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THE TRAINED NURSES' ASSOCIATION OF INDIA

TNAI BULLETIN



Volume XV | No. 7

JULY 2026

Building a Strong Nursing Profession for Healthy Outcome

In the month of July every year, we are reminded, inter alia, of the significance of **World Population Day**, observed annually on **11 July**, basically at the instance of UN Development Programme. This observance provides an opportunity to reflect on the indispensable role of nurses and midwives in promoting reproductive health, maternal & child well-being, family planning, health education, and universal access to quality healthcare. As the largest pool of healthcare professionals, nurses continue to lead the way in addressing the health needs of our growing population through compassionate care, health promotion, disease prevention, and community engagement.

At TNAI, we remain steadfast in our commitment to strengthening the nursing profession through education, leadership, research, advocacy, and professional development programmes. In this issue, we are pleased to bring you several important announcements and opportunities for professional growth.

CNMF Conference: The registration portal for the CNMF Conference, scheduled to be held on 24-25 September 2026, is now open. We warmly invite nursing professionals, educators, administrators, researchers, and students to register through the Conference portal (cnmfconference.tnaionline.org) and participate in this prestigious national forum. The conference will provide an excellent platform to exchange knowledge, share experiences, showcase innovations, network with colleagues, and help expand professional collaborations.

Puducherry Branch Election: Democracy remains the hallmark of our Association. With election for the TNAI Puducherry UT Branch in offing (Notification on pp 124-28 of this issue), I encourage all eligible members of the Puducherry Branch to actively participate in the electoral process and contribute to the continued growth and strengthening of our Association.

Jammu & Ladakh Unit Election: As requested by the members of the Jammu & Ladakh Unit, the deadline for converting their membership has been extended until 15 July 2026.

Life Time Achievement Award: Recognising excellence is one of the proud traditions of TNAI. This issue also carries the Guidelines and Application Form for the Life Time Achievement Award, which is conferred on nursing professionals who having made outstanding long-time contribution to the profession. The TNAI encourages deserving candidates to apply or be nominated for this prestigious award. The **last date for submitting applications is 30 October 2026**.

INSIDE

- 121. Editorial
- 122. International Conference – Commonwealth Nurses and Midwives Federation Conference.- Coming to India in 2026
- 123. Election Result - TNAI Manipur State Branch 2026
- 124. TNAI Puducherry UT Branch Elections 2026
- 129-132. TNAI – Life Time Achievement Award Guidelines & Nomination Form
- 133. Call for Authors, Reviewers & Contributors
- 134. Hindi Matter
- 135. Orientation Programme for Rajasthan State Branch Executives
- 136. Orientation Programme for Jharkhand State Branch Executives
- 137. Orientation Programme for Tripura State Branch Executives
- 138. Orientation Programme for Kashmir UT Branch Executives
- 139. 79th TNAI National Conference 2026
- 140. Meritorious; 141. Health Events of the Month; 144. TNAI – Learn German

Call for Authors, Reviewers, and Contributors: We are also pleased to call Authors, Reviewers, and Contributors for TNAI publications (page 133 inside). We invite experienced professionals, educators, researchers, clinicians, and emerging scholars to contribute articles, review manuscripts, and support the continuous enhancement of our publications. In addition to providing professional satisfaction, your contributions will strengthen the body of nursing knowledge and promote evidence-based practice across the country.

As we move forward together, let us reaffirm our commitment to professional excellence, ethical practice, lifelong learning, and dedicated service to society. Together, we can continue to strengthen the nursing profession and advance quality healthcare for every individual, family, and community.

We sincerely thank all our members for their unwavering commitment and valuable contributions to the profession. Wishing you all a productive and inspiring month ahead.

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

Election Result – TNAI Manipur State Branch 2026

An Election of TNAI Manipur State Branch were held on 18th May, 2026 at Hotel Imphal by The Classic, North A.O.C, Kabo Leika, Imphal, Kairang Meitei, Manipur- 795001.

1. **State President:** Dr. Yumnam Sundari Devi, **TNAI No.** 76048, **Address-** Senior Nursing Officer, Regional Institute Medical Sciences Imphal Manipur- 795004.
2. **State Vice President:** Mrs. Chongtham Premlata Devi, **TNAI No.** 72034, **Address-** Senior Nursing officer, Regional Institute Science Hospital Lamphel- 795004, Manipur.
3. **State Secretary:** Ms. Loukrakpam Sanjarani Devi, **TNAI No.** 260704, **Address-** Nursing Sister, Jawaharlal Nehru Institute of Medical Sciences, Porompat Imphal East, Manipur-795005.
4. **State Joint Secretary:** Mrs. Zeneeta Laishram, **TNAI No.** 321554, **Address-** Nursing Sister, Jawaharlal Nehru Institute of Medical Sciences (JNIMS) Porompat-Imphal-795005, Manipur.
5. **State Treasurer:** Mrs. S. Kiranmala Devi, **TNAI No.** 321565, **Address-** Nursing Tutor, College of Nursing Medical Directorate, Lamphel, Govt. of Manipur- 795004, Manipur.
6. **State SNAI Advisor:** Mr. Laishram John Singh, **TNAI No.** 118012, **Address-** Lecturer, College of Nursing RIMS (Regional Institute of Medical Sciences), Imphal West-795004, Manipur.
7. **State Chairperson- Nursing Education and Research Section:** Dr. Chingakham Babita Devi, **TNAI No.** 110364, **Address-** Principal, Shija Academy of Nursing, Imphal West- 795004, Manipur.
8. **State Chairperson- Programme Committee:** Ms. Thounaojam Jogabati Devi, **TNAI No.** 207578, **Address-** Assistant Professor, College of Nursing, Medical Directorate, Lamphel, Imphal West- 795001, Manipur.
9. **State Chairperson-Membership Committee:** Ms. Athokpam Right Kumari Devi, **TNAI No.** 180703, **Address-** Principal, RDO College of Nursing, Lamdeng, P.O. Lamsang, Imphal West-795146, Manipur.
10. **State Chairperson- Public Health Nursing Section:** Dr. D. Mercy, **TNAI No.** 246693, **Address-** Public Health Nurse, District Hospital Kangpupi, Manipur- 795129.
11. **State Chairperson- Nursing Service Section:** Ms. Meihoubam Sapana Devi, **TNAI No.** 332404, **Address-** Staff Nurse, Chandel District Hospital, Christian Village- 795127, Manipur.
12. **State Chairperson- Socio-Economic Welfare Committee:** Ms. Shimray Wungreichon, **TNAI No.** 522600, **Address-** Staff Nurse, Districh Hospital Ukhrlul, Ukhrlul Manipur- 795142.
13. **State Chairperson- LHV/ANM Committee:** Mrs. Brahmacharimayum Gitarani Devi, **TNAI No.** 328056, **Address-** FHW (ANM), District Hospital P.S./P.O Bishenpur- 795126, Manipur.

Ms. Mutum Jibanlata Devi,
Returning Officer,
TNAI Manipur State Branch Election 2026

TNAI Puducherry UT Branch Elections 2026

(Extract of TNAI Bye Laws related to State/UT Election)

1. List of office bearers in the State/ UT Branch executive committee

- I. State President
- II. State Vice-President
- III. State Secretary
- IV. State Joint Secretary
- V. State Treasurer
- VI. State SNAI Advisor (Teaching faculty only eligible)
- VII. Chairperson - Nursing Education and Research Section.
- VIII. Chairperson - Programme Committee
- IX. Chairperson - Membership Committee
- X. Chairperson - Public Health Nursing Section (Public Health Nursing Personnel only eligible)
- XI. Chairperson- Nursing Service Section (Hospital/ Clinical Nursing Personnel only eligible)
- XII. Chairperson - Socio-Economic Welfare Committee
- XIII. Chairperson - LHV/ ANM, State Branch (Only LHV/ANM personnel eligible)

2. Common Eligibility Criteria for the State/ UT Branch Office Bearers

- i. Any candidate filing nomination for State/ UT Offices shall have completed a minimum of **05 years** of membership in TNAI.
- ii. Age: Shall not have completed **66 Years as of 1st of January** of the calendar year in which the election is notified.
- iii. Any member holding the highest nursing position (Education/Service) in the State (Government/ Regulatory/ Statutory bodies) is not eligible to contest for the State/ UT Offices of TNAI.
- iv. Any member who has previously held/ served the national office(s) positions in TNAI shall not contest State/ UT offices.
- v. No TNAI member shall be in the State Executive Committee for more than 20 years. Out of these 20 years, the maximum period for holding the post of President/ Secretary of the branch is up to a maximum of 16 years.
- vi. For those members getting coopted to the state EC, this 20-year period is not restrictive as they do not have voting rights and/or executive powers. Coopted members serve state EC only in advisory capacity.
- vii. Any TNAI member who held 2 consecutive terms (08 yrs) 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 nominated only by Associate Life Members of TNAI i.e. Members with ANM/LHVs qualifications. The Life Members of TNAI are eligible to nominate for all other positions i.e., Members with GNM and above qualifications.
- iv. The nomination form submitted shall be supported by a self-attested photocopy of the TNAI life membership photo ID card of the contestant, proposer, and seconder.
- v. The details of the contestant, proposer and seconder such as name, photograph and signature mentioned in the nomination sheet shall match with the records of TNAI membership system to consider as accepted nomination.
- vi. The contestant can submit any number of nominations for any one of the office in the TNAI State/UT Election.
- vii. In case of more than one nomination for the same office, the proposer and seconder shall not be the same.
- viii. The proposer and the seconder can nominate only one person for a particular office. In case a proposer and the seconder proposed or seconded more than one candidate, the earliest application received to TNAI Hqrs will be considered valid.
- ix. The proposer and seconder for a candidate filing nomination shall be residing in the same state or UT as domicile or working and life member of TNAI.
- x. All valid nominations for the State/UT President and Secretary shall be included in the Provisional Ballot Paper/ Electronic voting device and published in the TNAI bulletin and TNAI website. The order of the names in the nomination sheet shall be as per the **alphabetic order of the first name** of the candidates.
- xi. For other offices the names of the three members having the highest number of nominations shall be included in the Provisional Ballot Paper/ Electronic voting device.
- xii. All office bearers who have completed the term of office are eligible for reelection for one more term.
- xiii. A break of 04 years after two consecutive terms (08 years) is necessary for the State/ UT President/ Secretary to contest for the post of President/ Secretary at the State level.
- xiv. A break of 04 years after two consecutive terms (08 year) is necessary for any other executive members of the State/ UT to contest for the any other posts in the State level except for the post of State/ UT branch President/ Secretary.
- xv. In any post, a member in the State can hold the State offices for a maximum of 16 Years only.
- xvi. Any person who has expelled from a position in State Office, shall not be eligible to contest for any position in TNAI.
- xvii. Members who are, or had been involved in litigation with the Association are not eligible to contest election.
- xviii. The office bearers of a dissolved State/ UT branch are not eligible to contest for a term of **FOUR** years.
- xix. The members holding office positions in TNAI shall not hold office positions in parallel Nursing Organizations (like (trade unions, other associations or societies). For filing a nomination to the TNAI post, the members will have to relinquish the post in other nursing organizations. The accepted resignation letter from the head of the parallel organization shall be submitted to TNAI headquarters through the respective TNAI State/UT Branch.
- xx. The person so elected for a particular office at the State/ UT level shall hold the office for the full term (four years) and shall not contest and cross to another office before completion of the term of their existing elected office.
- xxi. The members who are residing outside the Country/ State/ UT shall not be eligible for contesting election.

TNAI Puducherry UT Branch Election Notification

Nominations are invited for the various posts in Puducherry UT Branch Executive Committee of TNAI.

Schedule of Election

Date of notification of the election <i>Note: The details of nominations received for each post for UT branch election will be updated on state and national website on weekly basis.</i>	7th July, 2026
Last date for submission of nominations at TNAI hqrs.	18th August, 2026 on or before 5 pm (Any nomination received at TNAI Hqrs. after 5 pm will be summarily rejected)
Publication of list of valid nominations at TNAI National and State Website	25th August, 2026 on or before 5 pm
Last date for withdrawal of nominations	20 days before the date of election
Publication of final list of eligible candidates in TNAI National Website & TNAI Bulletin	7th September, 2026
Date of polling	2nd, 3rd, 4th week of October 2026 or 1st week of November, 2026 The exact venue(s) and the date(s) of polling (if required) will be communicated through TNAI National Website, Puducherry UT Branch Website and TNAI Bulletin.

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

TNAI Puducherry UT Branch Election 2026 Nomination Form

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

NAME OF THE POST: _____

Name of the Candidate: -----

Designation of the candidate: _____

(Please attach the proof of designation)

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

Photo

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

Consent

1. I _____ hereby give my voluntary consent to contest for the post of _____
_____ Puducherry TNAI UT Branch.

Declaration

- I hereby declare that if elected I am willing to serve the Association to the best of my abilities and efforts.
- 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.
- I also declare that I am not holding any office positions in parallel Nursing Organizations (trade unions, other associations or societies).

4. I also declare that, I am not holding the highest nursing position (Education/ Service) in the State (Government/ Regulatory/ Statutory bodies)

Signature of the contestant: _____

Place _____ Date _____

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

General Instructions to the contestants:

- 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 information and signature given 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 Puducherry.
- Any nomination proposed or seconded by a member who is not working or residing in Puducherry 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 Puducherry.
- 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 Puducherry, the state displayed in the search results will be Puducherry. The code for the Puducherry UT as per TNAI Life membership card is **PY**.
- To transfer your membership from another state to Puducherry, 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 Puducherry 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 18TH August, 2026 will be considered valid.**

How to send the nominations:

Please mark the nomination envelope "**Nomination sheet – TNAI Puducherry UT Branch Election 2026**" and send to: **Ms. S.R. Jeyasri Returning Officer, TNAI Puducherry UT Branch Election, C/o TNAI Headquarters, L-17, Florence Nightingale Lane, Green Park, New Delhi-110016**



The Trained Nurses' Association of India

Life Time Achievement Award

Guidelines



The purpose of a Lifetime Achievement Award is to recognise and honour individuals who have made significant and enduring contributions to their field or profession throughout their careers. Specifically, in the context of the Trained Nurses Association of India (TNAI) include the following:

- i. **Recognition of Excellence:** To acknowledge and celebrate the outstanding achievements, accomplishments, and contributions of TNAI members to the nursing profession and healthcare community.
- ii. **Inspiration and Motivation:** To inspire and motivate other nurses by highlighting the exemplary career paths, leadership qualities, and dedication to service demonstrated by the award recipients.
- iii. **Preservation of Legacy:** To honor the legacy and enduring impact of seasoned professionals within the nursing profession, ensuring that their contributions are remembered and valued by future generations of nurses.
- iv. **Promotion of Professionalism:** To reinforce the importance of professionalism, integrity, and commitment to excellence within the nursing profession, setting a standard for others to aspire to.
- v. **Retention and Recognition of Talent:** To recognise and retain experienced nurses within the profession by demonstrating appreciation for their long-term dedication and service, thereby fostering a sense of belonging and loyalty to the organization.
- vi. **Community Engagement:** To strengthen ties between TNAI and the broader healthcare community by showcasing the valuable contributions of TNAI members to patient care, public health, and healthcare advocacy.
- vii. **Leadership Development:** To serve as a platform for mentoring and leadership development, where award recipients can share their knowledge, expertise, and insights with emerging professionals and future leaders in the nursing field.

Overall, the purpose of a Lifetime Achievement Award within TNAI is to recognize, honor, celebrate, and showcase the exemplary careers and significant contributions to TNAI, and its members, while also serving as a source of inspiration, motivation, and guidance for current and future generations of nurses and the healthcare community as a whole.

Eligibility Criteria

- i. **Membership:** Lifetime membership of TNAI with minimum 20 years of membership.
- ii. **Longevity of Service:** The recipient should have at least 30 years of continuous service in the nursing profession. This criterion acknowledges the dedication and commitment of individuals who have made nursing their lifelong vocation.

- iii. **Professional Excellence:** The nominee should have demonstrated exemplary professional competence and excellence throughout their nursing career. This includes exceptional clinical skills, leadership abilities, and dedication to high-quality patient care.
- iv. **Leadership and Innovation:** The nominee should have shown outstanding leadership qualities and made significant contributions to advancing the nursing profession through innovation, research, education, or policy development.
- v. **Advocacy and Service:** The recipient should have actively advocated for the rights and welfare of nurses, patients, and the broader healthcare community. This may include involvement in professional associations, community outreach programs, or healthcare policy initiatives.
- vi. **Impact on Patient Care and Health Outcomes:** The nominee's contributions should have had a measurable and positive impact on improving patient care, health outcomes, and the overall quality of healthcare delivery.
- vii. **Mentorship and Education:** The recipient should have served as a mentor and role model to aspiring nurses, sharing their knowledge, experience, and expertise to inspire the next generation of nursing professionals.
- viii. **Recognition and Awards:** Genuine reputed awards, honors, or recognitions the nominee has received for their contributions to the nursing profession. While not a mandatory criterion, past accolades can further validate the nominee's achievements.
- ix. **Community Engagement:** The nominee should have actively participated in community health initiatives, volunteering efforts, or other activities that promote public health and well-being beyond the scope of their professional duties.
- x. **Ethical and Professional Conduct:** The nominee should have upheld the highest standards of ethical conduct and professionalism throughout their career, earning the respect and admiration of colleagues, patients, and the community.
- xi. **Legacy and Enduring Impact:** Consider the lasting legacy of the nominee's contributions to the nursing profession and their enduring impact on shaping healthcare practices, policies, and attitudes over time.

Award Presentation

- i. **Ceremony:** During the TNAI conference Lifetime Achievement Award to the recipient shall be presented in a Grand Way.
- ii. **Recognition:** Provide the recipient with a personalized award certificate, trophy, /or plaque/ to commemorate their achievements.
- iii. **Cash Award** of Rs. 50,000/- which may be revised time to time by the TNAI management.
- iv. TNAI will provide accommodation and round-trip air travel for the awardee.



The Trained Nurses' Association of India

Estd: 1908



Application/Nomination Form-Lifetime Achievement Award

Photo

I. Personal Details

1	Name			
2	Complete address with email, and phone number:			
3	TNAI number*		Year of enrolment	

II. Professional Qualification (Mention the Highest):

#	Institute	Year of Passing	University
1			
2			
3			

III. Professional Experience (Additional sheets can be used)

#	Position held	Name of Institute	Years of Service

Total Years of Clinical Experience:

Total Years of Teaching Experience:

Total Years of Administrative Experience:

IV. Activities/Contributions for TNAI

1	Position Held in TNAI* (Mention the highest 01 post and other posts held by the applicant can be included in the attachment with a heading of " <i>Other positions held</i> ")	Zonal	
		State	
		National	
2	No of members enrolled by applicant (can be obtained from TNAI National office by sending an email to membership@tnaionline.org)		
3	Contribution for TNAI upliftment (A brief write up of activities taken by the applicant as a member and as an office bearer of TNAI can be submitted in a separate sheet maximum 3 pages.)		
4	Any other relevant information/ achievements		

V. Major Professional/Research Activities: Authorship of book, article, publication, media presence, research projects, community outreach etc.

S No	Particulars	Year (s) of accomplishment	Remarks

VI. Distinguished/Reputed awards received: A small description of the award can be attached (not more than 50 words for each award).

S.No.	Name of the Award	Awarding agency/organization	Year of receipt

Signature of the Applicant/Nominator

Recommendation by the TNAI

State Branch President

Name:

Signature:

Recommendation by the TNAI

State Branch Secretary

Name:

Signature:

Important Instructions

1. Attach a copy of relevant certificate(s)/publication(s) as necessary.
2. Applications to be sent to TNAI Headquarters at New Delhi on or before 30th October 2026.
3. Application can be in typed or written format.
4. TNAI members who are currently holding offices at the National and State levels are not eligible to apply for this award.
5. The applicant shall be above the age of 60 years at the time of application.
6. Application can be in typed or written format.

The filled application forms along with supportive documents shall be sent to:

The Secretary General,

The Trained Nurses' Association of India,

L-17, Florence Nightingale Lane,

Green Park Main, New Delhi- 110016,

Ph: 011-26566665, 26966873, 26858304

Email: tnai_2003@yahoo.com

The applications shall be superscribed as "Application for the Life Time Achievement Award".

Lodging at TNAI Headquarters Made Easier !

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

TNAI Members: Rs. 600/-

SNA Members: Rs. 250/-

Non-Members: Rs. 900/-

Children below 5 yrs: No charges

Children 6-12 yrs: Rs. 150/-

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

Secretary-General, TNAI

Call for Authors, Reviewers & Contributors

The Trained Nurses' Association of India (TNAI)

Shape the Future of Nursing Education and Practice

The Trained Nurses' Association of India (TNAI), the oldest and largest professional nursing organization in India, invites qualified nursing professionals to contribute to the development, revision, and review of TNAI publications, including textbooks, reference books, educational modules, manuals, guidelines, and learning resources.

This is an excellent opportunity to share your expertise, contribute to evidence-based nursing knowledge, and support the advancement of nursing education and practice at the national level.

Areas of Contribution in Nursing

- ✓ Writing Nursing Textbooks and Reference Books
- ✓ Revising Existing TNAI Publications
- ✓ Reviewing Manuscripts and Educational Materials
- ✓ Developing Educational Modules and Learning Resources
- ✓ Content Creation
- ✓ Clinical Practice Guidelines and Specialty Publications

Essential Eligibility Criteria

Applicants should possess:

- Registered Nurse and Registered Midwife (RN & RM) qualification
- Membership with TNAI
- Master's Degree in Nursing
- Minimum 10 years of relevant professional experience in:
 - Nursing Education
 - Clinical Practice
 - Nursing Administration
 - Research
- Experience in any of the following:
 - Book Writing
 - Chapter Writing
 - Manuscript Review
 - Educational Module Development
 - Curriculum Design and Development

Desirable Qualifications

PhD in Nursing or a related discipline

Documents Required

Applicants are requested to submit the following:

- Detailed Curriculum Vitae (CV)
- Copy of Highest Educational Qualification
- Valid Nursing Registration Certificate
- ORCID ID (if available)
- List of Publications
- Two Professional References with name, present/past affiliation, full address, phone number
- Brief Statement of Expertise (200–300 words) highlighting the area(s) of contribution and specialization

Submit Your Application

Interested candidates may send their application and supporting documents to:

The Secretary General

The Trained Nurses' Association of India (TNAI)

L-17, Green Park, New Delhi – 110016, Email: publications@tnaionline.org

Note: The TNAI shall provide an appropriate honorarium to the selected experts in accordance with its approved policies and guidelines.

प्रतीकात्मक शक्ति से संरचनात्मक सशक्तिकरण तक: हमारी नर्स, हमारा भविष्य

करीब तीन माह पूर्व, 27 मार्च 2026 को एम्स दिल्ली से शिक्षित नर्स निशा मेहता ने नेपाल के स्वास्थ्य और जनसंख्या मंत्री के रूप में शपथ ली। यह नर्स समाज की एक ऐतिहासिक उपलब्धि थी, जो स्वास्थ्य सेवा नेतृत्व में विशेषज्ञता की बढ़ती मान्यता का प्रतीक है। भारत में भी, राष्ट्रपति प्रतिवर्ष चयनित नर्सों को उनके उत्कृष्ट योगदान और सेवा के लिए प्रतिवर्ष राष्ट्रीय फ्लोरेंस नाइटिंगेल पुरस्कार प्रदान करते हैं। नर्सों का समर्पण अक्सर अदृश्य रहता है, हालांकि वे स्वास्थ्य सेवा की रीढ़ हैं, वे प्रतिदिन नाना परिवेशों में चुनौतीपूर्ण परिस्थितियों में प्रतिबद्धता और करुणा के साथ काम करती हैं।

अंतर्राष्ट्रीय नर्स परिषद (आईएनसी) की पहल पर नर्सिंग पेशे की संस्थापक फ्लोरेंस नाइट एंजेल की जयंती के उपलक्ष्य में विश्व भर में 12 मई को अंतर्राष्ट्रीय नर्स दिवस मनाया जाता है। विश्व की 3 करोड़ नर्सों की आवाज़, आईएनसी 140 राष्ट्रीय नर्स संघों का परिसंघ है। वर्ष 2026 के अंतर्राष्ट्रीय नर्स दिवस का विषय है, हमारी नर्स, हमारा भविष्य। सशक्त नर्सें जीवन बचाती हैं। आईसीएन दस्तावेज में सशक्त नर्सों की सात शक्तियों का उल्लेख है।

विश्वास की शक्ति: मरीज नर्सों पर बहुत भरोसा करते हैं, उन्हें केवल देखभाल प्राप्त करने वाले निष्क्रिय व्यक्ति के रूप में नहीं, बल्कि देखभाल प्रक्रिया में सक्रिय भागीदार के रूप में देखा जाना है। साक्ष्य बताते हैं कि कर्मचारियों की कमी, अत्यधिक कार्यभार और नर्सिंग कार्यबल पर थोपी गई अव्यवहार्य अपेक्षाओं के कारण दोनों के बीच यथोचित विश्वास नहीं बन पाता। स्वास्थ्य देखभाल व्यवस्था के सभी स्तरों पर उचित नर्स-मरीज अनुपात आवश्यक है। विश्वास को देखभाल के एक प्रमुख गुणवत्ता संकेतक के रूप में मान्यता देनी होगी।

पेशे की शक्ति: आईसीएन के अनुसार, स्नातक नर्सों की संख्या में प्रति 10 प्रतिशत वृद्धि का रोगी मृत्यु दर में 70 प्रतिशत गिरावट से गहरा संबंध है। इसका अर्थ है, नर्सिंग शिक्षा में निवेश चिकित्सकीय रूप से लाभकारी और लागत प्रभावी दोनों है। अप्रशिक्षित कर्मियों की नियुक्ति और असुरक्षित प्रतिस्थापन प्रथाएं एक गलत आर्थिक स्थिति को बढ़ावा देती हैं और स्वास्थ्य सेवा की गुणवत्ता और सुरक्षा को खतरे में डालती हैं। नर्सिंग की गरिमा और पेशेवर अधिकार को बनाए रखने के लिए इसे कानूनन संरक्षित करना होगा तथा नर्सिंग सेवाएं केवल लाइसेंस प्राप्त, योग्य नर्स ही दें।

संख्या की शक्ति: नर्स वैश्विक स्वास्थ्य सेवा कार्यबल का सबसे बड़ा हिस्सा हैं। विश्व में लगभग 29 मिलियन नर्स हैं, और भारत में करीब 39.4 लाख। पेशे की व्यापकता और गहराई दोनों में सतत विकास के लिए सुरक्षित स्टाफिंग मानदंड, उचित पारिश्रमिक, कैरियर मार्ग, कार्यस्थल सुरक्षा, पर्याप्त संकाय संख्या और गुणवत्तापूर्ण नर्सिंग शिक्षा जैसे सुधारात्मक उपाय आवश्यक हैं।

प्रेक्टिस की शक्ति: नर्सिंग प्रैक्टिस की चुनौतियों में पुराने नियामक ढांचे, पदानुक्रमित स्वास्थ्य देखभाल संरचनाएं और स्वास्थ्य प्रणालियों में चिकित्सकों का वर्चस्व शामिल हैं।

निकटता की शक्ति: स्थानीय नर्सों प्रायः मजबूत संबंध विकसित करती हैं, मानवीय गरिमा का सम्मान करती हैं और समुदाय के साथ विश्वासपूर्ण रिश्ते स्थापित करती हैं। परिधीय और कम सेवा वाले क्षेत्रों में नर्स कम हैं और वे प्रायः बहु-कार्य जिम्मेदारियों के बोझ तले दबी रहती हैं। इसलिए, नर्सों-समुदायों के बीच सक्रिय भागीदारी आवश्यक है।

देखभाल की शक्ति: प्राथमिक स्वास्थ्य सेवा प्रदान करने में नर्सों की महत्वपूर्ण भूमिका होती है। व्यक्ति-केंद्रित नर्सिंग देखभाल से मृत्यु दर, अस्पताल में भर्ती होने वालों अस्पताल में रहने की अवधि में कमी होती है तथा जीवन की समग्र गुणवत्ता में सुधार देखा गया है। इसके विपरीत, खंडित देखभाल स्वास्थ्य सेवाओं की प्रभावशीलता और निरंतरता को कमजोर करती है। नर्सिंग देखभाल अस्पताल की चारदीवारी तक सीमित न रहे।

शांति की शक्ति: संघर्ष और संकट की स्थितियों से इतर पुनर्निर्माण और सामाजिक स्थिरता में अथक योगदान देती हैं। दुष्कर स्थितियों में नर्स शांति बनाए रखती हैं, सहानुभूतिपूर्ण समर्थन प्रदान करती हैं अतः नर्सों के मानसिक स्वास्थ्य को प्राथमिकता दी जानी चाहिए।

— डॉ. ममता वर्मा, प्रोफेसर-सह-प्राचार्य प्रभारी, नर्सिंग कॉलेज, एम्स भोपाल (म.प्र.)

Orientation Programme for Rajasthan State Branch Executives

In line with the decision at the TNAI's EC meeting to orient the newly elected TNAI State & UT Branch Executive Committee members to the functioning of TNAI within three months of State /UT Branch Election, the executive members from Rajasthan State branch participated in the one-day orientation programme on 12 May 2026 at TNAI Headquarters. 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.



At the outset, the EC members were welcomed by Dr (Mrs) Annie Kumar, National President, TNAI.

Then there was orientation to TNAI and SNAI and briefing on TNAI's role as recruitment agency for nurses. The broad areas covered in the orientation were: Growth of TNAI and SNAI over years; Updates 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.

Overview of CIN&R/ECH activities: 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 participating EC members were: (1) Dr Jogendra Kumar Sharma, President; (2) Mr. Girraj Prasad Soni, Vice-President; (3) Mr Mukesh Tetarwal, Joint-Secretary; (4) Mrs Renu Nagar, Treasurer; (5) Mr Manoj Goswami, Chairperson-Nursing Education & Research Section; (6) Mr Sandeep Kumar, Chairperson-Programme Committee; (7) Mr Ravindra Kumar Sharma, Chairperson-Membership Committee; ((8) Mr Pradeep Kumar Sharma, Chairperson-Nursing Service Section; (9) Dr Rahul Vyas, Chairperson Socio-Economic Welfare Committee.

Orientation Programme for TNAI Jharkhand 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 Jharkhand State branch participated in the two-days orientation programme on 10-11 June 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 Salin Saj George, President; (2) Ms Y Shailaja, Vice President; (3) Ms Sonal Samuel, Secretary; (4) Ms Sushma Ekka, Joint Secretary; (5) Ms Prity Sangeeta Bara, Treasurer; (6) Ms Alphons Thomas Kujur, SNAI Advisor; (7) Dr (Mrs) Subani Bara, Chairperson-Nursing Education and Research Section; (8) Ms Marine G Soren, Chairperson-Programme Committee; (9) Ms Nirolin Kullo, Chairperson-Membership Committee; (10) Ms Namita Topno, Chairperson-Socio Economic Welfare Committee.

Orientation Programme for TNAI Tripura 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 Tripura State branch participated in the two-days orientation programme on 24-25 June 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) Mr Goutam Das, President; (2) Mr Tanmoy Das, Vice President; (3) Mrs Shilpi Das Choudhury, Secretary; (4) Mr Debasish Shil, Joint Secretary; (5) Mrs Chandrima Baidya (Interim), Treasurer; (6) Mrs Swapna Das, SNAI Advisor; (7) Mrs Keya Bhowmik (Interim), Chairperson-Nursing Education and Research Section; (8) Ms Shyamal Das, Chairperson-Programme Committee; (9) Mrs Jyoti Bhowmik, Chairperson-Membership Committee; (10) Mr Ashim Das, Chairperson-Socio Economic Welfare Committee.

Orientation Programme for TNAI Kashmir Unit 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 Kashmir Unit participated in the two-days orientation programme on 24-25 June, 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) Mr Fayaz Ahmad Wani, President; (2) Mrs Ishrat Fatima, Vice President; (3) Mrs Aisha Akhtar, Secretary; (4) Mrs Neelofer Bashir Wani, Joint Secretary; (5) Mrs Nighat Ara, Treasurer; (6) Mr Javaid Ahmed Mir, Chairperson-Nursing Education and Research Section; (7) Mrs Dilshada Rashid, Chairperson-Membership Committee; (8) Mr Bikram Singh, Chairperson-Socio Economic Welfare Committee.

79th TNAI National Conference 2026

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

Date: 15 & 16 December, 2026

Venue : Ramoji Film City, 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 emphasises 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**.

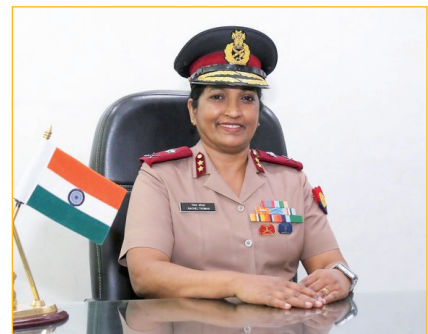
MERITORIOUS

Maj Gen Rachel Thomas Assumes Charge of ADG in MNS

A sterling nursing officer of Military Nursing Service (MNS), Maj Gen Rachel Thomas, assumed the appointment of Additional Director General Military Nursing service on 1 June 2026.

The officer is an alumna of College of Nursing, Armed Forces Medical College, Pune and was commissioned into the MNS on 1 June 1988. Hailing from Pathanamthitta (Kerala) Maj Gen Rachel Thomas continues to exemplify dedication, leadership and service at the highest levels of military health care. The Gen Officer has had a distinguished career across premier Armed Forces establishment spanning over four decades, marked by progressive leadership appointments. Throughout her illustrious service, she has demonstrated exemplary professional competence, administrative acumen a wide range of clinical and administrative roles in the border hospitals of Northern and Eastern Commands. Renowned for decisive leadership and compassionate patient care, the Gen Officer played a pivotal role in strengthening nursing services and elevating increased standards of health care delivery within the Armed Forces.

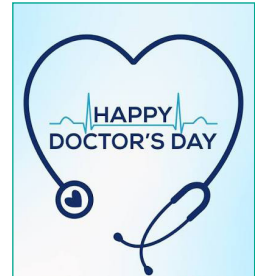
In recognition of her outstanding contributions, the Gen Officer was awarded 'The Flag Officer in Command' (Western Naval Command) Commendation Card in 2013 and the General Officer in Command Commendation Card in 2015. As a passionate mentor, the Gen Officer remains committed to shaping the next generation of nursing leaders for their enhanced role. In her present appointment, she envisions to further drive transformation in military nursing by promoting patient centric health care through enhanced training, professional excellence, research-oriented practices and collaborative approach towards advancing nursing services in the Armed Forces.



HEALTH EVENTS OF THE MONTH

National Doctors Day: 1 July

In recognition of the crucial role of physicians in delivering patient care, advancing medical knowledge, and strengthening healthcare systems, Doctors' Day is celebrated in India on **1 July** every year. Honouring physicians for their hard work, compassion, and life-saving contributions to society, this day marks the birth and death anniversary of the legendary physician and former West Bengal chief minister, Dr. Bidhan Chandra Roy, who was instrumental in the establishment of the Indian Medical Association (IMA) and was awarded the Bharat Ratna in 1961. Dr BC Roy's legacy embodied the highest ideals of the medical profession: dedication, integrity, and service above self. Appreciating doctors requires understanding what they routinely contend with.



The present-day physicians function in an environment that is more aware, capable and demanding than at any point in medical history. Beset with rising patient volumes, a growing burden of chronic diseases, and aging populations, doctors in both public and private settings often handle caseloads that far exceed safe or sustainable thresholds. They struggle to deliver quality care despite staffing shortfalls and resource constraints that can lead to burnout and mental health. They cope up with rapid advances in medical technology that demand continuous learning. Younger doctors, in particular, navigate financial pressures.

World Population Day: 11 July

World Population Day on **11 July** every year serves as a global awareness event to highlight pressing demographic challenges like reproductive rights, population growth (or decline), sustainable resource management, and the relationship between demographic trends and healthcare systems.



The United Nations Population Fund (UNFPA)'s theme for 2026, *Empowering Young People to Create the Families They Want in a Fair and Hopeful World*, for World Population Day highlights expanding reproductive agency, addressing economic anxiety, and ensuring youth have the resources and rights to shape their own futures.

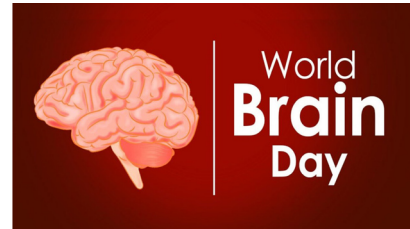
“Overpopulation is a root problem of all environmental issues,” said the environmentalist, John Robbins. Some issues that we must raise awareness about on this day are: Resource depletion, environmental degradation, economic strain, overcrowding and healthcare challenge. Each increment in global population rise leads to over-exploitation of resources, resulting in scarcity and environmental degradation. Water shortages become common in many regions impacting agriculture, industry, and daily life. Overpopulation contributes to various forms of environmental degradation: deforestation, loss of biodiversity, and increased greenhouse gas emissions. Burning of fossil fuels exacerbates climate change. Unusually rapid population growth can strain a country's economy. Governments may struggle to provide adequate healthcare, education, and social services to a growing population.

Overpopulation can overburden healthcare systems, leading to shortages of medical supplies, personnel, and facilities. Maternal and child health services are particularly strained, resulting

in high mortality and poor health outcomes. There is also greater risk of the spread of infectious diseases. Effective awareness programmes and activities are thus essential.

World Brain Day: 22 July

Brain, the kingpin of a living being, is also the least understood of all body parts. **World Brain Day** on **22 July**, highlights the importance of brain health across the lifespan and raises awareness about neurological disorders, which are increasing by the day. These include stroke, epilepsy, dementia, Parkinson's disease, and mental health conditions. The observance of the day and around, focus on prevention, early diagnosis, timely treatment, and strengthening neurological care systems worldwide. Brain also lies at the intersection of chronic disease management, ageing populations. The theme for this year's campaign is, *Our Brain, Our Future*.



Brain health is more than a medical priority; it is a social and economic necessity. Healthy brains are essential for people to learn, work, care for their families, and participate in society. The main objective of this day, organised by World Federation of Neurology is to increase public awareness and promote advocacy related to brain health.

World Hepatitis Day: 28 July

Hepatitis is the leading cause of liver cancer (that accounts for over 860,000 new cases globally each year). Currently, 287 million people are living with viral hepatitis – the world's deadliest communicable disease. Unfortunately, most of the affected people are not aware of it. Chronic hepatitis B and C are the world's leading cause of liver cancer. Annually, more than 1.3 million people die because of hepatitis B or C. To worsen the management, viral hepatitis often shows no symptoms, so many learn it only after it is too late. Each year, there are nearly two million new cases.



However, hepatitis is preventable and treatable particularly when detected in early stage, as fast and accurate tests, effective and affordable treatments are available. There is a proven vaccine for hepatitis B. Low awareness, misinformation, myths and stigma are stopping people from accessing hepatitis services – and leading to a lack of action by decision makers.

The World Hepatitis Day on 28 July every year seeks to raise awareness globally; the theme laid for 2026 is, *Let's Break Down The Barriers*, holding us back from a hepatitis-free world. Considering that timely detection significantly improves outcomes, the activities seek to ensure that everyone has the knowledge and understanding they need to make informed choices about hepatitis testing, treatment and vaccination; provide the resources needed to improve the lives of communities affected by hepatitis; end hepatitis stigma.

Hand Hygiene Keeps Many Diseases at Bay

Cleanliness of body and mind is gateway to living well holistically. It is both the state of being clean and free from germs, dirt and waste, and the habit of achieving and maintaining this state. Hygiene is often achieved through cleaning.

Our hands interact with all sorts of surfaces; many of them contain legion of bacteria, some of which if contracted, may have serious implications. Cleanliness of hands in maintaining good health has therefore been particularly emphasised. This precisely is the WHO's rationale behind earmarking Hand Washing Day (on 5 May). According to WHO, "A large proportion of avoidable infections acquired during health care delivery could still be prevented with hand hygiene and infection prevention and control (IPC) action at the right times. This provides a high return on investment for health systems and countries". Water (like air, soil and fire) are known sources of cleaning and cleansing. In most faiths, cleanliness is considered a virtuous good quality, and may be regarded as contributing to achieving ulterior ideals. On spiritual plane, 'cleanliness' has been stated to be 'next to Godliness'.

The seven types of hygiene are essential practices to maintain health and prevent disease, commonly grouped into personal hygiene (hand, oral, body, nail, ear/nose, and clothing) and environmental hygiene (food, home, and occupational). These habits focus on removing germs, preventing contamination, and ensuring a safe environment.

It has been advocated to wash hands with soap for at least 20 seconds after using the restroom, before eating, and after touching dirty surfaces. For oral hygiene, brushing teeth twice daily and flossing daily to prevent gum disease and cavities. Bathing or showering daily to remove sweat, bacteria, and dead skin cells is recommended for body hygiene. Keeping nails short, clean, and scrubbing underneath regularly prevent bacteria buildup. Food hygiene requires properly preparing, cooking, and storing food to avoid contamination and illnesses. For environmental hygiene, shared spaces, including surfaces, floors, and toilets need cleaning and disinfecting, to keep surroundings safe. Mouth and nose need to be covered when coughing or sneezing to stop the spread of germs to maintain respiratory hygiene.

To protect patients and healthcare workers from harmful germs, WHO specifically suggests five hand hygiene moments: (1) before touching a patient, (2) before undertaking clean/aseptic procedures, (3) after body fluid exposure risk, (4) after touching a patient, and (5) after touching patient surroundings.

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L-17 Florence Nightingale Lane, Green Park, New Delhi-16
Phone: 011-40195409, 011-40195407
E-mail: helpdesk@tnaionline.org, membership@tnaionline.org,
sna@tnaionline.org, publicationstnai@yahoo.com
Website: www.tnaionline.org

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