

PROVISIONAL BALLOT PAPER: TNAI Telangana State Branch 2019

Office	Name and Address of the Contestants	Voter X
President	Mrs M Rajeshwari, TNAI No. 180838 Associate Professor, Apollo College of Nursing, Hyderabad-500096, Telangana	
Vice President	Mrs Ivy Vaz Dias, TNAI No. 413411-2-17-23, Flat No.306, Karan Centre, Park Lane, Sarojini Devi Road, Secunderabad, Telangana.	
Secretary	Mrs T Swarajavani, TNAI No. 156925 Principal, Vijaya Health Care Academic Society CON, Survey No. 157 & 167, Godumakunta Village, Rampally Dayara Post, Keesara, Medehal Distt.-501301, Telangana	
Joint Secretary	Mrs B. Vaidyavathi, TNAI No. 173138 H.No.1-5.9/EB/716, Sai Sukhavistas, Apartment, Green Hills Colony, Street No. 08, Habseguda, Hyderabad-500007, Telangana.	
Treasurer	Mrs MP Lilly Kamala, TNAI No. 66610, Govt. College of Nursing, Somajiguda, Hyderabad-500082, Telangana.	
	Mrs Naga Prasanna Kumari B., TNAI No. 95225 Plot No. 142, Flat No. G1 Anantha Residency, Srinivasa Nagar, Nizampet, Hyderabad-500090, Telangana.	
SNA Advisor	Mrs Jagruthi K, TNAI No. 175074, Plot No. 505, 9-14, Ambedkar Nagar, New Gayathri Nagar, Canara Bank Road, Jillelaguda, Hyderabad-500097, Telangana	
Chairperson - Membership Committee	Sr. Vasantha, TNAI No. 152032, JMJ College of Nursing, St. Theresa's Hospital Campus, Sanathnagar-500018, Telangana	
Chairperson- Programme Committee	Mrs N. Padmasree, TNAI No. 225551, 11-7-120/2, Kothapet, Saroornagar, Opp. to Citizen Coop. Bank, Hyderabad, Telangana	
	Dr. S. Queenmary TNAI No. 235403, Flat No. 503, Anish Elite Apartment, Gayatri Nagar, Suchitra-500067, Telangana	
Chairperson- Nursing Service Committee	Mrs K. Venkat Ramana TNAI No. 259789, Staff Nurse, Sarojini Devi Eye Hospital, Humayun Nagar, Hyderabad-500028, Telangana	
Chairperson- Public Health Section	Vacant	
Chairperson Nursing Education	Mrs Sharmila G., TNAI No. 191888, H.No.3-38, Suraram Colony, Church Road, Hyderabad, Rangareddi-500055, Telangana	
	Mrs T. Bhagyalakshmi TNAI No. 236242, H.No. 3-5-105/A, Shiva Nagar Colony, Attapur Hyderguda-500048, Telangana.	
Chairperson - Research Committee	Mrs V. Chandrakala, TNAI No. 109317, Associate Professor, JMJ College of Nursing, Erragadda, Hyderabad, Telangana.	
Chairperson - LHV and ANM Committee	Mrs D.Shailaja TNAI No. 322996, UPHC Pan Bazar, Ranigunj-500003, Telangana	

As per the TNAI Constitution Rules & Regulations & Bye-Laws page no 56-64 State Branch Election Procedure (Revised and approved by Council/HOD 2012).

1. Election will be held in General Body Meeting on September 30, 2019 from 11.00 am - 4.00 pm at **JMJ College & School of Nursing St. Theresa's Hospital Campus, Sanathnagar, Hyderabad - 500018, Telangana.**
2. The Provisional Ballot Paper is published only for the information of the members. A separate Ballot Paper will be distributed to the voters on the day of Election.
3. Only Life members of TNAI are eligible to vote.
4. All the Voters are requested to bring their voters' card/receipts of TNAI membership issued by the TNAI Headquarters along with Photo identity (Election card/PAN card/Driving license) before entering the hall for voting.
5. No one shall be allowed to vote before or after the schedule time of voting.
6. Names of contestant who have not given their consent in writing to the Returning Officer will be deleted from the final Ballot Paper.
7. Contestants are requested to give their consent in writing to the Returning Officer and the choice of the office in case they are nominated for more than one office.
8. It is expected that the Voters/Members are well versed with the TNAI Rules and Regulation and Byelaws. A copy of the same shall be available with the Returning Officer for ready reference.
9. For the offices of President and Secretary all valid nominations shall be included. For other offices, the names of three members having the highest number of nominations shall be included in ballot paper.
10. The person so elected for a particular office at branch level shall hold the office for the full term (four years) and shall not contest and cross to another office prior to completion of the term of her/his existing office.
11. The Returning Officer should be approached for any query or doubt about the election. No addition of the contestant shall be made to the final ballot paper.
12. Any contestant wishing to withdraw from any office of contest should inform the Returning Officer at least 20 days prior to the election date in writing at the following address: **Sr. Bandhavi Sikha, Returning Officer, Telangana State Branch, Principal, MJM College & School of Nursing St. Theresa's Hospital Campus, Sanathnagar, Hyderabad- 500018, Telangana.** ■

World Heart Day: 29 September

Cardiovascular disease (CVD) is the world's number one killer today, with 17.9 million deaths attributed every year from CVD; 31 percent of all deaths are from CVD. Organised by World Heart Federation on 29 September each year, World Heart Day takes stock of the progress made in upkeep of health of heart and suggest effective strategies to be acted upon for making world healthier place.

This year it calls to create a global community of Heart Heroes with people from all strata of life who are acting to live longer, better, heart-healthy lives by making a promise to adopt such measures as: to cook and eat more healthily; to exercise more and help all to stay more active; to say 'No' to smoking and help near & dear ones to quit smoking and lower their cholesterol; to invest in heart-healthy workplaces.

At least 80 percent of the premature deaths due to cardiovascular diseases can be protected by controlling four main risk factors: unhealthy diet, tobacco use, lack of physical activity and use of alcohol, says World Heart Federation. A study in Indian context by The Lancet found that the heart diseases caused over 2.1 million deaths in 2015 at all ages i.e. more than a quarter of all deaths. It also revealed that heart-related disease among rural Indians have surpassed those among urban Indians. A disturbing finding was that the younger ones i.e. adults born in post-1970s era are more at risk of heart diseases.