



## The Cancer Menace: Focus Needs to be on Prevention

**The 78th TNAI National Conference, 2024:** Undeniably, growth at professional, organisational as well as individual level needs a vision. A vision helps reprioritise the modalities to be adopted for achieving the goals in the emerging scenario. It may require departure from the set norms or framework, taking a bold, often a new stand, so that necessary changes can take effect. These very attributes have been summed up in the theme of the **78th TNAI National Conference** scheduled sometimes at this year-end – *Leadership in Nursing: Inspiring Vision, Driving Change*. And though the precise dates and venue of the Conference are yet to be finalised, we suggest all participants to start preparing. As usual, the focus area of the Conference shall be presentations of Scientific Papers and Posters. As you know, a well-conceived paper or poster has a quality that speaks; it stands out. A quality work is not only the cynosure of neighbouring eyes, it provides enormous satisfaction to the one who brings it out; further such person sets oneself on a growth trajectory setting examples for others.

**Membership Drive and TNAI Elections:** The TNAI National Elections are due in December 2024 (actual date will be communicated later). In preparation for the election, we hope that every state is gearing up to enroll new TNAI members, aiming to bolster the number of votes. Notably, the House of Delegates (HOD) has been renamed as the House of Representatives (HOR). The calculation and fixation of the House of Representatives will be based on TNAI Membership enrolled **on or before 31 March 2024**. Each House of Representative holds significant weightage since each vote cast is counted as 500. Your efforts in increasing TNAI membership will not only strengthen our organisation but also enlarge the impact of your state's representation in the House of Representatives. Your proactive involvement in membership drive is crucial to the success of the election and the overall growth of TNAI. For queries, if any, please reach out to us through email (at [tnainationalelection@gmail.com](mailto:tnainationalelection@gmail.com)) or WhatsApp (at **7838509066**).

**Checking TNAI Membership status or its Transfer:** The membership status can be checked via the TNAI link (<https://election.tnaionline.org/updateData/index>). Membership can also be transferred from one state to another using this link and submitting the proof of new residence or workplace.

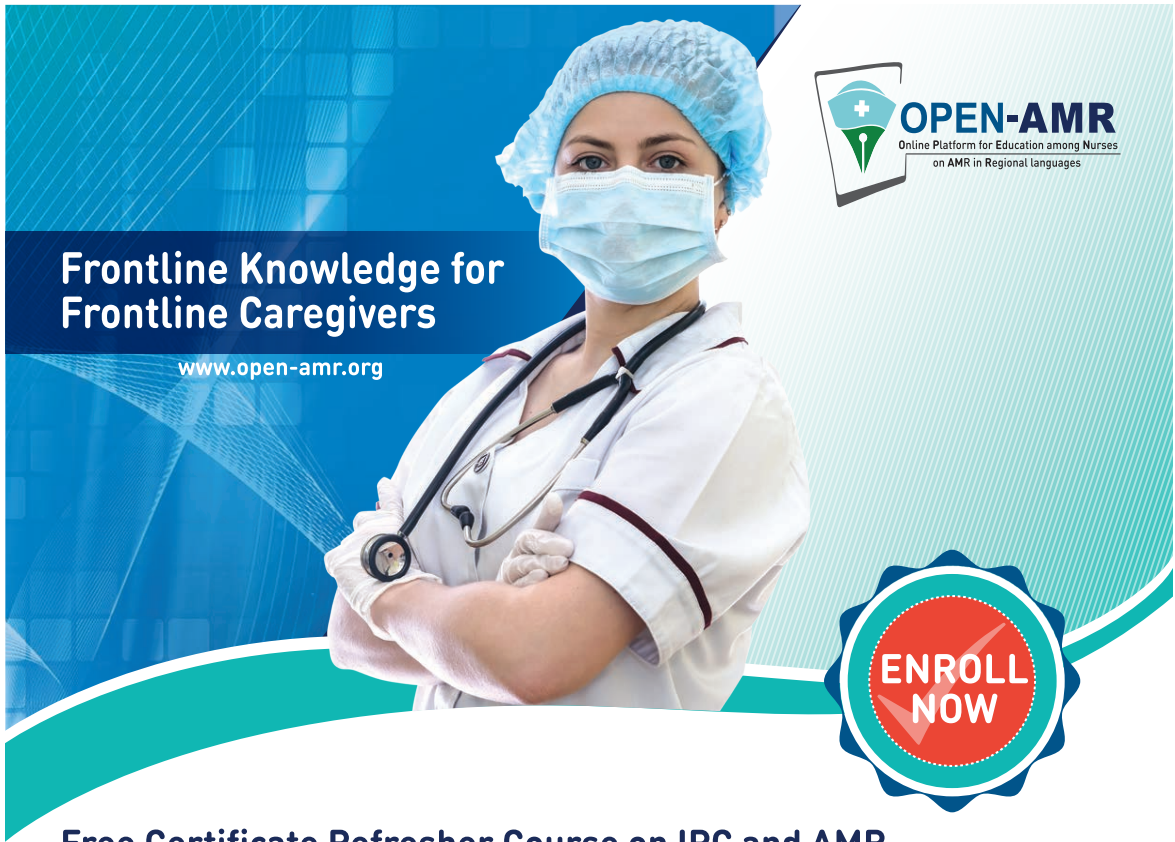
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**World Cancer Day:** Over a third of 10 million deaths due to cancer could be prevented and another one-third cured if detected timely and treated properly. Despite enormous researches underway, bottlenecks in detection, prevention and treatment of various cancers persist. The magnitude of this dreaded disease warrants comprehensive planning and concerted efforts towards evolving feasible ways to safeguard the populations. With no definitive treatment available so far, prevention seems to be the best recourse. There is consensus on lifestyle modifications for reducing the burden of cancer. The triennial 2022-24 theme of World Cancer Day (4 February), 'Close the Care Gap' therefore highlights that each sector and individual can make a difference, in whatsoever way, and that together we can make tangible progress in reducing the global impact of cancer.

**Evelyn P Kannan**

Chief Editor & Secretary General



# Frontline Knowledge for Frontline Caregivers

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### 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.**

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- Zero Course Fees
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### Key Topics

- Introduction to Infection Prevention & Control and Antimicrobial Stewardship
- Common Infection Prevention and Control Practices
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- Healthcare - Associated Infections and their Control
- Antimicrobial Stewardship Principles and Action Planning



[www.open-amr.org](http://www.open-amr.org) | Click the link to register yourself for the courses

## HEALTH EVENTS OF THE MONTH

### Rheumatoid Arthritis Awareness Day: 2 February

Rheumatoid arthritis (RA) is the most common form of autoimmune inflammatory arthritis mistakenly attacking the joints, particularly the synovial membrane lining the joints. This attack leads to inflammation, tissue damage, and joint destruction. Its symptoms are joint pain, stiffness & inflammation, fatigue, fever, loss of appetite, muscle weakness and joint deformity.

**RA Awareness Day**, observed annually on **2 February** plays a crucial role in raising awareness about this debilitating disease that affects millions worldwide. This day was established by the Rheumatoid Patient Foundation in 2011. The day highlights the importance of early diagnosis, effective management, and ongoing research for a cure. The official theme for RA Awareness Day 2024 is, *Living Well with RA: Early Diagnosis, Effective Management, and a Brighter Future*. This theme centres around two key aspects of living well with RA: early diagnosis, effective management, which includes importance of adherence to treatment plans, healthy lifestyle changes, and eliciting support from healthcare professionals and communities.

As for treatment, medications like corticosteroids, nonsteroidal anti-inflammatory drugs (NSAIDs), and disease-modifying antirheumatic drugs (DMARDs) are administered to control inflammation and pain reduce inflammation. Physio therapy, occupational therapy, exercise and healthy diet are recommended to enhance functional abilities.

### World Cancer Day: 4 February

Every year, the date **4 February**, the **World Cancer Day**, is a reminder to consider taking concrete action towards ameliorating the plight of people suffering from various cancers and how best to prevent its occurrence. It is an opportunity to collectively examine cancer control and prevention strategies. Despite enormous researches underway, bottlenecks in detection, prevention and treatment of various cancers persist. The magnitude of this dreaded disease warrants comprehensive planning and concerted efforts towards evolving feasible ways to safeguard the populations. Till no definitive treatment is in the offing, prevention seems to be the best recourse. There is consensus among health experts that lifestyle modifications can contribute significantly in reducing the incidence of cancer.

Cancer refers to a group of diseases marked by the development of abnormal cells that proliferate exponentially and destroy normal body tissue. It can spread throughout the body. Its common symptoms are: Lump or thickening of an area under the skin; unexplained bleeding or bruising; fatigue; persistent cough or trouble breathing; weight changes, changes in bowel or bladder habits; skin changes, such as yellowing, darkening or redness of the skin, sores that won't heal, or changes to existing moles

Cancer takes the yearly toll of 10 million people (a figure more than HIV/AIDS, malaria and TB combined). Good news is, over a third of cancer cases can be prevented and another one third can be cured if detected timely and treated properly. The triennial 2022-24 theme of World Cancer Day, 'Close the Care Gap' therefore highlights that each sector and individual can make a difference, in whatsoever way, and that together we can make tangible progress in reducing the global impact of cancer. Today, more than half (65%) of cancer deaths are happening in the

least developed parts of the world. Even if you live in a higher income country, inequities still exist among lower-income, indigenous, immigrant, refugee and rural communities. Equitable access to cancer prevention, diagnosis, treatment and care can save lives.

### **International Epilepsy Day: 12 February**

*Epilepsy, a chronic non-communicable disease of the brain that can affect person of any age, is marked by seizures, loss of consciousness or awareness, disturbances of movement, sensation (including vision, hearing and taste), mood, or other cognitive functions. Those living with epilepsy are prone to fractures and bruising from injuries due to seizures, and higher rates of anxiety and depression; they have high rates of premature mortality; 80 percent of the 50 million people worldwide with epilepsy are in low- and middle-income countries and in rural areas. An estimated up to 70 percent people living with epilepsy could live seizure-free if properly diagnosed and treated. Three quarters of people with epilepsy, the oldest recorded disease, do not get the treatment they need. An estimated 25 percent of epilepsy cases are potentially preventable.*

*Fear, misunderstanding, discrimination and social stigma have surrounded epilepsy for centuries. This stigma continues in many countries today and can impact on the quality of life for people with the disease and their families. People with epilepsy may experience limited access to educational and career avenues, difficulty obtaining a driving license, barriers to join many occupations, and reduced access to health and life insurance.*

Observed annually on 2nd Monday in February, **International Epilepsy Day** is an awareness-raising initiative to drive the implementation of the 10-year (2022-31) plan on epilepsy and other neurological disorders to close the major treatment and inclusion gaps for people with epilepsy worldwide. Low levels of health literacy versus the high levels of misunderstandings and misconceptions about epilepsy are major barriers to achieving the epilepsy-specific global targets. Global target by 2031 seeks increased service coverage for epilepsy by 50 percent.

### **National Science Day: 28 February**

With a view to inculcate scientific spirit in our thoughts and actions, **National Science Day** is celebrated in India every year on **28 February**. This date was selected to commemorate the landmark achievements of Indian Scientist Sir Chandrasekhara Venkata Raman who in 1928 discovered a phenomenon of scattering of photons, later known as 'Raman Effect' after his name. Two years after this remarkable discovery in 1930, he was honoured with Nobel Prize for it; it was the first Nobel Prize for India in the field of science. Raman Effect is a phenomenon in spectroscopy discovered by the eminent physicist while working in the laboratory of the Indian Association for the Cultivation of Science, Kolkata.

National Science Day, celebrated as the main science festival, seeks to spread the message of importance of science and its application among the people through: display of national activities, efforts and achievements in the field of science for welfare of human being; discussion on the issues and implementation of new technologies for the development of the science; encouraging the people and popularising the Science and Technology. The theme for National Science Day 2024 is **Science for a Sustainable Future** that highlights the role of science & technology in addressing global challenges like climate change, resource depletion and environmental degradation.

## NEWS FROM NURSING INSTITUTIONS

**Sri Ramachandra Faculty of Nursing (SRFON), Sri Ramachandra Institute of Institute of Higher Education & Research (Deemed to be University), Chennai:** The 31th lamp lighting ceremony was organised on 8 November 2023 at seminar hall, SRMC & RI. The programme began with a prayer song. The chief guest was Prof (Dr) A Jayasudha, Principal, PSG College of Nursing, Coimbatore (TN), Governing Council member, TN Dr MGR Medical University. The dignitaries including Prof (Dr) SJ Nalini, Principal SRFON lighted the Kuthuvillakku. Dr A Seethalakshmi, Professor & Head, Nursing Foundation Dept welcomed the dignitaries and the participants. Dr R Kavitha, Assoc Prof, Dept of Obs & Gynae highlighted the significance of lamp lighting. Luminosity was transferred to 10 senior nurse leaders and 160 BSc Nursing I year students, who recited the Nightingale pledge. Mrs P Geetha, Lecturer SRFON presented the annual report. Prof (Dr) SJ Nalini introduced the chief guest. Dr Uma Sekar, Vice Chancellor SRIHER felicitated the chief guest and delivered the presidential address she said, nurses are the DNA of health care, and emphasized the importance of lifelong learning. After congratulating the students & parents for choosing nursing as career the chief guest Dr Jayasudha referred to increasing domestic and global demand of nurses. The programme came to close with vote of thanks by Dr S Santhi, Vice Principal SRFON.



**Sri Ramachandra Faculty of Nursing (SRFON), Sri Ramachandra Institute of Institute of Higher Education & Research (Deemed to be University), Porur, Chennai:** The 5th Dr S Shanikachalam Endowment oration on 'Nursing Education: Future Perspectives and Advanced Practice' was held on 18 November 2023 at Lecture hall, SRMC & RI. Dr S Rajeswari, Prof & Gead, Dept of Obstetrics & Gynaecology Nsg, SRFON welcomed the gathering. Prof (Dr) SJ Nalini, Principal SRFON introduced the orator and told about the seminal contribution of Dr Sadanand Thanikachalam in cardiology, teaching and patient care, in whose name the oration was initiated. Dr Uma Sekar, Vice Chancellor SRIHER felicitated the chief guest. Prof (Dr) Roopa Nagarajan, Registrar SRIHER honoured him with an endowment plaque. The oration was delivered by Dr T Dileep Kumar, President- Indian Nursing Council & former Nursing Advisor, GOI. In his address, Dr Dileep Kumar recalled the initiatives being taken by INC for improving the conditions of nurses and also correcting the nurse-patient ratio. Dr S Santhi, Vice Principal SRFON proposed vote of thanks.



## OBITUARIES

### Col VJ Mariamma (Retd)



A senior veteran officer of Military Nursing Service (MNS), Col VJ Mariamma (Retd), 87, left for her heavenly abode on 22 January 2024.

The officer was commissioned into the MNS as Lieutenant on 23 February 1963. After an illustrious career spanning over 31 years in various Armed Forces hospitals, Col VJ Mariamma superannuated on 31 January 1994. She was a remarkable person, known for her clinical acumen and had a profound impact on the lives under her charge in various places. Her pleasant memories will be etched in our hearts forever.

Maj Gen I Delos Flora, Addl DGMNS and officers of Military Nursing Service offer our 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 members to bear this irrevocable loss.

### Lt Col Metilda George (Retd)



Lt Col Metilda George (Retd) a senior veteran officer & Psychiatric Matron of Military Nursing Service, left for heavenly abode on 19 December 2023. She was born on 17 March 1949.

The officer was commissioned in the Military Nursing Service as Lieutenant on 20 January 1976 after completing her professional training from School of Nursing, Military Hospital, Secunderabad. She served in various hospitals of Armed Forces Service before till her retirement on 1 April 2005. As Psychiatric Matron her contribution towards improvement of mental health of soldiers and families is commendable. She was a diligent and hard working MNS Officer who performed her duties with unwavering dedication. Her demise is a great loss to Military Nursing Service and to the nursing fraternity. Her precious memories will ever live on in the hearts of everyone.

Maj Gen I Delos Flora, Addl DGMNS and officers of Military Nursing Service and the entire Nursing fraternity offer heartfelt condolences to the bereaved family members and pray to Almighty God to bless and grant eternal peace to the departed soul.

### Capt Poonam Rani



Capt Poonam Rani, Military Nursing Service Officer, left for her heavenly abode on 10 December 2023 at a tender age of 29 years. She was born on 14 October 1994.

The officer was commissioned into the Military Nursing Service as a Lieutenant on 8 February 2017. She was a graduate of the College of Nursing, PGIMS Rohtak. During her service span of six and a half years in the Armed Forces, she served at Military Hospitals of Devlali, Srinagar and Chandimandir. She is affectionately remembered as a cheerful person and an enthusiastic team member who was always ready to shoulder additional responsibilities. She served with dedication and devotion.

She is survived by her parents Smt Ramrati Devi and Shri Rameshwar Dass and her two siblings. Her untimely demise is a great loss to the AFMS fraternity.

Maj Gen I Delos Flora, Addl DGMNS and all officers of Military Nursing Service offer our sincere condolences to the family and pray to Almighty to grant eternal peace to the departed soul and strength to the bereaved family members to bear this irrevocable loss.

## PROVISIONAL BALLOT PAPER: TNAI Bihar State Branch Election 2024

Post	Name and Address of the Contestant	Voter's X
<b>President</b>	Sr. Usha Saldanha, <b>TNAI No.</b> 77151, <b>Address:</b> College of Nursing, Kurji, Holy Family Hospital, Patna-800010, Bihar.	
<b>Vice President</b>	Ms. Nirjala Kumari, <b>TNAI No.</b> 66992, <b>Address:</b> Sir Ganesh Datt Nagar-842001, Bihar.	
	Ms. Sindhu Dev, <b>TNAI No.</b> 252366, <b>Address:</b> R.No. 101, Type 3, AIIMS Residential Complex, Khagaul, Hydraulic Road, Patna-801105, Bihar.	
Secretary	Mr. Irshad Khan, <b>TNAI No.</b> 252369, <b>Address:</b> Asst. Nursing Superintendent, AIIMS, Patna-801507, Bihar.	
Joint Secretary	Sr. Tysy Augustine, <b>TNAI No.</b> 95281, <b>Address:</b> Tripolia School of Nursing, Tripolia Hospital, Gulzarbagh (P.O.)-800007, Bihar.	
	Mr. Sharwan Kumar, <b>TNAI No.</b> 252363, <b>Address:</b> A.N.S AIIMS, Patna-801507, Bihar.	
Treasurer	Dr. Pooja Thakur, <b>TNAI No.</b> 298095, <b>Address:</b> College of Nursing, AIIMS, Patna, Phulwarisharif, Patna-801507, Bihar.	
	Ms. Singh Aarti Jiyalal, <b>TNAI No.</b> 182471, <b>Address:</b> T-2, B-3, R.No. 115, AIIMS Residential Quarters, Khagaul-801105, Bihar.	
<b>SNAI Advisor</b>	Ms. Sonam Dolma Lepcha, <b>TNAI No.</b> 260755, <b>Address:</b> College of Nursing, Kurji Holy Family Hospital, Patna-800010, Bihar.	
<b>Chairperson-Membership Committee</b>	Mr. Girishkumar K, <b>TNAI No.</b> 263668, <b>Address:</b> College of Nursing, AIIMS, Patna, Phulwarisharif, Patna-801507, Bihar.	
Chairperson- Programme Committee	Mrs. D. Koteswaramma, <b>TNAI No.</b> 327300, <b>Address:</b> Tutor, College of Nursing, AIIMS, Patna-801507, Bihar.	
Chairperson- Nursing Service Section	Mr. Visanth V. S., <b>TNAI No.</b> 263660, <b>Address:</b> Assistant Nursing Superintendent, AIIMS, Patna-801507, Bihar.	
Chairperson- Nursing Education Committee	VACANT	
Chairperson-Public Health Section	VACANT	
<b>Chairperson- Economic Welfare Committee</b>	Mrs. Guriya Rani, <b>TNAI No.</b> 209279, <b>Address:</b> Principal I/C, B.Sc Nursing College, DMCH, Darbhanga-846003, Bihar.	
<b>Chairperson- LHV/ANM Committee</b>	<b>VACANT</b>	

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 **2<sup>nd</sup> March, 2024 from 09:00 am to 03:00 pm at Narayan Nursing College, Gopal Narayan Singh University, Jamuhar, Sasaram- 821305, Bihar.**
2. The Provisional Ballot Paper is published solely for the information of the members.
3. Only Life Members of TNAI who are working or residing in Bihar are eligible to vote.
4. Members are requested to check their membership status at <https://election.tnaionline.org/UpdateData/Index>.
5. If members are working or residing in Bihar but the verification of their membership status shows a different state, they can transfer their membership to Bihar using the above link. A copy of their residence or employment details should be attached for approval of the transfer.
6. No request for change of the status of membership (transfer of membership from any state branch to Bihar) **will be permitted after 4:30 PM on 28<sup>th</sup> February, 2024 till the election process is over.**
7. All voters are requested to bring their TNAI Photo identity Membership card provided by the TNAI Headquarters. In case if the members have the old membership card are required to show any other photo identity (Election card/PAN card/Driving license) before entering the hall for voting.
8. No one shall be allowed to vote before or after the scheduled time of voting.
9. Names of contestants who have not given their consent in writing to the Returning Officer will be deleted from the final Ballot Paper.
10. On the day of election during the General Body meeting an **open election** will be conducted for the **vacant post**.
11. Each contestant is requested to submit the name of one representative (polling/ counting agent) who can observe the entire voting process and counting process. The name of polling/ counting agent should be submitted to the Returning Officer **before 9 am on 2<sup>nd</sup> March, 2024**. This shall be submitted in the prescribed form with name TNAI number of representative. Forms will be made available with returning officer.
12. No addition of contestant shall be made to the final ballot. Any contestant wishing to withdraw from any office should inform the returning officer at least 20 days before the election i.e. 12th February before 4:30 pm in writing to the following address:

**Ms. Blessy Shalom Berry, Returning Officer- TNAI Bihar State Branch Election, C/o The Trained Nurses' Association of India, L-17, Florence Nightingale Lane, Green Park Main, New Delhi- 110016.**

### गजब के औषधीय और पौष्टिक गुणों से भरपूर हैं कडी पत्ते में

सदियों से भोजन में सेवन किया जाने वाला कडी पत्ता अनेक पौष्टिक और औषधीय गुणों से भरपूर है। दक्षिण भारत में अतिप्रिय, वहां के भोजन का यह अभिन्न अंग है। अपनी अनोखी सुगंध से यह भोजन का स्वाद बहुगुणित कर देता है। इसकी तेज महक हर व्यंजन – दाल, सांभर, सब्जी, चटनी, उपमा, डोसा, पोहा जैसे अनेक रेसिपी में कडी पत्ते का लुफ्त बढ़ा देती है। इसका नियमित सेवन अनेक बीमारियों से बचाव करता है। कडी पत्ता में प्रचुर मात्रा में विटामिन और मिनरल होते हैं, जो यह पाचन तंत्र को मजबूत करने के साथ वजन नियंत्रित रखने में भी मददगार है। आइए जानते हैं कडी पत्ता के गजब के फायदे इसके अन्य लाभ हैं। इसमें मौजूद विटामिन सी कफ से बचाव करने में सक्षम होता है। कडी पत्ता में पाए जाने वाला फॉलिक एसिड खून की कमी को दूर करने में मददगार है। डायबिटीज रोगियों के लिए यह बहुत गुणकारी है। नियमित रूप से कडी पत्ता चबाने वालों का शुगर लेवल कंट्रोल में रहता है। अचानक शुगर बढ़ने से इसका सेवन असर करता है। कडी पत्ता में मौजूद इसका एंटी-बैक्टीरियल और एंटी-फंगल गुण पाचन तंत्र को मजबूत बनाता है। कडी पत्ता में विद्यमान विटामिन ए आंखों की रोशनी बढ़ाता है और मोतियाबिंद से भी बचाता है। इसके सेवन से गर्भवती महिलाओं की वमन और मॉर्निंग सिकनेस और उल्टी-मितली जैसी समस्याएं दूर होती हैं। इसमें मौजूद विटामिन ए, बी और ई बालों को स्वस्थ रखते हैं और इसका एंटीऑक्सीडेंट बालों का झड़ना तथा हार्ट आर्टरी के प्लाक जमने से रोकता है; इसका कार्बोजोल एल्कालॉयड कैंसर अवरोधी है। माना जाता है कि रोजाना कडी पत्ते का सेवन समग्र स्वास्थ्य के लिए अत्यंत लाभकारी है।



## PROVISIONAL BALLOT PAPER: TNAI Maharashtra State Branch Election 2023

Post	Name and Address of the Contestant	Voter's X
<b>President</b>	Mr. Rathod Rajabhau Papalal, <b>TNAI No.</b> 273243, <b>Address:</b> 206/08, Regency Sarvam, Titwala, Thane- 421605, Maharashtra.	
	Ms. Prachi Hemant Dharap, <b>TNAI No.</b> 57098, <b>Address:</b> Principal, Sau Minatai Thakre, Institute of Nursing Education, TMC, B Wing RGMC Hospital Building, Opp. ST Workshop, Hansnagar, Khopat, Thane (West)-400601, Maharashtra.	
<b>Vice President</b>	Mrs. Shweta Shrikant Dabholkar, <b>TNAI No.</b> 51886, <b>Address:</b> 502, Shree Kanchanganga CHS, Pokhoran Rd No. 1, Near Police Chowk, Varkak Nagar, Thane- 400606, Maharashtra.	
	Mrs. Akanksha Ajay Pande, <b>TNAI No.</b> 18118, <b>Address:</b> H1, B37, Shrirang Society, Thane- 400601, Maharashtra.	
<b>Secretary</b>	Ms. Prajakta J Mokal, <b>TNAI No.</b> 198732, <b>Address:</b> Shivchaya 203, P/o No. D-122/123, Sector-20, Navi Mumbai-400706, Maharashtra.	
	Ms. Ratna Ramesh Deore, <b>TNAI No.</b> 42219, <b>Address:</b> 402, Sudampuri, Apt. Plot F-39, Sector-09, Airoli, Navi Mumbai-400708, Maharashtra.	
<b>Joint Secretary</b>	Mr. Saisagar B Kashirsagar, <b>TNAI No.</b> 300660, <b>Address:</b> 305, Anant Enclave CHS, Plot No. 209, Kharghar-410210, Maharashtra.	
	Ms. Delphina Mahesh Gurav, <b>TNAI No.</b> 78570, <b>Address:</b> 706-9B, Mount Everest, Bhakti Park, Wadala East, Mumbai-400037, Maharashtra.	
	Ms. Tayara R Shaikh, <b>TNAI No.</b> 357286, <b>Address:</b> Plot No. 37, Sector-5, Siddhi Vinayak, Taloja Phase-I, Navi Mumbai-410208, Maharashtra.	
<b>Treasurer</b>	Mr. Jibin TC, <b>TNAI No.</b> 417534, <b>Address:</b> C401, Gagan Garima, Chikalwadi, Aundhroad, Pune-411020, Maharashtra.	
	Dr. Bharti Vijay Veer, <b>TNAI No.</b> 81207, <b>Address:</b> B/302, Sector-27, Nerul (east) Navi Mumbai-400706, Maharashtra.	
	Mr. Johnson Simon Rao, <b>TNAI No.</b> 381956, <b>Address:</b> 5/2, Ganesh Colony, Shivajinagar, Waldhuni, Kalyan, Dist-Thane-421301, Maharashtra.	
<b>SNAI Advisor</b>	Dr. Nivedita Shashikant Bhobekar, <b>TNAI No.</b> 63509, <b>Address:</b> Wadhava, B1/2606, Opp. "R" City Mall LBS Marg, Ghatkopar West Mumbai-400086, Maharashtra.	
	Mrs. Shilpa Ashok Shettigar, <b>TNAI No.</b> 78681, <b>Address:</b> B-1/75, Asmita Jyoti CHS Ltd, Marre Road, Near Madvani Brigade, Malad-400095, Maharashtra.	

	Mrs. Chitrarekha J. Khandekar, <b>TNAI No.</b> 14541, <b>Address:</b> C/O Principal, Training College of Nursing, GT Hospital Mumbai- 400001, Maharashtra.	
<b>Chairperson-Membership Committee</b>	Mr. Markad Ravindra Annasaheb, <b>TNAI No.</b> 315639, <b>Address:</b> Flat No. 702. Hati Drushti Appartment, Near KBL School, Barrage Road, Rameshwadi, Badlapur West, Tel Ambernath, Dist. Thane, Maharashtra.	
	Dr. Jytosna Rajendra Despande, <b>TNAI No.</b> 39283, <b>Address:</b> C-11, Siddhivinayak Vihar, Datta Nagar, Katraj, Pune-411046, Maharashtra.	
	Mr. Vilas P Gharate, <b>TNAI No.</b> 257261, <b>Address:</b> Room No. 1, Shanti Building, Sir JJ Hospital Campus, Byculla, Mumbai-400008, Maharashtra.	
<b>Chairperson-Programme Committee</b>	Mr. Birdev Gopichand Deokate, <b>TNAI No.</b> 167146, <b>Address:</b> A-76, Jankar Nagar, Laxmi Peth, Solapur- 413001, Maharashtra.	
	Dr. Amrapali Gajbhiya, <b>TNAI No.</b> 222222, <b>Address:</b> VSPM Madhuribai Deshmukh Institute of Nursing Education, Nagpur-440019, Maharashtra.	
	Mrs. Rama Rajesh Desai, <b>TNAI No.</b> 60992, <b>Address:</b> Kandivali (W), Mumbai- 400067, Maharashtra.	
<b>Chairperson-Nursing Service Section</b>	Mr. Sharad Kendre, <b>TNAI No.</b> 352572, <b>Address:</b> AT. Chpanwadi, PO Salankwadi, TA Ambajogai- 431519, Maharashtra.	
	Mrs. Anita Ajit Hande, <b>TNAI No.</b> 81791, <b>Address:</b> Dawal Building, RNo. C-6, Sector- 16A, Vashi, Navi Mumbai-400703, Maharashtra.	
	Ms. Pooja R Zipre, TNAI No. 309344, Address: Rajawadi Hospital, Ghatkoper, Mumbai, Maharashtra.	
<b>Chairperson-Nursing Education Committee</b>	Dr. Seema Singh, TNAI No. 215816, Address: Shailinitai Meghe Hospital and Research Centre, Wanadongri, Hingna, Nagpur-441110, Maharashtra.	
	Dr. Shobha Gaikwad, <b>TNAI No.</b> 98866, <b>Address:</b> Om Siddhi Bldg, Flat 2, Behind Holy Cross School, Chikan Ghar, Kalyan-421301, Thane, Maharashtra.	
	Mr. Sushant B Shinde, <b>TNAI No.</b> 183161, <b>Address:</b> Plot No. 45-E, Bhushannahr, Post- Kedgaon, Tal- Nagar, Dist- Ahmednagar-414005, Maharashtra.	
<b>Chairperson-Public Health Section</b>	Mr. Sandeep Annasaheb Kale, <b>TNAI No.</b> 150420, <b>Address:</b> A/P Kalewadi, Tal Daund, Dist. Pune- 413801, Maharashtra.	
	Ms. Asha Sansare (Khandagale), <b>TNAI No.</b> 74485, <b>Address:</b> 101/A, Radha Residency, Sector-8B, CBS Belapur, Navi Mumbai- 400615, Maharashtra.	

<b>Chairperson- Economic Welfare Committee</b>	Dr. Vijay P Rokade, <b>TNAI No.</b> 139861, <b>Address:</b> 203, D Wing, Pyramid City 3, Besa Pipla Road, Nagpur-440037, Maharashtra.	
	Ms. Suchitra Sham Dalvi, <b>TNAI No.</b> 119105, <b>Address:</b> C/12, Punarvasu, Sector-3, Srishti Complex, Mira Road (East), Thane-401107.	
	Mrs. Smita Sunil Padiya, <b>TNAI No.</b> 122681, <b>Address:</b> Blossom Apartment, Plot. 44, Sector-13, A/301, Khanda Colony, New Panvel-410206, Maharashtra.	
<b>Chairperson- LHV/ ANM Committee</b>	Mrs. Nilima Patil, <b>TNAI No.</b> 434081, <b>Address:</b> Anand Vihar, G-101 Plot No. 372/373 Sector-20, Belapur Goan-410206, Maharashtra.	

*As per the Decision of the National Executive and Council Decision, Digital Voting has been initiated.*

1. The election will be held during the General Body Meeting on **7<sup>th</sup> March 2024 from 09:00 am to 3:00 pm at Shri Ravji Jivraj Auditorium, Smt. Sunanda Pravin Gambhirchand Institute of Nursing and Para Medical Sciences, 338, RA Kidwai Road, Matunga, Mumbai- 400019, Maharashtra.**
2. The Provisional Ballot Paper is published solely for the information of the members.
3. Only Life Members of TNAI who are working or residing in Maharashtra are eligible to vote.
4. Members are requested to check their membership status at <https://election.tnaionline.org/UpdateData/Index>.
5. If members are working or residing in Maharashtra but the verification of their membership status shows a different state, they can transfer their membership to Maharashtra using the above link. A copy of their residence or employment details should be attached for approval of the transfer.
6. No request for change of the status of membership (transfer of membership from any state branch to Maharashtra) **will be permitted after 4:30 PM on March 3, 2024 till the election process is over.**
7. All voters are requested to bring their TNAI Photo identity Membership card provided by the TNAI Headquarters. In case if the members have the old membership card are required to show any other photo identity (Election card/PAN card/Driving license) before entering the hall for voting.
8. No one shall be allowed to vote before or after the scheduled time of voting.
9. Names of contestants who have not given their consent in writing to the Returning Officer will be deleted from the final Ballot Paper.
10. Each contestant is requested to submit the name of one representative (polling/ counting agent) who can observe the entire voting process and counting process. The name of polling/ counting agent should be submitted to the Returning Officer **before 9 am on 7 March 2024.** This shall be submitted in the prescribed form with name TNAI number of representative. Forms will be made available with returning officer.
11. No addition of contestant shall be made to the final ballot. Any contestant wishing to withdraw from any office should inform the returning officer at least 20 days before the election i.e. 17th February before 4:30 pm in writing to the following address:

**Mrs. Jyotsna R Pandit, Returning Officer- TNAI Maharashtra State Branch Election, C/o The Trained Nurses' Association of India, L-17, Florence Nightingale Lane, Green Park Main, New Delhi- 110016.**

## PROVISIONAL BALLOT PAPER: TNAI Kerala State Branch Election 2024

Post	Name and Address of the Contestant	Voter's X
<b>President</b>	Prof. Renu Susan Thomas, <b>TNAI No.</b> 83302, <b>Address:</b> Principal, Welcare College of Nursing, Mulanthuruthy, Ernakulam- 682314, Kerala.	
<b>Vice President</b>	Prof. Aneesh D, <b>TNAI No.</b> 132868, <b>Address:</b> Vice Principal, Nightingale College of Nursing, Pachakkadu, Thannimoodu, Thiruvananthapuram-695561, Kerala.	
<b>Secretary</b>	Prof. Pramina Mukkolath, <b>TNAI No.</b> 91993, <b>Address:</b> Baby Memorial College of Nursing, Green View Villa Colony Road, Kozhikode- 673016, Kerala.	
	Mr. Biju SV, <b>TNAI No.</b> 93630, <b>Address:</b> Jyothi, Veeralam, Attingal- 695101, Kerala.	
<b>Joint Secretary</b>	Dr. Thasleem Sabith K, <b>TNAI No.</b> 263939, <b>Address:</b> Puthanpeedikayil, Kallungal Lane, Aluva East, Ernakulam- 683101, Kerala.	
<b>Treasurer</b>	Prof. Deepakumari V.N., <b>TNAI No.</b> 102434, <b>Address:</b> Professor, Travancore College of Nursing, Thattamala PO NH Bypass, Kollam-691020, Kerala.	
<b>SNAI Advisor</b>	Mr. Ansal M M, <b>TNAI No.</b> 169323, <b>Address:</b> Lecturer, Govt. College of Nursing, Ernakulam, Kalamassery-683503, Kerala.	
<b>Chairperson-Membership Committee</b>	Dr. Joselin Mariet M, <b>TNAI No.</b> 96506, <b>Address:</b> Principal, Koyili College of Nursing, Kannadiparamba (PO), Kannur -670604, Kerala.	
<b>Chairperson- Programme Committee</b>	Mrs. Agnet Beena Mani, <b>TNAI No.</b> 34614, <b>Address:</b> Co-ordinator, PG Studies, Baby Memorial, College of Nursing, Kuthiravattom PO, Kozhikode- 673016, Kerala.	
<b>Chairperson- Nursing Service Section</b>	Sr. Sinciya Sebastian, <b>TNAI No.</b> 281043, <b>Address:</b> Head Nurse, Quality Rajagiri Hospital, Chungamvely, Munnar Rd, Chungamvely, Aluva, Kochi- 683112, Kerala.	
<b>Chairperson- Nursing Education Committee</b>	Dr. Asha Raj S, <b>TNAI No.</b> 174169, <b>Address:</b> Flat 1 D, Sandram Regency, Elthuruth PO, Thrissur- 680012, Kerala.	
<b>Chairperson- Public Health Section</b>	Mr. Vineeth Joseph, <b>TNAI No.</b> 220190, <b>Address:</b> Plathottathil (H) Vazhoor East PO Kottayam- 686504, Kerala.	
<b>Chairperson- Economic Welfare Committee</b>	Mrs. Siyana M, <b>TNAI No.</b> 155340, <b>Address:</b> Associate Professor, SIMET College of Nursing, Palluruthy, Kochi- 682006, Kerala.	
<b>Chairperson- LHV/ANM Committee</b>	<b>VACANT</b>	

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 **6<sup>th</sup> April, 2024 from 9:00 am to 3:00 pm at Renewal Centre, Azad Rd, Kaloor, Ernakulam-682017, Kerala.**
2. The Provisional Ballot Paper is published solely for the information of the members.
3. Only Life Members of TNAI who are working or residing in Kerala are eligible to vote.
4. Members are requested to check their membership status at <https://election.tnaionline.org/UpdateData/Index>.
5. If members are working or residing in Kerala but the verification of their membership status shows a different state, they can transfer their membership to Kerala using the above link. A copy of their residence or employment details should be attached for approval of the transfer.
6. No request for change of the status of membership (transfer of membership from any state branch to Kerala) **will be permitted after 4:30 PM on 2<sup>nd</sup> April, 2024 till the election process is over.**
7. All voters are requested to bring their TNAI Photo identity Membership card provided by the TNAI Headquarters. In case if the members have the old membership card are required to show any other photo identity (Election card/PAN card/Driving license) before entering the hall for voting.
8. No one shall be allowed to vote before or after the scheduled time of voting.
9. Names of contestants who have not given their consent in writing to the Returning Officer will be deleted from the final Ballot Paper.
10. On the day of election during the General Body meeting an **open election** will be conducted for the **vacant post**.
11. Each contestant is requested to submit the name of one representative (polling/ counting agent) who can observe the entire voting process and counting process. The name of polling/ counting agent should be submitted to the Returning Officer **before 9 am on 6 April, 2024**. This shall be submitted in the prescribed form with name TNAI number of representative. Forms will be made available with returning officer.
12. No addition of contestant shall be made to the final ballot. Any contestant wishing to withdraw from any office should inform the returning officer at least 20 days before the election i.e. 18<sup>th</sup> March before 4:30 pm in writing to the following address:

**Dr. Rajee Reghunath, Returning Officer- TNAI Kerala State Branch Election, C/o The Trained Nurses' Association of India, L-17, Florence Nightingale Lane, Green Park Main, New Delhi- 110016.**

### वैज्ञानिक सोच

जैसी सोच होती है, उसी अनुरूप हम बन जाते हैं। सोच स्पष्ट, भ्रांतियों, अंधविश्वासों से विहीन होने का लाभ व्यक्ति, समाज और राष्ट्र सभी को मिलता है। जनजीवन में वैज्ञानिक सोच को सुदृढ़ करने की दृष्टि से देश में प्रतिवर्ष 28 फरवरी का दिन राष्ट्रीय विज्ञान दिवस मनाया जाता है। इस दिन भारतीय नोबल विजेता महान वैज्ञानिक सीवी रमन ने प्रकाश किरणों सं संबद्ध खोज की थी। इस दिन के आयोजनों का उद्देश्य है कि नई तकनीकों और अवधारणाओं के प्रति जागरूकता बढ़े तथा देश का विकास बेहतर और तेजी से हो। मौजूदा दौर की वैश्विक चुनौतियों जैसे जलवायु परिवर्तन, पर्यावरण संरक्षण से तभी निबटा जा सकता है जब हमारी सोच और कार्य तर्कसंगत, स्पष्ट और सोद्देश्य होंगे।

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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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SCAN ME



## 78<sup>th</sup> TNAI National Conference

*Date and Venue of TNAI Conference will be informed later*

Theme: “Leadership in Nursing: Inspiring Vision, Driving Change”

**i) Scientific Paper should be based on the theme (mentioned below)**

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

**ii) Concurrent Sessions: a) OBG Nursing b) Mental Health Nursing c) Child Health Nursing d) Community Health Nursing e) Medical and Surgical Nursing f) Nursing Education g) Administration and Research.**

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

**iii) Poster Presentation (based on Scientific Paper)**

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

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

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

**(Mrs.) Evelyn P. Kannan**  
Secretary General, TNAI

### **TNAI BULLETIN**

Monthly Newsletter of

The Trained Nurses' Association of India  
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