



Population Growth: Need to Curb and Plan

TNAI Honours Florence Nightingale Awardees 2022 & 2023: In a grand ceremony held on TNAI Hqrs on 22 June 2023, in honour of 30 National Florence Nightingale Awardees (15 each for the years 2022 & 2023) in the august presence of esteemed guests, dignitaries, and nursing professionals delivered the citations. Congratulating the exceptional contribution of awardees in different nursing fields, the dignitaries and guests said they shall serve as examples for the upcoming nurses. All participants applauded the winners for their outstanding contributions to patient care, research, education, and leadership.

TNAI/ SNAI Scholarships: Applications are invited for the academic year 2022-2023 from eligible candidates for availing (1) TNAI Scholarships for pursuing higher studies in nursing – Post-Basic BSc Nursing and Masters in Nursing; and (2) SNAI Scholarships – ANM/ Multipurpose Health Workers (Female), Diploma in GNM and Basic BSc Nursing, till 31 July 2023. Details are available in TNAI Bulletin May 2023 issue, and also in TNAI website.

SNAI Conference in Hyderabad: The forthcoming SNAI Conference is scheduled for 25 & 26 November in Hyderabad (Telangana). All SNAI Unit heads are requested to bring to the notice of all members, the contents of the circular already sent to the SNAI Advisors, Secretary and President of each TNAI State Branch. We believe, members shall keep in mind the criteria for submission of entries for different competitions by or before the last date. (Details available in May & June 2023 issues of TNAI Bulletin and in SNAI Section of TNAI website: <https://www.tnaionline.org>).

Elections in Assam and Himachal Pradesh: All concerned members may kindly note that Elections are due in States of Himachal Pradesh on 5 August 2023, and in Assam on 11 August 2023. Kindly make it sure to participate duly.

World Population Day (WPD): In a span of 11 years, from 7 billion mark in 2011, the global population surpassed 8 billion on 15 November 2022, and may touch 8.5 billion in 2030, 9.7 billion in 2050, and 10.9 billion in 2100; India with 1.428 billion population has recently beaten China in numbers. The aim of WPD globally observed on 11 July annually is

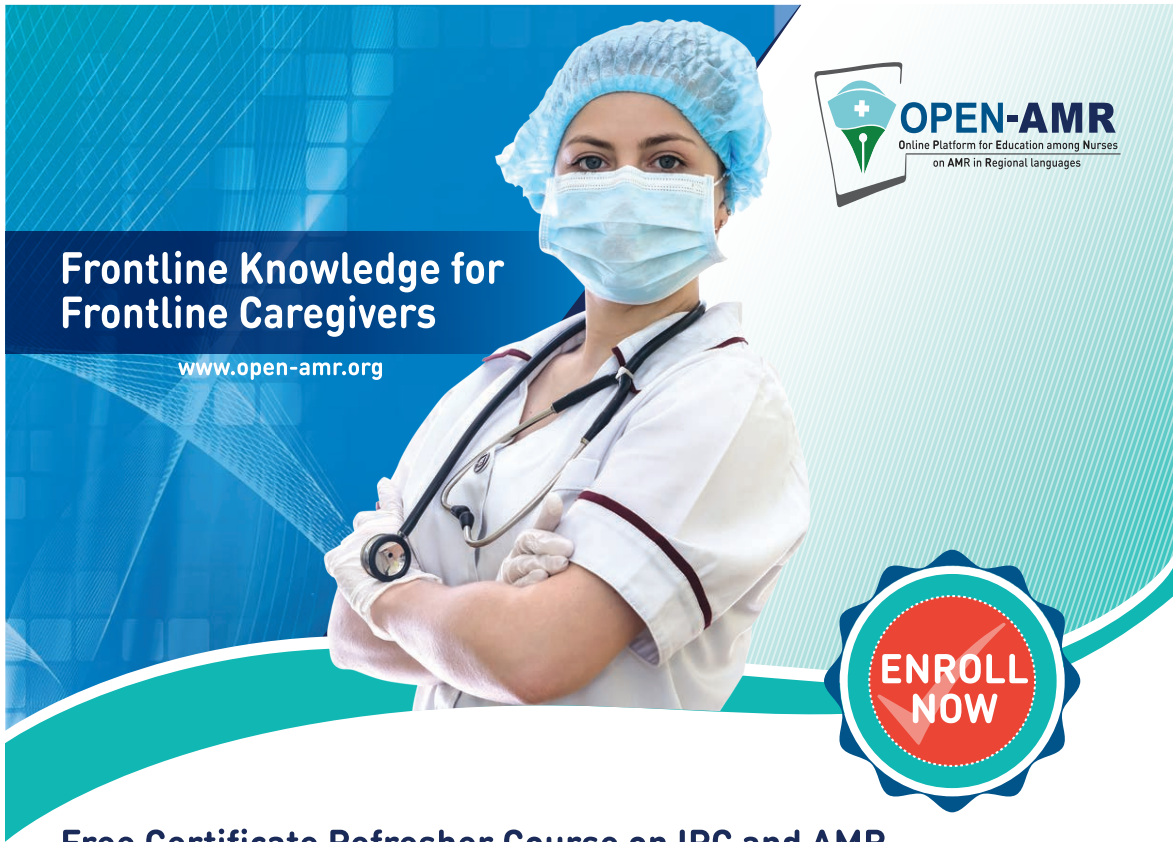
to raise awareness about the excessive growth in population and its negative impact on earth's limited resources. The population over growth is partly attributed to the increasing people surviving to reproductive age accompanied by major changes in fertility rates, increasing urbanisation and accelerating migration. These trends will have far-reaching implications for future generations.

The 2022 UNFPA's report, 'State of World Population' reveals that about half of all pregnancies in the world are unintended; it also explores the health, human right, humanitarian and socio-economic linkages of unintended pregnancies including the concerns about gender-based violence, the increased barriers women face in accessing reproductive health services in conflict settings and the risks related to unsafe abortions. As nurses perform a vital role of educating the public, let us work together to curb unintended pregnancies.

Evelyn P Kannan
Chief Editor & Secretary General

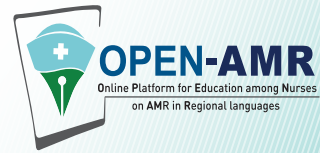
INSIDE

97	Editorial
99	Florence Nightingale Awards 2022-2023
106	Lost & Found
107	Provisional Ballot Paper: TNAI Assam State Branch
109	Provisional Ballot Paper: TNAI Himachal Pradesh State Branch
111	Notice of Applying for TNAI/SNAI Scholarships
112	Hindi Matter
	Advertisers List
98	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

FLORENCE NIGHTINGALE AWARDS 2022

Ms. Namita Kalita

Auxiliary Nurse Midwife (ANM), Khanapara State Dispensary, Guwahati, Assam

Ms. Namita Kalita had been in service as ANM since 1993. She is currently working in Khanapara State Dispensary, Guwahati, Assam and has worked in sub-centre and Community Health Centre in remote areas. She is a dedicated and well-organized staff who was meticulous in doing her work. As an ANM, her contributions are valuable to the community. She is an all-rounder with achievements in extracurricular activities. Her two talks on health-related topics are broadcasted by All India Radio. She has attended various training programs to update herself.

Ms. Namita Kalita has received many letters of appreciation that are noteworthy.



Ms. Sujata Peter Tuscano

Auxiliary Nurse Midwife (ANM), Primary Health Centre, Nirmal Sub-Centre Bhuigaon, District Palghar,, Maharashtra

Ms. Sujata Peter Tuscano has 35 years of experience as ANM. She is currently working in Primary Health Centre, Nirmal Sub-Centre Bhuigaon, District Palghar, Maharashtra. She has multifaceted personality with good service contributions with extracurricular achievements. She is very ambitious to learn and is pursuing MA in rural development. She has exhibited dedication and passion for the profession. She has attended many National, State and District level workshops.

Ms. Sujata Peter Tuscano has received many awards and appreciation letters for her dedicated and extended social services.



Ms. Dimkhanman Hangshing

Auxiliary Nurse Midwife (ANM), Kullian PHSCm BPO Panglain, Churachandpur, Manipur

Ms. Dimkhanman Hangshing has 36 years of service in the remote and difficult areas of Manipur in different health centres. She is currently working Kullian PHSC under Primary Health Centre, Zezaw, BPO Panglain, Churachandpur, Manipur. She has covered a broad spectrum of healthcare activities appropriate to the community actively participating in all national health programs. She is known for her selfless, dedicated and exexplary services to the community. She has attended a variety of training programs at District and State levels to facilitate her own professional development.

Ms. Dimkhanman Hangshing has received many awards and appreciation letters at local, State and National levels.



Ms. Tejavath Susheela

Auxiliary Nurse Midwife (ANM), Multi Purpose Health Assistant Female, Erragutta Primary Health Centre, Bhadradri, Distt. Kothagudem, Telangana

Ms. Tejavth Susheela has more than 25years of experience as ANM. She is currently working in Erragutta Primary Health Centre, Bhadradri, District Kothagudem, Telangana. Her dedicated services rendered in the community especially in Gottikoya a tribal habitation, a remote area without roads, is noteworthy. She has attended many short-term courses. She has been actively involved in national health programs.

Ms. Tejavath Susheela has received many appreciations in media for her outstanding contributions.



Ms. Rita Mondal

Auxiliary Nurse Midwife (ANM), Health Assistant, Kulpi Rural Hospital, Kulpi, South-24 Pargana, West Bengal

Ms. Rita Mondal has completed 28 years of service as ANM is currently working in Kulpi Rural Hospital, Kulpi, District South-24 Pargana, West Bengal. She has worked in a sub-centre near Sunderban's area which is a very remote village. There is an excellent coverage of services and health outcomes in her area of work. She has actively contributed to the implementation of national health programs. She is a dedicated and efficient health care provider. She has attended various training programs at District, State and National levels.

Ms. Rita Mondal was awarded the 'Best Performer' for various years and has also received several certificates of appreciation at State and District level.



Ms. Reliance Pyrngap

Lady Health Visitor (LHV), Sutnga Community Health Centre, East Jaintia Hills, Khliehriat, Meghalaya

Ms. Reliance Pyrngap has more than 35 years of service both as an ANM and LHV. She has served the communities of Saipung Primary Health Centre and currently is posted at Sutnga Community Health Centre, East Jaintia Hills, Khliehriat, Meghalaya, which is a tribal area. She is efficient in her job and goes beyond her call of duty to serve her community. Her leadership, hard work, initiative and empathy are commendable. She has saved many lives of women during complicated childbirth. She has updated herself by attending various CNE programs at National, State and District levels.

Ms. Reliance Pyrngap's service to community is highly appreciated by the public and District authorities.



Ms. Athodo Linggi

Nursing Officer, Zonal General Hospital, Tezu, Arunachal Pradesh

Ms. Athodo Linggi is currently working as Nursing Officer in Zonal General Hospital, Tezu, Arunachal Pradesh. She is an outstanding, hard-working and enthusiastic health worker. She has a total of 23 years of clinical experience. She has worked in vaccination program at Community Health Centre Hayuliang, a remote area. She has worked tirelessly in battling Corona at Zonal General Hospital. She has attended many State and National level workshops/short-term training programs.

Ms. Athodo Linggi is a recipient of commendation for COVID-19 warrior from Government of Arunachal Pradesh.



Ms. Anita Nakra

Assistant Director Nursing, Delhi State Cancer Institute, GTB Hospital Campus, Delhi

Ms. Anita Nakra is currently working as Assistant Director Nursing at Delhi State Cancer Institute with more than 35 years of experience. She has completed her B.A., M.A. (Sociology), & MBA and obtained various additional certificates after RN&RM and has continuously updated her knowledge and skills. She is an able, strict and vigilant administrator. She carries out daily quality assurance activities with complete dedication and commitment. She has attended and participated in numerous CNE programs and activities. She took additional responsibilities during COVID-19 crisis situations in a flawless manner and kept the cancer care centre functional during COVID shut down.

Ms. Anita Nakra has received many letters of appreciation for her meritorious work.



Maj Gen Smita Devrani, VSM

Additional Director General, Military Nursing Services (ADGMNS), Army Headquarters, Delhi

Maj Gen Smita Devrani, VSM is currently Additional Director General, Military Nursing Services at Army Headquarters, Delhi with 38 years of distinguished service in various capacities. She has served in difficult regions with sub-zero temperatures and handled casualties during many operations and has saved lives of hundreds of patients. She is a well acclaimed ICU nurse and has held various key appointments in AFMS Hospitals. She was instrumental in establishing new hospitals and new nursing units. She took initiative to introduce various innovations during the COVID-19 pandemic to organize the nursing services and also streamlined the vaccination drive at all AFMS hospitals.

Maj Gen Smita Devrani, VSM is a remarkable administrator, mentor and an advocate for nursing.



Dr. Poreddi Vijayalakshmi

Clinical Instructor, College of Nursing, National Institute of Mental Health and Neuro Sciences (NIMHANS), Bengaluru, Karnataka

Dr. Poreddi Vijayalakshmi is working as a Clinical Instructor at College of Nursing, National Institute of Mental Health and Neuro Sciences (NIMHANS), Bengaluru, Karnataka with total 29 years of experience. She has done her Ph.D. and has published widely in national and international journals and has received several commendations for her research work. She was instrumental in developing NIMHANS telenursing practice guidelines-2020 during COVID-19 pandemic and was part of the NIMHANS helpline in providing counseling services. She has organized many local/State/national conferences and workshops. Her commitment and dedication to advance nursing service, education and research are commendable. She has always been willing to take on any challenge or difficult task.

Dr. Poreddi Vijayalakshmi has received many awards in recognition of her outstanding work.



Ms. Hindumbi K.

Head Nurse (Retired), Government Indira Gandhi Hospital, Kavaratti, Lakshadweep

Ms. Hindumbi K. is the first nurse and midwife in UT of Lakshadweep with 34 years of service. She is a theatre trained head nurse, retired from Government Indira Gandhi Hospital, Kavaratti, Lakshadweep. She has saved lives of a number of patients in geographically isolated islands. She has travelled to remote islands to assist in conducting complicated deliveries and has saved lives of patients with Postpartum hemorrhage (PPH). She has also conducted breech delivery onboard ship and saved lives of mother and newborn. She has worked with dedication in serving patient with leprosy and tuberculosis. She has volunteered to give palliative care to cancer and geriatric patients in the island.

Ms. Hindumbi K. was awarded certificate of excellence by TNAI at State and national level.



Ms. Sebati Sahoo

Nursing Officer, District Headquarter Hospital, Nabarangpur, Odisha

Ms. Sebati Sahoo is currently working as a Nursing Officer with P.B.B.Sc. (Nursing) qualification, at the District Headquarter Hospital, Nabarangpur, Odisha with 18 years of clinical experience. She is a sincere, hard-working and dedicated nursing officer. As an ICU nurse, she handles critical cases efficiently. She is a Skilled Birth Attendant trainer. She has contributed immensely towards counseling of COVID patients, families and young nurses. She is a role model to her juniors and colleagues to improve quality patient care. She has attended many local and State level workshops. Her –innovative activities and outstanding contribution in nursing practice is appreciable.

Ms. Sebati Sahoo has received letter of appreciation for her outstanding contributions.



Mr. Neeraj Tamboliya**Senior Nursing Officer, SPNCHI (JK Lon Hospital), Jaipur, Rajasthan**

Mr. Neeraj Tamboliya is working as Senior Nursing Officer, SPNCHI (JK Lon Hospital), Jaipur, Rajasthan with 31 years of experience. He has rescued Road Traffic Accident victims and saved a life by doing CPR in case of cardiac arrest. He helped in evacuation of Pediatric Intensive Care Unit during short circuit. He has been actively involved in community activities by giving health education to general public. He has worked during COVID-19 pandemic in assisting for burial services. He has attended many in-service education programs.



Mr. Neeraj Tamboliya's contributions are appreciated by local authorities and State government. He has received many letters of appreciation for his outstanding work.

Ms. Ganapathy Santhi**Staff Nurse, Institute of Child Health & Hospital for Children, Egmore, Chennai, Tamil Nadu**

Ms. Ganapathy Santhi is a Staff Nurse working at the Institute of Child Health & Hospital for Children, Egmore, Chennai, Tamil Nadu. She has 24 years of clinical experience. She has worked in Neonatal Intensive Care Unit (NICU) and was instrumental in establishing human milk bank for the first time in Tamil Nadu, in 2014. She is a competent, hardworking and sincere clinical nurse. She has done NALS and PALS courses. She effectively performs advanced nursing procedures. Her contribution in managing COVID affected newborns is remarkable. She is a frontline COVID warrior. She has participated in national workshops/conferences as resource person.



Ms. Ganapathy Santhi's outstanding contributions are appreciated by State and local authorities. She has received 'Best Nurse' award at the State level.

Ms. Manju Kaira**Assistant Nursing Superintendent (ANS), Jawahar Lal Nehru District Hospital, Rudrapur, Uttarakhand**

Ms. Manju Kaira is a dedicated clinical nurse with 35 years of experience. She is currently working as Assistant Nursing Superintendent (ANS) in Jawahar Lal Nehru District Hospital, Rudrapur, Uttarakhand. Her contributions in caring for victims of Rudrapur riot are highly significant. She has done district level TOT for SBA, Daksh National Skills Training, and PPIUCD insertion training. She has managed COVID hospital efficiently.



Ms. Manju Kaira is appreciated for her contributions in Kayakalp project anti-tobacco drive, and COVID care. She is a recipient of women empowerment award.

FLORENCE NIGHTINGALE AWARDS 2023**Ms. Suchitra Mistry****Auxiliary Nurse Midwife (ANM), Prothrapur Health & Wellness Centre, Port Blair, Andaman & Nicobar Island**

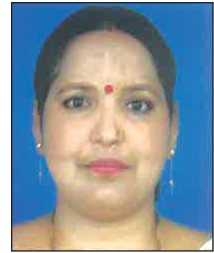
Ms. Suchitra Mistry is working as an ANM in Prothrapur Health & Wellness Centre, Port Blair, Andaman & Nicobar Island with a total of 30 years of experience. She is a competent, and dedicated nursing staff and is always willing to go an extra mile to help others. She has gained respect and trust from the tribals of Nancowrie and has achieved 100% coverage of COVID-19 vaccination in this remote island. She has travelled sea route via mechanized boat in difficult climatic conditions to reach the people. She has attended several training programs.



Ms. Suchitra Mistry Halder has been awarded many certificates of appreciation for COVID-19 vaccination programs.

Ms. Gaytri Kumari**Auxiliary Nurse Midwife (ANM) Health Sub-Centre, Gaway, District Sheikpura, Bihar**

Ms. Gaytri Kumari is presently working as an ANM at Health Sub-Centre, Gaway, District Sheikpura, Bihar with a total of 14 years of experience. She is a dedicated, sincere and hard-working worker. She actively implements all the national health programs. Her services in family planning, NRHM, Special New Born Care Unit, COVID care, vasectomy and mega vaccination drive are highly appreciated. She has participated in many training programs.



Ms. Gaytri Kumari has received recognition for her performance as COVID warrior. Her outstanding contributions have been appreciated and rewarded by district and State authorities.

Ms. Nagarathna T**Auxiliary Nurse Midwife (ANM), Sub-Centre Honnali, General Hospital Honnali, Davangere, District Honnali, Karnataka**

Ms. Nagarathna T is working as an ANM in Sub-Centre Honnali, General Hospital Honnali, Davangere, District Honnali, Karnataka. She is B.Bs. (Nursing) qualified and has 19 years of experience. She is a hardworking and committed worker. In her sub-centre, she has improved health services in 5 villages, participating effectively in all national health programs conducting deliveries, providing family welfare services, eye surgeries etc. She has achieved the target of COVID-19 vaccination by vaccinating 35,000 persons in her area. She has undergone many in-service training programs.



Ms. Nagarathna T has received State level Florence Nightingale Award in 2022, COVID Warrior award and many other Taluk level awards.

Ms. Manjulata Maharana**Auxiliary Nurse Midwife (ANM), Sahaspur Health Sub-Centre, District Puri, Odisha**

Ms. Manjulata Maharana is working as an ANM in Sahaspur Health Sub-Centre, District Puri, Odisha with a total of 19 years of experience. She has saved many lives of women during deliveries in labour room as well as in ambulance during floods. She actively participates in all national health programs and has achieved 99% immunization coverage with zero maternal and infant deaths during the last 3 years. She is an excellent motivator for family planning services and has achieved the highest number of tubectomies in her area of service. She has attended various training programs to update her knowledge and skills.



Ms. Manjulata Maharana is a recipient of best ANM award at district level and has received many appreciation letters for her dedicated services.

Ms. Suganthi K**Auxiliary Nurse Midwife (ANM), Village Health Nurse, Government Primary Health Centre, R Reddiyapatti, District Virudhunagar, Tamil Nadu**

Ms. Suganthi K is working as a village Health Nurse at Government Primary Health Centre, R Reddiyapatti, District Virudhunagar, Tamil Nadu with 27 years of experience. She is an excellent, sincere and dedicated Village Health Nurse. She has actively participated in all the National Health Programs and has achieved 100% early antenatal registration and 100% immunization status in her Primary Health Centre. She has carried out various health activities in refugee camps and tribal colonies. Her active involvement in promoting female sterilization, and reducing anaemia among adolescents and nutritional deficiencies are commendable. She has attended various District/State level CNE programs.



Ms. Suganthi K has been a role model to her juniors. Her outstanding contributions are appreciated by local authorities.

Ms. Ambika Pradhan

Lady Health Visitor (LHV), Health Assistant Female, STNM Hospital, Sochakgang, Gangtok East Sikkim

Ms. Ambika Pradhan is currently working as LHV (Health Assistant Female) at STNM Hospital, Sochakgang, Gangtok East Sikkim. She has 23 years of experience as ANM and 4 years of experience as LHV. She is the chairperson of LHV (Interim) for Sikkim SNA branch. She actively participated in implementing all national health programs to impact health outcomes. She has attended State level TOT and national TNAI workshops.

Ms. Ambika Pradhan has received many letters of appreciation for her commendable work rendered during COVID-19 pandemic.

**Ms. Firdousa Jan**

Staff Nurse Grade-I, Sher-i-Kashmir Institute of Medical Sciences, Srinagar, Jammu & Kashmir

Ms. Firdousa Jan is a Staff Nurse Grade-I with M.Sc. Nursing qualification working at the Sher-i-Kashmir Institute of Medical Sciences, Srinagar, Jammu & Kashmir. She has excellent academic record and is pursuing Ph.D. now. She has presented many research papers in national conferences and has published 16 articles mostly on mental health and psychiatric nursing. Her active involvement in health awareness camps and counselling of adolescents are commendable. She is resourceful, skillful and dedicated in her work.

Ms. Firdousa Jan is appreciated by local and State authorities for her outstanding work. Her work with COVID patients and motivation for vaccination in slum areas are appreciated by local leaders and newspapers.

**Ms. Geetha A R**

Nursing Officer Grade-I, A.R. Rahim Memorial District Hospital, Kollam, Kerala

Ms. Geetha A R is a Nursing Officer Grade-I working at A.R. Rahim Memorial District Hospital, Kollam, Kerala with a total of 20 years of experience. She has worked in various clinical areas of different hospitals prior to joining the district hospital. She is sincere and hard-working. She has actively participated in National Health Programs. She has attended various local and State level CNE programs. She has undergone training in geriatric care, mental health, cancer care, palliative care and HIV/AIDS.

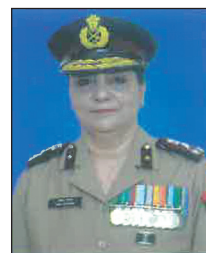
Ms. Geetha A R has received vocational excellency award during COVID-19 pandemic and best hospital staff award for the year 2021 and 2022.

**Brig Amita Devrani**

Brig MNS, HQ Southern Command (Medical), Pune, Maharashtra

Brig Amita Devrani is currently serving as Brig MNS at HQ Southern Command (Medical), Pune, Maharashtra. She is M.Sc. Nursing qualified and has rendered 37 years of military nursing services. She is a teacher and administrator par excellence. She possesses exemplary professional skills and leadership abilities. In her present capacity, she is monitoring 50 hospitals of army, navy and air force –under Southern Command. Her work during COVID-19 pandemic was commendable. She has many national and international publications to her credit.

Brig Amita Devrani has been commended by United Nations for evacuation and management of casualties at United Nations Mission in Republic of Congo. She has received several awards and letters of appreciation for her outstanding contributions and distinguished military nursing services.



Ms. Pushpa Shrawan Podey

Public Health Nurse, District Hospital, Chandrapur, Maharashtra

Ms. Pushpa Shrawan Podey, a Public Health Nurse is working at District Hospital, Chandrapur, Maharashtra with 21 years of experience. She is a committed and hard-working staff. She is a member of TNAI. She actively participates in all national health programs to achieve the target outcomes. She has attended many CNE programs to update her knowledge and skills.

Ms. Pushpa Shrawan Podey is a recipient of local level awards in recognition of her significant contributions.



Ms. Irom Chandrabala Devi

Public Health Nurse, Community Health Centre, Sagolmang, Imphal East Manipur

Ms. Irom Chandrabala Devi is a M.Sc. Nursing qualified Public Health Nurse, and is having a total of 20 years of experience. She currently works at the Community Health Centre, Sagolmang, Imphal East Manipur. She has actively participated in the implementation of all national health programs. Her contribution towards health education for tribal community in prevention of communicable and non-communicable diseases specially on substance abuse prevention and naturopathy are commendable. She has attended many CNE programs to update her knowledge and skills.

Ms. Iron Chandrabala Devi is a recipient of district level awards for her outstanding contributions for COVID care. She also received outstanding government employee award in 2022.



Ms. C. Zopari

Ward Superintendent, Civil Hospital, Dawrpui, Aizawl, Mizoram

Ms. C. Zopari is working as Ward Superintendent, Civil Hospital, Dawrpui, Aizawl, Mizoram with more than 30 years of experience. She has worked in Primary Health Centres and remote areas of Aizawl during her initial years of service. She has been involved in saving lives of one new born and five adult persons and conducted more than 2,000 deliveries. She is creative and uses innovative ideas in developing interventions to be used in family planning camps and surgeries. She also takes interest in teaching students during their clinical posting.

Ms. C Zopari has received many letters of appreciation for her outstanding contributions.



Ms. Sathiyakani Thangaraj

Deputy Nursing Superintendent, Jawaharlal Institute of Postgraduate Medical Education & Research (JIPMER), Puducherry

Ms. Sathiyakani Thangaraj is M.Sc. Nursing qualified with a total of 28 years of experience. She is presently serving as Deputy Nursing Superintendent, JIPMER, Puducherry and is currently pursuing Ph.D. also. She is highly committed, sincere and hard-working. She has introduced a Mobile App for dialysis patients. She has contributed to Operation Room sterilization techniques and reduced Hospital Acquired Infections (HAI). She has always worked in high-risk areas of disaster and flood relief campaigns during disasters. She has attended several conferences, short term courses and national level workshops.

Ms. Sathiyakani Thangaraj has received various awards for her outstanding contributions in the field of deaddiction, mental health, cyclone and flood relief work, rescue operations and work during Tsunami.



Ms. Madhavi Rane Chikhale**Chief Nursing Officer, Fortis Hospital, Mohali, Punjab**

Ms. Madhavi Rane Chikhale is a Chief Nursing Officer at the Fortis Hospital, Mohali in Punjab with 22 years of experience in various clinical areas of the hospital. She has expertise in critical care nursing. She is an efficient nurse, educator and administrator. She is an epitome of confidence, leadership, courage and sincerity. She has updated her knowledge and skills by attending various CNE programs. She has been an organizer and resource person at many national and State level conferences. She has participated as co-researcher for a paediatric nursing research project.

Ms. Madhavi Rane Chikhale has received numerous certificates of appreciation, honours and achievements for her excellent contributions and leadership abilities.

**Ms. Abishmita Ghosh****Grade-II Staff Nurse (Community Health Officer), Dhupguri Rural Hospital, District Jalpaiguri, West Bengal**

Ms. Abishmita Ghosh is currently working as Grade-II Staff Nurse (Community Health Officer), Dhupguri Rural Hospital, District Jalpaiguri, West Bengal. She has 15 years of experience and has worked in a rural hospital before joining as Community Health Officer. Her contributions in COVID-19 care and vaccination are noteworthy. She motivates community for eye donation and has pledged to donate her own eyes. She has actively participated in implementation of all national health programs. She has attended various CNE programs.

Ms. Abishmita Ghosh is an efficient and sincere Community Health Officer and her performance was appreciated by local authorities. She has received district award as COVID warrior.



खोया पाया

सभी संबंधितों के संज्ञान में लाया जाता है कि मेरे मूल शैक्षिक तथा नर्सिंग परीक्षाओं के निम्न कागजात कहीं खो गए हैं (1) बिहार विद्यालय परीक्षा समिति द्वारा जारी माध्यमिक विद्यालय परीक्षा 1994 उत्तीर्ण का प्रमाणपत्र, रोल कोड 04406, रोल नं० 0146 (2) ए.एन.एम. प्रथम वर्ष 1999-2000 उत्तीर्ण का प्रमाण पत्र, रोल नं० 167938 (3) ए.एन.एम. द्वितीय वर्ष 2000-2001 उत्तीर्ण का प्रमाण पत्र, रोल नं० 1671122। भरसक प्रयास करने के बावजूद ये नहीं मिल पाई हैं।

संगीता कुमारी, सुपुत्री श्री राज कुमार लाल
मकान नं० ए-8, अली एक्सटेंशन, निकट यूनियन बैंक एटीएम,
नई दिल्ली-110 076 मो०: 981077403

खोया पाया

एतद् द्वारा सभी संबंधितों को अधिसूचित किया जाता है कि क्रिश्चियन हॉस्पिटल छत्तरपुर से मार्च 2012 में उत्तीर्ण परीक्षा की मेरी मिड इंडिया बोर्ड ऑफ नर्सिंग लीग ऑफ दि सीएमएआई नागपुर द्वारा जारी जनरल नर्सिंग एंड मिडवाइफरी (जीएनएम) इंटर्नशिप की मूल वार्षिक ग्रेड शीट (रोल नं० 1263102) खो गई है तथा काफी कोशिशों के बाद भी मिल नहीं पाई है।

शील शर्मा, पत्नी श्री नरिंदर शर्मा
54-ए, ग्रीन वूड अवेन्यू, जलंधर -144 022 (पंजाब)
मो० : 7895424027

**PROVISIONAL BALLOT PAPER:
TNAI Assam State Branch Election 2023**

Post	Name and Address of the Contestant	Voter's X
President	Mrs. Bina Borah, TNAI No. 16195, Address: NEPNI School of Nursing, Hatigaon, Guwahati-781038, Assam.	
Vice President	Mrs. Ellora Brahma, TNAI No. 14051, Address: Registrar, Assam Nurses Midwives & Health Visitors' Council, Sixmile, Khanapara, Guwahati- 22, Assam.	
Secretary	Mrs. Anjali Hazarika, TNAI No. 15953, Address: Asst. Prof. Regional College of Nursing, Guwahati - 781032, Assam.	
Joint Secretary	Ms. Sukla Sarkar, TNAI No. 57717, Address: 5-B, Saroj Villa Apartment, Ulabari, Guwahati-781007, Assam.	
Treasurer	Sr. Elsy P J, TNAI No. 55886, Address: Principal, St. Jerosa Nursing Institute, VG Hospital, PO Boiragimath, Dibrugarh-786001, Assam.	
SNAI Advisor	Mrs. Junu Sarma, TNAI No. 257942, Address: Asstt. Matron, Model Hospital, Kamrup Metro, Assam.	
	Ms. Smriti Rekha Neog, TNAI No. 394532, Address: B.Sc. Nursing College, Dibrugarh -786002, Assam.	
Chairperson-Membership Committee	Ms. Swapna Saikia, TNAI No. 284964, Address: Health City Hospital, Khanapara, Guwahati-781022, Assam	
Chairperson- Programme Committee	Mrs. Karabi Das, TNAI No. 29001, Address: Bhetrapara, Brahmaputra Housing Society, Guwahati – 781028, Assam.	
	Mr. Sanjay Bhattacharjee, TNAI No. 165029, Address: Principal, Burrows Madhepura Christian Hospital Alipur, Po Banskandi, Dist Cachar-788101, Assam.	
Chairperson- Nursing Service Section	VACANT	
Chairperson- Nursing Education Committee	Ms. Kabita Saikia, TNAI No. 253202, Address: Principal, Red Cross Nursing Training Centre, Red Cross Hospital, Chandamari, Guwahati- 781003, Assam.	
Chairperson- Public Health Section	VACANT	
Chairperson- Economic Welfare Committee	Ms. Rukiya Nabiya Ahmed, TNAI No. 258502, Address: B.Sc. Nursing College Silchar, SMCH Campus, Ghungoor, Silchar-788014, Assam.	
Chairperson- LHV/ANM Committee	VACANT	

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

1. Election will be held during General Body Meeting on **11th August, 2023 from 9:00 am to 3:00 pm at Down Town University campus Panikhaiti, Guwahati-781026, Assam.**
2. The Provisional Ballot Paper is published only for the information of the members. A separate Ballot Paper will be distributed to the voters on the day of Election.
3. Only Life members of TNAI are eligible to vote.
4. All the **Voters are requested to bring their TNAI Membership card** provided by the TNAI Headquarters along with Photo identity (Election card/PAN card/Driving license) before entering the hall for voting.
5. No one shall be allowed to vote before or after the schedule time of voting.
6. Names of the contestant who have not given their consent in writing to the Returning Officer will be deleted from the final Ballot Paper.
7. No addition of the contestant shall be made to the final ballot paper.
8. It is expected that the Voters/Members are well versed with the TNAI Rules and Regulation and Byelaws. A copy of the same shall be available with the Returning Officer for ready reference.
9. On the day of election during the General body meeting an open election will be conducted for the vacant post.
10. The person so elected for a particular office at branch level shall hold the office for the full term (four years) and shall not contest and cross to another office prior to completion of the term of her/his existing office.
11. Any contestant wishing to withdraw from any office of contest should inform the Returning Officer at least 20 days prior to the election date in writing to the following address:

Prof. Pushpita Chakravorty, Returning Officer- TNAI Assam State Branch, C/o The Trained Nurses' Association of India, L-17, Florence Nightingale Lane, Green Park Main, New Delhi- 110016.

NJI Contributors to Submit Articles through NJI Portal

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

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

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

**PROVISIONAL BALLOT PAPER:
TNAI Himachal Pradesh State Branch Election 2023**

Post	Name and Address of the Contestant	Voter's X
President	Mrs. Uma Sharma, TNAI No. 41573, Address: Office of Senior Medical Superintendent, R H Solan-173212, HP.	
Vice President	Mrs. Meena Chandel, TNAI No. 35118, Address: HNo. 30, Phase-II, Housing Board Colony, Bilaspur-174001, HP.	
	Prof. Monika Sharma, TNAI No. 252914, Address: Principal, Sree Balaji Hospital & College of Nursing, Balaji Vihar, Kanpur-176001, HP.	
Secretary	Ms. Brij Bala Katoch, TNAI No. 62050, Address: Ward Sister, Dr. Rajendra Prasad Govt. Medical College, Kangra at Tanda- 176002, HP	
Joint Secretary	Ms. Hemlata Arya, TNAI No. 62054, Address: Village Jarli, PO, Pudar, Teh Sadar, Near Indus Global School, Mandi- 175001, HP.	
	Ms. Usha Rani Chauhan, TNAI No. 120304, Address: Sister Tutor, GNM School ZH Mandi-175001, HP.	
Treasurer	Mrs. Naresh Kumari, TNAI No. 62078, Address: Hari Niwas, Below Chopra House Sangauli, Shimla-171006, HP.	
	Ms. Kaura Thakur, TNAI No. 75140, Address: Ward Sister, ZH Mandi- 175001, HP.	
SNAI Advisor	Mrs. Indira Marjara, TNAI No. 62056, Address: Kailash Niwas, North Oak Estate Sangauli, Shimla-171006, HP.	
	Ms. Shashi Sharma, TNAI No. 41730, Address: AD Nursing cum Principal Nursing Officer,/o Directorate of Medical Education & research, Kasumpti, Shimla-171009, HP.	
Chairperson-Membership Committee	Mrs. Manorma Sharma, TNAI No. 41585, Address: Office of Senior Medical Superintendent, R H, Solan-173212, HP.	
	Mrs. Vijay Laxmi, TNAI No. 136382, Address: HNo. 61, Ward No. 1, Arya Nagar, Una- 174303, HP.	
Chairperson- Programme Committee	Ms. Suman Kumari Chauhan, TNAI No. 237549, Address: Staff Nurse, SLBSGMCH, Nerchowk-175008, HP.	
Chairperson- Nursing Service Section	Mrs. Ranjana Sharma, TNAI No. 41571, Address: Matron, Dr. Rajendra Prasad Govt. Medical College, Kangra at Tanda- 176002, HP.	
	Ms. Meena Kumari, TNAI No. 264072, Address: Staff Nurse, CHC Padhar, Distt. Mandi- 175012, HP.	

Post	Name and Address of the Contestant	Voter's X
Chairperson- Nursing Education Committee	Ms. Sangeeta Sharma, TNAI No. 62095, Address: Lecturer, Govt. of Himachal Pradesh, Indira Gandhi Medical College and Associated Hospitals, Shimla, HP.	
	Dr. Amita Sareen, TNAI No. 35130, Address: Prof. cum Vice Principal, BUEST Nursing College of Baddi University of Emerging Sciences & Technology, Distt. Solan- 173205, HP.	
Chairperson- Public Health Section	Vacant	
Chairperson- Economic Welfare Committee	Ms. Madhu Bala, TNAI No. 79815, Address: Sister Tutor, GNM Training Institute MGMSC Khaneri Rampur Bushahr, Distt. Shimla- 172001, HP.	
Chairperson- LHV/ANM Committee	Mrs. Neena Mankotia, TNAI No. 406328, Address: Mankotia Cottage Main Bazar, Shoghi, Shimla- 171219, HP.	

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

1. Election will be held during General Body Meeting on **5th August 2023 from 9:00 am to 3:00 pm** at Community Centre, Ward No. 2, Nalagarh, Distt. Solan-174101, H.P.
2. The Provisional Ballot Paper is published only for the information of the members. A separate Ballot Paper will be distributed to the voters on the day of Election.
3. Only Life members of TNAI are eligible to vote.
4. All the **Voters are requested to bring their TNAI Membership card** provided by the TNAI Headquarters along with Photo identity (Election card/PAN card/Driving license) before entering the hall for voting.
5. No one shall be allowed to vote before or after the schedule time of voting.
6. Names of the contestant who have not given their consent in writing to the Returning Officer will be deleted from the final Ballot Paper.
7. No addition of the contestant shall be made to the final ballot paper.
8. It is expected that the Voters/Members are well versed with the TNAI Rules and Regulation and Byelaws. A copy of the same shall be available with the Returning Officer for ready reference.
9. On the day of election during the General body meeting an open election will be conducted for the vacant post.
10. The person so elected for a particular office at branch level shall hold the office for the full term (four years) and shall not contest and cross to another office prior to completion of the term of her/his existing office.
11. Any contestant wishing to withdraw from any office of contest should inform the Returning Officer at least 20 days prior to the election date in writing to the following address:

Mrs. Vidya Sharma, Returning Officer- TNAI Himachal Pradesh State Branch, C/o The Trained Nurses' Association of India, L-17, Florence Nightingale Lane, Green Park Main, New Delhi- 110016.

OBITUARIES

Brig RK Sudan

A senior veteran officer of Military Nursing Service (MNS), Brig RK Sudan left for heavenly abode on 8 May 2023. She was born on 26 May 1949.

The officer was commissioned in the Military Nursing Service as a Lieutenant on 21 December 1971 after completing her professional training from School of Nursing, MH Jalandhar and was a life time member of TNAI. She held various clinical and administrative appointments in tri-service hospitals of the Armed Forces during her 37 years of exceptional service; three times she was awarded GOC-in-C Commendation for her professional competence and meritorious service. She held her last appointment as DDMNS, Head Quarters Western Command and superannuated on 31 May 2008 after an illustrious career. Her immense contribution to the service will always remain enshrined in the annals of the Military Nursing Service. With her passing away we have lost a dynamic and visionary leader who had been a great source of inspiration.

Maj Gen Smita Devrani, VSM, Addl DGMNS and officers of Military Nursing Service offer their sincere condolences to the family and pray to Almighty to bless and grant eternal peace to the departed soul and strength to the bereaved family to bear this irrevocable loss.



Sr Louisa

A highly dedicated, veteran nurse Sr Louisa left her earthly abode on 8 June 2023 in the presence of all her sisters and her niece. She was diagnosed with tuberculosis of spine in 2019, and lately, diagnosed with pancreatic cancer in December 2022. Since then, she was under treatment from Kamala Nehru Memorial Hospital, Parayagraj (UP).

Sr Louisa was born at Kottayam in Kerala on 5 May 1953. After her matriculation, she joined the Ursuline congregation in 1971 at Kannur (Kerala) and became a Religious Sister on 20 May 1974. She took admission in General Nursing and midwifery in the year 1975 and completed her training from Nirmala Hospital, Calicut (Kerala) in 1978. She rendered loving compassionate service to the patients with utmost care and love. In 49 years of her committed life, she served Nirmala Hospital Calicut (Kerala), Mariampur Hospital, Kanpur (UP), Karunashray Hospital, Sultanpur (UP) and some of the health centres of the Congregation.

May she rest in peace!



Notice of Applying for TNAI/SNAI Scholarships

The TNAI invites applications from nursing students for pursuing higher studies in the academic year 2022-23 from eligible candidates. The two categories of scholarships are:

- (1) TNAI Scholarships for those pursuing Post-Basic BSc Nursing and Masters in Nursing; and
- (2) SNA Scholarships for ANM/ Multipurpose Health Workers (Female), Diploma in GNM and Basic BSc Nursing.

The last date for receipt of applications at TNAI Headquarters is **31 July 2023**. Eligibility conditions and other details are available in TNAI Bulletin May 2023 issue, and also in TNAI website.

कैसे कर सकते हैं हिपेटाइटिस से बचाव

यकृतशोथ (हिपेटाइटिस) लीवर में सूजन आ जाने की विकृति है। हिपेटाइटिस का उचित उपचार न किया जाए तो शरीर को अनेक प्रकार से हानियां हो सकती हैं, यहां तक कि लीवर का कैंसर भी सकता है। अनुमान है कि भारत में हिपेटाइटिस बी और हिपेटाइटिस सी से क्रमशः 4.20 करोड़ और 1.25 करोड़ लोग ग्रस्त हैं। हिपेटाइटिस बी और सी अधिक गंभीर श्रेणी के होते हैं। इन वायरस के संक्रमण से कदाचित लीवर सिरोसिस, यहां तक कि लीवर कैंसर हो सकता है जिनका अंतिम उपचार केवल लीवर प्रत्यारोपण है जो बहुत महंगा सौदा है। एचआईवी, मलेरिया या टीबी से ग्रस्त व्यक्तियों को हिपेटाइटिस का अधिक जोखिम रहता है।

लीवर की भूमिका: लीवर हमारे शरीर का वह महत्वपूर्ण अंग है जो पोषण तत्वों को संसाधित करने के अलावा शरीर के विषाक्त अंशों को बाहर निकालने, प्रोटीन को संश्लेषित करने आदि में अहम भूमिका निभाता है।

लक्षण: हिपेटाइटिस के सामान्य लक्षण हैं: मतली, वमन, हल्का बुखार, पेट, जोड़ों और मांसपेशियों में दर्द, भूख न लगना तथा त्वचा व आंखों का सफेद भाग पीला पड़ जाना। हिपेटाइटिस के पांच प्रकारों (ए, बी, सी, डी और ई) में से ए और ई कम गंभीर और आमतौर पर अल्पकालिक संक्रमण होते हैं; ज्यादातर मामलों में ये स्वतः ठीक हो जाते हैं।

कारण: हिपेटाइटिस के लिए प्रमुख रूप से प्रदूषित भोजन और पानी को जिम्मेदार माना जाता है। अल्कोहल के सेवन, दूषित खून चढ़ाने तथा कुछ दवाओं को भी इस बीमारी को दोषी मानते हैं।

हिपेटाइटिस के 95 प्रतिशत रोगियों में लक्षण नहीं दिखाई देते: एक भारी समस्या यह है कि अधिकांश लोगों को वर्षों बाद पता ही नहीं होता है कि वे हिपेटाइटिस बी या सी से संक्रमित हैं। तब तक लीवर को गंभीर क्षति पहुंच जाती है। याद रहे, आधुनिक दवाओं से हिपेटाइटिस सी का आरंभिक अवस्था में पता चलने पर 3 से 6 महीने में इसे नियंत्रित किया जा सकता है; हालांकि हिपेटाइटिस बी का संक्रमण पूर्ण रूप से ठीक नहीं होता है किंतु दवाओं से अधिकांश आजीवन रोगी स्वस्थ रहते हैं। हिपेटाइटिस बी के लिए टीकाकरण अब सभी शिशुओं, और जोखिम वाले वयस्कों को बीमारी से बचाने के लिए किया जाता है।

हिपेटाइटिस के बाबत जागरूकता सर्वाधिक करने की दृष्टि से विश्व स्वास्थ्य संगठन प्रतिवर्ष 28 जुलाई को विश्व हिपेटाइटिस दिवस बतौर आयोजित करता है। लक्ष्य है कि सक्रिय अभियान से 2030 तक वायरल हिपेटाइटिस को पूरी तरह समाप्त किया जाए।

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, publicationstnai@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