Pages: 217-240 (Total 24 Pages) Price: Rs. 5/-

THE TRAINED NURSES' ASSOCIATION OF INDIA

TNAI BULLETIN

Volume XV | No. 11 NOVEMBER 2026

November Reflections

Every Newborn Deserves the Best Start in Life

Full of hope and infinite possibilities, each individual comes to the world with enormous potential. Quality maternal and newborn care, early initiation of breastfeeding & exculsive breastfeeding, thermal protection, infection prevention, skin-to-skin contact and Kangaroo Mother Care (KMC) practice are vital for the survival and development of the newborn. **National Newborn Week**, observed annually throughout India during 15–21 November, highlights the importance of protecting newborn lives and ensuring a healthy start of life. This year's theme for National Newborn Week i.e., *Newborn Safety: Every touch, Every time, Every Baby* underscores that no newborn should be deprived of essential care.

Nurses and midwives play a pivotal role through skilled, compassionate and evidence-based care; early identification of complications, if any; breastfeeding support; and, parental counselling. TNAI reaffirms its commitment to strengthening neonatal nursing practice and promoting quality newborn healthcare for all in need. "A nurse's gentle touch and compassionate care can give every newborn the gift of life, health and hope".

79th TNAI National Conference 2026 – Have You Registered Yet?

Only a few weeks remain for the much-awaited **79th TNAI National Conference 2026**, being hosted by the Telangana State Branch is scheduled for **15–16 December 2026** at **Ramoji Film City, Hyderabad**. The theme is: *"Redefining Clinical Practice: Empowering Nurses Through Innovative Technology,"* the conference will provide an enriching platform for scientific deliberations, knowledge and innovation sharing, and professional networking. Nursing leaders, educators, researchers, clinicians and students from across the country are participating in this prestigious gathering. **Have you registered yet? If not, register now and join us in Hyderabad to connect, learn, share and celebrate nursing excellence! Register Online:** https://conference.tnaionline.org.

7th CNMF Conference and 27th Biennial Meeting: A Celebration of Collaboration

The TNAI extends its sincere gratitude to all national and international delegates, resource persons, special guests, distinguished invitees, sponsors and media representatives for their valuable contributions to the successful conduct of the **7th CNMF Conference, 27th CNMF Biennial Meeting and CNMF Board Meeting**. We specially acknowledge the dedicated support of the TNAI National Executive Committee and National Council Members. The insightful deliberations and spirit of collaboration strengthened our shared commitment to advancing nursing and midwifery education, practice and leadership across the Commonwealth. Together, we strengthened our bonds of unity and our shared vision for the future of nursing and midwifery. Detailed reports are featured inside this Bulletin.

National Florence Nightingale Nurses Awards 2027: Call for Applications and Nominations

The Government of India invites applications/nominations from eligible nursing professionals for the **National Florence Nightingale Nurses Awards 2027** under three designated categories. The last date for receipt of submission is **31 January 2027**. All eligible nurses are encouraged to apply or nominate deserving colleagues for this prestigious national recognition. The guidelines and details like eligibility criteria and application procedures are available in the TNAI website: www.tnaionline.org).

Mrs Evelyn P Kannan
Chief Editor & Secretary-General

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79th TNAI National Conference 2026

Redefining Clinical Practice: Empowering Nurses through Innovative Technology
15–16 December 2026 | Ramoji Film City, Hyderabad, Telangana
Two Days of Knowledge, Innovation, Collaboration and Celebration!

The Trained Nurses' Association of India (TNAI) proudly announces its 79th National Conference 2026, hosted by the Telangana State Branch at the magnificent Ramoji Film City, Hyderabad. Reflecting TNAI's continued commitment to advancing the nursing profession, this landmark gathering will bring together nursing leaders, educators, researchers, clinicians, students and nursing professionals from across the country.

With the theme *"Redefining Clinical Practice: Empowering Nurses through Innovative Technology,"* the conference will provide an exciting platform to explore emerging technologies, strengthen professional competencies, exchange research-based knowledge and envision the future of nursing in a rapidly transforming healthcare environment.

Pre-Conference Meetings: Strengthening Leadership and Professional Governance

Leading up to the main conference, a series of important organisational meetings will bring together TNAI's national leadership, elected representatives and student nursing leaders to deliberate on key professional priorities, organisational matters and the future direction of the Association.

- **121st TNAI National Executive Committee and Council Meeting**
  *12–13 December 2026, Time 9 am onwards.*Participants: TNAI's National Executive Committee and Council members, along with Ex-officio and Co-opted Mmembers.
- **25th House of Official Representatives (HOR) and Associate House of Official Representatives (AHOR) Meeting**
  Date:*14 December 2026 Time 8am Registration*. Participants: Executive Committee and Council members and HOR representatives.
- **54th National SNAI Executive Committee Meeting**
  Date :*14 December 2026 Time* 04:00 pm to 06:00 pm.Participants: State SNAI Advisors, State SNAI Chairpersons, State SNAI Secretaries and National Officials.

Plenary and Scientific Sessions: Shaping the Future of Nursing

The conference will feature thought-provoking plenary sessions and a rich scientific programme addressing contemporary developments and emerging priorities in nursing and healthcare. Scientific paper and Poster presentations, concurrent specialty sessions and poster presentations will provide valuable opportunities for nurses to showcase their research, share best practices, exchange innovative ideas and strengthen evidence-based nursing practice.

From digital health and technological advancements to clinical excellence, research, innovation and patient safety, the academic sessions will inspire participants to translate knowledge into meaningful improvements in healthcare delivery.

Beyond Academics: Celebrating Talent, Leadership and Excellence

The conference will also celebrate the vibrant spirit, creativity and collective identity of the nursing fraternity through an exciting range of cultural and professional activities, including:

- **Mr. & Miss TNAI Personality Contest** – Celebrating confidence, personality, leadership and professional identity.
- **Group Dance Competition** – Showcasing the cultural diversity, creativity and artistic talents of nursing professionals and students.
- **State Branch Parade** – Demonstrating unity, discipline, pride and the strength of TNAI's nationwide network.
- **Lifetime Achievement Awards** – Recognising distinguished contributions and exemplary service to the nursing profession.

These activities will add colour, energy and a spirit of camaraderie to this prestigious national gathering.

Conference Registration

Be part of this prestigious national event and connect with the nursing fraternity from across India!

Category	Registration Fee				
TNAI Members	₹ 5,000	Non-TNAI Members	₹ 6,000	SNAI Executive Members	₹ 4,000

Register Online: https://conference.tnaionline.org

Join Us in Redefining the Future of Nursing!

The 79th TNAI National Conference 2026 promises to be much more than an academic gathering. It will be a celebration of professional excellence, innovation, leadership, collaboration and the remarkable contributions of nurses to healthcare.Come, connect, learn, share and be inspired. Let us collectively explore new possibilities, embrace technological advancements and empower nurses to lead the transformation of clinical practice.

We warmly invite the entire nursing fraternity to join us at Ramoji Film City.

"Connect. Collaborate. Innovate. Celebrate. Together, Let Us Redefine the Future of Nursing!"

The 7th Commonwealth Nurses and Midwives Conference 2026: A Report

Theme: ***Shaping the Future: Nurses and Midwives Navigating New Frontiers***

Dates: ***24-25 September 2026 | Manekshaw Centre, New Delhi***

Overview

The 7th Commonwealth Nurses and Midwives Conference 2026 was jointly organised by the Commonwealth Nurses and Midwives Federation (CNMF) and the Trained Nurses' Association of India (TNAI) on 24-25 September 2026 at the Manekshaw Centre, New Delhi. Held under the theme 'Shaping the Future: Nurses and Midwives Navigating New Frontiers,' the conference provided an international platform for professional exchange, collaboration and dialogue on the future of nursing and midwifery.

The conference brought together more than 700 delegates and participants from India and 20 Commonwealth countries, along with special invitees, volunteers, sponsors and media representatives.

Registration

Registration took place from 8:00 a.m. to 9:00 a.m. Delegates were welcomed, registered and provided with conference bags and lanyards. The registration process was coordinated by Dr Shiny Chacko, National Treasurer, and Mr Ajinas AM, Assistant Secretary-General, with support from the organising team.

INAUGURAL SESSION

It began with Welcome Address by Mrs Evelyn P. Kannan, Chairperson- opening ceremony, CNMF Board Member for the Asia Region, and Secretary-General TNAI. She welcomed the dignitaries, delegates and participants to the 7th Commonwealth Nurses and Midwives Conference.

The **Ceremonial Country Parade** symbolised international fellowship, diversity, unity and professional solidarity. Led by CNMF Board Members, delegates carried their national flags and country placards, concluding with TNAI representing the host nation, India.

The participating countries were: Australia, Cameroon, Canada, Cyprus, Ghana, Indonesia, Jamaica, Kenya, Malaysia, Malta, Nigeria, South Africa, Sri Lanka, Sweden, The Bahamas, Trinidad & Tobago, the United Kingdom, the United States of America, Zimbabwe and India. The parade was facilitated by Mr Dipkamal Vyas, National Vice President (North Region), and Mr Ajinas AM, Assistant Secretary-General TNAI.

Invocation Song and Lighting of the Lamp: Military Nursing Officers performed the invocation song, setting a solemn and dignified tone for the proceedings. Their heartfelt rendition added a sense of reverence to the occasion.

The ceremonial lighting of the lamp symbolised knowledge, enlightenment and the collective pursuit of excellence. The ceremony was conducted by distinguished dignitaries, including Professor Kathleen McCourt, President CNMF; Dr Annie Kumar, National President TNAI; Dr Deepika Cecil Khakha, Nursing Advisor, Government of India; Mr Joginder Sharma, Vice President Indian Nursing Council; Mrs Yinglen Butt, CNMF Liaison Officer; Major General Rachael Thomas, ADGMNS; Mr Dipkamal Vyas, Dr B Valli, Prof Thodam Nandarani Devi, Mrs Jyotiwalia, Dr Abhilekha Biswal, all National Vice Presidents West Region, South Region, North Region, and East Region respectively; Dr Shiny Chacko, National Treasurer, TNAI; Professor (Dr) Roy K George, former National President TNAI; and Mrs Evelyn P Kannan, Secretary-General TNAI. The ceremony formally marked the commencement of the conference.

Message from the Hon'ble Prime Minister of India: A special message from the Hon'ble Prime Minister of India, Shri Narendra Modi, was read by Professor (Dr) Roy K. George, Former National President TNAI. The message highlighted the significant contribution of nurses and midwives to healthcare delivery and their important role in shaping the future of health systems.

Presidential Addresses: Professor Kathleen McCourt, President of CNMF, addressed the gathering on behalf of the Federation. Dr Annie Kumar, National President of TNAI, extended greetings and reaffirmed TNAI's commitment to strengthening nursing and midwifery at national and international levels.

International (Video) Messages

Video messages from Mr Howard Catton, Chief Executive Officer, International Council of Nurses (ICN), and Ms Jill Iliffe, Executive Secretary of CNMF, further reinforced the international dimension of the conference. Their messages highlighted global solidarity, professional collaboration and collective leadership within the nursing and midwifery professions.

Keynote Address

Dr Deepika Cecil Khakha, Nursing Advisor, Government of India, delivered the keynote address, She offered insights into the conference theme and the evolving role of nurses and midwives in contemporary healthcare. She emphasised innovation, resilience, leadership, education and alignment with health policies as essential to responding effectively to emerging healthcare needs.

Unfolding the Conference

The participation of CNMF Board Members, TNAI Core Action Committee Members, the Nursing Advisor to the Government of India, the Vice President of the Indian Nursing Council and ADGMNS reflected the shared commitment of national and international stakeholders to advancing nursing and midwifery.

Announcement of CNMF Board Elections: Professor Kathleen McCourt, outgoing President of CNMF, announced the election of Mrs Evelyn P Kannan, Secretary-General of TNAI, as the President-elect of CNMF, and Dr Annie Kumar, National President of TNAI, as the CNMF Board Member representing the Asia Region. Professor McCourt congratulated both leaders and conveyed her best wishes for their future endeavours.

These appointments marked a proud and significant occasion for TNAI, recognising the Association's contribution to nursing leadership and its growing presence on the international platform.

Appreciation and Felicitation

The appreciation and felicitation segment was coordinated by Dr B Valli, National Vice President (South Region) TNAI. The Association acknowledged the CNMF Board Members for their leadership and continued commitment to strengthening nursing and midwifery across the Commonwealth.

Vote of Thanks: The inaugural session concluded with a vote of thanks by Mrs Yinglen Butt, CNMF Liaison Officer, who expressed appreciation to the dignitaries, delegates, organising teams and all stakeholders for their participation and support.

The inaugural ceremony set a positive tone for the conference, celebrating diversity, unity and a shared vision for the professions, while underscoring innovation, leadership, resilience and international collaboration as key pillars for the future of nursing and midwifery.

PLENARY SESSIONS

Safeguarding Evidence: Ethics and Integrity in a Changing World

Dr Ben Parkinson, Senior Lecturer in the Department of Nursing, Community and Public Health at Glasgow Caledonian University, United Kingdom, discussed the importance of safeguarding evidence, maintaining ethical standards and upholding professional integrity in a rapidly changing healthcare environment. His presentation addressed evidence-based nursing, research ethics and professional accountability.

Dr Deva-Marie Beck, International Co-Director of the Nightingale Initiative for Global Health (NIGH), Canada, highlighted the vital role of nurses and midwives at the vanguard of humanity. Both sessions were moderated by Mrs Yinglen Butt, CNMF Liaison Officer.

Wisdom in Action - Nursing Leadership at the Crossroads: Dr Kithsiri Edirisinghe of Sri Lanka, Co-Founder and Chief Executive Officer, International Institute of Health Sciences Multiversity and founder of several

health and education initiatives, delivered the plenary session on nursing leadership. He highlighted the need for visionary leadership, innovation and strategic decision-making to address emerging healthcare challenges. The session underrscored translating knowledge and experience into effective action, strengthening leadership capabilities and preparing nursing professionals to respond to changing healthcare needs. Mrs Evelyn P. Kannan moderated the session.

WHO-India Engagements: TNAI gratefully acknowledges the World Health Organization (WHO) India for its valuable contribution to the conference through two professional engagements.

Workshop on Maternity Care: The 90-minute workshop, 'Advancing Timely, High-Quality and Respectful Maternity Care through WHO Midwifery Toolkit: Essential Childbirth Care (ECBC) and Essential Respectful Care (ERCC),' was moderated by Dr Annie Kumar and conducted in collaboration with the Aastrika Foundation. Facilitators represented WHO India, the Aastrika Foundation and RML Hospital, New Delhi.

The workshop focused on evidence-based childbirth practices, essential clinical competencies, competency-based education, respectful maternity care, woman-centred communication and informed decision-making. It highlighted practical learning approaches for translating WHO guidance and evidence into clinical skills to improve the quality of maternal and newborn care.

Plenary Panel: Nursing and Midwifery for the Future

The panel was moderated by Dr Ben Parkinson, Senior Lecturer, Department of Nursing, Community and Public Health, Glasgow Caledonian University, United Kingdom. The panelists were: Dr Grace Achungura, Team Lead for Health Systems, WHO India; Dr Pawan Kumar, Additional Commissioner, Maternal Health and Immunisation Division, Ministry of Health & Family Welfare, Government of India; Mary Christinal M., National Midwifery Educator, Aastrika Foundation; Professor Marion Eckert, Professor of Health Innovation and Enterprise and Inaugural Director, Rosemary Bryan AO Research Centre, Adelaide University; Mrs Yinglen Butt, Officer responsible for Commonwealth matters, CNMF.

The WHO India engagements contributed to several key outcomes:

- Strengthened clinical competencies through improved understanding of ECBC and ERCC approaches and their application in maternity care.
- Greater emphasis on competency-based education and the translation of theoretical knowledge into practical clinical skills.
- Reinforcement of respectful maternity care, including dignity, privacy, informed participation, effective communication and woman-centred care.
- Recognition of innovation, leadership, adaptability and evidence-based practice as essential competencies for a future-ready nursing and midwifery workforce.
- Stronger alignment between professional education, clinical practice and healthcare-system priorities.
- Enhanced collaboration among WHO, the Government of India, TNAI, academic institutions, professional associations and development partners.

The rapporteur for the WHO engagement was Dr Priyanka Singh, WHO.

Oral Paper Presentations

Oral paper presentations were held concurrently in designated halls on 24 & 25 September 2026. A total of 167 papers were submitted, of which 150 were presented; 101 by Indian, and 49 by international presenters.

All the Scientific papers were scrutinised / reviewed / evaluated by the CNMF team under the leadership of Miss Jill Iliffe Executive Secretary overseen by Prof Kathleen Mc Court, CNMF President Ms Ying Butt, Liaison

Officer CNMF and Dr Abhilekha Biswal, National Vice President (East Region). The session was coordinated by Mrs S Vatchala Dhinakaran, Assistant Secretary-General, together with Mrs Bhuvaneswari, Project Manager and other TNAI staff. A total of 76 moderators supported the sessions, facilitating scientific discussion, knowledge exchange and the sharing of research and professional experiences across diverse healthcare settings.

Scientific Poster Presentations

The scientific poster presentations provided delegates with a platform to showcase research, innovations and evidence-based practices in nursing and midwifery. Of 101 posters selected, 73 were presented during the conference, 58 by Indian, and 15 by international participants. The posters covered a wide range of subjects including clinical practice, technology, education, leadership, research and innovative models of healthcare delivery. Coordination included presenter verification, registration and attendance monitoring, allocation of unique TNAI poster codes, communication of presentation guidelines and arrangement of designated poster boards.

The poster presentations encouraged academic dialogue, knowledge sharing and the exchange of innovative ideas among national and international nursing and midwifery professionals. The process was facilitated by Professor Nanda Rani, National Vice President (North East Region), and Mrs Annu Verma, Assistant Secretary-General, with support from their team.

Special Invitees

Approximately 32 distinguished invitees attended the inaugural ceremony. They represented the Indian Nursing Council, the Ministry of Health & Family Welfare, Government of India, WHO, Maternal Health & Midwifery, Lead Health Systems Design Gates Foundation, Aastrika Foundation, public health, academia, nursing & midwifery, leading hospitals, professional organisations, healthcare and development agencies, publishing houses, sponsors and media partners. Their presence added distinction to the occasion and reflected the strong collaboration among stakeholders committed to advancing nursing, midwifery and healthcare.

Acknowledgement of Sponsors and Supporting Partners

The conference gratefully acknowledges the contributions of its sponsors, knowledge partner, media partner and supporting organisations contributing to the successful conduct of the event.

Delta Healthcare, the Platinum Sponsor, made a significant contribution, reflecting its commitment to strengthening healthcare and supporting initiatives that bring together nursing and midwifery professionals from across the Commonwealth and beyond. Its support helped create a platform for knowledge exchange, professional collaboration and discussion on the future of the professions.

Himalayan Baby Care, the Gold Sponsor, provided valuable support to the conference. Medgate, the Media Partner, helped enhance the conference's visibility and outreach, promoting awareness of its objectives and activities.

WHO India, the Knowledge Partner, contributed through two professional engagements that enriched the programme and supported learning and knowledge exchange. Jhpiego and Maternity Foundation supported the conference by facilitating delegate registrations and showcasing their initiatives and activities through exhibition stalls. Their participation enabled interaction with delegates and highlighted work relevant to maternal and newborn health and the advancement of healthcare services.

Jaypee Brothers and CBSPD Publishers set up two book stalls to showcase their publications.

CNMF and TNAI extend their gratitude to all sponsors, partners and supporting organisations for their contributions, collaboration and commitment to advancing nursing and midwifery. Their involvement reflects the importance of partnership in strengthening healthcare and shaping the future of the professions.

Cultural Programme: Celebrating India's Unity in Diversity

The cultural programme held on day 1, i.e. 24 September 2026, was coordinated by Mrs Jyoti Walia, National Vice President (North Region), and Mrs Sangamitra Sawant, Deputy Secretary-General. It celebrated India's rich cultural heritage through music, dance and traditional performances, conveying a message of friendship, fellowship and unity in diversity. It featured a Kuchipudi performance by the CARE Group of Telangana, followed by a cultural presentation by the School of Nursing, SGT University, Haryana. Members of the TNAI Executive Committee presented cultural traditions from Assam. A joint performance by Shankaracharya Swami Swaroopanand College of Nursing, PG College of Nursing, Bhilai, and Government College of Nursing, Durg, represented Chhattisgarh. TNAI state members presented a traditional dance representing Manipur, while Late Patel Nursing College represented Gujarat. The programme concluded with a grand finale by Rajkumari Amrit Kaur College of Nursing, Delhi showcasing regional traditions and participants' artistic talents.

Valedictory Session and Closing

Dr Annie Kumar, National President TNAI, presented a brief review of the proceedings, reflecting on the conference's significance and acknowledging the contributions of delegates, speakers, dignitaries and international participants.

Professor Kathleen McCourt, outgoing President of CNMF, delivered farewell remarks and announced that the 8th CNMF Conference would be held in South Africa in 2028. She formally entrusted responsibility for leading the forthcoming conference to Mrs Evelyn P Kannan, President-elect CNMF, and Mr Simon Hlungwani, Deputy President of CNMF, with Mrs Yinglen Butt, CNMF Liaison Officer, also present.

Mrs Evelyn P. Kannan, Secretary-General TNAI, delivered the Vote of Thanks, expressing her sincere gratitude to all participants, sponsors, partners, and members of the organising team for their invaluable support and cooperation in ensuring the successful conduct of the conference. She extended special appreciation to the President of CNMF, the CNMF Liaison Officer, and the Board Members representing the various regions for granting TNAI the opportunity and permission to host the 7th Commonwealth Nurses and Midwives Conference 2026 in India.

She conveyed her special thanks to Ms Jill Iliffe, Executive Secretary CNMF, for her consistent coordination, valuable suggestions, guidance, and continued support throughout the planning and organisation of the conference. She acknowledged that Ms Iliffe's dedicated involvement and guidance at every stage had contributed significantly to the smooth coordination and successful execution of the programme. She concluded by reiterating her appreciation to all those whose collective efforts and commitment had made the conference a memorable and successful international gathering.

The conference concluded with the farewell song, '*We Shall Overcome Someday*,' bringing participants together in a shared spirit of hope, unity and commitment to the nursing and midwifery professions.

Conclusion

The 7th Commonwealth Nurses and Midwives Conference 2026 provided a valuable international forum for nursing and midwifery professionals to exchange knowledge, share research, strengthen professional networks and discuss emerging priorities in healthcare. Through its inaugural ceremony, plenary sessions, WHO India engagements, oral and poster presentations, cultural programme and closing session, the conference highlighted the importance of evidence-based practice, ethical integrity, respectful maternity care, innovation, education and leadership.

The participation of delegates from India and Commonwealth countries, alongside professional organisations, government bodies, academic institutions and development partners, reaffirmed the value of international cooperation. The conference concluded with a renewed collective commitment to shaping a responsive, collaborative and future-ready nursing and midwifery workforce.


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Indian Delegates
Indian Delegates


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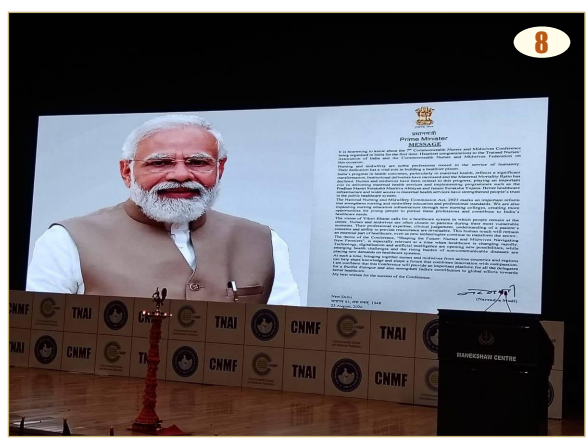

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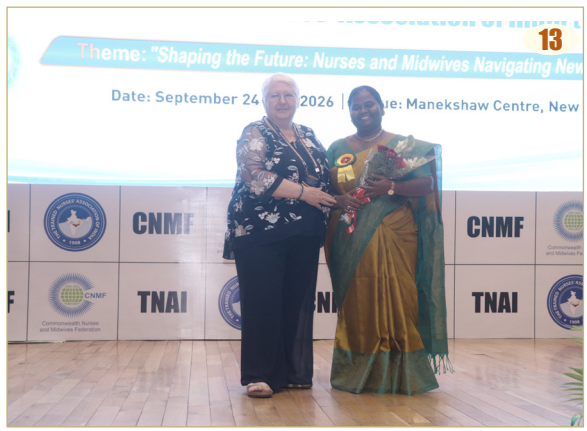

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&
The Trained Nurses' Association of India
September 24 - 25, 2024
New Delhi, India


7
7th Commonwealth Nurses and Midwives Conference 2026


8
Prime Minister
MESSAGE
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Theme: "Shaping the Future: Nurses and Midwives Navigating New
Date: September 24
2026
ue: Manekshaw Centre, New
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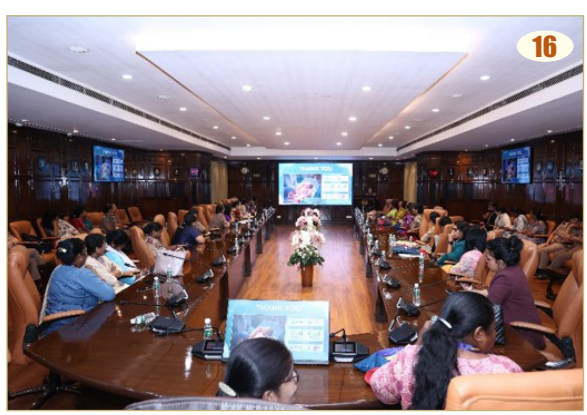

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and with all of us at ICN to strengthen


14
7TH COMMONWEALTH NURSES AND MIDWIVES CONFERENCE 2026
DR. GRACE ACHUNGURA
TNAI


11
&
The Trained Nurses' Association of India (TNAI)
Theme: "Shaping the Future: Nurses and Midwives Navigating New Frontiers"
Venue: Manekshaw Centre, New
TNAI
CNMF


15
7th Commonwealth Nurses and Midwives Conference 2026
Organized By
The Commonwealth Nurses and Midwives Federation (CNMF)
&
The Trained Nurses' Association of India (TNAI)


12
Date: September 24 - 25, 2026 | Venue: Manekshaw Centre, Ne
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16


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AUSTRALIA


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20
Happiness in every Heart!


24
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TNAI













Photo captions for CNMF conference

1. Registration of conference participants
2-4. Ceremonial Country Parade
5. The ceremonial Lamp Lighting
6. Military Nursing Officers performed the invocation song
7. The formal commencement of the conference
8. Video messages from hon'ble Prime Minister of India Shri Mr Narendra Modi,
9. Ms. Jill Iliffe, Executive Secretary, CNMF
10. Mr. Howard Catton, Chief Executive Officer, International Council of Nurses (ICN),
11. Announcement of the Result of CNMF Board
12. Professor Kathleen McCourt, outgoing President of CNMF, announcing the election of Dr (Mrs.) Annie Kumar, National President of TNAI, as the CNMF Board Member representing the Asia Region.

13. Professor Kathleen McCourt, outgoing President of CNMF, announcing the election of Mrs. Evelyn P. Kannan, Secretary General of TNAI, as the incoming President of CNMF

14. Panel discussion on Nursing & Midwifery for Future

15. WHO Workshop on Maternity Care

16-17 Oral Paper Presentation on the theme "Shaping the Future: Nurses and Midwives Navigating New Frontiers."

18. Scientific Poster Presentation on the theme "Shaping the Future: Nurses and Midwives Navigating New Frontiers."

19-20. Acknowledgement of Sponsors and Supporting Partners

21-25 Cultural programme

26. Prof Kathleen McCourt, outgoing President CNMF, delivering farewell remarks and announcing that the 8th CNMF Conference would be held in South Africa in 2028.

27-28. View of audience

29-30 Farewell song "We shall overcome someday," ushering spirit of hope, unity and commitment

शौचालयों की दशा अविलंब सुधरनी चाहिए

खुले में शौच जाने की परिपाटी हमारे देश तक सीमित नहीं है। दुनिया में 1.1 अरब लोगों के घरों में निवृत्त होने के लिए नाम का शौचालय भी नहीं है। ये लोग कहीं भी कैसे भी काम चला लेते हैं। इसके अलावा, 2.5 अरब लोगों के शौचालय खस्ता हाल हैं। याद रहे, मनुष्यों के मल का 80 प्रतिशत अंश नदी नालों में पहुंच कर अनेक बीमारियां पैदा करता है। इसके अलावा, विकासशील देशों में शौचालय दुरस्त न होने से उपलब्ध जल का 30 प्रतिशत सीवर के जरिए नालों में बह जाता है।

महिलाओं को तो घरों के बाहर सार्वजनिक स्थलों में निबटने में भारी दिक्कत रहती है। शौचालय के अभाव में या इनके असुरक्षित होने से महिलाओं और लड़कियों को बलात्कार और सेक्स दुर्व्यवहार का जोखिम बढ़ जाता है, अतः समाधान में देरी समाज के लिए ठीक नहीं है। दूसरा पक्ष उनके शैक्षिक पिछड़ेपन का है। लड़कियों के लिए अलग शौचालय होंगे तो उनकी स्कूली वर्षों में पढ़ाई अधूरी छूटने की संभावना घटेगी।

प्रधानमंत्री बनने से कहीं पूर्व, मोदी जी ने नारा दिया था, ''पहले शौचालय, फिर देवालय''। यह साफ–सफाई के प्रति उनकी सोच का संकेत था। 'स्वच्छ भारत अभियान' के औपचारिक उद्घाटन के बाद समूचे देश में घर–आसपड़ौस, स्कूल–कॉलेजों, कार्यस्थलों, गली–कूचों में सफाई बरतने की जो भावना जागृत हुई वह देश, समाज के लिए शुभ लक्षण रहा।

याद रहे, सफाई करना केवल सफाई कर्मचारियों का दायित्व नहीं है। हम गंदगी नहीं फैलाते और ऐसा करने वालों को रोक कर भी सफाई में योगदान देते हैं। महात्मा गांधी ने 1925 में कहा था, आजादी से ज्यादा अहमियत स्वच्छ रहने की है। कहावत है, साफ–सफाई ठीकठाक है तो स्वास्थ्य की दो–तिहाई हिफाजत हो गई समझना चाहिए।

शौचालयों और साफ–सफाई की ओर राष्ट्रों में जागरूकता बढ़ाने की दृष्टि से संयुक्त राष्ट्र के तत्वाधान में प्रतिवर्ष 19 नवंबर को विश्व शौचालय दिवस मनाया जाता है। इस वर्ष का थीम है, स्वच्छता और लैंगिक समानता। लक्ष्य यह भी है कि अभी तक चर्चा के योग्य न समझे गए इस विषय पर खुली बातचीत को बढ़ाया जाए तथा महिलाओं–लड़कियों के स्वास्थ्य, सुरक्षा, गरिमा और समान अवसरों की रक्षा को समझा जाए। शौच प्रक्रिया के बाबत चंद आवश्यक तथ्यः शौचालय में 5–10 मिनट से ज्यादा नहीं बैठें; वहां बैठ कर मोबाइल फोन का इस्तेमाल न करें, न ही अखवार पढ़ें। शीट पर ज्यादा देर बैठने से बवासीर की आशंका बढती है।

व्यक्तिगत जीवन और अपने परिवेश में स्वच्छता बरतने की संस्तुति सभी संस्कृतियों और समुदायों में है। हिंदू पद्धति में पूजा–अर्चना व अनुष्ठानों में शरीर, वातावरण और सामग्रियों की शुद्धता और सफाई पर विशेष जोर है। शरीर की स्वच्छता पर कहा गया है, ''यह एकमात्र स्थान है जहां तुम्हें रहना है''। सफाई बरतना प्रत्येक नागरिक अपना दायित्व समझे।

Meeting with Military Nursing Service (MNS) Delegates



A meeting was held at the TNAI Headquarters on 15 September 2026 with senior representatives of the Military Nursing Service (MNS) in connection with the forthcoming 7th Commonwealth Nurses and Midwives Conference (CNMF) 2026, scheduled for 24–25 September 2026 at Manekshaw Centre, New Delhi.

The meeting was held as per the direction of Dr. (Mrs.) Annie Kumar, National President, TNAI, with Mrs. Evelyn P. Kannan, Secretary General, TNAI, and other officers of the Association. The meeting provided an opportunity to discuss matters related to the forthcoming international conference and explore opportunities for the participation and support of the Military Nursing Service (MNS).

The MNS delegation included:

- **Maj Gen Rachel Thomas,** ADGMNS
- **Brig Lekha S Nair,** DDGMNS (Admin)
- **Brig Kiron Jeet,** DDGMNS (P& T)
- **Col Mercy Antony,** Dir MNS (Trg)
- **Col Keka Chatterjee,** Principal, CON, AH(RR)

The interaction highlighted the importance of collaboration between TNAI and the Military Nursing Service in supporting the successful conduct of the CNMF Conference and strengthening professional engagement in nursing and midwifery.

Jaypee Brothers New Delhi is New Agency for Procuring TNAI Books

The TNAI has recently entered into a contract with a third party for publishing all its books. An MOU to this effect has recently been signed. The agency viz. M/s Jaypee Brothers Medical Publishers, a known name in medical publishing, shall henceforth now exclusively print, distribute and sell all TNAI books.

Buyers of TNAI books may therefore place orders directly with them only, or contact them for any related queries.

Address: M/s Jaypee Brothers Medical Publishers Pvt. Ltd., 4838, Ansari Road, Darya Ganj, Delhi - 110 002
Email: jaypee@jaypeebrothers.com
Phone: +91-11-43574357

The 27th Biennial Meeting of the Commonwealth Nurses and Midwives Federation (CNMF): A Report

Date: 23rd September 2026, the Wednesday

Venue: TNAI Greater Noida Campus, Greater Noida, Uttar Pradesh

Transport and Assembly Point: Headquarters, the Trained Nurses' Association of India (TNAI), L-17, Florence Nightingale Lane, Green Park Main, New Delhi



The 27th Biennial Meeting of the Commonwealth Nurses and Midwives Federation (CNMF) was convened at the TNAI Greater Noida Campus, Greater Noida (UP) under the chairpersonship of Professor Kathleen McCourt, President CNMF. The meeting brought together CNMF Board Members, CNMF Members to review the Federation's activities, consider key governance and financial matters, discuss regional priorities, and determine strategic directions for the period 2027–2028.





The meeting provided an important platform for reviewing the reports of the CNMF President, Executive Secretary, Treasurer and Regional Board Members; announcing the results of the elections; considering the proposed CNMF Policy Statement on Nurses and Midwives for Peace; and discussing the Federation's future priorities.

The programme also included regional planning discussions, opportunities for members to contribute to the Federation's work, and farewell sessions recognising the contributions of the outgoing President and Deputy President.

Professor Kathleen McCourt, President of CNMF, announced the results of the CNMF elections. Mrs Evelyn P Kannan (India) was elected President, Mr Simon Hlungwani was elected Deputy President, and Dr (Mrs) Annie Kumar was elected Board Member for the Asia Region. The Board Members congratulated the newly elected leaders and extended their best wishes for a successful tenure.

Madam Jill Iliffe, Chief Executive Officer (CEO) CNMF joined the meeting online and congratulated the newly elected members. She also conveyed her best wishes to the Board for the successful conduct of the 27th Biennial Meeting and the 7th Commonwealth Nurses and Midwives Conference.

The 27th CNMF Biennial Meeting provided a valuable platform to review the Federation's activities, financial and organisational matters, election results, and strategic priorities. Key discussions focused on regional collaboration, the proposed Policy Statement on Nurses and Midwives for Peace, and the Strategic Directions for 2027–2028. The meeting also acknowledged the contributions of the outgoing President and Deputy President, marking an important leadership transition. The meeting concluded with closing remarks by the CNMF President, followed by dinner and transportation arrangements for participants to return to TNAI Headquarters. Overall, the meeting reinforced the commitment of CNMF member organisations to strengthening nursing and midwifery across the Commonwealth countries.

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

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

Commonwealth Nurses and Midwives Federation (CNMF)

Board Meeting Report

Venue: Headquarters, the Trained Nurses' Association of India (TNAI), New Delhi

Date: 22 September 2026, the Tuesday,





The Board Meeting of the Commonwealth Nurses and Midwives Federation (CNMF) was held at the Headquarters of the Trained Nurses' Association of India (TNAI), New Delhi on 22 September 2026, the Tuesday, under the chairpersonship of Professor Kathleen McCourt, President CNMF.

The meeting was convened to discuss key administrative, governance, membership, financial and strategic matters concerning the Federation. The agenda included the confirmation of the minutes of the previous Board Meeting, announcement of election results, preparations for the 27th CNMF Biennial Meeting, arrangements for the 7th Commonwealth Nurses and Midwives Conference, and consideration and approval of the CNMF Strategic Directions for 2027–2028.

The meeting provided an important opportunity for Board Members to review ongoing activities, address matters requiring the Board's attention, and coordinate preparations for the forthcoming Federation events.

The CNMF Board Meeting provided a valuable platform for reviewing key governance, membership, financial, administrative and strategic matters relating to the Federation. The Board confirmed the minutes of the previous meeting, announced the election results, discussed membership-related issues and fees, and approved the Strategic Directions for 2027–2028.

Significant attention was also given to the organisational arrangements for the 27th CNMF Biennial Meeting and the 7th Commonwealth Nurses and Midwives Conference. The discussions helped clarify responsibilities relating to transportation, registration, session moderation and participant support.

The meeting concluded at 5:00 pm, followed by refreshments. Transportation was arranged to take the Board Members back to their hotel.



From Military Nursing Service Officer to Circumnavigator: Maj Karamjeet Kaur's Historic Voyage

Maj Karamjeet Kaur's journey as a circumnavigator began in 2022, when 42 women officers from the Indian Army, Navy and Air Force volunteered for an unprecedented sailing challenge. Following rigorous selection, training and 11 preparatory expeditions covering nearly 12,000 nautical miles, she was selected as one of the nine-member crew of "Samudra Pradakshina" – the world's first-ever Tri-Service All-Women Circumnavigation Expedition.

The crew sailed from Mumbai on 11 September 2025 aboard IASV Triveni, an indigenously built 15-metre transoceanic sailing yacht. The first leg took them 4,500 NM to Fremantle, Australia, crossing the Equator en route. They then sailed nearly 3,500 NM to Lyttelton, New Zealand, navigating the Tasman Sea and rounding Cape Leeuwin.

The most challenging 7,000-NM leg took them to Buenos Aires, Argentina, through the formidable Drake Passage and around Cape Horn, known as the "Mount Everest of Sailing." From Argentina, they sailed nearly 4,000 NM to Cape Town, South Africa, before undertaking the final passage of 6,000 NM back to Mumbai.

As a Military Nursing Service officer, Maj Karamjeet Kaur combined her medical expertise with seamanship, navigation, endurance and operational responsibilities. Completing this historic 314-day voyage across four oceans and five continents, covering approximately 25,000 nautical miles (47,000 km), transformed her from a nurse in uniform into a circumnavigator, contributing to a historic milestone of the Indian Armed Forces.

Maj Karamjeet Kaur's remarkable achievement has brought immense pride not only to the Military Nursing Service, but also to the entire nation. Her determination, grit, resilience and unwavering zeal carried her through an unforgettable historic voyage across some of the world's most challenging waters. Her journey stands as a powerful testament to the fact that with determination, courage and the will to persevere, no challenge is insurmountable and no dream is beyond reach. From serving as a nurse in uniform to conquering the oceans as a circumnavigator, Maj Karamjeet Kaur has shown that 'the human spirit can cross every horizon when courage gives wings to a dream'.





The Trained Nurses' Association of India (TNAI) extends its heartfelt congratulations to Maj Karamjeet Kaur on this extraordinary achievement and commends her courage, perseverance and exemplary contribution to the nation.



OBITUARY

Lt Col Shalini Jagannath Deshpande

01 April 1931 - 04 Oct 2026



A distinguished veteran of Military Nursing Service (MNS), Lt Col Shalini Jagannath Deshpande, 96, breathed her last on 4 October 2026 at Command Hospital, Pune (MS).

She was commissioned into Military Nursing Service in 1958 from Military Hospital Pune (now AFMC, Pune). During her long, dedicated career, she served the Armed Services with unswerving commitment and professional excellence, and compassion. She retired in 1986 from Military Hospital Pune. Her contribution will be remembered with profound respect and gratitude.

Maj Gen Rachel Thomas, Addl DG MNS and all officers of MNS are deeply grieved by the demise of Lt Col Shalini Deshpande (Retd). May God the Almighty give strength and courage to the bereaved family to bear this great loss, and may her soul rest in eternal peace.

Nominations Invited for National Florence Nightingale Awards

Government of India has invited nominations for National Florence Nightingale Awards from three categories of nurses: Registered Auxiliary Nurses & Midwife; Registered Nurses and Midwife; and Registered Lady Health Visitors. The nominated nurse should have 10 years of experience, and last date of receipt of nominations is 31 January 2027. The format of application and other details are available in TNAI's website (www.tnaionline.org).

Military Nursing Service Felicitates Newly Elected CNMF Leaders

The Military Nursing Service (MNS) Headquarters organised a felicitation ceremony on 23 October 2026 to honour Dr. (Mrs.) Annie Kumar, National President, TNAI, elected as Asia Board Member of CNMF, and Mrs. Evelyn P. Kannan, Secretary General, TNAI, elected as President of CNMF.

The ceremony, led by Major General Col. Rachael Thomas, ADGMNS, recognised these prestigious appointments as a proud milestone for TNAI and Indian nursing, reflecting India's growing influence in global nursing leadership.

TNAI expresses its sincere gratitude to the Military Nursing Service for this gracious recognition.

A proud moment for TNAI and Indian nursing!



Major General Col. Rachael Thomas, ADGMNS, and her team alongside Mrs. (Dr) Annie Kumar, National President, TNAI & Evelyn P Kannan, Secretary General, TNAI

TNAI Announces

Revised Guest Room Tariff

The National Executive Committee, during its meeting held on 8–9 August 2026, approved the revision of guest room tariffs at TNAI Headquarters and Greater Noida Campus in view of improved facilities and upgraded accommodation.

Revised Tariff (per person/day, inclusive of GST):

Category	Charges
TNAI Members	₹ 1,000/-
Non-TNAI Members	₹ 1,500/-
SNAI Members	₹ 500/-
Non-SNAI Members	₹ 1,000/-
Guest Room charges will be effective from **1 April 2027**.	

Revision of TNAI Membership Fee

The National Executive Committee approved the revision of membership fees, considering the increasing operational costs and financial requirements of the Association. In place of a separate premium contribution towards the proposed Accidental Death Insurance Scheme, the membership fee has been revised as follows:

- **TNAI Members:** ₹ 3,500/- (earlier ₹ 3,000/-)
- **SNAI Members:** ₹ 2,500/-

The revised membership fee will be effective from **1 April 2027**.

World Pneumonia Day: 12 November

Considering that every 13 seconds someone dies from pneumonia globally, the **World Pneumonia Day** is organised annually on **12 November** every year to raise awareness about pneumonia prevention, diagnosis, and treatment. Pneumonia remains one of the leading infectious killers of children under the age of five and also poses serious risks to older adults. This year's theme: *A New Era of Pneumonia Control*, highlights recent progress in vaccines, diagnostic tools, and treatments, while addressing child mortality and adult respiratory risks linked to malnutrition, smoking, and air pollution.

The major global event for World Pneumonia Day is going to be the 6th edition of Global Conference; 40+ countries shall light up monuments; 329 monuments turning blue; 17+ speakers & experts on pulmonology, infectious disease and public health to lead the conference with the assumption that the more people know about pneumonia, the safer everyone will be. Awareness and education are an important part of pneumonia education. Organizations like 'Every Breath Counts Coalition' coordinate global efforts to scale up access to life-saving pneumococcal and vaccinations, clean cooking fuels, and proper medical care.

Early pneumonia signs are often mistaken for a standard cold or the flu. However, unlike a cold, pneumonia symptoms usually manifest with a deeper chest involvement or progress rapidly. Severe difficulty breathing though completely still; persistent, non-stop high fever above 102F/ 39^{0}C; bluish skin, nailbeds (cyanosis), that signals dangerous drops in oxygen; sudden confusion warrant immediate medical attention.

Every Breath Counts Coalition is public-private partnership with a goal to phenomenally cut down the incidence of persons dying from pneumonia by 2030 through prevention, diagnosis, and treatment. With support from UN agencies, NGOs, government and foundation donors, companies, and academic institutions, it supports governments in countries with the highest burdens of pneumonia. It identifies the most vulnerable adults and children and ensures that they receive proven, high-impact interventions at every level of the health system using the most effective strategy to close the critical gaps in pneumonia prevention, diagnosis, and treatment to save lives. It works with mothers and families to improve child nutrition, household air quality, and hygiene to strengthen prevention.

Although pneumonia deaths are concentrated in 20 countries of all regions and income levels, Every Breath Counts focuses on the specific challenges of reducing pneumonia deaths among the most vulnerable populations of persons in low- and middle-income countries where health systems are weaker especially in Nigeria, Chad, the Democratic Republic of Congo, South Sudan, Ethiopia, Somalia and Kenya who are at greatest risk of death from pneumonia.

World Diabetes Day: 14 November

Diabetes, one of the world's fastest-growing health challenges, is a group of chronic metabolic diseases where your blood glucose (sugar) level is too high. Glucose in the body turns food into glucose, which moves through blood and fuels the cells. This is facilitated by insulin, a hormone called insulin made by the pancreas, acts like a key to let glucose move from your blood into your cells. In case your body makes little or no insulin at all, or cannot use it properly, glucose stays encased in your blood (hyperglycaemia) instead of reaching your cells.

By 2050, diabetic population is projected to reach 853 million. The theme of **World Diabetes Day** this year is, *Act Early on Diabetes*. Urgent action is imperative to increase early detection, provide uninterrupted care and support diabetes risk reduction to save lives, improve health and reduce long-term costs to health systems.

An ICMR-INDIAB study found that about 101 million people (11.4% to 13% of the population) are living with diabetes in India; this figure is besides an additional 136 million people having pre-diabetes.

Further, the International Diabetes Federation (IDF) estimates around 89.8 - 94.7 million adults aged 20-79 years living with the condition, placing India as the country with the second-largest diabetes population globally. Worse, over 50 to 57 percent persons with diabetes in India remain undiagnosed, rendering them vulnerable to severe microvascular and macrovascular complications. Significantly, 90 to 95 percent of the diagnosed cases are Type 2 diabetes (inadequate or no formation of insulin or body's inability to take it). Notably, a large proportion of Indian patients develop Type 2 diabetes at a lower body mass index (BMI) compared to Western populations. Further, more urbanites live with diabetes (almost double) than those living in rural India though rural rates are steadily rising. Within the country, diabetes incidence is highest in southern and western states. Goa, Kerala, Tamil Nadu, and Chandigarh report highest prevalence (from 26% to around 37% in older age cohorts), while northern & central states like UP report lower baseline rates.

Common symptoms of diabetes include: frequent urination and unusual thirst; blurred vision, extreme fatigue; and unexplained weight loss. Slow-healing cuts or frequent Infections are frequent and physical injuries are slow to cure. Eventually, increased blood sugar can damage blood vessels and nerves that may trigger heart disease, kidney failure, stroke, nerve damage, and vision loss.

World Prematurity Day: 15 November

Worldwide, about a tenth of infants (approximately 14 million) are born pre-term i.e. before 37 weeks of pregnancy. Full term pregnancy takes 40 weeks. Pre-term infants are at high risk of conditions like infections, respiratory complications, and hypothermia. Complications from premature birth are the leading cause of mortality in children under five years. Many of the surviving preemies are found affected with developmental delays, chronic lung disease, vision or hearing impairments, and neurological challenge

Preemies share many of these traits: low birth weight (i.e. weighing less than 2.5 kg); they are smaller and thinner than average babies although the head may appear large for their body; no hair on their head only fine body hair (lanugo) unlike full-term babies; eyelids usually stay closed until about 30 weeks' gestational age; thin, transparent-looking skin owing to less body fat; small, underdeveloped genitals.

Signs & symptoms indicating premature birth include: contractions every 10-15 minutes or more; unusual pelvic pressure; changes in vaginal discharge; backache and/ or cramps. The babies often sleep more than other normal newborns, have a weak-sounding cry, may require help with their breathing, their body temperature may be low, and have difficulty learning how to suck and swallow milk from the breast or a bottle; they eat more often than normal babies. Premature babies require special care in neonatal intensive care unit (NICU). Continuous medical check-ups, developmental monitoring, and family support are critical. Continuous skin-to-skin contact (Kangaroo Mother Care/ KMC) with parents dramatically improves survival rates, thermal regulation, and neurodevelopment for small babies.

This year's theme of **World Prematurity Day** on **15 November** (shifted from 17 November till 2025, to avoid overlapping with World Cervical Cancer Elimination Day on 17 November) is, *Small Babies, Big Potential. Invest in Follow-up Care to Protect their Future!* The campaign theme reminds us that every child deserves a fair chance at life, starting from their very first moments. A solid & robust start isn't just about survival; it is about respecting the promise of every tiny life, it is about giving these babies the chance to thrive and letting infants grow to the fullest. Some globally known personages born preterm include: Charles Darwin, Albert Einstein, Isaac Newton, and Pablo Picasso.

On and around this day, governments and health systems are urged to invest in specialised neonatal units, train healthcare staff, support maternal health, and ensure equitable access to care regardless of geography or income.

प्रकाश और खुशियों के दिये एक-दो दिन नहीं, ताउम्र जलते रहने चाहिएं

दीपावली, और कुछ दिनों बाद के प्रकाश पर्व की प्रतीक्षा बच्चे–बड़े सभी करते हैं। सभी पंथों में प्रकाश को खुशहाली का प्रतीक माना जाता है। वह इसलिए कि प्रकाश के कारण हम वस्तुओं को स्पष्ट देखने–समझने में सक्षम होते हैं। वातावरण रौशन रहने का प्रभाव हमारे दिल और मन पर भी पड़ता है। हमारी सोच उलझन–रहित, स्पष्ट बनती है। हमारे आदिग्रंथों में 'तमसो मा ज्योतिर्गमय' (यानी हे प्रभु, हमें अंधकार से प्रकाश की ओर ले जाओ) का आह्वान है। दूसरी ओर अंधकार को पारंपिक तौर पर अज्ञानता का परिचायक माना जाता है। इसीलिए प्रकाश पर्व को बेहतरी, प्रसन्नता और समृद्धि का संकेत माना जाता है। मिष्ठान्न तथा अन्य उपहारों के जरिए दूसरों की खुशहाली की कामना प्रकट की जाती है।

तथापि प्रकाश और अंधकार के विचार में एक दूसरा पक्ष भी है जिसे उपेक्षित नहीं कर सकते। कुछ भौतिकीविदों के अनुसार ध्वनि की भांति प्रकाश के प्रत्येक सूक्ष्मांश की निश्चित संहति होती है, यानी ये दोनों भौतिक अस्मिताएं हैं। ध्वनि और प्रकाश दोनों को स्रोत की जरूरत पड़ती है, स्वयं में ये पंगु हैं, इनकी कोई अहमियत नहीं। इसके विपरीत शांति, अंधकार और अनंतता का स्वरूप शाश्वत तथा स्थाई हैं, इनका अस्तित्व किसी के बूते पर नहीं टिका रहता चूंकि इनकी प्रकृति परालौकिक है। मृत्यु उसी प्रकार शाश्वत है जैसे अंधकार। जीवन, ध्वनि और प्रकाश तीनों क्षणभंगुर हैं, एक निश्चित समयावधि के बाद इन्हें चिरस्थाई ब्रह्मांड, या कहिए प्रकृति रूपी अंधकार के गर्त में विलीन हो जाना है। लोकजीवन चलता रहे, इसीलिए मायावी वस्तुओं की रचना की गई।

प्रकाश को श्रेष्ठ, आराध्य और ज्ञान का प्रेरणास्रोत भले ही माना जाता रहा है किंतु जीवन को रौशन रहने की कामना उसी हद तक जायज और प्राकृतिक विधान के अनुसार है जब तक यह वस्तुओं, स्थितियों और वातावरण की स्पष्ट छवि पेष करने में सहायक हो। ध्वनि की भांति प्रकाष की अति भी विकृतिजन्य है और इससे प्राकृतिक व्यवस्था डगमगा सकती है। तब यह साधक और दूसरों के लिए विध्वंसक हो जाता है। घर, कार्यालय, फैक्ट्री, स्कूल कालिज, आदि की फिजाओं को रोशनी से चकाचौंध कर देना या कोलाहल से सराबोर कर देना फूहड़ता है, प्रकाश की अवमानना है और उथली सोच का परिचायक है। व्यावहारिक तौर भी कुछ लोग बहुत ज्यादा बिजली या तेल फूंकेंगे तो दूसरों की न्यूनतम जरूरतें भी पूरी नहीं होने की संभावना है।

दुर्भाग्यपूर्ण है कि लोकजीवन में दीप पर्व को वैभव और संपन्नता दर्शाने का मंच बना दिया जाता है। त्यौहार, विवाह आदि में वैभव प्रदर्शन के पीछे क्या भाव होता है? पहला तो यह कि प्रदर्शनकारी को अन्य लोगों से ज्यादा समर्थ, खुशनुमां, प्रफुल्लित, संतुष्ट माना जाए। यदि ऐसा वास्तव में है तो लोक मान्यता की जरूरत नहीं पड़नी चाहिए। दूसरा कारण है कि उनकी हैसियत की कद्र की जाए, वाहवाहियां बरसाई जाएं। यह एक छोटी सोच हुई चूंकि हैसियत का पैमाना माली हालत से नहीं बल्कि व्यक्ति की सोच है। तीसरा–क्या बेतहाशा खर्चा करने से आप उन्हें कमतर, हीन सिद्ध करना चाहते हैं जो ऐसा नहीं करते या कर नहीं पाते? यह भी घिनौनी मानसिकता झलकाती है।

हम भूल जाते हैं, हमारे जीवन में खुशियां और संपन्नता तभी आएंगी जब हमारे गिर्द के लोग समभाव से खुशनुमां और संपन्न होंगे। जिन लोगों के बीच हम रहते, विचरते हैं, जिनसे हमारी एक छोटी सी दुनिया का निर्माण होता है वे शख्स प्रसन्नमुद्रा में नहीं रहेंगे तो आप दिल से संतुष्ट, खुशनुमां कैसे रह पाएंगे? यदि आप के माता–पिता, भाई–बहन, सहकर्मी, नियोक्ता या सेवा प्रदाता, आपको दूध सप्लाई करने वाला या अन्य लोग जिनसे आपका रोजमर्रा का व्यवहार रहता है, वे यदि गमगीन, दुखी, समस्याग्रस्त, बीमार, परेशान रहते हैं तो भी आप चकाचौंध, विलासिता और आनंद से सराबोर रह सकते हैं तो आप संवेदनाशून्य हैं, आपकी अंतरात्मा मृतप्राय हैं। यह मनुष्य का स्वाभाविक गुण नहीं है। खुशियों का दीप पर्व शुभ और लाभकारी तभी होगा जब आप उनके जीवन के लिए ऐसा कुछ ठोस करेंगे कि उनके दिलों में हताशा, कुंठा और गमगीनता की किरणें नहीं फूटती रहें। जीवन में खुशियों और उमंगों के दिए दो–तीन रोज नहीं, हमेशा जलते रहने चाहिएं।

– हरीश बड़थ्वाल के ब्लॉग (www-bluntspeaker-com) से साभार।

Registered with Registrar of Newspapers of India
Regn No. DELBIL/2012/42030

Postal Regn. No. DL-SW-01/4166/2024-2026
Date of Publication: November 5, 2026
Date of Posting: November 6-7, 2026
Posted at LPC Delhi RMS-110006



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Monthly Newsletter of
The Trained Nurses' Association of India
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Published, printed and edited by Mrs Evelyn P Kannan for The Trained Nurses' Association of India, L-17, Florence Nightingale Lane, Green Park, New Delhi-110016 and printed by her at Chandu Press, 63 FIE, Patparganj Industrial Estate, Delhi-110092. Computerisation and layouts by Chandu Press, New Delhi.