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THE TRAINED NURSES' ASSOCIATION OF INDIA

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Strengthening Nursing for a Digital Tomorrow

As we celebrate the spirit of service, skill, and resilience that defines the nursing profession, this month brings significant milestones that honour our legacy and prepare us for a future where digital proficiency is vital to healthcare delivery.

A landmark achievement was marked on **24 May 2025**, when, during the International Nurses Day celebrations, when the TNAI signed a Memorandum of Understanding (MoU) with the Koita Foundation. This strategic collaboration has led to the launch of the **Digital Health Foundation Course for Nurses (DHFC-N)**, the first of its kind initiative that equips nurses with essential digital competencies to thrive in an increasingly tech-enabled healthcare environment. Koita Foundation is a Mumbai-based not-for-profit organisation endeavouring to accelerate adoption of digital health adoption in the country.

The DHFC-N is a free, modular, open-source, self-paced course offering Continuing Nursing Education (CNE) credits upon completion. Designed by leading nursing experts, the curriculum covers key areas such as Electronic Medical Records (EMR), Hospital Information Systems (HIS), digital documentation, data analytics, and interoperability, all aligned with the Ayushman Bharat Digital Mission (ABDM). By empowering nurses with digital fluency, this initiative ensures that nurses are not only care providers but also pivotal contributors to India's digital health transformation.

In another positive step towards members' welfare, TNAI has partnered with Dr Lal PathLabs Limited to extend 20 percent discounts on pathology services nationwide and radiology services in Delhi-NCR for all TNAI members and their dependents. Accessing this benefit is as simple as presenting a valid TNAI membership card and ID proof; SNA members having enrolled under New Membership Plan are also covered. It is a small gesture that represents our larger commitment to the well-being of our community.

This month also brings a moment of great pride as TNAI hosts a **Felicitation Ceremony** on **30 May 2025**, to honour the recipients of the **National Florence Nightingale Awards 2025**. These exceptional nurses, selected from across India and honoured by the Hon'ble President of India, exemplify clinical excellence, leadership, compassion, and selfless service. Their contributions continue to uplift the standards of healthcare and inspire thousands of nurses nationwide.

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In line with its mandate to nurture nurse leaders of future, TNAI has also opened the online scholarship application process through its affiliate, the Student Nurses' Association of India (SNAI), to expand new opportunities for growth and learning of nursing students.

These initiatives reflect TNAI's unwavering commitment to recognition, innovation, and support. As we look ahead, let us continue to strengthen the nursing profession - digitally empowered, deeply compassionate, and ready for tomorrow.

Evelyn P Kannan

Chief Editor & Secretary General, TNAI

Presidential Address by Mrs Annie Kumar, National President, TNAI

International Nurses Day - 24 May 2025

Theme: *Our Nurses. Our Future. Caring for Nurses Strengthens Economies*

Distinguished guests, respected colleagues, dear nursing professionals and students,

Warm greetings and a very Happy International Nurses Day to each one of you. It is an honour to address you all on this special occasion as we celebrate the heartbeat of our healthcare system - our nurses. Today, as we reflect on this year's theme, *Our Nurses. Our Future. Caring for Nurses Strengthens Economies*, we are called to recognise not only the compassion and dedication of nurses, but also their pivotal role in national development. This theme is more than just a slogan—it is a vision for sustainable health and economic progress. It underscores a critical truth: Investing in nurses is not only a moral imperative, but a strategic necessity. Nurses are not just caregivers - they are health educators, patient advocates, first responders, researchers, and community leaders. They are vital contributors to public health, productivity, and economic resilience.



‘Caring for nurses’ means creating an environment where they are respected, protected, and empowered. This includes ensuring fair wages, safe and supportive working conditions, equitable career advancement, and representation in policy-making bodies. The future of healthcare hinges on how we value and invest in those who are on the frontlines every day. At the TNAI, we have always been committed to this vision. Since our inception in 1908, TNAI has worked tirelessly to uphold the dignity of the nursing profession and improve the welfare of nurses across the country. Today, in alignment with this year's theme, we are intensifying our efforts across three strategic pillars: advocacy, empowerment, and education.

Advocacy: TNAI continues to raise its voice to ensure that policies reflect the real needs of nurses. We are engaging with government bodies to advocate for improved nurse-patient ratios, timely promotions, equitable pay structures, regularisation of contractual staff, and implementation of the Hon'ble Supreme Court's 2016 directive for nurses' rights in private and clinical establishments.

Empowerment: We are fostering leadership, innovation, and entrepreneurship among nurses. By creating platforms for nurse-led research and community health initiatives, we aim to reposition nurses as changemakers—professionals who influence not only patient outcomes but also health policy and innovation.

Education: Since its inception, TNAI has remained deeply committed to expanding opportunities for continuous professional development for nurses across the country. Towards fulfilment of this vision, we have established the Central Institute of Nursing and Research (CIN&R), which serves as a hub for excellence in nursing education and clinical training.

These state-of-the-art facilities are designed to enhance hands-on learning, build critical decision-making skills, and prepare nurses to respond effectively to real-life clinical situations. By integrating high-quality simulation and evidence-based practice into our training, we are equipping our nurses with the competencies needed for today's complex healthcare environments. Through these initiatives, TNAI is not only raising the standard of nursing education but also building a resilient and future-ready nursing workforce for India.

But why is all of this important? Because when nurses are empowered, economies thrive. Skilled, motivated, and fairly compensated nurses not only deliver better patient care but also contribute to healthier, more resilient communities. Especially in a country like ours, where nurses form the backbone of primary and tertiary care, their economic and social upliftment has a ripple effect—uplifting families, communities, and the nation at large.

On this International Nurses Day, as we celebrate the unwavering spirit and service of nurses, I reaffirm TNAI's commitment to invest in nursing education, workforce planning, leadership development, and infrastructure. Let us together work towards a future where every nurse is respected, protected, and empowered—whether they are serving in an urban hospital or a rural health centre. Caring for nurses is not just an act of fairness—it is a promise to secure the future of our nation's health and prosperity.

On behalf of the Trained Nurses' Association of India, I extend my heartfelt gratitude to each and every nurse who brings healing, hope, and humanity to healthcare every single day. Together, let us move forward—for our nurses, our future, and our shared prosperity.

Thank you, and Jai Hind!

रक्तदान करें, दूसरों को भी प्रोत्साहित करें

देना पुण्य का काम है, और रक्तदान से बढ़ कर कोई दान नहीं। दुर्घटना या बीमारी से, विश्व में अनेक व्यक्तियों की मृत्यु इसलिए हो जाती है चूंकि उन्हें ऐन वक्त पर रक्त नहीं मिल पाया। रक्तदान को बढ़ावा देने के लिए प्रतिवर्ष 14 जून का दिन विश्व रक्तदान दिवस बतौर मनाया जाता है।

रक्तदान ऐसी प्रक्रिया है जिसमें एक स्वस्थ व्यक्ति स्वेच्छा से अपना रक्त देता है। बाजार से खरीदे रक्त में जोखिम रहता है। इस रक्त का उपयोग रक्त ट्रांसफ्यूजन या दवा बनाने के लिए किया जाता है। रक्तदान से दाता को अपार तुष्टि प्राप्त होती है। इसके अतिरिक्त लाभ भी हैं। शरीर में आयर्न का स्तर ठीक रहता है, बढ़ता नहीं है (याद रहे, खून में रक्त की मात्रा बढ़ने से बीमारियां हो सकती हैं); कुछ प्रकार के कैंसर से बचाव होता है; शरीर के रक्त संचार में सुधार होता है; शरीर में नई रक्त कोशिकाएं बनती रहती हैं; दिल के दौरे का खतरा कम होता है।

रक्तदान कौन कर सकता है?

इच्छुक व्यक्ति की आयु 18 से 65 वर्ष के बीच होनी चाहिए और वजन कम से कम 45 कि.ग्रा. ज्यादा होना चाहिए। रक्त में हीमोग्लोबिन का स्तर 12.5 से ज्यादा होना चाहिए। रक्तदान पहले डॉक्टर पुष्टि कर लेता है कि दाता को ब्लड प्रेशर या कोई संक्रामक बीमारी नहीं है।

रक्तदान करने से दाता को प्रायः कोई गंभीर नुकसान नहीं होता, कुछेक चक्कर आना, मतली, कमजोरी आना, सुई लगने वाली जगह पर सूजन या सिरदर्द हो सकते हैं। ये लक्षण कुछ मिनटों में ही ठीक हो जाते हैं।

TNAI Commemorates International Nurses Day 2025

As usual every year, the Trained Nurses' Association of India (TNAI) observed **International Nurses Day 2025** with great enthusiasm at Jacaranda Hall, India Habitat Centre, New Delhi. The event honoured the unwavering service of nurses and aligned with the International Council of Nurses (ICN) theme for the year, *Our Nurses. Our Future: Caring for Nurses Strengthens Economies*, emphasising the economic and societal impact of a vibrant nursing workforce.

The programme commenced with an invocation song followed by the ceremonial lighting of the lamp by the dignitaries. Mrs Sangamitra Sawant, Dy Secretary-General TNAI, delivered the welcome address. Mrs S Vatchala Dhinakaran, Assistant Secretary General & Master of Ceremony invited Mrs Annie Kumar, National President, who was honoured with the President's Chain, by Mrs Evelyn P Kannan, Secretary General; she elaborated its symbolic significance. Mrs Annu Verma, Project Manager presented a moving video on Florence Nightingale as tribute to the legendary nurse. It was followed by a standing tribute to the victims of the Pahalgam attack that created a solemn and respectful atmosphere.

An insightful TNAI overview was shared by Mrs Evelyn P Kannan, highlighting key milestones and achievements, including the National Advanced Nursing Simulation Centre, National Nursing Museum, and the Covid-19 Martyr Memorial Pillar, each reflecting TNAI's enduring commitment to excellence, innovation, and honouring the sacrifices of nurses.

In her Presidential Address, Mrs Annie Kumar emphasised that investing in nursing leads to healthier communities and economic growth. Advocating for nursing representation in policy-making she stated that a strong nursing workforce is the foundation of a stronger future. She also announced a special initiative, the empanelment of Dr Lal PathLabs Limited with TNAI offering an exclusive 20 percent discount on pathology services (based on LPL's MRP) across India and on radiology services within Delhi-NCR, aimed at supporting the well-being of TNAI members and their family members and Student Nurses having adopted the New Membership Plan.

Guest Addresses and Signing of MoU

Mr Rizwan Koita, Co-Founder of the Koita Foundation and Director, NABH, addressed the gathering on India's digital transformation in healthcare. An MoU was signed between TNAI and Koita Foundation to advance Digital Health capacity building among nurses in India. The collaboration will initially focus on launching a Digital Health Foundation Course for Nurses (DHFC-N), with future plans to expand into CNE-accredited digital learning programmes, research on digital adoption, and leadership development in nursing education.





Eminent Speakers

Dr Deepika C Khakha, Nursing Advisor to the Government of India, echoed the words of WHO Director-General Dr Tedros, stating, “Nurses are the heartbeat of healthcare.” She highlighted the crucial role nurses play in sustaining and advancing public health, drawing inspiration from the enduring legacy of Florence Nightingale. Dr Khakha urged nurses to become catalysts for change within their respective fields and emphasised the importance of empowering the next generation of nursing leaders. She called for greater representation of nurses in health policy decision-making and spoke on the need for ensuring dignity, recognition, and respect for the nursing profession.

Mrs Bimal Kapoor, Chairperson of the NNMC Bill Committee stated that this year's theme rightly acknowledges nurses' vital contributions to economic strength. She highlighted the urgent need to increase nursing representation at the directorate level, where currently only four nurses serve. She urged the TNAI to raise these concerns directly with the Prime Minister. Addressing workforce gaps, she called for uniform eligibility criteria, time-bound recruitment, improved pay packages and greater leadership roles for nurses. She said, nurses are not just caregivers, but also researchers, educators, and pillars of the healthcare system.

Honouring Excellence and Closing Ceremony

Mrs Yangchen Dolma, President, and Dr V Indumathy, Secretary, TNAI Delhi State Branch, led the Nursing Excellence Awards, recognising exceptional service and dedication in the field.

Excellence awardees: (1) Captain Dr Usha Banerjee, Group Director Nursing - under Nursing Administration (2) Dr Latha Venkatesan, Professor & Principal - under Nursing Education (3) Sister Preeti Margarete, Director - under Public Health Nursing (4) Mr Mathew Varghese V, Nursing Officer - under Clinical Nursing.

The Jury: (1) Captain Dr Indira Rani, Chief Nursing Officer, Max Hospital Noida (2) Ms Bobby Ramesh, Group Director Nursing, Sarvodaya Health Care, Faridabad (3) Dr Dinesh Selvam, Principal & Professor, Amity University, Haryana.

The TNAI thanks the sponsoring organisations and their representatives whose remarks reflect their support for the nursing profession. These included:

- The Koita Foundation
- Mr Arsh Sharma, National Sales & Services Head, Delta Healthcare
- Mr Vineesh, Vice President, Global Nurse Force
- Mr Satish Kumar, Zonal Manager, Himalaya
- Dr Sunil Kumar, Manager, Colgate India.

The celebration concluded with a cake-cutting ceremony, a heartfelt Vote of Thanks by Dr Shiny Chacko, and the National Anthem.

The event was a resounding success, bringing together stakeholders from across the nursing and healthcare sectors to celebrate, reflect, and inspire. It reaffirmed TNAI's unwavering commitment to strengthening the nursing profession and building a healthier, more resilient India.

TNAI ANDHRA PRADESH STATE BRANCH ELECTION NOTIFICATION

Nominations are invited for the various posts in Andhra Pradesh State Branch Executive Committee of TNAI.

Schedule of Election

Date of notification of the election Note: The details of nominations received for each post for state branch election will be updated on state and national website on weekly basis.	07/06/2025
Last date for submission of nominations at TNAI hqrs.	18/07/2025 on or before 5 pm (Any nomination received at TNAI Hqrs. after 5 pm will be summarily rejected)
Publication of list of valid nominations at TNAI National and State Website	07/08/2025 on or before 5 pm
Last date for withdrawal of nominations	27/08/2025
Publication of final list of eligible candidates in TNAI National Website & TNAI Bulletin	07/09/2025
Date of polling	October, 2025 The exact venue(s) and the date(s) of polling (if required) will be communicated through TNAI National Website, Andhra Pradesh Branch Website and TNAI Bulletin.

Note: Please refer the TNAI's Constitution Rules & Regulation and Bye-Laws Article III, under the Section F: State Branch Election (I-IV) which is available in TNAI National Website.

TNAI Andhra Pradesh State Branch Election 2025 Nomination Form

Note: Please fill the details in **BLOCK** letters only

NAME OF THE POST:

Name of the Candidate:

Designation of the candidate:

(Please attach the proof of designation)

TNAI No. of the Candidate:.....

Photo

Address:	
Residence:	Official:
Mobile No.	Mobile No.
Email Id (In Capital Letters):	Email Id (In Capital Letters):

Consent

1. I _____ hereby give my voluntary consent for the post of _____ Andhra Pradesh TNAI State Branch.

Declaration

1. I hereby 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 expelled from the position of any state/UT branches, not involved in litigation with the association and not a part of any dissolved state/UT branch.
3. I also declare that I am not holding any office positions in parallel Nursing Organizations (trade unions, other associations or societies).
4. I also declare that, I am not holding the highest nursing position (Education/ Service) in the State (Government/ Regulatory/ Statutory bodies) []

Signature of the contestant: _____

Place _____ **Date** _____

Particulars	Proposer	Secunder
Name:		
TNAI Number:		
Signature:		
Address:		
Mobile Number:		
Email Id (In Capital Letters):		

General Instructions to the contestants:

1. 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.
2. 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 secunder.
3. The information and signature given in the nomination sheet shall match with the TNAI records to consider as valid nominations.
4. The proposer and secunder must be working and residing in Andhra Pradesh.
5. Any nomination proposed or seconded by a member who is not working or residing in Andhra Pradesh will be summarily rejected
6. Before signing in the proposer or secunder columns, the proposer and secunder must update their enrolment status if they are not enrolled in Andhra Pradesh
7. To check the membership status, please visit www.tnaionline.org.
Go to the "What's New" section and select "Know Your Membership".
Enter the first three letters of your name and your date of birth to search.
If you are enrolled in Andhra Pradesh, the state displayed in the search results will be Andhra Pradesh. The code for the Andhra Pradesh State as per TNAI Life membership card is **AP**.
8. To transfer your membership from another state to Andhra Pradesh, please visit the TNAI website and download the required form from the Membership section. Once completed, the form can be submitted either via email to membership@tnaionline.org or by post to the TNAI Headquarters. **However, the contestant, proposer and secunder shall confirm that their membership is transferred to Andhra Pradesh before sending the Nomination(s) to TNAI Hq.**
9. **All nominations must be submitted to the TNAI Headquarters by post. Nominations sent via online platforms such as email or WhatsApp will not be accepted.**
10. All other correspondence and queries related to the election to be sent to: tnaielections@gmail.com

How to send the nominations:

Please mark the nomination envelope "**Nomination sheet – TNAI Andhra Pradesh Branch Election 2025**" and sent to: **Prof. Ch. Sleevamma, Returning Officer, TNAI Andhra Pradesh State Branch Election, C/o TNAI Headquarters, L-17, Florence Nightingale Lane, Green Park, New Delhi-110016**

Last date and time to receive the nominations:

The nominations reached to TNAI Hqrs on **18/07/2025** before **05:00 pm** only will be considered as valid.

TNAI State/UT Branch Elections 2025 Andhra Pradesh

(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 office positions for Chairperson- LHV/ANM are to be nominated only by Associate Life Members of TNAI i.e. Members with ANM/LHVs qualifications. The Life Members of TNAI are eligible to nominate for all other positions i.e., Members with GNM and above qualifications.
- iv. 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.

- v. The details of the contestant, proposer and seconder such as name, photograph and signature mentioned in the nomination sheet shall match with the records of TNAI membership system to consider as accepted nomination.
- vi. The contestant can submit any number of nominations for any one of the office in the TNAI State/UT Election.
- vii. In case of more than one nomination for the same office, the proposer and seconder shall not be the same.
- viii. 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 candidate, the earliest application received to TNAI Hqrs will be considered valid.
- ix. 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.
- x. 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.
- xi. 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.
- xii. All office bearers who have completed the term of office are eligible for reelection for one more term.
- xiii. 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.
- xiv. 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.
- xv. In any post, a member in the State can hold the State offices for a maximum of 16 Years only.
- xvi. Any person who has expelled from a position in State Office, shall not be eligible to contest for any position in TNAI.
- xvii. Members who are, or had been involved in litigation with the Association are not eligible to contest election.
- xviii. The office bearers of a dissolved State/ UT branch are not eligible to contest for a term of **FOUR** years.
- xix. 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.
- xx. 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.
- xxi. The members who are residing outside the Country/State/UT shall not be eligible for contesting election.

NEWS FROM NURSING INSTITUTIONS

PKB College of Nursing (PKBCON), Villupuram (TN): The lamp lighting ceremony for the 6th batch of BSc Nursing students was organised on 10 February 2025 at PKBCON Auditorium. The programme started with a Prayer Song. The chief guests were Dr PN Ramesh Baabu, Jt Director, Medical & Rural Health Services, Villupuram district and Hajee Er B Mohamad Farouk, Chairman, who presided over the programme. The dignitaries on the dias lit the Kuthuvilakku. Prof (Mrs) P Sathiyavathy, Vice Principal, PKBCON welcomed the dignitaries and the participants. Mrs Kosalai, Asst Professor,



Community Health Nursing introduced the chief guest, who were invited for lighting the Florence Nightingale lamp; the luminosity was transferred to the 58 BSc Nursing Basic First Year students who dedicated themselves to the nursing profession by lighting their lamp and reciting the oath as inducted by the Vice Principal. Freshers rendered the special song. In his speech the chief guest congratulated the students and highlighted the vital role of Nursing Services in community. Prof. Mrs Elizabeth Kalavathy, Principal PKBCON gave special address to the gathering. Finally, the chief guest awarded the achievers and toppers for the academic year 2023-2024. The programme concluded with Vote of Thanks by Mrs G Maheswari, Associate Professor, Obstetrics & Gynaecology Nursing, PKBCON.

E S College of Nursing (ESCON), Villupuram (TN): The 11th graduation ceremony of BSc (N), PB BSc (N) and MSc (N) students was organised on 9 February 2025 in the College premises. At the outset, Mr S Senthikumar, the Managing Chairman & Secretary declared the day open. The Principal ESCON Prof (Mrs) Porselvi welcomed the gathering and presented the Institution's Annual Report 2022-23. The chief guest of the programme was Mrs Anandhi, Nursing Director at Kauvery Hospital Chennai. In her graduation address, after congratulating



the Management, Principal and staff for providing quality Nursing education, she highlighted the growing demand of nurses across various sectors. The chief guest urged the student to develop the spirit of continuous learning, integrity, working with compassion and adapting to new challenges to achieve excellence. The chief guest gave away graduate certificates to 70 students and top achievers in academics and other fields. Besides graduate students, ESCON Vice Principal Prof R Karthi, faculty and parents of students participated in the programme with enthusiasm.

E S College of Nursing (ESCON), Villupuram (TN): The 17th lamp lighting ceremony of BSc (N) and GNM Diploma students was held on 9 February 2025 in the College premises. The programme began with a prayer song. The chief guest of the occasion was Mrs Anandhi, Nursing Director at Kauvery Hospital Chennai. The chief guest, together with other dignitaries lighted the lamp, which was passed on to the students; the 151 participating students lighted the lamps. Prof (Mrs) Porselvi, the Principal ESCON recited the Nightingale pledge to the students. The chief guest, Mrs Anandhi, advised the students to inculcate the habit of learning continuously for professional success. She appreciated the parents for having encouraged their children to choose nursing as their career. The chief guest emphasised nursing students to put on a smiling face and render loving care to the patients for speedy recovery and emotional well-being. Mr S Senthikumar, the Managing Chairman & graced the programme. Besides the ESCON Principal Prof (Mrs) Porselvi and Vice Principal Prof R Karthi, faculty, students and their parents were present in the programme.



NOTICE OF APPLYING FOR TNAI/SNAI SCHOLARSHIPS ONLINE

The TNAI invites online applications from nursing students for pursuing higher studies in the academic year 2024-25 from eligible candidates. There are two categories of scholarships:

- (i) TNAI Scholarship for those pursuing Post-Basic B.Sc Nursing and Masters in Nursing and
- (ii) SNAI Scholarship for ANM/Multipurpose Health Workers (Female), General Nursing & Midwifery (GNM) and Basic B.Sc Nursing.

Eligibility conditions and other details are available on scholarship.tnaionline.org to submit the online application.

The link for online application will be available from **May 15, 2025** and the last date for receipt of applications through online is on **30th June 2025**.

For details, please click: scholarship.tnaionline.org.

HEALTH AWARENESS DAYS OF THE MONTH

World Environment Day: 5 June

For life on planet Earth to sustain, indeed for the very survival of all flora & fauna including man, Nature has ordained a symbiotic relationship among all living beings, both flora and fauna including human beings. However, many human activities are in contravention of the plan of Nature, jeopardising the eco-system globally. The situation calls upon individuals, social groups and governments to adopt and implement actions that help conserving the environment. The **World Environment (WED)** celebrated on **5 June** every year seeks to create environmental awareness and encourage actions that help environmental conservation. Already, one million plant and animal species are facing extinction due to ecological disturbance. Millions of people in over 150 countries participate in WED programmes.

The world produces more than 430 million tonnes of plastic every year; two-thirds of these have are short-lived products, which fill the land surfaces and water bodies and often make their way into the human food chain. The theme of WED for 2025 is, *Ending Global Plastic Pollution*. The Republic of Korea will host the main event.

By drawing inspiration from nature and highlighting realistic solutions, the campaign 'Beat Plastic Pollution' will encourage individuals, organisations, industries, and governments to adopt sustainable practices that drive systemic change.

World Blood Donor Day: 14 June

Safe blood is perennially in universal demand. It is critical both for treatments as well as urgent medical interventions. Safe blood can help patients living from life-threatening conditions live longer and with a better quality of life. It is also vital for treating the wounded during emergencies of all kinds: natural disasters, accidents, armed conflicts, etc. In life-saving conditions in maternal and neonatal care, it has no substitute. Unfortunately access to safe blood is often unavailable to all those who direly need it. Most low- and middle-income countries struggle to make safe blood available because donations are low and there are little facilities to test blood.

Globally, 42 percent of blood collection is in high-income countries, which are home to just 16 percent of the world population. **World Blood Donor Day** is celebrated annually by World Health Organisation (WHO) and other countries on **14 June 2020** to highlight the vital significance of voluntary blood donation. The theme for World Blood Donor Day 2025, *Give Blood, Give Hope: Together We Save Lives* emphasises the life-changing impact of blood donors on those in need, promoting the idea that collectively, we can save lives.

World Vitiligo Day: 25 June

Vitiligo is a skin disorder in which the melanin-producing skin cells (melanocytes) are destroyed by the body's immune system. The skin loses its colour and whitish patches appear on the skin. It is a rare disease which is found in about 1 percent of the population worldwide (estimated 100 million people) irrespective of gender and ethnic groups. It often affects people in 20-30 years age group. The purpose behind **World Vitiligo Day** observances on **25 June** is a resolution to create awareness about this unrecognised disease and mitigate its impact on the vitiligo-affected people, by highlighting the challenges and creating awareness.

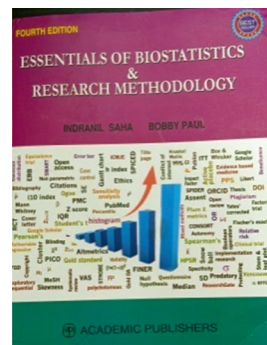
Beside skin discolouration, other symptoms include premature whitening of the hair on the head, eyelashes, eyebrows, or beard; loss or discolouration of the inner lining of the eyeball (retina); discolouration of the mucous membranes, itching in the affected area. Autoimmune disorder and genetic or neurogenic factors have been implicated for this condition. There is no sure shot cure for treatment of vitiligo; yet the available options for mitigation include: re-pigmentation therapy, camouflage therapy, light therapy and surgery.

Book Review

Essentials of Biostatistics and Research Methodology

**By Prof. Indranil Saha, (MBBS, MD) Community Medicine, FIPHA, ACME
& Dr. Bobby Paul (MBBS, DCH, MD) Community Medicine, FAIMER Fellow**

In an era where data analysis & interpretation have a crucial role in decision-making, health professionals with a solid foundation in research and biostatistics are better equipped to advance medical knowledge and improve healthcare delivery. The ability to identify at-risk populations, diagnose diseases earlier, and evaluate the efficacy of interventions is rooted in a robust understanding of biostatistics. The role of statistics in research has become indispensable, providing the analytical tools necessary to predict health outcomes and make informed choice.



Against this backdrop, the release of this title 4th edition of *Essentials of Biostatistics and Research Methodology* is particularly timely and commendable. This edition promises to empower readers by expanding their understanding of research methodologies and biostatistics, shaping their perspectives and enhancing their skills in these critical areas.

The book covers an extensive range of topics in biostatistics and research methodology, spanning from introductory concepts to more advanced analytical techniques across 17 chapters. The authors have taken care to ensure that the material is accessible to a wide audience, including undergraduates, postgraduates, PhD scholars, and other researchers. The use of simple language, combined with clear examples, tables, and figures, simplifies the complex topics making the reading reader-friendly.

One strengths of the book is its structured approach to content, beginning with foundational concepts and progressively advancing to more complex topics. This logical flow helps readers build their knowledge systematically, seamlessly facilitating the understanding of each concept before moving on to the next. The clarity with which biostatistical topics are presented is particularly noteworthy, as it fosters a genuine interest in analysis rather than a fear of it. The book's design, including the font size and style, enhances its readability. Additionally, review exercises at the end of each chapter allow readers to assess their comprehension and reinforce their learning. The inclusion of footnotes as "knowledge retainers" is an innovative feature offering valuable insights by highlighting key points.

Another commendable aspect of this book is the detailed applications and bibliography sections, which provide readers with avenues for further exploration and deeper understanding of biostatistical concepts. Notably, the book addresses publication technicalities and advanced statistical analyses with relevant examples, areas often overlooked in similar texts. This makes the book a comprehensive guide for readers interested to broaden their knowledge beyond the basics. Overall, *Essentials of Biostatistics and Research Methodology* offers a thorough and accessible guide to the key concepts of biostatistics and their application in research. It is a valuable resource for research scholars and professionals alike, providing both a solid foundation and advanced insights into the field. We extend our heartfelt congratulations to the authors for their dedication and hard work in bringing forth this fourth edition, and we wish them continued success in their future endeavours.

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Former Project Manager, TNAI

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पहले ही तैयारी कर लें, बारिश की बीमारियों से बचाव की

गर्मी से राहत क्या मिलती है कि मानसून की बीमारियों का खतरा शुरू हो जाता है। हर कहीं जलभराव से कीटाणु और बैक्टीरिया पनपने का जोखिम बनने लगता है। वर्षा ऋतु की बीमारियों में प्रमुख हैं: गैस्ट्रोएन्टेराइटिस, मलेरिया, और डेंगू। प्रदूषित पानी से हैजा और टाइफाइड के आसार बनते हैं।

गैस्ट्रोएन्टेरिटिस प्रदूषित खाने या पानी से फैलता है। इसके सामान्य लक्षण हैं – दस्त, पेट दर्द, वमन या जी मिचलाना आदि। यदि समय पर इलाज न किया जाए तो यह शरीर में पानी की कमी हो सकती है, इलेक्ट्रोलाइट असंतुलन हो सकता है, किडनी भी क्षतिग्रस्त हो सकती है।

हमारे देश में मानसून के दिनों डेंगू के मामले इतने बढ़ जाते हैं कि अस्पतालों में बेड ही नहीं मिल पाते। डेंगू के खास लक्षणों हैं: तेज बुखार, माथे में दर्द, जोड़ों और मांसपेशियों और में दर्द, त्वचा पर चकत्ते पड़ जाना। कमजोर इम्यून सिस्टम के व्यक्ति और बच्चों में खतरा अधिक देखा जाता है। गंभीर रूप ले चुके मामलों में मौत हो सकती है।

हैजा से ग्रस्त व्यक्ति को अचानक पानी जैसा दस्त, उल्टी और गंभीर डिहाइड्रेशन हो जाता है। धंसी हुई आंखें, मुंह सूखना और पेशाब कम आना भी हैजा का संकेत हैं। हालत ज्यादा खराब होने पर इलेक्ट्रोलाइट असंतुलन, फिर भी इलाज न किया जाए तो कुछ घंटों में मौत हो सकती है। टाइफाइड के प्रमुख लक्षण हैं, लंबे समय तक तेज बुखार, पेट दर्द, सिरदर्द और कमजोरी महसूस होना।

भारत की बरसात की एक अन्य सामान्य बीमारी मलेरिया है जिसका कारण मच्छर का काटना है। मच्छर अक्सर बरसाती पानी में पनपते हैं। मलेरिया के लक्षण: कंपकंपी, पसीना आना, बार-बार तेज बुखार, सिरदर्द, जी मिचलाना और मांसपेशियों में दर्द। यदि मलेरिया का समय से इलाज न किया जाए तो यह गंभीर एनीमिया, सांस की तकलीफ, ऑर्गन फेल्योर और गंभीर मामलों में सेरेब्रल मलेरिया का कारण बन सकता है, जिससे कोमा या मृत्यु हो सकती है।

बरसात की अन्य बीमारियां हैं कंजंकिटवल सप्टीमिया (आंखें लाल होना), खुजली और फंगल इंफेक्शन। बेहतर होगा, संभावित बीमारियों से निबटने के उपाय पहले ही सुनिश्चित कर लें।

TNAI BULLETIN

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