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THE TRAINED NURSES' ASSOCIATION OF INDIA

TNAI BULLETIN



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October 2025

Countdown to the 31st SNAI Biennial Conference

The excitement is building as we draw closer to the 31st SNAI Biennial Conference 2025, being held during **20-22 November 2025** at World Peace Dome, VishwaRajbaug, MIT-ADT University, Solapur Road, Loni Kalbhor, Pune (Maharashtra). The theme of the Conference is *Learning Today, Leading Tomorrow: The Journey of a Nursing Student*, which reflects the vision, enthusiasm, and leadership of our vibrant student nurses. The month of October brings with it renewed energy and enthusiasm as we prepare for this much-awaited event. The countdown has begun, and preparations are in full swing to make this historic Conference a memorable one for student nurses from across the country. In this issue of the *Bulletin*, we are delighted to share more information about the forthcoming Conference, including the *Conference Committee Members list*, *places of interest around the venue*, and *special highlights to look forward to*. We invite you to follow the updates and be part of this grand celebration of student nurses' leadership, learning, and creativity.

A gentle reminder to those who could not make it so far for any reason – **online registration is still open** [the link for registration is: <https://snaiconference.tnaionline.org>]. As time is running out, we request you to complete your registration immediately to avoid last-minute rush.

October also reminds us of our professional responsibilities through numerous important health events observances:

International Day of Older Persons (1 October) – reaffirming our commitment to care and respect for the growing elderly population with diverse issues.

World Sight Day (9 October) – drawing attention to the importance of eye health (1.1 billion people are living with an untreated or preventable visual impairment).

World Mental Health Day (10 October) – advocating for mental health awareness and well-being as mental health is posing formidable challenge worldwide.

Breast Cancer Awareness Month (October) – highlighting early detection and treatment that can cut down morbidity & mortality due to breast cancer.

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Nurses as crucial functionary in health promotion, are associated with celebration of above events at various levels. Let us keep continue and raise our commitment towards making of healthier communities by vigorous involvement in these observances through awareness generation activities.

Back to the **31st Biennial Conference of SNAI**, let us all gear up for the mega event with renewed zeal and determination. This is not just an event but a celebration of student nurses' talent, knowledge, and leadership. We look forward to welcoming you to this grand event and joining hands in making it a success. Together, let us continue to march ahead with dedication, compassion, and a vision for a healthier tomorrow.

Evelyn P Kannan

Chief Editor & Secretary General, TNAI

Orientation Programme for TNAI Meghalaya 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 Meghalaya State branch participated in the two-days orientation programme on 9-10 September, 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) Smt Sara Mary Jyrwa, President; (2) Smt Phisha Nora Nongpluh, Secretary; (3) Mr Daiamonlang Nongbri, Joint-Secretary; (4) Ms Daily Happy Langba, Treasurer; (5) Ms Suzy Lewis Chen, SNAI Advisor; (6) Ms Coniefer May Kharmalki, Chairperson-Nursing Education & Research Committee; (7) Ms Neera June M Diengdoh, Chairperson-Programme Committee; (8) Ms Iaikyntiew Warlarpih, Chairperson-Membership Committee; (9) Ms Ieiriti Lyndem, Chairperson-Public Health Nursing Section; (10) Ms Phibakor Kharkongor, Chairperson-Nursing Service Section; (11) Mr Mihsalan Dkhar, Chairperson Socio-Economic Welfare Committee; (12) Mrs Ester Litting, Chairperson-LHV/ANM Committee.

INVITATION TO THE 31st SNAI BIENNIAL CONFERENCE

Pune, Maharashtra | November 20–22, 2025

On behalf of the Maharashtra State Branch of TNAI and the members of SNAI, it gives us great pleasure to invite you to the **31st SNAI Biennial Conference**, scheduled to be held in **Pune, Maharashtra**, from **20th to 22nd November, 2025**.

We look forward to your esteemed presence and active participation in making this prestigious event a memorable and enriching experience.



Ms Durga Nandkumar Mungekar,
State SNAI Chairperson.



Ms Purvi Kumari Dhillon,
State SNAI Secretary.

Election Result – TNAI Arunachal Pradesh State Branch 2025

An Election of TNAI Arunachal Pradesh Branch were held on 9th August, 2025 at Conference Hall, Hotel Dhasang, Dhasang Complex, Near Sohum, Barapani, Naharlagun-791110, Arunachal Pradesh

1. **President:** Mrs. Pate Yasung N Gurang, **TNAI No.** 198505, **Address:** GWS Apartment, C-Sector, Naharlagun
2. **Vice President:** Ms. Tadar Yagam, **TNAI No.** 198509, **Address:** E Sector, Naharlagun, Arunachal Pradesh
3. **Secretary:** Mrs. Techu Mepung, **TNAI No.** 264949, **Address:** E Sector, Naharlagun, Arunachal Pradesh
4. **Joint Secretary:** Mrs. Minutaw, **TNAI No.** 312480, **Address:** P Sector, Itanagar, Arunachal Pradesh
5. **Treasurer:** Ms. Mamung Bullo, **TNAI No.** 302108, **Address:** APNC, C Sector, Naharlagun, Arunachal Pradesh
6. **SNAI Advisor:** Ms. Lily Kulo, **TNAI No.** 23385, **Address:** Prem Nagar, Veterinary Colony, Arunachal Pradesh
7. **Chairperson- Nursing Education and Research Committee: Vacant**
8. **Chairperson- Programme Committee:** Ms. Toko Jhansi, **TNAI No.** 302776, **Address:** C/O CHC Doimukh, Amba Apartment, Amba, Doimukh, Papum Pare, Arunachal Pradesh
9. **Chairperson-Membership Committee:** Ms. Yumnam Shiela Devi, **TNAI No.** 225515, **Address:** ESS-Sector, Near NEFA Club, Itanagar-791111, Arunachal Pradesh
10. **Chairperson- Public Health Nursing Section:** Mrs. Likha Yallam, **TNAI No.** 142590, **Address:** C/O Tame Takiang Tarh, Popu-I Village, Near BTM Hospital, Naharlagun, Arunachal Pradesh.
11. **Chairperson- Nursing Service Section: Vacant**
12. **Chairperson- Socio-Economic Welfare Committee:** Ms. Laxmi D Sonam, **TNAI No.** 226828, **Address:** Papu Nallah, Near B. A. Enterprises
13. **Chairperson- LHV/ANM Committee: Vacant**

Mrs. Kijum Sora Karga
Returning Officer

TNAI Arunachal Pradesh State Branch Election 2025

Election Result – TNAI Uttarakhand State Branch 2025

An Election of TNAI Uttarakhand Branch were held on 19th August, 2025 at Hotel Jahanvi Dale, Delhi-Haridwar Bypass Road, Gulab Bagh, Gyan Lok Colony, Mayapur, Haridwar-249408, Uttarakhand

1. **President:** Dr. Rajesh Kumar Sharma, **TNAI No.** 278825, **Address:** Himalayan College of Nursing, Swami Rama Himalayan University, Dehradun-248016, Uttarakhand.
2. **Vice President:** Mr. Umesh Kumar Sharma, **TNAI No.** 136190, **Address:** Nursing Service AIIMS, Veer Bhadra Road, Rishikesh, Distt. Dehradun, Uttarakhand
3. **Secretary:** Dr. Mamta, **TNAI No.** 220800, **Address:** Lane No.2 Nanak Vihar Dehrakhas Patel Nagar, Dehradun-248001, Uttarakhand
4. **Joint Secretary:** Mrs. Priya J P Narayan, **TNAI No.** 161348, **Address:** Himalayan College of Nursing, Swami Rama Himalayan University, Dehradun-248016, Uttarakhand.
5. **Treasurer:** Mrs. Pushpa Rani, **TNAI No.** 188746, **Address:** Dept. of Nursing Servicews, AIIMS Rishikesh, Uttarakhand
6. **SNAI Advisor:** Ms. Anita Adhikari, **TNAI No.** 295546, **Address:** Type 4 G-2 Medical College Campus, Haldwani, Nainital-263139, Uttarakhand.
7. **Chairperson- Nursing Education and Research Committee:** Dr Harleen Kaur, **TNAI No.** 99451, **Address:** Himalayan College of Nursing, Swami Rama Himalayan University, Dehradun-248016, Uttarakhand.
8. **Chairperson- Programme Committee:** Dr Dipti Y Sorte, **TNAI No.** 67233, **Address:** N S C O N, Subharti University, Nanda Ki Chowki, Prem Nagar, Dehradun-248007, Uttarakhand.
9. **Chairperson-Membership Committee:** Ms. Anju Rani, **TNAI No.** 295545, **Address:** B. D. Pandey School of NSG, Tallital, Nainital-263002, Uttarakhand
10. **Chairperson- Public Health Nursing Section: Vacant**
11. **Chairperson- Nursing Service Section:** Dr. Mehvish Khalid, **TNAI No.** 161347, **Address:** 178/20 Lakkhibagh, Near GGI College, Dehradun-248001, Uttarakhand
12. **Chairperson- Socio-Economic Welfare Committee: Vacant**
13. **Chairperson- LHV/ANM Committee: Vacant**

Dr. Kamli Prakash
Returning Officer
TNAI Uttarakhand
State Branch Election 2025

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



Students Nurses' Association of India & The Trained Nurses Association of India



Jointly organizing

31st SNAI Biennial Conference 2025

Hosted by: TNAI Maharashtra State Branch

SNAI is marching towards Centenary in 2029

Theme : *“Learning Today, Leading Tomorrow: The Journey of a Nursing Student”.*

Date : November 20th to 22nd, 2025

Venue : *World Peace Dome, VishwaRajbaug, MIT-ADT University, Solapur Road, Loni Kalbhor, Pune, Maharashtra*

List of Committee Chairpersons and Co-chairpersons

Conference Chairperson

Mrs Annie Kumar
National President,
TNAI

Conference Co-Chairperson

Mr. Dipkamal Bansilal Vyas,
National Vice-President, TNAI
(West Region)

Conference Secretary

Mrs. Evelyn P. Kannan
Secretary General, TNAI

Sl. No.	Designation	Name	Contact Number	Co-Ordinator's from TNAI Hqrs
1.	Organizing Committee Chairperson	Mr. Rajabhau Rathod President- TNAI Maharashtra State Branch	8693058555	
	Co- Chairperson	Prof. Shivcharan Singh Gandhar Principal, VishwaRaj Institute of Nursing, Pune, MH	8446907070/ 7875319513	
2.	Organizing Committee Secretary	Mrs. Ratna R Deore Secretary- TNAI Maharashtra State Branch	9833112838	Mrs. S. Vatchala Dhinakaran, Assistant Secretary General & SNAI Incharge (Mob: 8668059344)
	Co - Secretary	Mrs. Shilpa Ashok Shettigar SNAI Advisor- TNAI Maharashtra State Branch	9769864509	
3.	Invitation committee	Ms. Bhagyashree Sawale (Assistant Professor) Ms. Nishigandha Shelar, (Clinical Instructor)	9665295569, 9158235642	Mrs. Annu Verma, Assistant Secretary General (Mob: 9991807436)
		Mrs. Shweta Dabholkar State Vice President, TNAI Maharashtra State Branch	9769683164	

Sl. No.	Designation	Name	Contact Number	Co-Ordinator's from TNAI Hqrs
4.	Registration committee	Ms. Puja Mhalatkar (Clinical Instructor) Ms. Milka Giri, Ms. Leena Aware (Clinical Instructor)	8975782589, 9022101602, 9028824845	Mr. Ajinas AM, Assistant Secretary General (Mob: 7710809554) Mr. Prashant Sharma (Mob: 9999420669)
		Mr. Saisagar Kshirsagar State Joint secretary, TNAI Maharashtra State Branch	9870922120	
5.	Auditorium arrangement	Ms. Rajinimol T R (Associate Professor) Ms. Joyita Ghosh (Clinical Instructor) Ms. Kishori Khandave (Clinical Instructor)	8888999280, 9834241119, 9130718184	Mrs. Pallavi Chauhan (Mob: 8851321364)
		Mrs. Shilpa Ashok Shettigar SNAI Advisor- TNAI Maharashtra State Branch	9769864509	
6.	Inaugural Committee/ Parade	Ms. Shubhangi Gaikwad, (Professor) Dr. Jaya Deshmukh (Assistant Professor) Ms. Bhagyashree Sawale (Assistant Professor)	9834087987, 7666652859, 9158235642	Mrs. S. Vatchala Dhinakaran, Assistant Secretary General (Mob: 8668059344)
		Ms. Pradhnya Borkar (Clinical Instructor) Ms. Purva Sanap (Clinical Instructor)	9172971249, 9545771724	
		Dr. Bharti Veer State Treasurer, TNAI Maharashtra State Branch	9702940747	
7.	Accommodation committee	Mr. Varun Kamble, Mr. Pratik Dongre (Clinical Instructor)	9822727229, 9834211203	Mr. Sivadas K. (Mob: 9871780925) Mr. Praveen Kumar Saini, (Mob: 9818759437)
		Dr. Asha Khandagale Chairperson – Public Health Nursing Section, TNAI Maharashtra State Branch	9869192937	
8.	Food committee	Dr. Vaishali Gaikwad (Associate Professor) Mr. Sambhaji Jadhav, Ms. Ashwini Karhe (Clinical Instructor)	9881040585, 9765890095, 8796383638	Mr. Appu Das (Mob: 9871707159) Mr. Jijo Jose (Mob: 9871706987)

Sl. No.	Designation	Name	Contact Number	Co-Ordinator's from TNAI Hqrs
		Mrs. Anita Hande Chairperson – Nursing Service Section, TNAI Maharashtra State Branch	9867246591	
9.	Press & Publication committee	Ms. Nishigandha Shelar (Clinical Instructor) Ms. Monica Thatte (Clinical Instructor)	9665295569, 7057037094	Mrs. Seema (Mob: 9650965056)
		Mr. Rajabhau Rathod President- TNAI Maharashtra State Branch	8693058555	
10.	Scientific paper presentation committee	Dr. Jaya Deshmukh (Assistant Professor) Mrs. Pradnya Bhor (Assistant Professor)	7666652859, 14542072	Mrs. Annu Verma, Assistant Secretary General (Mob: 9991807436)
		Dr. Shobha Gaikwad Chairperson – Nursing Education & Research Section, TNAI Maharashtra State Branch	9822130708	
11.	Poster presentation committee	Ms. Bhagyashree Sawale (Assistant Professor) Mrs. Pramila Nikajje (Assistant Professor)	9158235642, 7058127325	Mrs. Mohini Mehra (Mob: 9958135568)
		Dr. Amrpali Gajbhiye Chairperson – Program Committee, TNAI Maharashtra State Branch	8805085755	
12.	Sports committee	Mr. Pratik Dongre (Clinical Instructor) Ms. Shraddha Memane (Clinical Instructor)	9834211203, 8421186101	Mr. Ajinas AM, Assistant Secretary General (Mob: 7710809554) Mr. Praveen Kumar Saini (Mob: 9818759437)
		Mrs. Nutan Kamble	9158617126	
		Mr. Saisagar Kshirsagar State Joint secretary, TNAI Maharashtra State Branch	9870922120	
14.	Competition committee Pencil sketch On the spot painting Essay writing Floor Decoration (Rangoli)	Ms. Puja Mhalatkar (Clinical Instructor)	8975782589	Mrs. Mohini Mehra (Mob: 9958135568)
		Mrs. Salomi Gaikwad (Assistant Professor)	7030153256	
		Mrs. Suchitra Dalvi Chairperson – Socio economic welfare committee, TNAI Maharashtra State Branch	9930603582	

Sl. No.	Designation	Name	Contact Number	Co-Ordinator's from TNAI Hqrs
	Extempore Mono Act Quiz	Mrs. Jyotsna Deshpande Chaiperson – Membership Committee, TNAI Maharashtra State Branch	9763328546	Ms. Soyaphi Shaiza (Mob: 9717681504)
		Mrs. Nilima Patil Representative ANM/LHV, TNAI Maharashtra State Branch	7021219729	
	Personality Contest	Mrs. Reena Chavan (Associate Professor) Ms. Pradhnya Borkar (Clinical Instructor) Ms. Purva Sanap (Clinical Instructor)	9172971249, 9545771724	Mrs. Sanghamitra Sawant, Deputy Secretary General (Miss.SNAI) (Mob: 9971453721) Mr. Ajinas AM, Assistant Secretary General (Mr.SNAI) (Mob: 7710809554)
		Dr. Amrpali Gajbhiye		
Mrs. Shilpa Ashok Shettigar SNAI Advisor- TNAI Maharashtra State Branch	9769864509			
	Group Dance	Ms. Gauri Sokande		Mrs. Annu Verma, Assistant Secretary General (Mob: 9991807436)
15.	Reception committee	Ms. Sonali Kendre (Assistant Professor) Ms. Apeksha Thorat (Clinical Instructor)	9730448407, 9112757000	Mrs. Sanghamitra Sawant, Deputy Secretary General (Mob: 9971453721) Mr. Sivadas K. (Mob: 9871780925)
		Mrs. Surekja Sawant Former President, TNAI Maharashtra State Branch	9867084046	
16.	Sponsors/ fundraising committee	Ms. Shubhangi Gaikwad Professor Ms. Monica Thatte (Clinical Instructor) Mr. Varun Kamble	9834087987, 7057037094, 9822772229	
		Mr. Rajabhau Rathod President- TNAI Maharashtra State Branch	8693058555	
17.	Souvenir committee	Mrs. Reena Chavan (Associate Professor) Ms. Rajinimol T R (Associate Professor)	8888848393, 8888999280	

Sl. No.	Designation	Name	Contact Number	Co-Ordinator's from TNAI Hqrs
		Dr. Shobha Gaikwad Chairperson – Nursing Education & Research Section, TNAI Maharashtra State Branch	9822130708	
18.	Transport and Finance committee	Mr. Ganesh Bhangre (Clinical Instructor)	9765863342	Mr. Sivadas K. (Mob: 9871780925) Mr. Praveen Kumar Saini, (Mob: 9818759437)
		Dr. Bharti Veer, State Treasurer, TNAI Maharashtra State Branch		
19.	Sightseeing arrangement committee	Ms. Purva Sanap (Clinical Instructor) Ms. Shraddha Memane (Clinical Instructor)	9545771724, 8421186101	Hosting Branch
		Mrs. Shweta Dabholkar State Vice President, TNAI Maharashtra State Branch	9769683164	
20.	Health & wellness committee	Mr. Pratik Dongare (Clinical Instructor) Ms. Milka Giri, Ms. Leena Aware (Clinical Instructor)	9834211203, 9022101602, 9028824845	Hosting Branch
		Mrs. Nilima Patil Representative ANM/LHV, TNAI Maharashtra State Branch	7021219729	
21.	Valedictory committee	Mrs. Shubhangi Wankhede Dr. Jeya Deshmukh (Assistant Professor) Mrs. Bhagwathe Masale		Mrs. S. Vatchala Dhinakaran, Assistant Secretary General (Mob: 8668059344) Mrs. Mohini Mehra (Mob: 9958135568)
		Ms. Pradhnya Borkar (Clinical Instructor) Ms. Purva Sanap (Clinical Instructor)	9172971249, 9545771724	
		Mrs. Anita Hande Chairperson – Nursing Service Section, TNAI Maharashtra State Branch	9867246591	
		Mrs. Suchitra Dalvi Chairperson – Socio economic welfare committee, TNAI Maharashtra State Branch	9930603582	

NOTE: Please make sure that all the committee members are registered for the conference

Countdown - 31st SNAI Biennial Conference – Pune, Maharashtra

20–22 November 2025 | World Peace Dome, Vishwa Rajbaug, MIT–ADT University

Dear Student Delegates,

We are just days away from the much-awaited **31st SNAI Biennial Conference 2025**, hosted by **TNAI Maharashtra State Branch**. As you pack your bags and prepare to join us in Pune, here's a glimpse of what awaits you in this vibrant city—so that your visit is not only academically enriching but also truly memorable!

Pune, once the seat of the **Peshwas of the Maratha Empire**, is today known as the **Oxford of the East** for its premier educational institutions and as the **Cultural Capital of Maharashtra**. A perfect blend of tradition and modernity, Pune offers you history, spirituality, shopping, and food—all in one city!

Accommodation & Sightseeing:

SNAI delegates please contact **Green Tourism & Consultancy** (Mobile: 9894488408 / 9677293739).

Must-Visit Landmarks:

- **Aga Khan Palace (1892):** A national monument of India's freedom movement, housing memories of Mahatma Gandhi.
- **Pataleshwar Cave Temple (8th century):** A rock-cut shrine dedicated to Lord Shiva.
- **Shaniwar Wada:** The grand fort built in 1732, a symbol of Maratha pride and history.
- **Dagdusheth Halwai Ganpati Temple:** One of the most revered Ganesh temples in Maharashtra.

Shopping in Pune – Take a Memory Home

- **Shrewsbury Biscuits (Kayani Bakery)** – A Pune classic!
- **Bhakarwadi (Chitale Bandhu) & Laxmi Narayan Chiwda** – Famous Maharashtrian snacks.
- **Kolhapuri Chappals, Paithani Sarees, Poona Sarees & Puneri Pagadi** – Timeless souvenirs.
- **Tulsi Baug Market** – Bustling lanes filled with clothes, jewelry, accessories, and local treasures.

Taste Pune – A Foodie's Paradise

Don't miss Pune's street food delights—from Misal Pav to Vada Pav, and of course, the city's famous bakeries!

Travel Tips & Essentials

- **By Train:** Pune Junction Railway Station.
- **By Air:** Pune International Airport.
- **Essentials to Pack:** ID card, conference materials, first-aid kit, personal medicines, and insect repellents for a comfortable stay.
- **Return Tickets:** Ensure your return journey is booked in advance to avoid last-minute rush.

Make the Most of the Conference

- **Network Smartly:** Meet peers from across the country, exchange ideas, and build lasting professional connections.
- **Be Prepared:** Carry your notebooks, pens, and conference essentials.
- **Stay Energized:** Get a good night's sleep and arrive on time for every session to maximize learning.

Conference Day – 20 November 2025

Join us at the **World Peace Dome, VishwaRajbaug, MIT–ADT University, Solapur Road, Loni Kalbhor, Pune**. Get ready for an inspiring, transformative, and unforgettable experience!

Let's Make History Together!

As **SNAI marches towards its Centenary in 2029**, your participation in this milestone conference will mark a proud step forward.

We wish you a **safe journey, fruitful learning, and joyful memories** in Pune!

With warm regards,

Mrs. Evelyn P. Kannan

Secretary General, TNAI

Places of Interest in and around Pune, Maharashtra

Pune is a sprawling city in the western Indian state of Maharashtra. It was once the base of the Peshwas (prime ministers) of the Maratha Empire, which lasted from 1674 to 1818. It's known for the grand Aga Khan Palace, built in 1892 and now a memorial to Mahatma Gandhi, whose ashes are preserved in the garden. The 8th-century Pataleshwar Cave Temple is dedicated to the Hindu god Shiva.

Pune is famous as the “cultural Capital of Maharashtra for its rich cultural heritage, vibrant arts, and prominent educational institutions, vibrant arts scene, and significant historical sites like Shaniwar Wada and Aga Khan Palace. It is also a major hub for IT, automotive industries, and research and well known for its delicious street food, and spiritual sites such as the Dagdushent Halwai Ganpati Temple.

In Pune, you can buy famous items like Shrewbury Biscuits from Kayani Bakery, Bhakarwadi from Chitale Bandhu, and Laximi Narayan Chiwda. Other popular buys include Kolhapuri chappals, Paithani and Poona Sarees, and the traditional Puneri Pagadi. You can also find various clothing, footwear and accessories, especially at the bustling Tulsi Baug Market.

1. World Peace Dome

The largest dome in Pune is the World Peace Dome, World Peace Prayer Hall and library stands tall at 263 feet. It has a diameter of 160 feet, the height of the dome is 96 feet, whereas the height of the total structure from the ground to the apex is 263 feet. The inside sitting area is spread over an area of 20,000 sq ft.



Envisioned by **Dr. Vishwanath Karad**, the dome is a tribute to **peace, harmony, and knowledge**, serving as a space for **spiritual reflection and dialogue across cultures and faiths**. Inside are statues of over **50 great philosophers, scientists, and spiritual leaders** like **Vivekananda, Buddha, Einstein, Gandhi, Confucius, and Mother Teresa** — representing the unity of **science, spirituality, and humanity**. The dome hosts **lectures, peace conferences, cultural events**, and programs focused on **global peace, sustainability, and holistic education**.

2. Aga Khan Palace

Built in 1892 by Sultan Aga Khan III in Pune, the palace became a key site during India's freedom struggle. Mahatma Gandhi, Kasturba Gandhi, and Mahatma's secretary Mahadev Desai, were imprisoned here after the Quit India Movement in 1942. The palace is known for its **Italian arches, spacious hallways, and lush gardens**—a blend of **Islamic and European styles** over a sprawling **19-acre campus**. Today, it houses a **museum with rare photos, letters, and personal items of Gandhi**, and promotes **Gandhian values and teachings**.



3. Raja Dinkar Kelkar Museum

Founded by **Dr. Dinkar G. Kelkar**, the museum showcases over **20,000 artefacts** (around 2,500 on display), representing **India's rich cultural heritage** from the 18th and 19th centuries. The collection includes **musical instruments, weapons, sculptures, paintings, textiles, toys, masks, utensils, and household items** — offering insight into **daily life in historic India**. A major highlight is the recreated **Mastani Mahal**, dedicated to **Mastani**, the wife of Peshwa Bajirao I, giving visitors a glimpse into royal Maratha architecture and lifestyle. Dr. Kelkar built the museum in memory of his son, **Raja**, making it a heartfelt tribute as well as a treasure trove of **folk and decorative arts** from across India.



4. Shaniwar Wada

Built in **1732** by **Bajirao I**, Shaniwar Wada was the **political and administrative centre of the Maratha Empire**. Originally a grand **seven-story palace-fort**, it featured **massive gates, fountains, gardens, and Maratha-style architecture**. Today, only the **stone base and outer walls** remain after a major fire in 1828. The huge entrance gate, **Delhi Darwaza**, was built to allow elephants to enter and is still an iconic landmark. Shaniwar Wada is also known for **mystery and folklore**, especially the tale of **Narayanrao Peshwa's assassination**, making it one of Pune's most talked-about **haunted places**.



5. Dagdusheth Halwai Ganpati Temple

Iconic Ganesh Temple in Pune, built in the **1890s** by **Dagdusheth Halwai**, a sweet maker, the temple is one of the **most famous and visited Ganesh temples** in Maharashtra. The temple houses a **7.5-foot-tall Ganesh idol**, adorned with **real gold ornaments** weighing over **40 kg**, donated by devotees over the years. It's a key centre during **Ganesh Chaturthi**, attracting **millions of devotees and tourists**. The celebrations are grand and heavily covered by the media. The temple is run by a trust involved in various **charitable activities**, including **education, healthcare, and disaster relief**.



ऑस्टियोपोरोसिस - मुख्य उपचार बचाव है

ऑस्टियोपोरोसिस एक क्रॉनिक/दीर्घकालिक (दीर्घकालिक) अवस्था है, जिसके चलते हड्डियों के टूटने का जोखिम बढ़ जाता है। कई लोगों को एकबारगी हड्डी टूट जाने पर ज्ञात होता है कि वे ऑस्टियोपोरोसिस की गिरफ्त में आ गए हैं। ऑस्टियोपोरोसिस तब ज्यादा होता है जब व्यक्ति की हड्डियों का घनत्व कम हो जाए, या कैल्शियम जैसे खनिज के अभाव में हड्डियां नाजुक हो गई हों। विश्व में 50 करोड़ से अधिक लोग ऑस्टियोपोरोसिस से प्रभावित हैं। इसके बावजूद, इसके निदान और उपचार की उपेक्षा सी रहती है। ऑस्टियोपोरोटिक फ्रैक्चर के 80 प्रतिशत तक मरीजों को कोई अनुवर्ती निदान या उपचार नहीं मिलता। ऑस्टियोपोरोसिस के प्रति जागरूकता सवर्धित करने और इस अवस्था से ग्रस्त व्यक्तियों को राहत दिलाने की दृष्टि से प्रतिवर्ष 20 अक्टूबर का दिन विश्व ऑस्टियोपोरोसिस दिवस बतौर मनाया जाता है।

ऑस्टियोपोरोसिस की संभावना बढ़ाने वाले कारक

बड़ी उम्र; महिला होना; हाइपरथायरायडिज्म (अतिसक्रिय थायरॉइड); मधुमेह; कॉर्टिकोस्टेरॉइड्स सरीखी दवाएं; अस्वस्थ आदतें जैसे धूम्रपान, अल्कोहल का अत्यधिक सेवन, कम चलना-फिरना, व्यायाम नहीं करना; शरीर को इच्छित मात्रा में विटामिन डी न मिलना। अगर आपमें कोई अन्य जोखिम कारक नहीं भी हैं, तो भी अगर आपकी आयु 70 वर्ष या इससे अधिक हो तो अपने डॉक्टर से परामर्श लेना चाहिए। वे आपकी हड्डियों के घनत्व की जाँच के लिए आपको एक परीक्षण कराने की सलाह दे सकते हैं।

ऑस्टियोपोरोसिस के रोगी को कैल्शियम युक्त खाद्य पदार्थों, जैसे डेयरी उत्पादों से भरपूर स्वस्थ आहार के सेवन, गिरने से बचाव, धूम्रपान बंद करने, कुछ समय – विशेषकर सुबह धूप में रहने और उचित देखरेख में नियमित फिजियोथिरेपी की सलाह दी जाती है।

– हरीश बड़थवाल (लेखक के ब्लॉग www.bluntspeaker.com से साभार)

OBITUARY

Smt Heikrijam Nilashakhi Devi

1966 - 23 July 2025

The veteran nurse professional Smt Heikrijam Nilashakhi Devi in Manipur left her earthly abode on 23 July 2025.

She had been a highly respected and dedicated nurse, who made enormous contribution to quality nursing care and leadership. Her tireless efforts, vision and commitment to excellence left an indelible mark in her workplace. Her memories shall be long cherished by her colleagues and others.



Prof Thoudam Nandarani Devi, Vice President, TNAI NE Region and entire Manipur branch offer their heartfelt condolences and wish that her legacy continues to inspire and guide them. May her soul rest in peace!

शारीरिक दुरस्ती से कम अहम नहीं है मन की दुरस्ती

नीरोग, खुशनुमां जीवन का दारोमदार स्वस्थ शरीर के बजाए मन पर अधिक है। वह इसलिए कि हमारी शारीरिक प्रक्रियाएं कैसे संचालित होंगी, इसके अनुदेश मन जारी करता है। स्वस्थ रहने की इच्छा भर से रोगी आधा ठीक हो जाता है। बालाजी के दर्शन से मेरी फलां समस्या दूर हो जाएगी, यह विश्वास मन में घर जाए तो बालाजी की तैयारी के दौरान और वहां पहुंचते-पहुंचते ही व्यक्ति स्वस्थ होने लगता है। किंतु स्मरण रहे, मानसिक रोग की जड़ हमारी सोच है।

हालांकि अच्छे स्वास्थ्य की डब्लूएचओ की परिभाषा में मानसिक और सामाजिक पक्षों का उल्लेख है (न केवल रोगों से पूर्ण मुक्ति बल्कि शारीरिक, मानसिक और सामाजिक दृष्टि से बेहतरी) किंतु मनुष्य के दिव्य पक्ष की भूमिका का डब्लूएचओ और आधुनिक चिकित्सा में स्थान नहीं है। नोबल विजेता स्टीफेन हॉकिन्स सरीखे खरे व्यक्ति की जीवंतता को समझने के लिए मानना पड़ेगा कि मन-तन की खैरियत से इतर मनुष्य का परालौकिक (दैविक) पक्ष है जो उसे न केवल स्वस्थ मुद्रा में रखने में सक्षम है बल्कि उसे अभूतपूर्व ऊंचाइयों तक ले जाता है।

मानसिक स्वास्थ्य का वैश्विक और परिदृश्य चिंताजनक है। विभिन्न स्रोतों के अनुसार संप्रति देश के 15 से 20 प्रतिशत व्यक्ति डिप्रेशन, उद्विग्नता आदि मनोरोगों से ग्रस्त हैं, यह प्रतिशत तेजी से बढ़ रहा है। चेतावनी जताई जा रही है अगले बारह वर्षों में मानसिक और गैर-मानसिक रोगियों की संख्या बराबर हो जाएगी। उपचार में एक बड़ी बाधा कुशल मनश्चिकित्सकों और संसाधनों की कमी है। अपने यहां मनोरोगों में बढ़त के पीछे पश्चिमी समाज से प्रतिस्पर्धा और स्वदेशी तौरतरीकों की अनदेखी मुखर हैं। जनजीवन में जरा-जरा सी बातों पर घर, कार्यस्थल तथा समुदायों में अशांति, मनमुटाव और क्लेश बढ़ रहे हैं। एक अध्ययन के अनुसार महानगरों में एक तिहाई विवाह रस्म के छह माह में टूट जाते हैं। डब्लूएचओ के तत्वाधान में प्रतिवर्ष 10 अक्टूबर का दिन विश्व मानसिक स्वास्थ्य दिवस बतौर मनाया जाता है।

जितना दुख मनुष्य को उसका मस्तिष्क देता है उतना कोई अन्य नहीं दे सकता। स्वयं के मन को कुशल, दुरस्त रखना आज बहुत बड़ी चुनौती है। बुद्ध ने कहा, प्रत्येक व्यक्ति अपने स्वास्थ्य का निर्माता स्वयं है। आवश्यक है स्वयं को प्रभु की अस्मिता से जुड़ा महसूस करें, मन को अभीष्ट दिशा देने की क्षमता को पहचानें। तब हम स्वस्थ, सकारात्मक मुद्रा में रह सकेंगे।

— हरीश बड़थवाल (लेखक के ब्लॉग www.bluntspeaker.com से साभार)

एकाकीपन और मानसिक व्याधि: विवेक मूर्ति क्या कहते हैं

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