



All Roads Lead to Guwahati Conference in Jan 2023

As the dates of forthcoming 77th TNAI National Conference in Guwahati (Assam) draw to close (on 30 & 31 January 2023), we are concerned to ensure that the necessary preparations are laid befittingly. After all we shall be witnessing the eagerly awaited mega event after a considerable gap. As the elaborate modalities for conduct of scientific, posters (around the theme 'Invest in Nursing for Global Health') and concurrent sessions on any specialities and Scientific Poster presentation are being worked out. **The last date for submission of Scientific paper and poster has been extended up to 15 November 2022** to have more participation. As a participant, you are advised to go through the procedure for registration and submission of entries, get yourself registered and keep your presentations ready in time to avoid the last minute hassles. The details have been given in previous issues of NJI, TNAI Bulletin and posted in TNAI website. Remember that those registering on-the-spot shall be provided the Conference kit subject to availability. For specific queries, participants may directly contact the organisers or the members of concerned committee. Besides the benefits from academic sessions and sharing of experiences, the participants shall have glimpse of the rich culture, heritage and natural ambience of the little-explored north-east region.

Facilities for civil services aspirants: In keeping with aspirations of getting into civil services and to encourage such TNAI members, the National EC/ Council has approved a plan for part-funding of coaching fee for Indian Civil Services exam, besides free stay in New Delhi for up to six months. The interested members may apply in the format given in back (October 2022) issue of TNAI Bulletin.

World Diabetes Day: Diabetes is a progressive disorder that leads to serious complications carrying additional costs to the family, community, and healthcare system. It is one of the global health emergencies of this century, and 9th leading causes of mortality together with cardiovascular disease (CVD), respiratory disease, and cancer. The burden of diabetes is high and increasing globally, and in developing economies like India, mainly fuelled by the growing prevalence of overweight, obesity and unhealthy lifestyles. An estimated 231.9 million (one in two) of adults with diabetes re-

main undiagnosed worldwide indicating an urgency to undertake educational programmes at grass roots level. Governments and civil society also have a role in creating awareness and making healthy foods an option for everyone regardless of socioeconomic status. Diabetes advisory: maintaining a healthy weight, stay physically active, and eat healthy foods.

New Born Week, 15-21 November: Worldwide, more than 3 in 10 women and babies do not receive post-natal care. The initial days after birth is the period when most maternal and infant deaths occur. The physical and emotional consequences of childbirth – from injuries to recurring pain and trauma – can be debilitating if unmanaged befittingly. "The need for quality maternity and newborn care does not stop once a baby is born," says Dr Anshu Banerjee, Director of Maternal, Newborn, Child and Adolescent Health and Ageing at WHO.

Evelyn P Kannan
Chief Editor & Secretary-General

INSIDE

- 161 Editorial
- 163 77th TNAI National Conference, Guwahati, Assam – Conference Registration Form
- 164 Orientation Programmes for TNAI, Odisha State Branch Executive
- 165 77th TNAI National Conference, Guwahati, Assam – Countdown
- 167 77th TNAI National Conference, Guwahati, Assam – List of Committee Chairpersons and Co-chairpersons
- 171 News for Nursing Institution
- 172 Health Events of the Month
- 172 Lost and Found
- 173 Obituaries
- 174 TNAI – Application for Civil Service Examination Training
- 176 Hindi Matter

Advertisers List

- 162 OPEN AMR, Developed by Americares India





Frontline Knowledge for Frontline Caregivers

www.open-amr.org



Free Certificate Refresher Course on IPC and AMR

About us

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



www.open-amr.org | Click the link to register yourself for the courses

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 through online mode.**
- The link for registration is **conference.tnaionline.org**.
- For offline registrations, DD shall be taken in favour of '**The Trained Nurses Association of India-Conference**', payable at **New Delhi** and sent along with the registration form to "The Secretary General, L-17, Florence Nightingale Lane, Green Park Main, New Delhi- 110016 by November 30,

2022, after which late registration fee will be charged.

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

Orientation Programmes for TNAI, Odisha 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 Odisha State Branch participated in the two days orientation programme on 17-18 October 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.

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.

Odisha State Branch EC members were: (1) Dr Fulana Kumari Dei, President; (2) Dr Anasuya Pattanayak, Vice President; (3) Mrs Sanjukta Mallick, Secretary; (4) Mrs Kamalini Mohanty, Treasurer; (5) Dr Ritanjali Sahoo, Chairperson Education & Research; (6) Mrs Kajal Rani Sinha, Chairperson Programme Committee; (7) Dr Kalyani Moharana, SNA Advisor; (8) Mrs Shuvasree Jena, Representative-ANM/LHV; (9) Mrs Jyotirmayee Pattanayak, Vice-President, East; (10) Mrs Mamata Tripathy, Vice-President, West; (11) Mrs Sanjukta Sabat, Vice-President, South; (12) Mrs Kabita Manjari Mohapatra, Vice-President, North; (13) Ms Saroj Nalini Pradhan, Ex-President (Advisor).

COUNTDOWN

77th TNAI National Conference Kalakshetra Auditorium, Guwahati (Assam)

January 30-31, 2023

Theme: "Invest in Nursing for Global Health"

Dear Members,

The members of Organising Committee and the North East Region are waiting to receive the delegates for the 77th TNAI National Conference (30-31 January, 2023) from all over the country. The venue of the conference will be Kalakshetra Auditorium, Guwahati (Assam).

About Assam: Nestled in hills, the centrally located Assam, a crucial State in NE Region is home to a rich cultural heritage and variegated flora and fauna. It is also famous for tea and silk. Tezpur is the cleanest and most beautiful city. Other specialities of Assam are: one-horned Indian rhinoceros, wild water buffalo, pygmy hog, tiger and various species of Asiatic birds. The temperature in January is around 12-24 degree C, you may therefore make arrangements accordingly.

Conference Registration

The members can do offline or online registration. The registration form was published in October 2022 issue of The Nursing Journal of India and TNAI Bulletin and was also posted in TNAI's website.

Registration Charges as follows:

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

* **Registration fees includes:** Conference kit, Two Lunch, 1 Dinner and 4 tea & snacks for two conference days (30 & 31 Jan 2023). ** For on-the-spot registration, the conference kit will be provided subject to availability.

- All registrations shall be done preferably through online mode.
- The link for registration is **conference.tnaionline.org**
- For offline registrations, demand draft in favour of **The Trained Nurses Association of India - Conference**, payable at **New Delhi** shall be accepted, this should be sent along with registration form to 'The Secretary General, L-17, Florence Nightingale Lane, Green Park Main, New Delhi- 110016'.
- The last date for submitting the registration form is **30 November 2022**. Late registration fee and on-the-spot registration will be allowed with extra charges as mentioned above.
- Registration fee is not refundable.

Accommodation

Delegates: Delegates shall make their own arrangements for their accommodation. Information on hotel accommodation will be available in the TNAI National Conference website. Alternatively, the members of the Accommodation Committee may be contacted.

Sightseeing: The sightseeing is not included in the registration fees. 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).

Scientific Papers and Scientific Posters

i) Scientific Paper on 'Invest in Nursing for Global Health'

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

ii) Concurrent Sessions:

- 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 session and scientific posters shall be based on studies in any nursing speciality, not necessarily related to theme of the conference.
 - The scientific study submitted for consideration as scientific paper presentation shall follow IMRAD format (Introduction, Methodology, Results and Discussion).
 - Please note that (1) the study carried out within last **four years** period only shall be entertained, and (2) the researcher/ presenter shall be a member of TNAI.
 - The word limit for the scientific paper presentation is **2000-2500**. Enclose separate sheet with author/authors name and a brief bio data, complete address, phone number, email, and TNAI number.

iii) Poster Presentation (based on Scientific Paper)

All posters should be based on Research papers like a visual presentation of the scientific paper on any nursing specialty by individual TNAI member for display.

- a) **Size:** Size of the Poster/ Flex should be approximately 30 x 40 inches.
- b) **Lettering:** Lettering and design of the poster should be bold and big enough to be seen from a distance.
- c) **Layout:** Layout of the picture, if any, must be properly balanced to give a correct sense of proportion.

Note:

(1) Ideas depicted in the poster should be relevant to the study. (2) Extra fixing of clipping/cuttings or any other form on the poster should be avoided. (3) The scientific study submitted for poster presentation shall follow IMRAD format (Introduction, Methodology, Results and Discussion). (4) All the presenters (Conference theme, Concurrent Session and Poster Presentation) should register for the conference. No TA DA will be provided to the presenters. (5) The TNAI will be awarding certificate along with 16 credit hours purely based on registration and attendance. (6) The research paper will be published in any of the forthcoming issues of the NJI after the conference.

We look forward to your kind cooperation to make the conference a grand success, wishing the organiser the very best and delegates a memorable participation. With this we extend a warm welcome to all the delegates of the Conference to experience and share rich culture of the state.

We wish you all blessed and safe journey.

(Mrs.) Evelyn P. Kannan
Secretary General TNAI

TNAI XXVIII NATIONAL TNAI BIENNIAL CONFERENCE 2023

List of Committee Chairpersons and Co-chairpersons

Conference Chairperson

Prof (Dr) Roy K George
President TNAI

Conference-Co-chairperson

Mrs Cheryl Susan Tada,
Vice-President, TNAI, North East Region

Conference Secretary

Mrs Evelyn P Kannan,
Secretary-General, TNAI

Sl. No.	Designation	Name
1.	Conference Co-Secretaries	1. Dr. Anjali Hazarika, Secretary, TNAI, Assam Chapter, Cell: 8638975632, Email- hazarika.anjali@gmail.com 2. Prof. (Mrs.) Papori Pathak Choudhury, Principal, College of Nursing NEMCARE Foundation, Mirza, Assam. Cell: 9859924478, 8638253839, Email- papori78@gmail.com, principal.nursing@ngiguwahati.in
2.	Organising Committee Chairperson	Mr. Sonaram Nath, President, TNAI Assam State Chapter, Co-Chairperson: Dr. Bibi Bordoloi, Principal Regional College of Nursing, Guwahati, Cell: 9864055377
3.	Chairperson - Programme Committee	Dr. Hemeswari Bhuyan, Professor, Regional College of Nursing, Bhangagarh, Assam, Cell:8638231994, Email- hemamunukunu@gmail.com Co-chairpersons: 1. Ms. Bandanna Moktan, Nurse Educator in Sikkim Manipal Hospital, Vice-President, TNAI Sikkim Chapter, Cell: 98320 91060, 70013 78779 2. Ms. Babita Yumnam Prof.cum Vice Principal Pratiksha College of Nursing, Mobile Number:8811087909 Email:babitayum@gmail.com
4.	Chairperson - Finance Fund raising Committee	Mrs. Bina Borah, Principal, NEPNI School of Nursing, Hajo, Assam, Cell No.: 9395283375, Email- borahbina@gmail.com Co-chairpersons: 1. Mrs. Lalremmawii, President, TNAI Mizoram Chapter, Email: tnaimizoram@gmail.com 2. Mrs. Jean Mathew, Principal, Rani Institute of Nursing, Guwahati, Cell: 9435111023, Email- 3. Sr. Betsy, Treasurer, TNAI, Assam Chapter
5.	Chairperson – Scientific Session	Dr Arunjyoti Baruah Professor & Head Nursing, LGB Regional Institute of Mental Health, Tezpur Cell: 9435380045 Email- arunjyotibaruah@yahoo.co.in Co-Chairpersons: 1. Ms. Chandrika Rai, Secretary, TNAI Sikkim Chapter, Email: chandrikasampang@gmail.com 2. Dr. Nurnahar Ahmed, Associate Professor (i/c) LGB Regional Institute of Mental Health, Tezpur. Ph: 9854341201 Email- anurnahar@gmail.com

6.	Chairperson – Reception Committee	<p>Dr. Bandana Devi, Prof. cum Principal, Arya Nursing College, Changsari, Kamrup, Assam; Mobile: 8638069655. Email: bandana_nst@yahoo.com</p> <p>Co-chairpersons: 1. Maria L. Varte, Principal, Pratiksha School of Nursing, Ph. 7002700953 Email: mariavarte@gmail.com</p>
7.	Chairperson – Registration Committee	<p>Dr. Manashi Sengupta Dean, Faculty of Nursing, Assam downtown University Guwahati Cell: 9706081050 Email- manashisengupta50@gmail.com dean.nursing@adtu.in</p> <p>Co-chairpersons: 1. Ms. Lalrinlui, Secretary, TNAI Mizoram Chapter, Email: tnaimizoram@gmail.com</p> <p>2. Kabita Devi, Principal, VKNRL School of Nursing, Numaligarh, Golaghat Cell – 9859821676 Email- kabitadevi28dec@gmail.com.</p>
8.	Chairperson-Invitation Committee	<p>Mrs Runee Hazarika, Principal, GNM School of Nursing, GMCH, Guwahati, Assam. Mobile No.: 9435316104 Email: runee_09@rediffmail.com</p> <p>Co-chairpersons: Mrs. N. Tangbi Devi, President, TNAI Manipur Chapter</p> <p>Ms. Antara Chutia, Sister Tutor, School of Nursing, GMCH, Guwahati Cell: 9706028764, Email: antarachutia1990@gmail.com</p>
9.	Chairperson – Transport Committee	<p>Mrs. Deepali Das Principal, Hayat Institute of Nursing Education, Cell: 8638605307, Email- dasdeepali24@gmail.com</p> <p>Co-chairperson: Mrs Anamika Bhuyan, Principal, St Martha Institute of Nursing, Email- anamika.parishi25@gmail.com</p>
10.	Chairperson – Press & Public Relations, Advertisement Committee	<p>Mrs. Pinaki Bayan Chief Nursing Officer, Apollo International Hospital. Cell: 7578891930, Email- pbayan@gmail.com.</p> <p>Co-chairpersons: 1. Dr Momi Neog, Nursing Superintendent, Assam Medical College Hospital Dibrugarh. Cell: 9435130384 Email ID: momi71@rediffmail.com</p> <p>2. Mrs. Geeta Dutta Principal Nursing Officer, School of Nursing Nalbari. Cell: 8638330816, Email- gdmaina40@gmail.com</p>

11.	Chairperson – Souvenir Committee	<p>Dr. Unmona Borgohain Saikia, Principal, Asian Institute of Nursing Education, Guwahati Assam, Dean SSUHS Govt of Assam. Ph: 9864036679 Email: unmona@yahoo.com</p> <p>Co-chairpersons:</p> <p>1. Ms. Ivory Kharduit, President TNAI Meghalaya Chapter, Email: tnaimegh16@gmail.com</p> <p>2. Dr. Ranju Rani Das, Vice-Principal, Asian Institute of Nursing Education, Guwahati Assam, Cell: 8638823489, Email- ranjurandidas@yahoo.com</p> <p>3. Mrs. Smriti Rekha Neog, Lecturer, B. Sc Nursing College, Dibrugarh. AMCH Campus, Barbari, Dibrugarh, Assam. Ph: 8811848676 Email: smriti_neog@rediffmail.com.</p>
12.	Chairperson – Health Committee	<p>Mrs. Basumati Kalita, Matron, MMCH, Guwahati Cell: 9101318609</p> <p>Co-chairpersons:</p> <p>1. Mrs. Kago T. Yasung, President, TNAI Arunachal Chapter, Email: kagotyasang@gmail.com</p> <p>2. Ms. Kasturi Dutta, Chief Nursing Superintendent, Central Hospital, North East Frontier Railway, Maligaon , Contact No: 8811074178 Email: mskasturidutta@gmail.com</p>
13.	Chairperson – Food & Catering Committee	<p>Mrs. Kabita Saikia. Principal Red Cross Nursing Training Centre, Chandmari. Phone: 9101327472 Email: kabitasaikia10@gmail.com</p> <p>Co-chairpersons:</p> <p>1. Th. Binodini Devi, Secretary, TNAI Manipur Chapter, Email: thbinodinidevi1969@gmail.com</p> <p>2. Prof. Nirmali Gogoi, HOD, Faculty of Nursing Assam down town University, Ph: 9864082452 Email:nirmali.gogoi111@gmail.com hod.nursing@adtu.in</p>
14.	Chairperson – Accommodation Committee	<p>Prof. (Mrs) Mayengbam Benita Devi, Principal, Rahman Institute of Nursing and Paramedical Sciences, Guwahati, Ph: 8876812251 Email: benitadevi@gmail.com; rahmancollegeofnursing@gmail.com</p> <p>Co-chairperson:</p> <p>Anita Sonowal, Associate Professor, Rahman Institute of Nursing and Paramedical Sciences Mobile: 9706054226 Email: anitasonowal28@gmail.com</p>
15.	Chairperson – Minutes Committee	<p>Capt Minimol Louis (Retd), Prof cum Principal, Army Institute of Nursing, C/O 151BH, Basishta, Guwahati. Phone: 9881252854 Email- minimollouis@gmail.com</p> <p>Co-Chairperson:</p> <p>Mrs. Larista Dohling, Secretary, TNAI Meghalaya Chapter, Email: lariedohling@gmail.com</p>

16.	Chairperson – Hall Arrangement Committee	<p>Mrs Sukla Sarkar, EC member, TNAI, Assam Chapter, Cell: 9954052778 Email: sarkar_sukla123@rediffmail.com</p> <p>Co-chairpersons:</p> <p>1. Mrs. Tiamenla Jamir, Secretary, TNAI Nagaland Chapter, Email: tiamenlajr@gmail.com</p> <p>2. Mrs. Naomi Sangma, Principal, School of Nursing, Satribari Christian Hospital, Ph: 9435301915 Email - naomi.saikia@gmail.com</p>
17.	Chairperson- Printing & Stationary Committee	<p>Dr. Banashri Lata Sadhanidar, Principal, CPMS CON Contact no: 9435401471 Email: banas14@gmail.com</p> <p>Co-chairperson:</p> <p>Mrs. Ruth Lalhmingthang, Prof cum Vice Principal., CPMS CON Cell: 9706886952 Email: ruthlau04@gmail.com</p>
18.	Chairperson – Poster and Exhibition Committee	<p>Prof (Dr) Krishna Das, Principal, Purbattar Institute of Nursing (College of Nursing), NEPDS Group of Institutions, Cell: 9435115962, Email: drkd2015@gmail.com</p> <p>Co-chairpersons:</p> <p>1. Mrs. Tiakala Longkumar, President, TNAI Nagaland Chapter, Email: tiakatoshi.lkr@gmail.com</p> <p>2. Mrs. Juri Phukon, Assistant Professor, Regional College of Nursing, Guwahati, Email: phukonjuri2018@gmail.com, Ph:9706663332</p>
19.	Chairperson – Cultural Committee	<p>Mrs. Karabi Das, Principal, ANM School of Nursing GMCH and I/C Principal GNM School of Nursing MMCH, Cell: 9864275965 Email: karabidad1623@gmail.com</p> <p>Co-chairpersons:</p> <p>1. Mrs. Techimepung, Secretary, TNAI Arunachal Chapter, Email: techimepung4@gmail.com</p> <p>2. Mrs. Swarnalata Kalita. Principal, GNM Training School, Darrang, Mangaldoi. Cell: 9435519821, Email- swarnalatakali63@gmail.com</p> <p>3. P. Nora Nongpluh, Meghalaya</p>
20.	Chairperson – Audit Committee	<p>Prof (Dr) Kaberi Saikia, Principal Royal School of Nursing under the Assam Royal Global University, NH-37, Betkuchi, Guwahati, Cell: 9435347966, Email- kaberisaikia92@gmail.com</p> <p>Co-chairperson:</p> <p>Mrs. Nizara Das, Principal, Dispur Nursing Institute, Cell:9085021741,</p>
21.	Chairperson – Sightseeing Committee	<p>Dr. Arpana Das, Professor cum Vice principal Arya Nursing College Changsari, Kamrup Rural, pin-781101 Mobile no.9678785847 Email: lovitaarpana@gmail.com</p> <p>Co-chairperson</p> <p>Mrs Pallabi C. Nath, Principal, NEF Institute of Nursing Saukuchi, Lokhra, Guwahati Contact no. 9401551878 Email- monchetia@gmail.com</p>

22.	Co-Chairpersons – TNAI Headquarters	<ol style="list-style-type: none"> Mrs Sanghamitra Sawant, Assistant Secretary-General, TNAI *Mobile: 7838371331 <ul style="list-style-type: none"> - Reception Committee - Invitation Committee - Souvenir Committee - Minutes Committee - Sight Seeing Committee Mr Ajinas AM, Assistant Secretary-General, TNAI *Mobile: 7669946469 <ul style="list-style-type: none"> - Press & Public Relation, Advertisement Committee - Food & Catering Committee - Hall Arrangement Committee - Cultural Programme Committee - Registration Committee Mrs S Vatchala Dhinakaran, Assistant Secretary-General, TNAI *Mobile: 8587825407 <ul style="list-style-type: none"> - Scientific Session - Health Committee - Poster and Exhibition Committee - Concurrent Session Mr Sivadas, Account Officer, TNAI *Mobile: 7838369281 <ul style="list-style-type: none"> - Finance Committee - Transport Committee - Accommodation Committee - Audit Committee <p>Email: tnaiconf2023@gmail.com</p> <p>* Only WhatsApp message or calls allowed between 8.30 am to 4.30 pm only</p>
-----	-------------------------------------	--

NEWS FROM NURSING INSTITUTION

ES College of Nursing (ESCON), V Salai, Villupuram (TN): The 5th National conference, 'Research Process - An Overview' was organised on 17 September 2022. The theme of the conference was expounded by Prof M Porselvi, Principal ESCON. Dr S Vijayalakshmi - Principal Vignesh Nursing College, Executive Governing Council & Senate member of The Tamilnadu Dr MGR Medical Univ & Secretary TNAI Tamilnadu State Branch was the chief guest of the occasion. Earlier, Prof Mr Karthi, Vice Principal ESCON welcomed the guests and the participants. In her address, the chief guest explained the role and importance of research and its implications in our daily life, like substituting to ventilator. Mrs Kavipriya, the TN NMC-appointed Observer gave positive feedback about the conference.



HEALTH EVENTS OF THE MONTH

World Diabetes Day: 14 November

Even after 100 years of the discovery of insulin – the master drug to control diabetes – millions of people with diabetes the world over are unable to access the care they need. People with diabetes require ongoing care and support to manage their condition and avoid complications. To compound the scenario, half the patients with diabetes remain undetected. It is to raise awareness about prevention and treatment of diabetes that World Diabetes Day is observed worldwide annually on 14 November. The World Health Organisation (WHO), the International Diabetes Foundation (IDF) and others conduct activities for educating the public on ways and means to curb the menace of diabetes.

Traditionally considered as the disease of the affluent class, it has spread to all sections of society. By 2035, around 592 million people are estimated to die of diabetes. The aetiology of diabetes (type 1 or type 2) remains unclear though obesity, sedentary life style and lack of physical exercise have been found as predisposing factors. Common symptoms are: Feeling unusually thirsty or hungry, weak and tired; irritability, mood swings; frequent urination, presence of ketones in the urine; loss of weight; blurry vision; delayed healing of sores & wounds; getting gum, skin, vaginal or other infections.

Prolonged diabetes can be disabling or even life-threatening. General complications include: heart and blood vessel disease, damage to kidney or nerve (nephropathy/ neuropathy), diseases of heart and blood vessel or foot, susceptibility to mouth and skin condition, hearing impairment, Alzheimer's disease and depression. The theme for World Diabetes Day 2022 is, "Education to Protect Tomorrow". The underlying assumption is, if remained undiagnosed, one can land in serious complications. World Diabetes Day is celebrated in 170 countries through diabetes associations.

National Newborn Week: 15-21 November

The neonatal period i.e. the first 28 days of life is most crucial period for survival of child as well as its optimum growth. However, more than 2.6 million babies lose their life during this first 28-day period, most of them in the first week and additional 2.6 million stillbirths occur each year. To draw attention of health care professionals and lay public, Newborn Care Week is celebrated every year in the country from 15 to 21 November. The physical and emotional consequences of childbirth – from injuries to recurring pain and trauma – can be debilitating if unmanaged befittingly. "The need for quality maternity and newborn care does not stop once a baby is born," says Dr Anshu Banerjee, Director of Maternal, Newborn, Child and Adolescent Health and Ageing at WHO.

Considering the seminal role of newborn's health, Government of India had earlier launched Mission Indradhanush so that each child born is covered under all necessary vaccinations. Eventually, the after PMO undertook monitoring of recommended immunisations for each and every infant with instructions to track all the children. Consequently, significant improvement in has been witnessed in survival of New Born and better health of the child.

Lost and Found

It is to for information of all concered that I, Ms Anithamargreat A, D/o late G. Alexander, working as Staff Nurse in Scudder Memorial Hospital, Ranipet lost my First Year Supplementary Community Marks List bearing CMAI Board Bangalore Branch Regn. No. 12890/16 and Tamilnadu Regn. No. 229455 during my travel. The same is untraceable despite much efforts and complaint to this effect has been lodged with Police.

Ms Anithamargreat A

C-14 Kelly's Road, Nathala Kuttai, Navalpur, Ranipet - 632 401 (TN). Mobile: 95004 24667/ 96299 89306

OBITUARIES

Maj Gen (Miss) VMM Game (Retd)

Maj Gen (Miss) VMM Game (Retd), AVSM, VSM, former Additional Director-General (ADG) Military Nursing Service (MNS), left for heavenly abode on 8 October 2022 at Command Hospital (Southern Command) Pune.

Born on 16 April 1935 in Patna (Bihar), she joined MNS when commissioned as Lieutenant in 1956. A highly dedicated, meticulous, enthusiastic and energetic professional with great compassion, care and skill, she rendered yeomen services in active war time in Indo-China War (1962) and in Indo-Pak War (1971) and saved several wounded soldiers. She did her specialisation in Operation Theatre Nursing, and was awarded a scholarship under Colombo plan scheme to specialise in Orthopaedic Nursing at the New South Wales College of Nursing in Sydney, Australia.

In her long meritorious career the General Officer held various prestigious positions including that of ADGMNS (January 1992 to April 1994) during which period many reforms with impact on the generations of MNS officers were witnessed. For her distinguished service of exceptional order during war and peace, she was awarded the Chief of Army Staff Commendation in 1971, the Vishist Seva Medal in 1982 and the Ati Vishisht Seva Medal in 1994. She was also recipient of Sarojini Khosla Nightingale Award in 1993 for her contributions to nursing and a Life Member of TNAI.

With her passing away, the MNS has lost an eminent leader & administrator, a great source of inspiration. Maj Gen Smita Devrani, Addl DGMNS and all officers of MNS offer sincere condolences and pray to Almighty for eternal peace to the departed soul.



Mrs Annamma Mathai

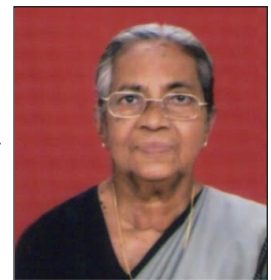
Well known Nursing educator and professional, Mrs Annamma Mathai passed away on 22 September 2022, at the age of 93. Since past few years she was residing in Kottayam (Kerala).

Oldest in the family of eight, Mrs Annamma landed in Delhi in 1947 and completed BSc (Hons) Nursing in the first batch of Raj Kumari Amrit Kaur College of Nursing (Delhi University). A Nursing pioneer in Delhi for almost 42 years in Delhi, she was an active member of the TNAI since its establishment. She worked as Sister Tutor at the Lady Harding hospital for many years of her early life and later under the Colombo Plan Scholarship through the Government of India for completing Nursing Administration in Sydney, Australia.

She was instrumental in establishing the College of Nursing at LNJP Hospital, and served as its Principal in 1987. Post-retirement, after few years' stay in Delhi, she settled in her native home Kottayam, and helped start the BSc Nursing course at School of Medical Education (SME) Kottayam where she worked as Professor & Head of the Department. She also helped establish the College of Nursing and continued her professional life as Principal of Cheran College of Nursing, Coimbatore (TN).

Believer of Gandhiji's prayer meetings since her early years, she chose to stay among the peaceful, loving and caring community of the Senior Citizens independent living at JMM Mandiram, Kottayam. At occasions she attended Lady Harding Alumni students association meets in Florida, USA at their invitation.

She is survived by Mrs Rebecca Vadakara (daughter) among others.





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.



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

RUSH Your CV To: tnairecruitment@gmail.com
WhatsApp: 08287374228
Moving ahead with commitment and dedication since 1908

साफ-सफाई रहेगी तो फिजाएं और सेहत दोनों सही रहेंगे

कहावत है, स्वच्छता में देवत्व का वास होता है। दूसरे शब्दों में, यदि हमें प्रभु की कृपा का भागी बनना है तो हमें स्वच्छता का ध्यान रखना होगा। वैसे भी, अपने परिवेश की और स्वयं साफ-सफाई रखेंगे तो हमारे दिलोदिमाग में पाज़िटिव, प्रगतिशील विचार आएंगे और टिकेंगे। साफ-सफाई के बाह्य पक्षों में शौचालयों की विशिष्ट भूमिका है।

एक समय था जब शौचालय या इससे संबंधित किसी विषय पर चर्चा करना गैरजरूरी और अशिष्ट समझा जाता था। पचास-साठ वर्ष पहले की याद करें। छोटे शहरों या कस्बों में शौचालय मकान के उपेक्षित पिछवाड़े में होता था। अन्य जगमगाते कमरों की तुलना में कच्चे-पक्के शौचालय में न तो उचित रोशनी होती, न ही कायदे की सफाई। कहीं तो शौचालय में पानी की किल्लत होती।

संप्रति समूचा विश्व साफ-सफाई के बारे में संक्रमण काल से गुजर रहा है। लगभग ३.६ अरब लोग घटिया कोटि के शौच। लयों से गुजर-बसर कर रहे हैं। इसके अतिरिक्त ६७.३ करोड़ व्यक्ति खुले में शौच निबटते हैं। शौचालयों के खस्ता हालत से इन्हें इस्तेमाल करने वाले प्रायः विभिन्न बीमारियों के जोखिम में रहते हैं। आमजन को शौचालय और समुचित शौच प्रथाओं के बाबत शिक्षित करने की दृष्टि से संयुक्त राष्ट्र के तत्वाधान में जैक सिम नामक व्यक्ति ने १६ नवंबर २००१ को विश्व शौचालय संगठन की शुरुआत की। तब से इस तारीख विश्व शौचालय संगठन दिवस मनाई जाती है। उद्देश्य यह था कि स्वच्छता के संदेश को ले कर शौचालय के उपयोग को बढ़ाया जाए तथा खुले में शौच की परिपाटी को उत्तरोत्तर खत्म किया जाए। वर्ष २०२२ के शौचालय दिवस का थीम है, जिसे जानबूझ कर ढक कर रखा गया है उसे सामने लाया जाए।

खुले में शौच का एक नुक्सान यह है कि मल तालाब, नदी जैसे जल संसाधनों में चला जाता है तथा अनेक बीमारियों का कारण बनता है। स्पष्ट है, सफाई व्यवस्था दुरस्त कर दी जाए तो भूजल प्रदूषण पर अंकुश लगेगा। शौचालय दिवस का विज़न यह है कि प्रत्येक व्यक्ति को स्वच्छ प्रणाली से जुड़ा शौचालय उपलब्ध हो।

भारत में स्वच्छता के भाव संपुष्ट रखने के लिए २ अक्टूबर २०१४ को स्वच्छ भारत मिशन (ग्रामीण) और खुले में शौच के समापन की शुरुआत की गई थी। इस मिशन के तहत ग्रामीण अंचलों में पक्के शौचालय बनवाने के लिए एकमुश्त राशि प्रदान की जाती है। योजना में स्कूलों को भी शामिल किया गया, महिला शौचालयों को खासकर ध्यान में रखा गया।

महिला सुरक्षा और शौचालय - घर में उचित शौचालय न होने का पक्ष महिला सुरक्षा से संबद्ध है। देखा गया है कि इस परिपाटी के चलते महिलाओं के प्रति दुर्व्यवहार के मामलों में बढ़त होती है और महिलाओं में असुरक्षा की भावना पनपती है। कार्यक्रम की सफलता इस सुखद परिणाम से झलकती है कि ग्राम्य स्कूलों में पांच वर्षों में शौचालययुक्त स्कूलों का प्रतिशत ४० से बढ़ कर लगभग सौ प्रतिशत हो गया।

- प्रकाशन एकक, टीएनएआई

TNAI BULLETIN

Monthly Newsletter of

The Trained Nurses' Association of India

L-17 Florence Nightingale Lane, Green Park, New Delhi-16

Phone: 011-40195409, 011-40195407

E-mail: helpdesk@tnaionline.org, membership@tnaionline.org,

sna@tnaionline.org, publicationtnai@yahoo.com

Website: www.tnaionline.org

EDITORIAL ADVISORY BOARD

Prof (Dr) Roy K George, Dr Mehmooda Regu,
Dr A Indira, Dr Larissa Martha, Mrs Avani Oke,
Dr G Hemavati, Mrs Evelyn P Kannan

Consulting Editor: Mr HK Barthwal

Chief Editor: Mrs Evelyn P Kannan

Published, printed and edited by Mrs Evelyn P Kannan for The Trained Nurses' Association of India, L-17, Florence Nightingale Lane, Green Park, New Delhi-110016 and printed by her at Chandu Press, 63 FIE, Patparganj Industrial Estate, Delhi-110092. Computerisation and layouts by Anupam Kamal, Delhi