



Nurturing the Future: Unleashing the Power of Breastfeeding

Considering that breastfeeding can save the lives of about 8.23 lakh children under 5 years, and 20,000 mothers each year (translating to \$302 billion loss in economic terms annually), WHO and UNICEF recommend early initiation of breastfeeding within 1 hour of birth, exclusive breastfeeding for 6 initial months of life and feeding complementary (solid) foods at 6 months together with continued breastfeeding upto 2 years of age or beyond.

With a view to protect, promote, and support breastfeeding, World Alliance for Breastfeeding Action (WABA) undertakes world wide programmes; its major annual activity is celebrating World Breastfeeding Week (WBW) during 1 - 7 August with WHO-UNICEF support. The WBW theme for 2023 is, Let's Make Breastfeeding and Work, Work! This global initiative, which started in 1992 and now celebrated in over 170 countries, holds immense importance in promoting the health and well-being of both infants and mothers. Breastfeeding plays a pivotal role in achieving the United Nations' Sustainable Development Goals (SDGs), particularly in improving child health and nutrition. By spreading awareness during Breastfeeding Week, we can contribute to reducing infant mortality rates significantly.

The TNAI urges every Nurse and Student Nurse to actively participate in WBW by actively engaging in various events, seminars, workshops, and campaigns organised during this week. Together with health professionals, governments, non-governmental organisations, and breastfeeding support groups, we can address challenges and misconceptions related to breastfeeding and empower mothers with knowledge and support they need to make informed choices. Together, we can make a difference and empower mothers worldwide with the knowledge and support they need to provide the best care for their precious babies.

TNAI State Branch Elections: We are excited to announce the upcoming State Branch Elections for Assam (on 11 August 2023), Mizoram (on 7 September 2023) and Gujarat (on 16 September 2023). Your active participation is vital to shape the future of our organisation. All members in these states ensure to have a valid TNAI Photo ID for casting the vote and refer to Bulletin for detailed information. Further, nomination is invited for Chhattisgarh State Branch. Please nominate eligible candidates who can contribute to professional Association. Your engagement strengthens our State Branches, and together, let's work towards advancing nursing and our community.

SNAI Conference: We hope everyone in SNAI Units and State Branches is immersed in the State conferences. A friendly reminder to all State SNAI advisors to adhere to the competition deadlines and motivate your SNAI units to participate in all activities with enthusiasm. For any queries or clarifications, please don't hesitate to reach out to the SNAI section (Mobile No. 8587825407 Email: sna@tinaonline.org). Let's make this SNAI conference a successful and engaging event together!

Evelyn P Kannan
Chief Editor & Secretary-General

INSIDE

- 114 TNAI Honours the Florence Nightingale Awardees 2022 and 2023
- 115 Obituary and Lost & Found
- 116 Empowering the Future Education: Key Leaders Convene in Uttar Pradesh - A Comprehensive Report
- 118 Orientation Programme for Haryana state Branch Executives
- 119 Meritorious and Nursing Institution News
- 120 Nomination sheet: TNAI Chhattisgarh State Branch Election 2023
- 122 Provisional Ballot Paper: TNAI Mizoram State Branch Election 2023
- 124 Provisional Ballot Paper: TNAI Gujarat State Branch Election 2023
- 126-127 Rates for NJI Subscription; Hindi Matter

Advertisers' List

- 117 College of Nursing, Kurji Holy Family Hospital, Patna

TNAI Honours the Florence Nightingale Awardees 2022 and 2023



As per its practice, the TNAI organised a glorious ceremony in honour of National Florence Nightingale Awardees for the years 2022 & 2023 at its Headquarters on 22 June 2023 amidst esteemed guests, dignitaries, and nursing professionals.

After a prayer, the lamp lighting ceremony was conducted by distinguished dignitaries, infusing the ambience with a sense of solemnity and reverence. Mrs Cheryl Susan Tada, the Vice President- TNAI North East region delivered the warm welcome address, expressing gratitude to all the guests for their presence and felicitating them. The National President of TNAI was honoured with the Presidential Chain and provided a brief update on TNAI, highlighting the organisation's achievements and ongoing initiatives by Mrs Evelyn P Kannan, the Secretary-General, TNAI. National President, Prof (Dr) Roy K George emphasised the crucial role of nurses in ameliorating the healthcare scenario and transforming the society as a whole.

The event also featured addresses by distinguished guests expressing their views on the historical, current and prospective status of nurses and their immense contribution in normal and crisis situations. Dr. Deepika C Khakha, the Nursing Advisor of the Government of India, shared her insights and perspectives on the nursing profession, conveying the government's commitment to supporting and empowering nurses. Dr T Dileep Kumar, President- Indian Nursing Council (INC) outlined the importance of collaboration and professional development for nurses and the spadework already undertaken towards implementation of independent nurse practitioner.

The dignitaries and guests came forward to honor and congratulate these exceptional indi-





viduals. The awardees, standing as a symbol of excellence in nursing, were applauded for their outstanding contributions to patient care, research, education, and leadership.

The much-anticipated part of the event was, reading out the citations for the awardees. Mrs Sanghamitra Sawant and Mrs S Vatchala Dhinakaran, both Asst Secretary-General, presented the citations of the awardees for the years 2022 and 2023 respectively.

Towards the close, Mrs Annie Kumar, the Vice President- TNAI North region delivered the vote of thanks. She expressed gratitude to the participants, guests, and organisers for their invaluable contributions in making the event a resounding success. Dr Jaeny Kemp, the National Vice President- South region, skillfully presided over the event as the Master of Ceremony, ensuring the smooth flow of proceedings and maintaining the audience's engagement throughout. The event concluded with the National Anthem followed by a sumptuous lunch, providing a delightful opportunity for the attendees to mingle with participants, and engage care free conversations.

OBITUARY

Brig Prem Matti Subba

Brig Prem Matti Subba, a senior veteran officer of Military Nursing Service (MNS), left for her heavenly abode on 18 July 2023. The officer was commissioned into the Military Nursing Service as a Lieutenant on 11 June 1962. She held various clinical and administrative appointments in tri-service hospitals of the Armed Forces and her last appointment was DDMNS, Headquarters Western Command. After an illustrious career spanning for over 34 years in various Armed Forces units, Brig Subba superannuated on 31 December 1996. Her immense contribution to the service will always remain enshrined in the annals of the Military Nursing Service. Her unforeseen demise is an irrevocable loss to Military Nursing Service. She will be greatly missed and her pleasant memories will be cherished forever. Maj Gen Smita Devrani, VSM, Addl DGMNS and other officers of Military Nursing Service offer 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.



Lost and Found

This is to bring to notice of all concerned that I, Bhawna Singh, D/o Dr R.A. Page, have lost my Second Year Annual Grade sheet GNM 2017 having passed from School of Nursing, Christian Hospital Chhatarpur (MP) issued by Mid India Board of Education of Nurses League of the CMAI Nagpur bearing Enrolment No. 15126138. Further, the same have not been traced in spite of all my best efforts.

**Mr Bhawana Singh, D/o Dr RA Page,
S-201, Lalita Park Laxmi Nagar, Delhi - 110 092. Phone (M): 9582158660**

Empowering the Future Education: Key Leaders Convene in Uttar Pradesh – A Comprehensive Report



The Trained Nurses' Association of India (TNAI) organised two Zonal meetings with principals and senior representatives of various Nursing institutions in UP to discuss the implementation of Mission Niramaya [Niramaya means free from disease] with focus on strengthening the nursing cadre in the State. The meeting was conducted jointly with Uttar Pradesh State Medical Faculty (UPSMF), Language Laboratories Private Limited (EBEK), and the Occupational English Test (OET) representatives.

The first one-day meeting for Zone I was held on 9 June 2023 at Samarpan Institute of Nursing and Paramedical Sciences (SINPS), Lucknow (UP), and second meeting for Zone II on 18 July 2023 at Subharti College of Nursing, Meerut (UP). Launched in October 2022, Mission Niramaya seeks to promote nursing and paramedical streams as attractive career option for students so that Uttar Pradesh emerges as a hub for global healthcare professionals.

Salient features of the meetings

In both the meetings, the chief guest Shri Alok Kumar, IAS, Principal Secretary UP acknowledged the pivotal role of Principals and management of nursing colleges in the successful implementation of Mission Niramaya. In his addresses, he expressed gratitude to TNAI and other stakeholders for their commitment to the mission, and appreciated TNAI's efforts in continuous professional development, upskilling, and social welfare activities. He said, this initiative would be a milestone in establishing Uttar Pradesh as a Nursing Education hub.

Mr G Sreekanthan, CMD- EBK, spoke on the roadmap for developing soft skills and English language proficiency for job opportunities; Mr Ashish Bhushan, Regional Manager- South Asia, OET, discussed the global demand and supply of healthcare professionals and India's role in this context. Mrs Sanghamitra Sawant, Asst Secy Gen- TNAI, spoke about the utilisation of simulation labs to enhance clinical skills.

SINPS, Lucknow, 9 June 2023: Beginning with welcome dance by nursing students of SINPS; Lighting of the ceremonial lamp by dignitaries; Welcome address by Mrs Mary J Malik, President- TNAI UP State branch; Floral welcome by Dr Deepti Shukla, Principal- SNIPS. Mrs Annie Kumar delivered the Vice Presidential address. Mr Rajesh Kumar Vajpayee, President- Nursing Association & Director, Baba College of Nursing, underlined the role of UP institutes in developing global nurses. Dr Neetu Devi, Consultant,

UP Nurses Council, reiterated the importance of maintaining high standards in nursing education.

Vote of thanks was delivered by Mrs Bhumika Singh, Secretary- TNAI UP State Branch.

Subharti College of Nursing (SCON), Meerut, 18 July

2023: After prayer, Dr Geeta Parvanda, Principal- SCON

felicitated the chief guests and the dignitaries. In a special address, Prof (Dr) Roy K George stated that TNAI, as its mandate has been consistently working for upskilling and empowering nurses through its programmes. Mrs Evelyn P Kannan, Secretary General- TNAI addressed the participants on multiple professional and other benefits of joining TNAI & SNAI, including domestic and international recruitment opportunities and access to scholarships.

In his address to the gathering, Maj Gen (Dr) GK Thapliyal, Vice Chancellor- Subharti University on objectives of Mission Niramaya, and the TNAI's efforts in implementation of same. The panel discussion on 'Challenges Specific to Nursing Students in UP vis-à-vis Those in Southern States' was chaired by Dr Ashok Kumar Bishnoi, Professor & Dean, Atal Bihari Vajpayee Medical University (UP) and moderated by Dr Geeta Parvanda; panelists were Prof Lavanya Nandan, Principal- Nightingale College of Nursing Noida, Mrs Bindiya Goel, Director Academics, Kailash Inst of Nursing & Paramedical Sciences Noida and Prof Balamani Bose, Principal- College of Nursing, LLRM Meerut. The panel discussion on 'Domestic & International Opportunities for Nursing Students in UP and Ways to Tap Them' was chaired by Mrs Annie Kumar, Vice President, TNAI, North Region; moderator was Mr Abhishek Kapoor, Sr Mission Advisor and panelists Mr Aashish Bhushan, Mr G Sreekanthan and Mr Ajinas AM, Asst Secy Gen, TNAI. Vote of thanks was delivered by Mrs Annie Kumar, National Vice President- North Region.

In both the events, there was consensus that TNAI, EBK, and OET can assist student nurses of UP in developing English language and soft skills for enhancing job opportunities; sharing proposals about upskilling of nursing officers and faculties through online and offline modes; establishment of simulation labs in various zones of UP; expanding the Training of Trainers (TOT) programmes for nursing faculties; and monitoring & evaluation by TNAI for the betterment of nursing education and professional development in Uttar Pradesh.



College of Nursing Kurji Holy Family Hospital, Patna

Faculty Required

MSc Nursing experienced faculty required for the following subjects:

1. Medical Surgical Nursing
2. Community Health Nursing
3. Mental Health Nursing
4. Maternal Health Nursing/OBG

Interested candidates may apply at College of Nursing, Kurji Holy Family Hospital.

Freshers may also apply.

Also required: Assistant Nursing Superintendent (ANS) with MSc for the parent Hospital.

Candidates should send their Resume to the given email id.

Email: khfhcollegeofnursing@gmail.com

Website: www.conkhfh.in

Ph: 0612 – 2274727 | **Mobile:** 8544092439

Orientation Programme for Haryana State Branch Executives

In line with the decision at the TNAI's EC meeting (in 2019) to orient the TNAI State & UT Branch Executive Committee members to the functioning of TNAI within three months of State /UT Branch Election, the executive members from Haryana State branch participated in the one-day orientation programme on 6 June 2023 at TNAI Headquarters and its Greater Noida campus. The purpose of this initiative was to apprise them of the 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 section at 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.

EC members were: (1) Prof Sunita Kumari, President; (2) Mrs Kavita Choudhary, Vice President; (3) Dr Sunil Kumar Dular, Secretary; (4) Mrs Shakuntla Devi, Treasurer; (5) Prof Sarika Yadav, SNA Advisor; (6) Mrs Sunita Ahlawat, Economic Welfare Committee; (7) Mrs Jyoti Sharma, Chairperson-Programme Committee; (8) Dr Pawar Kumar, Chairperson-Membership Committee; (9) Mrs Manju, Nursing Service Section; (10) Dr Khushbu Saharan, Chairperson-Nursing Education



How to Obtain Copies of TNAI Publications

This is to inform you that the TNAI EC meeting held on September 4-5, 2021 vide item No. TNAI/EC-105/4th & 5th September, 2021/7:16 has decided to appoint M/s Perfect Book Distributors as exclusive distributors of TNAI publications. All concerned are therefore requested to directly contact them for placing orders, or any queries regarding TNAI publications at the following address:

**M/s Perfect Book Distributors,
I-2/16, Ansari Road, Darya Ganj, New Delhi 110 002
Phone: 011- 45045302; Mobile: 9811449591, 8130304347.
Emails: perfectbookdist@gmail.com. Website: www.pbdonline.in**

MERITORIOUS

Dr Nilima Sonawane

After selection through Maharashtra Public Service Commission, Dr Nilima Sonawane joined as ADHS Nursing in Government of Maharashtra in March 2023. She has excellent academic credentials: Phd Nursing (CHN), M Phil (Social Studies), MBA in Health Care Management, PGDEM, PGDDM. She has long, 11 years experience of clinical setting and 17 years in teaching ANM, GNM, BSc Nursing. PB BSc Nursing as well as Paediatrics Nursing Diploma and PhD programmes. She has been Principal at Institute of Nursing Education (Sir JJ Hospital campus), Mumbai. She more than 25 recognitions as Best National/ International Teacher. To her credit are honours of Best Researcher, Best Principal, Medical Excellence, International Scientist Award and National Mahila Samman Gold Medal in the areas of Nursing Service/ Education/ Research, Public Health, Women Education & Empowerment and social & economic issues. Her articles have been published in national and international journals. Her office is located in Saint Georges Hospital campus, PD Mello Road, Mumbai.



TNAI Tamilnadu State Branch / GTN College of Nursing (GTNCON), Dindigul (TN): TNAI Tamilnadu State Branch has been organising the First SNAI Zonal level competitions as a prelude to State SNAI Biennial Conferences. So, the competition for Zone 11 was organised by GTN College of Nursing, Dindigul (Tamilnadu) on 3 July 2023. The theme of the conference was 'Empowering Nursing Students: Prospects and Challenges'. A total of 328 participants from 17 Nursing Institutions in Dindigul, Theni, and Karur districts participated. With auguration, Prof V Vasanthamani, Principal GTNCON welcomed the gathering and thanked the TNAI Tamilnadu State Branch for this opportunity. Lion Dr K Rethinam MJF, Chairman, Dr R Durai, Director- GTNCON expressed his heartfelt thanks to TNAI Tamilnadu State Branch for having chosen GTNCON as host Institution. Prof Dr SR Veeramani MD, Medical Superintendent, Govt Medical College & Hospital, Dindigul delivered the address as Chief Guest. Dr R Sudha, State SNA Advisor-cum-Facilitator and the Principal- VHS-MA Chidambaram College of Nursing greeted the students and explained the benefits of SNAI and TNAI membership. In the 16 competitions held, students were evaluated and first three prize winners were selected. In the valediction, the report was submitted by Mrs F Presitha Jency, SNA Advisor of GTNCON. The Chief Guest Dr R Boominathan, MBBS DA, Joint Director, Medical & Rural Health Services, Dindigul delivered the address and distributed the certificates to prize winners. The Principal and faculty were honoured by TNAI TN Branch for successful hosting of the zonal competitions. A certificate of appreciation was handed over by State SNA Advisor to the Chairman and the Principal. It was a memorable day for everyone filled with energy, entertainment, joy and competitive spirit.



Nomination Sheet: TNAI Chhattisgarh State Branch Election 2023

Sr. No.	Post	Name and Address of the Nominee	TNAI Number
1	President		
2	Vice President		
3	Secretary		
4	Joint Secretary		
5	Treasurer		
6	SNAI Advisor		
7	Chairperson – Programme Committee		
8	Chairperson – Membership Committee		
9	Chairperson – Public Health Nursing Section		
10	Chairperson – Nursing Service Section		
11	Chairperson – Nursing Education Section		
12	Chairperson – Economic Welfare Committee		
13	Representative ANM/LHV Committee		

Nominator's Signature _____

Nominator's TNAI No. _____

Nominator's Name and Address _____

Nominator's Email & Mobile No. _____

[(As per the TNAI Constitution Rules & Regulations and Bye-laws (Revised and approved by Council/HOD 2012)]

1. Last date for receiving nomination is **18th September, 2023** (6 weeks from the date of Publication)
2. The election venue, date and time will be informed to you well in advance.
3. Both the nominator as well as nominee shall be a life member of TNAI.
4. The members holding office positions in TNAI shall not hold office positions in parallel Nursing organisations and vice versa. For acquiring the new post the members will

- have to relinquish the former post.
5. A member working and residing in a state or Union Territory shall be the member of the branch of TNAI. In case of temporary change of resident e.g. study; deputation etc. for a period of more than a year, the member shall be given an option for changing his/her membership to the temporary place of resident after informing the headquarters and the former and latter state branches.
 6. The nominator and nominee should be working and residing in the same state or Union Territory shall be eligible for contesting election and casting the vote.
 7. The members who are residing outside the country and state shall not be eligible for contesting election.
 8. Members who are or had been involved in litigation with the Association without first representing the grievances to the grievances committee shall not be eligible to contest and shall have no voting rights and same will be applicable to the members who are facing disciplinary proceedings in their work situation/sphere.
 9. Outgoing office bearers who completed one term shall be eligible for re-election for one more term.
 10. Any life member of TNAI may make nominations for all the offices of the TNAI State/ UT Branch, but the nomination for the President and Secretary shall be made only from those who have served for one term (four years) as the EC members/office bearers at any time.
 11. A break of four years after two consecutive terms (8 years) is necessary for the President/Secretary of the branch.
 12. For the offices of President and Secretary all valid nominations shall be included in the Provisional Ballot Paper. For other offices, the names of three members having highest number of nominations shall be included in the Ballot Paper.
 13. The Chairperson of the Public Health Nursing Section, Nursing Service Section, Education Section and Representatives of Health Visitor's League (HVL)/ANM should be elected from their respective field only.
 14. The nomination Sheet duly filled and completed by the nominator i.e. complete address, TNAI number along with the signature shall be sent to the Returning Officer within six weeks of its publication in the TNAI Bulletin.
 15. Please mark the envelope "Nomination sheet – TNAI Chhattisgarh State Branch Election 2023".
 16. Completed nomination Sheet(s) and all other correspondence related to election to be sent to the following address: **Ms. Sabin Benn, Returning Officer, TNAI Chhattisgarh State Branch, C/o TNAI Headquarters, L-17, Florence Nightingale Lane, Green Park, New Delhi-110016.**

Health Event of the Month

World Mosquito Day: 20 August

World Mosquito Day is celebrated annually on 20 August mainly to recognise the efforts of Sir Ronald Ross. It was in 1897 that Sir Ronald Ross found a groundbreaking discovery that eventually led to the path-breaking connection between mosquitoes and Malaria. Sir Ronald Ross, a British army surgeon who worked in India, was conferred Nobel Prize in 1902 for his discovery. Before that, there was no clarity about the link between the two, and the deadly disease caused by them, the malaria vectors.

Globally, malaria takes a toll of some half a million people every year; the morbidity and mortality is quite high in sub-Africa region. Improved knowledge of malaria has brought in better treatment methods but a vaccine still remains a distant dream. The best options to stay off malaria are preventive. Use of nets, preferably insecticide-treated, spraying insecticide controlling water bodies to avert spread of mosquitoes needs to be adopted.

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

Post	Name and Address of the Contestant	Voter's X
President	Ms. Lalfamkimi, TNAI No. 53922, Address: College of Nursing RIPANS Zemabawk, Aizawl, Mizoram- 796017	
Vice President	Ms. Lalremmawii, TNAI No. 42378, Address: Khatla A-9 Aizawl, Mizoram.	
Secretary	Ms. Lalfakawmi Fanai, TNAI No. 224376, Address: Electric Veng, Aizawl, Mizoram- 796007	
Joint Secretary	Ms. C. Lalramdini, TNAI No. 81810, Address: College of Nursing, RIPANS, Aizawl, Mizoram- 796017	
Treasurer	Ms. V. Lalhmangaihi, TNAI No. 37078, Address: Civil Hospital Aizawl, Mizoram-796001	
	Ms. Laldusaki, TNAI No. 156582 Address: Mizoram College of Nursing-796005	
SNAI Advisor	Ms. Laldinsangi Ralte, TNAI No. 224374, Address: H/No. C-4-E, Bethlehem Veng, Aizawl, Mizoram	
Chairperson - Membership Committee	Ms. Lalremruatpuii, TNAI No. 226825, Address: M-31, Mission Vengthlang, Aizawl	
Chairperson - Programme Committee	Ms. C. Thankumi, TNAI No. 36805, Address: Synod Hospital, Durtlang, Mizoram-796015	
	Ms. R Lalsangzuali, TNAI No. 270030, Address: North Mualcheng, Serchhip District-796370, Mizoram.	
Chairperson - Nursing Service Section	Ms. Lalchhanhimi, TNAI No. 60853, Address: CP. Rd. Tlangnuam, Aizawl Mizoram-796015	
	Ms. Mary Ramte Pachuau, TNAI No. 105776, Address: Deputy Director (Nursing) DHME, H&FW	
	Ms. Lalbiaksangi, TNAI No. 16806, Address: House No S-1 C/o L. Chhawnkima Building Dawrpui, Bungkawm Aizawl Mizoram	
Chairperson - Nursing Education Committee	Ms. Laldingliani Sailo, TNAI No. 153953, Address: Electric Veng, Aizawl, Mizoram- 796007	
	Ms. Kapzawni, TNAI No. 28927, Address: A-11 B/6, Chaltlang, Aizawl, Mizoram- 796012	
	Ms. Lalrinhlui, TNAI No. 81809, Address: Assistant Professor, College of Nursing, RIPANS Zemabawk, Aizawl, Mizoram- 796017	
Chairperson - Public Health Section	Ms. Christina Zothanpuii, TNAI No. 179236, Address: MFN School of Nursing (ANM) Durjlang North-796015, Mizoram.	
	Ms. Helen Lalthianghlimi Sailo, TNAI No. 141363, Address: Mizoram College of Nursing, Falkawn, Mizoram.	
	Ms. Pi Lalthari Ralte, TNAI No. 4052, Address: Zotlang, Aizawl, Mizoram.	
Chairperson - Economic Welfare Committee	Ms. K. Lalbiaknguri, TNAI No. 72812, Address: Chaltlang Ruam Veng.	
	Ms. Rosangzuali, TNAI No. 415493, Address: Dte. of Hospital & Medical Education (DHME), Mizoram- 796001.	
Chairperson - LHV/ANM Committee	Ms. Melody Lalthansangi, TNAI No. 143096, Address: R-25, Chawnpui, Aizawl, Mizoram-796005.	

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 **7th September, 2023** from 9:00 am to 3:00 pm at Synod Conference Centre, Mission Veng, Aizawl, Mizoram-796005.
2. The Provisional Ballot Paper is published only for the information of the members. A separate Ballot Paper will be distributed to the voters on the day of Election.
3. Only Life members of TNAI are eligible to vote.
4. All the Voters are requested to bring their TNAI Membership card provided by the TNAI Headquarters along with Photo identity (Election card/PAN card/Driving license) before entering the hall for voting.
5. No one shall be allowed to vote before or after the schedule time of voting.
6. Names of the contestant who have not given their consent in writing to the Returning Officer will be deleted from the final Ballot Paper.
7. No addition of the contestant shall be made to the final ballot paper.
8. It is expected that the Voters/Members are well versed with the TNAI Rules and Regulation and Byelaws. A copy of the same shall be available with the Returning Officer for ready reference.
9. The person so elected for a particular office at branch level shall hold the office for the full term (four years) and shall not contest and cross to another office prior to completion of the term of her/his existing office.
10. 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. Laldinpui Sailo, Returning Officer - TNAI Mizoram State Branch, C/o The Trained Nurses' Association of India, L-17, Florence Nightingale Lane, Green Park Main, New Delhi- 110016.**

Health Event of the Month

World Breastfeeding Week: 1-7 August

With a view to spread awareness about several advantages of breastfeeding, World Breastfeeding Week (WBW) is celebrated annually during 1-7 August, the world over, at the initiative of World Alliance for Breastfeeding Action (WABA). Breastfeeding is closely linked to each of the UN Sustainable Development Goals (SDGs) for the overall well being of families and nations. Breastfeeding contributes to the survival, health and wellbeing of all.

Considering that over half a billion working women are deprived of essential maternity protection due to absence of relevant legislation in many countries; hardly 20 percent of countries require employers to provide employees with paid breaks and facilities for breastfeeding or expressing milk; less than half of infants under 6 months of age are exclusively breastfed in 2023, the theme of World Breastfeeding Week is: Enabling Breastfeeding: Making a Difference for Working Parents.

The WBW commemorates the Innocenti Declaration signed in August 1990 by government policy-makers, WHO, UNICEF and other organisations to protect, promote and support breastfeeding, which is the best way to provide infants with the nutrients they need.

Broadly, WABA attempts to: galvanise multi-dimensional support from all sectors to enable women everywhere to work and breastfeed; promote action supporting working women to continue breastfeeding; inform people about the latest in global maternity protection rights, and raise awareness of the need to strengthen related national legislation and its implementation; strengthen, facilitate and showcase practices that enable women working in the informal sector to breastfeed; liaise with target groups like trade unions, women's groups and youth organisations to protect the breastfeeding rights of women at work place.

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

Post	Name and Address of the Contestant	Voter's X
President	Mr. Vinod N. Patel, TNAI No. 33917, Address: B-7, Parnachaya Society-2, Ajwa-Waghodia Ring Road, Vadodara- 390019, Gujarat.	
	Mr. Sunil C Modi, TNAI No. 53667, Address: 806, Vijya Laxmi Hills Resi, OPP, Daliya School Adajan, Surat- 395009, Gujarat.	
	Mr. Hitesh R Bhatt, TNAI No. 47500 Address: D/1 Pusti Darshan B/H Sanman Park, Manjajpur, Vadodara-390011, Gujarat.	
Vice President	Ms. Twinkal Bhanrajbhai Gohel, TNAI No. 40017/LMT Address: C/S/50, Nursing Sankol, Opp. Police line. NR. Old T.B. Hospital, Jamnagar Gujarat-361008, Gujarat.	
Secretary	Mr. Iqbal Abdul Rehman Kadiwala, TNAI No. 51025, Address: C/1/1 Vrindavan Block, Nursing Quarters, New Civil Hospital Campus, Majura Gate, ring Road, Surat Gujarat.	
Joint Secretary	Mr. Hemdeep R Patel, TNAI No. 287204, Address: 18, Sheiji Nagar, Near Narayan Nagar-1, Bharuch-392001, Gujarat.	
	Mr. Anil R Pawar, TNAI No. 83202, Address: Government College of Nursing New Civil Hospital Majuaragate Ring Road Surat – 395001, Gujarat.	
Treasurer	Mr. Rajesh Sabara J, TNAI No. 180081, Address: 57, Coral Bunglows Numa Chilo-da Albad- 382330, Gujarat.	
	Mr. Nilesh Lallu Lathiya, TNAI No. 273524 Address: A/203 Yogiheight Yogichove Surat-395010, Gujarat.	
SNAI Advisor	Mr. Kamlesh Parmar Govind Bhai, TNAI No. 156748, Address: B-4/246 Sidharth Bungalow Near Amit Nagar Opp. Urmi School-390022, Gujarat.	
	Dr. Sanjay Dhabhi, TNAI No. 103648, Address: Govt. College of Nursing New civil hospital, Surat- 395001, Gujarat.	
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Chairperson - Membership Committee	Ms. Ester A Marge, TNAI No. 190106, Address: Block –K, C/9, Officer Colony B/H Circuit House Alkapuri Vadodara- 390007, Gujarat	
	Mr. Ahir Chetankumar Mohanbhai, TNAI No. 288700, Address: 08-Vrindavan Park Raaj House, Parvat Patiya, Magob, Surat, Gujarat- 395010.	
Chairperson - Programme Committee	Mr. Nilkanth R. Patel, TNAI No. 414616, Address: A-32, Suraj Dev Society Lalbang Vadodara-390001, Gujarat.	
	Mr. Nikunj A Bhatt, TNAI No. 404619, Address: Kaliyabad, Bhavnagar-364002, Gujarat.	
Chairperson - Nursing Service Section	Mr. Raju R. Chauhan, TNAI No. 277981, Address: 39-A Sansakar nagar, Near garbi chowk limdavali line Bhuj Kutch- 370001, Gujarat.	
	Mr. Snehal G Parmar, TNAI No. 394578, Address: C/52, Anandvan Soc T. P 13 Vadodara- 391740	
Chairperson - Nursing Education Committee	Dr. Indrawati Rao, TNAI No. 111723, Address: Government College of Nursing, NCH campus, Ring Road, Majwa Gate, Surat Gujarat- 395001.	
	Mr. Kureshi Mujahidahmed. G, TNAI No. 252058, Address: D-68 Aminapark, Tandalja Road, Tandalja, Vadodara-390020	

Chairperson - Public Health Section	Vacant	
Chairperson - Economic Welfare Committee	Mr. Arjun Agravat R., TNAI No. 343905, Address: CS/50, Government Quarters, Besjdes Bahumali Bhavan Opp. Race Course Ground-360001, Gujarat.	
	Ms. Jyotsnaben Chaudhary, TNAI No. 142758, Address: Block B-15, 60-Govt Quarter Nr. Collector Residence, Mehtapura Himatnagar- 363001, Gujarat.	
	Mr. Alpesh C Shah, TNAI No. 157236, Address: II-B, Pradip Soc. B1H Suryanagar Waghodia Vadodara- 390019, Gujarat.	
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 **16th September, 2023** from 9:00 am to 3:00 pm at Knowledge Institute of Nursing (Run by Guru Krupa Education Trust), Knowledge Campus, Vadtal Road, Bakrol, Anand-388315 (Gujarat).
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: **Mr. Dharmendra H Raval, Returning Officer - TNAI Gujarat State Branch, C/o The Trained Nurses' Association of India, L-17, Florence Nightingale Lane, Green Park Main, New Delhi-110016.**

Rates for NJI Subscription

It is to bring to notice of NJI subscribers that as per decision of TNAI's EC, the annual and five-yearly price of Nursing Journal of India for individuals and institutions shall be revised upwards from April 2023 as under:

Existing Rates	New Rates w.e.f. April 1, 2023
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All payments shall be accepted in the form of demand draft in favour of 'The Trained Nurses' Association of India' payable at New Delhi. Local subscribers can also deposit the subscription charges as cash at TNAI Headquarters.

All communication related to NJI should be sent to the following address:

Secretary General, The Trained Nurses' Association of India

L-17 Florence Nightingale Lane, Green Park, New Delhi-11 0016.

Phone: 011-40195409, 40195407

Email: publicationstnai@yahoo.com, tnai_2003@yahoo.com

Website: www.tnaionline.org

NOTE: Those already enrolled for subscription of the Nursing Journal of India (NJI) may kindly ignore this communication.



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स्तनपान से मां को मिलने वाले फायदे

सदियों चली आ रही शिशुओं को स्तनपान प्रथा से बच्चे को जो अनेक स्वास्थ्य तथा अन्य लाभ मिलते हैं, परोक्ष लाभ परिवार को भी होते हैं, उनसे करीब सभी व्यक्ति परिचित हैं। यहां हम उन फायदों की चर्चा कर रहे हैं जो विशेषकर स्तनपान कराने वाली महिलाओं को प्राप्त होते हैं।

1. वजन कम करना: स्तनपान कराती महिलाओं में दूध के निर्माण से मां का वजन स्वाभाविक तौर पर बढ़ता है, वे मोटी हो जाती हैं। दूध बनने में प्रतिदिन औसतन 450 कैलोरी खर्च होती है। दूध पिलाने वाली महिलाओं में गैरजरूरी अतिरिक्त फैट घटता है, कैलोरी कम हो जाती है और वजन को नियंत्रण में रहता है।

2. शरीर के बढ़े हुए आकार को शीघ्र सामान्य करता है: स्तनपान कराती महिलाओं में लैक्टेशन हार्मोन ऑक्सीटोसिन तथा प्रोलेक्टिन का स्राव होता है। जहां ऑक्सीटोसिन बढ़े हुए आकार को पुनः सामान्य रूप में लाने में सहायक है वहीं प्रोलेक्टिन मां के अंग-प्रत्यंगों को सुकूल प्रदान करता है जिसकी उसे जरूरत रहती है।

3. घावों का जल्द भरना: प्रसव के बाद मां के शरीर में अनेक स्थानों पर घाव व दर्द बना रहता है। लेकिन स्तनपान कराने की वजह से यह दर्द व घाव जल्दी से भर जाते हैं।

4. बेहतर नींद: हालांकि नवजात शिशु को हर 2-3 घंटे में भूख लगते रहती है किंतु रात को सोने से पहले स्तनपान से उसकी अधिक संतुष्टि होती है और वह ठीक से सोता है। फलस्वरूप मां की नींद में खलल की कम संभावना रहती है। यों स्तनपान में निहित प्रोटीनों में और अमीनो एसिड के अलावा मेलाटोनिन प्रोटीन नींद आने में मदद करता है।

5. बेहतर मानसिक व शारीरिक स्वास्थ्य: स्तनपान कराने वाली माताएं बच्चे के अधिक शारीरिक सानिध्य में रहने से उनसे बेहतर और सशक्त रिश्ते बनाती हैं। ऐसी माताएं स्वयं मन-शरीर से अधिक स्वस्थ रहती हैं।

6. हार्मोन का संतुलन: स्तनपान कराती महिलाओं के हार्मोन संतुलन में रहते हैं जिससे मां अधिक ऊर्जावान रहती है; उनमें प्रसवोत्तर रक्त स्राव कम पाया जाता है।

7. बीमारियों का कम खतरा: विभिन्न अध्ययनों से सिद्ध हुआ है कि स्तनपान कराने वाली महिलाओं को स्तन कैंसर, डिम्ब ग्रंथि का कैंसर, ऑस्टियोपोरोसिस का कम जोखिम रहता है।

हिंदी लेखकों से अनुरोध

हिंदी में लिखने वालों से आग्रह है, मासिक टीएनएआई बुलेटिन के लिए रचनाएं भेजें। मौलिक, सुरुचिपूर्ण, नर्सिंग पेशे, स्वास्थ्य सरोकार तथा संबद्ध विशयों पर आलेख, अनुभव, ज्ञानवर्धक सामग्री, हास्य, कविता आदि स्वीकार्य होंगी। हस्तलिखित या कंप्यूटर से टंकित रचनाएं साधारण डाक या मेल से मुख्य संपादक के नाम भेजी जाएं।

Lodging at TNAI Headquarters Made Easier !

TNAI Hqrs has expanded its capacity to accommodate more of TNAI members visiting Delhi. The TNAI members including students visiting Delhi on official or professional tours can avail the lodging facility, within the TNAI Hqrs premises at reasonable charges. The per day charges are as under:

TNAI Members: Rs. 600/-	SNA Members: Rs. 250/-
Non-Members: Rs. 900/-	Children below 5 yrs: No charges
Children 6-12 yrs: Rs. 150/-	

However, due to limited beds, interested members may get the booking done in advance.

Secretary-General, TNAI

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>.

Call for News Items from Nursing Institutions

Schools and Colleges of Nursing are welcome to submit for publication in monthly TNAI Bulletin, the news items and write ups about observances of Graduation Ceremony, Annual Day, Seminars, Conferences, important workshops, etc. The charges are Rs 1000/- + GST per item including one photograph. The payment should be through a demand draft in favour of The Trained Nurses' Association of India (TNAI), New Delhi. Neatly spaced out hand-written matter, preferably typed in double space on one side of paper with photograph may be sent, along with requisite charges, to the Editor, TNAI Bulletin.

TNAI BULLETIN

Monthly Newsletter of

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