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THE TRAINED NURSES' ASSOCIATION OF INDIA

TNAI BULLETIN



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MARCH 2026

Advancing Together for the Patient Care

As we step into the vibrant March, the Trained Nurses' Association of India (TNAI) continues to move forward with dedication, professional commitment, and a vision to strengthen the nursing & midwifery fraternity across the country. This month's bulletin highlights key initiatives that reflect our collective progress and future direction.

A key event of the month was partnering the launch of 'Online Platform for Education on Antimicrobial Resistance (OPEN-AMR)' in Goa on 17 February 2026. As we are aware, antimicrobial resistance has already emerged as a serious global health concern. Nurses play a crucial role in infection prevention & control as well as patient education. ABR may increase hospital costs, utility loss and mortality risk. Understanding these losses at national, regional and global scales is necessary for efficient management of ABR. TNAI's participation reflects the profession's growing leadership in promoting patient safety and the rational use of antimicrobials.

Promoting Digital Healthcare: TNAI, in collaboration with the Koita Foundation (a Mumbai-based organisation harnessing digital health for healthcare), has introduced the 'TNAI Digital Health Excellence Awards' for nurses who complete the Digital Health Foundations Course. The awards include ₹1,50,000 for the Top Performing State, ₹75,000 for the Best Performing Institute, and ₹1,000 each for Fast Track Learners, to be granted every month to the early achievers; of these, five awards are earmarked for TNAI members and SNAI members each. This initiative aims to encourage nurses to upskill, empower themselves, and gain recognition in the rapidly evolving digital health landscape.

The programme was marked by the distinguished presence of Vishwajit P Rane, Health Minister in Government of Goa; Yatindra Maralkar, IAS, Secretary, Department of Public Health; Dr Rupa Naik, Director of Health Services; and Dr Jay Prakash Tiwari, Dean, Goa Medical College & Hospital. In the launch ceremony, the TNAI was represented by Dr Annie Kumar, National President, and Mrs Evelyn P Kannan, Secretary-General. In her address, Dr Annie Kumar emphasised that nurses are at the helm of infection prevention and play a decisive role in combating AMR.

CNMF Conference: Submission of Papers: Members may kindly note that the deadline for submission of papers is **31st March 2026**. We encourage nurse leaders, educators, researchers, and clinicians to actively showcase their scholarly work.

Preparations are also underway for the **79th TNAI National Conference**, featuring Scientific Paper Presentations, Concurrent Sessions across specialties, Scientific posters, and Case presentations. The theme, *Redefining Clinical Practice: Empowering Nurses Through Innovative Technology* underscores the need to integrate technology into modern nursing practice. Members may kindly refer to the detailed guidelines and participate actively. To further promote talent and

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engagement, the TNAI Council has introduced new competitions: Mr & Ms TNAI and the Group Dance Competition. Detailed guidelines will appear in the forthcoming issue. Members are encouraged to prepare enthusiastically.

We hope, all eligible members shall participate responsibly in the Tamil Nadu State Branch Election Notification (details at pp 35 inside).

International Women's Day 2026 (theme: *Rights. Justice. Action. For all Women and Girls*) reminds us of our collective responsibility to champion equity, strengthen leadership, and advocate for safe and supportive work environments while recognising the invaluable contributions of nurses and midwives worldwide.

We look forward to the continued, enthusiastic and active participation of our members in the above events.

Mrs Evelyn P Kannan
Chief Editor & Secretary General TNAI



International Conference

Commonwealth Nurses and Midwives Federation Conference

Coming To India in 2026!

Co-Hosted by The Trained Nurses' Association of India (TNAI)

Date : 24-25 September 2026 | Venue: Manekshaw Centre, New Delhi

The world is transforming at lightning speed — & so is health care.

From digitisation to artificial intelligence, new frontiers are redefining how nurses and midwives learn, lead, & deliver care.

Join global nursing and midwifery leaders as we explore innovation, technology, leadership, education, and the future of professional practice in an evolving world.

What to Expect

- ✓ Over 500 delegates from 55 Commonwealth nations
- ✓ Scientific paper & poster presentations
- ✓ Ceremonial parade of member nations
- ✓ High-level discussions, networking & global collaborations



CALL FOR ABSTRACTS – NOW OPEN!

Share how you are shaping the future.

Submit your abstract at: commonwealthnurses.org/conference2026

Last date for submission: 31 March 2026

Queries: cnf@commonwealthnurses.org

Be part of one of the biggest global nursing and midwifery events of 2026.

Let's navigate new horizons—together



Shaping the Future

nurses and midwives navigating new frontiers

7th Commonwealth Nurses and Midwives Conference

Thursday 24 and Friday 25 September 2026, New Delhi, India

Note: Conference organisers cannot provide financial assistance for travel or accommodation. Presenters must register and pay the applicable fee. Reduced registration will be available for presenters.

Moving ahead with commitment and dedication Since 1908

TNAI Tamil Nadu State Branch Election Notification-2026

Nominations are invited for the various posts in Tamil Nadu State Branch Executive Committee of TNAI.

Schedule of Election

Date of notification of the election	07/03/2026
Last date for submission of nominations at TNAI hqrs.	18/04/2026 on or before 5 pm <i>(Any nomination received at TNAI Hqrs. after 5 pm will be summarily rejected)</i>
Publication of final list of valid nominations at TNAI National and State Website	07/05/2026 on or before 5 pm
Last date for withdrawal	Till 20 days before the proposed date of polling notified by the Returning Officer
Publication of final list of eligible candidates in TNAI National Website and TNAI Bulletin	07/06/2026 or 20 days prior to the proposed date of polling.
Date of polling	2nd or 3rd week of July 2026 The exact venue(s) and the date(s) of polling (if required) will be communicated through TNAI National Website, Tamil Nadu State 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.

1. List of office bearers in the State/UT Branch executive committee (Extract of TNAI Bye Laws related to State/UT Election)

- 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 (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.
- 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 be considered as accepted nomination.
- vi. The contestant can submit any number of nominations for any one of the offices 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 Hqs 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 as 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.

TNAI Tamil Nadu State Branch Election 2026
Nomination Form

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

NAME OF THE POST: -----

Name of the Candidate: -----

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

Designation of the candidate: -----

(Please attach the proof of designation)



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 _____ TNAI Tamil Nadu 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	Seconder
Name:		
TNAI Number:		
Signature:		
Address:		
Mobile Number:		
Email Id (In Capital Letters):		

General Instructions to the contestants

- 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 submitted shall be supported by a self-attested photocopy of the TNAI life membership photo ID card of the contestant, proposer, and seconder.
- The TNAI membership information such as TNAI Number, photo and signature of the contestant, proposer and seconder in the nomination sheet shall match with the TNAI records to consider as valid nominations.**
- The proposer and seconder must be working and residing in Tamil Nadu.
- Any nomination proposed or seconded by a member who is not working or residing in Tamil Nadu will be summarily rejected
- Before signing in the proposer or seconder columns, the proposer and seconder must update their enrolment status if they are not enrolled in Tamil Nadu.
- 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 Tamil Nadu, the state displayed in the search results will be Tamil Nadu. The code for the Tamil Nadu State Branch as per TNAI Life membership card is **TN**.
- To transfer your membership from another state to Tamil Nadu State Branch, 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 seconder shall confirm that their membership is transferred to Tamil Nadu before sending the Nomination(s) to TNAI Hqrs.**
- 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.**
- All other correspondence and queries related to the election to be sent to: tnaielections@gmail.com

Last date and time to receive the nominations:

Only the nominations received at TNAI Headquarters on or before 5:00 PM on 18/04/2026 will be considered valid.

How to send the nominations

Please mark the nomination envelope "Nomination sheet – TNAI Tamil Nadu State Branch Election 2026" and send to: **Dr. Jaeny Kemp, Returning Officer, TNAI Tamil Nadu State Branch Election, C/o TNAI Headquarters, L-17, Florence Nightingale Lane, Green Park, New Delhi-110016.**

TNAI Invites Submissions for the 79th National Conference

The Trained Nurses' Association of India (TNAI) is pleased to invite submissions for **Scientific Paper Presentations, Concurrent Sessions (all nursing specialties), Scientific Posters, and Case Study Poster Presentations** for the upcoming **79th TNAI National Conference**.

Eligibility Criteria

1. The author must be a TNAI member.
2. The paper must be original and unpublished.
3. The work should not have been previously published in any journal

1. Scientific Paper Presentation

Papers should be based on the conference theme:

“Redefining Clinical Practice: Empowering Nurses Through Innovative Technology.”

2. Concurrent Session

- Topics may cover **all nursing specialties**.
- The study should have been conducted within the **last four years** and may include **innovations and best practices**.

3. Scientific Poster Presentation

Guidelines for Serial Nos. 1, 2 & 3

Submissions must include the following components:

- Title
- Abstract
- Introduction
- Need for the Study / Background
- Objectives
- Methodology
- Results
- Discussion
- Nursing Implications
- Conclusion
- Recommendations
- References (Vancouver or APA style)

Word Limit: Up to 3,000 words (for Scientific Paper and Concurrent Session)

Keywords: Minimum 5 keywords required

Tables/Figures: Include where applicable, with proper interpretation

Referencing Style: Vancouver or APA

4. Case Study Poster Presentation

- i. **Title:** Clearly state the diagnosis and/or intervention highlighted in the case.
- ii. **Keywords:** Provide 2–5 keywords identifying the diagnosis or intervention. The term **“case report”** must be included as one of the keywords.
- iii. **Abstract:** Briefly summarize the case and its significance.
- iv. **Introduction:** Provide a brief background explaining the uniqueness of the case. Relevant literature references may be included.

v. **Patient Information:**

- De-identified patient-specific information
- Primary concerns and symptoms
- Medical, family, and psychosocial history (including relevant genetic information)
- Relevant past interventions and their outcomes

vi. **Clinical Findings:**

- Significant physical examination findings
- Other important clinical observations

vii. **Timeline:**

- Present historical and current information from this episode of care
- May be shown as a figure or table

viii. **Diagnostic Assessment:**

- Diagnostic methods used (physical examination, laboratory tests, imaging, surveys, etc.)
- Diagnostic challenges encountered
- Final diagnosis (including differential diagnoses considered)
- Prognostic characteristics, when applicable

ix. **Therapeutic Intervention:**

- Type(s) of intervention (pharmacologic, surgical, preventive, etc.)
- Details of administration (dosage, strength, duration)
- Changes in therapy with justification

x. **Follow-up and Outcomes:**

- Clinician- and patient-assessed outcomes (if available)
- Follow-up investigations and results
- Intervention adherence and tolerability (including assessment method)
- Adverse or unanticipated events

xi. **Discussion:**

- Strengths and limitations of the case management
- Discussion in relation to relevant literature
- Rationale for conclusions
- Conclude with one paragraph highlighting the primary take-away lessons (without references)

xii. **Patient Perspective:** Include the patient's perspective on the treatment(s) received, if available.

xiii. **Informed Consent:**

- Written informed consent must be obtained from the patient and produced if requested.
- All patient information must be fully de-identified.

Common Guidelines for Preparing Scientific Poster and Case Study Poster

1. Poster Size

- Recommended size: **A0 (84.1 cm × 118.9 cm)**
- Orientation: **Portrait only**
- File format for submission: **High-resolution PDF (300 DPI recommended)** suitable for flex printing

2. Layout Requirements

- Title at the top, clearly visible from a distance
- Organize content into logical sections with clear headings
- Use **two-column layout**
- Maintain adequate margins and spacing
- Include figures/tables where relevant
- Ensure all patient information is fully de-identified

3. Font Guidelines

- Title: **72–100 pt**
- Author names: **48–60 pt**
- Headings: **36–44 pt**
- Body text: **24–32 pt**
- Font style: Arial, Calibri, Helvetica, or Times New Roman
- Use bold for headings; avoid excessive italics and underlining

4. Visual Design

- Use high-contrast colours (light background preferred)
- Avoid overcrowding with text
- Use bullet points instead of long paragraphs
- Images and graphs must be high resolution
- Maintain a professional and academic appearance

5: Author Anonymity Requirement

- The poster must NOT contain any author names, institutional identity, or acknowledgements.
- Any submission revealing author identity within the poster will be **liable for rejection**.
- This is to ensure **fair blind evaluation**

Important Notes for Presenters

- **TNAI membership number to be mentioned**
- Provide complete **author details**
- **Ethical approval** (if applicable) must be enclosed
- **Last Date for Submission:** 30th September 2026
- **Submission through Email:** tnaiconference2026@gmail.com
- The decision of the Scientific Committee shall be final.
- Acceptance will be communicated to the corresponding author via email.
- Only accepted authors will be invited for presentation.
- No TA/DA will be provided by TNAI for presenters.
- All presenters must register for the conference.
- TNAI will award 10 hours (2 credits) and a certificate strictly based on completed registration and verified attendance.
- Papers not adhering to the prescribed guidelines are liable to be rejected.
- Ethical clearance (where applicable) and informed consent (if human participants are involved) are mandatory.
- Plagiarism must be strictly avoided and proper citation is mandatory.

Note: The Best Paper will be considered for publication in the *Nursing Journal of India (NJI)*.

The TNAI Strengthens Fight Against Antimicrobial Resistance at OPEN-AMR Launch in Goa

The Trained Nurses' Association of India (TNAI) participated as the Knowledge Partner in the launch of OPEN-AMR (Online Platform for Education on Antimicrobial Resistance) on **17 February 2026 at the Institute of Nursing Education, Bambolim, Goa.**

The initiative, supported as a CSR programme by Pfizer and implemented by Americares India, aims to empower nurses and frontline healthcare workers with structured online learning on Infection Prevention and Control (IPC) and Antimicrobial Stewardship (AMS).

The programme was graced by Vishwajit P. Rane, Hon'ble Health Minister, Government of Goa; Mrs Meenakshi Navetia, Country President, Managing Director Pfizer, India; Dr Rupa Naik, Director of Health Services; and Dr Jay Prakash Tiwari, Dean, Goa Medical College & Hospital.

Representing TNAI were Dr Annie Kumar, National President, and Mrs. Evelyn P Kannan, Secretary General; Mrs Nilima P Rane, President and Mr. Pratap S. Parab, Secretary and Mr Sangam S Sawan, SNAI Advisor of Goa State Branch.

In her address, Dr Annie Kumar emphasized that nurses are at the forefront of infection prevention and play a decisive role in combating Antimicrobial Resistance (AMR). She reaffirmed TNAI's commitment to capacity building and pledged full support in uniting the nursing fraternity against AMR through education, advocacy, and professional development initiatives.

The launch of OPEN-AMR marks a significant step towards strengthening frontline knowledge and ensuring quality patient care through evidence-based practices.



TNAI Bulletin

Form IV (See Rule 8)

The following Statement about ownership and other particulars relating to TNAI Bulletin are published as required by Section 19D, Sub-Section (b) of the Press and Registration of Books Act read with Rule 8 of the Registration of Newspapers (Central Rules, 1956).

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	Nationality	Indian
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6.	Place of Publication who own the newspaper and partners or shareholders holding more than one percent of the Capital	The Trained Nurses' Association of India L-17, Florence Nightingale Lane, Green Park, New Delhi-110016

I, Evelyn P Kannan, hereby declare that the particulars given above are true to the best of my knowledge and belief.

March 5, 2026

Mrs Evelyn P. Kannan
Signature of the Publisher

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

- **Copyright:** 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 emphasised 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 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 approval 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.

HEALTH AWARENESS DAYS OF THE MONTH

World Obesity Day: 4 March

Obesity is a chronic disease with excessive fat accumulation (usually body-mass index i.e. BMI of 30 or more) that poses considerable health risks like diabetes, heart disease, liver disease, sleep apnoea and certain cancers. It is an outcome of complex interactions between genetics, metabolism, and lifestyle, caused by more caloric intake than it consumes. (To calculate BMI, divide weight in kg by height in meters squared).

Almost 3 billion people, including over 400 million school age children, are already living with overweight or obesity - a figure estimated to reach 4 billion level (i.e. about half the global population) by 2035. Annually about 1.7 million premature deaths related to non-communicated diseases (NCD) deaths annually are attributed to overweight and obesity. Heart disease and stroke, type 2 diabetes, and osteoarthritis are linked to obesity. Childhood obesity is rising alarmingly rapidly, with rates among school-aged children increasing almost fivefold since 1975 particularly in low- and middle-income countries; it often continues into adulthood, increasing the risk of serious non-communicable diseases.

Obesity can impinge on the overall quality of life. One may be restricted to do physical activities of one's choice, and may also avoid public places. At places they may face discrimination. Childhood obesity is rising rapidly among school-aged children increasing almost fivefold since 1975, particularly in low- and middle-income countries.

Convened by the World Obesity Federation, **World Obesity Day on 4 March** every year calls for a cohesive, multi-pronged response to the obesity crisis by enhancing awareness, encourage advocacy, improve policies, and share experiences. Before going for prescription medicines and weight-loss procedures, it is advisable to resort to a healthy diet, increased physical activity.

World Kidney Day: 12 March

Kidneys have a seminal role in body functions. Located deep in the abdomen, beneath the rib cage, the primary function of kidneys is removal of toxins, other wastes and excess water from blood. Each kidney, fist-sized, is made out of a million tiny units, called nephrons. When nephrons are damaged, they stop functioning, placing added strain on the remaining healthy nephrons to sustain normal kidney function. It helps control blood pressure, produces red blood cells, and keeps the bones healthy. In case the damage continues, the remaining healthy nephrons have difficulty maintaining kidney function. The progressive loss in kidney function over months or years is called Chronic Kidney Disease (CKD), common in 1 in 10 of the adult persons having some form of kidney damage. Every year millions die untimely due to CKD complications. CKD can progress to kidney failure - a condition when kidneys cannot maintain their function anymore, posing a life-threatening risk. CKD is more common among women. CKD is a silent disease, people with CKD have no signs or symptoms until the late stage of the disease.

Kidneys control blood stream levels of many minerals and molecules including sodium and potassium and help control blood acidity. Every day your kidneys carefully control the salt and water in our body so that our blood pressure remains the same.

Orientation Programme for TNAI Telangana 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 Telangana State branch participated in the two-days orientation programme on 29-30 December 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 on 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 sections 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.

Executive 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 Rajeswari Muppidi, President; (2) Ms Chakravarthi Roja Rani, Vice President; (3) Ms. Chandrakala V Joint Secretary; (4) Ms Naga Prasanna Kumari B, Treasurer; (5) Prof Suseela M, SNAI Advisor; (6) Ms Divya P D, Chairperson-Nursing Education and Research Section; (7) Mrs Anitha Grace Peddi, Chairperson-Programme Committee (8) Mrs Sajini Siddela, Chairperson-Membership Committee; (9) Mrs Jhansi Priyadarshini B, Chairperson-Public Health Nursing Section; (10) Mrs Chilumula Chaitanya, Chairperson-Socio Economic Welfare Committee.

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विज्ञान का धर्म से वैर नहीं है

विज्ञान को प्रायः धर्म-विरोधी माना जाता है। विज्ञान और धर्म की पद्धतियों में कुछ अंतर अवश्य हैं किंतु लक्ष्य एक ही है। वह यह कि मनुष्य को परिष्कृत करते हुए उसे निरंतर प्रगति की ओर प्रशस्त रखना। साथ ही, ऐसी विधियां और साधन जुटाए जाएं या प्रचलित परिपाटी में संशोधन प्रस्तुत किए जाएं जिन्हें अपनाना अधिक सहज, सरल, और कल्याणकारी हो, जीवन अधिक अर्थपूर्ण बने। विज्ञान को धर्मविरोधी मानना उचित नहीं। वैज्ञानिक सत्य विस्मयकारी हो सकता है किंतु नैतिक सत्य दैविक होता है। प्रकृति की विराटता और इसके अनंत रहस्यों को बूझने की चेष्टाओं का नाम ही विज्ञान है। आस्था पर टिके धर्म और साक्ष्य पर टिके विज्ञान दोनों अपने तौरतरीकों से घटनाओं और प्रक्रियाओं को स्पष्ट और बोधगम्य बनाते हैं। वैज्ञानिक दृष्टिकोण अपनाएने का अर्थ धर्म को खारिज करना नहीं है।

पृथ्वी और समुद्र की अंदरूनी परतों की तो छोड़ ही दें। ज्ञान के अथाह भंडार के बावजूद पृथ्वी की ऊपरी सतह पर पलते जीवों और वनस्पतियों का आकलन भी संतुष्टिदाई नहीं रहा है। पेड़-पौधों, मानव शरीर के प्रमुख अंगों तथा व्याधियों पर सैकड़ों नियमित शोध पत्रिकाएं इसलिए प्रकाशित हो रही हैं चूंकि विकृतियों से राहत के लिए अभी तक प्राप्त ज्ञान और तकनीकें अतिसीमित हैं। शीर्ष विज्ञानियों की स्वीकारोक्ति है कि मनुष्य इस बाबत अत्यधिक अनभिज्ञ है। चूंकि मनुष्य का मूल स्वरूप दैविक है, उसके मस्तिष्क और हृदय के कार्यसंचालन को वैज्ञानिक आधार पर नहीं बूझ सकते। साक्ष्यों के अभाव में मनुष्य की दिव्यता को समझने-आंकने में वैज्ञानिक जुगतें निष्फल रहीं।

यह संयोग नहीं कि विश्व के आधे से अधिक सुधी विज्ञानियों ने अपनी उपलब्धियों का श्रेय सीधे या परोक्ष रूप से धर्म या आध्यात्मिकता को दिया। शीर्ष वैज्ञानिक ईश्वर या दैविक शक्तियों के प्रति आस्थावान थे। लेविस थॉमस ने कहा कि आध्यात्मिक मामलों में मनुष्य का ज्ञान अतिसीमित है।

विज्ञान की आधारशिला जिज्ञासा, अनुशीलन, जांच-परख की वृत्ति, प्रयोगधर्मिता, और तर्क पर टिकी है आस्था, धर्म और नैतिकता के लिए इसमें स्थान नहीं है। बस यहीं चूक हुई। दर असल प्रेम, सौंदर्य, मित्रता जैसी जीवन की अहम अस्मिताओं को परिभाषित-मूल्यांकित नहीं कर सकते। धर्म ही है जो आज के विघटनभरे समाज में विज्ञान से डांवाडोल हो रही मानसिक व भावात्मक व्यवस्थाओं में संतुलन व सामंजस्य बनाता है। और अंततः मनुष्य को संबल तथा स्थिरता प्रदान करता है। वैज्ञानिक सोच एक बेहतरीन चीज है, यह धर्मविरोधी भी नहीं है।

हरीश बड़थवाल के ब्लॉग www.bluntspeaker.com से साभार

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