

Pages: 129-144 (Total 16 Pages)

Price: Rs. 5/-

THE TRAINED NURSES' ASSOCIATION OF INDIA

TNAI BULLETIN



Volume XIV | No. 9

September 2025

September Reflections: Teacher's Day and TNAI Updates

The month of September is an opportune time to reflect on the invaluable contribution of nurses and educators in shaping the healthcare landscape of our nation. This month triggers us to introspect the dedication, knowledge, and spirit of service that define the nursing profession. In our country it also marks **Teacher's Day** on 5 September (birth anniversary of Dr S Radhakrishnan, a great educationist), a special occasion to honour the mentors and educators who guide the next generation of healthcare professionals. Nurses, as lifelong learners and educators, play a pivotal role in transferring knowledge, skills, and values to students, peers, and communities. While expressing gratitude and admiration for teachers on this day, we salute those who inspire, empower, and nurture future nurses, recognising that their influence extends beyond the classroom into every aspect of patient care.

At TNAI, we continue to emphasise professional growth, leadership development, and the promotion of high standards in nursing education and practice. As the healthcare environment evolves, our collective commitment to learning, mentoring, and excellence remains central to advancing the profession and ensuring quality care for all. Let us renew our dedication to continuous learning, professional development, and the shared mission of improving health outcomes across India.

International Engagement

TNAI continues to strengthen its global presence through active participation in the **30th ICN Congress 2025**, advancing nursing leadership and collaboration worldwide. This engagement reflects our ongoing commitment to represent Indian nurses on international platforms while adopting best practices to enhance healthcare delivery across the country (report on page 138-140).

SNAI Conference: The 31st Biennial Conference of SNAI will be held at the World Peace Dome, Vishwa Rajbaug, MIT-ADT University, Solapur Road, Loni Kalbhor, Pune (Maharashtra). The conference theme is: "*Learning Today, Leading Tomorrow: The Journey of a Nursing Student.*" Kindly ensure that the competition entries (other than BEST SNAI Unit/ Best Scientific Paper) are submitted by **31 October 2025** for making necessary arrangements. All SNAI units are reminded to complete their registration at the earliest through the online portal (snaiconference.tnaionline.org).

INSIDE

- 113 Editorial
- 129. Editorial
- 130. Orientation Programme for TNAI Odisha State Branch Executives
- 131. TNAI Andhra Pradesh State Branch Election 2025
- 136. Health Related Events of the Month
- 137. News from Nursing Institutions
- 138. TNAI's Active Engagement at the 30th ICN Congress 2025: Advancing Global Nursing Leadership and Collaboration.
- 141. Nursing Journal of India (NJI) -Author Guidelines
- 143. Hindi Matter
- 144. TNAI Publications

State Branch Elections Updates: August 2025 issue of *TNAI Bulletin* contained information about electoral updates for **Rajasthan State Branch Election 2025** (pp 114-18); **WB State Branch Election 2025**, to be held on **16 September 2025** (pp 123-26); **Telangana State Branch Election 2025**, scheduled for **25 September 2025** (pp 119-22). For **Andhra Pradesh State Branch Election 2025**, to be held on **12 October 2025**, details are in pp 131-135 of this issue).

The State Branch elections reinforce TNAI's democratic framework and strengthen the involvement of nurses at both state and national levels, ensuring that our association remains responsive, participatory, and representative of all members.

Happy Teachers Day!**Evelyn P Kannan**

Chief Editor & Secretary General, TNAI

Orientation Programme for TNAI Odisha 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 Odisha State branch participated in the two-days orientation programme on 4-5 August, 2025 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) Dr Anasuya Pattanayak, President; (2) Ms Dipti Mayee Mallick, Vice-President; (3) Dr Ritanjali Sahoo, Secretary; (4) Ms Santoshini Jena, Joint-Secretary; (5) Ms Sanghamitra Barik, Treasurer; (6) Mr Derik Donson Nanda, Chairperson-Nursing Education & Research Committee; (7) Dr Sinmayee K Devi, Chairperson-Programme Committee; (8) Ms Prangyan Parimita Mishra, Chairperson-Membership Committee; (9) Mr Sharat Chandra Majhi, Chairperson-Public Health Nursing Section; (10) Dr Suprava Sahoo, Chairperson Socio-Economic Welfare Committee; (11) Ms Bandita Sahoo, Chairperson-LHV/ANM Committee.

TNAI Andhra Pradesh State Branch Election 2025

Date: 12th October, 2025

Time: 09:00 am to 5:00 pm (09 am to 10 am General Body Meeting & 11 am to 5 pm Polling)

Venue: Season Inn, Gangaa Banquet Hall 24-1692, Police Office Road, Dargamitta, Nellore, Andhra Pradesh -524003.

Sr. No.	Name of the Office	Name and Address of the Contestant	Status
1.	President	1. Mrs. Y Padmaja, TNAI No. 22085, Address- Govt. C O N, Beside Fever Hospital, Gorantla, Guntur, Andhra Pradesh	
		2. Mrs. D Usha Pannagaveni, TNAI No. 94923, Address- Govt. C O N, Srikakulam (Distt.), Andhra Pradesh	
2.	Vice President	1. Dr. B Vanaja Kumari, TNAI No. 109081, Address- Narayana C O N, Chinthareddypalam, Nellore, Andhra Pradesh	
		2. Mrs. Vara Lakshmi Yeluru, TNAI No. 94911, Address- Govt CON Machilipatnam, Andhra Pradesh	
3.	Secretary	1. Mrs. K V Sridevi, TNAI No. 260211, Address- Govt C O N, Kakinada, Andhra Pradesh	(Declared Elected)
4.	Joint Secretary	1. Mrs. Aruna Kumari V, TNAI No. 175069, Address- Sir C R Reddy C O N, Women's Campus, Valturu, Eluru, A P-534007, Andhra Pradesh	
		2. Ms. Uma Sundari, TNAI No. 46875, Address- Govt. C O N, R M C Campus, Kakinada, Andhra Pradesh -533003	
5.	Treasurer	1. Mrs. Sreedevi Kadiyam, TNAI No. 147796, Address- Govt C O N, Vijayawada, Andhra Pradesh	
		2. Mrs. G Veneela, TNAI No. 322983, Address- Lecturer, Govt. C O N, Vijayawada, Andhra Pradesh	
		3. Mrs. C. Venikala, TNAI No. 340556, Address- Professor, Govt. C O N, Guntur, Andhra Pradesh	
6.	SNAI Advisor	1. Dr. Nirmala Jyothi Bollineni, TNAI No. 115102, Address- NRI C O N, Chinakakani, Mangalagiri, Guntur-522503, Andhra Pradesh	
		2. Dr. Taragu Jayanthi, TNAI No. 162577, Address- Apollo C O N, AIMS, Murukambattu, Chittoor-517127, Andhra Pradesh	
7.	Chairperson- Nursing Education and Research Section	1. Mrs. Venkataravamma Thota, TNAI No. 276181, Address- Assistant Professor, Govt. C O N, Guntur, Andhra Pradesh	(Declared Elected)
8.	Chairperson- Programme Committee	VACANT	
9.	Chairperson- Membership Committee	1. Mrs. B. Geetha Praveena, TNAI No. 318320, Address- GSL C O N, G S L Medical College Campus, NH-16, Laxmipuram, Rajanagaram-533296, Andhra Pradesh	
		2. Mrs. S. Gomathi, TNAI No. 141243, Address- NRI C O N, Chinakakani, Mangalagiri, Guntur-522503, Andhra Pradesh	

10.	Chairperson- Public Health Nursing Section	1. Ms. U Madhu Nagasree, TNAI No. 330400, Address- Kandregula AAM Sampara PHC, Pedapudi MD Kakinada (Distt.), Andhra Pradesh	(Declared Elected)
11.	Chairperson- Nursing Service Section	VACANT	
12.	Chairperson- Socio Economic Welfare Committee	1. Mrs. Satyanarayana Bai K N, TNAI No. 28592, Address- Govt. C O N, Beside Fever Hospital, Gorantla, Guntur, Andhra Pradesh	(Declared Elected)
13.	Chairperson- LHV/ANM Committee	VACANT	

- A. Election will be conducted digitally for all the posts except those marked as “Declared Elected”.**
- B. The Returning Officer (RO) shall declare the open election during the general body meeting and invite the nominations.**
- C. An open election will be conducted for the following vacant positions.**
- i. Chairperson- Program Committee**
 - ii. Chairperson- Nursing Service Section**
 - iii. Chairperson- LHV/ANM Committee**
- D. Common Eligibility criteria for contesting above mentioned post (i to iii):**
- i. Any candidate filing nomination for Andhra Pradesh Offices should have completed a minimum of 05 years of membership in TNAI.**
 - ii. Age: Should 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 TNAI Andhra Pradesh State Branch Offices.**
 - iv. The members holding office positions in TNAI shall not hold office positions in parallel Nursing Organisations 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 organisations. The accepted resignation letter from the head of the parallel organisation shall be submitted to the Returning Officer of Andhra Pradesh State Branch Election before submitting the nomination for open election on the election day.**
 - v. Any member who has previously held/ served the national office(s) positions in TNAI shall not contest TNAI Andhra Pradesh State Branch Offices.**
 - vi. 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.**
 - vii. 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.**
 - viii. Any TNAI member who held 2 consecutive terms (08 years) 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.**

- ix. The current/ previous President or Secretary of the branch shall not contest any other executive positions in the Andhra Pradesh i.e., 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 subject to the conditions in the clause number (v) and (vii).
- x. 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.

Kindly Note:

E. Specific eligibility criteria for the following posts:

- i. **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
- ii. **State/ UT Chairperson- Nursing Service Section-** 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**.
- iii. **Chairperson- LHV/ANM Committee-** State Branch LHV/ ANM is reserved for **female TNAI associate life members only**.

F. How to file the Nomination for Open election

- i. The open election will be conducted **on the day of election** along with the scheduled Andhra Pradesh State branch Election.
- ii. Nomination sheet is available in the TNAI National and the Andhra Pradesh TNAI State websites.
- iii. Eligible members for the open positions are required to download and print the nomination sheet.
- iv. The Nomination form duly filled / completed by the candidate i.e. complete address, TNAI number along with the signature shall handed over to the Returning officer of the Andhra Pradesh State branch at the election venue **on the day of election** on or before 09.30 AM physically.
- v. The nomination form duly submitted shall be supported by self-attested photocopy of TNAI life membership photo ID card of the contestant, proposer, and seconder.
- vi. Nomination for Chairperson ANM/LHV shall be proposed and seconded by TNAI Associate Life Members only.
- 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. A copy of the working and residing proof shall be submitted along with the nomination.
- ix. A copy of the employment proof shall be submitted by the eligible candidates contesting for **Chairperson- Nursing Service Section and Chairperson- LHV/ANM Committee**.
- x. For all the vacant offices the names of the **three members having the highest number** of nominations only will be included in the electronic voting device.
- xi. If only one nomination, then it shall be declared as Elected by the Returning officer.
- xii. If more than one member for the positions, election for the position shall be initiated and declare the most voted member as Winner.

G. Instruction to the Contestants:

- i. 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 09.30 am on the day of election**. The nomination of the representative shall be submitted in the prescribed form with the name and TNAI number of the person nominated as representative.

- ii. The prescribed form for the nomination of a representative is available in TNAI National and Andhra Pradesh State Branch or can be obtained from the returning officer.
- iii. Only a life member of TNAI from the Andhra Pradesh branch is eligible to be the representative of the candidate.
- iv. 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.
- v. 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.
- vi. In any case, they shall not talk to any voter/contestant inside the polling station i.e. before/ during/ after casting the vote.
- vii. 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.

H. Instruction for the voters for the day of the election

- i. Only Life Members of TNAI working or residing in Andhra Pradesh are eligible to vote.
- ii. Members are requested to check their membership status at <https://election.tnaionline.org/UpdateData/Index>.
- iii. On verification (by any member as per clause 2 above) if a member working or residing in Andhra Pradesh finds that his/her membership is enlisted in a different state, they can transfer their membership to Andhra Pradesh on or before 30 days of the actual voting 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 Andhra Pradesh. Link: <https://election.tnaionline.org/UpdateData/Index>
- iv. Request for change of the status of membership (transfer of membership from any state branch to Andhra Pradesh) **will be permitted till 12th September, 2025, 4:30 pm after that, any change of address request will not be accepted.**
- v. Election will be held on 12th October, 2025 from **11.00 AM to 05.00 PM** at *Season Inn, Gangaa Banquet Hall 24-1692, Police Office Road, Dargamitta, Nellore, Andhra Pradesh -524003.*
- vi. All voters are requested to bring their TNAI Photo identity Membership card provided by the TNAI Headquarters/ Download the **TNAI Mobile App and show the membership through the App for the verification.**
- vii. The TNAI members intending to vote shall report before 05.00 PM on the day of polling at the polling stations and get the queue token number for voting at the respective counter.
- viii. No canvassing is permitted on the day of the election inside the premises where the election and General Body Meeting is taking place. No one shall distribute slips or notices or anything else to this effect on the polling day.
- ix. 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.

- x. However, contestant(s) or voters shall not show it/ handover/ distribute slip or paper bit/chit to anyone on the designated polling area or GBM area on the election day.
- xi. 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.
- xii. 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.
- xiii. The voters shall not be allowed to enter the voting area before or after the scheduled time of voting (11.00 AM to 05.00 PM).

I. Instructions for Digital Voting

- i. Get your queue token number at the entrance gate.
- ii. Attend the general body meeting.
- iii. Line up outside the polling station according to the token number after GBM.
- iv. At the verification counter, show your membership details. The polling officer will verify your membership and take your digital signature.
- v. You will receive two QR code slips with your TNAI membership number, name, and state.
- vi. At the verification counter, scan your QR code.
- vii. The polling officer will verify the QR code and collect the tellers slip and mark your index finger with indelible ink.
- viii. The voters will then direct to the digital polling station which is available.
- ix. The voters shall enter the QR code Token number in the digital voting screen.
- x. After the submission of the Token number mentioned in the QR code, the ballot paper will be displayed on the digital voting screen.
- xi. Life members with LMT category are eligible to cast vote for all the offices except Chairperson ANM/LHV.
- xii. Associate Life members with LMM category are eligible to cast vote only for **Chairperson ANM/LHV position.**
- xiii. Scroll through the options in the digital voting machine and click on the contestant's photo for each post.
- xiv. After selecting candidates for all posts, click the final submit button.
- xv. A confirmation of your vote submission will be displayed on the screen and confirmation email will be sent to your email.
- xvi. Leave the polling station quietly.

By:

**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
Email ID: tnaielections@gmail.com**

HEALTH-RELATED EVENTS OF THE MONTH

World Suicide Prevention Day: 10 September

Suicide is a major public health issue having long-term social, emotional and economic implications. consequences. It is estimated to take a toll of over 720,000 lives every year. Worldwide, it remains a critical global issue, affecting individuals and communities. The international theme of World Suicide Prevention Day (WSPD) on 10 September 2025 is *Changing the Narrative on Suicide*. Isolation from the mainstream is deemed to be prime reason behind suicide. One just stops communicating. Hence the buzzword of the issue, StartTheConversation.

The management strategy to address the issue must start with looking for early warning signs such as increased alcohol and drug use; aggressive behaviour; impulsive or reckless behaviour; and dramatic mood swings. Since suicidal behaviour is a psychiatric emergency, the care taker needs to see whether the person is collecting and saving pills or buying a weapon; saying goodbye to friends and family; tying up loose ends, like organising personal papers or unexpectedly settling debts.

About half the people who die by suicide are known having a mental health condition. Factors putting a person at risk of suicide include: family history of suicide, prolonged stress, and drug abuse that create mental highs and lows thus contribute to suicidal ideation.

World Patient Safety Day: 17 September

Established in 2019 by the 72nd World Health Assembly, the World Patient Safety Day stems from the fundamental principle of medicine, "First do no harm". The day seeks to increase public awareness, enhance global understanding and drive global action to improve patient safety. Considering that adverse events occur across all care settings newborns and children remain especially vulnerable with higher risks in intensive care units, the theme for the year 2025 is: *Safe Care for Every Newborn and Every Child*.

Safety in paediatric and newborn care is essential to achieving universal health coverage and the Sustainable Development Goal 3.2 target of ending preventable deaths of newborns and under-five children. The Global Patient Safety Action Plan 2021–2030 recognises paediatric and newborn safety across multiple strategic objectives, including designing safe clinical processes, strengthening health workforce competencies, engaging patients and families and establishing learning systems to prevent harm. With the slogan 'Patient safety from the start!', WHO calls for urgent action to eliminate avoidable harm in paediatric and newborn care. Addressing this challenge requires comprehensive efforts across key patient safety areas, like safe childbirth, post-natal care, medication safety, diagnostic safety, immunisation safety, infection prevention and early recognition of clinical pathology.

World Alzheimer's Day: 21 September

Alzheimer's is the most common cause of 'dementia', a general term for loss of memory, language, problem-solving and other thinking abilities that are severe enough to interfere with daily life. Dementia is not a single disease but a combination of symptoms that one may experience if they are living with a variety of diseases, including Alzheimer's disease. Dementia symptoms bring in diminution in thinking skills (cognitive abilities) and also affect behavior, feelings and relationships. Over 55 million people worldwide are living with Alzheimer's.

The World Alzheimer's Day 2025 theme is, *Ask about Dementia. Ask about Alzheimer's*; it will focus on encouraging interpersonal and intra-personal dialogue, raising awareness, and promoting early diagnosis by sparking conversations. This campaign, supported by Alzheimer's Disease International, aims to dispel fear and misinformation and encourage people to learn more and seek help when symptoms arise.

NEWS FROM NURSING INSTITUTIONS

GTN College of Nursing (GTNCON), Dindigul (TN): A seminar for the Public Health Defender together with Blood Donation camp was conducted on 17 April 2025. The twin event was inaugurated by the chief guest Thiru S Saravanan, IAS, District collector Dindigul. The seminar was attended by Block Health Supervisors, Community Health Nurses, Sector Health Nurses, Health Inspector, Village Health Nurses from Dindigul block and GTNCON students. The event began with tamizhthaivazhtu (a song expressing reverence and praise for the Tamil language and culture) followed by the ceremonial lamp lighting. The inaugural session commenced with a welcome address by Prof Vasanthamani V, Principal, GTNCON. Ln K Rethinam MJF, Hon'ble Chairman GTNCON delivered the presidential address. The Guest of Honour Dr Selvakumar R, District Health Officer, Dindigul provided insight into health programmes. Dr Vasantha Karunya R (Obstetrician & Gynaecologist provided highlighted the strategies for reducing maternal mortality. Dr Sujitha V, Paediatrician & District programme officer (NCD) addressed the initiatives aimed at lowering IMR. Mrs Uma Maheswari, DMCHO, presented data and field experiences. Mrs G Pushpakala, District Social Welfare Officer, emphasised the need for awareness and preventive measures. Mr Vallavan T, Technical PA to DHO and Mr R Deivendran, District Entomologist elaborated on vector control techniques and community involvement. Dr S Saravana Kumar, General Physician & District Epidemiologist shared preventive strategies for seasonal illnesses. Dr Dhivyabharathi S, Quality Medical Officer, addressed certification standards and quality products. Mrs Shanthini, AD (SBHI) discussed health data monitory tools and analytics. The seminar concluded with a valedictory session and vote of thanks by Mrs Sivasathya P. Lecturer GTNCON followed by the National Anthem.



The Blood Donation camp was organised at this occasion, in collaboration with the Govt Medical College & Hospital Dindigul. The students, staff and volunteers actively participated in blood donation.

Sri Ramachandra Faculty of Nursing (SRFN), Sri Ramachandra Institute of Higher Education and Research (SRIHER), Porur, Chennai (TN): To mark the International Nurses Day [12 May every year], the Integrated Nursing Unit of Service and Education organised the celebrations during 5-14 May 2025. The main programme held in the University Auditorium commenced with an invocation followed by ceremonial lighting of the kuthuvialakku by the chief guest, Prof (Dr) Anita David, Head of Paediatric Nursing Department. Earlier, Prof (Dr) SJ Nalini, Principal SRFN extended warm welcome to the chief guest, dignitaries and the students. After rendering the Nightingale Pledge, the chief guest reinforced the values and the commitment upheld by the nursing profession. The series of programmes featured indoor & outdoor games, various competitions including rangoli, hair dressing, face painting, antakshari, dances (classical] folk, Western), solo & group singing, and short film. The winners in various competitions were awarded prizes and e-certificates. Ms Selma Thomas, Dy Nursing Suptdt, presented the annual report and outlined the milestones of the year. In the key note address the chief guest Col Latha P, Principal Head, Nsg Service, Military Hospital Chennai highlighted the challenges of nursing profession including staff shortage and burnout and proposed solutions like safe, supportive and healthy environment implementing policies fostering professional growth and recognition. Dr Uma Sekar, Vice-Chancellor SRIHER, felicitated the chief guest. The programme concluded with vote of thanks by Ms Kala, Dy Nsg Suptdt, Sri Ramachandra Medical Centre, Chennai.



TNAI's Active Engagement at the 30th ICN Congress 2025: Advancing Global Nursing Leadership and Collaboration

Event Overview:

The 30th International Council of Nurses (ICN) Congress took place from 9-13 June 2025 in Helsinki, Finland, with the theme “Nursing Power to Change the World.” Over 7,000 nurses from around the globe gathered to share knowledge, discuss innovations, and focus on the transformative role of nurses in shaping healthcare worldwide. Key discussions included Universal Health Coverage (UHC), nursing leadership, and the global health policy agenda.

TNAI Participation:

9 June 2025: TNAI officials, including Mrs. Annie Kumar (National President), Dr. Bajji Valli (National Vice President), and Mrs. Evelyn P. Kannan (Secretary-General), attended the Inaugural



(A–B) Mrs. Annie Kumar, National President, TNAI and National Representative at the ICN Congress, with Mrs. Evelyn P. Kannan, Secretary-General, TNAI (right), and Dr. Bajji Valli, National Vice-President (South Region) (left), along with other Indian representatives.



(A–B) TNAI National Officers with the President and CEO of ICN, presenting the perspectives and contributions of TNAI.



(A) TNAI Officials meeting Dr. Cipriano, President, ICN, and Mr. Bijoy Sebastian, President, Royal College of Nursing, London.



(B) TNAI Officials with TruMerit leaders, exploring opportunities for networking and collaboration.

Ceremony, marking TNAI's active participation in global discussions on nursing and healthcare excellence.

10 June 2025: TNAI officials attended a reception hosted by Mr. Bijoy Sebastian, President of the Royal College of Nursing, at Hilton Helsinki Strand. Discussions centered on nursing leadership, education, and global exchange, with a shared commitment to tackling healthcare challenges globally.



ICN introduces the new definition of nursing. Dr. Suresh Sharma, one of the panellists, at the centre with fellow Indian ICN participants.

11 June 2025: TNAI held a formal meeting with Dr. Pamela Cipriano, ICN President, and Dr. Hayward Cotton, ICN CEO. Mrs. Evelyn Kannan provided an overview of TNAI's legacy, and discussions focused on strengthening TNAI's collaboration with ICN. TNAI emphasized the historical connection with ICN since 1912 and the potential effort for taking initiative to renew the membership with ICN since 2006.

Historic Milestone: ICN Introduces Updated Definition of Nursing & Nurse: At the Congress, ICN introduced updated definitions of nursing and the nurse, reflecting the evolving role of nurses in the healthcare landscape. TNAI leaders were present at this historic moment, marking India's significant engagement in shaping the future of nursing globally.

Closing Ceremony – 13 June 2025:

The Closing Ceremony marked the conclusion of the Congress, with Dr. Pamela Cipriano, the outgoing ICN President, delivering an inspiring address. She emphasized the need for global collaboration in strengthening the nursing workforce. The ceremony saw Dr. José Luis Cobos

Serrano officially taking over as the 30th ICN President, signaling a new phase of leadership. Mr. Howard Catton, ICN CEO, presented the key outcomes and declarations of the Congress, which emphasized the importance of investing in nursing education, safe staffing policies, and nurse-led innovations.

Dr. T. Dileep Kumar, President of the Indian Nursing Council, was elected as the South-East Asia Board Member of ICN. TNAI officials extended their congratulations, recognizing his contribution to global nursing leadership.

TNAI's delegation, led by Mrs. Annie Kumar, Dr. Bajji Valli, and Mrs. Evelyn Kannan, represented India in the ceremony, showcasing TNAI's ongoing commitment to advancing the nursing profession. The Congress concluded with an announcement that the next ICN Congress in 2027 will be held in Thailand.



The TNAI National President, National Vice President South Region and Secretary-General congratulated Dr. T. Dileep Kumar, President, INC, on his newly elected post as South-East Asia Board Member of ICN.

Lodging at TNAI Headquarters Made Easier !

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

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

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

Secretary-General, TNAI

Call for News Items from Nursing Institutions

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

Nursing Journal of India (NJI)

Author Guidelines

The Nursing Journal of India is a nursing journal with National and International circulation. It publishes original communications of nursing research that advance or illuminate Health science, that educate the journal readers. It is published bimonthly.

The NJI strongly discourages duplication/reduplication of data already published in other journals (even when certain cosmetic changes/additions are made). If and when duplication is detected after publishing in NJI, the journal will be forced to 'retract' such articles.

Editorial Process

- **Copy Right:** Authors need to certify in the covering letter that this manuscript has not been published elsewhere/submitted to any other journal simultaneously for consideration.
- Manuscripts are screened initially at the editorial office for suitability of publication. Those found provisionally suitable are sent to three peer reviewers. The journal follows the double blind peer review process.
- After peer review process, selected manuscripts for publication are edited before publication.
- The processes of submission of manuscript, peer review, communication of final decision and sending proofs are managed through online platform.

Submission of Manuscript

All manuscripts submitted for publication to the NJI should include the following:

- (1) Cover page file
- (2) Article file including tables and Figures.
- (3) A scanned copy of ethical clearance certificate
- (4) Undertaking by authors & copyright transfer agreement.

Details are given below.

1. Cover Page File:

Covering letter should include (i) name(s) of author(s); (ii) TNAI number; (iii) Educational qualification (iv) Designation of authors; (v) complete postal address, mobile number and e-mail id of all authors; (vi) name of corresponding author with all above mentioned details. (vii) Title of the article/Problem Statement.

It should be addressed to the Chief Editor, NJI at The Trained Nurses' Association of India L-17 Florence Nightingale Lane, Green Park New Delhi-110016.

2. Article File:

Manuscripts must be submitted online through the website: <https://review.jow.medknow.com/ijmr>. First time users will have to register at this site. Registration is free but mandatory. Registered authors can keep track of their articles after logging into the site using their user name and password. Manuscripts should be presented in concise form within the word limits of 2000-2500 maximum. Pages should be numbered consecutively and the contents arranged in the following order:

Sequence of Research Article (Maximum 2000-2500 words)

I. Title:

The title of manuscript shall not exceed 15 words, shall be given on top of the title page. Information regarding authors shall be given in a separate page which shall include the following; Name, Academic degree, Designation/position, name of Institution. Address for correspondence including telephone number & email. In case of group of authors the names shall be listed in the order of authorship.

Cover letter should include statements regarding authorship.

II. Abstract and Key Words:

Abstract The abstract must be in one-paragraph with self-contained summary of the most important elements of the paper. The abstract shall not exceed 250 words. All numbers in the abstract (except those beginning a sentence) should be typed as digits rather than words.

Key words: provide 4 to 6 key words which can be used for indexing purposes.

Text - IMRAD format

III. Introduction

It shall be 3-4 paragraphs which consists of brief background of the problem studied, critique of relevant research articles that are referenced as per Vancouver/APA style. Clearly state the purpose / objectives and hypotheses tested.

IV. Materials and Methods

It should highlight the setting where the study was done, sample size and method of selection. A brief description of the demographic variables of the sample could be provided in 2-3 sentences. It should also have a description of the design, tools/ instruments used for collecting data; ethical approval and ways by which privacy and confidentiality of subjects were maintained; how data were collected; pilot study (if done) with any modifications made thereof and any methodological limitations.

V. Results

It must be presented in a logical sequence. Only such data as are essential for understanding the discussion and main conclusions emerging from the study should be included. Data presented in tables and figures should not be repeated in the text. Only important observations need to be emphasized or summarised. The same data should not be presented both in tabular and graphic forms. Interpretation of the data should be taken up only under the Discussion and not under Results.

VI. Discussion

The discussion should deal with the interpretation of results without repeating information already presented under Results. It should relate new findings to the known ones and include logical deductions.

The **conclusions** can be linked with the goals of the study but unqualified statements and conclusions not completely supported by the data should be avoided. Recommendations may be included as part of the Discussion, only when considered absolutely necessary and relevant.

VII. References

The total number of References should normally be restricted to a maximum of 20.

VIII. Illustrations

Illustrations must be electronically prepared and we prefer them in soft copy either by mail / disc. Tables and figures must be numbered.

IX. Acknowledgement of Receipt

The decision of acceptance/rejection/ recommendation for resubmission will be intimated to the corresponding author.

3. Ethical Clearance Certificate

All research articles submitted shall be accompanied by a copy of certificate issued by the institutional ethical committee

4. undertaking by Author(S) Downloadable Form

It is necessary that all the authors give an undertaking (in the format specified by the journal) indicating their consent to be co-authors in the sequence indicated on the cover page. All authors must sign the undertaking letter.

Note:

1. The NJI does not charge any Fee for submission and processing of the Manuscript.
2. Life membership of TNAI is mandatory for primary Author and all Nurse researchers in the team of authors.
3. No addition/deletion/ or any change in the sequence of the authorship will be permissible at a later stage, without valid reasons and permission of the Editor -in-Chief.
4. If the authorship is contested at any stage, the article will be either returned or will not be processed for publication till the issue is solved

नींद और सेहत का रिश्ता

दिनभर की व्यस्तता और ऊहापोह से निद्राल हो कर अगली सुबह तरोताजा जगने के लिए रात्रि को ली जाती निद्रा प्रकृति का बेशकीमती उपहार है। शरीर और मन को जरूरी आराम नहीं मिलेगा तो आगे की गतिविधियां भलीभांति संपन्न करने के लिए ऊर्जा और स्फूर्ति नहीं मिलेगी, और बीमार पड़ जाने के आसार बढ़ेंगे। दर असल रात्रि का विश्राम सभी अंगों-प्रत्यंगों की कोशिकाओं को नार्मल करता है।

समस्त प्राणियों में मनुष्य ही एकमात्र प्राणी है जो स्वयं को अत्यावश्यक नींद से वंचित करता है। उचित नींद नहीं लेने की अस्वस्थ प्रवृत्ति से समाज को कोई वर्ग अछूता नहीं है। स्कूली छात्रों को होमवर्क का दबाव, युवाओं को बेहतर कैरियर की बेसब्री, वयोवृद्धों को संतानों, बल्कि पौत्र-पौत्रियां की शिक्षा, आजीविका, उनके विवाह आदि की अतिचिंता (ओवर थिंकिंग) उनकी नींद उड़ा देती है। इंटरनेट बहुतेरों की नींद उड़ा रहा है।

सयानों ने कहा है, दूसरे के हिस्से का हथियाने वाला बेहतर खा सकता है लेकिन अच्छी नींद उसे आएगी जो देना जानता है। मन उधेड़बुन में रहेगा तो रात्रि में मन खूब बतियाएगा और नींद दुष्कर होगी। उचित विश्राम के बाद अक्सर समाधान स्वयं प्रकट हो जाता है। निद्रा की आवश्यक मात्रा अलग-अलग बताई गई है। तथापि सामान्यतः रात्रि के लगभग दस बजे से छह-सात घंटे की नींद सर्वोत्तम मानी गई है। जिन्हें नींद नहीं आती उनके लिए डेल कार्नेगी की सलाह है कि वे बिस्तर छोड़ कर काम में लग जाएं; वे जान लें कि वे अनिद्रा से नहीं बल्कि चिंता के रोग से पीड़ित हैं। मन में कोई बड़ा, स्पष्ट उद्देश्य बैठा लेंगे तो उस दिशा में निरंतर बढ़ते जाएंगे। याद रहे, जितना आवश्यक एक बड़े उद्देश्य को हासिल करना है उतना ही आवश्यक शरीर व मन को विश्राम देना है ताकि रोजमर्रा के कार्यों के लिए नई ऊर्जा और स्फूर्ति से चार्ज होते रहें।

गहरी नींद और खुली बातचीत अच्छे स्वास्थ्य का आधार है। मन में जितना प्रेम और मेलजोल का भाव होगा, विकृतियां कम आएंगे, चिंताओं-समस्याओं से मुक्त रहेंगे और नींद अच्छी आएगी। जिस प्रकार भलाई में बिताया गया दिन खुशनुमा नींद लाता है, उसी प्रकार परहित और भले कार्यों में बिताते व्यक्ति का अंतकाल शांतिप्रद और तृप्तिदाई होगा।

— प्रकाशन एकक, टीएनएआई

आत्महत्या के सामाजिक पक्ष

आए दिन आत्महत्या के मामले सुनने, देखने को मिलते हैं। इनके पीछे जो कारण सूसाइड नोट के जरिए या विश्वस्त परिजनों से पता चलते हैं वे चौंकाने वाले हैं। हालिया फांसी लगा कर जान गंवाने से पहले एक ने लिखा — उसके साथ संपत्ति के बंटवारे में उसे धमकी दी गई थी। परीक्षा, इंटरव्यू आदि में सफल न होने पर आत्महत्या के बहुतेरे मामले एक खास सीज़न में हर साल आते रहते हैं।

भारत में आत्महत्या एक अहम राष्ट्रीय स्वास्थ्य चुनौती है। देश में वर्ष 2022 में 171,000 आत्महत्याएं दर्ज की गईं जो उससे पिछले वर्ष की तुलना में 4.2 फीसद ज्यादा हैं। देश में 15 से 39 आयु वर्ग में आत्महत्या मृत्यु का सबसे बड़ा कारण थी। वहीं दैनिक वेतन भोगी भी खासी तादाद में इसका शिकार होते हैं। नेशनल क्राइम रिकॉर्ड्स ब्यूरो (एनसीआरबी) के आंकड़ों के अनुसार भारत में हर घंटे एक छात्र आत्महत्या करता है यानी प्रतिदिन करीब 28 आत्महत्याएं होती हैं। आत्महत्या का निर्णय अक्सर भावना में बह कर लिया जाता है, व्यक्ति को नहीं सूझता कि प्रचंड तूफान ज्यादा समय नहीं टिकता और यह भी कि। किंतु निराशा में सुध खो चुके व्यक्ति के दिल में गहरे बैठ जाता है कि सामने दिखते संकट से उबरने के सभी द्वार बंद हो गए हैं। उसे नहीं सूझता कि एक द्वार बंद हो जाए तो ईश्वर चार द्वार खोल देते हैं, उसे बस धैर्य रखना है और सही मार्ग से डिगना नहीं है।

खेल मन का है। गौर करें एक ही परिस्थिति में दो व्यक्तियों की धारणाएं अलग-अलग क्यों हो जाती हैं। जैसे एक कारोबारी हमेशा का रोना रहता है "इस धंधे या ठैया में कुछ नहीं रह गया" इस सोच से अभिप्रेरित एक व्यक्ति जब समर्पण कर देता है तो उसी पृष्ठभूमि का दूसरा व्यक्ति उसी धंधे या कारोबार को अधिग्रहीत (टेक ओवर) करते हुए सुंदर भविष्य निर्मित करता है।

— प्रकाशन एकक, टीएनएआई

Registered with Registrar of Newspapers of India
Regn No. DELBIL/2012/42030

Postal Regn. No. DL-SW-01/4166/2024-2026

Date of Publication: September 5, 2025

Date of Posting: September 6-7, 2025

Posted at LPC Delhi RMS-110006

TNAI PUBLICATIONS



Actual Price vol 1- Rs. 695
Discounted price Rs.417-(40% off)
Actual Price vol 2 - Rs.745
Discounted price Rs.447-(40% off)



Actual Price vol 1 & 2 -Rs. 2950
Discounted price 1770-(40% off)



Actual Price -Rs. 850
Discounted price 510-(40% off)

NURSING FOUNDATION

The textbook is divided into two volumes for ease of use.

Volume 1 contains six units with 23 chapters,
Volume 2 includes 10 units and 24 chapters

Each chapter includes critical thinking exercises, study questions, and helpful figures, tables, and teaching guides for better comprehension.

MEDICAL SURGICAL NURSING: A NURSING PROCESS

Book aligns with the recent updates in the Indian Nursing Council (INC) curriculum, helping students stay current with advancements in nursing practices.

Covers advanced nursing procedures, providing in-depth knowledge, skills, and a positive attitude to enhance patient care and outcomes.

COMMUNITY HEALTH NURSING MANUAL

The 4th edition includes new chapters on Communicable Diseases, Non-Communicable Diseases, Nutrition, and the Indian System of Medicine.

The book contains 27 Chapters

TNAI BULLETIN

Monthly Newsletter of
The Trained Nurses' Association of India
L-17 Florence Nightingale Lane, Green Park, New Delhi-16
Phone: 011-40195409, 011-40195407
E-mail: helpdesk@tinaonline.org, membership@tinaonline.org,
sna@tinaonline.org, publicationstnai@yahoo.com
Website: www.tinaonline.org

EDITORIAL ADVISORY BOARD

Mrs. Annie Kumar
Dr. T Vasundhara Tulasi, Dr. Asha P Shetty, Dr. Suresh K.
Sharma, Dr. Lily Podder, Dr. Harmeet Kaur Kang,
Dr. Ashok Kumar Bishnoi, Mrs. Evelyn P. Kannan
Consulting Editor: Mr. H.K. Barthwal
Chief Editor: Mrs. Evelyn P. Kannan

Published, printed and edited by Mrs Evelyn P Kannan for The Trained Nurses' Association of India, L-17, Florence Nightingale Lane, Green Park, New Delhi-110016 and printed by her at Chandu Press, 63 FIE, Patparganj Industrial Estate, Delhi-110092. Computerisation and layouts by Chandu Press, New Delhi.