



## Go on Learning, Teaching, and Learning Again

**Teaching-Learning – A Lifelong Process:** A crucial issue that we must ask ourselves is, whether we just 'exist' or 'live'. The former implies just sticking to a normative schedule and performing all chores in ritualistic, dispassionate manner. Our personal, social and official tasks are performed best when we put our soul & heart into it. This necessitates a spirit of continuous learning and teaching, the two go hand in hand. In fact a good teacher is first a good learner. As realities change, we can adjust and stay comfortable in new scenario only by espousing emerging processes and techniques, which requires learning. Further, as we learn something – maybe a technique, knowledge or practice we absorb it better when we transfer this knowledge to others. Knowledge shared does not diminish, rather it enhances. Things and ideas shared acquire added value. It is ever advisable to share newly gained knowledge and insights with prospective beneficiaries, this is philanthropy too. The underlying motif of Teacher's day on 5 September (in India) is to nurture the teaching-learning spirit and practice it at home, in society, and in work places for a meaningful living. The day is also a tribute to the hard work put by the teacher, the nation builders, to educate a child.

**World Suicide Prevention (WSP) Day:** Almost a million people die by suicide every year and this rate has been rising steadily in past few years. WSP Day on 10 September addresses suicides issue and seeks to reduce associated stigma, and raise awareness among organisations, governments, and the people at large with a message that suicides are preventable. The programmes are hosted mainly by International Association for Suicide Prevention (IASP) and WHO that targets reducing suicide rate by a third by 2030.

**World Alzheimer's Day:** Under the umbrella of Alzheimer's Disease International, 21 September is observed as the World Alzheimer's Day to spread the understanding of this degenerating disease of the central nervous system. This year's theme, Never Too Early, Never Too Late focuses on reducing risk factors, and preventing the onset of dementia.

**World Heart Day:** In the backdrop of an estimated 18.6 million people dying yearly from cardiovascular diseases (CVD), World Heart Day is celebrated annually on 29 September. More people die from CVD worldwide than from any other cause. Among all CVD deaths, 85 percent are due to coronary heart diseases (e.g. heart attacks) and cerebrovascular diseases (e.g. strokes).

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Contrary to popular belief, CVD incidence and mortality is higher in low- and middle-income countries (80% of all CVD deaths) than in developed countries

#### National Executive Committee meeting decision:

The 111th National TNAI Executive Committee (EC) meeting held on 26 August 2023 took some important decisions that included:

- Allowing personal accidental insurance scheme for a sum of Rs 5 lakh for students also acquiring SNAI-TNAI membership (New plan).
- Approval of airfare to ANM (student) SNAI State Representative to attend the National SNAI General Committee Meetings.
- Offering Manikin worth Rs 25,000, two complimentary copies of the Nursing Journal of India, and incentive of 12 percent to the hospitals, which enrol more than 200 TNAI Memberships at a time.

Evelyn P Kannan  
Chief Editor & Secretary-General

## Nomination Sheet: TNAI Bihar 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 Nominations is **18th October, 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 Bihar State Branch Election 2023".
16. Completed Nomination Sheet(s) and all other correspondence related to election to be sent to the following address: **Returning Officer, C/o TNAI Headquarters, L-17, Florence Nightingale Lane, Green Park, New Delhi-110016.**

## 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।

## Nomination Sheet: TNAI Kerala State Branch Election 2023

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1	President		
2	Vice President		
3	Secretary		
4	Joint Secretary		
5	Treasurer		
6	SNAI Advisor		
7	Chairperson – Programme Committee		
8	Chairperson – Membership Committee		
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11	Chairperson – Nursing Education Section		
12	Chairperson – Economic Welfare Committee		
13	Representative ANM/LHV Committee		

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Nominator's TNAI No. \_\_\_\_\_

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## **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**

## Nomination Sheet: TNAI Andaman & Nicobar UT 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 \_\_\_\_\_

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## महामारी बन चुकी है एकाकीपन की बीमारी

सभ्यता के पथ पर जैसे जैसे मशीनीकरण, औद्योगीकरण और शहरीकरण में इजाफा होता गया मनुष्य का जीवन अधिक सुविधाजनक और आरामदायक हो गया। किंतु इस प्रक्रिया में एक भारी हानि यह हुई कि लोगों में आपसी दूरियां बढ़ती गईं। आपसी संबंधों की गरमाहट पहले सरीखी नहीं रही, अंतरंग संवाद और मेलजोल का सिलसिला कम हो गया। फलस्वरूप मनुष्य एकाकी पड़ता चला गया। इसका प्रभाव मनुष्य के मानसिक स्वास्थ्य पर पड़ने लगा। अल्कोहल तथा नशीले पदार्थों का सेवन, तनाव, एंग्ज़ाइट्टी, डिप्रेशन, सीज़ोफ्रेनिया तथा मानसिक बीमारियों के साथ साथ इन्हीं से संबद्ध आत्महत्या के मामलों में खासी बढ़त देखी गई है। यह स्थिति आज विश्वभर के चिकित्सकों, स्वास्थ्यकर्मियों, समाजशात्रियों व सरकारों की चिंता का सबब है।

एकाकीपन के विषय में यूएसए के सर्जन जनरल विवेक मूर्ति का उल्लेख प्रासंगिक होगा जो उस देश के जनस्वास्थ्य के सर्वोच्च अधिकारी हैं। उनकी मान्यता है कि डायबिटीज़ और हाइपरटेंशन की भांति एकाकीपन भी महामारी का रूप ले चुकी है और इससे निबटने के लिए उसी गंभीरता से कार्यनीति अपनानी होगी। समाधान बतौर उनके दो प्रमुख सुझाव हैं: सामाजिक तथा व्यक्तिगत संबंध सुदृढ़ किए जाएं, दूसरा तकनीक (टेक्नोलोजी) पर निर्भरता घटाई जाए। मोबाइल फोन में - विशेषकर बच्चों का इसमें जकड़े रहने के दुष्परिणाम सर्वविदित हैं।

एकाकीपन की बीमारी से निवारण के लिए विशेषज्ञ निम्न जीवनशैली अपनाने का परामर्श देते हैं: नियमित रूप से सामाजिक संस्था में योग्यता अनुसार योगदान दें; विचार-समूह, पुस्तकालय क्लब आदि किसी की सदस्यता ग्रहण करें; गार्डनिंग करें; पालतू जानवर पालें। समाज में कम परिचित या अपरिचितों से मैत्री स्थापित करें; व्यायामशाला जाएं, योग की कक्षाओं में नियमित तौर पर जाएं; प्राकृतिक स्थलों में जाने और वहां का आस्वादन लेने का अभ्यास करें।

## Health Event of the Month

### World Suicide Prevention Day: 10 September

Almost a million people die by suicide every year and this rate has been rising steadily in past few years. World Suicide Prevention(WSP) Day on 10 September every year is organised globally to focus attention on this issue so as to reduce stigma, and raise awareness among organisations, governments, and the people at large. A message is spread through various activities & events that suicides are preventable. The programmes are hosted mainly by International Association for Suicide Prevention (IASP) and World Health Organisation (WHO).

One suicide is committed every 40 second; it is the 2nd leading cause of death in the world for those in age range 15-24 years. Among lesbian, gay and bisexual youngsters, and medically serious persons the incidence is three times and four times more respectively, than the others. Researches show that 3000 people attempt suicide a day out of which over 60 attempts are successful. One in 100 deaths is by suicide. The WHO has the target of reducing suicide rate by a third by 2030.

The triennial theme for the WSP for the years 2021-2023, Creating Hope Through Action serves as a powerful call to action and reminder that an alternative to suicide is ever there, and that our actions can instill hope and strengthen prevention. By creating hope through action, we can signal to people experiencing suicidal thoughts that there is hope and that we care and want to support them. It also suggests that our actions, no matter how big or small, may provide hope to those who are struggling. The Day serves as a reminder that suicide prevention is a public health priority and urgent action is required to ensure that suicide mortality rates are reduced. WHO will continue to work with its partners to support countries to take concrete measures in this direction.

Suicide Prevention Day activities operate along three broad objectives: (a) Preventing the occurrence of suicidal behaviour; (b) endeavouring to alleviate the effects of suicidal behaviour; and (c) providing a platform for people and volunteers who work as prevention strategies. The underlying presumption is, majority of them can be curtailed by restricting access to the means of suicide like medicines and establishing a healthy communication programmes within the community.

### World Alzheimer's Day: 21 September

Under the umbrella of Alzheimer's Disease International (ADI), 21 September is being observed as the World Alzheimer's Day on 21 September since 1994 to spread the understanding of this degenerating disease of the central nervous system. The theme of the 2023 World Alzheimer's Day is, Never Too Early, Never Too Late. It focuses on risk factors and risk reduction, emphasising their crucial role in potentially delaying or even preventing the onset of dementia.

Alzheimer's is progressive and irreversible disease with millions of victims world wide with prevalence of about 10 percent in adults 65 years and older. In India, about 8.8 million Indians older than 60 years live with dementia, a precursor of Alzheimer's. Its prevalence is more among females than males, higher in rural than in urban areas. Various organisations work towards creating awareness about this chronic, debilitating disease. The situation calls for proper education and guidance about the disease and its initial symptoms which often remain unclear. Alzheimer's leads to dementia, which affects millions of lives every year. Early Alzheimer's symptoms are mistaken for age-related forgetfulness and the disease is diagnosed only after it advances onto a higher stage making it equally difficult for the patient and for the caregivers. Despite numerous researches still ongoing to find more on the disease and its cure, so far now only symptomatic treatment are available; further, the reasons behind the disease or its progression are yet to be clearly understood.

Knowing of symptoms and the level of gravity of the disease helps in taking care of the patient. Alzheimer's incidence increases with age and time although cases of early onset of the disease are also seen among people 30 to 45 years.

### World Heart Day: 29 September

An estimated 18.6 million people die from cardiovascular diseases (CVD), the 'silent killers' every year. (CVD is a class of diseases that affect the heart or blood vessels i.e. veins and arteries). More



people die from CVD worldwide than from any other cause. Among all CVD deaths, 85 percent are due to coronary heart diseases (e.g heart attacks) and cerebrovascular diseases (e.g. strokes) and mostly affect low- and middle-income countries. There is a common misconception that CVD impacts more people in developed countries who are more dependent on technology and lead sedentary lifestyles. The fact is, over 80 percent of the CVD deaths occur in middle-income and low-income countries.

At the initiative of World Heart Federation (WHF), World Heart Day is celebrated annually on 29 September with the objective to wake up nations and health functionaries to the imperative of helping curb the incidence of heart diseases. More than 90 countries take part in this international observance every year. WHF believes that not less than 80 percent of premature deaths from cardiovascular disease could be avoided if four lifestyle-linked risk factors viz. unhealthy diet, tobacco use, physical inactivity and harmful use of alcohol are held in control.

Making the heart toll so regrettable is the fact that more than half the persons with heart attack die just because they are unable to reach the health facility in time or they are not given cardiopulmonary resuscitation (CPR) which is 5-minute simple procedure that anyone can perform anywhere.

In India however, the CVD takes an annual toll of 4.77 million deaths. The phenomenal increase in the country is attributed to the rapid shift of the country from agrarian to industrialised society and subsequent economic development.

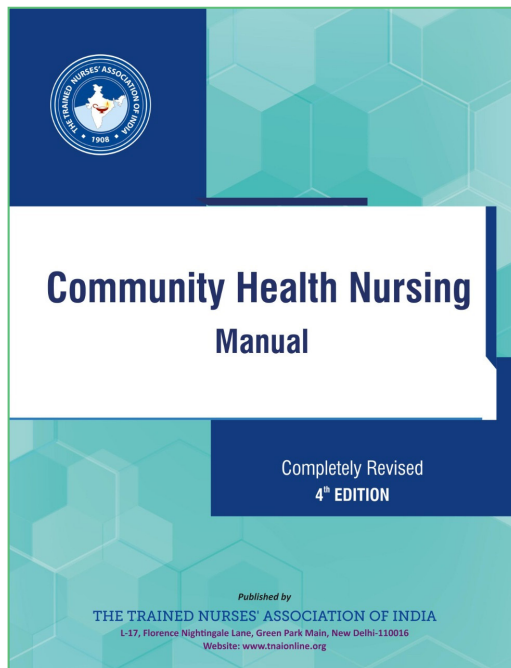
## हृदय की हिफाज़त स्वयं करें

विश्व भर में प्रतिवर्ष करीब 1 करोड़ 86 लाख लोग हृदय रोग के कारण दम तोड़ देते हैं, इसे व्यापक तौर पर कार्डियो वैस्कुलर डिजीज़ कहा जाता है। इन मौतों में अधिकांश (85 प्रतिशत) का कारण कोरोनरी हार्ट डिजीज़ या स्ट्रोक रहता है। इस बीमारी के प्रति लोगों में जागरूकता तथा समुचित जानकारी प्रसारित विकसित करने के उद्देश्य से प्रतिवर्ष 29 सितंबर का दिन विश्व हृदय दिवस बतौर मनाया जाता है। इस दिन के मुख्य आयोजन वर्ल्ड हार्ट फेडरेशन के तत्वाधान में संपन्न होते हैं। इस दिन यह जताने का प्रयास किया जाता है कि हृदय की ज्यादातर विकृतियों-बीमारियों से किस तरह स्वयं को बचाया रखा जा सकता है और किन-किन लक्षणों के चलते तुरंत डॉक्टर से परामर्श करना चाहिए।

सीवीडी के बावत सामान्य भ्रांति है कि इस यह रोग विकसित देशों का है जो प्रौद्योगिकी पर अधिक निर्भर हैं और जहां लोग प्रायः बैठीठाली जीवनशैली अपना चुके हैं। सत्य यह है कि हृदय रोगों की 80 प्रतिशत से अधिक मौतें मध्यम आय और निम्न आय वाले देशों में हो रही हैं। विश्व हृदय दिवस संप्रति 90 देशों में मनाया जाता है। इस दिन स्वास्थ्य संस्थाओं, शैक्षिक संस्थानों तथा गैर-सरकारी एजेंसियां रैलियां, चर्चाएं, सम्मेलन, प्रतियोगिता आदि आयोजित करती हैं। वर्ल्ड हार्ट फेडरेशन की मान्यता है कि यदि जीवनशैली से संबंधित चार घटकों को नियंत्रण में रखा जाए तो 80 प्रतिशत हृदय से होती मौतों को रोका जा सकता है: (1) अस्वास्थ्यकर आहार (2) तंबाखू का सेवन (3) शारीरिक सक्रियता व व्यायाम (4) अल्कोहल का असीमित सेवन।

मानसिक तनाव को काफी हद तक हृदय रोग के लिए दोषी ठहराया जाता है। हमारे देश में, आजीवन पद्धति जब कृषि आधारित से बदल कर औद्योगिक उन्मुख हुई तब से हृदय रोगों में बढ़त देखी गई। संप्रति देश में करीब 48 लाख मौतों का कारण सीवीडी है। उच्च रक्तचाप जैसे विकारों को जन्म देता है। उपचार का एक दुखत सत्य यह है कि आधे से ज्यादा रोगियों की मौत इसलिए हो जाती है चूंकि वे मौके पर उपचार केंद्र में ही नहीं पहुंच पाते या उन्हें सीपीआर सरीखा सरल तात्कालिक उपचार नहीं दिया जाता। सीपीआर आकस्मिक राहत की पांच मिनट का उपाय है जिसे कहीं भी कर सकते हैं।

# Community Health Nursing Manual: *Completely Revised 4th Edition*



Released on 4-5 September 2021 the long-awaited revised version of TNAI's prestigious classic publication, 'Community Health Nursing Manual' is available for readers.

Compared to past editions the 4th revised edition is multi-coloured, and in larger size with additional contents. The continued popularity of this valuable publication can be adjudged by its running into 14th reprints after its first publication way back in 1959. This edition has been enriched with valuable inputs by such nursing luminaries like Prof Rajeshwari Siva (former Vice-President TNAI South Region, former Head, CHN Department CMC Vellore, TN) and Dr Chellarani Vijayakumar (Consultant & Editor). It covers latest thinking on theory and practice of community health nursing.

Health experts and others are aware of the preemptive approach of adopting Community health approach that ward off several later-stage complications; the whole world is witness to a weak community health system in place when it came to combating Covid-19 pandemic that beset the entire world.

The 632-page manual divided into 27 chapters covers all major aspects of community health like health education, nutrition, family health, maintenance of health records, reproductive & child health, family welfare services, school health, communicable diseases, STDs, tuberculosis, leprosy, AIDS, occupational health nursing, public health - organisation, administration and programmes, alternative medicine systems. Interspersed with relevant tables and pictures, the presentation of each topic is lucid and easy to understand, particularly for nursing undergraduate and post-graduate students.

Though highly useful for students of Nursing and other health education programmes for high scholastic score, it also serves as a reference book for all health care functionaries. The book is priced at Rs. 850/- besides handling and dispatch charges.

The orders for copies can be placed directly with the exclusive distributor for all TNAI publications (contact details: Mr Prabhat Sharma, I-2/16, Ansari Road, Darya Ganj, New Delhi 110 002; Phone: 011-45045302, Mob: 9811449591, 8130304347; E-mail: perfectbookdist@gmail.com; Website: <http://www.pbdonline.in>).

## Advertisement Rates

### Monthly *TNAI Bulletin* and Bi-Monthly *The Nursing Journal of India (NJI)*

Consequent upon the decision of TNAI Executive Committee/ Council meeting held during December 11-16, 2018 at Goa (Minutes No. EC/CL/2018/4, the advertisement rates for the NJI and TNAI Bulletin have been modified from April 2019 issue onward, as under.

#### Advertisement for Website only

Products	-	Rs. 30,000/- per month
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Institutions (Workshops / Conferences / News)	-	Rs. 10,000/- per month

#### The Nursing Journal of India (NJI) – Bi-Monthly

Advertisement Size	Contract Rate Per issue (Rs.)	Casual Rate Per issue (Rs.)	Foreign Advertisement Rate in US Dollar (\$) Per issue
Front Cover Inside/Last Cover Inside/Last Cover (Colour)	53,200	63,800	3,600
Full Page (Colour)	35,100	38,300	2,880
Half Page (Colour)	19,100	26,500	1,440
Quarter Page (Colour)	12,800	19,100	720
Full Page B/W	25,100	27,300	2,070
Half Page B/W	15,200	20,300	1,080
Quarter Page B/W	10,200	15,200	540
Job Work		Rs. 1530/- per column per centimeter with minimum size as 7 cm i.e. Rs. 10,700/- minimum charges	

#### TNAI Bulletin – Monthly

Advertisement Size	Contract Rate Per issue (Rs.)	Casual Rate Per issue (Rs.)	Foreign Advertisement Rate in US Dollar (\$) Per issue
Front Cover Inside/Last Cover Inside/Last Cover	27,300	32,800	2,025
Full Page B/W	20,000	21,900	1,620
Half Page B/W	11,000	14,600	810
Quarter Page B/W	7,300	11,000	405
Job Work		Rs. 1215/- per column per centimeter with minimum size as 7 cm i.e. Rs. 8,500/- minimum charges	

- Contractual rates applicable to a minimum of 6 insertions in twelve months.
- Advertisement matter mentioning the size of advertisement, month of publication along with payment should reach TNAI office latest by the first day of the previous month (e.g., for publication in April, the advertisement matter and payment etc., should reach us latest by May 1).
- Outstation Cheques will not be accepted.
- Payment shall be made in advance through Demand Draft in the favour of TNAI, payable at New Delhi.
- Kindly note that GST, as relevant (presently 5%) shall be chargeable on the rates mentioned.

Telephone: 011-26966873, 26566665, 26534765; Email: [publicationstnai@yahoo.com](mailto:publicationstnai@yahoo.com)

## BENEFITS FOR TNAI & SNAI MEMBERS

Welfare	Educational	Awards
<ol style="list-style-type: none"> <li>1. TNAI &amp; SNAI Scholarship (Rs. 24000/Year)</li> <li>2. Medical Assistance (Maximum upto Rs. 100000)</li> <li>3. Critical illness assistance (Rs. 200000)</li> <li>4. Nurses Welfare Grant</li> <li>5. Subsidized accommodation at TNAI guest houses (helpdesk@tnaionline.org)</li> <li>6. Railway Concession (25%)</li> <li>7. Free recruitment for European Countries (tnairecruitment@gmail.com).</li> <li>8. Day Care Centre for the Elderly</li> <li>9. Disaster Relief Fund for Individual/State/National</li> <li>10. Addressing grievances for nurses at various levels (tnai_2003@yahoo.com).</li> <li>11. Accidental Death Insurance coverage of 10 Lakhs rupees (insurance.tnaionline.org).</li> </ol>	<ol style="list-style-type: none"> <li>1. Concession for:               <ul style="list-style-type: none"> <li>- Conference registration fee for participation in TNAI's national and State Conferences.</li> <li>- Continuing Education Programmes; American Heart Association (AHA) approved Basic Life Support (BLS)/Advance Cardiac Life Support (ACLS), Reproductive, Maternal, Neonatal, Child Health and Adolescent (RMNCH+A)</li> </ul> </li> <li>2. Scientific Paper Presentation at TNAI/SNAI National Conference.</li> <li>3. Participation of Competitions at State and National Level</li> <li>4. Publication of articles in NJI and Bulletin (publicationstnai@gmail.com)</li> <li>5. Free online E-learning courses with credit hours (elearning.tnaionline.org).</li> <li>6. Concession on TNAI publications</li> <li>7. Research Grant for Nurses (Details are given in NJI and TNAI Website)</li> <li>8. Sponsoring aspirant nurses from 5 regions for Civil Service Examination</li> </ol>	<ol style="list-style-type: none"> <li>1. Lifetime achievement award</li> <li>2. Incentives for motivator for enrolling TNAI/SNAI Membership</li> </ol>

The Benefits for the TNAI and SNAI members are subjected to the eligibility and approval/decisions of TNAI Management time to time.

### The Details of Membership Incentive w. e. f. 01/01/2021

Sr. No.	Name of Fee	Rate of Membership	Incentive
1	Trained Nurses	Rs. 3000/-	Rs. 298.98/-
2	SNA to TNAI	Rs. 2200/-	Rs. 217.63/-
3	ANM/HVL	Rs. 1500/-	Rs. 146.44/-
4	Others	Rs. 1000/-	Rs. 95.59/-
5	SNA (New Plan)	Rs. 2000/-	Rs. 131.53/-

## 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
<b>For Institutions</b>	
<ul style="list-style-type: none"> <li>One year subscription: Rs. 1500/-</li> <li>Five Years subscription: 6500/-</li> </ul>	<ul style="list-style-type: none"> <li>One year subscription: Rs. 2000/-</li> <li>Five years subscription: Rs. 9000/-</li> </ul>
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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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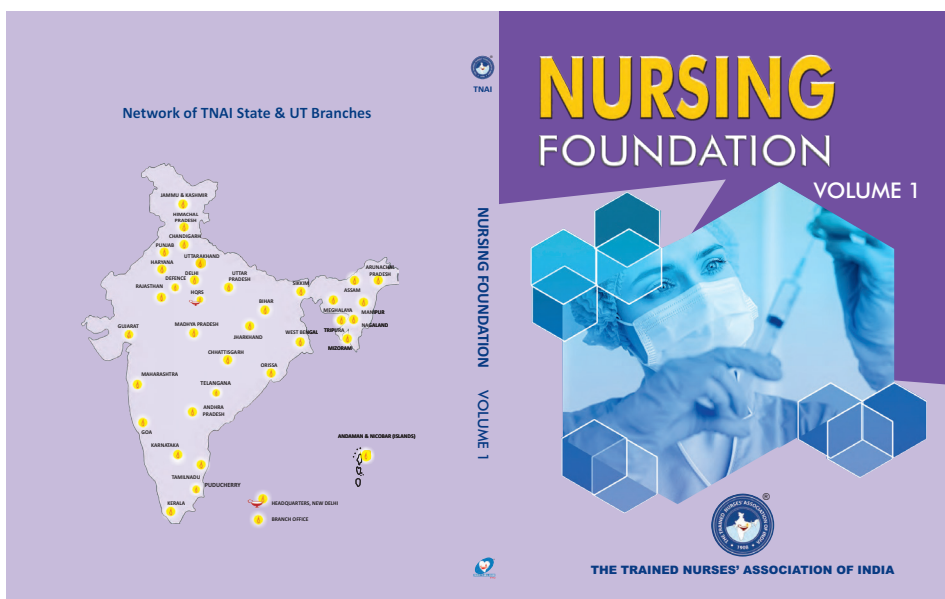
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**Nursing Foundation** Volume 1 (Price Rs. 695/-) is the revised and completely updated version of the earlier 'The Fundamentals of Nursing: A Procedure Manual'. First published in 2005, this classical publication from the house of nurses has been warmly welcomed by students of nursing and paramedics. Considering its overwhelming response, subsequent 14 additional reprint editions were brought out till 2021.

Recent years are witness to several new developments in nursing education & practice, administration, health care services, and resetting of national and international health goals. The current book is based on recent changes in nursing education as approved by the Indian Nursing Council, the apex nurse education body. It covers advanced evidence-based concepts in nursing practice and technology so that students stay updated.

'Nursing Foundation' is the cumulative outcome of a multi-disciplinary team of eminent professionals who rendered painstaking efforts to ensure that only the accurate and right information goes to the readers. The chapters have been written by members of a team, each author having rich experience, in-depth expertise and undisputed credentials in her/ his area of sub-speciality.

The authentic book is not-to-miss compendium to understand the ins & outs of what nursing stands for, means and does – in theory and practice, and how it is administered. Students of not only nurse community but paramedical sciences and healthcare functionaries shall find it dependable and highly useful.

Orders for copies may be placed directly with the sole distributor of all TNAI publications viz. **M/s Perfect Book Distributors, I-2/16, Ansari Road, Darya Ganj, New Delhi 110 002 (Phone 011-4504 5302, Mob. 98112 29591/ 81303 04347; E-mail: perfectbookdist@gmail.com; website: <http://www.pbdonline.in>).**

## Telangana Nurse Earns Silver in Indo-Nepal Games

**Miss Boya Saraswathi** (daughter of Mr Soya Useni), brought glory to the nurses by her performance in the 5th Youth Games Indo-Nepal International Series 2023.

A 2nd year student at Government College of Nursing, Siddipet (Urban), Telangana State, Miss Boya she participated in 400 metre run at Pokhara Stadium and won Silver medal.

The TNAI congratulates Boya and wishes her continued success in forthcoming sports events.



## अल्जीमर्स: बचाव ही उपचार है

हम सभी जैसे-जैसे वृद्ध होते जाते हैं हमारी भूलने की प्रवृत्ति बढ़ने लगती है। यह स्वाभाविक है। लेकिन जब रोजमर्रा के जरूरी कार्य बाधित होने लगें तो विस्मृति अल्जीमर्स नामक बीमारी का लक्षण हो सकती है। व्यक्ति की बौद्धिक क्षमता क्षीण हो जाती है। अल्जीमर्स से ग्रस्त व्यक्ति छोटे मोटे निर्णय लेने में असमर्थ हो जाता है। इस दशा में रोगी का उपचार किया जाना चाहिए। अल्जीमर्स की शुरुआत भूलते रहने से होती है। बाद में यह मस्तिष्क के अन्य भाग भी प्रभावित होने लगते हैं।

अल्जीमर्स से पीड़ित व्यक्ति को लोगों और स्थानों के नाम याद रखने में कठिनाई होती है। हालत गंभीर होने पर उसके होश हवास पूरी तरह उड़ जाते हैं। सामान्य बातचीत करना भी भारी पड़ता है। उसे संबंधों का खयाल नहीं रहता, व्यवहार उलट-पलट, कभी आपत्तिकर भी हो जाता है। रोगी ने अपनी वस्तु कहां रखी थी, यह भूल कर दूसरे पर वह वस्तु लेने का आरोप लगा देता है। विस्मृति इतना हो सकती है कि स्वयं का नाम याद नहीं आता। पीड़ित व्यक्ति को कंपनी, मांसपेशियों में अकड़न, गिरने या चलने में कठिनाई की अनुभूति सकती है। कदाचित उस व्यक्ति से संवाद करना चाहें जिसे वह भलीभांति जानते हैं तो सही शब्द जुबां पर नहीं आते, फलस्वरूप वे काफी निराश एवं उदास हो जाते हैं।

अल्जीमर्स का प्रमुख कारण मस्तिष्क में क्षतिग्रस्त ऊतकों का प्लाज्मा या टैंगल्स के रूप में जमा हो जाना है। इसके कारण मस्तिष्क के आसपास की कोशिकाएं मृत हो जाती हैं। रोग के लक्षण इस पर निर्भर करते हैं कि मस्तिष्क का कौन अंश प्रभावित हुआ है। अल्जीमर्स मस्तिष्क के उन रसायनों, विशेषकर ऐसिटाइल आदि को प्रभावित करता है जो संदेशों को एक कोशिका से दूसरी कोशिका तक पहुंचाते हैं। यह बीमारी धीरे-धीरे बढ़ती है और कुछ वर्षों में पूरा असर हो जाता है। कुछ मामलों इस बीमारी का कारण आनुवांशिक होता है। डाउन सिंड्रोम से ग्रस्त व्यक्ति अल्जाइमर की चपेट में ज्यादा आते हैं।

अभी तक अल्जीमर्स का उचित उपचार हासिल करने में सफलता नहीं मिली है। लक्षणों के आधार पर कुछ मामलों में ऐसिटाइल कोलिनएस्टरेज इनहिबिटर दवाएं राहत के लिए दी जाती हैं। ऐसिटाइल कोलिनएस्टरेज इनहिबिटर दवाओं का एक समूह है जिसको लेने से अल्जाइमर मनोभ्रंश की तीव्रता कम हो जाती है। चूंकि अल्जीमर्स डिमेंशिया की अग्र अवस्था है, प्रयत्न रहना चाहिए कि याददाश्त में गिरावट न आए। इस आशय से जीवनचर्या में निम्न आदतों का समावेश किया जाना बेहतर रहता है: (1) जरूरी कार्यों को तारीख/दिनवार डायरी में या अन्यत्र सूचीबद्ध किया जाए (2) मस्तिष्क को विभिन्न कार्यों द्वारा क्रियाशील रखें जैसे पढ़ना, पहेलियां-पज़ल आदि सुलझाना (3) अपनी आयु और स्वास्थ्य के अनुसार नियमित रूप से व्यायाम करें (4) सेवन किया जा रहा भोजन आदि पोषणयुक्त हो (5) परिजनों, मित्रों से मिलते रहना कठिन हो तो टेलीफोन आदि से नियमित संवाद बनाए रखें।

## 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

The Trained Nurses' Association of India

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