

THE TRAINED NURSES' ASSOCIATION OF INDIA

TNAI BULLETIN

VOL. 7 No. 10

OCTOBER 2018

Regard for the Elderlies Can Bring Bliss to Village Earth

All living and non-living entities have an average life span, and an end. Yet few of us are ready to accept this somber reality! The main reason being, with advancing age and reducing ability to grasp and embrace the ever new, emerging technologies, the elderlies often find their role to be marginalised. At this point, the young ones have to understand the valuable repository of knowledge and wisdom bequeathed upon them. To attain new heights, the young generations draw and build only on the existing structures, for which the elderlies rightfully deserve acknowledgement, appreciation and respect. Rather than frantic pursuit of one's own vested interest, generosity for other fellow beings especially the aged not only shall go a long way in bringing sunshine in the lives of the elderly in the process securing their blessings but also morally upgrade the care giver to lead a more meaningful life. Earlier the young ones learn that regard for elders is a great input in building happy relationships and also carry forward positive message for posterity so as to be treated favourably at their turn, the better. It is to inculcate positive attitude towards the elderly that International Day of the Old Persons is organised on 1 October every year. The proportion of the elderly in world population is growing fast; from 700 million at present above 60, by 2050 they shall become 2 billion, comprising a fifth of global population. The theme for 2018 is, Celebrating Older Human Rights Champions. In this issue, we have enlisted our members aged 80 or more, together with their message to the young in the profession.

The other important day of interest to nursing is the World Mental Health Day on 10 October organised by the World Federation for Mental Health (WFMH). The day seeks to raise public awareness about the importance of mental health, improve attitudes towards mental disorders and to prevent mental and emotional disorders among all peoples and nations.

INSIDE

- 145 Editorial
- 146 Conference Registration Form - XXVII TNAI Biennial Conference, Goa
- 147 The Nurses Emblem
- 148 List of Conference Committee Chairpersons - XXVII TNAI Biennial Conference, Goa
- 151 Places of Tourist Interest in Goa
- 154 Countdown- XXVII TNAI Biennial Conference, Goa
- 157 Nomination Sheet: TNAI Chandigarh Branch
- 158 Hindi Matter
- 159 TNAI Members in Golden Years (80 years and above)
- 160 Hindi matter

I hope that you have sorted out all to be done for your participation in XXVII TNAI Biennial Conference in Goa during 11-16 December 2018 including registration and advance booking; if not, please hurry. You are also aware that the TNAI Elections for the office bearers shall also be conducted simultaneously. As I have been stating earlier also, the Goa conference shall be a highly enlightening and valuable experience to all of you. Expect the best.

(Evelyn P Kannan)

Chief Editor & Secretary General, TNAI

हर दो मिनट में तीन शिशु मौत को प्यारे हो जाते हैं देश में

एक हालिया उजागर रिपोर्ट में बताया गया है कि भारत में अनेक कारणों से प्रति दस मिनट में पंद्रह शिशु मौत के गर्त में चले जाते हैं। यूनाइटेड नेशन्स की इंटर एजेंसी ग्रुप फॉर चाइल्ड मॉर्टलिटी एस्टीमेशन के अनुसार 2017 में भारत में 8 लाख 2 हजार शिशुओं की मृत्यु हुई। आगे बताया गया है कि हालांकि शिशु मृत्युता गए पांच सालों में निम्नतम थी तो भी संख्या की दृष्टि से विश्व में यह उच्चतम रही; इसके बाद चीन का स्थान है, वहां 3 लाख 30 हजार शिशुओं की मौत दर्ज की गई। उच्च शिशु मृत्यु दर वाले अन्य देश हैं: नाइजीरिया – 3,30,000; पाकिस्तान – 3,30,000 और कांगो जनतांत्रिक गणराज्य – 2,33,000।

भारत में उच्च शिशु मृत्युता के लिए स्वच्छ पेय जल, उचित साफसफाई, पोषण और बुनियादी स्वास्थ्य देखभाल उपलब्ध नहीं होने को जिम्मेदार ठहराया गया है। देश में मौजूदा जन्म दर ढाई करोड़ सालाना है।

विश्व में दस प्रतिशत प्रसव समयपूर्व (प्रिमेच्योर) होते हैं, यानी संख्या के हिसाब से करीब 15 लाख। इनमें से 10 लाख की मौत हो जाती है। भारत में सालाना नियोनेटल मृत्युता गिर कर 6 प्रतिशत हो गई है (29 शिशु प्रति 1,000 जन्म)।

नवजात शिशुओं और बच्चों के स्वस्थ विकास के उद्देश्य से देश में आईसीडीएस कार्यक्रम चलाया जा रहा है, यह कार्य देश भर में फैले आंगनवाड़ी केंद्रों के मार्फत संपन्न होता है। इन केंद्रों में गर्भवती या दुग्धपान कराती महिलाओं को बाल पोषण और स्वास्थ्य बिगड़ने पर उचित उपाय किए जाने की समुचित जानकारी दी जाती है। आंगनवाड़ी केंद्रों का अहम पक्ष टीकाकरण है। यह सुनिश्चित किया जाता है कि प्रत्येक शिशु को विश्व मानकों के अनुसार विभिन्न बीमारियों से बचाव के टीके लगाए जाते हैं। प्रत्येक बच्चे के नाम एक सुरक्षा कार्ड होता है और इसकी कड़ाई से अनुपालना की जाती है कि निर्दिष्ट समय पर बच्चे को टीके लग रहे हैं। बाल सुरक्षा में कोताही न बरती जाए, इस आशय से टीकाकरण की निगरानी प्रधानमंत्री कार्यालय द्वारा की जाती है।

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/-

However, due to limited beds, interested members may get the booking done in advance.

Secretary-General, TNAI

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: prim@tnaionline.org, helpdesk@tnaionline.org,
membership@tnaionline.org, sna@tnaionline.org,

publicationstnai@yahoo.com

Website: www.tnaionline.org

EDITORIAL ADVISORY BOARD

Mrs Anita A Deodhar, Ms Surekha Sama,
Dr (Mrs) Sushma Saini, Mrs Sikha Maity,
Mrs Evelyn P Kannan

Consulting Editor: HK Barthwal

Chief Editor: Mrs Evelyn P Kannan

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.

Nomination Sheet: TNAI Chandigarh Branch Election 2018

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

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 **17 November 2018** (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 Organisations 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 Chandigarh Branch Election 2018**”.
 15. Completed Nomination Sheet(s) and all other correspondence related to election to be sent to the following address: **The Secretary-General, Trained Nurses’ Association of India, L-17, Florence Nightingale Lane, Green Park, New Delhi-110016.**

हृदय रोगों से बचाव के तरीके अविलंब खोजने होंगे

विज्ञान और तकनीक में गजब की तरक्की के बावजूद हृदय रोगियों की संख्या में दुनियाभर में बढ़ोतरी चालू है। ज्यादा दुखद यह है कि बच्चों-युवाओं में दिल की बीमारियां हो रही हैं जो पहले सुनने में ही नहीं आती थीं और इनमें लगातार इजाफा दर्ज किया जा रहा है। योग की साधना के लिए पश्चिमी देशों से लाखों व्यक्ति आज भी भारत में आ कर स्वास्थ्य लाभ करते हैं। आध्यात्मिक और भावनात्मक लिहाज से दुनिया को राह दिखाने वाले भारत देश की 20 प्रतिशत जनसंख्या हृदय रोगों की चपेट में है।

आईसीएमआर तथा अन्य संगठनों द्वारा कुछ वर्ष पूर्व संचालित अध्ययनों में ज्ञात हुआ है कि शहरी और ग्रामीण दोनों अंचलों में हृदयरोगों में अभूतपूर्व बढ़त रही है जो श्वसन रोग, कैंसर और पाचनतंत्र की बीमारियों के समेकित स्तर से कहीं अधिक है। वर्तमान में देश में 30-34 आयु के 78 प्रतिशत व्यक्ति हृदयाघात (हार्ट अटैक) के जोखिम में हैं और उम्र से पहले ढलने लगे हैं। पश्चिमी मुल्कों में हृदय की धमनियों की बीमारी से ग्रस्त 5 प्रतिशत आबादी की तुलना में भारत में ऐसे व्यक्ति 14 प्रतिशत यानी पश्चिमी देशों से दुगुने हैं। स्पष्ट है, ऐसी स्थिति के कारणों को सही से जानने और कारगर उपचारात्मक कार्ययोजना अविलंब लागू करनी होगी।

डब्ल्यूएचओ के अनुसार कि दुनिया के 1.10 अरब धूम्रपान कर्ताओं में एक तिहाई 16 वर्ष से कम आयु के हैं। तंबाखू के धुंए के दो विषैले संघटक निकोटीन और कार्बन मोनोऑक्साइड रक्तचाप बढ़ाते हैं। धूम्रपान से कार्बन डाइऑक्साइड के अंश रक्त में घुल जाते ही हैं जो हृदय की हैमोग्लोबिन संवहन क्षमता घटा देते हैं फलस्वरूप धमनियों के रोगग्रस्त होने के अंदेशा बढ़ता है।

एक अनुमान के अनुसार 2020 तक भारत में सर्वाधिक मौतें और अक्षमताएं हृदयरोग के कारण होंगी और 2030 में देश के 2.30 करोड़ लोग सालाना दम तोड़ेंगे। हृदय रोगों की उत्पत्ति और रोकथाम के संबंध में जागरूकता पैदा करने के उद्देश्य से विश्व हृदय फेडरेशन प्रतिवर्ष 29 सितंबर को विश्व हृदय दिवस आयोजित करता है। इन उपलक्ष्य के आयोजनों में हृदय की दुरस्ती के उचित संदेश जारी किए जाते हैं जैसे फल-सब्जियों का अधिक सेवन; संसाधित खाद्यों और सेटुरेटिड फैट के सेवन से बचे रहना; तनावरहित रहना; तंबाखू, धूम्रपान का सेवन नहीं करना; अल्कोहल का सेवन न करना या घटाना और प्रतिदिन 10-20 मिनट व्यायाम करना।

XXVII TNAI BIENNIAL (76th) CONFERENCE MAPUSA, GOA

List of Conference Committee Chairpersons

1. Conference Committee	
Chairperson	Mrs Kuntal D Kerkar, President, Goa State Branch, TNAI, Staff Nurse, Goa Medical College. Mobile No: 9823932091, Email: kuntalkerkar@gmail.com
Co-Chairperson	Dr Wilson Nicolau Fernandes, Assistant Professor & Head, Department of Mental Health Nursing Institute of Nursing Education, Bambolim, Goa. Mobile: 9552386303, Email: wilsonphgdudms@yahoo.co.in
2. Conference Secretary	
Chairperson	Mrs Rubina Fernandes, BSc (N), Secretary, Goa State Branch TNAI. Staff Nurse, Institute of Psychiatry & Human Behaviour, Goa. Mobile No: 9923036426, Email: rubinafernandes@yahoo.co.in
Co-Chairperson	Mrs Nicie Pereira, Staff Nurse, Institute of Psychiatry & Human Behaviour, Goa. Mobile: 9823550851, Email: nicie_pinheiro@rediffmail.com
3. Registration Committee	
Chairperson	Ms Shashilata Yadav, MSc (N), Assistant Professor, Institute of Nursing Education, Bambolim, Goa. Mobile: 9766484775, Email: shashi2018tnai@gmail.com
Co-Chairperson	Mrs Raquel Baretto, BSc (N), Staff Nurse, Staff Nurse, Goa Medical College, Bambolim, Goa. Mobile: 9823816132
4. Finance Committee	
Chairperson	Mrs Livia R. Rodrigues e Joao, BSc (N), Treasurer, Goa State Branch, TNAI, Staff Nurse, Goa Medical College, Bambolim, Goa. Mobile: 940419290, Email: liviarod13@gmail.com
Co-Chairperson	Mrs Milagrosa Rebeiro, BSc(N), Ward Incharge, North Goa District Hospital, Mapusa. Mobile: 9403271430, Email: milagrosarebeiro@hotmail.com
5. Poster & Exhibition Committee	
Chairperson	Mrs Ana Vaz e de Braganza, MSc (N), Institute of Nursing Education, Bambolim. Mobile: 9420687794, Email: braganzaana@gmail.com
Co-Chairperson	Ms Olinda Toscano, MSc (N), Clinical Instructor, Institute of Nursing Education, Bambolim, Goa. Mobile: 9823852170
6. Catering Committee	
Chairperson	Mrs Maria Elsa Martin Fernandes, BSc(N), Assistant Matron, Hospicio Hospital, Margao. Mobile: 9822121480, Email: elsafems29.ef@gmail.com
Co-Chairperson	Mrs Kameshwari Naik, RNRM, Ward Incharge, SDH, Ponda, Goa. Mobile: 9623404832, Email: vgumerkar@gmail.com

7. Disciplinary Committee	
Chairperson	Mr Khusha Purushottam Naik, MPHW, PHC, Betki. Mobile: 9420978260, Email: naikkusha123@gmail.com
Co-Chairperson	Mr Gautam Vinayak Gauns, MPHW, PHC Corlim. Mobile: 963711534, Email: ganoshine@outlook.com
8. Reception Committee	
Chairperson	Mrs Raksha Parvatkar, BSc (N), Ward Incharge, Pulmonary Medicine, St Inez, Panjim, Goa. Mobile: 942309033, Email: rakshaparvatkar@gmail.com
Co-Chairperson	Mrs Suvidha Thakur, RN RM, Staff Nurse, Pulmonary Medicine, St Inez, Panjim, Goa. Mobile: 973042755, Email: suvidhathakur@gmail.com
9. Press & Publicity Committee	
Chairperson	Mr Amey G Kavlekar, BSc(N), Staff Nurse, SDH Ponda, Goa. Mobile: 9503678293, Email: amey-kavlekar@yahoo.com
Co-Chairperson	Mrs Anushree A. Naik, RN RM, Staff Nurse, PHC Mayem, Goa. Mobile: 9764269129
10. Souvenir Committee	
Chairperson	Mrs Lisma C. Borges Barneto, BSc (N), Staff Nurse, Hospicio Hospital, Margao, Goa. Mobile: 9923326983, Email: lisbar72@gmail.com
Co-Chairperson	Mrs Evelyn Cardozo, BSc(N), Staff Nurse, Hospicio Hospital, Margao Goa. Mobile: 9881876386, Email: evelync@rediffmail.com
11. Invitation Committee	
Chairperson	Mrs Nisha N Narvekar, RNRN, Ward Incharge, Institute of Psychiatry & Human Behaviour. Mobile: 9921347970 Email: Nishanarvekar3@gmail.com
Co-Chairperson	Miss Clency Vaz, RN RM, Staff Nurse, Institute of Psychiatry & Human Behaviour. Mobile: 8007655714, Email: Clency247@gmail.com
12. Election Committee	
Chairperson	Mrs Clevy Dsouza, BSc (N), Ward Incharge, District Hospital, Mapusa, Goa. Mobile: 8698641554, Email: Clevylobo001@gmail.com
Co-Chairperson	Mrs Rosalina Fernandes, RN RM, Retired Matron, Goa Medical College, Goa. Mobile: 940388001, Email: rosalinafernandes9403@gmail.com
13. Sight Seeing Committee	
Chairperson	Mr Shivaji Bhaip, RN RM, Staff Nurse, Goa Medical College, Bambolim, Goa. Mobile: 8552908535, Email: Shivajibhaip@gmail.com
Co-Chairperson	Mr Sangam Sawant, MSc(N), Staff Nurse, Dental Ward, Goa Medical College, Bambolim, Goa. Mobile: 7507896279

14. Health Committee	
Chairperson	Mrs Sneha S Kudtarkar, RN RM, Ward Incharge, Goa Medical College, Bambolim, Goa. Mobile: 9850067316, Email: snehakudtarkar1@gmail.com
Co-Chairperson	Mrs Bindiya B Bagkar, RN RM, Ward Incharge, Goa Medical College, Bambolim, Goa. Email: bindiya.bag12@gmail.com
15. Minutes Committee	
Chairperson	Mrs Sharad Pavsekar, RN RM, Staff Nurse, Hospicio Hospital, Margao, Goa.
16. Programme Committee	
Chairperson	Mrs Tanvi Naik, BSc(N), Staff Nurse, SDH Ponda, Goa. Mobile: 8390936383, Email: saiaarya1225@gmail.com
Co-Chairperson	Mrs Reshma Talekar, BSc(N), Staff Nurse, SDH Ponda, Goa. Mobile: 9881324886, Email: reshtalekar98@gmail.com
17. Printing & Stationary Committee	
Chairperson	Mrs Valensica B Rodrigues, BSc(N), Staff Nurse, North District Hospital, Mapusa, Goa. Mobile: 787513668, Email: valrod2091@gmail.com
Co-Chairperson	Mrs Lydia Nazareth, RN RM, Staff Nurse, North District Hospital, Mapusa, Goa. Mobile: 9763353544, Email: lydianazareth@gmail.com
18. Scientific Session Committee	
Chairperson	Mr Vithoba Mhalkar, MPhil (N), Institute of Nursing Education, Bambolim. Mobile: 9823880908, Email: Vits20@yahoo.com
Co-Chairperson	Mrs Mary Leonny D'Souza, MSc(N), Staff Nurse, Institute of Nursing Education, Bambolim. Mobile: 9423819545
19. Entertainment Committee	
Chairperson	Mrs Maya Fadte, BSc(N), Ward Incharge, Goa Medical College, Bambolim. Mobile: 9823793619
Co-Chairperson	Mrs Magrate Fernandes, B.Sc(N), Staff Nurse, Goa Medical College, Bambolim. Mobile: 9860138480, Email: Maggiefems17@gmail.Com
20. Advertisement Committee	
Chairperson	Mr Rupesh Mhapsekar, MPHWW, Sankhelim. Mobile: 9309927005

XXVII TNAI BIENNIAL (76th) CONFERENCE, MAPUSA, GOA

CONFERENCE REGISTRATION FORM

Dayanand Bandodkar Krida Sankool, Peddem, Mapusa, Goa

Pre-Conference Meetings: December 11-13 (Clube Tennis De Gaspur Dias, Miramar)

Election: December 13, 2018

Conference: December 14-15, 2018

Sightseeing: December 16, 2018

Full Name (Block Letters): Miss / Mrs / Sr/ Mr _____

Executive/ Council Member/HOD/TNAI Member/

Non-TNAI Member/SNA General Committee Member _____

Designation _____

Full Address _____

Email _____ Mobile No. _____

Food: Veg () Non Veg ()

Would you like to join sightseeing? () Yes () No To be announced later

Only for office bearers

Indicate the period of stay from _____ to _____

Indicate the mode of travel () Rail () Bus () Air

Arrival at Dabolim: Date _____ Time _____ Name / No. of Train/ Flight _____

Departure from Dabolim: Date _____ Time _____ Name /No. of Train / Flight _____

Charges	Executive & Council Members	TNAI Members	Non TNAI Members	SNA Members
Registration Fee	Rs 800/- per member	Rs 800/- per member	Rs 1000/- per member	Rs 500/- per member
Accommodation Breakfast, Lunch Dinner, two times tea and transport	Rs. 3500/- per day/per person	Rs.3500/- per day / per person	Rs. 3500/- per day / per person	Rs. 2500/- per day / per person
Includes:Tea (2 times), Lunch, dinner on 14 & 15, December 2018 Compulsory for those not availing accommodation	Rs 800/- per day / per person	Rs 800/- per day / per person	Rs 800/- per day / per person	Rs 500/- per day / per person
Late Registration Fee	Rs.1000/-	Rs.1000/-	Rs.1200/-	Rs.700/-

Note: For the Hosting branch to book your accommodation or other queries, please contact
For queries, please contact:

- | | | |
|------------------------|------------|----------------------------------|
| 1. Prashant Devidas: | 9923482120 | Chairperson (Accommodation) |
| 2. Patsy Joseph: | 8830587699 | Vice Chairperson (Accommodation) |
| 3. Veronica Gonsalves: | 9637917373 | (Accommodation) |
| 4. Vaibhav Naik: | 9420818778 | Vice Chairperson (Transport) |
| 5. Saviola Arez : | 8605008190 | Member (Registration) |

Note: December being a festival season in Goa, there is unusually great inflow of tourists and consequently hotel charges are very high. You are therefore, advised to book accommodation well in advance.

The fee is payable in advance and should be remitted by Demand Draft / NEFT / ECS drawn in favour of **TNAI XXVII 76th Biennial Conference; Name of the Bank: Bank of India, Panjim Branch, Goa. A/c No. 100710110009892; IFSC Code: BKID0001007**. Please confirm by email after payment to shashi2018tnai@gmail.com, along with duly filled Registration Form, to be sent to the Registration Chairperson latest by **31st October 2018**, after which late registration fee will be charged.

The Registration Form along with payment should be sent to Ms Shashilata Yadav, Chairperson Registration Committee, Mobile: 9766484775, email: shashi2018tnai@gmail.com. The Registration can also be got done online.

Note:

- (i) After submitting the fee paid through NEFT, please provide the UTR number to the above email id.
- (ii) On the spot registration will be allowed with extra charges but accommodation will not be given unless you already booked with the Chairperson, Accommodation Committee by the deadline (**November 10, 2018**).
- (iii) The State SNA Vice Presidents and SNA Secretaries are required to attend the House of Delegates meeting and the Conference as observers, no other SNA members, apart from these two SNA Office bearers, should attend this Conference. However, there is no ban for local SNA members for attending the Conference, provided such an arrangement is made with the Conference Registration Committee.
- (iv) No accommodation arrangement will be made for families/ friends/relatives/accompanying participating members. They have to make on their own. However, the members concerned in such cases may get information for accommodation facilities available in the city by writing to the Chairperson, Registration Committee.

The Nurses Emblem

White Heart & Lamp in Blue Globe attached on a pedestral encrypted with, 'Proud to be a Nurse'

The White Heart was officially launched as a universal symbol for nursing in 1999, on the occasion of the 100th anniversary of the International Council of Nurses. The symbol is meant to characterise the caring, knowledge and humanity that infuse the work and spirit of nursing. The white heart is also a unifying symbol for nurses globally.

White was selected because it brings together all colours, demonstrating nursing's acceptance of all people. White also has a world-wide association with nursing, caring, hygiene and comfort. The heart shape communicates humanity and the central place that nursing has in quality health care.

Blue is the colour of the sky and ocean which means the scope of nursing is extended like an ocean in this earth and its presence is global. It also symbolises loyalty, wisdom, confidence, intelligence, faith, truth and heaven. Blue is given in an oval shape which symbolises the earth or the globe to emphasise nurses' universal presence.

Lamp is synonym with nursing from the time of Florence Nightingale. The lamp shown in this emblem is an Indian adaptation of the lamp which is symbolic of nursing that spreads light of care and love in the world and also that enlightens the mind .

Proud to be a Nurse:

Nurses and Nursing inspite of its inherent noble nature, many times gets sidelined and suppressed. Though a noble job, nursing does not currently get the reputation and respect it actually deserves. One of the major reason for this deficiency is nurses' confidence issues. So being proud to be a nurse is very important so as to declare that nurse and nursing are here with "pride". A proud noble nurse is really something to be "proud of" and each professional nurse declares that she/he is "proud to be a nurse".



Note: The original emblem is coloured, and can be seen in October 2018 issue of *NJI*.

Places of Tourist Interest in Goa

Goa, the smallest state of the country by area and fourth smallest by population in Konkan region is presumably number one choice of tourists all over. India's richest state with highest GDP, it is 110 km long and 60 km wide between the Sahyadri range of the Western Ghats and the Arabian Sea along the west coast of India.

The 17th century churches, still intact, and the region's tropical spice plantations are relished by one and all. Beautiful beaches, historical sites and religious monuments attract domestic and foreign tourists in large number. The *Mahabharata* epic refers to Goa as Goparashtra or Govarashtra, meaning "a nation of cowherds".

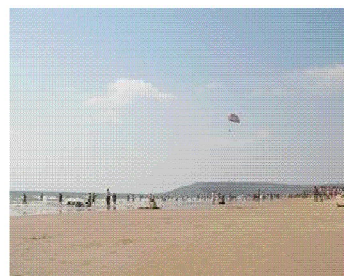
The state capital is Panaji and the largest city of Goa is Vasco Da Gama. The historic city of Margao retains the cultural influence of the Portuguese. The history of state of Goa dates back to the 3rd century BC. The Portuguese ruled Goa for about 450 years till it was liberated from the Portuguese and became part of India in December 1961.

The world renowned beaches, places of worship and world heritage architecture of Goa attract large number of international and domestic tourists year after year, mostly in summer and winter months. The State is also home to a variety of rich flora and fauna owing to its geographical location on the Western Ghats. Shigmo Mel or the Holi, Goa carnival and Ganesh Chaturthi are the main festivals celebrated in Goa. There are several attractions for the tourist: Hill Stations, Waterfalls, Trekking/ Adventure sites, Pilgrimage sites, Heritage/ Historical sites, Wildlife parks.

Situated in the tropical zone close to the Arabian Sea, Goa has a hot and humid climate for most days of the year. The main industry is Tourism, about 12 percent of all foreign tourist arrivals in India visit Goa.

BEACHES

Calangute Beach: Located 14 km from Panjim Kadamba Bus Stand, 10 km from Mapusa and 41 km from Vasco Da Gama Railway Station, Calangute Beach is the largest beach of North Goa, often represented in promotion of Goa Tourism (in local language Calangute means the 'Queen of beaches'). This beach is over 6 km long, lying between Baga and Candolim beaches. The sea is rough here and tourists avoid visiting this beach during the months from June to September. Most tourists arrive here during Christmas and around New Year to enjoy sunbath and vibrant sea breezes.



Baga Beach: Baga Beach is famous for delicious sea food offered here and its beach shacks; night life is more exciting in this beach than the day time. This beach houses some of the hottest night clubs like Tito's and Mambos which are usually crowded with the dance freaks.



Other Beaches

Palolem Beach: About 70 km from Panjim Kadamba Bus Stand, 65 km from Vasco Da Gama Railway Station and 36 km from Margao Railway Station, it is also known as 'Paradise Beach' and stretches between two magnificent headlands and lined with towering coconut palms.

Vagator Beach: It is a part of a 30 km stretch of coastline along the west coast of Goa from Fort Aguada till Chapora Beach and Fort. As the sun moves westwards, the sea at Vagator turns from aquamarine to emerald green.

Colva Beach: The oldest, largest and the most spectacular beaches of South Goa, Colva Beach is 33 km away from Panjim Kadamba Bus Stand, 8 km from Margao Railway Station and 25 km from Vasco Railway Station. It has with about 25 km of the fine powdered white sand bounded along its coast by coconut palms.

Anjuna Beach: About 19 km from Panjim Kadamba Bus Stand and 11 km from Mapusa, this beach is situated in Bardez Taluka north of Baga and Candolim, and close to the South of Vagator and Chapora.

Agonda Beach: Located 69 km from Panaji Kadamba Bus Stand, 36 km from Margao Railway Station and 9 km from Canacona Railway Station, this South Goan beach is a great spot for sunbathing, swimming, walking, eating or just relaxing.

Arambol Beach/ Harmal Beach: Situated 34 km off Panaji Kadamba Bus Stand and 22 km from Mapusa Bus Stand, this relatively less crowded beach in North Goa has a pristine glory.

Ashwem Beach: Another less crowded beach 30 km from Panaji Kadamba Bus Stand, 18 km from Mapusa and 5 km from Morjim, it is in North Goa. It is a clean secluded beach for swimming, known for its numerous restaurants that serve delicious seafood.

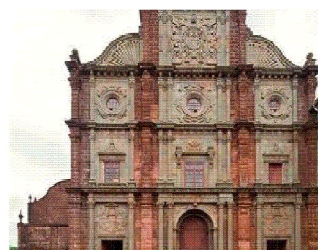
Betalbatim Beach: Commonly known as the Sunset Beach of Goa, it has 4.5 km white sand stretch and lies between the Majorda and Colva Beaches. Lined up with palm trees, this beach is used as a picnic spot by families and schools.

Other beaches of interest to the visitors are: Bambolim Beach, Butterfly Beach, Dona Paula Beach, Cansaulim Beach, Chapora Beach, Coco Beach, Candolim Beach, Galgibaga Beach, Kalach Beach, Majorda Beach, Mandrem Beach and Miramar Beach.

Butterfly conservatory of Goa: Located 26 km from Panjim Kadamba Bus Stand, 25 km from Margao Railway Station and 4 km from Ponda Bus Stand, this conservatory is spread over 4000 sq mts with 133 species of butterflies beautifying the conservatory. The conservatory has park like structure so one can stroll and indulge in a visual treat of nature. Kids relish it in particular for the colourful world of butterflies and caterpillars.



Basilica of Bom Jesus: Dedicated to St Francis Xavier, the Basilica of Bom Jesus (also called St Francis Xavier's Tomb) is at a distance of 9 km from Panjim Kadamba Bus Stand and 27 km from Vasco Da Gama Railway Station. It is part of UNESCO World Heritage Site (Churches & Convents of Goa). The church often figures in promotion of Goa Tourism. This church is regarded as one of the best examples of baroque architecture.

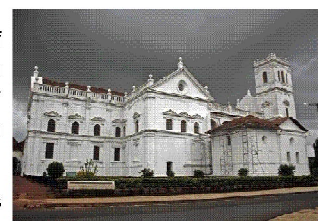


Aguda Fort: This grand Fort, about 15 km from Panjim Kadamba Bus Stand, 4 km from Candolim and 49 km from Margao Railway Station, was built by the Portuguese colonial rulers on the beach south of Candolim at the shore of the Mandovi River in 1612. A freshwater spring within the fort provided water supply to the ships that used to stop by ('Aguada' meaning water). The heart of the fort was protected by 200 cannons and a deep dry moat, which one has to cross to get inside.



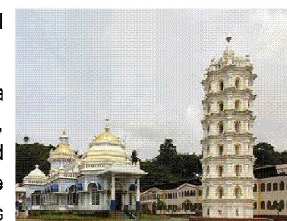
Reis Mogos Fort: Situated 7 km from Panjim Kadamba Bus Stand, 34 km from Vasco Da Gama Railway Station and 15 km from Mapusa, it is located on the northern bank of the River Mandovi across the city of Panaji in North Goa. It was built by the Portuguese Viceroy Alfonso de Noronha in 1551 and rebuilt in 1707.

Se Cathedral: Considered as one of the largest churches in Asia, situated in Old Goa, opposite to Basilica of Bom Jesus, it is 9 km from Panjim Kadamba Bus Stand, 27 km from Vasco Da Gama Railway Station and 23 km from Mapusa. Dedicated to St. Catherine, it is part of UNESCO World Heritage Site (Churches & Convents of Goa). In 1510, Alfonso Albuquerque defeated the Muslim army on the feast day of St Catherine of Alexandria and took possession of Goa.

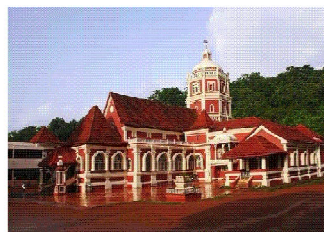


Cabo De Rama Fort: Also known as The Cape of Rama, it is at a distance of 60 km from Panjim Kadamba Bus Stand, 56 km from Vasco Da Gama Railway Station and 27 km from Margao Railway Station. The fort derives its name from Rama, the hero of the epic Ramayana who stayed here with his wife during their 14 years of exile. The Fort was first occupied by Hindu rulers. It has elaborate defenses complete with a moat, gatehouse and several bastions. The fort has a well and two springs from which cold and hot water used to emerge.

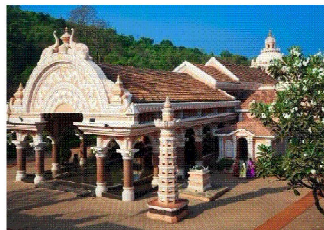
Mangeshi (Mangeshi) Temple: About 21 km from Panjim Kadamba Bus Stand, 37 km from Vasco Da Gama Railway Station and 34 km from Mapusa, this temple in North Goa is located on a hillock at Mangeshi Village in Priol, Ponda Taluka. It is one of the largest, wealthiest and most popular Hindu shrines in Goa. It is believed that Lord Shiva came to Goa after having lost everything in a game of dice against his wife Parvati. When Parvati came looking for him, he disguised himself as a tiger and frightened her. In a state of shock, Parvati uttered the words "Trahi Mam Grisha", which means "O the Lord of the Mountains, save me". Shiva then reverted to his normal form and returned with her.



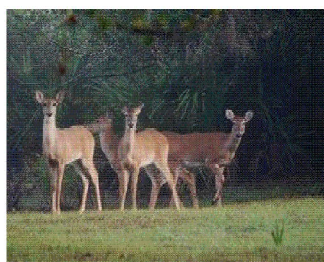
Shantadurga Temple - Kavlem: Located 28 km from Panjim Kadamba Bus Stand, 34 km from Vasco Da Gama Railway Station and 20 km from Margao Railway Station, this temple is dedicated to Goddess Shantadurga the Goddess of Peace. Legend has it that a fierce battle raged between Shiva and Vishnu; Lord Brahma prayed to Parvati to intervene, which she did in the form of Shantadurga. Shantadurga placed Vishnu on her right hand and Shiva on her left hand and settled the fight. The deity of Shantadurga is shown as holding two serpents one in each hand representing Vishnu and Shiva.



Shri Mahalaxmi Temple: Situated about 27 km from Panjim Kadamba Bus Stand, 37 km from Vasco Da Gama Railway Station and 22 km from Margao Railway Station, Shri Mahalaxmi Temple is in village Bandora (or Bandivade), about 4 km from Ponda. This Temple is dedicated to Lord Vishnu's consort Mahalaxmi. The idol of Mahalaxmi with four arms holding a sickle, a club, a dagger and a vessel containing Prasad and flowers, has a close resemblance to that of Mahalaxmi idol at Kolhapur. The Sabhamandap has one of the largest wooden gallery of 18 images, out of 24 images of emanatory aspects of Bhagavata sect.



Bhagwan Mahavir Wildlife Sanctuary: At a distance of 66 km from Panjim Kadamba Bus Stand and 44 km from Margao Railway Station, Bhagwan Mahavir Wildlife Sanctuary is located at Mollem village in Sanguem Taluka, Goa. This is the largest of four protected wildlife sanctuaries in Goa spread in an area of 240 sq km encompassing 107 sq km Mollem National Park. The Sanctuary is divided into two halves by the National Highway 4A and by the railway line of Londa to Mormugao.



River Cruise – Mandovi River: At just 1 km distance from Panaji Kadamba Bus Terminus, River Cruise is an exciting activity in Panaji. The river cruises start from Santa Monica Boat Jetty and Panaji Jetty on Mandovi river. Most cruise trips last for one hour with a ride across the Mandovi River up to Miramar Beach point, and usually accompanied with Goan cultural performances like Music, Dance, etc. While in cruise, visitors can view Adil Shah Palace, the first palace built in Goa by Bijapur Sultan Adil Shah.

Dudhsagar Waterfalls: Some 71 km from Panjim Kadamba Bus Stand, 50 km from Margao Railway Station and 10 km from Kulem, it is the largest and highest fall of Goa, often represented in promotion of Goa Tourism. This four-tiered waterfall on the Mandovi River is amongst India's tallest waterfalls with a height of 310 m (1017 feet) and an average width of 30 m (100 feet) at its peak. It is located inside the Bhagwan Mahavir Sanctuary, at the Karnataka- Goa border. Dudhsagar literally means a Sea of Milk.



Dr Salim Ali Bird Sanctuary: Located 4.8 km off Panjim Kadamba Bus Stand, 31.4 km from Vasco Da Gama Railway Station and 15 km from Karmali Railway Station in North Goa at Chorao Island on the Mandovi River. Named after the famous ornithologist of India, Dr. Salim Ali, this sanctuary is quite famous though one of the smallest bird sanctuaries spread over an area of just 1.8 sq km. It houses around 400 species of birds, both local and migratory and has rich flora growth of mangrove vegetation.

Arvalem Waterfalls: Very scenic and beautiful picnic spot at a distance of 30 km from Panjim Kadamba Bus stand, 2 km from Sanquelim and 8 km from Bicholim, in North Goa is another attraction, where visitors cannot resist swimming.

St Augustine Tower / Church of St Augustine is 8 km away from Panjim Kadamba Bus Stand, 27 km from Vasco Da Gama Railway Station and 23 km from Mapusa. It is part of UNESCO World Heritage Site (Churches & Convents of Goa).

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.

COUNTDOWN
XXVI TNAI BIENNIAL CONFERENCE, MAPUSA, GOA
(December 11-16, 2018)
Theme: "Nursing on a Global Scale: Tomorrow Belongs to us"

Dear Members,

Organising committee and the members of the Goa State Branch are waiting to receive TNAI Conference Delegates for the XXVII TNAI Biennial Conference (December 11-16, 2018) from all over the country.

Goa is popularly known as the Pearl of the orient and tourist paradise. It is located in India's coastal belt on the western called the Konkan coast. It has an alarming scenic beauty. The architectural work done in Goan Temples, Churches and old houses have brought great laurels to Goa. Some of these characteristics make Goa to be occupied by tourists. It is the most preferred option by the people who are planning their holidays here.

Goa is India's smallest state in terms of area and the fourth smallest in terms of population. Located on the west coast of India in the region known as the Konkan, it is bounded by the state of Maharashtra to the north, and by Karnataka to the east and south, while the Arabian Sea forms Goas western coast.

Panaji (Panjim) is the capital of Goa, Vasco da Gama (Vasco) the largest city, while the historic city of Margao still exhibits the influence of Portuguese culture in Goa. Portuguese merchants first landed in Goa in the 15th century, and annexed it soon after. The Portuguese colony existed for about 450 years (one of the longest held colonial possessions in the world), until it was taken over by India in 1961.

Renowned for its beaches, Goa is visited by hundreds of thousands of international and domestic tourists each year. Goa is also known for its temples and world heritage architecture including the Basilica of Bom Jesus in Old Goa, which makes it one of the biggest Christian pilgrimage sites in Asia. Goa also has rich flora and fauna, owing to its location on the Western Ghats range, which is classified as a biodiversity hotspot.

Registration

(a) Conference Registration

Members kindly note that the last date for submitting the registration form is October 31, 2018. Registration form were published in September 2018 issue of *TNAI Bulletin*. On the spot registration will be allowed with extra charges but accommodation will not be given unless you already booked with the Chairperson, Accommodation Committee within the deadline (**November 10, 2018**).

For online registration, please provide duly filled in conference registration form along with, either a scanned copy of demand draft or payment receipt to Ms Shashi Lata Yadav, Chairperson Registration Committee at email shashi2018tnai@gmail.com

Registration fee is not refundable. The registration fee and other charges should be sent in advance through the Demand Draft (DD) in favour of TNAI National Conference payable at Goa. Please ensure registration well in advance to avoid any kind of confusion and smooth functioning for the planners for arranging accommodation, boarding and lodging and transportation etc.

(b) Registration of Poster Presentation

Registration form for Poster Presentation was published in back issues of *NJI* and *TNAI Bulletin*. The TNAI members are requested to follow the instructions carefully while filling the forms. These forms should be certified by the Nursing Superintendent/ Principal College of Nursing /Principal School of Nursing or any senior member of TNAI. Forms duly filled and completed in all respects along with the registration fee Rs 100/- (One Hundred) should be sent to the TNAI Headquarters by DD/ Cheque. No entry will be accepted after September 30, 2018.

Transportation

Airways in Goa: Dabolim Airport or Goa International Airport is the only airport in the entire state of Goa, located in the city of Dabolim. It also functions as a civil enclave in a military airbase called INS Hansa. The airport is located

about 4 km from the city of Vasco De Gama, 23 km from the administrative headquarters of South Goa – Margao and 30 km from the capital city of Goa, Panaji.

Railways in Goa: Goa has primarily two railway stations: namely South Central Railway Terminus and Konkan Railway Terminus. Both are located in South Goa, at Vasco Da Gama and Margao town respectively. Apart from these, the trains also stop at some smaller railway stations in Goa. Canacona Railway Station, Pernem Railway Station, Thivim Railway Station, Karmali Railway Station, Sanverdam Church Railway Station and Kulem Railway Station are some of the smaller railway stations in the state.

The South Central Railway Station at Vasco De Gama town has only one train called the Nizamuddin-Goa Express, which arrives every morning and departs from Delhi to Goa via Pune.

Goa is well connected by trains and railways. There was a time when a train journey to Mumbai would take around 24 hours through the zigzag route of Miraj and Pune, which even involved changing trains. But with the introduction of high-speed Konkan Railways, the same journey only takes about 8 to 9 hours. Slower trains from Panaji take 10 to 12 hours to reach Mumbai.

Goa even has some trains that go beyond Mumbai to Delhi in the North. Similarly, there are trains that go towards the Southern direction till Thiruvananthapuram in Kerala.

The Konkan Railway Station has a special facility via the Internet for foreign travellers where they can book their tickets online using a credit card. Since the demand for railway journeys is quite high, especially during the peak season (November to January), it is best to book the tickets as early as possible.

The Konkan Railway connects Goa to Mumbai, Mangalore and other major cities located on the Konkan Coast of India. Constructed and maintained by the Konkan Railway Corporation, it runs a total distance of 741 kilometers along the Western Coast of the country, from Roha in Maharashtra till Thokur in Karnataka. The updates and schedules are available on the official Konkan Railway site (www.konkanrailway.com). It is without doubt the fastest and the cheapest train route to Mumbai from Goa.

Roadways in Goa: The transport system in Goa is mostly maintained by the Kadamba Transport Corporation, which links Goa to all major routes such as the Panjim – Margao route and some remote areas of the state. The transport corporation in Goa owns 4 depots, 15 bus stands and one central workshop and also has a head office in Porvorim. In big cities like Panjim and Margao, mostly intra-city buses function. However, since the transport system in the state is still developing, the locals mostly depend on their own vehicles for transport i.e. cars and two-wheelers. Many private buses and taxis also form a major part of Goa's public transport.

Goa is well connected with National Highways 66, 366, 4A, 768 and 566. Goa also has 232 km of state highways and 815 kilometers of district highways. NH 66 connects Goa to Mumbai from the North and Mangalore from the South. NH 4A links the capital city – Panjim to Belgaum from the east and other cities in the Deccan. NH 366 links NH 66 to Mormugao Port via Cortalim. The newly constructed four lane highway NH 566 connects Mormugao Port to NH 66 via Dabolim Airport. This was done mainly to reduce the traffic to the airport and Vasco De Gama town. Goa has some of most narrow national highways in the country.

Goa by Sea: The major seaport in Goa is located near the small town of Vasco De Gama at Mormugao Harbor. This port mostly handles the mineral ores, coal, petroleum and international containers. Most of the shipments contain minerals and ores that comes from Goa's surrounding areas. Another small seaport in Goa is located in Panjim, on the banks of River Mandovi that mostly handled passenger boats between Mumbai and Goa during the late 1980's. Earlier during the 1990's, there was also a Catamaran service operated by Damania Shipping Company connecting Panaji and Mumbai.

By Ferry: Another popular and a fun mode of transport in Goa are ferryboats. There are many places in Goa, especially in the rural areas, for which one has to cross a small river to get to the mainland. In some areas, bridges have been constructed to ease the traffic all over the state; however, there are still some localities in Goa where bridges are yet to be constructed. In such cases, ferries are the only way to get to the other side of Goa. Some popular river crossings in Goa include Divar Island to Narve, Old Goa to Divar Island, Cavelossim to Assolna and Querim to Tiracol. There is also a ferry that sails from Panaji to Betim, across the River Mandovi, although there are two excellent bridges across the river. Ferries are very popular among tourists and even locals, as they provide a fun way of travelling within Goa.

Reception

The delegates arriving at Mapusa will be received by Reception Committee at the booths set up by them at the Railway Station, Airport and also at the Inter State Bus Terminus. Participants are requested to report to these booths. Those arriving late should remain near the first class waiting room and would be contacted by the Committee members.

For Medical emergencies contact: Mrs Sneha S. Kudtarkar, Chairperson Health Committee Ward Incharge, Goa Medical College, Bambolim, Goa. Mobile No: 9850067316, Email: snehakudtarkar1@gmail.com

Accommodation

The Accommodation arrangements will be made only for those delegates who submit their registration forms along with the fee. The registration forms can also be obtained from the TNAI Headquarters, L-17, Florence Nightingale Lane, Green Park, New Delhi- 110 016. Reception and Transport Committee will make arrangement to take you to the destination. Registration could be done at the venue of the Conference and at the place of accommodation.

Venue for the Pre-Conference meetings and the Conference

Pre-Conference Meetings: Executive, Council, House of Delegates, SNA General Committee and ANMs' meet will be held from December 11-13, 2018 at Clube Tennis De Gaspur Dias, Miramar. Programme has been published in October issue of *TNAI Bulletin* as well as in *NJI*.

Conference: The inaugural function and Plenary Sessions will be held on December 14, 2018 at Bhandodkar Krida Sathal.

Poster Presentation: The Posters are to be displayed on December 11, 2018 at the venue of the Conference. Since we have reduced the number of days of the conference, we have to strictly abide by timings in display of the posters.

Purse Money: After the Inaugural Session, delegates will be collecting their valuable contribution through the PURSE MONEY on December 14, 2018. We appeal to our Branches, institutions, hospitals and individual members to donate generously as every drop is precious that fills the deep ocean.

Safety and security: Delegates should ensure safety and protection of self and their group members. SNA Advisors/ teachers accompanying the students should take special care of the students. Before venturing out in the new place, get enough information about the place etc. We have published details about the venue and places of interest in this issue of *TNAI Bulletin* as well as in *NJI*. In case of any emergency please contact Police Control Room 100, Fire Brigade 101, Ambulance 102, Emergency Services 108 and also inform organisers.

Sight Seeing

The conference organiser will provide you necessary details about the sight-seeing arrangements and its cost after your arrival at Goa.

Return Journey Reservation: We hope you booked your return tickets along with onward journey. If facing any problem, kindly contact:

- | | | |
|------------------------|------------|----------------------------------|
| 1. Prashant Devidas: | 9923482120 | Chairperson (Accommodation) |
| 2. Patsy Joseph: | 8830587699 | Vice Chairperson (Accommodation) |
| 3. Veronica Gonsalves: | 9637917373 | (Accommodation) |
| 4. Vaibhav Naik: | 9420818778 | Vice Chairperson (Transport) |
| 5. Saviola Arez : | 8605008190 | Member (Registration) |

We look forward to your kind cooperation to make the conference a grand success, wishing the organisers the very best and delegates a memorable participation. With this we extend a warm welcome to all the delegates of the Conference to experience and share rich culture of the state.

We wish you all blessed and safe journey.

(Mrs.) Evelyn P. Kannan
Secretary-General, TNAI



TNAI Members in Golden Years (80 years and above)

As a mark of honour to TNAI members who are 80 years of age or above, we are giving the outline profile of such persons together with their message to young nurses.

Mrs Mariamma Samuel, 89 years

General Nursing & Midwifery from Ernakulam Government Nursing School in 1958; PB-BSc Nursing from Trivandrum College of Nursing in 1966. Worked at SAT Hospital Trivandrum as Theatre Nurse and Government College of Nursing, Thrissur as Principal (retired from here). After retirement, served as Principal at Amala School of Nursing and then at Elite School of Nursing. Message to young nurses: Be proud to be a nurse, you are blessed to be healers of suffering people.



Leela Elliot, 87 years

Born on 10 February 1931. Trained in Osmania General Hospital, Hyderabad. Took administration and nursing training from College of Nursing, New Delhi. Worked in: Mayo Hospital, Nagpur (MS) as Tutor; Aramco; Neyyoor Medical Mission Hospital, Kanyakumari (TN) as Nsg Suptdt; School of Nursing at Salvation Army Catherine Booth Hospital, Nagarcoil (TN). Message: Technology should not overshadow the care and commitment towards the patients, rather it should enhance it.



Mrs ZK Mansoori, 86 years

Born on 28 February 1933 in village Pimpalkhuta, district Amravati (MS). Passed Diploma in Nursing from District Hospital, Amravati in 1953. Served GMCH Nagpur initially as bonded candidate and later as Nursing Tutor. Retired in 1991 as Principal, School of Nursing, GMCH Nagpur. Advice to young nurses: Be God fearing, truthful and face troubles boldly.



Mrs Leela Nair, 86 years

Trained in College of Nursing, CMCH Vellore (TN); Diploma in Community Health Nsg from All India Institute of Public Health & Hygiene. Served in health care institutions at Rewa, Bhopal (MP) and Rajkot (Guj). Took up rural & urban outreach work of Community Health Nursing Department of College of Nursing, CMC Vellore (TN). After retirement, set up Community Health Nsg Department at Fr Muller's College of Nsg. Honoured with Lifetime Achievement Award by CON Alumni Association, CMC Vellore. Lives in Manipal (Karnataka). Says: her credits are due to her Lord & Master, Jesus Christ who has guided, guarded and provided her all the years.



Sr Evelyn (Aleykutty PM), 84 years

Born on 27 October 1933. RN RM in 1960. Hospital Administration course in New Delhi. Worked as staff nurse and as nun sister. Worked in: School of Nursing as Nurse Tutor; Public Health Department; Brigida Bhavan Nirmala Hospital, Kozhikode (Kerala) but mostly worked for upliftment of the needy including conduct of home deliveries at home, and one in train. Presently working in Pastoral Care & Counselling at Brigida Bhavan Nirmala Hospital, Kozhikode. Message: Be compassionate, loving and committed to your profession as a nurse.

Ms Aleyamma Abraham, 84 years

BSc Nursing and RN from CMC, Vellore (TN) in 1956. Served as nurse in various specialities from 1956 to 1986. Message: I wish all nursing students and professionals all the best in their life and career.



William Jacob Pinto, 82 years

Took training in Government Wenlock Hospital, Mangalore (Karnataka). He was in Karnataka Government service from the years 1966 to 1994. Residing in Bengaluru.



Mrs Sarala P. Hombali, 80 years

After training in nursing & midwifery from Belgaum Civil Hospital in 1960, served in KIMS, Hubli (Karnataka) as OT Sister. Recipient of Lady Mountbatten Scholarship at Alder Hey Children Hospital, Liverpool; passed as Staff and then served as Asst Night Suptdt; selected to do DN of London University and served as clinical teacher. On return, joined Cancer Institute Hubli as Nsg Suptdt. Contributed to starting Home Nurse Training of Chinmaya Mission; worked as Senior Nsg Suptdt.

