

THE TRAINED NURSES' ASSOCIATION OF INDIA

TNAI BULLETIN**VOL. 7 No. 8****AUGUST 2018*****Working Towards Bright Future of Nurses***

Among some of the pro-nurses decision taken at the last Executive/ EC meeting in Guntur was the institution of Life Time Achievement Awards to be conferred by TNAI to Nurses having made outstanding contribution in furthering of the profession and/ or TNAI. We invite applications from deserving candidates on the prescribed format. The details in this regard can be obtained from our website (www.tnaionline.org). Another decision in same meeting was regarding financial grant to such TNAI members who find it difficult to meet the heavy cost of treatment on major medical illness; this head has three sub categories viz. Medical Assistance, Critical Assistance and Nurses Welfare Grant and the applicant can apply only under one of the sub categories in the prescribed form (details available in TNAI website, www.tnaionline.org).

As you are aware, the forthcoming XXVII TNAI Biennial Conference scheduled for 11-16 December 2018 in Goa; simultaneously TNAI Elections for various offices shall also be conducted. We believe you have planned your participation in this mega event. As we gather from past experience, many participants do not make advance planning, and go for registration for Paper Presentation and Poster Competition activities at belated stage. We urge all of you to please do all spadework well in advance to avert last minute hassle. We foresee your active and enthusiastic involvement in this professional meet in the picturesque setting of Goa.

After having conducted a course on Basic Life Support (BLS) Provider in June at its International Training Centre (ITC), Greater Noida (TNAI's ITC is a recently approved centre of American Heart Association to conduct training on BLS), a Training of Trainers (ToT) programme on Neonatal Skincare Evidence-Based Clinical Practice Guide was organised by TNAI during 26-27 June 2018 at its Greater Noida premises. This was in line with the TNAI-AWHONN (Association of Women's Health, Obstetric and Neonatal Nurses) collaboration towards development and adoption of India-specific guidelines of the AWHONN on the guidelines on neonatal skincare. Participants from eight States/ UTs attended this programme.

There is good news about TNAI's role as recruitment agency for nursing personnel at various levels. After screening along well set parameters, the first candidate is selected. Details regarding UK's NHS Hospital Trust recruitment are available on the TNAI website (www.tnai-recruitment.org). Candidates interested in seeking overseas employment are advised to register themselves in the TNAI's recruitment Registration Portal. TNAI is conducting group recruitment for UK's NHS Trust Hospital on 8 & 9 October 2018; candidates with valid IELTS/OET score or those appearing for these tests can appear in the interview.

A major global health event in August (of particular concern to TNAI) is the World Breastfeeding Week (WBW) during 1-7 August every year. It is a UNICEF initiative to promote the time-tested practice of breastfeeding and honour the right of each infant to be breastfed. The WBW theme for 2018 is, Breastfeeding: Foundation of Life. In India, besides TNAI, Breastfeeding Promotion Network of India (BPNI) promotes breastfeeding at national level. TNAI urges all nurses, hospitals and healthcare organisations to bring awareness about the importance of breast milk.

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(Evelyn P Kannan)

Chief Editor & Secretary General, TNAI

TNAI ELECTION 2018

Election Notice

The TNAI election 2018 will be held on 13.12.2018 at Goa. The list of eligibility conditions for the offices of (a) President, TNAI, (b) Vice Presidents, TNAI (Regionwise) are published here.

Instructions and eligible criteria for various posts:

1. Office of the President, TNAI:

- a. Any life member of TNAI may make nominations for the office of President.
- b. The Nominations for the President shall be made only from life member of TNAI who has served for atleast 2 terms of 4 years each (eight years) on the Council of TNAI.

2. 5 Regional Vice Presidents:

The nomination for 5 Vice Presidents shall be made only from Life members of TNAI who have served for at least four years (one term) on the Council.

North Region:	Delhi, Jammu & Kashmir, Punjab, Himachal Pradesh, Uttrakhand, Uttar Pradesh, Rajasthan, Haryana, Chandigarh
North East Region:	Arunachal Pradesh, Assam, Meghalaya, Nagaland, Manipur, Mizoram, Tripura, Sikkim
East Region:	West Bengal, Bihar, Jharkhand, Chattisgarh, Odisha
West Region:	Madhya Pradesh, Gujarat, Maharashtra, Goa
South Region:	Karnataka, Andhra Pradesh, Tamil Nadu, Kerala, Andaman & Nicobar Islands, Puducherry (UT), Telangana.

3. Office of the Hony. Treasurer, TNAI:

The nomination for Hony Treasurer shall be made only from LIFE members of TNAI. The member nominated as Hony. Treasurer shall be from the place where the Headquarters is located, at present Delhi.

4. Office of Hony. Secretary, Health Visitors' League(HVL):

A candidate eligible for nomination to the post of Hony Secretary, Health Visitors' League, should be an active member of Health Visitors' League or a Public Health Nurse who should be a life member of the TNAI.

5. Office of Hony. Secretary Midwives and Auxiliary Nurse Midwives' Association:

A candidate eligible for nomination to the post of Hony Secretary M&ANM Association should be an active member of M&ANM Association or a Public Health Nurse who should be a life member of the TNAI.

Note:

1. The members who are residing outside the country shall not be eligible to contest election.
2. Members who are, or had been, involved in litigation with the Association without first representing their grievances to the Committee on Disputes and Grievances shall not be eligible to contest, and shall have no voting rights. The same will be applicable to members who are facing disciplinary proceedings in their work situation.
3. 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 elected office.
4. Ex-officio and co-opted members term shall not be counted for TNAI Elections and also the term(s) of those holding elected office(s) for interim period.
5. The Election for the various posts are held for a term of four years and not for any lesser period. A member is elected for a full term of four years on the Council. Any breach in completing the term with less than 4 years (1 term) will not qualify a person for nomination to any office.

Clarification, if any, on the matter could be sought from The Returning Officer, TNAI Elections 2018 C/O The Trained Nurses' Association of India, L-17, Florence Nightingale Lane, Green Park, New Delhi-110016 by August 31, 2018.

TNAI Elections 2018

NOMINATION FORM

TNAI Nomination Form for the Election for the Offices of President, Vice Presidents(5), Hon. Treasurer, Hon. Secretary M&ANM Association and Hon. Secretary, Health Visitors' League TNAI.

Please read carefully:

- Full name, address and TNAI Number of the Nominator must be given
- Full name and address of the nominee must be written in block letters.
- The election shall be carried out by secret Ballot at the meeting of House of Delegates during TNAI Conference at Mapusa, Goa, on December 13, 2018.

Office/Position	Name of the Nominee and TNAI Number	Designation, Address, Tel. and email of the Nominee
President		
Vice President - North Region Delhi, Jammu & Kashmir, Punjab, Himachal Pradesh, Uttrakhand, Uttar Pradesh, Rajasthan, Haryana, Chandigarh		
Vice President-North East Region Arunachal Pradesh, Assam, Meghalaya, Nagaland, Manipur, Mizoram, Tripura, Sikkim		
Vice President-East Region West Bengal, Bihar, Jharkhand, Chattisgarh, Odisha		
Vice President-West Region Madhya Pradesh, Gujarat, Maharashtra, Goa		
Vice President-South Region Karnataka, Andhra Pradesh, Tamil Nadu, Kerala, Andaman & Nicobar Puducherry (UT), Telangana		
Hony. Treasurer		
Hony. Secretary, HVL		
Hony. Secretary, M & ANMA		

***Not eligible for nomination (The President shall not be eligible for re-election)**

The closing date for Nominations: **September 17, 2018**

Name of Nominator _____

TNAI number of Nominator _____

Signature of Nominator _____

Address: _____

Please return completed form to:

**The Returning Officer, TNAI Elections: 2018 C/O TNAI Headquarters
L-17, Florence Nightingale Lane, Green Park, New Delhi-110016.**

Please mark the envelope "TNAI Elections: 2018, Nomination Form" in the sealed envelope.

Your Updated Mailing Address Required at TNAI HQrs

Important information to all Members:

You may receive copies of *TNAI Bulletin* only after submitting the complete mailing address afresh!

We have been observing for quite some time that copies of *TNAI Bulletin* are not reaching the proper persons for many reasons, mainly because the address in TNAI records is not got updated by the subscribers with their change of residence. In many instances, the subscribers furnished the Institute's address where they last studied and it was never got changed later. This leads to massive wastages.

It has therefore been decided to follow a reverse strategy, by mailing copies of *TNAI Bulletin* only to those members who submit their addresses again. All the members are now requested to kindly furnish their latest address afresh, including the PIN code of the area and also indicate their email ID. Following format may kindly be adopted:

Name: _____

TNAI Membership No.: _____

Complete Address with PIN code: _____

Mobile / Phone No. : _____

Email ID: _____

The above information can also be sent by email to: membership@tnaionline.org.

TNAI Election - 2018

List of Eligible members for the office of President - TNAI

Andaman & Nicobar

- 1 **Mrs Shamwati**
TNAI No. 12586, II Cross Dean Street, PO Junglighat, Andaman & Nicobar- 744103

Andhra Pradesh

- 2 **Sr Dominic Savio**
TNAI No. 19346, Holy Family Convent Saltara Pahe, Andhra Pradesh- 522315
- 3 **Mrs Gnanalaxmi A**
TNAI No. 6143, Yashoda College Of Nursing Nalgonda Cross Roads, Malakpet, Andhra Pradesh-500035
- 4 **Mrs Saraswathy S Yesupadam**
TNAI No. 5533, C/O P. Latha Yesupadam, F-16, A Colony Near CSI Church K.T.P.S. Andhra Pradesh

Arunachal Pradesh

- 5 **Mrs CS Toda**
TNAI No. 8548, Quarter No. 23, D-Sector, PO Naharlagun- 791110, Arunachal Pradesh

Assam

- 6 **Mrs Bina Borah**
TNAI No 16194, Principal Nursing Officer, ANM Training Centre, Assam
- 7 **Mrs Bhogeswari Chetia**
TNAI No. 15480, ANM School, Assam Medical College Hospital, Assam - 786001
- 8 **Mrs Jogamaya Boisnab**
TNAI No. 46736, Village Bashbari PO North Boitamari, Assam - 783380

9 Ms Kiran Borgohain

TNAI No. 4293, Aashiana Enclave Housing Society Fl No.103 Six Mile Chachal, VIP Road, Assam - 781022

Bihar

- 10 **Mrs Alamma Anthoney**
TNAI No. 7342, C/o National Pathology Lab & Research Centre, Govind Mitra Road, Bihar 800004

Delhi

- 11 **Mrs Annie Kumar**
TNAI No. 123673, B-9 Kailash Apartment Sector-4 Plot -2, Delhi 110075
- 12 **Dr (Mrs) Bimla Kapoor**
TNAI No. 5057, Flat No. 22 Kala Vihar Co-Operative Group Hsg. Soc. Ltd. Phase-I Ext-II, Delhi 110091

- 13 **Ms Krishna Kumari Gulani**
TNAI No. 13462, House No 28/4 Old Rajinder Nagar, Delhi-110060

- 14 **Mrs Prem Saxena**
J-234 Saket, New Delhi 110017

Goa

- 15 **Mrs Nilima P Rane**
TNAI No. 29734, Block B-402, 4th Floor Grandeza, Glenwood Garden, Goa - 403108
- 16 **Mr Paul Martin**, TNAI No. 956, Institute of Psychiatry & Human Behavior Altenho, Goa - 403001
- 17 **Ms Rose Mary Fernandez**
St. Francis Colony B2 Building Cabeca Santa Cruz, Goa - 400054

Gujarat

- 18 **Ms Jashu S Patidar**
TNAI No. 11791, B12 Mahavir Flats, Opp Rachna School Shahibag, Ahmedabad, Gujarat - 380004

Haryana

- 19 **Mrs Kavita Malhotra**
TNAI No. 6495, Kothi No 101/27, Bharat Colony Near Model Town, Haryana - 124001
- 20 **Ms. Surekha Sama**
TNAI No. 34387, House No 75 Sector 16-A Faridabad, Haryana - 121002

Jammu & Kashmir

- 21 **Mrs Shakuntla Sharma**
TNAI No. 952, 3-Apna Vihar Kunjwani Talab, Jammu & Kashmir-180010

Karnataka

- 22 **Mr Rajarathnam T**, TNAI No. 21087, No. 54, NTI Layout, 2nd Cross, 9th Main Road, Vidyananyapura, Karnataka

Kerala

- 23 **Sr Emmanuel MSJ**
TNAI No. 3217, Nirmala Provincial House, Chunamgamvely, Erumathala PO Aluva, Kerala- 683105
- 24 **Mrs Gracy Mathai**
TNAI No. 4098, 27/2652 B Ebenezer Gardens 120 Vidya Nagar Kadavanthra PO, Ernakulam, Kerala-682020
- 25 **Dr Kochuthresiamma Thomas**, TNAI No. 645, T.C.11/801 B-5 Krishna Nagar Pattom P.O. Trivandrum, Kerala 695011

26 **Dr Roy K George**, TNAI No. 34621, Moongamakel Kalpa Gardens Golf Link Road Chevayur PO, Calicut, Kerala- 673017

Madhya Pradesh

27 **Mrs Ritamma Joseph**
TNAI No. 8742, House No.346, Gautam Nagar, Madhya Pradesh – 462020

Maharashtra

28 **Mr Anand J Bijapurkar**
TNAI No. 4978, 10 Kalyani Housing Society, 204-KH, 12-E New Shapuri, Kohlapur-416002

29 **Mrs Jyotsna R Pandit**
TNAI No. 5218, 602 Chariot Apartment, Navghar Road, Mulund East, Maharashtra- 400081

30 **Mrs Narender Nagpal**
TNAI No. 3664, Flat No C-20 Phase-II, Athashri Pashan, Baner Link Road, Pashan Pune, Maharashtra- 411021

31 **Mrs Swapna S Joshi**
TNAI No. 25116, Shivam D-11 TMC Mandala Staff- Quarters Sion Trombay Rd Mandala, Maharashtra- 400088

32 **Ms Usha M Joshi**
TNAI No. 4127, Fl. No.11 VR Campus of Radhanagri Road Behind Tulaja bhavni Temple, Maharashtra – 416012

Meghalaya

33 **Mrs Fallynda Balieh J**
TNAI No. 32010, President, Meghalaya State Branch, TNAI, Ganesh Das Hospital, Meghalaya - 793001

34 **Ms Rangad BE**
TNAI No. 23702
Directorate of Health Services Shillong-792001

Mizoram

35 **Ms Lalfankimi**
TNAI No. 53922, Principal, College of Nursing, RIPANS, Aizawl-796017

36 **Ms. Lalzikipuii**, TNAI No. 9399, Apollo School Of Nursing Vardant Ridge, Laipuitlang, Mizoram - 796001

37 **Mrs Ramfangzauvi**
TNAI No. 29756, Principal, School of Nursing, PC Synod Hospital, Durtlang, Mizoram

38 **Mrs Thanpari Pautu**
TNAI No. 2579, TNAI Mizoram State Branch D/4 Chhinga Veng, Mizoram - 796001

Nagaland

39 **Mrs L Meyi Jamir**
TNAI No. 4676, DHS Nagaland Kohima, Nagaland- 797001

Orissa

40 **Mrs Labanya Sahu**
TNAI No. 17248, Pioneer ANM Training School, IG-188, Kananvihar, Phase-I, PO Patia, Orissa-751031

Punjab

41 **Mrs Amrit Kaur Ahluwalia**
TNAI No. 11531, Charanjit Singh Memorial Inst. of Nursing. Edu. Chandigarh-Ludhina Rd, Punjab - 140101

42 **Mrs Amrit Kaur Malhotra**
TNAI No. 2694, 2114 Phase - VII, SAS Nagar, Punjab - 160062

43 **Dr Kanwaljit Gill**, TNAI No. 1478, H. No.1017, Sector-39, Urban Estate Chandigarh Road, Punjab - 141010

44 **Dr Prem Verma**
TNAI No. 16083, Rayat-Bahra College of Nursing Vill. Sahauran Teh. Kharar Punjab - 140401

Rajasthan

45 **Mr Navratan Sharma**, Plot No 87, 88 Brij Badi Colony Nangal, Jaisa Bohra Jhotwara, Rajasthan

46 **Dr Subhash Chandra Sharma**, TNAI No. 33871, 12/241 Malviya Nagar, Jaipur, Rajasthan- 302017

Tamil Nadu

47 **Mrs Chellammal Mariappan**
TNAI No. 803, KKR Doctors Court-1 (North), Perambur, Chennai 600011 Tamil Nadu

48 **Ms Devaneson BA**
TNAI No. 11016, Patmos' Church Hill, Coonoor, Tamil Nadu- 641101

49 **Mrs Jaeny Kemp**
TNAI No. 46647, Site No. 18 Poompuhar Nagar Vinayakar Koil Street Nalvar Layout, Tamil Nadu- 641027

50 **Mrs Rajeswari Siva**
TNAI No. 18602, 12/35 Periya Dhanam Subbraya Mudali Street Velapadi Tamil Nadu- 632604

Telangana

51 **Mrs Shamshad Begum CR**
TNAI No. 44806, Principal, Govt College of Nursing, Osmania General Hospital Campus, Afzulganj, Hyderabad-500012

Tripura

52 **Mrs Anu Dey (Roy)**
TNAI No. 21955, Sriram Kutir, Hospital Road Extn. Gandhi Ghat, Tripura- 799001

53 **Mrs Sipra Das**, TNAI No. 52871, Nursing Cell, Directorate of Health Services, Tripura

Uttar Pradesh

54 **Mr KL Sharma**, TNAI No. 7530, H.No. 24/24-A New Ashok Nagar, Goa Garden Lane, Kalyanpur Kalan- 208017, Uttar Pradesh

West Bengal

55 **Mrs Reena Bose**
TNAI No. 19056, P-512,
Vasudeb Pur Road, Sarsvna,
Kolkata-700061

56 **Mrs Sumita Dutta**
TNAI No. 2036, Principal, Asia
Heart Foundation College of
Nursing, 124 Mukandapur, EM
Bypass, Kolkata-700099

List of Eligible members for the office of Vice President - TNAI (North Region)

States / UTs : Chandigarh, Delhi, Haryana, Himachal Pradesh, Jammu & Kashmir,
Punjab, Rajasthan, Uttarakhand, Uttar Pradesh.

Chandigarh

- 1 **Mrs Madhu Puri**, TNAI No.
67796, House No.195, Sector
49-A, Advocate Society,
Chandigarh
- 2 **Mrs Swaran Tomar**
TNAI No. 25103, College of
Nursing P.G.I.M.E.R. Chandigarh
-160012
- 3 **Mrs Santosh Kaushal**
TNAI No. 44499, Govt. Medical
College & Hospital, Sector 32,
Chandigarh -160032
- 4 **Mrs Saroj Sharma**
TNAI No. 2667, H.No. 117,
Sector 16-A, Chandigarh-160016

Delhi

- 5 **Mrs Anita Malik**
TNAI No. 26863, 529/3 Forest
Lane Neb Sarai Ext. Behind St.
Mary School, Sainik Farm, Delhi-
110068
- 6 **Mrs Annie Kumar**
TNAI No. 123673, B-9 Kailash
Apartment Sector-4 Plot -2,
Delhi-110075
- 7 **Dr (Mrs) Bhargavi CN**
TNAI No 39702, Block No. 16
House No. 103 Nurses Residen-
tial Complex, Srinivaspuri, New
Delhi-110065

- 8 **Dr (Mrs) Bimla Kapoor**
TNAI No. 5057, Flat No. 22 Kala
Vihar Co-Operative Group Hsg.
Soc. Ltd., Phase-I Ext-II, Delhi-
110091
- 9 **Mrs Emerson P**, TNAI No. 2876,
H.No.60-C SFS Flats, Pocket D
Mayur Vihar Phase III, Delhi-
110096
- 10 **Ms Krishna Kumari Gulani**,
TNAI No. 13462, House No 28/4
Old Rajinder Nagar
Delhi-110060
- 11 **Mr Mani Rao N**
TNAI No. 2875, Qr. E. Type B-26
Pandara Road Delhi-110003

- 12 **Mrs Pramila Ghei**
TNAI No. 1633, Secretary
General, (IHA) B-404, Sarita
Vihar New Delhi-110076
- 13 **Mrs Prem Saxena**
TNAI No. 2292, J-234 Saket,
New Delhi -110017
- 14 **Mrs Raj Kumari Sood**
TNAI No. 6057, A1/35,
Panchsheel Enclave, Delhi-
110017

Haryana

- 15 **Mrs Amerjit Kaur**
TNAI No. 87739, VPO A/1 Sadar
Teh. Fatihabad, Haryana

- 16 **Mrs Kamlesh Tiwari**
TNAI No. 1638, 05-Basant Vihar
Near Sanjay Atta Chakki,
Ambala City Haryana -134003
- 17 **Mrs Kavita Malhotra**
TNAI No. 6495, Kothi No 101/27
Bharat Colony Near Model Town
Haryana -124001
- 18 **Mrs Raj Guleri**
TNAI No. 1534, H.No. 1989,
Housing Board, Sector-61
Haryana - 132001
- 19 **Ms Surekha Sama**
TNAI No. 34387, House No 75,
Sector 16 A, Faridabad, Haryana
- 121002

Himachal Pradesh

- 20 **Mrs Bimla Kiran Prarthi**
TNAI No. 9566, Top Gear VPO,
Tara Devi, Himachal Pradesh -
171010
- 21 **Mrs RD Verma**
TNAI No. 1259, Directorate of
Health Services Kennedy House
Himachal Pradesh-171004
- 22 **Mrs Sneha Lata Negi**
TNAI No. 30303, Health
Directorate Kasumpti Himachal
Pradesh-171007

Jammu & Kashmir

- 23 **Mrs Hassina Wani**
TNAI No. 12764, Secretary,
TNAI Kashmir Unit Sheri
Kashmir Instt. of Medical
Sciences, Jammu & Kashmir
- 24 **Ms Muni Saraf**
TNAI No. 7102, AMT School,
Medical College Complex,
Bakshi Nagar
- 25 **Mrs Rafiqua Bashir**
TNAI No. 6530, BHCNMT
Shireen Bagh, Srinagar Jammu
& Kashmir-190010
- 26 **Mrs Shakuntala Sharma**
TNAI No. 952, 3-Apna Vihar,
Kunjwani Talab, Jammu &
Kashmir
- 27 **Mrs Tanveer Makhdoomi**
TNAI No. 18361,
House No. 652-653, Govt. Hsg.
Colony Bagh-E-Mehtab Colony,
Nr. Watertank, Jammu &
Kashmir-190015

Punjab

- 28 **Mrs Amrit Kaur Ahluwalia,**
Charanjit Singh Memorial Inst. of
Nsg. Education,
Chandigarh-Ludhiana Rd,
Punjab
- 29 **Ms Amrit Kaur Malhotra**
TNAI No.2694,
2114 Phase - VII, SAS Nagar,
Punjab-160062
- 30 **Mrs Gulshanbir Kaur**
TNAI No. 24683, MPHFW(F)
Training School Civil Hospital
Sangrur, Punjab-148001
- 31 **Dr Kanwaljit Gill,**
TNAI No. 1478, H. No.1017,
Sector-39, Urban Estate
Chandigarh Road

- 32 **Mrs Monir Gujral**
TNAI No. 4107,
Punjab Medical Inst. of Nsg.&
Hospital, GT Road, Suranussi,
Punjab-144027
- 33 **Mrs Prem Verma**
TNAI No. 16083,
Rayat-Bahra College of Nursing
Vill. SahauranTeh. Kharar,
Punjab-140401

- 34 **Ms Rajinder Kaur Dhadra,**
TNAI No. 6204,
Mata Sahib Kaur College of
Nursing #2288 Phase-10,
Punjab, 140301

- 35 **Mrs Tanwar NK,** TNAI No. 6240,
863/9 Gurbax Colony Patiala
Punjab-147001

Rajasthan

- 36 **Mr J. Janardan Rai**
TNAI No. 6086, HNo. K-13
Ashish Christian Ganj
Rajasthan-305001
- 37 **Mr Lalit Kumar Sharma**
TNAI No. 19917,
P.O. Nayan (Via) Amarsar
Rajasthan-303601
- 38 **Mr Navratan Sharma**
TNAI No. 2523,
Plot No 87, 88 Brij Badi Colony
Nangal Jaisa Bohra Jhotwara,
Rajasthan
- 39 **Mr Ram Swarup Vyas**
TNAI No. 1809,
2/2 Rajeev Marg Panchsheel
Housing Board Colony
Rajasthan-305006
- 40 **Mrs Singh FS**
TNAI No. 9514, Retd. Nursing
Suptd., Mission Compound, M.I.
Road, Jaipur, Rajasthan.

- 41 **Mr Subhash Chandra Sharma**
TNAI No. 33871, 12/241 Malviya
Nagar, Jaipur, Rajasthan

Uttarakhand

- 42 **Mrs Maya Bisht**
TNAI No. 7954,
Om Shantipuram, Vill.
Dhaulakhera Teh Haldwani PO,
Arjunpur, Uttrakhand-263139

- 43 **Mrs Ranjana Walia**
TNAI No. 135279,
Naini Vihar Colony Nr.
DainikJagran Rampur Road,
Haldwani.

Uttar Pradesh

- 44 **Ms Johnson IM**
Memorial Hospital, Fategarh,
Uttar Pradesh.
- 45 **Mr Misra BN**
TNAI No. 3169,
C/o Col SC Mishra, 59 Vimal
Kunj, Pic Mic-Road, Taridi Nagar,
UP-226016

- 46 **Mr Peter IM,** TNAI No. 2863,
Moti Lal Nehru Hospital,
Allahabad, Uttar Pradesh.

- 47 **Mr Piyaray Lal Koul**
TNAI No. 5235,
Plot No. 4, Flat No. S-2
Vaishali, Sector - 6, Uttar
Pradesh-201010

- 48 **Mrs Rajmati Yadav**
TNAI No. 1032,
Lecturer, College of Nursing,
Kanpur, Uttar Pradesh.

- 49 **Mr KL Sharma**
TNAI No. 7530,
H.No. 24/24-A New Ashok Nagar
Goa Garden Lane, Kalyanpur
Kalan UP-208017



List of Eligible members for the office of Vice President - TNAI (North East Region)

States: Arunachal Pradesh, Assam, Manipur, Meghalaya,
Mizoram, Nagaland, Sikkim, Tripura.

Arunachal Pradesh

- 1 **Mrs Cheryl Susan Tada**
TNAI No. 8548,
Quarter 23, D-Sector, Post Office
Naharlagun, Arunachal Pradesh-
791110
- 2 **Mrs Parboti Parme**
Staff Nurse, General Hospital,
Papumpare Dist. Naharlagun-
791110, Andhra Pradesh
- 3 **Mrs Asu Dobium**
TNAI No. 64718,
Staff Nurse, General Hospital
Pampare Dist, Naharlagun-
791110, Arunachal Pradesh

Assam

- 4 **Mrs Banashri Lata**
Sadhanidhar, TNAI No. 24871,
BSc Nursing College, AMC
Campus Lane, H. PO Borbari,
Assam- 786002
- 5 **Mrs Bhogeswari Chetia**
TNAI No. 15480, A.N.M. School,
Assam Medical College Hospital,
Assam -786001

- 6 **Mrs Bina Borah**
TNAI No. 16194, Principal
Nursing Officer, ANM Training
Centre, Assam

- 7 **Mrs Indira Dey**
TNAI No. 11214, Staff Nurse,
Guwahati Medical College
Hospital, Dibrugarh, Assam-
782426

- 8 **Mrs Jogamaya Boisnab**
TNAI No. 46736, Village
Bashbari Po North Boitamari,
Assam -783380

- 9 **Ms Kiran Borgohain**
TNAI No. 4293, Aashiana
Enclave Housing Society, Flat
No.103, Six Mile Chachal, VIP
Road, Assam -781022

- 10 **Mrs Kerketta A**
TNAI No. 8647, Regional
College Of Nursing Narakasur
Hill Dispur Guwahati, Assam -
781005

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- 35 **Ms Thansiami K**
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- 5 **Mrs S Peter**, Principal, Gracious College of Nursing, Raipur, Chhattisgarh.
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- 9 **Mrs Jyoti Beck**, TNAI No. 56872, Married Nurses Quarters CIP Kanke Ranchi, Jharkhand-834006
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- 15 **Ms Mishra R**, TNAI No. 2179, Sister Tutor, Medical College Hospital, Berhampur, Ganjam Distt, Orissa.

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- 16 **Ms Malabika Das Gupta**, TNAI No. 10769, Medical College Hospital, West Bengal-700061
- 17 **Mrs Maya Sengupta**
Flat No. D/12, Type-1 RHE, Kalyani, Nadia, West Bengal
- 18 **Mrs Protima Das**, TNAI No. 10145, Thakurpukur Cancer Centre and Welfare Home, Thakurpukur, West Bengal-700040
- 19 **Mrs Reena Bose**
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- 20 **Mrs Sumita Dutta**
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- 50 **Mrs Shobha Dayavati**
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Note:

The address of eligible candidates mentioned here have been taken from the information made available to the TNAI Headquarters. Few of these do not have TNAI number / complete address. We request the candidates and others to kindly submit the missing particulars (complete address including pin code, phone number and email address). The state branches office bearers and any other members who may know about them, are requested to intimate TNAI HQ about the changed addresses and membership numbers. The information about members not alive may also kindly be furnished.

अब खाने में आपको मिलेगी रंगीन, अधिक पौष्टिक रोटी

किसने सोचा होगा कि आने वाले वक्त में आपकी थाली में परोसी जाने वाली रोटी सफेद या गेहुंआ नहीं बल्कि रंगीन होगी! वह भी आज की जरूरत के मुताबिक मोटापा, डायबिटीज, आदि के आसार घटाने में सक्षम।

राष्ट्रीय कृषि खाद्य जैव प्रौद्योगिकी संस्थान (नाबी) ने गेहूं की एंथोसाइनिनयुक्त ऐसी अधिक पौष्टिक किस्म ईजाद की है जिसमें कार्बोहाइड्रेट और फाइबर का संतुलित अनुपात होगा। जामुन और ब्लूबेरी में मौजूद एंथोसाइनिन ऐटीऑक्सीडेंट है जो अनेक बीमारियों को फटकने नहीं देता। नाबी की वैज्ञानिक डा० मोनिका गर्ग की अगुआई में विकसित इस ताजा शोध में बताया है कि इसे रोजमर्रा के आहार में शामिल करने की युक्तियों पर कार्य चल रहा है। न्यूजीलैंड, कनाडा व यूरोपीय देशों में रंगीन रंगीन गेहूं का सेवन पहले से किया जा रहा है।

फायदेमंद है काम के बीच झपकियां लेना

कहा यह जाता है कि दिन में सोना सेहत के लिए ठीक नहीं है। किंतु हफिंगटन पोस्ट में प्रकाशित रिपोर्ट के हवाले बताया गया है कि काम के बीच बीच झपकियां लेना हमें तरोताजा रखता है। यह अच्छी सेहत का संकेत माना गया है।

नई शोध के अनुसार, पारंपरिक सोच के विपरीत कार्य के बीच झपकी लेने से याददाश्त पुख्ता रहती है और कार्य में गलतियां कम होती हैं। रिपोर्ट में कहा है कि दिन में 20-30 मिनट तक झपकी से हमारी सोच-समझ बेहतर होती है और जो व्यक्ति लगातार अपने काम में व्यस्त रहते हैं उनका मस्तिष्क सुचारु रूप से कार्य नहीं करता चूंकि वे कई बातें भूलने लगते हैं। शोध के अनुसार दिन की झपकियां ब्लड प्रेशर को नियंत्रित रखती हैं और तनाव घटाती हैं। बताया गया है कि तनाव के लिए जिम्मेदार नोरपाइनफ्रीन नामक हार्मोन झपकी के दौरान शिथिल हो जाता है तथा व्यक्ति तनाव से राहत पाता है।

LOST AND FOUND

This is to bring to notice of all concerned that I, Shashi Bala Henry, D/o Mr Thomas Henry, have lost/ misplaced all my original documents of nursing issued by The Mid India Board of Education of the Nurses' League of the CMAI (2003 pass out) viz. Diploma Certificate (Sl. No. GNM 1896) and marks sheets (First Yr 2001, Roll No. 86147; Second Yr 2002, Roll No. 861483; Third Yr 2003, Roll No. 861845). I have also informed of this loss to The Mid India Board of Education of the Nurses' League of the CMAI. Further, the same is not traceable despite many efforts.

Shashi Bala Henry
Church Pokhra, Basharatpur
Gorakhpur - 273 004 (UP)

एतद् द्वारा सभी संबंधित व्यक्तियों/संस्थाओं को सूचित किया जाता है कि मेरी नर्सिस लीग ऑफ सीएमएआई के मिड इंडिया बोर्ड ऑफ एजुकेशन द्वारा जारी ए.एन.एम. द्वितीय वर्ष (परीक्षा रोल नंबर 1575028, सितंबर 2005 में उत्तीर्ण) की वार्षिक ग्रेड शीट की मूल कहीं गुम हो गई है तथा काफी प्रयत्न करने के बाद भी नहीं मिली है।

फिस्का डांग, सुपुत्री दारुद डांग
सामुदायिक स्वास्थ्य केंद्र सोनुआ, पो0 सोनुआ
जिला पश्चिम सिंहभूम, पिन-833105 (झारखंड)

OBITUARIES

Mrs Sneho Biswas

Born on 17 September 1927, the veteran nurse Mrs Sneho Biswas breathed her last on 2 January 2017. Mrs Sneho had been meritorious throughout her studies. She passed Higher Secondary with first position in science stream from Indraprastha Hindu High School before joining the first batch of RAK College of Nursing (University of Delhi), New Delhi in her Higher Secondary in first division, she was in first batch of students in 1946, with a merit scholarship. After graduation, she worked with the WHO team at Maternity & Child Welfare Centre, and Children's Dept, both at New Delhi, till 1956. Later she joined Durgapur Steel Plant Hospital (under SAIL) in 1967, and then served as Sister Tutor at Training Institute for Nurses till her retirement in 1985. A TNAI Life member, she was soft-spoken, sincere, friendly and very popular among her students, colleagues, doctors, hospital staff and patients. Tributes were paid at the prayer ceremony after her demise through lighted candles and flowers. May bright candles glow forever to uphold the dignity of the noble profession of nursing!



Dr (Mrs) Pramila Ghei (nee Desai)

Born on 1 August 1934 in Pune (Maharashtra), Dr Pramila is no more amongst us. Her academic qualifications included: RNRM from Sassoon Hospital, Pune with first position in Bombay Province (1950-54); PG Diploma in Nursing Administration & Education from RAK College of Nursing, New Delhi (1958); PG Diploma in Primary Healthcare & Hospital Administration from YMCA Institute of Management Studies, New Delhi (1982); Registered Medical Practitioner, Delhi (1984); Kellogg International Fellow in Primary Healthcare & Hospital Administration, Michigan State University, USA (1988-1990); and Post Graduation in Healthcare Administration from Haifa University, Israel (1993).

She was a Ward Administrator at JA Hospital, Gwalior (1954-58); Senior Sister Tutor at School of Nursing (Gwalior and Indore, 1958-60), Principal, School of Nursing, LNJP Hospital New Delhi (1960-72); and first National Inspector, Indian Nursing Council (1972-82). A scholarship holder from WHO, UNICEF, Government of India, Israel and USA, she paid professional visits to several Institutions in India and abroad (USA, UK, Indonesia, Philippines, Singapore, Malaysia, Hong Kong, China, Japan and many others). She was Internal and External Examiner of various Schools and Colleges of Nursing in Delhi, Punjab, Haryana and Punjab; conducted seminars for nursing officers, and authored/ co-authored many books including Handbook for Auxiliary Nurses and Public Health. She contributed articles to national and international journals. A Life Member of TNAI, she had been (i) Secretary and (ii) Secretary-General of Indian Hospital Association; member- International Hospital Federation, UK and other professional bodies.



Election Result of Sikkim State Branch, 2018

As per the decision of TNAI Council held at Guntur, Andhra Pradesh in 2017 to have an open election in Sikkim branch. Accordingly, the Vice President North East region and Secretary General, TNAI visited Sikkim and conducted the election.

An open election of Sikkim State Branch was held on July 6, 2018, at Vinayaka Mission Sikkim College of Nursing Building, Chandmari, Sikkim. The following office bearers were declared elected:

1. President: Ms. Chuni Doma Bhutia, TNAI No.35773 NTC, Gangtok-737101. **2. Vice President:** Ms. Bandana Moktan, TNAI No. 103678, , Central Referral Hospital, 5th Mile Tadong Gangtok, Gangtok Tadong, Gangtok, Sikkim 737101. **3. Secretary:** Ms. Chandrika Rai, TNAI No. 117190, Assistant Director Nursing, Health Secretariat, Govt. of Sikkim Gangtok. **4. Treasurer:** Mrs. Bhanu Devi Sharma, TNAI No 117192, NTC, Gangtok **5. SNA Advisor:** Ms. Sonam Dichen Bhutia TNAI No. 240887, Vinayaka Missions Sikkim University College of Nursing, NH 31-A Tadong, Gangtok, East Sikkim, Sikkim. **6. Chairperson Programme Committee:** Mrs. Christine R. Namchu, TNAI No. 37782, NTC, Gangtok. **7. Chairperson Membership Committee:** Ms. Olivia A. Leocha, TNAI No. 170997, Govt. College of Nursing, Gangtok. **8. Chairperson, Nursing Education Committee:** Ms. Achsah Grace Gurung, TNAI No. 230193, Govt. College of Nursing, Gangtok. **9. Chairperson, Socio-Economic Welfare Committee:** Ms. Renu Chettri, TNAI No. 152045, Central Referral Hospital, 5th Mile Tadong Gangtok, Gangtok Tadong, Gangtok, Sikkim 737101. **10. Chairperson Nursing Service Section:** Ms. Hissey Choden Sherpa, TNAI No. 152045, Central Referral Hospital, 5th Mile Tadong Gangtok, Gangtok Tadong, Gangtok, Sikkim 737101.

As per EC/Council decision open election conducted by:-

Ms. Kiran Borgohain, Vice President, TNAI North East Region
Mrs. Evelyn P Kannan, Secretary General, TNAI

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/-

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