

THE TRAINED NURSES' ASSOCIATION OF INDIA

TNAI BULLETIN**VOL. 8 No. 6****JUNE 2019**

For Best Outcomes, Let us Put our Soul into Action

Thomas Keller, the American chef, restaurateur, and cookbook writer said, "A recipe has no soul. You, as the cook, must bring soul to the recipe." The message is equally true for Nursing for best outcomes. The issue is, why – and how do you put soul into your actions and daily tasks?

International Nurses' Day gone by on 12th of last month, is a reminder to perform our duties with unswerving commitment to our mission and our service to humanity, of which Florence Nightingale, the nurse legend has been an embodiment. I believe, that can be the best tribute we can pay to the nurse legend. Odds and difficulties are inevitable; yet, let us not burden ourselves with the grievances against our circumstances or the system. If we can, change the things that are not in line with our perceptions. Else we must accept it. Let us pledge to go beyond the formal role, putting our soul into our daily job of care to the patient and find joy in whatever we do. Doing so will yield spectacular dividends for sure, and a renewed pride in our work as nurses.

Major Health-Related Events

World Environment Day (WED): Celebrated annually on 5 June in over 100 countries, WED is an initiative of UN Environment Programme, to encourage worldwide awareness and action for the protection of the environment. Indisputably, survival of mankind depends on the health of environment that makes it imperative to exercise utmost discretion in ensuring that we bequeath a better environment for the posterity. The theme of WED for 2019 is, *Air Pollution*. Due to man-made reasons, 92 percent of people worldwide do not breathe clean air. Air pollution costs the global economy \$5 trillion every year in welfare costs ground-level ozone pollution is expected to reduce staple crop yields by 26 percent by 2030. However, with innovative measures it is possible to alleviate the problem. A recent UN report on air pollution in Asia and the Pacific states that implementing 25 technology policies could see up to a 20 percent reduction in carbon dioxide and a 45 percent reduction in methane emissions globally.

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World Donor Day: In recognition to millions of people who save lives and improve the health of others by donating blood, the World Health Organisation observes 14 June as World Donor Day every year. The slogan of the year is, *Safe Blood for All*. The campaign calls for action on the part of governments, national health authorities and national blood services to provide adequate resources and put in place systems and infrastructures to augment blood collection from unpaid voluntary blood donors; to promote and implement appropriate clinical use of blood; to provide quality donor care. Blood donation brings relief to those undergoing difficult surgical and medical procedures and saves lives of the people living with anaemia, especially women during at child birth, cancer, sickle cell anaemia, thalassemia, haemophilia, disorders of blood, those have lost excessive blood in accidents, etc.

(Evelyn P Kannan)

Chief Editor & Secretary General, TNAI

EVENT OF THE MONTH

World Environment Day: 5 June

Approximately 7 million people worldwide die prematurely every year from air pollution, with about 4 million of these deaths occur in Asia-Pacific. With a view to encourage worldwide awareness and action for the protection of our environment, 5 June is celebrated as World Environment Day (WED) under the aegis of UN Environment Programme (UNEP) in over 100 countries. Every year, a theme is identified; this year's being Air Pollution. WED 2019 will urge governments, industry, communities, and individuals to join hands to explore renewable energy and green technologies, and improve air quality in cities and regions across the world.

This year, China will host the global WED celebrations. Already, with its growing green energy sector, China has emerged as a climate leader, owning half the world's electric vehicles and 99 percent of the world's electric buses.

Worldwide, 92 per cent of people do not breathe clean air; air pollution costs the global economy \$5 trillion every year in welfare costs; ground-level ozone pollution is expected to reduce staple crop yields by 26 percent by 2030. In the context of safeguarding environment, implementation of 25 technology policies could see up to a 20 percent reduction in carbon dioxide and a 45 percent reduction in methane emissions globally, as per a UN report on air pollution in Asia and the Pacific. Besides the 'reactive nitrogen' that is harmful for humans in high concentration, burning of plastics releases toxic gases like dioxins, furans, mercury and polychlorinated biphenyls (BCPs) into the atmosphere, posing a threat to vegetation, and human and animal health. About one-eighth of most municipal solid waste is made up of plastic of one kind or another, and 40 per cent of the world's garbage is burned, according to a study.

World Blood Donor Day: 14 June

Every day, about 800 women die from pregnancy or childbirth-related complications. Almost all of these deaths occur in developing countries. More than half of them occur in sub-Saharan Africa and almost one third in South Asia. The risk of maternal mortality is highest for adolescent girls under 15 years of age. Severe bleeding during delivery and after childbirth is a major cause of mortality, morbidity and long-term disability. However, access to safe and sufficient blood and blood products and the rational and safe use of blood transfusion still remain major challenges in many countries around the world.

As mark of recognition to millions of people who save lives and improve the health of others by donating blood, the World Health Organisation observes 14 June as World Donor Day every year. The Day highlights the need to regularly give blood to prevent shortages in hospitals and clinics, particularly in developing countries where blood quantities are quite limited and the victims are rendered vulnerable. This annual event motivates people to voluntarily donate blood to the needy so as to minimise the risks posed by professional donors.

WHO encourages all countries and national and international partners working

on blood transfusion and maternal health to develop an activity plan to highlight the need for timely access to safe blood and blood products in the prevention of maternal deaths. Various activities include commemorative events, meetings, dissemination of relevant stories on media outlets and scientific conferences

International Day against Drug and Illicit Trafficking: 26 June

The day, also referred to as International Anti Drugs Day, is being celebrated since 1987 to draw the attention of world community towards the bitter fact that drug is the perfect killer of the society. It is the celebration of keeping strong resolution for making world against the drug addiction and taking the oath of converting international society free of drug abuse of all descriptions. An estimated 7 million-plus people die annually worldwide due to drugs – tobacco, alcohol and the illicit class drugs like opiates.

The day highlights the dangers of drug use and their illegal trade and provides educational material to teachers and public officials all over the world to help spread the message about the extreme cultural and economic harm the trade in drugs is still doing across the globe.

Acting on the brain of the living, the drugs like nicotine, cocaine, caffeine, heroine, morphine, cannabis, meth, etc trigger a multiple disorders like anxiety, irritability, fear and a sense of insecurity in the users by stimulating the grey matter and the nervous system. Drug addiction also causes severe loss of appetite and weight, constipation, sleeplessness and successive impairment of mental functioning.

THE TRAINED NURSES' ASSOCIATION OF INDIA
Headquarters: L-17 Florence Nightingale Lane, New Delhi.

Change of Address form

Name : Miss/Mrs./Sr./Mr. _____

TNAI Membership No. & Date: _____

Previous Address : _____

New Address : _____

E-mail id : _____ Mob. No. _____

जरूरी है नर्सों की भी सुध लिया जाना

अस्पताल, नर्सिंग होम और स्वास्थ्य केंद्रों में चौबीसों घंटे मरीज या अन्य जरूरतमंदों की टहल में कोई शख्स सदा व्यस्त रहता है तो वह नर्स है। बीमारी या अन्य आपदा से जूझते उन मरीजों की तकलीफ की साक्षी बनना देश की 14.31 लाख नर्सों की रोजना की नियति है, जिनमें से कुछेक अभागे घर वापस नहीं लौट पाते। पेशेवरों में ऐसा अन्य तबका कौन होगा जो व्यथित जनों से अंतरंग तालमेल बनाए रखता है, जैसा माया एंगेल्यू ने कहा, “नर्स का दायित्व निभाते हमारा सर्वोपरि कार्य है रोगी और परिजनों के दिल, मन और तन को दुरस्त करना ... हमारा नाम भले ही उन्हें याद न रहे किंतु हमारे सानिध्य से उनकी मनोदशा कैसे खुशनुमा हुई, इसकी यादें वे सदा संजोए रहते हैं।” आपदा में राहत दिलाने में सबसे पहले कमान संभालने और सबके बाद विदाई लेने वाली नर्स अपने निर्धारित कर्तव्य से ज्यादा ही करती है।

मार्टिन किंग लूथर ने कहा था, जीवन का अहम प्रश्न यह है, “आप दूसरों के लिए क्या कर रहे हैं?” इस पैमाने पर नर्स की भूमिका देवदूत से कम नहीं है। जॉन हॉफ्किन्स हॉस्पिटल के सहसंस्थापक विलियम ऑस्लर की राय में “डाक्टर तथा धर्मगुरुओं की श्रेणी में आने वाली प्रशिक्षित नर्स मानवजाति के लिए सबसे बड़ा वरदान है।

सेवा प्रदायगी के क्षेत्र में ऐतिहासिक भूमिका निभाने वाली फ्लोरेंस नाइटिंगेल को श्रद्धांजलि स्वरूप उनकी जन्मगांठ 12 मई का दिन समूची नर्स बिरादरी तथा अन्य स्वास्थ्यकर्मियों द्वारा अंतर्राष्ट्रीय नर्स दिवस बतौर मनाया जाता है। इस दिन के मुख्य समारोह अंतर्राष्ट्रीय नर्स परिषद के तत्वाधान में संपन्न किए जाते हैं। यह परिषद विभिन्न देशों के 130 संस्थाओं की 1.30 करोड़ सदस्यों का फेडरेशन है। इस दिन के आयोजनों में विश्व के विभिन्न अंचलों में नर्सिंग दृष्टि से एसडीजी लक्ष्यों की प्राप्ति, मौजूदा हालातों का आकलन और मौजूदा तौरतरिकों का समावेश किए, परिषद द्वारा जारी एक किट का जारी की जाती है। नर्सिंग स्कूल, कॉलेज व अन्य संस्थाएं संगोष्ठियां, परिचर्चाएं आदि संचालित करती हैं। अपने देश में, राष्ट्रपति भवन में, प्रशंसनीय सेवाओं के सम्मान में चुनींदा नर्सकर्मियों को राष्ट्रीय फ्लोरेंस नाइटिंगेल पुरस्कार प्रदान किया जाता है; इसके तहत प्रत्येक विजेता को 50 हजार रुपए नकद, पदक और प्रशस्तिपत्र मिलता है।

देश में नर्सों की भारी किल्लत है। कार्यभार के अत्यधिक दबाव से उनके द्वारा दी जाती देखभाल और सेवाओं की गुणवत्ता प्रभावित होती है। संप्रति मिडवाइफ सहित पंजीकृत नर्सों की संख्या 17.90 लाख है जबकि आवश्यकता 24 लाख की है। यही रिथति डाक्टर-नर्स अनुपात की है जो अपने यहां 1:6 है जिसे इंडियन नर्सिंग कॉंसिल के अनुसार 1:4 होना चाहिए। प्रति हजार जनसंख्या पर डब्ल्यूएचओ मानदंडों के अनुसार 2.5 नर्स चाहिए जब कि भारत में प्रति

हजार जनसंख्या पर 1.7 नर्स हैं। नर्सकर्मियों की कमी का रुग्णता और मृत्युता से सीधा संबंध मानते हुए नर्स नेता लुई कैप्स और किस्टन गिलीब्रैंड सेवाओं की स्तरीय देखभाल सेवाएं सुनिश्चित करने के लिए उचित संख्या में नर्सों की उपलब्धता की पुरजोर मांग करते रहे हैं। देश में नर्सों की कमी का प्रमुख कारण नर्सों का कम वेतन और असंतोषजनक कार्यदशाएं हैं, विशेषकर निजी क्षेत्र में। विकसित देशों में उम्रदारों की तेजी से बढ़ती संख्या और कैंसर, एड्स जैसी बीमारियों में इजाफे से कुशल नर्सों की मांग में निरंतर वृद्धि हो रही है जिसकी आपूर्ति भारत सहित अन्य विकासशील देश करते हैं। फलस्वरूप अवसर मिलते ही भारतीय नर्स नहीं चूकतीं और यहां नर्सों का अभाव हो जाता है।

अनेक कारणों से नर्सिंग को महिलाई क्षेत्र माना जाता रहा है। अभी भी पुरुष नर्स बमुश्किल 10-12 फीसद हैं, इसके बावजूद कि कैमिलस डे लेल्लिस, एडवार्ड लायोन, जो होगन सरीखे अनेक दिग्गज पुरुष नर्सों ने असाधारण योगदान से नर्सिंग परंपरा को समृद्ध किया। कैमिलस ने पहली बार नाजुक हालात के रोगी को राहत देने के लिए एंबुलेंस परिपाटी का श्रीगणेश किया; रेड क्रॉस का चिन्ह ईजाद करने का श्रेय उन्हीं को दिया जाता है।

नर्स अधिक निष्ठा से कार्य करते हुए बेहतर सेवाएं प्रदान करें, इस आशय से द्विस्तरीय कार्यनीति अपनायी होगी। पहला उनके अधिकारों का दायरा बढ़े, दूसरा आज की जरूरतों के अनुसार उनके कौशलों में वृद्धि सुनिश्चित की जाए। नर्सिंग स्नातक के साढ़े चार वर्षीय कार्यकाल में उन्हें मेडिसिन, सर्जरी आदि का अच्छा खासा ज्ञान हो जाता है किंतु गंभीर रोगी को भी आईसीयू में दसियों साल के अनुभव के बावजूद स्वविवेक से सामान्य दर्दनिवारक दवा या इंजेक्शन देने की स्वतंत्रता नहीं होती, यह प्रथा उनका उत्साहवर्धक नहीं है। जब अमेरिका में दो-तिहाई एनेस्थेसिया नर्स देती हैं, अपने यहां ऐसा क्यों नहीं हो सकता?

कौशल वृद्धि की एक सराहनीय पहल ट्रेन्ड नर्सिस एसोसिएशन ऑफ इंडिया (टीएनएआई) ने राष्ट्रीय स्किल लैब ‘दक्ष’ कार्यक्रम के तहत की है जिसे लीवरपूल स्कूल ऑफ मेडिसिन और स्वास्थ्य मंत्रालय के सहयोग से संचालित किया जा रहा है। 109 वर्ष पुरानी यह संस्था सैकड़ों डाक्टरों-नर्सों को जरूरी कौशलों में प्रशिक्षित कर चुकी है।

नर्सिंग सितारिका फ्लोरेंस नाइटिंगेल की राय में इस पेशे में उसी कठिनता और एकल तन्मयता से स्वयं को साधना पड़ता है जितना कलाकार को, चूँकि यहां उसे जीवंत शरीर से रूबरू होना पड़ता है जो प्रभु का मंदिर है। हमारा कर्तव्य इतना तो बनता है इन देखभालकर्ताओं की उचित कद्र करें।

— हरीश बड़वाल

Nomination Sheet: TNAI Telangana State Branch Election 2019

| Post | Name and Address of the Nominee |
|-------------------------------------|---------------------------------|
| President | |
| Vice President | |
| Secretary | |
| Joint Secretary | |
| Treasurer | |
| SNA Advisor | |
| Chairperson Membership Committee | |
| Chairperson Programme Committee | |
| Chairperson Nursing Service Section | |
| Chairperson Public Health Section | |
| Chairperson Nursing Education | |
| Chairperson Research Committee | |
| Chairperson LHV & ANM Committee | |

Nominator's Signature _____

Nominator's TNAI No. _____

Nominator's Name and Address _____

[(As per the TNAI Constitution Rules & Regulations and Bye-laws (Revised and approved by Council/HOD 2012)]

1. Last date for receiving Nominations is **18th July, 2019** (6 weeks from the date of Publication)
2. The election of all the office of the Branch shall be held at the annual or biennial meeting of the Branch.
3. Returning Officer and Election Committee Members are not eligible to contest for election.
4. Both the nominator as well as nominee shall be a life member of TNAI.
5. The members holding office positions in TNAI shall not hold office positions in parallel Nursing Organizations and vice versa. For acquiring the new post the members will have to relinquish the former post.
6. A member working and residing in a state or Union Territory shall be the member of the branch of TNAI. In case of temporary change of resident e.g. study; deputation etc. for a period of more than a year, the member shall be given an option for changing his/her membership to the temporary place of resident after informing the headquarters and the former and latter state branches.
7. The nominator and Nominee should be working and residing in the same state or Union Territory shall be eligible for contesting election and casting the vote.
8. The members who are residing outside the country and state shall not be eligible for contesting election.
9. Members who are or had been involved in litigation with the Association without first representing the grievances to the grievances committee shall not be eligible to contest and shall have no voting rights and same will be applicable to the members who are facing disciplinary proceedings in their work situation/sphere.

10. Outgoing office bearers shall be eligible for re-election for one more term.
11. Any life member of TNAI may make nominations for all the offices of the TNAI State/UT Branch, but the nomination for the President and Secretary shall be made only from those who have served for one term (four years) as the EC members/office bearers at any time. A break of four years after two consecutive terms (8 years) is necessary for the President/Secretary of the branch.
12. For the offices of President and Secretary all valid nominations shall be included in the Provisional Ballot Paper. For other offices the names of three members having highest number of nominations shall be included in the Ballot Paper.
13. The Chairperson of the Public Health Nursing Section, Nursing Service Section, Education Section and Representatives of Health Visitors' League(FHW)/ANM should be elected from their respective field only.
14. The nomination Sheet duly filled and completed by the nominator i.e. complete address, TNAI number along with the signature shall be sent to the Returning Officer within six weeks of its publication in the TNAI Bulletin.
15. Please mark the envelope "Nomination sheet – TNAI Telangana State Branch Election 2019".
16. Completed Nomination Sheet(s) and all other correspondence related to election to be sent to the following address: Sr. Bandhavi Sikha, Returning Officer, Telangana State Branch Election, Principal, JMJ College & School of Nursing, St. Theresa's Hospital Campus, Sanathnagar, Hyderabad- 500018, Telangana. Email: sikhajmj@yahoo.com, Contact No. 9492433688.

| | |
|--|--|
| <p>The Trained Nurses' Association of India (TNAI) Estd: 1908</p>  | |
| <p>INTERNATIONAL ENGLISH LANGUAGE TESTING SYSTEM (IELTS) TRAINING CENTER AT TNAI- GREEN PARK Address: L-17, Florence Nightingale Lane, Green Park Main- New Delhi</p> | |
| <p>Features of the Training Centre</p> <ul style="list-style-type: none"> • Full length weekly mock test • Access to recent IELTS exam topics and questions • Exhaustive latest practice materials • Well experienced instructor • 3 sessions per day • 10 candidates per session • Updated curriculum • One to One assistance • Well established library • Assistance for overseas placement | <p>Free Demo Class for Two Days from May 16th onwards</p> <p>For registration contact: Mrs. Evelyn P Kannan Secretary General, TNAI Email: tnairecruitment@gmail.com Ph: 011- 40195409 or</p> <p> 8287374228</p>  |
| <p><i>Moving ahead with commitment and dedication since 1908</i></p> | |



The Trained Nurses' Association of India

L-17, Florence Nightingale Lane, Green Park Main, Delhi-110016

Phone: 0112656665, 26966873

Email: tnairecruitment@gmail.com

Web: www.tnaionline.org | www.tnairecruitment.com



TNAI's Recruitment

MEA ID: RA9255

RC No: B-0841/DEL/SOCIETY/1000+/5/9255/ 2017

 **SEND YOUR CV**
tnairecruitment@gmail.com



What's app
your queries on
8287374228

THE SALIENT FEATURES OF THE RECRUITMENT AGENCY ARE:

- To maintain high standards and transparency in selection of candidates in keeping with track record to TNAI
- Verification of each candidate before appearing for the interview or selection process for right candidate for the right post
- No third party involvement other than foreign employer and TNAI
- To provide necessary training & orientation before departure
- A data bank of nurses who are willing to go abroad is created for uninterrupted supply of nurses for overseas job placements.
- Research and resolve issues pertaining to employment of nurses abroad
- Disseminate the correct information to nurses through TNAI Bulletin, Nursing Journal of India and TNAI website
- No hidden charges will be incurred from the applicants other than these stipulated by the Ministry of External Affairs, Government of India/ Overseas Nurses Registration Councils time to time.



Moving ahead with commitment and decication since 1908

The Trained Nurses' Association of India (TNAI)

Estd: 1908



International Training Center for Basic Life Support (BLS)
(American Heart Association Approved)

At TNAI Headquarters at Green Park Main, New Delhi

BLS Course Schedule - June 2019.

| Schedule | Date | No. of Participants |
|----------|--------------|---------------------|
| 01 | 04 June 2019 | 30 |
| 02 | 11 June 2019 | 30 |
| 03 | 25 June 2019 | 30 |

**TNAI AWARDING
16 CREDIT HOURS
FOR BLS PROVIDER COURSE**

| Status | Without food, accommodation and transport | | With food, and transport | | With food, accommodation and transport | |
|------------------------------------|---|------------|--------------------------|------------|--|------------|
| | TNAI member | Non Member | TNAI member | Non Member | TNAI member | Non Member |
| Individual | Rs. 1530/- | Rs. 1700/- | Rs. 1800/- | Rs. 2000/- | Rs. 2250/- | Rs. 2550/- |
| Group (30 Members) | Rs. 1485/- | Rs. 1650/- | Rs. 1755/- | Rs. 1950/- | Rs. 2200/- | Rs. 2500/- |
| Student Group (30 Students) | Rs. 1440/- | Rs. 1600/- | Rs. 1710/- | Rs. 1900/- | Rs. 2150/- | Rs. 2450/- |

For more details, contact:
The Secretary General
Trained Nurses Association of India, L-17
Florence Nightingale Lane Green Park Main- 110016
Email: tnai.cin.ech@gmail.com, tnai_2003@yahoo.com
Web site: www.tnaitc.com/ www.tnaionline.org
Phone: 011-40195409, 0120- 2977481, 9717681504.

Contact TNAI now

On What's App

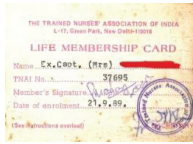
8287374228



Moving ahead with commitment and dedication since 1908

Attention to the TNAI Members

TNAI's Council had decided to give one time photo ID Membership card free of cost for the Members having old membership card without photograph. Filled application forms to be send to the TNAI Headquarters.



← Sample of the old & New TNAI life membership card →



Members who had already taken Photo ID Membership card and require a Duplicate photo-ID Membership Card (in case of lost/ damage), are requested to fill the Application Form along with a payment of Rs.150/- through Demand Draft drawn in favor of “The Trained Nurses Association of India, New Delhi”/ Online Payment and send it to TNAI Headquarters. Application Form which can be downloaded from TNAI Website: www.tnaionline.org. Filled application forms to be send to the TNAI Headquarters.



**Application form for Photo Identity Membership Card/
Duplicate Membership Card**



The Trained Nurses' Association of India
Incorporating Student Nurses' Association, The Health Visitors' League,
Midwives & Auxiliary Nurse – Midwives Association
L - 17, Florence Nightingale Lane, Green Park (Main),
New Delhi – 110 016.

Tel.: 91-11-26566665, 26966873, Membership (Direct line) 011-40195407
Email: membership@tnaionline.org, Website: www.tnaionline.org, www.tnai-recruitment.org

Applicants
Passport size
Photograph
Only

- Instructions for Applicants
- Write with ball pen (black) in **CAPITAL LETTERS** only
 - Applicant should sign in full, clearly within the spaces provided.
 - Incomplete form will be rejected.

Applicant's full Signature

Please do not sign
on the photograph

TNAI Membership No. _____

NAME: _____
*Attach the copy of the proof for change of name, if required

Address: _____

Pin Code: _____

*Attach the copy of the proof for change of address, if required

Date of Birth

| | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|
| | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|

Phone No..... (Mandatory) Email:.....

Moving ahead with commitment and dedication since 1908

PROVISIONAL BALLOT PAPER: TNAI Uttarakhand State Branch 2019

| Office | Name and Address of the Contestants | Voter X |
|---|--|---------|
| President | Mrs. Lalita Bisht, TNAI No. 18455, 47 Stonleigh Compound, Tallital, Nainital- 263002 | |
| Vice President | Mrs. Navneeta Khrist, TNAI No.155200, Vice Principal, Quadra Institute of Nursing, Quadra Campus, NH- 58, near Montfort school, Harid- war Road, Roorkee-247667 | |
| Secretary | Dr. Suresh K Sharma, 105833, Principal, College Of Nursing AIIMS, Rishikesh -249203 | |
| Joint Secretary | Mr. Rajesh Kumar Sharma, TNAI No. 278825, Assistant Professor, Himalayan College Of Nurs- ing, Swami Rama Himalayan University Jolly Grant, Dehradun- 248016 | |
| Treasurer | Mrs. Xavier Belsiyal. C, TNAI No. 103174, As- sistant Professor, College of Nursing, AIIMS Rishikesh, Pasulok, Virbhadra Road, Rishikesh- 249203 | |
| SNA Advisor | Ms. Hansi Negi, Tnai No. 18466, Nursing Director, Swami Bhumanand College Of Nursing, Ranipur Jhal, Jwalapur, Haridwar, Nanital- 263002 | |
| Chairperson-Program Committee | Vacant | |
| Chairperson- Membership Committee | Vacant | |
| Chairperson- Nursing Service Section | Vacant | |
| Chairperson- Nursing Education & Research Section | Mrs. Priya J.P. Narayan, TNAI No. 161348, As- sistant Professor, Himalayan College of Nursing, SRHU, Jolly Grant, Dehradun- 248140 | |
| Chairperson- Public Health Nursing Section | Vacant | |
| Chairperson- Socio-Eco- nomic Welfare Committee | Vacant | |
| Representative- ANM/ LHV/CHO | Vacant | |

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 **30th June, 2019 between 11:00 am to 3:00 pm at Government Nursing School, Roshnabad, Hairdwar- 249403, Uttarakhand.**
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. 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.
7. Names of contestant who have not given their consent in writing to the Returning Officer will be deleted from the final Ballot Paper.
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. Please Mark the envelope "**Provisional Ballot Paper-TNAI Uttarakhand State Branch Election 2019**".
13. 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: **Dr. Rakesh Sharma, Returning Officer, Uttarakhand State Branch, Assistant Professor, College of Nursing, All India Institute of Medical Sciences, Rishikesh- 249201, Email id: rakesh.nur@aiimsrishikesh.edu.in, Mobile no. 9639553333.**

Call for News Items from Nursing Institutions

Schools and Colleges of Nursing are welcome to submit for publication in monthly *TNAI Bulletin*, the news items and write ups about observances of Graduation Ceremony, Annual Day, Seminars, Conferences, important workshops, etc. The charges are Rs 1000/- + GST per item including one photograph. The payment should be through a demand draft in favour of **The Trained Nurses' Association of India** (TNAI), New Delhi. Neatly spaced out hand-written matter, preferably typed in double space on one side of paper with photograph may be sent, along with requisite charges, to the Editor, TNAI Bulletin.

ATTENTION MEMBERS !

Although we take utmost care in checking the veracity of facts mentioned in the advertisements, yet readers are requested to make appropriate enquiries and satisfy themselves before acting upon any advertisement.

- Chief Editor

**PROVISIONAL BALLOT PAPER:
TNAI ARUNACHAL PRADESH STATE BRANCH 2019**

| Office | Name and Address of the Contestants | Voter X |
|--|---|----------------|
| President | Mrs. K.T Yasung, TNAI No. 43853, Qtr. No. 562, D-Sector, PO Nagarlagun- 791110 | |
| Vice President | Mrs. Lokam Sikap, TNAI No. 73901, Arunachal Pradesh Nursing Council, C- sector Naharlagun-791110 | |
| Secretary | Mrs. Techu Mepung, TNAI No. 264949, Tomo Riba Institute of Health and Medical Sciences, PO/PS Naharlagun, Papumpare- 791110 | |
| Joint Secretary | Mrs. Lily Kulo, TNAI No. 23385, Arunachal State Nursing School, BTM- complex Pappu Nallah, Naharlagun – 791110 | |
| Treasurer | Mrs. Ampu Tage, TNAI No. 28405, Arunachal State Nursing School, BTM Hospital Complex Papunallah, Naharlagun, Dist- Papumpare-791110 | |
| Assistant Treasurer | Mrs. Minu Taw, TNAI No. 312480, Tomo Riba Institute of Health and Medical Sciences (TRIHMS), Papumpare- 791110 | |
| SNA Advisor | Ms. Lony Chongroju, TNAI No. 296209, Govt. School of Nursing GNM, Pasighat, Dist- East Siang - 791110 | |
| Chairperson Programme Committee | Mrs. Leela Loyi (Lilabati Devi N), TNAI No. 93009, North East Nursing College of Health, VIII- L, Naharlagun- 791110 | |
| Chairperson Nursing Service | Mrs. Hage Sunku, TNAI No. 61884, Tomo Riba Institute of Health and Medical Sciences (TRIHMS) Papumpare- 791110 | |
| Chairperson Nursing Education and Research | Mrs. Inu Borang, 253326, Arunachal State Nursing School BTM complex Pappu Nallah, Dist- Papumpare, Naharlagun-791110 | |
| Chairperson Socio Economic Welfare | Mrs. Likha Yallam, TNAI No. 142590, Nursing Officer, Tomo Riba Institute of Health and Medical Sciences (TRIHMS) Papumpare- 791110 | |
| Chairperson Community Nursing Health Section | Mrs. Reena Narang, TNAI No. 73905, CHC Doimukh, PO/PS Doimukh, Dist- Papumpare – 791112 | |
| Representative LHV/ANM | Mrs. Namne Mena, TNAI No. 24078, Qtr No: B-II, Type-I, P- sector, Itanagar, Dist: Papumpare-791111 | |

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 22nd June, 2019 between 10:00 am to 03:00 pm at Arunachal Pradesh State Branch, TNAI, Head Office C/O APNC Office ‘C’ Sector, Naharlagun- 791110, Arunachal Pradesh.**

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. 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.
7. Names of contestant who have not given their consent in writing to the Returning Officer will be deleted from the final Ballot Paper.
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. Please Mark the envelope **“Provisional Ballot Paper-TNAI Arunachal Pradesh State Branch Election 2019”**.
13. 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: **Mrs. Boa Yania Taw, Returning Officer, C/O Directorate of Health Service Nursing Cell Nahralagun-791110, Arunachal Pradesh, Email id: yaniaboa@gmail.com, Mobile No. 8731979566.**

NOTICE TO ADVERTISERS

All advertisements published in TNAI Bulletin or Nursing Journal of India shall attract the provisions of GST. All advertisers including nursing institutions may kindly note that the current GST rate of 5% shall be compulsorily applicable on all transactions. The advertisers are requested to kindly furnish their GST number at the time of placing the order for publication of advertisement.

Election Result: TNAI Tripura State Branch

The elections of TNAI Tripura State Branch were held on **21th April, 2019** at **TNAI Tripura State Branch Office, Rabindra Satabarshiki Bhawan, Sakuntala Road, near - KFC, opposite Sukanta Academy, Agartala, Tripura-799001**. The following office bearers were declared elected: 1. **President:** Mrs. Bapi Mahajan, TNAI No. 53779, C/O Dr. Jyotirmoy Roy PO Abhoynagar Kumaritilla, Opposite Lake Agartala-799005. 2. **Vice-President:** Mrs. Sikha Saha, TNAI No. 15699, 5 Thakur Palli Road Krishana Nagar Agartala-799001. 3. **Secretary:** Mrs. Sikha Deb, TNAI No. 77449, Kunjaban Colony Road P O Abhoyanagar Agartala-799001. 4. **Asstt. Secretary:** Mr. Sanjib Kumar Biswas, TNAI No. 189915, Vill – Badharghat, Matripalli, Agartala, West Tripura-799003. 5. **Treasurer:** Mrs. Swarupa Majumdar, TNAI No. 183333, C/o Lt. J C Majumder, T.P. Road, Kadamtali, Krishna Nagar PO Agartala-799001. 6. **SNA Advisor:** Mrs. Rina Das, TNAI No. 90973, W/o- Tapan Das, Milan Sangha, Bardowali, A D Nagar -799102. 7. **Chairperson- Programme Committee:** Mr. Goutam Das, TNAI No. 308292, C/o- Niranjan Das, IGM Hospital, Agartala, West Tripura-799001. 8. **Chairperson- Membership Committee:** Mrs. Sebika Datta, TNAI No. 90958, C/o- Mohini Lal Chowdhury. Vill- Netajipalli, PO Dukli-799003. 9. **Chairperson- Public Health Nursing Section:** Mrs. Mukti Acharjee, TNAI No. 159606, C/o- Pradip Acharjee, Ramnagar Road No - 6, Agartala, West Tripura-799002. 10. **Chairperson Nursing Service Section:** Mrs. Soma Dhar, TNAI No. 182003, Rabindra Palli Quater Complex Type III, F-1, PO Agartala, West Tripura-799001. 11. **Chairperson- Nursing Education & Research Section:** Mrs. Debasmita Bhadra, TNAI No. 187486, Near Ram Thakur College Agartala Madhyabdharghat Siddhiahram, West Tripura-799003. 12. **Chairperson- Economic Welfare Committee:** Mrs. Sabita Das, TNAI No. 77952, PO Kashipur Co-operative Reshem Bagan Agartala, West Tripura-799008. 13. **Chairperson of ANM/LHV:** Vacant.

Mrs. Uma Bhattacharjee

Returning Officer, Tripura State Branch
C/o Lt. Chitta Ranjan Bhattacharjee, 23, Nivedita Palli,
Ramnagar-8, PO Ramnagar, PS Ramnagar, Agartala-799002,
Tripura (W)., Mobile No. 9436503198

टॉयलेट ग्रीट से कई गुना ज्यादा रिस्की है शेयर्ड टैक्सी की यात्रा

शेयर्ड टैक्सी में अमूनन यात्रा करने वाले सावधान हो जाएं! हाल में एक अध्ययन में यह बात उजागर हुई है कि शेयर्ड टैक्सी में आम टैक्सी की तुलना में 219 गुना ज्यादा कीटाणु मौजूद होते हैं।

नेटकोट नामक बीमा कंपनी ने अपने अध्ययन के आधार पर बताया है कि शेयर्ड टैक्सी के डोर हैंडल, सीट बेल्ट आम टैक्सी की तुलना में न केवल अत्यधिक गंदे होते हैं बल्कि इनसे त्वचा के संक्रमण, फूड पौइजनिंग आदि बीमारियां लगने के आसार बढ़ते हैं।

अतः शेयर्ड टैक्सी में यात्रा करना ही पड़े तो बेहतर होगा, पहले तो हैंडल, सीट बेल्ट, खिड़की खोलने-बंद करने का बटन या हैंडल आदि का प्रयोग कम से कम करें – हो सके तो टिश्यू पेपर का उपयोग करें और उतरने के बाद तुरंत अपने बाहरी अंगों की भलीभांति सफाई कर लें।

How to Keep on Receiving Copies of TNAI Bulletin

The readers may no longer receive the copies of TNAI Bulletin if they ignore this notice. TNAI Bulletin is a non-priced monthly organ of TNAI mailed to members. Many times, the actual address of the member remains un-updated, only institution address exists in TNAI records entailing massive wastages. In view of costs involved in producing and mailing it, and noticing that the copies do not many times reach the proper hands, as cost curtailment measure the Editorial Advisory Board members have advised that copies of TNAI Bulletin be mailed only to genuine readers.

It has therefore been decided to follow a reverse strategy i.e. mailing copies of TNAI Bulletin to only those members who submit their mailing particulars afresh including the PIN code and email ID, in following format.

Name of Member: _____
TNAI Membership No. _____
Complete mailing Address: _____

Mobile/ Phone No. _____
Email ID: _____

This information may be sent to Chief Editor, TNAI Bulletin. Members can also submit above information by mail (email id: membership@tnaionline.org).

Non-receipt of above information at Hqrs shall imply that members are willing to forgo TNAI Bulletin in print format, and their names may be considered to be withdrawn from mailing list of print version.

खुशनुमां मन और अच्छी नींद सक्रिय रखते हैं बुजुर्गों के दिमाग

एक नए अध्ययन में दावा किया गया है कि मन खुशनुमां रहे और नींद भरपूर, तो उम्रवारों का दिमाग तेज और सक्रिय रहेगा।

इंटरनेशनल न्यूरोसाइकोलोजिकल जर्नल के हवाले एक शोध में हालिया बताया गया है कि बुढ़ापे की याददाश्त का अनिद्रा और उदासी से सीधा संबंध है। अतः मस्तिष्क को सक्रिय रखना है तो नींद ठीक से आने और मन खुश रखने का अभ्यास बनाना होगा। याददाश्त कमजोर हो जाना मस्तिष्क की कमजोरी का लक्षण है। केलिफोर्निया यूनिवर्सिटी द्वारा 21 से 77 वर्ष के व्यक्तियों पर संचालित इस शोध में वर्किंग मेमोरी और स्वास्थ्य के तीन आयामों निद्रा, आयु और उदासी के बीच साहचर्य की पड़ताल की गई और इनमें गहरा संबंध पाया गया। निष्कर्ष यह निकलता है कि मिजाज हंसमुख रहे और नींद भलीभांति आए तो बुढ़ापे में व्यक्ति के मन सक्रिय रहेगा और उसके निराशा से ग्रस्त रहने की संभावना कम होगी।

“प्रसन्नता” पर पाठ्यक्रम शुरू करेंगे ब्रिटेन के विश्वविद्यालय

ब्रिटिश छात्रों में आत्महत्या की बढ़ती प्रवृत्ति को ध्यान में रखते हुए वहां के अनेक विश्वविद्यालयों में “प्रसन्नता” पर एक वर्षीय पाठ्यक्रम शुरू होने जा रहा है।

गए तीन वर्षों में रसेल गुप यूनिवर्सिटी के 12 छात्रों द्वारा आत्महत्या की के यह कोर्स चलाने की आवश्यकता महसूस की गई कि इस विषय पर कोर्स चलाया जाए। सभी प्रविष्ट छात्रों की अलग से मानीटरिंग की जाएगी। कक्षाएं सितंबर माह में आरंभ होंगी। मनोविज्ञानी डॉ. बुश हुड के तत्वाधान में चलाए जा रहे इस कोर्स का प्रत्येक छात्र सप्ताह में एक घंटे की क्लास लेगा। पाठ्यक्रम में ध्यान, अच्छी नींद, मनोरंजन आदि विषयों को कवर किया जाएगा।

**Election Result:
TNAI Andaman and Nicobar Island Branch**

The elections of TNAI Andaman and Nicobar State Branch were held on 15th April, 2019 at TNAI Andaman and Nicobar Island Branch Office, Auditorium of GB Pant Hospital Port Blair. The following office bearers were declared elected: 1. **President:** Mrs. S. Vijaya Saigal, TNAI No. 60506, Nursing Officer G.B. Pant Hospital, Port Blair. 2. **Vice President:** Mrs. Lissy Sudesh, TNAI No. 61403, Tutor, School of Nursing, G.B. Pant Hospital Port Blair. 3. **Secretary:** Mrs. Shakila, TNAI No. 144795, Rtd. Sr. Nursing Officer, G. B. Pant Hospital, O.P.D complex 102, Port Blair. 4. **Joint Secretary:** Mr. Sushanta Saha, TNAI No. 14782, Nursing Officer, ANIIMS, G.B. Pant Hospital, Port Blair, Andaman and Nicobar Islands. 5. **Treasurer:** Mrs. Sumangala Nair, TNAI No. 60504, Sr. Nursing Officer, G.B. Pant Hospital, Port Blair. 6. **SNA Advisor:** Vacant. 7. **Representative of ANM/LHV/FHW/CHO:** Mrs. Asha Lata Halder, ANM, Juglighat, Port Blair.

Mrs. Mitha Biswas, Returning Officer,
Andaman and Nicobar Island State Branch,
Tutor, School of Nursing, Near GB Pant Hospital,
Old OPD Complex, Port Blair,
Andaman and Nicobar- 744104,
Mobile No. 9732479777

New Email ID for TNAI Publications

Attention - Authors, Contributors, Institutions, Advertisers, Book sellers, NJI subscribers, buyers of publications and individuals!

Kindly note that The Trained Nurses Association has a new Email ID now (i.e. **publicationstnai@yahoo.com**), exclusively for matters related with TNAI publications. All concerned are therefore requested to address their queries and correspondence at the new email ID.

TNAI BULLETIN

Monthly Newsletter of

The Trained Nurses' Association of India

L-17 Florence Nightingale Lane, Green Park, New Delhi-16

Phone: 26566665, 26858304

E-mail: helpdesk@tnaionline.org, membership@tnaionline.org,

sna@tnaionline.org, publicationstnai@yahoo.com

Website: www.tnaionline.org

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