



## What Demographic Reverberations Mean for the Humankind

Ensuring food and other essentials for healthy sustainable living for all is a major challenge the planners and governments, particularly of the developing countries have been perennially facing. An effective legislation and monitoring system, like incentives for small families though already in place needs to be reworked; simultaneously, disincentives for the larger families is also the need of the hour. Else, the problem of unbridled population growth in many Asian and African countries shall linger, and these regions may stay backward as in the past. The **World Population Day** on **11 July** seeks to raise awareness about the exponential growth in population and its negative consequence for prosperity of mankind. This year's theme '*Interwoven Lives, Threads of Hope*' focuses on eliminating inequalities in sexual reproductive health and rights. A UNFPA report indicating that 24 percent of India's 144 crore population is under 14 years old warrants urgent action to ward off the imminent dangers.

Hepatitis, the most serious disorder of liver, an important body organ, is responsible for digestion, filtration, metabolism and detoxification, protein synthesis and storage of vitamins & minerals. With the vast majority of hepatitis cases remaining undetected until liver disease or even death occurs, its management is a daunting issue. People with hepatitis (type HAV, HBV, HCV, HDV or HEV) can spread the disease to others long before they know that they have it. Hepatitis B virus and hepatitis C virus are the leading cause of liver cancer. Acute hepatitis is marked by fever, loss of appetite, fatigue, fever, and jaundice. To raise awareness about proper upkeep of liver, **World Hepatitis Day** is celebrated on **28 July** every year. In India, around 2.9 crore people are presently living with Hepatitis B infection and 0.55 crore with Hepatitis C. With effective vaccines and treatment available for hepatitis B and C, the targets for viral hepatitis control are quite achievable.

We believe you have already got registered for the **78th National Conference of TNAI** on the theme, *Leadership in Nursing: Inspiring Vision, Driving Change*; the TNAI National Executive Committee &

Council meeting shall be held then, on 3 & 4 December 2024 followed by House of Representatives Meeting and TNAI National Election on 5 December 2024. The Conference and the SNAI General Committee Meeting are scheduled for 6 & 7 December 2024. Also note that the last date of submission of Scientific Papers on the theme, concurrent sessions and scientific posters is **31 August 2024**.

We notice that some TNAI members have not yet opted for attractive **Free Insurance** scheme that covers accident or accidental death (for a sum upto Rs 10 lakh). Such members are advised to apply through the TNAI link ([www.insurance.tnaionline.org](http://www.insurance.tnaionline.org)) or contact HQrs (Phone: 01140195409/8587825404).

**TNAI/ SNAI Scholarships** for the academic year 2023-24 are available for candidates pursuing ANM, GNM, Basic BSc (N), Post-Basic BSc (N) and MSc (N). Last date for receipt of online applications is **15 September 2024**. For details, please click: [scholarship.tnaionline.org](http://scholarship.tnaionline.org).

**Evelyn P Kannan**  
Chief Editor & Secretary General, TNAI

### INSIDE

- 97 Editorial
- 98 TNAI Kashmir Branch Election Notification
- 99 TNAI State/UT Branch Elections Details Information
- 102 Nomination Form for TNAI Kashmir Branch Election 2024
- 103 TNAI Madhya Pradesh State Branch Election 2024 - Final List of Valid Nominations
- 104 TNAI Delhi State Branch Election 2024- List of Accepted Valid Nominations
- 107 TNAI Conducts Orientation Programme for Corporate Hospitals
- 109 Orientation Programme for TNAI Chhattisgarh State Branch Executives
- 110 Orientation Programme for TNAI Kerala State Branch Executives
- 111 Orientation Programme for TNAI Himachal Pradesh State Branch Executives
- 112 Notice of Applying for TNAI/SNAI Scholarships Online

# TNAI Kashmir Branch Election Notification

Re-Nominations are invited for the various posts in Kashmir State Branch Executive Committee of TNAI.

## Schedule of Election

Date of notification of the election	07/07/2024
Last date for submission of nominations	17/08/2024
Publication of list of valid nominations	29/08/2024
Last date for withdrawal of nominations	13/09/2024
Publication of final list of eligible candidates of TNAI National Website	16/09/2024
Date of polling (if required)	<b>October, 2024</b> The exact venue and the date of polling (if required) will be communicated through TNAI National Website, Kashmir Branch Website and TNAI Bulletin.

### Date:

07/07/2024

### Mr. Abdul Rashid Dar

Returning Officer

TNAI Kashmir Branch Election 2024

**Address:** C/O TNAI Headquarters, L-17

Florence Nightingale Lane, Green Park Main,  
New Delhi-110016

**E-mail:** tnaielections@gmail.com

1. For detailed information regarding the election and the prescribed nomination form refers page numbers 98 to 102 of this bulletin.
2. Please mark the envelope “**Nomination sheet – TNAI Kashmir Branch Election 2024**”.
3. Completed Nomination Sheet(s) and all other correspondence related to the election are to be sent to the following address: **Returning Officer, C/o TNAI Headquarters, L-17, Florence Nightingale Lane, Green Park, New Delhi-110016.**
4. Members are requested to check their membership status at **election.tnaionline.org/UpdateData/Index.**
5. If members are working or residing in the respective state you are working/residing, but the verification of their membership status shows a different state, they can transfer their membership to the state you are working/residing using the above link. A copy of their residence or employment details should be attached for approval of the transfer.

# TNAI State/UT Branch Elections Detailed Information

## (Extract of TNAI Bye Laws related to State/UT Election)

### 1. List of office bearers in the State/ UT Branch executive committee

- I. State President
- II. State Vice-President
- III. State Secretary
- IV. State Joint Secretary
- V. State Treasurer
- VI. State SNAI Advisor (Teaching faculty only eligible)
- VII. Chairperson – Nursing Education and Research Section.
- VIII. Chairperson - Programme Committee
- IX. Chairperson - Membership Committee
- X. Chairperson - Public Health Nursing Section (Public Health Nursing Personnel only eligible)
- XI. Chairperson- Nursing Service Section (Hospital/ Clinical Nursing Personnel only eligible)
- XII. Chairperson - Socio-Economic Welfare Committee
- XIII. Chairperson - LHV/ ANM, State Branch (Only LHV/ANM personnel eligible)

### 2. Common Eligibility Criteria for the State/ UT Branch Office Bearers

- i. Any candidate filing nomination for State/ UT Offices shall have completed a minimum of **05 years** of membership in TNAI.
- ii. Age: Shall not have completed **66 Years as of 1st of January** of the calendar year in which the election is notified.
- iii. Any member holding the highest nursing position (Education/ Service) in the State (Government/ Regulatory/ Statutory bodies) is not eligible to contest for the State/ UT Offices of TNAI.
- iv. Any member who has previously held/ served the national office(s) positions in TNAI shall not contest State/ UT offices.
- v. No TNAI member shall be in the State Executive Committee for more than 20 years. Out of these 20 years, the maximum period for holding the post of President/ Secretary of the branch is up to a maximum of 16 years.
- vi. For those members getting coopted to the state EC, this 20-year period is not restrictive as they do not have voting rights and/or executive powers. Coopted members serve state EC only in advisory capacity.
- vii. Any TNAI member who held 2 consecutive terms (08yrs) as President or Secretary or both the positions in 4 years consecutive term each (total 08 years) as President or secretary shall have a break of a minimum 4 years to contest the post of President or Secretary in the State Branch.
- viii. The current/ previous President or Secretary of the branch shall not contest any other executive positions in the State/UT ie, TNAI members who held the post of President or Secretary of the State/UT branch can contest only for the post of President/ Secretary in the future term subjected to the conditions in the clause number v and vii.
- ix. In any case a TNAI member can have a maximum of 16 years as President or Secretary in the State Branch. This is to ensure that no TNAI members shall exceed 16 years term in the National Council.

### 3. Eligibility for contesting in the various offices of State/UT:

#### (i) State/ UT President:

Any life member of TNAI working and residing in the State/UT branch and who served one term (04 Years) as a State executive member at any time in the State/UT is eligible to contest for the post of President of the State/UT Branch.

**(ii) State/ UT Secretary:**

- a. Any life member of TNAI working and residing in the State/UT branch and who served as State executive for one term (04 Years) at any time in the State/UT is eligible to contest for the post of Secretary of the State/UT Branch.
- b. The office of the Secretary is reserved for female TNAI life members only.

**(iii) State/UT Vice President**

Any life member of TNAI with 05 years of TNAI membership may submit a nomination for the post of Vice President of the State/UT Branch.

**(iv) State/ UT Joint Secretary**

Any life member of TNAI with 05 years of TNAI membership may submit a nomination for the post of Joint Secretary of the State/UT Branch.

**(v) State/ UT Treasurer:**

- a. Any life member of TNAI with 05 years of TNAI membership may submit a nomination for the post of Treasurer of the State/UT Branch.
- b. The office of the State/ UT Treasurer is reserved for female TNAI life members only.

**(vi) State/ UT SNAI Advisor**

- a. Any life member of TNAI with 05 years of TNAI membership may submit a nomination for the post of SNAI Advisor of the State/UT Branch.
- b. The office for the State/ UT SNAI Advisor is reserved for Nursing faculty working and residing in the respective state only.

**(vii) State/ UT Chairperson- Nursing Education and Research Section**

- a. Any life member of TNAI with 05 years of TNAI membership may submit a nomination for the post of Chairperson- Nursing Education and Research Section of the State/UT Branch.
- b. The office for the State/ UT State/ UT Chairperson- Nursing Education and Research Section is reserved for Nursing faculty working and residing in the respective state only

**(viii) State/ UT Chairperson- Programme committee**

Any life member of TNAI with 05 years of TNAI membership may submit a nomination for the post of Chairperson-Programme committee of the State/UT Branch

**(ix) State/ UT Chairperson- Membership Committee**

Any life member of TNAI with 05 years of TNAI membership may submit a nomination for the post of Chairperson- Membership committee of the State/UT Branch

**(x) State/ UT Chairperson- Public Health Nursing Committee**

- a. Any life member of TNAI with 05 years of TNAI membership may submit a nomination for the post of Public Health Nursing Committee of the State/UT Branch.
- b. The office of the State/ UT Chairperson- Public Health Nursing Committee is reserved for Community Nurse/Public Health Nurse/ Public Health Nursing officers working and residing in the respective state and working in the Public Health/ Community Health setting.

**(xi) State/ UT Chairperson- Nursing Service Section**

- a. Any life member of TNAI with 05 years of TNAI membership may submit a nomination for the post of Chairperson- Nursing Service Section of the State/UT Branch.
- b. The office for the State/ UT Chairperson- Nursing Service Section is reserved for Nursing Staff working and residing in the respective state and working in a hospital/clinical setting.

**(xii) State/ UT Chairperson- Socio-Economic Welfare Committee**

Any life member of TNAI with 05 years of TNAI membership may submit a nomination for the post of Socio-Economic Welfare Committee of the State/UT Branch.

**(xiv) State/ UT Chairperson- LHV/ ANM**

- a. Any associate life member of TNAI with 05 years of TNAI membership may submit a nomination for the post of LHV/ ANM of the State/UT Branch.



- b. The office of the State/ UT- LHV/ ANM is reserved for female TNAI associate life members only.
- 4. Common Instructions regarding nomination for the various posts in the State/ UT Branches of TNAI.**
- i. A member filing nomination shall be a member working and residing in the respective State/UT branch of TNAI. If the candidate is working, the place of work shall be in the same State/ UT area. An exception may be given to the members living in the NCR region of Delhi but working in the NCT of Delhi. In such cases, the members are not permitted to transfer the membership for 04 years. Also, the member shall give an affidavit to that effect to the RO
  - ii. The nomination form shall be **filled and completed by the candidate** i.e. with the complete address pin code and TNAI number of the candidate along with the consent and declaration duly signed. The nomination form shall be proposed and seconded by the TNAI member
  - iii. The nomination form submitted shall be supported by a self-attested photocopy of the TNAI life membership photo ID card of the contestant, proposer, and seconder.
  - iv. The contestant can submit any number of nominations for any one of the office in the TNAI State/UT Election.
  - v. In case of more than one nomination for the same office, the proposer and seconder shall not be the same.
  - vi. The proposer and the seconder can nominate only one person for a particular office. In case a proposer and the seconder proposed or seconded more than one office, the earliest application received to TNAI Hqrs will be considered valid.
  - vii. The proposer and seconder for a candidate filing nomination shall be residing in the same state or UT as domicile or working and life member of TNAI.
  - viii. All valid nominations for the State/UT President and Secretary shall be included in the Provisional Ballot Paper/ Electronic voting device and published in the TNAI bulletin and TNAI website. The order of the names in the nomination sheet shall be as per the **alphabetic order of the first name** of the candidates.
  - ix. For other offices the names of the three members having the highest number of nominations shall be included in the Provisional Ballot Paper/ Electronic voting device
  - x. All office bearers who have completed the term of office are eligible for reelection for one more term.
  - xi. A break of 04 years after two consecutive terms (08 years) is necessary for the State/ UT President/ Secretary to contest for the post of President/ Secretary at the State level.
  - xii. A break of 04 years after two consecutive terms (08 year) is necessary for any other executive members of the State/ UT to contest for the any other posts in the State level except for the post of State/ UT branch President/ Secretary.
  - xiii. In any post, a member in the State can hold the State offices for a maximum of 16 Years only.
  - xiv. Any person who has expelled from a position in State Office, shall not be eligible to contest for any position in TNAI.
  - xv. Members who are, or had been involved in litigation with the Association are not eligible to contest election.
  - xvi. The office bearers of a dissolved State/ UT branch are not eligible to contest for a term of **FOUR** years.
  - xvii. The members holding office positions in TNAI shall not hold office positions in parallel Nursing Organizations (like trade unions, other associations or societies). For filing a nomination to the TNAI post, the members will have to relinquish the post in other nursing organizations. The accepted resignation letter from the head of the parallel organization shall be submitted to TNAI headquarters through the respective TNAI State/UT Branch
  - xviii. The person so elected for a particular office at the State/ UT level shall hold the office for the full term (four years) and shall not contest and cross to another office before completion of the term of their existing elected office.
  - xix. The members who are residing outside the Country/ State/ UT shall not be eligible for contesting election.

## Nomination Form for TNAI Kashmir Branch Election 2024

Fill the details in **BLOCK** letters only

**NAME OF THE POST:** \_\_\_\_\_

**Name of the Candidate:** -----

**TNAI No. of the Candidate:** -----

**Address:**

<b>Residence:</b>	<b>Official:</b>
<b>Mobile No.</b>	<b>Mobile No.</b>
<b>E-mail:</b>	<b>E-mail:</b>

**Consent**

1. I \_\_\_\_\_ hereby give my voluntary consent to contest for the post of \_\_\_\_\_ for the Kashmir Branch Election 2024.

**Declaration**

1. I declare that if elected, I am willing to serve the Association to the best of my abilities and efforts.
2. I declare that I am not involved in any litigation with the Association/facing any disciplinary proceeding in the workplace or from the Statutory Bodies in Nursing.
3. I declare that I am not holding any office positions in parallel Nursing Organizations, Trade Unions, other Associations or Societies).

**Signature of the contestant:** \_\_\_\_\_

**Place** \_\_\_\_\_ **Date** \_\_\_\_\_

Particulars	Proposer	Secunder
Name:		
TNAI Number:		
Signature:		
Address:		
Mobile Number:		
Email Id:		

- Note:**
1. The contestant, Proposer and Secunder (all three) shall submit the self-attested photocopy of the TNAI life membership photo ID card.
  2. The information and signature given in the nomination sheet shall match with the TNAI records to consider as valid nominations.

# TNAI Madhya Pradesh State Branch Election 2024

## Final List of valid nominations

Sr. No.	Name of the Office	Name of the Nominee with TNAI No.	Nominations Received
1.	<b>President</b>	1) Dr. Sunita Lawrence <b>TNAI No. 34333</b>	Declared Elected
2.	<b>Vice President</b>	1) Dr. Neeraj Kumar Bansal <b>TNAI No.241427</b>	Declared Elected
3.	<b>Secretary</b>	1) Dr. Jaya Bijoy <b>TNAI No. 177497</b>	Declared Elected
4.	<b>Joint Secretary</b>	1) Prof. (Dr.) Joman Thomas <b>TNAI No. 249941</b>	---
		2) Prof. (Dr.) Mansi Choudhary <b>TNAI No. 213886</b>	---
5.	<b>Treasurer</b>	1) Mrs. Neelofur <b>TNAI No. 200183</b>	Declared Elected
6.	<b>SNAI Advisor</b>	1) Mrs. Shefali Letesh <b>TNAI No. 198738</b>	Declared Elected
7.	<b>Chairperson- Nursing Education &amp; Research Committee</b>	1) (Dr.) Smriti G. Solomon <b>TNAI No. 50256</b>	Declared Elected
8.	<b>Chairperson- Programme Committee</b>	1) Dr. Sapna Das <b>TNAI No. 122570</b>	Declared Elected
9.	<b>Chairperson- Membership Committee</b>	<b>Vacant</b>	
10.	<b>Chairperson- Public Health Nursing Section</b>	1) Ms. Sapna Ingley <b>TNAI No. 11698</b>	Declared Elected
11.	<b>Chairperson- Nursing Service Section</b>	1) Mr. Anurag Singh <b>TNAI No. 249150</b>	Declared Elected
12.	<b>Chairperson- Socio Economic Welfare Committee</b>	1) Prof. (Dr.) Sheelamma M. A. <b>TNAI No. 63887</b>	Declared Elected
13.	<b>Chairperson- LHV/ANM Committee</b>	<b>VACANT</b>	

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Dr. Maya Patlia  
Returning Officer,  
**TNAI Madhya Pradesh State Branch Election 2024**

**Note:**

- ***The Election shall be held only for the post of the “Joint Secretary”.***
- ***The Date and Venue shall be intimated to you in the month of August, 2024 issue of TNAI Bulletin.***

# TNAI Delhi State Branch Election 2024

## List of Accepted Valid Nominations

**Date** : 27<sup>th</sup> July, 2024

**Time** : 09:00 am to 03:00 pm

**Venue** : The Trained Nurses' Association of India, L-17, Florence Nightingale Lane, Green Park Main, New Delhi-110016.

Sr. No.	Post	Name and Address of the Contestant	Status*
I	State President	Mrs. Yangchen Dolma, <b>TNAI No.</b> 275251, <b>Address:</b> B-7, T.Y.H Sec-14 Rohini Delhi-110085.	Declared Elected
II	State Vice President	1. Mr. Digin M. Devasia, <b>TNAI No.</b> 201401, <b>Address:</b> H. No. 32 B, BLK MU Near City Park Hotel Pitampura, Delhi-110034.	
		2. Dr. Rekha Anil Kumar, <b>TNAI No.</b> 133547, <b>Address:</b> H No.1278 II <sup>nd</sup> Floor Dr. Mukherjee Nagar Delhi-110009.	
III	State Secretary	Mrs. V. Indumathy, <b>TNAI No.</b> 120477, <b>Address:</b> R.No.24, Nurses Hostel, Safdarjung Hospital, New Delhi-110029.	Declared Elected
IV	State Joint Secretary	1. Ms. Prabha Kumari, <b>TNAI No.</b> 45853, <b>Address:</b> H.No.4, Pocket-13, Sector-20 Rohini Delhi-110086.	
		2. Mrs. Savita Devi, <b>TNAI No.</b> 95568, <b>Address:</b> D-203 Nawada Housing Complex Uttam Nagar, New Delhi-110059.	
V	State Treasurer	1. Mrs. Kala Vivekanandan, <b>TNAI No.</b> 161351, <b>Address:</b> B-11/8148, Vasant Kunj, New Delhi-110070.	
		2. Ms. Monika Malik, <b>TNAI No.</b> 182100, <b>Address:</b> H NO. 4/231, Gali No.4 Rattan Vihar Kirari, Suleman Nagar, Delhi-110086.	
		3. Ms. Vaishali Rajiv Sinha, <b>TNAI No.</b> 97699, <b>Address:</b> ABVIMS, Dr. Ram Manohar Lohia Hospital, New Delhi-110001.	
VI	State SNAI Advisor	Ms. Mikki, <b>TNAI No.</b> 89556, <b>Address:</b> B-2 187/3, Tigri Village, New Delhi-110062.	Declared Elected
VII	Chairperson-Nursing Education and Research Committee	<b>VACANT</b>	
VIII	Chairperson-Programme Committee	1. Ms. Ashly Mathew, <b>TNAI No.</b> 278262, <b>Address:</b> A-3,89/90, 1st Floor, Unity Enclave, Ashok Vihar Delhi-110052.	
		2. Ms. Bhawna Arora, <b>TNAI No.</b> 146099, <b>Address:</b> RZ-25, M Block, New Roshan Pura, Najafgarh, New Delhi-110043.	

IX	Chairperson- Membership Committee	1. Ms. Suman R. Kashyap, <b>TNAI No.</b> 34945, <b>Address:</b> B-24, IInd Floor Kailash Colony, New Delhi-110048.	
		2. Mr. Toby Tom, <b>TNAI No.</b> 159732, <b>Address:</b> 38, Amichand Khand, Giri Nagar, Kalkaji New Delhi-110019.	
X	Chairperson- Public Health Nursing Section	Dr. Sharwan Kumar Dhaka, <b>TNAI No.</b> 107778, <b>Address:</b> Flat No.69, SF, Type -3 or BSA Hospital Complex, Sector-6, Rohini-110085.	Declared Elected
XI	Chairperson- Nursing Service Section	Mr. Man Singh Jat, <b>TNAI No.</b> 153040, <b>Address:</b> D -70, Aya Nagar, New Delhi-110047.	Declared Elected
XII	Chairperson- Socio- Economic Welfare Committee	1. Mr. Raman Lal Patidar, <b>TNAI No.</b> 221706, <b>Address:</b> Nursing Officer, Lok Nayak Hospital, Govt. of NCT of Delhi, Jawahar Lal, Nehru Marg, New Delhi-110002.	
		2. Ms. Santosh Singh, <b>TNAI No.</b> 109760, <b>Address:</b> 18/6, 3 <sup>rd</sup> Floor, North phase Indira Vikas Colony Delhi-110009.	
XIII	Chairperson- LHV/ANM Committee	Ms. Geeta Rani, <b>TNAI No.</b> 304223, <b>Address:</b> 14/30 A Moti Nagar New Delhi-110015.	Declared Elected

\*\*For all the posts except those marked as “Declared Elected”, due election process by polling of votes will be held as detailed below. With reference to relevant provisions in the bye-laws and executive council decisions, digital Voting will be held for the various posts shown above.

#### A. Instruction to the Contestants/voters:

1. Only Life Members of TNAI working or residing in Delhi are eligible to vote.
2. Members are requested to check their membership status at <https://election.tnaionline.org/UpdateData/Index>.
3. On verification (by any member as per clause 2 above) if a member working or residing in Delhi finds that his/her membership is enlisted in a different state, they can transfer their membership to Delhi using the below link. Proof of workplace or proof of residence shall be submitted along with a request for shifting of membership from other states to Delhi. Link: <https://election.tnaionline.org/UpdateData/Index>
4. Request for change of the status of membership (transfer of membership from any state branch to Delhi) **will be permitted till 24<sup>th</sup> July, 2024, 4:30 pm after that, any change of address will not be accepted.** After the last date of transfer of membership (24/07/24), any transfer request will be processed only after the polling and handing over of office bearership to new office bearers
5. Each contestant is requested to submit the name of the representative (who can observe the entire polling and counting process) to the Returning Officer **before 08.30 am on 27 July, 2024.** The nomination of the representative shall be submitted in the prescribed form with the name and TNAI number of the person nominated as representative. The prescribed form for the nomination of a representative can be obtained by each candidate from the returning officer. Only a life member of TNAI from the Delhi branch is eligible to be nominated as a representative of the candidate.
6. Each representative will be given an authorization card which shall be displayed by the representative while attending the work as a representative of a candidate.
7. Representatives are allowed to be present in the designated place as directed by the Returning officer and are not allowed to move to other areas of the polling booth. They can talk or raise

any issues to RO/ TNAI officials on election duty only. In any case, they shall not talk to any voter inside the polling station i.e. before/ during/ after casting the vote.

### **B. Instruction for the voters/contestants for the day of the election**

1. Election will be held on **27<sup>th</sup> July, 2024 from 09:00 am to 03:00 pm at The Trained Nurses' Association of India, L-17, Florence Nightingale Lane, Green Park Main, New Delhi-110016.**
2. All voters are requested to bring their TNAI Photo identity Membership card provided by the TNAI Headquarters.
3. The TNAI members intending to vote shall report before 03.00 PM on the day of polling at the polling stations and get the queue token number for voting at the respective counter.
4. No canvassing is permitted on the day of the election inside the premises where the election is taking place. No one shall distribute slips or notices or anything else to this effect on the polling day. However, if a member uses a slip or paper bit/chit in order to counter-check/confirm the name of the candidate(s) she/he desires to vote the same is permissible. However, she/he shall not show it/ handover it to anyone else and shall dispose of the same in the waste bin placed near the digital voting machine.
5. No electronic gadgets (mobile phones, cameras) are permitted during the voting. If any Voter is carrying a mobile phone, he/she must place it in front of the desk or table on which the computer or tablet used for electronic voting is placed so as to ensure that the mobile phone is not used while casting votes.
6. No person other than the voters shall be permitted within the area of the polling booth except the designated officers/representatives/Volunteers for the election.
7. The voters shall not be allowed to enter the voting area before or after the scheduled time of voting (09.00 AM to 03.00 PM).
8. It is the responsibility of each contestant to ensure authorized representative in the polling station(s) from the beginning of the voting till the announcement of the result.

### **C. Instructions for Digital Voting**

1. Get your queue token number at the entrance gate.
2. Line up outside the polling station according to your token number.
3. At the verification counter, show your membership details. The polling officer will verify your membership and take your digital signature.
4. You will receive two QR code slips with your TNAI membership number, name, and state.
5. At the verification counter, scan your QR code. The polling officer will verify it, mark your index finger with indelible ink, and collect one copy of the QR code slip.
6. The ballot paper will be displayed on the computer screen.
7. Click on the candidate's photo for each post by scrolling through the options. Select the candidates you wish to vote for.
8. After selecting candidates for all posts, click the final submit button.
9. A confirmation of your vote submission will be displayed on the screen and sent to your email. Click OK.
10. Leave the polling station.

**By:**

**Prof. Raminder Kalra, Returning Officer- TNAI Delhi State Branch Election 2024, C/o The Trained Nurses' Association of India, L-17, Florence Nightingale Lane, Green Park Main, New Delhi- 110016.**

**Email Id: [tnaielections@gmail.com](mailto:tnaielections@gmail.com)**



## TNAI Conducts Orientation Programme for Corporate Hospitals

The Trained Nurses Association of India (TNAI) Headquarters has been organizing comprehensive membership orientation programmes across various corporate hospitals in Delhi/ NCR. Four such programmes were held in May and June, in collaboration with the Chief Nursing Officers (CNOs) of the respective institutions. The primary goal of this initiative was to raise awareness about TNAI's activities and the benefits, and welfare programs available to the nurses after acquiring TNAI membership.



Mrs Annie Kumar, Vice President of the North Region, and Mrs Evelyn P. Kannan, Secretary General TNAI, led the educative orientation sessions at Shanti Mukand Hospital Delhi on 8 May 2024. On the same lines, programmes were conducted at Manipal Hospital on 21 May 2024, at Jaypee Hospital (Noida) on 22 May 2024, at BLK-MAX Super speciality Hospital New Delhi on 24 May 2024, at Apollo Hospital from June 5 to 7 June 2024, and at Sarvodaya Hospital (Faridabad) on 10 June 2024. These sessions aimed to familiarise staff nurses with the extensive benefits of TNAI membership. These include scholarships, medical and critical illness assistance, nurse welfare grants, TNAI guest house facilities, accidental death insurance coverage, facility to participate in TNAI's continuing education programmes, AHA-approved ALS/BLS courses, access to research publications, free e-learning courses, and sponsorship opportunities for taking preparatory Civil Service Examination.

Mr. AjinasAM, Asst Secretary-General TNAI, and Mrs Annu Verma, Project Manager TNAI, along with the dedicated membership team actively participated in conduct of the orientation programme and membership drive. The participating nurses promptly recognised the value of TNAI membership



for their professional growth and community engagement in various sessions. Many nurses enthusiastically enrolled as TNAI members on the spot indicative of the success of the programme. They appreciated the immediate issuance of membership cards, which provided them with a sense of belongingness and access to the extensive benefits.



The TNAI extended heartfelt thanks to the CNOs and Nursing Superintendents. Special thanks were given to Capt. (Dr.) Usha Banerjee (Group Director, Apollo Hospitals) and Nursing Superintendent Ms Elizabeth, Capt. Indira Rani and Ms Presanna Saju from Jaypee Hospital, Mrs. Rosamma and Ms Anumol from BLK-Max Hospital, Ms Loveleen John from Shanti Mukand Hospital, Ms Nomita Sarkar and Ms Daisy Saboo from Manipal Hospital, Ms Bobby Ramesh (Group Director Sarvodaya Hospital) and Nursing Superintendent Ms Leena Nair for their wholehearted support and hospitality during the orientation programme.

The initiative has been part of TNAI's incessant commitment to supporting and advocating for nurses globally. (More information about TNAI, and acquiring membership is available at our website: [tnaionline.org](http://tnaionline.org)).



## Orientation Programme for Chhattisgarh 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 Chhattisgarh State branch participated in the one- day orientation programme on 28 May 2024 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 breakfast, 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.

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.

EC members were: (1) Mrs Beena R Thomas, President; (2) Dr Jibi George, Vice President; (3) Dr (Mrs) Daisy Abraham, Secretary; (4) Prof (Dr) Mrs Beny Susan Chacko, Joint Secretary; (5) Mr Rahul George, Treasurer; (6) Mr Jishnu Vasavan, SNAI Advisor; (7) Mrs Rema Rajesh, Chairperson-Programme Committee; (8) Ms Neetu Tripathi, Chairperson, Nursing Education Section; (9) Ms Liza Dolly Hiradhar, Chairperson-Nursing Service Section; (10) Ms Apurva Rai, Chairperson Socio-Economic Welfare Committee

## Orientation Programme for Kerala 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 Kerala State branch participated in the two-days orientation programme on 7-8 June 2024 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.

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 Renu Susan Thomas, President; (2) Prof Pramina Mukkolath, Secretary; (3) Dr Thasleem Sabith K, Joint-Secretary; (4) Prof Deepakumari V.N, Treasurer; (5) Mr Ansal M M, SNAI Advisor; (6) Dr Joselin Mariet M, Chairperson Membership Committee; (7) Mrs Agnet Beena Mani, Chairperson Programme Committee; (8) Dr Asha Raj S, Chairperson- Nursing Education Section; (9) Sr Sinciya Sebastian, Chairperson-Nursing Service Section; (10) Mrs Siyana M, Chairperson Socio-Economic Welfare Committee.



## Orientation Programme for Himachal Pradesh 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 Himachal Pradesh State branch participated in the one- day orientation programme on 11 June 2024 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.

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) Mrs Uma Sharma, President; (2) Mrs Meena Chandel, Vice President; (3) Ms Brij Bala Katoch, Secretary; (4) Ms Hemlata Arya, Joint Secretary; (5) Mrs Naresh Kumari, Treasurer; (6) Mrs Manorma Sharma, Chairperson-Membership Committee; (7) Mrs Ranjana Sharma, Chairperson, Nursing Service Section; (8) Mrs Neena Mankotia, Representative, ANM/LHV Section.

## हार्ट अटैक के संकेतों को समझें

तीन-एक दशक पहले तक हार्ट की बीमारियां उम्रदारों को ही सुनने में आती थीं। अब कम और बहुत कम उम्र में भी हार्ट अटैक की अनेक घटनाएं देखने में आ रही हैं। इसके लिए मुख्य रूप से हमारी बिगड़ी जीवनशैली दोषी है। इनमें बैठे-ठाले जीना, शारीरिक गतिविधियां कम करना या बिल्कुल न करना, जंकफूड का सेवन, सोने-उठने में अनियमितता आदि शामिल हैं। उग्र रूप लेने से पहले हार्ट अटैक की बीमारी निम्न संकेत जरूर देती है।

**धूम्रपान**— ऐसे व्यक्तियों में हार्ट अटैक का जोखिम अन्य व्यक्तियों की तुलना में दोगुना से अधिक बढ़ जाता है। धूम्रपान और कैंसर में साहचर्य पाया गया है। **मोटापा**— मोटापा और ज्यादा वजन हार्ट की बीमारियों के अलावा अन्य कई बीमारियों की भी जड़ है। मोटापा ब्लड प्रेशर और कोलेस्ट्रॉल का स्तर बढ़ाता है। **एंग्जाइटी, तनाव और ड्रग्स**— अव्यावहारिक आकांक्षाएं अनावश्यक चिंता और तनाव को जन्म देती हैं और हार्ट के लिए खतरा बन सकते हैं। **डायबिटीज, बीपी, हाई कोलेस्ट्रॉल**— डायबिटीज से पीड़ित लोगों में हार्ट अटैक और संबंधित बीमारियों का अधिक खतरा होता है। **अनहेल्दी भोजन का सेवन**—अच्छे स्वास्थ्य के लिए सुरक्षित और साधारण भोजन की आदत आवश्यक है। भोजन पोषक तत्वों से भरपूर, संतुलित होगा तो हार्ट की बीमारियों की संभावना टलेगी, बीपी नियंत्रित रहेगा, मोटापे की समस्या भी घटेगी।

### Notice of Applying for TNAI/SNAI Scholarships Online

As per the decision of the National Executive Committee meeting Minute No. TNAI/EC-113/29<sup>th</sup> & 30<sup>th</sup> April, 2024/5/2(i):

The TNAI invites online applications from nursing students for pursuing higher studies in the academic year 2023-24 from eligible candidates. There are two categories of scholarships.

- TNAI Scholarships for those pursuing Post-Basic BSc Nursing and Masters in Nursing and
- SNAI Scholarships for ANM/ Multipurpose Health Workers (Female), General Nursing & Midwifery (GNM) and Basic BSc Nursing.

Eligibility conditions and other details are available on [scholarship.tnaionline.org](https://scholarship.tnaionline.org) to submit the online application.

**The last date for receipt of applications at TNAI Headquarters is on 15<sup>th</sup> September 2024.**

## TNAI BULLETIN

Monthly Newsletter of

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