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THE TRAINED NURSES' ASSOCIATION OF INDIA

TNAI BULLETIN



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Bolstering Nursing Leadership, Professionalism and Collective Commitment

The outgoing September has been quite an eventful month for the TNAI particularly as it provided significant fillip to the professional, organisational and international development. A major landmark was the successful conduct of the **CNMF (Commonwealth Nurses and Midwives Federation) Board Meeting, 27th Biennial Meeting and the 7th Commonwealth Nurses and Midwives Conference**, jointly organised by CNMF and TNAI on **24 & 25 September 2026** in **New Delhi**. The triad brought together nursing and midwifery leaders and professionals from India and Commonwealth countries, reflecting TNAI's continued commitment to advancing the profession. (The complete report will be published in November 2026 issue of the *TNAI Bulletin*).

State Branch Elections: As TNAI moves forward, we continue to strengthen our democratic processes. The notification for **Haryana State Branch Election** is being published in this issue (pp 195-99), while the elections for **Chandigarh** and **Puducherry UT Branches** are scheduled for **18 October 2026** and **18 November 2026**, respectively. We encourage all eligible members to participate actively and uphold the values of professionalism, transparency and unity.

National Conference, National EC/Council meeting: Preparations are already underway for the **79th TNAI National Conference 2026**. It shall be hosted by the **Telangana State Branch** at **Ramoji Film City, Hyderabad**, under the theme *Redefining Clinical Practice: Empowering Nurses Through Innovative Technology*. Further, the **National EC and Council Meetings** will be held on **12 & 13 December 2026**, to be followed by the **House of Official Representatives meetings** on **14 December**, and the **National Conference** on **15 & 16 December 2026**.

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Kindly note that the deadline for submission of **Scientific Papers, Concurrent Session Papers, Scientific Posters and Case Study Presentations** for 79th TNAI Conference has been **extended to 10 October 2026**. We encourage all members to participate in the event to showcase their knowledge, innovations and professional experiences.

Entries for Lifetime Achievement Award: Members are advised to make use of the opportunity of applying for **TNAI Lifetime Achievement Award**, and nominate befitting professionals who have made outstanding contribution to nursing and midwifery. The last date for receiving the applications is **30 October 2026**.

Let us continue to work together with commitment, dedication and unity, strengthening TNAI and shaping a future-ready nursing and midwifery profession.

Evelyn P Kannan

Chief Editor & Secretary General TNAI


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TNAI Haryana State 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 are only eligible)
- VII. Chairperson – Nursing Education and Research Section (Teaching faculty are only eligible)
- VIII. Chairperson – Programme Committee
- IX. Chairperson – Membership Committee
- X. Chairperson – Public Health Nursing Section (Public Health Nurses are only eligible)
- XI. Chairperson – Nursing Service Section (Hospital/Clinical Nurses are only eligible)
- XII. Chairperson – Socio-Economic Welfare Committee
- XIII. Chairperson – LHV/ANM, State Branch (Only LHV/ANM are only 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 (08yrs) 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 Teaching 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 Teaching 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 in clinical area and residing in the respective state and working in a hospital/clinical setting.

(xii) State/ UT Chairperson- Socio-Economic Welfare Committee

Any life member of TNAI with 05 years of TNAI membership may submit a nomination for the post of Socio-Economic Welfare Committee of the State/UT Branch.

(xiv) State/ UT Chairperson- LHV/ ANM

- a. Any associate life member of TNAI with 05 years of TNAI membership may submit a nomination for the post of LHV/ ANM of the State/UT Branch.
- b. The office of the State/ UT- LHV/ ANM is reserved for female TNAI associate life members only.

4. Common Instructions regarding nomination for the various posts in the State/ UT Branches of TNAI.

- i. A member filing nomination shall be a member working and residing in the respective State/UT branch of TNAI. If the candidate is working, the place of work shall be in the same State/ UT area. An exception may be given to the members living in the NCR region of Delhi but working in the NCT of Delhi. In such cases, the members are not permitted to transfer the membership for 04 years. Also, the member shall give an affidavit to that effect to the RO.
- ii. The nomination form shall be **filled and completed by the candidate** i.e. with the complete address pin code and TNAI number of the candidate along with the consent and declaration duly signed. The nomination form shall be proposed and seconded by the TNAI member.
- iii. The office positions for Chairperson- LHV/ANM are to be nominated only by Associate Life Members of TNAI i.e. Members with ANM/LHVs qualifications. The Life Members of TNAI are eligible to nominate for all other positions i.e., Members with GNM and above qualifications.
- iv. The nomination form submitted shall be supported by a **self-attested photocopy of the TNAI life membership photo ID card of the contestant, proposer, and seconder.**
- v. The details of the contestant, proposer and seconder such as name, photograph and signature mentioned in the nomination sheet shall match with the records of TNAI membership system to consider as accepted nomination.
- vi. The contestant can submit any number of nominations for any one of the offices in the TNAI State/UT Election.
- vii. In case of more than one nomination for the same office, the proposer and seconder shall not be the same.
- viii. The proposer and the seconder can nominate only one person for a particular office. In case a proposer and the seconder proposed or seconded more than one candidate, the earliest application received to TNAI 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 Haryana State Branch Election Notification

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

Schedule of Election

Date of notification of the election Note: The details of nominations received for each post for STATE branch election will be updated on state and national website on weekly basis.	07/10/2026
Last date for submission of nominations at TNAI Hqrs.	18/11/2026 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.	07/02/2026 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	07/02/2027
Date of polling	3rd week of March 2027. The exact venue(s) and the date(s) of polling (if required) will be communicated through TNAI National Website, Haryana STATE Branch Website and TNAI Bulletin.

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

TNAI Haryana State 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 _____ TNAI Haryana State 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/ State 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 secunder.**
- The **photo and signature given in the nomination sheet shall match with the TNAI records** to consider as valid nominations.
- The proposer and secunder must be working and residing in Haryana.
- Any nomination proposed or seconded by a member who is not working or residing in Haryana will be summarily rejected
- Before signing in the proposer or secunder columns, the proposer and secunder must update their enrolment status if they are not enrolled in Haryana.
- To check the membership status, please visit www.tnaionline.org. and visit the membership section and check on "Know Your Membership".
Enter the first three letters of your name and your date of birth to search.
If you are enrolled in Haryana, the state displayed in the search results will be Haryana. The code for the Haryana State as per TNAI Life membership card is **HR**.
- To transfer your membership from another state to Haryana, 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 secunder shall confirm that their membership is transferred to Haryana before sending the Nomination(s) to TNAI Hqrs.**
- All nominations must be submitted to the TNAI Headquarters by post. Nominations sent via online platforms such as email or WhatsApp will not be accepted.**
- All other correspondence and queries related to the election to be sent to: tnaielections@gmail.com

Last date and time to receive the nominations:

Only the nominations received at TNAI Headquarters **on or before 5:00 PM on 18/11/2026 will be considered valid.**

How to send the nominations:

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

TNAI Puducherry UT Branch Election 2026

Date : 18th November, 2026 (Wednesday)

Time : 09.00 AM to 05.00 PM

Venue : NT Mahal, East Coast Road, Chavadi Ellaipillai, near N. R. Congress Office, Puducherry, 605005.

S. No.	Office	Name of the Nominee with TNAI No.	Photo	Status
1	President	1. Mrs. Sathiyakani Thangaraj, TNAI No- 58889, Address: Deputy Nursing Superintendent, Nursing Services Institute block JIPMER Hospital.		
		2. Mrs. V. Sridevy, TNAI No- 45539, Address: Assistant Nursing Superintendent, JIPMER Hospital, Gorimedu, Dhanvantari Nagar, Puducherry- 605006		
2	Vice President	1. Ms. Jayaseeli. P, TNAI No- 92686, Address: Senior Nursing officer JIPMER Hospital, Puducherry		
		3. Mrs. Uma Prakash Babu, TNAI No- 51736, Address: Assistant Nursing Superintendent, JIPMER Hospital, Gorimedu, Dhanvantari Nagar, Puducherry-605006.		
3	Secretary	1. Dr. D Kavitha, TNAI No- 105826, Address: Associate Professor Mother Theresa Post Graduate and Research Institute of Health Sciences Indira Nagari Puducherry		
		2. Mrs. Venniammal. S, TNAI No- 100764, Address: Senior Nursing Officer, JIPMER Hospital, Gorimedu, Dhanvantari Nagar, Puducherry- 605006		
4	Joint Secretary	1. Mr. Dhinakaran. S, TNAI No- 167820, Address: Senior Nursing Officer, JIPMER Hospital, Gorimedu, Dhanvantari Nagar, Puducherry-605006.		
		2. Mr. Muthukumar. R, TNAI No-100769, Address: Senior Nursing Officer JIPMER Hospital Gorimedu, Puducherry		

5	Treasurer	1. Mrs. Amirthavalli Athimulam, TNAI No- 88455, Address: Senior Nursing Officer, JIPMER Hospital, Gorimedu, Dhanvantari Nagar, Puducherry- 605006		
		2. Ms. Sumathi. M, TNAI No- 67111, Address: Senior Nursing Officer, JIPMER Hospital, Gorimedu, Puducherry.		
6	SNAI Advisor	1. Dr. Poongodi V, TNAI No- 146532, Address: Professor, Department of OBG(N) Kasturba Gandhi Nursing College, Sri Balaji Vidyapeeth (Deemed to be University), Puducherry.		Unopposed
7	Chairperson-Nursing Education and Research Section	1. Dr. K Nivethitha, TNAI No- 67748, Address: Professor, Mother Theresa Post Graduate and Research Institute of Health Sciences, Indiranagar, Gorimedu, Puducherry-06		
		2. Dr. S Punitha Josphine, TNAI No- 91941, Address: Principal, Kasturba Gandhi Nursing College, Sri Balaji Vidyapeeth (Deemed to be University), Puducherry.		
8	Chairperson-Programme Committee	1. Mr. Karthik. S, TNAI No- 189572, Address: Nursing Officer, JIPMER Hospital, Gorimedu, Dhanvantari Nagar, Puducherry-605006.		
		2. Mr. Saravanan. S, TNAI No- 272732, Address: Nursing Officer, JIPMER Hospital, Gorimedu, Puducherry.		
9	Chairperson-Membership Committee	1. Mr. Santhoshkumar. M, TNAI No- 216377, Address: Nursing Officer, JIPMER Hospital, Gorimedu, Dhanvanthri Nagar, Puducherry-605006.		
		2. Ms. Sathayasudha V, TNAI No- 188302, Address: Staff Nurse Siddha Rewonal Research Institute Kuyavarpalayam. Puducherry		

10	Chairperson- Public Health Nursing Section	1. Ms. J. Rathna, TNAI No- 55789, Address: Public Health Nursing Officer, JIPMER, Puducherry		
		2. Ms. K. Varagalakshmi, TNAI No- 39415, Address: Public Health Nursing Officer, DMS Office, O/s Deputy Director, Family Welfare MCH Services, Puducherry- 605001.		
11	Chairperson- Nursing Service Section	1. Dr. G. Ramamurthy, TNAI No- 143340, Address: Senior Nursing Officer, JIPMER Hospital, Gorimedu, Puducherry-605006.		
		2. Mrs. V Kalpana, TNAI No- 100740, Address: Nursing Officer, Rajiv Gandhi Government women and Children Hospital, Puducherry.		
12	Chairperson- Socio Economic Welfare Committee	1. Ms. J. Ruth Lilly, TNAI No- 38953, Address: Assitant Nursing Superintendent JIPMER Hospital Dhanvandri Nagar, Gorimedu, Puducherry-605006		
		2. Ms. S. Archana, TNAI No- 301615, Address: Nursing Officer JIPMER Hospital, Puducherry		
		3. Mr. Varun Babu E, TNAI No- 170671, Address: Assistant Professor, PIMS Gandapathi Chettikulam, Kalapet, Puducherry-605014.		
13	Chairperson- LHV/ANM Committee	Vacant		

- A. Election will be conducted digitally/ through Ballot paper for all the posts except those marked as “Unopposed”.**
- B. The Returning Officer (RO) Shall declare the open election during the General Body Meeting and invite the nominations.**
- C. An open election will be conducted for the vacant position –**
(i) Chairperson: LHV/ ANM Committee
- D. Common Eligibility criteria for contesting above mentioned post:**
- I. Any candidate filing nomination for Puducherry Offices should have completed a minimum of 05 years of membership in TNAI.
 - II. Age: Should not have completed 66 Years as of 1st of January of the calendar year in which the election is notified.
 - III. Any member holding the highest nursing position (Education/Service) in the State (Government/ Regulatory/ Statutory bodies) is not eligible to contest for the TNAI Puducherry UT Branch Offices.
 - IV. 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 Puducherry UT Branch Election before submitting the nomination for open election on the election day.
 - V. Any member who has previously held/ served the national office(s) positions in TNAI shall not contest TNAI Puducherry UT Branch Offices.
 - VI. No TNAI member shall be in the State Executive Committee for more than 20 years. Out of these 20 years, the maximum period for holding the post of President/ Secretary of the branch is up to a maximum of 16 years.
 - VII. For those members getting coopted to the state EC, this 20-year period is not restrictive as they do not have voting rights and/or executive powers. Coopted members serve state EC only in advisory capacity.
 - VIII. Any TNAI member who held 2 consecutive terms (08 years) as President or Secretary or both the positions in 4 years consecutive term each (total 08 years) as President or secretary shall have a break of a minimum 4 years to contest the post of President or Secretary in the State Branch.
 - IX. The current/ previous President or Secretary of the branch shall not contest any other executive positions in the Puducherry i.e., TNAI members who held the post of President or Secretary of the State/UT branch can contest only for the post of President/ Secretary in the future term subject to the conditions in the clause number (v) and (vii).
 - X. In any case a TNAI member can have a maximum of 16 years as President or Secretary in the State Branch. This is to ensure that no TNAI members shall exceed 16 years term in the National Council.

Kindly Note:

E. Specific eligibility criteria for the Following post(s):

(i) Chairperson- ANM/LHV

- 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 Puducherry UT Branch.
- b. The office of the Puducherry UT Branch LHV/ ANM is reserved for female TNAI associate life members of Puducherry only.

F. How to file the Nomination for Open election

- I. The open election will be conducted **on the day of election** along with the scheduled Puducherry UT branch Election.
- II. Nomination sheet is available in the TNAI National and the Puducherry TNAI State Website.
- III. Eligible members for the open positions are required to download and print the nomination sheet.
- IV. The Nomination form duly filled / completed by the candidate i.e. complete address, TNAI number along with the signature shall handed over to the Returning officer of the Puducherry UT 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 Association life membership photo ID card of the contestant, proposer, and seconder.
- VI. Nomination form for Treasurer, Chairperson-Programme committee, Chairperson-Public Health Nursing Section and Chairperson Socio Economic Welfare Committee shall be proposed and seconded by TNAI Life members residing in Puducherry and holding membership in Puducherry UT only.
- VII. Nomination for Chairperson ANM/LHV shall be proposed and seconded by TNAI Associate Life Members residing in Puducherry and holding membership in Puducherry UT.
- VIII. A copy of the working and residing proof shall be submitted along with the nomination.
- IX. For the vacant offices, the names of the **three members having the highest number** of nominations only will be included in the electronic voting device.
- 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.

G. Instruction to the Contestants:

- I. Each contestant is requested to submit the name of the representative (who can observe the entire polling and counting process) to the Returning Officer **before 09.30 am on the day of election**. The nomination of the representative shall be submitted in the prescribed form with the name and TNAI number of the person nominated as representative.
- II. The prescribed form for the nomination of a representative is available in TNAI National and Puducherry UT Branch or can be obtained from the returning officer.
- III. Only a life member of TNAI from the Puducherry UT branch is eligible to be the representative of the candidate.
- IV. Each representative will be given an authorization card which shall be displayed by the representative while attending the work as a representative of a candidate.
- V. Representatives are allowed to be present in the designated place as directed by the Returning officer and are not allowed to move to other areas of the polling booth. They can talk or raise any issues to RO/ TNAI officials on election duty only.
- VI. In any case, they shall not talk to any voter/contestant inside the polling station i.e. before/ during/ after casting the vote.
- VII. It is the responsibility of each contestant to ensure authorized representative in the polling station(s) from the beginning of the voting till the announcement of the result.

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

- I. Only Life Members of TNAI working or residing in Puducherry 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 Puducherry finds that his/her membership is enlisted in a different state, they can transfer their membership to Puducherry **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 Puducherry UT. **Link: <https://election.tnaionline.org/UpdateData/Index>**
- IV. Members enrolled on or before **19 October, 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 Puducherry UT) and photo identity membership card will be permitted till **18th November, 2026** 5.30 pm after that, any change of address or photo identity life membership card request will not be accepted.
- VI. Election will be held on **18th November 2026 from 11:00 AM to 5:00 PM at NT Mahal, East Coast Road, Chavadi Ellaipillai, near N. R. Congress Office, Puducherry, 605005.**
- VII. All voters are requested to bring their TNAI Photo identity Membership card provided by the TNAI Headquarters/ Download the **TNAI Mobile App and show the membership through the App for the verification.**
- 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 canvassing is permitted on the day of the election inside the premises where the election and General Body Meeting is taking place. No one shall distribute slips or notices or anything else to this effect on the polling day.
- X. 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.
- XI. 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.
- XII. No electronic gadgets (mobile phones, cameras) are permitted during the voting. If any Voter is carrying a mobile phone, he/she must place it in front of the desk or table on which the computer or tablet used for electronic voting is placed so as to ensure that the mobile phone is not used while casting votes.
- XIII. 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.
- XIV. 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).**

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

Lost & Found

It is for information of all concerned that I, Ms Valsa Jacob have lost my original Mark Sheet of the Midwifery course (conducted during 01 Nov 1989 to 31 July 1990) by Tripolia Hospital Patna (Bihar), with certificate Serial No. M 2738 issued by Mid-India Board of Examinees of the Nurses' League of the CMAI. Anyone finding the same may kindly hand it over to the nearest Police Station, and inform me.

Valsa Jacob
[Presently Staff Nurse at Ministry of Health, Kuwait]
Kurisinkal House, Market PO, Muvattupuzha - 686673 (Kerala)
Mob: +91 9846496691

TNAI–TruMerit Collaboration Meeting

Mr. Rodrigo Gouveia, Chief Global Affairs Officer, TruMerit (formerly CGFNS International), visited the Headquarters of the Trained Nurses' Association of India (TNAI) on **26 September 2026**. He held a meeting with **Dr. (Mrs.) Annie Kumar, National President, TNAI**, and **Mrs. Evelyn P. Kannan, Secretary General, TNAI**.

The meeting provided a valuable platform for discussions on **strengthening the partnership between TNAI and TruMerit** and exploring potential avenues for collaboration in the areas of **nursing education, professional development, international engagement, and opportunities for nurses**.

The interaction reflected a shared commitment to advancing the nursing profession and fostering meaningful initiatives that support the **education, professional growth, and global opportunities of nurses**.



TNAI–IIHS Sri Lanka Collaboration Meeting

The Trained Nurses' Association of India (TNAI) hosted a meeting with a delegation from the **International Institute of Health Sciences (IIHS), Sri Lanka**, at TNAI Headquarters, New Delhi, on **26 September 2026**.

The IIHS delegation comprised **Dr. Kithsiri Edirisinghe, CEO and Co-Founder**; **Ms. Lakshika Lagoshan, Head of Bioinquirer**; and **Mr. Dehan Kumburugala, Executive – International Affairs**. The meeting was attended by **Dr. (Mrs.) Annie Kumar, National President, TNAI**, and **Mrs. Evelyn P. Kannan, Secretary General, TNAI**.

The meeting provided a valuable platform to discuss **potential areas of collaboration between TNAI and IIHS Sri Lanka**, with a focus on fostering institutional engagement and exploring opportunities for mutual cooperation in the field of nursing and health sciences. The interaction strengthened the professional ties between the two organisations and reflected their shared interest in advancing opportunities for education, professional development and international collaboration.



The Trained Nurses' Association of India Organizing 79th TNAI National Conference 2026 Hosted by Telangana TNAI State Branch

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.

Theme: "Redefining Clinical Practice: Empowering Nurses Through Innovative Technology."

Date: 15 & 16 December, 2026, Venue: Ramoji Film City, Hyderabad, Telangana

I. Call for Scientific Submissions

- i. **Scientific Paper Presentations:** Submissions must be strictly aligned with the conference theme: **"Redefining Clinical Practice: Empowering Nurses Through Innovative Technology".**
- ii. **Concurrent Sessions:** Open to all nursing specialties; studies should have been conducted within the last four years. (a) OBG Nursing (b) Mental Health Nursing (c) Child Health Nursing (d) Community Health Nursing (e) Medical and Surgical Nursing (f) Nursing Education (g) Administration and Research (h) Innovation.
- iii. **Scientific Poster Presentations:** Open to all nursing specialties; studies should have been conducted within the last four years;

Guidelines for Scientific Paper Presentation, Concurrent Session and Poster Presentations:

Submissions must include the following components:

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

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

Keywords: Minimum 5 keywords required

Tables/Figures: Include where applicable, with proper interpretation

Referencing Style: Vancouver or APA

- iv. **Case Study Poster Presentations:** Focused on clinically relevant case studies highlighting patient care, interventions, and outcomes.

Title, Keywords, Abstract, Introduction, Patient Information, Clinical Findings, Timeline, Therapeutic Intervention, Follow-up and Outcomes, Discussion, Patient Perspective, Informed consent.

Common Guidelines for Scientific Poster and Case Study Poster

a) Poster Size

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

b) Layout Requirements

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

c) Font Guidelines

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

d) Visual Design

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

e) Author Anonymity Requirement

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

Important Notes for Presenters

- TNAI membership number to be mentioned**
- Provide complete **author details**
- Ethical approval** (if applicable) must be enclosed
- Last Date for Submission:** 30th September 2026
- Submission through Email:** tnaiconference2026@gmail.com
- The decision of the Scientific Committee shall be final.
- Acceptance will be communicated to the corresponding author via email.
- Only accepted authors will be invited for presentation.
- No TA/DA will be provided by TNAI for presenters.
- All presenters must register for the conference.
- TNAI will award 10 hours (2 credits) and a certificate strictly based on completed registration and verified attendance.

- Papers not adhering to the prescribed guidelines are liable to be rejected.
- Plagiarism must be strictly avoided and proper citation is mandatory.

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

II. Beyond Academics: Celebrating Talent & Personality

Recognizing that nurses are multi-talented individuals, TNAI has introduced two exciting competitions exclusively for its members. This platform celebrates team spirit, creativity, and cultural expression.

i. Group Dance Competition

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

ii. Personality Contest: Mr. & Miss TNAI

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.

A three-round competition designed to highlight confidence, communication, and leadership presence: (i) Traditional Attire Round (ii) Contemporary/Western Attire Round (iii) Question & Answer Round.

Important Information

- **Last Date for Submission: 10th October 2026**
- Submission Email: tnaiconference2026@gmail.com
- All presenters must be TNAI members and Registered conference participants

A Collective Step Forward

Note: The **Group Dance Competition** and **Mr. & Ms. TNAI Personality Development Competition** shall be conducted at the **State/UT Branch level**.

The **winner of each competition** shall be nominated by the respective **TNAI Branch President and Secretary** and their names/details shall be forwarded to **TNAI Headquarters on or before 10 October 2026**.

Only the winners selected by the respective State/UT Branches will be eligible to participate at the national level.

Conference Registration Fee:

The registration for state branch President, Secretary, SNAI Advisor, State SNAI Vice President and State SNAI Secretary should be done by the respective state branch.

Registration Fee	TNAI Members	Non TNAI Members	SNAI Executive Members
	Rs. 5000/-	Rs. 6000/-	Rs. 4000/-

Please Note:

- The registration fee includes two lunches, one dinner, and four tea & snacks during the conference days (15th and 16th December 2026).
- All registrations must be completed online through: conference.tnaionline.org.
- No on-the-spot registration will be permitted.
- The registration portal will close on **15th October 2026**, and no registrations will be accepted thereafter.



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/-.
- iv. TNAI will provide accommodation for one day 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: 011-40195407, 40195409

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: publicationstnai@yahoo.com

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

Colgate

Why Primary Healthcare Needs An Oral Revolution



"Oral health should be accessible, affordable...and quality healthcare should be given."

-Shri Jagat Prakash Nadda Ji,
Union Minister of Health & Family Welfare, India.

For too long, oral health has been treated as separate from overall healthcare. Yet true disease prevention means bringing oral care directly into the primary healthcare ecosystem and embedding it into routine patient interactions.

This vision reflects India's growing emphasis on making oral healthcare accessible at the grassroots, and because nurses are often the earliest and most trusted point of contact for patients, they hold an unprecedented opportunity to drive this transformation.

The Hidden Link: Oral Health is Systemic Health

The mouth is a window to systemic health. Chronic oral inflammation allows bacteria to enter the bloodstream, directly impacting overall well-being:



Maternal Health: Periodontal infections in pregnancy correlate with premature and low-birth-weight deliveries.



Diabetes: Gum disease raises blood sugar, complicating diabetes management.



Heart Disease: Oral bacteria trigger vascular inflammation linked to cardiovascular risk.

Nurses: Leading the Charge in Prevention

Frontline public health nurses & auxiliary health workers can help integrate oral health into primary care through three key interventions:

- 1. Screen:** Perform basic checks for early signs of gum disease during standard triage.
- 2. Educate:** Counsel patients - such as pregnant women - on the oral-systemic health connection, and reinforce proper oral hygiene habits, including brushing twice daily (morning and night).
- 3. Refer:** Direct high-risk patients to dental specialists for early intervention.

By embedding oral health awareness into primary nursing care, we can strengthen prevention where it matters most, at the first point of care, and help make better oral health part of overall health.



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बड़े-बूढ़ों की उपेक्षा ठीक नहीं, आप भी वहीँ पहुँचेंगे

एक बड़े, भुतहे से मकान में उम्रदार दंपति, और कहीं एकल बुढ़िया या बूढ़ा। जीने की आस है तो हपते-दस दिन में विदेश में सेटल हो गए बेटे या बेटी के टेलीफोनी संवाद। भूले भटके मिलने आने वालों को बेटे-बेटियों का आलाप बार-बार सुनाया जाएगा। सुनने वाला न मिले तो चलते-फिरते को और खुद को समझाया जाएगा कि बेटा लायक है, परदेश में खुश है, तरक्की की राह पर है। संतान पास में हों फिर भी उम्रदराज अमूनन बेहली में हैं चूंकि संतान के पास साथ बैठने की फुर्सत नहीं। या बगल में रहने पर भी संवाद अंतरंग नहीं होते। अधिसंख्य बुजुर्ग पहले गर्दिश में रहे, अब रहने-खाने को है तो गले नहीं उतरता। गठिया, ब्लड प्रेशर, देखने-सुनने में दिक्कत, कुछ तो लगा रहता है। सबसे अधिक पीड़ादाई है एकाकीपन की तड़पन। देश के 11 करोड़ बुजुर्गों की कमोबेश यही गत है। किसी ने तो ऐलान कर दिया, बेटे को पढ़ा लिखा कर इतना लायक नहीं बनने दूंगा कि वह फुर्र से विदेश उड़ जाए। भले थोड़ा बेवकूफ रहे, सामने रहेगा तो अपने जमे-जमाए काम में हाथ बंटाएगा और शर्माशर्मी ही सही, बुढ़ापे का सहारा बनेगा।

वृद्धों की उपेक्षा न हो, इस आशय से 1 अक्टूबर का दिन इस लक्ष्य से अंतर्राष्ट्रीय वृद्ध दिवस बतौर मनाया जाता है कि उन्हें नजरअंदाज न किया जाए। देश में 2050 तक 60 या अधिक उम्रदारों की संख्या करीब 20 प्रतिशत हो जाएगी। वृद्धों में खासी संख्या उनकी है जो बौद्धिक या तकनीकी दृष्टि से सक्षम हैं और समाज में उल्लेखनीय योगदान कर सकते हैं। समाज में उनकी विशिष्ट भूमिका है। युगों से संचित सांस्कृतिक मूल्यों को संधित करने में वे बहुत योगदान दे सकते हैं। अतः आवश्यक है उन्हें समाज का अभिन्न अंग मानते हुए उनके हितों की उपेक्षा न हो। घर-परिवार और राजमर्मा के अनेक मसलों में उनकी अनुभवी बुद्धि से हम लाभ ले सकते हैं। कहावत है, जिस समाज में बड़े-बूढ़ों को सम्मान से देखा जाता है वह समाज बेहतरीन मार्ग की ओर प्रशस्त रहता है।

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