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THE TRAINED NURSES' ASSOCIATION OF INDIA

TNAI BULLETIN



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APRIL 2026

Building a Future-Ready Nursing Workforce

As we continue our journey of strengthening the nursing profession in India, the coming months present meaningful opportunities for collective action and reorienting our ways suitably for more effective outcomes. **World Health Day**, observed annually on **7 April**, is being commemorated under the theme *Together for Health: Stand with Science*. This year's campaign underscores the importance of scientific collaboration in protecting the health of people, animals, plants, and the planet. Believing that science serves everyone, everywhere, and science powers health, WHO and its partners call for all stake holders to work incessantly on key health priorities encompassing water, sanitation, vaccination, infection control, and implementing evidence-based measures so that people at large can derive benefits of science-led initiatives. The year-long global movement highlights the need for strong partnerships to translate evidence into meaningful action. The observance calls on all stakeholders to champion science, strengthen trust in public health, and work collectively towards a healthier and more sustainable future.

TNAI remains steadfast in its commitment to preparing a future-ready nursing workforce. In this backdrop, *Internship to Impact: Nursing Interns Exit Readiness Programme (NIERP)* has been initiated at the Central Institute of Nursing & Research Centre, Greater Noida. This initiative strengthens nursing education through state-of-the-art simulation and hands-on skills training, effectively bridging the gap between theoretical learning and clinical practice, and ensuring that nursing graduates are confident, competent, and practice-ready.

Further, the **TNAI e-Learning Portal** promotes lifelong learning through flexible, high-quality courses, enabling nurses to earn over 500 credit hours while strengthening clinical, public health, and digital competencies (details on page 61).

Registration is now open for the **7th Commonwealth Nurses and Midwives Conference 2026**, a historical event being co-hosted by TNAI and CNMF on **24-25 September 2026** at **Manekshaw Centre, New Delhi**, under

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68. Rajkumari Amrit Kaur, College of Nursing, New Delhi

the theme, *Shaping the Future: Nurses and Midwives Navigating New Frontiers*. This global platform will foster knowledge exchange, innovation, and international collaboration (details on page 50). Also on the anvil is the **69th TNAI National Conference** with the theme, *Redefining Clinical Practice: Empowering Nurses Through Innovative Technology*, scheduled for **15-16 December 2026** at **Ramoji Film City, Hyderabad**. Details are available in inside pages of this bulletin.

Members are encouraged to actively participate in the **TNAI Manipur State Branch elections**, strengthening democratic leadership within the association.

TNAI/SNAI Scholarships: Online applications are invited for the academic year 2025-26 under two categories: TNAI Scholarships, and SNAI Scholarships. Applications shall be accepted by 5 June 2026. Eligibility conditions, guidance for applying, and other details are available in TNAI's related website (scholarship.tnaionline.org).

Simultaneously, we are eyeing on the countdown to the SNAI Centenary in 2029, celebrating a century of nurturing student nurses and inspiring future generations. Let us move forward united in our mission to advance nursing standards, strengthen professional identity, and build a confident, competent, and future-ready nursing workforce.

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 & midwives learn, lead, & deliver care.

Join global nursing & 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



REGISTRATION – NOW OPEN!

Conference Website : cnmfconference.tnaionline.org/

Contact : +91 7669946469

Email : tnaiitcell@gmail.com

Be part of one of the biggest global nursing & midwifery events of 2026

Lets 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 Manipur State Branch Election 2026

Date: 18th May, 2026 (Monday)

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

Venue: Hotel Imphal by The Classic, North A.O.C, Kabo Leika, Imphal, Kairang Meitei, Manipur 795001.

Sr. No.	Name of the Office	Name and Address of the contestant (To be elected on 18 th May, 2026)
1.	President	<p>1. Mrs. Naorem Tangbi Devi, TNAI No. 27422, Address: Retd. Principal GNM School Govt. of Manipur, Singjamei Chingamathak Pishum Leirak, Imphal West Po/Ps Singjamei- 795001</p> <p>2. Dr. Yumnam Sundari Devi, TNAI No. 76048, Address: Senior Nursing Officer, Regional Institute of Medical Sciences Imphal Manipur- 795004</p>
2.	Chairperson- Nursing Education and Research Section	Vacant (Open election will be conducted 18 th May, 2026)
Declared Elected		
3.	Vice President	1. Mrs. Chongtham Premlata Devi, TNAI No. 72034, Address: Senior Nursing Officer, Regional Institute of Medical Sciences Hospital Lamphel-795004, Manipur
4.	Secretary	1. Ms. Loukrakpam Sanjarani Devi, TNAI No. 260704, Address: Nursing Sister, Jawaharlal Nehru Institute of Medical Sciences, Porompat Imphal East, Manipur- 795005
5.	Joint Secretary	1. Mrs. Zeneeta Laishram, TNAI No. 321554, Address: Nursing Sister, Jawaharlal Nehru Institute of Medical Sciences (JNIMS) Porompat- Imphal-795005, Manipur
6.	Treasurer	1. Mrs. S. Kiranmala Devi, TNAI No. 321565, Address: Nursing Tutor, College of Nursing, Medical Directorate, Lamphel Govt. of Manipur- 795004
7.	SNAI Advisor	1. Mr. Laishram John Singh, TNAI No. 118012, Address: Lecturer, College of Nursing RIMS, Imphal West- 795004, Manipur
8.	Chairperson- Programme Committee	1. Ms. Thounaojam Jogabati Devi, TNAI No. 207578, Address: Assistant Professor, College of Nursing, Medical Directorate, Lamphel, Imphal West-795001, Manipur
9.	Chairperson- Membership Committee	1. Ms. Athokpam Right Kumari Devi, TNAI No. 180703, Address: Principal, RDO College of Nursing Lamdeng, P.O. Lamsang, Imphal West- 795146, Manipur
10.	Chairperson- Public Health Nursing Section	1. Dr. D. Mercy, TNAI No. 246693, Address: Public Health Nurse, District Hospital Kangpokpi, Manipur-795129
11.	Chairperson- Nursing Service Section	1. Ms Meihoubam Sapana Devi, TNAI No. 332404, Address: Staff Nurse, Chandel District Hospital, Christian Village- 795127, Manipur
12.	Chairperson- Socio Economic Welfare Committee	1. Ms. Shimray Wungreichon, TNAI No. 522600, Address: Staff Nurse, Districh Hospital Ukhrul, Ukhrul Manipur-795142
13.	Chairperson- LHV/ANM Committee	1. Mrs. Brahmacharimayum Gitarani Devi, TNAI No. 328056, Address: FHW (ANM), District Hospital, Govt. of Manipur Bishnupur -795126, Manipur

A. Election will be conducted manually through ballot paper for the post of President and Chairperson- Nursing Education & Research Section

B. An open election will be conducted for the post of

i. Chairperson- Nursing Education & 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

C. Common Eligibility criteria for contesting above mentioned post(i):

- i. Age: Should not have completed 66 Years as of 1st of January of the calendar year in which the election is notified.
- ii. Any member holding the highest nursing position (Education/Service) in the State (Government/ Regulatory/ Statutory bodies) is not eligible to contest for the TNAI Manipur State Branch Offices.
- iii. 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 the Returning Officer of Manipur State Branch Election before submitting the nomination for open election on the election day.
- iv. Any member who has previously held/ served the national office(s) positions in TNAI shall not contest TNAI Manipur State Branch 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. 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 in the National Council.

Kindly Note:

D. How to file the Nomination for Open election for the post of Chairperson- Nursing Education & Research Section

- i. The open election will be conducted **on the day of election** along with the scheduled Manipur State branch Election.
- ii. Nomination sheet is available in the TNAI National and the Manipur TNAI State Website.
- iii. Eligible members for the open position 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 Manipur 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. 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.
- vii. A copy of the working and residing proof shall be submitted along with the nomination.
- viii. A copy of the employment proof shall be submitted by the eligible candidates contesting for **Chairperson- Nursing Education & Research Section**.
- ix. For the vacant offices, the names of the **three members having the highest number** of nominations only will be included in the Ballot Paper.
- x. If only one nomination, then it shall **be declared as Elected** by the Returning officer
- xi. If more than one member for the positions, election for the position shall be initiated and declare the most voted member as Winner.

E. 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 Manipur State Branch or can be obtained from the returning officer.
 - iii. Only a life member of TNAI from the Manipur 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 be available in the polling station(s) from the beginning of the voting till the announcement of the result.

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

- i. Only Life Members of TNAI working or residing in Manipur 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 Manipur finds that his/her membership is enlisted in a different state, they can transfer their membership to Manipur **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 Manipur. Link: <https://election.tnaionline.org/UpdateData/Index>
- iv. Members enrolled on or before **18th April, 2026** are only eligible to cast their votes.
- v. Request for change of the status of membership (transfer of membership from any state branch to Manipur) will be permitted till **18th April, 2026, 4:30 pm after that, any request for change of address will not be accepted.**
- vi. Election will be held on **18th May, 2026** from 11.00 AM to 05.00 PM at **Hotel Imphal by The Classic, North A.O.C, Kabo Leika, Imphal, Kairang Meitei, Manipur 795001.**
- vii. All voters are requested to bring their TNAI Photo identity Membership card provided by the TNAI Headquarters.
- viii. 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.
- ix. No one shall be allowed to vote before or after the schedule time of voting.
- x. 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 on the polling day.
- xi. 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.
- xii. 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.
- xiii. 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 to ensure that the mobile phone is not used while casting votes.
- xiv. 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.
- xv. 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 Manual 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 you will receive token number.
 - vii. The polling officer will collect the token and mark your index finger with indelible ink.
 - viii. The voters will be directed to the polling station.
 - xi. Life members with LMT category are only eligible to cast vote for the President and Chairperson-Chairperson- LHV/ANM Committee
 - xii. Associate Life members with LMM category are not eligible to cast vote for the above two posts.
 - xiii. Leave the polling station quietly after the voting.
1. The Provisional Ballot Paper is published only for the information of the members. A separate Ballot paper will be distributed to the voters on the day of Election.
 2. All the Voters are requested to bring their TNAI Membership card provided by the TNAI Headquarters along with Photo identity (Election card/PAN card/Driving License) before entering the hall for voting.
 3. No addition of the contestant shall be made to the final ballot paper.
 4. It is expected that the Voters/Members are well versed with the TNAI Rules and Regulation and Byelaws. A copy of the same shall be available with the Returning Officer for ready reference.
 5. The person so elected for a particular office at branch level shall hold the office for the full term (four years) and shall not contest and cross to another office prior to completion of the term of her/his existing office.
 6. Any contestant wishing to withdraw from any office of contest should inform the Returning Officer at least 20 days prior to the election date in writing to the following address: **Ms. Mutum Jibanlata Devi, Returning Officer, TNAI Manipur State Branch Election 2026, C/o TNAI Headquarters, L-17, Florence Nightingale Lane, Green Park, New Delhi-110016, Email ID: tnaielections@gmail.com**

THE TRAINED NURSES' ASSOCIATION OF INDIA

TNAI/SNAI Scholarships (2025–2026)

The TNAI invites online applications from eligible nursing students for the academic year 2025–26.

There are two categories of scholarships:

1. **TNAI Scholarship** – for students pursuing Post-Basic B.Sc Nursing and M.Sc (Nursing).
2. **SNAI Scholarship** – for ANM, General Nursing & Midwifery (GNM), and Basic B.Sc Nursing students.

Eligibility criteria and detailed information are available on the official website: scholarship.tnaionline.org.

The online application link will be active from **April 6, 2026**, and the last date for submitting applications is **June 5, 2026**.

For more details and to apply, please visit: scholarship.tnaionline.org.

By the
Secretary General, TNAI

Countdown to the SNAI Centenary (1929–2029)

“100 Years of Nurturing Future Nurse Leaders”

As the Student Nurses Association of India (SNAI) approaches its historic **Centenary in 2029**, we stand at a remarkable moment—honouring a rich legacy while shaping an even stronger future for nursing students across the nation.

Founded in 1929 at the TNAI Annual Conference in Madras under the visionary leadership of Miss L. Rina Jeans, SNAI began with a single unit at the Government General Hospital, Madras. Today, it has grown into a dynamic national movement with **1,689 units and over 3,36,000 student members**, making it one of the most vibrant student professional bodies in India.

For nearly a century, SNAI has been a **pillar of professional growth**, fostering leadership, ethical values, unity, and excellence among nursing students. From the first Annual Conference in Delhi in 1932 to the landmark Biennial Conference in Nagpur in 1961, SNAI has consistently provided platforms for **learning, collaboration, and leadership development**.

At its heart, SNAI empowers student nurses to:

- ◆ Uphold the dignity and values of the profession
- ◆ Build leadership and communication skills
- ◆ Engage in academic, scientific, and cultural excellence
- ◆ Prepare for the evolving demands of healthcare

A Call to Every Nursing Institution

As we begin the **Countdown to 2029**, this is not just a celebration—it is a **national movement for inclusion and participation**.

Our goal is clear:

Every Nursing Institution in India should become a part of SNAI before the Centenary year.

We warmly invite **all institutions that are not yet members of SNAI** to join this historic journey. Becoming a part of SNAI offers:

- A platform for **student leadership and professional development**
- Opportunities for **national-level participation and recognition**
- Exposure to **conferences, competitions, and academic enrichment**
- A sense of **belonging to a national professional community**

Let us ensure that **no nursing student is left behind** in this centenary movement.

Road to 2029: Celebrating Legacy, Inspiring the Future

The Centenary celebrations promise to be truly momentous, with plans including:

- Grand **Centenary Celebration in New Delhi**
- Concluding celebration in **Chennai**, honouring SNAI’s origins
- Release of a **Commemorative Stamp**
- Development of a **Documentary on SNAI’s Journey**
- **Regional Conferences** across East, West, and North-East India

Be a Part of History

As the countdown begins, every student, Principal, Educator, and institution has a role to play. This is the time to **strengthen our collective voice**, celebrate achievements, and prepare future nurse leaders who will lead with **knowledge, compassion, and excellence**.

Let us unite to make the SNAI Centenary a truly inclusive and historic milestone.

For any query, please contact Mrs. S. Vatchala Dhinakaran, Assistant Secretary General, TNAI.

Email id : sna@tnaionline.org Whatsapp Number : 8587825407

Join SNAI. Strengthen the profession. Shape the future.

79th TNAI National Conference 2026

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

Date: 14& 15th December, 2026

Venue : Ramoji Film Centre, Hyderabad, Telangana

The Trained Nurses’ Association of India (TNAI) continues its unwavering commitment to advancing the nursing profession by fostering **academic excellence, clinical innovation, and holistic development** among its members.

As part of the upcoming **79th TNAI National Conference**, TNAI proudly introduces a vibrant blend of **scientific platforms and talent-based competitions**, creating a unique opportunity for nurses to shine both professionally and personally.

Call for Scientific Submissions

TNAI invites submissions from its members for the following categories:

- i **Scientific Paper Presentations:** Submissions must be strictly aligned with the conference theme.
- ii **Concurrent Sessions:** Open to all nursing specialties; studies should have been conducted within the last four years.
- iii **Scientific Poster Presentations:** Open to all nursing specialties; studies should have been conducted within the last four years.
- iv **Case Study Poster Presentations:** Focused on clinically relevant case studies highlighting patient care, interventions, and outcomes.

Participants are encouraged to submit **original, unpublished work** that reflects innovation, evidence-based practice, and recent advancements in nursing. Submissions must follow structured scientific guidelines, including abstract, methodology, results, discussion, and nursing implications.

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

Promoting Clinical Excellence & Knowledge Sharing

The introduction of **Case Study Poster Presentations** marks a significant step in encouraging nurses to showcase **real-life clinical experiences**, critical thinking, and patient-centered care practices. These platforms aim to strengthen **clinical reasoning, documentation skills, and evidence-based practice**.

Beyond Academics: Celebrating Talent & Personality

Recognizing that nurses are multi-talented individuals, TNAI has introduced two exciting competitions exclusively for its members:

Group Dance Competition

- Maximum 8 members per team
- One entry per state
- Duration: 3 minutes
- Style: Cinematic

This platform celebrates **team spirit, creativity, and cultural expression**.

Personality Contest

A three-round competition designed to highlight **confidence, communication, and leadership presence**:

- Traditional Attire Round
- Contemporary/Western Attire Round
- Question & Answer Round

Separate competitions will be conducted for male and female participants, culminating in titles such as **Mr. TNAI and Ms. TNAI**, along with runner-up positions.

Encouraging Holistic Development

Through these diverse initiatives, TNAI emphasizes that nursing is not only about clinical competence but also about **confidence, creativity, leadership, and individuality**. These platforms foster **camaraderie, national integration, and professional pride** among nurses across the country.

Important Information

- **Last Date for Submission:** 30th September 2026
- **Submission Email:** tnaiconference2026@gmail.com
- Only accepted entries will be invited for presentation
- All presenters must be **TNAI members** and **Registered conference participants**

A Collective Step Forward

The 79th TNAI National Conference promises to be a **dynamic confluence of knowledge, innovation, and talent**. It is an opportunity for nurses to **learn, lead, express, and excel**.

TNAI warmly invites all members to participate actively and contribute to building a **future-ready nursing workforce for India**.

Instructions to the voters in the TNAI State/ UT Branch Elections

1. TNAI Photo Identity Life Membership card is mandatory to cast the vote in State/UT Branch Elections.
2. Members do not have the TNAI Photo Identity Life Membership card shall apply for the Photo Identity card 30 days prior to the scheduled date of Election

TNAI Invites You to Be Future-Ready

Transforming Nursing Education through Simulation, Skill & Excellence

TNAI's Central Institute of Nursing & Research Centre, Greater Noida

With a visionary commitment to strengthening nursing education in India, the **Trained Nurses' Association of India (TNAI)** proudly presents its **state-of-the-art Skills & Simulation Training Programmes**—designed to bridge the gap between *theory and real-life clinical practice*.

Established with inspiration from national leadership and global collaborations, TNAI continues to lead in **capacity building, competency development, and clinical excellence**.

Why You/your Institution Should Join?

- Enhance clinical competency and confidence of students
- Exposure to high-fidelity simulation technology
- Training aligned with best practices
- Earn recognized credit points and international certifications
- Strengthen placement readiness and quality outcomes

Flagship Training Programmes

1. Basic Obstetric Skills & Simulation Lab

Reproductive Maternal Neonatal Child Health +Adolescent Course

Duration: 6 Days

Credits: 11 (55 Hours)

- Covers 35 essential RMNCH+A skills
- Hands-on training with OSCE-based assessment
- Focus on safe motherhood and neonatal outcomes

2. **Advanced Obstetric Simulation Lab** : Newly Established High-Tech Facility with advanced simulators (Noelle, Real MOM, Neonate models).The courses are flexible depending on the requirement of the participants.

Current available course:

Competence with confidence, hands-on OBG Workshop

Duration: 1 Day

Credits: 2 (10 Hours)

- Covers 4 essential RMNCH+A
- Hands-on training with return demonstration & case scenario with simulation.
- Practice normal and high-risk deliveries
- Builds confidence in emergency obstetric management
- Competency is assessed through pre & post-test.

3. **International Training Centre (AHA Authorized)** International Certification (Valid for 2 years)

i) **Basic Life Support (BLS) Provider Heart code**

Duration: 1 Day

Credits :2 (10 hours)

- Covers major 8 hand on skills on BLS for all age groups
- Hands-on training while watching AHA videos
- Focuses on In Hospital & Out of hospital chain of survival during cardiac arrest for adult, child & infants. Also covers special considerations such as respiratory arrest, opioid overdose, pregnancy & choking.
- Competencies are assessed through certified online theory modules & offline practical exam at the Training Centre.

ii) Advanced Cardiac Life Support (ACLS)

Duration: 2 Days

Credits: 4 (20 Hours)

- Covers major 13 hands on skill.
- Hands-on training while watching AHA videos
- Focuses on cardiac emergencies such as arrhythmias & cardiac arrest for adult patients
- ACLS also includes management of airway, ECG interpretation with pharmacology, ACS, Stroke management & demonstrating effective team dynamics & soft skills during Megacode Practice.
- Competencies are assessed through certified online pre-test & offline theory & practical exam at the Training Centre.

iii. Instructor Courses (BLS & ACLS)

Duration:1 Day

Credits: 2 (10 Hours)

- Become a certified instructor
- Build institutional capacity for emergency training

4. **National Advanced Nursing Simulation Centre:** The courses are flexible depending on the requirement of the participants.

Special Capacity Building Initiatives Current available course:

i) Training of Trainers (TOT)

Duration: 3 Days

Credits: 6 (30 hours)

- Covers major 13 major skills along with simulation on multiple case scenarios
- Hands-on training with return demonstration as facilitator
- Focuses on training the faculties on course planning, teaching methodology, understanding simulation & practice session on overview of cardiac arrest, airway management, ECG Interpretation, RRT, shock management, infection prevention & soft skills
- Competencies are assessed through pre & post-test & OSCE.

ii) Core to Critical: Mastering ICU Fundamentals

Duration:1 Day

Credits: 2 (10 Hours)

- Covers major 5 hand on skills
- Hands-on training with return demonstration & case simulations

- Focuses on oxygenation & ventilation, suctioning, Cardiac monitoring & ECG Interpretation & MEWS
- Competencies are assessed through pre & post-test.

TNAI's New Initiative

iii Internship to Impact: *Nursing Interns Exit Readiness Program (NIERP)*

Duration: 15 Days Only TNAI Certificates, No credits awarded, as this is designed for students.

Programme Overview: NIERP

Designed for final-year GNM and B.Sc. Nursing students

Duration 15 days (five days in a week)

Program Highlights

Days 1–5: Obstetrics (RMNCH+A)

Maternal & newborn care, normal delivery, obstetric emergencies, and infection control.

Days 6–10: Core Clinical Skills

Health assessment, medication administration, IV procedures, peri-operative care, and BLS.

Days 11–15: Advanced & Critical Care

ICU management, emergency response, airway & trauma care, simulation (cardiac arrest, sepsis, NRP) and leadership skills.

Outcome:

Produces **job-ready, confident, and competent nurses**

A Unique Learning Experience

Simulation-based immersive training

- ii. Multi-disciplinary approach
- iii. Focus on patient safety and quality care

Outstation BLS Training Also available on request

Duration: 1 Day (depending on the number of the participants)

Credits: 2 (10 Hours)

- Conducted across India
- TNAI brings training directly to your campus

Call to Action

Enrol your institution today!

Give your students a competitive edge in modern healthcare

Partner with TNAI to shape the next generation of nursing leaders

For Registration

TNAI – Central Institute of Nursing & Research Center

Greater Noida, Uttar Pradesh

Email: tnai.cin.ech@gmail.com

Contact No: 7838371331

Website: www.tnaiitc.com

“Empowering Nurses Today for a Healthier Tomorrow”

TNAI e-Learning Portal **Advancing Lifelong Learning in Nursing**

The **Trained Nurses' Association of India (TNAI)** launched its **e-Learning Portal in 2020** as a strategic initiative to strengthen **Continuing Professional Development (CPD)** among nurses across the country. This digital platform reflects TNAI's enduring commitment to enhancing nursing standards and promoting **lifelong learning**.

Designed to be **accessible, flexible, and high-quality**, the portal enables nursing professionals to upgrade their knowledge and skills at their convenience. Through a wide range of structured programs, TNAI supports nurses in earning **over 500 credit hours**, contributing to professional growth, competency, and improved patient care outcomes.

➤ **Access the portal:** elearning.tnaionline.org

How to Enrol in e-Learning Programs

Getting started is simple and user-friendly:

1. Visit **elearning.tnaionline.org**
2. Enter your **TNAI/SNAI Membership Number** and **Date of Birth**
3. Select your preferred program and click to begin learning

Three major learning platforms, offering diverse and comprehensive educational opportunities:

1. Aastrika Sphere Learning Management System

Aastrika Sphere offers **credit-based, competency-driven courses** tailored to strengthen clinical excellence and public health capacity.

Courses Offered

1. Clinical Skill-Based Courses
2. Maternal and Child Health
3. Community & Public Health
4. Professional Development
5. Specialized & Emerging Areas

2. World Continuing Education Alliance (WCEA)

TNAI's collaboration with the **World Continuing Education Alliance (WCEA)** brings **internationally accredited Continuing Nursing Education (CNE)** courses to Indian nurses—**free and easily accessible**.

Representative Course Areas

1. Nutrition & Maternal-Child Health
2. Infectious Diseases & Infection Control
3. Non-Communicable Diseases (NCDs)
4. Community & Public Health
5. Advanced & Specialized Topics
6. Broad Domains Covered

3. Digital Health Foundation Course for Nurses (DHFC-N)

(Developed by Koita Foundation)

Launched on **24 May 2025**, this flagship program equips nurses with essential **digital health competencies** required in modern healthcare systems.

Course Highlights

- 12 comprehensive modules
- Focus on digital transformation in healthcare
- Practical relevance to everyday nursing practice

Modules Include

1. Basics of Computer Technology & Nursing Research
2. Healthcare Systems in India & Need for Digital Health
3. Health Informatics for Nurses
4. Information Systems in Healthcare
5. Imaging, Labs & Departmental Systems
6. Digital Documentation
7. Healthcare Data Management
8. Data Privacy & Security
9. Quality Assurance in Digital Health
10. ABDM & Government Initiatives
11. AI & Machine Learning in Healthcare
12. Career Opportunities in Digital Health

Empowering Nurses for the Future

The TNAI e-Learning Portal is more than just a digital platform—it is a **transformative initiative** that empowers nurses to stay current, competent, and confident in an evolving healthcare landscape.

By integrating **clinical excellence, global knowledge, and digital innovation**, TNAI continues to lead the way in building a **skilled, knowledgeable, and future-ready nursing workforce in India**.

If you have any query please contact +91 76699 46469 or tnaitcell@gmail.com

LOST & FOUND

It is for information of all concerned that I, Annu Kumari, D/o Shri Harischandra Singh, have lost my General Nursing and Midwifery (GNM) Annual Grade Marks Statements of 1st year (2020), 2nd year (2021) and 3rd year (2022) and Diploma certificate (2023) which I passed in 2022 (2019-2022 Session) from SDA Hospital - School of Nursing, Ranchi (Jharkhand) issued by MIBE Nagpur with Roll Nos 72014, 721204, 722302, and Enrollment No. 19076075 [Diploma S.No. 9048]. The certificates were lost on 15 February 2026 while going to Gandhi Chowk Jandaha, Vaishali (Bihar). As same were not retrievable, police complaint was lodged.

Annu Kumari

D/o Shri Harischandra Singh
Ward No. 3, V-Panapur Silauthar, PO-Kalapahar
PS-Jandaha, Dt Vaishali - 844505 (Bihar)
Mob: 70706 75131

Principal & CNO Meet 2026: Strengthening Nursing Leadership and Opportunities

The Trained Nurses' Association of India (TNAI) successfully organized the Principal & Chief Nursing Officer (CNO) Meet on 28th February 2026 at Centenary Hall, Navjyoti Niketan, Regional Pastoral Centre, Sadaquat Ashram, Patna, Bihar. The event brought together nursing leaders, educators, and policymakers to discuss the future of nursing education and career advancement.

The formal inauguration included a warm welcome address and felicitation of guests by Dr. Usha Saldanha, President, TNAI Bihar State Branch.

The gathering was further enriched by insightful addresses from national leadership. Dr. Annie Kumar, National President, TNAI, delivered the Presidential Address, emphasizing the importance of leadership, professional development, and unity among nurses. This was followed by the Vice-Presidential Address by Dr. Abhilekha Biswal, who highlighted regional progress and challenges in nursing.

A key session on updates regarding TNAI and SNAI benefits was presented by Mrs. Evelyn P. Kannan, Secretary General, TNAI, providing valuable information on membership advantages and professional growth opportunities.

The event featured distinguished special guest sessions focusing on the development of nursing institutions and the evolving healthcare landscape in Bihar. Mrs. Maya Verma, Registrar, Bihar Nurses Registration Council, spoke on strengthening and upgrading nursing institutions, while Dr. B. K. Mishra from the State Health Society discussed the changing dynamics of nursing in the state.

One of the highlights of the program was the panel discussion on "Existing and Emerging Career Pathways for Nurses in India and Abroad", sponsored by Jhpiego moderated by Sr. Usha Saldhana, President- Bihar State branch, the panel brought together experts from diverse sectors. Panelists included Mr. Ajinas A. M- Assistant Secretary General, TNAI International placements, Brig. Punita A. Sharma- Technical advisor, Jhpiego (opportunities for nurses in military nursing services), Mrs. Kavita Khasa- Deputy Nursing Advisor MoHFW, who shared insights on opportunities in government and Capt. Sandhya Shankar- Director Nursing Fortis Group, job opportunities in corporate healthcare sectors. The discussion provided participants with a broader perspective on career possibilities and professional advancement.

The program concluded with a heartfelt vote of thanks by Mr. Irshad Khan, Secretary, TNAI Bihar State Branch, followed by a networking lunch that facilitated meaningful interactions among participants. Delta displayed the Manikins and Himalaya Baby care distributed the Gift pack in this Programme.



EC members along with the National officials



Panelists along with National officials

The Nursing Journal of India (NJI): Author Submission & Publication Guide

Established in 1910, **The Nursing Journal of India (NJI)** is an ISSN-accredited, bimonthly publication with both national and international circulation. The journal is dedicated to advancing health science and educating the nursing community through original research communications.

To maintain its superior quality, all submissions undergo a rigorous **double-blind peer review** process. The NJI strictly prohibits the duplication of data; authors must certify that their work is original and unpublished, as any detected overlap with existing publications will result in the immediate retraction of the article.

A. The Editorial and Review Process:

To ensure quality, the NJI utilizes a **double-blind peer review** system.

- **Initial Screening:** Manuscripts are first checked by the editorial office for suitability.
- **Peer Evaluation:** Suitable papers are sent to **three independent peer reviewers**.
- **Finalization:** Selected manuscripts undergo professional editing before publication.
- **Copyright:** Authors must certify that their work is not currently under consideration by any other journal.

B. Step-by-Step Online Submission

The NJI manages all submissions, reviews, and proofs through a centralized digital platform.

The figure consists of three screenshots illustrating the online submission process:

- Search Results:** A Google search for "nji" shows results for "The Nursing Journal of India". A red arrow points to the first result, which includes the journal's name, URL, and a brief description.
- Journal Website Home Page:** The homepage of The Nursing Journal of India is shown. It features the journal's logo, ISSN (0029-6503) and e-ISSN (2583-200X), and navigation links such as Home, About Us, Issues, Publication Ethics, Editorial Board, Submit a Manuscript, NJI Subscription, and Contact Us. A red arrow points to the "Register" button in the top right corner.
- User Registration Form:** The "User Registration" form is displayed. It includes fields for Salutation (Choose), Full Name, Email, Password, Mobile No. (Please enter a 10-digit phone number), and User Type (Author). A red arrow points to the "Register" button in the top right corner of the form.

1. **Portal Access:** Submit manuscripts via <https://tnajournal-nji.com>
2. **Registration:** First-time users must complete a **free but mandatory registration** to track their article's progress.
3. **Required Documentation:** Every submission must include:
 - o **Cover Page File:** Including author names, educational qualifications, designations, and full contact details.
 - o **Article File:** The main text, including tables and figures.
 - o **Ethical Clearance:** A scanned certificate from an institutional ethical committee.
 - o **Author Undertaking:** A signed form (available for download) where all authors consent to their listed sequence and transfer copyright.

4. Manuscript Preparation & Formatting:

Research articles should be presented concisely, adhering to a word limit of **2000–2500 words**. Pages must be numbered consecutively and follow this specific sequence:

- **Title:** Must be placed at the top of the title page and not exceed **15 words**.
 - **Abstract & Keywords:** A single-paragraph summary of **maximum 250 words** is required, followed by **4 to 6 keywords** for indexing.
 - **Text (IMRAD Format):**
 - o **Introduction:** (3–4 paragraphs) Covering the background, literature critique (Vancouver/ APA style), and clear objectives.
 - o **Materials and Methods:** Details on the setting, sample selection, study design, data collection tools, ethical protections, and methodological limitations.
 - o **Results:** Presented in a logical sequence. Authors should avoid repeating data in the text that is already visible in tables or figures.
 - o **Discussion:** An interpretation of findings linked to known research. Recommendations and conclusions must be strictly supported by the data.
5. **Specifications:**
 - **References:** Normally restricted to a **maximum of 20**.
 - **Illustrations:** Tables and figures must be numbered and submitted as electronic soft copies.
 6. **Mandatory Requirements and Fees:**
 - **TNAI Membership:** It is **mandatory** for the primary author and all nurse researchers in the authorship team to hold **Life Membership of the Trained Nurses' Association of India (TNAI)**.
 - **Authorship Integrity:** No changes to the author list or sequence are permitted after submission without valid reasons and approval from the Editor-in-Chief. If authorship is contested, the process will be halted until the issue is resolved.
 - **No Processing Fees:** The NJI **does not charge any fee** for the submission or processing of manuscripts.

For queries and correspondence:

Mobile: +91 7838373816 | Email: publicationstnai@yahoo.com

Orientation Programme for TNAI Andhra Pradesh State Branch Executives

In line with the decision at the TNAI's EC meeting (in 2019) to orient the TNAI State & UT Branch Executive Committee members to the functioning of TNAI within three months of State /UT Branch Election, the executive members from Andhra Pradesh State branch participated in the two-days orientation programme on 2-3 March, 2026 at TNAI Headquarters and its Greater Noida campus. The purpose of this initiative was to apprise them of the broad knowledge about the role of various units of TNAI. Many of the executives stated that this was their first ever visit to TNAI headquarters.



After welcome address, there was orientation to TNAI and SNAI and briefing on TNAI's role as recruitment agency. The broad areas covered in the orientation were: Growth of TNAI and SNAI over years; Update TNAI membership & Recruitment services; Update on SNAI & Publication; Orientation about land purchase, Accounting/Auditing; Orientation about agenda, Minutes & State branch report; Orientation about the TNAI staff and the job responsibilities being handled by them including maintenance of files; visit to various section at TNAI Hqrs. The executive members observed the multiple activities of TNAI with great interest and expressed satisfaction at the professional working of each unit.

Executives members visited Greater Noida campus. Various activities of TNAI being conducted at CIN&R/ECH premises in Greater Noida were explained to the EC members. The topics covered were: Neonatal Skill Lab (Daksh) and International Training Centre (ITC) that organises basic life support (BLS), advanced cardiac life support (ACLS) and Reproductive, maternal, Newborn, Child and Adolescent Health (RMNCH) courses. The participants were shown a live demonstration of the BLS, ACLS training.

EC members were: (1) Mrs D Usha Pannagaveni, President; (2) Dr B Vanaja Kumari, Vice President; (3) Mrs K V Sridevi, Secretary; (4) Mrs Aruna Kumari V, Joint Secretary; (5) Mrs G Veneela, Treasurer; (6) Dr Taragu Jayanthi, SNAI Advisor; (7) Mrs Venkataravamma, Chairperson-Nursing Education and Research Section; (8) Mrs. J Vandana, Chairperson-Programme Committee; (9) Mrs. B Geetha Praveena, Chairperson-Membership Committee; (10) Ms U Madhu Nagasree, Chairperson-Public Health Nursing Section; (11) Ms Valavala Swathi, (Interim) Chairperson-Nursing Service Section; (12) Mrs. Mr Satyanarayana Bai KN, Chairperson-Socio Economic Welfare Committee; (13) Ms Juthika Leela, (Interim) Chairperson-LHV/ANM Committee.

HEALTH DAYS OF THE MONTH

World Health Day: 7 April

“What most people don’t realise is that food is not just calories: It’s information. It actually contains messages that communicate to every cell in the body,” said Dr Mark Hyman.

On macro level, today the world health scenario is affected by geopolitical conflicts, global health inequities and humanitarian crises. At micro level, there is information overload, bewildering array of technological advances that have made deep inroads into human psyche, child to the oldsters.

The World Health Organisation jointly with its partners has been surging forward to meet the emerging challenges. Of particular significance in taking care of the health at global level is the World Health Day held on 7 April every year. The theme set for 2026 is, Together for Health. Stand with Science. This campaign emphasises the power of scientific collaboration and evidence-based action. The event is observed worldwide, with WHO collaborating with partners across more than 150 countries.

For the healthcare professionals that includes medical and the allied functionaries, the issues at hand include tackling mental health crises, problems of the aging populations, pandemic preparedness, climate change and threat of non-communicable diseases (cardiovascular diseases, cancer, diabetes, and chronic respiratory illnesses) which account for over 70% of global deaths. In its priority list, WHO has also identified for action food safety & malnutrition, sexual & reproductive health, managing the impact of alcohol, tobacco, and opioid addiction on population health.

Clearly, there is need to strengthen health systems, manage climate changes, and evolve proper monitoring systems at local and regional level.

National Safe Motherhood Day: 11 April

With an ulterior purpose to reduce maternal and infant mortality in India (already at significant level), started in 2003, National Safe Motherhood Day is observed annually on 11 April in India. This date coincides with birth anniversary of Kasturba Gandhi, the Indian political activist, and wife of Mahatma Gandhi. The day seeks to raise awareness about the need for proper healthcare and maternity facilities for pregnant & lactating women including antenatal, intranatal and post-natal care. This objective is executed, inter alia, primarily through Janani Suraksha Yojana (JSY), Pradhan Mantri Surakshit Matritva Abhiyan (PMSMA). Another major initiative to improve health of mother & child is that of National Rural Health Mission (NRHM). At ground level this scheme, run through Accredited Social Health Activist (ASHAs) continues. On this day, awareness campaigns and programmes are conducted by government and voluntary sector organisations to promote the maternal health, in keeping with UN SDGs (particularly Goal 3).

Birthing a child a moment of supreme joy for a woman. However, the tragic death of a woman during pregnancy or childbirth, lies heavy over at this stage due to lack of appropriate care. Underneath observances of National Safe Motherhood Day is the assumption that every woman deserves a safe, respectful, and healthy pregnancy journey.

World Liver Day: 19 April

Liver is not only a powerhouse of human body but also has a crucial role in regulating many physiological processes. It filters blood, breaks down food, stores energy, and keeps our body in balance. It is so unfortunate that over a third of global adult population is living with a condition called metabolic dysfunction-associated steatotic liver disease (MASLD). Usually linked with body weight, diet, and lifestyle, MASLD can stay silent for years. Yet over time it may lead to scarring (fibrosis), cirrhosis (advanced fibrosis and loss of some of the liver function), or worse, liver cancer. However, a silver lining is, small, steady lifestyle changes can make a big difference.

This year’s theme of World Liver Day on 19 April is, Solid Habits, Strong Liver, that highlights four solid habits that keep our liver strong; (a) eating a balanced diet, (b) staying active, (c) reducing alcohol intake, and (d) getting regular liver check-up. By making these habits part of your daily life, you can take control of our liver health and prevent serious complications. The good news is, most incidences of liver disease are preventable.

Living healthily isn’t always easy. What we eat, how active we are, whether we take alcohol, and how often we get medical check-ups are influenced by factors beyond our control, like marketing, government policy, and the design of our communities. Governments and institutions can make a big difference through measures such as clear food labelling, healthier school meals, safe spaces for walking and cycling, heavy taxes on sugary drinks and alcohol, and affordable health check-ups, especially when risk factors such as diabetes, obesity, or a family history of liver disease pre-exist.



भारत सरकार

राजकुमारी अमृत कौर नर्सिंग महाविद्यालय

लाजपत नगर, (नजदीक मूलचंद मेट्रो स्टेशन),

नई दिल्ली - 110024 दूरभाष: 011-26436788, 26435270, 26435397

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प्रवेश सूचना

एम.एससी. नर्सिंग पाठ्यक्रम, (2026-27)

(दिल्ली विश्वविद्यालय द्वारा मान्यता प्राप्त)

एम.एससी. नर्सिंग पाठ्यक्रम (2026-2027) के लिए आवेदन पत्र आमंत्रित किए जाते हैं। निर्धारित आवेदन प्रपत्र एवं विवरण पत्रिका महाविद्यालय की वेबसाइट (www.rakcon.com) से डाऊनलोड किये जा सकते हैं और रुपये 1500/- का ऑनलाइन भुगतान जो "Principal, Rajkumari Amrit Kaur College of Nursing, New Delhi" के नाम देय हो, के साथ 20/03/2026 से 24/04/2026 सायं 5:00 बजे तक ऑनलाइन जमा किए जा सकते हैं।

प्रवेश संबंधी अपेक्षाएं

प्रत्याशी को 55% सफल प्राप्तांकों सहित दिल्ली विश्वविद्यालय से बी.एससी. (आनर्स) परीक्षा या उसके समकक्ष मान्यता प्राप्त विश्वविद्यालय से बी.एससी. नर्सिंग/पोस्ट बेसिक बी.एससी. नर्सिंग परीक्षा पास होनी चाहिए एवं किसी संस्था/ विशेष अध्ययन संस्थान अथवा जनस्वास्थ्य एजेंसी (100 या अधिक बेड वाला) से नर्सिंग में एक वर्ष का अनुभव होना चाहिए। अनुभव की गणना दिनांक 24 अप्रैल, 2026 तक मानी जाएगी। दिनांक 31 मई, 2026 को सुबह 10:00 बजे चयन परीक्षा होगी।



GOVERNMENT OF INDIA

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ADMISSION NOTICE

M.Sc. Nursing (Session 2026-2027)

Affiliated to University of Delhi

Applications are invited for admission to M.Sc. Nursing, academic session 2026-2027. Prescribed application forms with prospectus can be downloaded from college website www.rakcon.com and should be submitted online from 20/03/2026 to 24/04/2026 by 5.00 p.m. on online payment of Rs. 1500/- in favour of Principal, Rajkumari Amrit Kaur College of Nursing payable at New Delhi.

ADMISSION REQUIREMENTS

The Candidate must have passed the B.Sc. (Hons.) Nursing Examination from University of Delhi or B.Sc. Nursing/Post Basic Nursing from a recognized University with minimum 55% marks in the aggregate and completed one year experience in Nursing in a Hospital/Specialty Institute/Educational Institution or Public Health/Agency (100 & more bedded). The experience will be calculated up to 24th April, 2026. The selection test will be held on 31st May, 2026 at 10.00 a.m.

NEWS FROM NURSING INSTITUTIONS

Sri Ramachandra Faculty of Nursing (SRFN), Sri Ramachandra Institute of Higher Education & Research (SRIHER) Porur, Chennai (TN): The 7th Thanikachalam Endowment oration on Current Challenges and Transformations in Nursing Education and Clinical Practice was organised on 21 February 2026 in the Dental Basement auditorium, SRIHER. The orator of the event was Dr Rajee Reghunath, Dean, Faculty of Nursing, Kerala University of Health Sciences (KUHS) & Principal, Amla College of Nursing, Thrissur. Dr Uma Sekar, Vice-Chancellor SRIHER (DU) felicitated and honoured the speaker with endowment plaque. Dr SJ Nalini, Professor & Principal SRFON SRIHER (DU) highlighted the importance of oration and introduced the orator. In a thought-provoking address on challenges in nursing education and clinical practice, Dr Rajee Reghunath highlighted the pressing issues being faced by the nursing profession including workforce shortages, need for technological integration and evolving patient needs, shift in students' attitude and behaviour. Many learners are embracing technology-driven systems and self-directed methods. About 243 participants including faculty, students from nursing colleges attending the event. The programme came to end with vote of thanks by Prof (Dr) S Aruna, Professor & Head, Department of Community Health Nursing, SRFON.



ES College of Nursing, Villupuram (TN): The 18th batch Lamp Lighting Ceremony of 121 freshers of ES College of Nursing (ESCON) entering the profession was held on 6 March 2026. The programme began with welcome address by Prof (Mrs) Poreselvi, Principal ESCON followed by lamp lighting by the dignitaries. The Nightingale Lamp was lit by the Florence Nightingale Awardee 2023, symbolising dedication and service to nursing. The flame was then passed to the freshers who rendered blessing songs and took the Nursing Pledge led by the Principal ESCON. R Senthil Kumar, Managing Chairman shared the institution's growth journey and highlighted global opportunities for nurses. He also announced plan for Simulation Laboratory. The special guest Mrs Sathyakani Thangaraj, Dy Nursing Superintendent, JIPMER, Puducherry motivated students, and emphasised the 3Cs viz *Compassion* (treating patients like one's own family member), *Commitment*, and *Competence* (maintaining confidentiality & administering right treatment). She encouraged lifelong learning, professional discipline, and preparedness in emergencies. Academic achievers of 2024-25 were honoured with mementoes by the chief guest and the management. The ceremony concluded with vote of thanks by Prof (Dr) Karthi R, Vice Principal of ES CON.



Rates for NJI Subscription

It is to bring to the notice of NJI subscribers that as per the decision of TNAI's EC, the annual and five-yearly price of Nursing Journal of India for individuals and institutions shall be revised upwards from April 2023 as under:

Rates w.e.f. April 1 , 2023

For Institutions	For Individuals
<ul style="list-style-type: none"> ● One year subscription: Rs. 2000/- ● Five years subscription: Rs. 9000/- 	<ul style="list-style-type: none"> ● One year subscription : Rs. 1500/- ● Five years subscription : Rs. 6500/-

All payments shall be accepted in the form of demand draft in favour of 'The Trained Nurses' Association of India' payable at New Delhi. Local subscribers can also deposit the subscription charges as cash at TNAI Headquarters.

All communication related to NJI should be sent to the following address:



Secretary General, The Trained Nurses' Association of India
L-17 Florence Nightingale Lane, Green Park, New Delhi-110016.



Phone: 011-40195409, 40195407



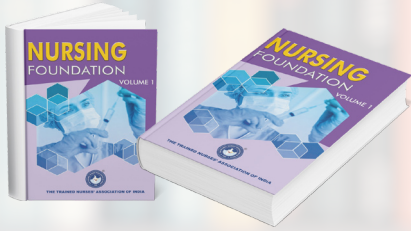
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Website: www.tnaionline.org

Note: Those already enrolled for subscription of the Nursing Journal of India (NJI) may kindly ignore this communication.

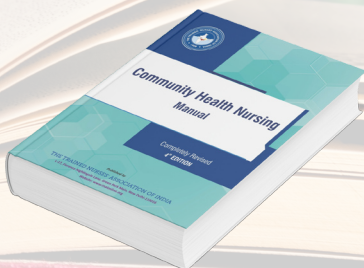
TNAI PUBLICATIONS



Actual Price vol 1- Rs. 695
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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

Contact Us: For Inquires, Subscription, or to submit content, please contact:

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बेहतर क्या रहेगा, गन्ने का रस या नारियल पानी

गर्मियों ने दस्तक दे दी है। जल्द ही, खासकर उत्तरी अंचलों में, गर्मी बढ़ेगी। अतः शरीर को तरोताजा रखना बहुत जरूरी है। इस दृष्टि से वैसे अनेक पेय उपलब्ध हैं किंतु इनमें से गन्ने का रस और नारियल पानी की मांग खासी है, इन दोनों में पोषक तत्व काफी पाए जाते हैं, और ये आसानी से मिल जाते हैं। दोनों ही कुदरत के शानदार उपहार हैं। प्रश्न है आसानी से मिलने वाला गन्ने के रस का सेवन अधिक करें या नारियल पानी का। दोनों ही कुदरत के शानदार उपहार हैं। किंतु कदाचित हम सोचने लगते हैं, किसका चुनाव बेहतर होगा। यहां दोनों के तुलनात्मक लाभों का उल्लेख है।

याद रहे, गर्मियों में शरीर में पानी की कमी से वमन (कै), दस्त, चक्कर आने जैसे लक्षण प्रकट हो जाते हैं, और शरीर में खनिजों का अभाव उत्पन्न हो जाता है। नारियल पानी, रसदार फल, गन्ना रस, ओआरएस आदि इस कमी की भरपाई करते हैं।

नारियल पानी और गन्ना रस की तुलना

1. यदि थकेमांदे हैं, तुरंत एनर्जी चाहिए तो गन्ना रस ठीक रहेगा। उद्देश्य यदि शरीर में अधिक समय तक नमी बनाए रखना है तो नारियल पानी बेहतर है चूंकि यह शारीरिक क्रियाओं के लिए सोडियम, पोटेशियम जैसे आवश्यक खनिजों से अधिक भरपूर है।
2. नारियल पानी शरीर में तरल पदार्थों के संतुलन बनाए रखने में अधिक कारगर है।
3. गन्ना रस के बजाए नारियल पानी को शरीर शीघ्र अवशोषित कर लेता है। नारियल पानी अधिक सुपाच्य है; इसमें कैलोरी कम रहती है, पोटेशियम अधिक। गन्ना रस अधिक मात्रा में पेट को भारी कर सकता है।
4. लौह और एंटीएक्सीडेंट युक्त गन्ना रस में कुदरती शर्करा नारियल पानी की तुलना में अधिक रहती है।

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Secretary-General, TNAI

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