vice President, TNAI North Region participated in one day orientation programme on 30 September 2022 at TNAI Headquarters and its Greater Noida campus.

The purpose of this initiative was to impart them broad knowledge about the role of various units of TNAI. Many of the executives stated that this was their first ever visit to TNAI Headquarters. After welcome address, there was orientation to TNAI and SNAI and briefing on TNAI's role as recruitment agency. The broad areas covered in the orientation were: Growth of TNAI and SNAI over years; Update TNAI membership & Recruitment services; Update on SNAI & Publication; Orientation about land purchase, Accounting/Auditing; Orientation about agenda, Minutes & State branch report; Orientation about the TNAI staff and the job responsibilities being handled by them including maintenance of files; visit to various sections of TNAI Hqrs. The executive members observed the multiple activities of TNAI with great interest and expressed satisfaction



at the professional working of each unit. After lunch, Executives members visited Greater Noida campus. Various activities of TNAI being conducted at CIN&R/ ECH premises in Greater Noida were explained to the EC members. The topics covered were: Neonatal Skill Lab (Daksh) and International Training Centre (ITC) that organises basic life support (BLS), advanced cardiac life support (ACLS) and Reproductive, Maternal, Newborn, Child and Adolescent Health (RMNCH) courses. The participants were shown a live demonstration of the BLS, ACLS training.

Tamil Nadu State Branch EC members were: (1) Dr (Mrs) Ani Grace Kalaimathi, President; (2) Dr TR Udaya Kumar Vice President; (3) Dr (Mrs) S Vijayalakshmi, Secretary; (4) Dr R Shankar Shanmugam, Joint Secretary; (5) Dr R Sudha, SNA Advisor; (6) Dr Annie Raja, Treasurer; (7) Dr Anitha Rajendra Babu, Chairperson-Membership Committee; (8) Prof (Dr) A Jaya Sudha, Chairperson-Nursing Education Section; (9) Ms Shanthi Cameron, Chairperson-Public Health Nursing Section; (10) Ms A Reena Evency, Chairperson, Economic Welfare Committee; (11) Dr V Hemavathy, Chairperson Programme Committee; (12) Ms Joy Kezia R, Chairperson-Nursing Service Section



Delhi State Branch EC members were: (1) Dr. L Gopichandran, President; (2) Mrs. Shiny Chacko, Secretary; (3) Ms. Harshlata, Vice-President; (4) Mrs. V. Indumathy, SNA Advisor; (5) Ms. Kala Vivekanandan; Treasurer; (6) Mrs. Rekha Anil Kumar, Chairperson Economic Welfare Committee; (7) Mrs. Savita Devi, Chairperson Programme Committee; (8) Mrs. Yangchen Dolma, Chairperson-Nursing Service Section.

THE TRAINED NURSES' ASSOCIATION OF INDIA
is organising
77th TNAI National Conference

Venue: Srimanta Sankardev Kalakshetra, Guwahati, Assam
Hosted by: North East Region - TNAI

CONFERENCE REGISTRATION FORM

Dates: January 30th & 31st, 2023

Sightseeing: 1st February 2023

Full Name (Block Letters): Miss/Mrs/Sr/ Mr _____

TNAI Member/Non-TNAI Member/SNA General Committee Member [Tick appropriately]

TNAI Membership No. _____

Designation _____

Complete Address with Pincode: _____

Email _____

Mobile No. _____

Food (tick one) Veg [] Non Veg []

Charges	TNAI Members	Non TNAI Members	SNA Members
Registration Fee*	Rs. 3000 / member	Rs. 4000 / member	Rs. 2000 / member
Late Registration Fee (1st December 2022 till 31st December 2022)	Rs. 4000 / member	Rs. 5000 / member	Rs. 2500 / member
On the spot registration (upto 10am of 30 January 2022)	Rs. 4500 / member	Rs. 5500 / member	Rs. 3000 / member

Registration:

- * Registration fees includes: Conference kit, Two Lunch, 1 Dinner and 4 tea & snacks for two conference days (30th & 31st of January-2023).
- ** For on-the-spot registration, the conference kit will be subject to availability.
- All registrations shall be done preferably in online mode.**
- The link for registration is **conference.tnaionline.org**.
- For offline registrations, DD shall be taken in favor of The Trained Nurses Association of India- Conference, Payable at New Delhi and send along with the registration form by November, 2022, after which

late registration fee will be charged “The Secretary General, L17, Florence Nightingale Lane, Green Park Main, New Delhi- 110016.

Accommodation:

- Delegates shall make own arrangements for your accommodation.
- Information on hotel accommodation will be available in the TNAI National Conference Website.

Sight-seeing:

Would you like to join sightseeing? () Yes () No

- The sightseeing is not included in the registration charges. To avail the sight seeing, please contact Dr. Arpana Das, Mob: 967 878 5848, Email: lovitaarpana@gmail.com or Mrs. Pallabi C Nath, Mob: 940 155 1878, Email: monchetia@gmail.com

OBITUARIES

Mrs Aleyamma Joykutty

Veteran nurse educator Mrs Aleyamma Joykutty, aged 75 years, left for heavenly abode on 30 August 2022. She was living in Nerul, Navi Mumbai (Maharashtra). She was married to Mr Ninan Joykutty.

Born on 1 August 1947, she had her BSc Nursing from Christian Medical College, Vellore (TN). She spent most of her life in Mumbai. Mrs Aleyamma was a veteran nurse educator, and had a long stint as Principal of LT College of Nursing, Mumbai. Due to her sincerity, commitment and loyalty to nursing profession and passion, she made difference at LT CON where she served long.

A person of high integrity, and loved by all his students, she was a true nursing encyclopaedia. Mrs Aleyamma was also an excellent team player respected by her friends and subordinates.

A loving and caring teacher, she was ever concerned about her students and wanted only the best for them. She always looked at issues from students' perspective. My teacher as a first B.Sc nursing student and later on at the masters level too. She welcomed the young ones into the nursing profession with great passion.



Mrs Renu Arora

A very active, enthusiastic member of TNAI, Mrs Renu Arora is no more amongst us. After a long fight with brain cancer she departed for her heavenly abode at just 54 years of age. Prematurely passing away of Mrs Renu has left the TNAI family shocked and saddened.

Born on 4 september 1968, Mrs Renu participated in activities of TNAI with great fervour and enthusiasm. She worked hard in conducting various activities of TNAI at branch level. She was Secretary of TNAI Jharkhand State Branch during March 2015 to April 2019. From May 2019 till last, she was Vice President of TNAI Jharkhand State Branch.

Her contributions and lively demeanours shall be remembered by TNAI. May her soul rest in peace!



The TNAI 77th NATIONAL TNAI CONFERENCE 2023

Venue: Srimanta Sankardev Kalakshetra, Guwahati (Assam)
Hosted by: North-East Region TNAI

List of Committee Chairpersons and Co-chairpersons

Sl. No.	Committee	Chairperson	Email ID	Mobile No.
1. Conference Committee				
	Conference Chairperson	Prof (Dr) Roy K George, National President TNAI, New Delhi	tnai_2003@yahoo.com	
	Co-chairperson	Mrs. Cheryl Susan Tada, Vice-President, TNAI, North East Region, Cell: Email-		
2. Conference Secretary				
	Conference Secretary	Mrs. Evelyn P Kannan, Secretary General, TNAI, New Delhi	tnai_2003@yahoo.com	
	Co-Secretary	1. Dr. Anjali Hazarika, Secretary, TNAI, Assam State Branch 2. Prof. (Mrs.) Papori Pathak Choudhury, Principal, College of Nursing NEMCARE Foundation, Mirza, Assam,	hazarika.anjali@gmail.com principal.nursing@ ngiguwahati.in	8638975632 9859924478, 8638253839
3. Organising Committee Chairperson				
	Chairperson	Mr. Sonaram Nath, President, TNAI Assam State Branch	snath4avg17@gmail.com	9859166020
	Co-Chairperson	Dr. Bibi Bordoloi, Principal Regional College of Nursing, Guwahati,		
4. Chairperson - Programme Committee				
	Chairperson	Dr. Hemeswari Bhuyan, Professor, Regional College of Nursing, Bhangagarh, Assam	hemamunukunu@gmail.com	8638231994
	Co-chairperson	Babita Yumnam, Prof. cum Vice Principal Pratiksha College of Nursing	babitayum@gmail.com	8811087909
5. Chairperson - Finance Fund raising Committee				
	Chairperson	Mrs. Bina Borah, Principal, NEPI School of Nursing, Hajo, Assam	borahbina@gmail.com	9395283375
	Co-chairperson	Mrs. Jean Mathew, Principal, Rani Institute of Nursing, Guwahati		9435111023
6. Scientific Session				
	Chairperson	Dr. Arunjyoti Baruah Professor & Head Nursing, LGB Regional Institute of Mental Health, Tezpur	arunjyotibaruah@yahoo.co.in	9435380045
	Co-Chairperson	Dr. Numahar Ahmed Associate professor (i/c) LGB Regional Institute of Mental Health, Tezpur	anumahar@gmail.com	9854341201
	Co-Chairperson - TNAI Hqrs	Mrs. S. Vatchala Dhinakaran, Assistant Secretary General, TNAI	vatchalatnai@gmail.com	8587825407
7. Reception Committee				
	Chairperson	Dr. Bandana Devi, Prof. cum Principal, Arya Nursing College, Changsari, Kamrup, Assam	bandana_nst@yahoo.com	8638069655
	Co-Chairperson	Maria L. Varte Principal, Pratiksha School of Nursing	mariavarte@gmail.com	7002700953
	Co-Chairperson - TNAI Hqrs	Mrs. Sanghamitra Sawant, Assistant Secretary General, TNAI	tnai.cin.ech@gmail.com	7838371331

8. Registration Committee				
	Chairperson	Prof Manashi Sengupta Dean, Faculty of Nursing, Assam downtown University Guwahati	manashisengupta50@gmail.com dean.nursing@adtu.in	9706081050
	Co-chairperson	Kabita Devi Principal, VKNRL school of Nursing Numaligarh, Golaghat	kabitadevi28dec@gmail.com.	9859821676
	Co-Chairperson - TNAI Hqrs	Mrs. Sanghamitra Sawant, Assistant Secretary General, TNAI	tnai.cin.ech@gmail.com	7838371331
9. Conference Treasurer				
	Chairperson	Sr. Betsy, Treasurer, TNAI, Assam		
	Co-Chairperson- TNAI Hqrs	Mr. Sivadas, Accounts Officer, TNAI	hqaccounts@tnaionline.org	7838369281
10. Invitation Committee				
	Chairperson	Mrs Runee Hazarika, Principal, GNM School of Nursing, GMCH, Guwahati, Assam.	runee_09@rediffmail.com	9435316104
	Co-chairperson	Ms. Antara Chutia Sister Tutor, School of Nursing, GMCH, Guwahati	antarachutia1990@gmail.com	9706028764
	Co-Chairperson - TNAI Hqrs	Mrs. Sanghamitra Sawant, Assistant Secretary General, TNAI	tnai.cin.ech@gmail.com	7838371331
11. Transport Committee				
	Chairperson	Mrs. Deepali Das, Principal, Hayat Institute of Nursing Education	dasdeepali24@gmail.com	8638605307
	Co-Chairperson	Mrs Anamika Bhuyan, Principal St Martha institute of Nursing,	anamika.parishi25@gmail.com	
	Co-Chairperson- TNAI Hqrs	Mr. Sivadas, Accounts Officer, TNAI	hqaccounts@tnaionline.org	7838369281
12. Press & Public Relation, Advertisement Committee				
	Chairperson	Prof (Dr) Tarulata Kakoti Majhi, Principal cum Prof Nursing, Dr BB Cancer Institute, Birubari, Ghy	kakatimajhitarulata@gmail.com.	9435011743
	Co-chairperson	1. Dr Momi Neog, Nursing Superintendent, Assam Medical College Hospital Dibrugarh	momi71@rediffmail.com	9435130384
		2. Mrs. Geeta Dutta. Principal Nursing officer, School of Nursing Nalbari.	gdmaina40@gmail.com	8638330816
	Co-Chairperson - TNAI Hqrs	Mr. Ajinas AM, Assistant Secretary General, TNAI	asgtnai@gmail.com	8287374228
13. Souvenir Committee				
	Chairperson	Dr. Unmona Borgohain Saikia, Principal Asian Institute of Nursing Education, Guwahati Assam, Dean SSUHS Govt of Assam.	unmona@yahoo.com	9864036679
	Co-chairperson	Dr. Ranju Rani Das, Vice-Principal, Asian Institute of Nursing Education, Guwahati Assam	ranjuranidas@yahoo.com	8638823489
		Mrs. Smriti Rekha Neog, Lecturer, BSc Nursing College, Dibrugarh. AMCH Campus, Barbari, Dibrugarh, Assam	smriti_neog@rediffmail.com.	8811848676
	Co-Chairperson - TNAI Hqrs	Mrs. Sanghamitra Sawant, Assistant Secretary General, TNAI	tnai.cin.ech@gmail.com	7838371331

14. Health Committee				
	Chairperson	Mrs. Junu Sarma, Assam Nursing Council		9101484143
	Co-chairperson	Ms. Kasturi Dutta, Chief Nursing Superintendent Central Hospital, North East Frontier Railway, Maligaon	mskasturidutta@gmail.com	8811074178
	Co-Chairperson - TNAI Hqrs	Mrs. S. Vatchala Dhinakaran, Assistant Secretary General, TNAI	vatchalatnai@gmail.com	8587825407
15. Food & Catering Committee				
	Chairperson	Mrs. Kabita Saikia. Principal, Red Cross Nursing Training Centre, Chandmari.	kabitasaikia10@gmail.com	9101327472
	Co-chairperson	Prof. Nirmali Gogoi, HOD, Faculty of Nursing, Assam down town University	nirmali.gogoi111@gmail.com hod.nursing@adtu.in	9864082452
	Co-Chairperson - TNAI Hqrs	Mr. Ajinas AM, Assistant Secretary General, TNAI	asgtnai@gmail.com	8287374228
16. Accommodation Committee				
	Chairperson	Prof.(Mrs) Mayengbam Benita Devi Principal, Rahman Institute of Nursing and Paramedical Sciences Guwahati	benitadevi@gmail.com / rahmancollegeofnursing@gmail.com	8876812251
	Co-chairperson	Anita Sonowal Associate Professor Rahman Institute of Nursing and Paramedical Sciences	anitasonowal28@gmail.com	9706054226
	Co-Chairperson- TNAI Hqrs	Mr. Sivadas, Accounts Officer, TNAI	hqaccounts@tnaionline.org	7838369281
17. Minutes Committee				
	Chairperson	Capt Minimol Louis (Retd), Prof cum Principal, Army Institute of Nursing, C/O 151 BH, Basishta, Guwahati	minimollouis@gmail.com	9881252854
	Co-Chairperson - TNAI Hqrs	Mrs. S. Vatchala Dhinakaran, Assistant Secretary General, TNAI	vatchalatnai@gmail.com	8587825407
18. Hall Arrangement Committee				
	Chairperson	Mrs Sukla Sarkar EC member, TNAI, Assam Chapter	sarkar_sukla123@rediffmail.com	9954052778
	Co-chairperson	Mrs. Naomi Sangma Principal, School of Nursing, Satibari Christian Hospital,	naomi.saikia@gmail.com	9435301915
	Co-Chairperson - TNAI Hqrs	Mr. Ajinas AM, Assistant Secretary General, TNAI	asgtnai@gmail.com	8287374228
19. Printing & Stationary Committee				
	Chairperson	Dr. Banashri Lata Sadhanidar, Principal, CPMS CON	banas14@gmail.com	9435401471
	Co-chairperson	Mrs. Ruth Lalhmingsang, Prof cum Vice Principal, CPMS CON	ruthlau04@gmail.com	9706886952
	Co-Chairperson - TNAI Hqrs	Mr. Ajinas AM, Assistant Secretary General, TNAI	asgtnai@gmail.com	8287374228
20. Poster and Exhibition Committee				
	Chairperson	Prof (Dr) Krishna Das, Principal, Purbattar Institute of Nursing (College of Nursing), NEPEDS group of Institutions	drkd2015@gmail.com	9435115962,
	Co-chairperson	Mrs. Juri Phukon Assistant Professor Regional College of Nursing, Guwahati	phukonjuri2018@gmail.com	9706663332
	Co-Chairperson- TNAI Hqrs	Mrs. S. Vatchala Dhinakaran, Assistant Secretary General, TNAI	vatchalatnai@gmail.com	8287374228

21. Cultural Committee				
	Chairperson	Mrs. Karabi Das Principal ANM School of Nursing GMCH and I/C Principal GNM School of Nursing MMCH	karabidad1623@gmail.com	9864275965
	Co-chairperson	Mrs. Swarnalata Kalita, Principal, GNM Training School, Darrang, Mangaldoi.	swarnalatakallita63@gmail.com	9435519821
	Co-Chairperson - TNAI hqrs	Mr. Ajinas AM, Assistant Secretary General, TNAI	asgtnai@gmail.com	8287374228
22. Audit Committee				
	Chairperson	Prof (Dr) Kaberi Saikia, Principal Royal School of Nursing under the Assam Royal Global University, NH- 37, Betkuchi, Guwahati	kaberisaikia92@gmail.com	9435347966
	Co-chairperson	Mrs. Nizara Das, Principal, Dispur Nursing Institute	dasnizara@yahoo.com	9085021741
	Co-Chairperson- TNAI hqrs	Mr. Sivasdas, Accounts Officer, TNAI	hqaccounts@tnaionline.org	7838369281
23. Sight Seeing Committee				
	Chairperson	Dr.Arpana Das, Professor cum Vice principal, Arya Nursing College, Changsari, Kamrup Rural, Pin- 781101	lovitaarpana@gmail.com	9678785847
	Co-Chairperson	Mrs Pallabi C. Nath	morkhetia@gmail.com	9401551878
	Co-Chairperson - TNAI hqrs	Mr. Ajinas AM, Assistant Secretary General, TNAI	asgtnai@gmail.com	8287374228

हल्के में नहीं लें हृदय रोग को

कभी हृदय रोग उम्रदारों या कुलीन वर्ग को होते थे। किंतु पिछले कुछ दशकों के ट्रेंड से पता चलता है कि निम्नवर्ग तथा कम आयु के लोग भी इससे अछूते नहीं हैं। भारतीय युवाओं में हृदय संबंधी बीमारियों के मामले तेजी से बढ़ रहे हैं। विश्व स्वास्थ्य संगठन (डब्ल्यूएचओ) के अनुसार हृदय रोग हमारे देश में महामारी का रूप ले चुका है, और यह करीब एक तिहाई मौतों के लिए जिम्मेदार है।

हृदय की भूमिका: मांसपेशियों से निर्मित हृदय समूचे शरीर के लिए पंप का कार्य करता है। यह निर्बाध रूप से सदा चलते रहता है ताकि पूरे शरीर में रक्त का संचार होता रहे। हृदय की रक्त वाहिनियों (कोरोनरी आर्टरी) में जब अवरोध ७० प्रतिशत या उससे ज्यादा हो जाता है तो हृदय की मांसपेशियों को उचित मात्रा में रक्त नहीं पहुंचता और रोगी को तकलीफ होने लगती है।

हृदय के स्वास्थ्य के बाबत जागरूकता बढ़ाने की दृष्टि से विश्व हृदय दिवस प्रति वर्ष २६ सितंबर को मनाया जाता है। विभिन्न माध्यमों से प्रयास किए जाते हैं कि हम अपने हृदय के स्वास्थ्य के प्रति सचेत रहें। दुर्भाग्यपूर्ण है कि भारत में हर साल लगभग १२ लाख युवा कार्डियक अरेस्ट से दम तोड़ देते हैं।

जब हृदय की मांसपेशियों को रक्त प्रवाहित करने वाली किसी भी आरटरी में अचानक १०० प्रतिशत की रुकावट आ जाए तो उन मांसपेशियों को पोषण नहीं मिलता तथा उनकी कोशिकाएं मरने लगती हैं और व्यक्ति रोगग्रस्त हो जाता है। बहुत से रोगियों में हार्टअटैक के समय हृदय की धड़कन अनियमित हो जाती है जिसके कारण अचानक मृत्यु हो जाती है। हृदय में दर्द होना बीमारी का प्रमुख लक्षण है। शरीर को कम मात्रा में रक्त मिलने से किसी भी अंग में तकलीफ हो सकती है। तेज भित्ती दर्द, भारीपन; कसावट, घुटन सी महसूस होना; जलन महसूस होना; अपचन जैसा लगना; सीने के बीचों-बीच या बाएं सीने में कष्ट जैसे लक्षणों की अनदेखी जोखिम में डाल सकती है। बीस मिनट से ज्यादा दर्द हार्ट अटैक के कारण हो सकता है। डायबिटीज (शुगर); ब्लड प्रेशर; तम्बाकू का सेवन, श्रम या व्यायाम न करना, कोलेस्ट्रॉल-बहुल भोजन का सेवन दिल के रोगों का कारण बन सकते हैं।



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 " <i>Other positions held</i> ")	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 " <i>Other contributions</i> ")		
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 " <i>Other awards</i> ")		

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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The Trained Nurses' Association of India

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 _____

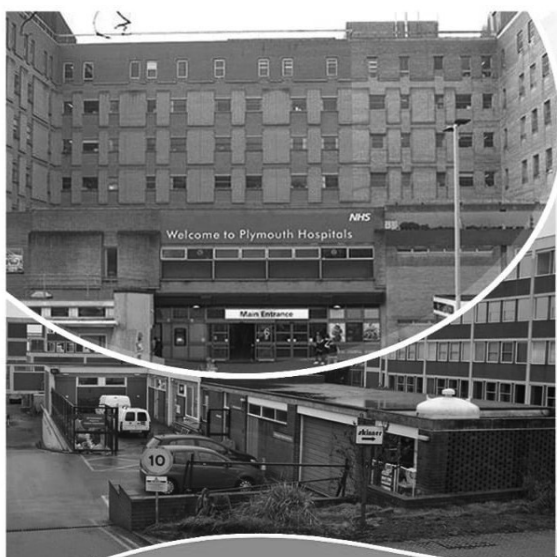
Expected fees to be paid for the coaching in _____

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.



The Trained Nurses' Association of India

Estd: 1908

Upcoming Interviews
to

Devon Hospitals, South West England

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

Eligible Score

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

RUSH Your CV To: tnairecruitment@gmail.com
WhatsApp: 08287374228

Moving ahead with commitment and dedication since 1908

The Trained Nurses' Association of India

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

Ph: 01140196690, 40195409, 40195407

By Secretary - General

XXVIII TNAI BIENNIAL (77th) CONFERENCE

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

Note: The exact date and venue of the conference will be intimated later.

Principals/Nursing Directors of Karnataka Meet to Strengthen TNAI

A meeting of the Principals and Nursing Directors of the Karnataka State was held on 9 September 2022 in the Auditorium of Kidwai Memorial Institute of Oncology, Bengaluru (Karnataka) to discuss ways to expand presence of TNAI in the State.

The chief guests of the occasion were Ms Evelyn Kannan, Secretary-General TNAI and Dr Ramachandra C, Director of Kidwai Memorial Institute of Oncology (KMIO) Bengaluru. Dr ATS Giri, President TNAI Karnataka State Branch presided over the meeting. After the welcome of the chief guests, there was presentation on the TNAI and SNA activities followed by briefing on welfare programmes being undertaken by TNAI and SNA centenary celebrations; 55 participants attended the meeting.



The meeting began with a Prayer song by the students of College of Nursing, KMIO followed by a 2-minute silence in memory of late Mrs Girijamba Devi, Secretary, TNAI KSB. Dr Ramu, Vice President, Bengaluru zone welcomed the participants. After the lighting of the ceremonial lamp Dr Ramchandra C, Director, KMIO spoke about the contribution of the nurses in their hospital and the need for nurses to assume proactive leadership roles. Ms Evelyn Kannan gave an overview of the history, functions and activities of TNAI and SNA. She outlined the role that TNAI played in ensuring that nurses welfare is given prime importance. Dr ATS Giri briefly spoke about the role of the KSB. The role of the motivators and the benefits accruing from the new SNA plan were explained. The meeting concluded with Vote of Thanks by the Branch Secretary, Dr Hemalatha R.



TNAI BULLETIN

Monthly Newsletter of

The Trained Nurses' Association of India

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