

Nomination Sheet: TNAI Uttar Pradesh State Branch Election 2019

Post	Name and Address of the Nominee
President	
Vice President	
Secretary	
SNA Advisor	
Treasurer	
Joint Secretary	
Chairperson – Membership Committee	
Chairperson – Programme Committee	
Chairperson – Nursing Education Committee	
Chairperson –Nursing Service Section	
Chairperson - ANM / MW	
Chairperson - LHV	

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 **20 March 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 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.
14. Please mark the envelope "Nomination sheet – **TNAI Uttar Pradesh State Branch Election 2019**".
15. Completed Nomination Sheet(s) and all other correspondence related to election to be sent to the following address: **Mrs Neeru Jyotika Singh, Returning Officer - UP State Branch, Flat No. 201, Panjetan Heights, River View Part-2, Mehtab Bagh, Husainabad, Lucknow - 226003 (UP).** Mobile: 7408180803, Email: neerusingh928@gmail.com

नवजात शिशु का ब्लड प्रेशर बढ़ा सकता है फोलिक एसिड

उच्च ब्लड प्रेशर आज आम बात हो गई है। हर चार में से केवल एक व्यक्ति होता है जो "साइलेंट किलर" कही जाने वाली इस बीमारी से बचा हुआ है (लक्षणों के आधार इसकी पहचान सहज नहीं होती)। बच्चे भी इस समस्या से अछूते नहीं हैं।

एक हालिया शोध से पता चला है कि गर्भावस्था के दौरान फोलिक एसिड (जिसे फोलेट भी बोला जाता है) के ज्यादा सेवन से होने वाला शिशु ब्लड प्रेशर की लपेट में आ सकता है। गर्भवती महिलाओं को स्वस्थ रखा जाने के उद्देश्य से राष्ट्रीय कार्यक्रमों के तहत उन्हें फोलिक एसिड की गोलियां निःशुल्क खिलाई जाती हैं और इसे गर्भावस्था में अत्यावश्यक माना जाता है। कुदरती रूप से यह आलू, ब्रोकोली आदि गहरे हरे रंग की सब्जियां, दालों, संपूर्ण अनाजों, संतरा आदि में मौजूद रहता है। फोलिक एसिड या विटामिन बी-9 गर्भवती शिशु की नाल की कोशिकाओं की वृद्धि में सहायक है और जन्मागत विकृतियों, कम वजन का जन्म आदि से संरक्षित रखता है। दरअसल गर्भवती महिला का शारीरिक और मानसिक स्वास्थ्य, यहां तक कि उसकी सोच होने वाले शिशु को सीधे प्रभावित करती है।

बाल्टिमोर की जॉन हॉपकिन्स यूनिवर्सिटी में 1290 ऐसे बच्चों को आधार बनाया गया जो डायबिटीज या मोटापे से पीड़ित थे। जियाओ बिन बैंग की अगुवाई में संचालित इस अध्ययन से पता चला कि उच्च ब्लड प्रेशर उन बच्चों में अधिक था जिनकी माताएं गर्भावस्था के दौरान फोलिक एसिड का सेवन अधिक करती थीं।