

THE TRAINED NURSES' ASSOCIATION OF INDIA

TNAI BULLETIN**VOL. 8 No. 1****JANUARY 2019***Let Us Keep the Spirit to Keep Growing Aflame*

At every year-end, the turn of the calendar raises new expectations and beacons new hopes. That is natural too. We continue to grow only so long as we have a vision, hopes, desire to achieve – and above all an action plan. At TNAI we are proud to have a vibrant leadership from the beginning. That is why we could progressively set new milestones, one after another. I am confident that the kind of legacy bequeathed upon us and the dynamic leadership we have ever had, TNAI shall continue surging forward and ever touch new heights.

During XXVII TNAI Biennial Conference from 11 to 16 December in Goa, elections were also held as scheduled; about 1500 participants from 28 States participated in the Goa conference. New elected office bearers are in place now. We shall cover the transactions of the Goa Conference in forthcoming issues of TNAI Bulletin as well as in Nursing Journal of India. EC/ Council members and House of Delegates participated in the pre-conference session enthusiastically and discussed many issues of interest to Association and members in general.

We welcome the newly elected office bearers. We also hope and believe that the new team of office bearers not only carries forward the initiatives and plans seeded in recent years with renewed vigour but also enriches TNAI legacy with new vision, fresh insights and thinking, and other inputs, in keeping with tradition and values it has been holding. With all round advances through wider use of technology, Nursing is also undergoing changes in keeping with digital ethos and enhanced expectations for health care. Nursing shall strengthen only by readjusting in the new scenario. We believe, new team shall address the topical issues and challenges satisfactorily.

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I believe that you shall contribute to the growth of nurse profession in general and TNAI in particular in a more meaningful way this year; I also foresee that TNAI shall be significantly benefitted by the expertise and experience of the newly elected office bearers in times ahead.

Wishing a bright, meaningful and happy New Year to you!

(Evelyn P Kannan)

Chief Editor & Secretary General, TNAI

NOMINATION SHEET
TNAI PUNJAB STATE BRANCH ELECTION - 2019

S.No.	Office	Name and address of the Nominee with TNAI No.
1	President	
2	Vice President	
3	Secretary	
4	Treasurer	
5	SNA Advisor	
6	Chairperson - Membership Committee	
7	Chairperson - Education Committee	
8	Chairperson - Nursing Services	
9	Chairperson - Programme Committee	
10	Chairperson - Public Health Committee	
11	Chairperson - LHV/ANM Committee	
12	Chairperson - Socio-Welfare Committee	

Nominator's Signature _____

Nominator's TNAI No. _____

Nominator's Name and Address _____

[As per the TNAI constitution rules and regulation and bye-laws (revised and approved by council HOD 2012)]

1. Last date for receiving nominations is **February 17, 2019** (6 weeks from the date of publication)
2. The election of all the offices 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 should be Life Members of TNAI.
5. The members holding office positions in TNAI shall not hold office positions in parallel nursing.
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 residence e.g. study; deputation etc. for a period of more than a year, the member shall be given an option for changing her/his membership to the temporary place of residence 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 shall be eligible for contesting election and casting the vote.

Computerisation and Layouts: anupamkamal@hotmail.com

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 as 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 office 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 (for years) as the EC members / office bearers at any time.
12. For the office of president and secretary all nominations shall be included in the ballot paper. For other offices the names of three members who receive the highest number of nominations 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 before **17th February 2019**.
14. Please mark the envelope "**Nomination Sheet – TNAI Punjab State Branch Election-2019**".
15. Completed nomination sheet(s) and all other correspondence related to election to be sent to the following address: **Dr Kanwaljit Kaur Gill, HNo. 1017, Sector 39, Urban Estate, Chandigarh Road, Ludhiana-141010 (Punjab), Ph: 9872664146.** ■

मोबाइल, कम्प्यूटर आदि से बच्चे जितना दूर रखेंगे उतना बेहतर

बहुत से माता पिता को दूसरों को बताते हुए फक्र रहता है कि उनका बच्चा मोबाइल ऐसे चलाता है जैसे एक्सपर्ट हो, मोबाइल की अनेक खराबियों को वह झट से दुरस्त कर देता है। विभिन्न शोधों से पता चला है कि दिन में सात घंटों से ज्यादा स्मार्टफोन, लैपटॉप, कम्प्यूटर, वीडियो गेम्स आदि का इस्तेमाल आंख और मस्तिष्क पर बुरा असर डालता है।

विशेषज्ञों का कहना है कि स्क्रीन पर अधिक समय रोजाना नजरें गड़ाए रहने से मस्तिष्क पतला हो जाता है और यह निष्क्रिय होने लगता है जबकि बच्चों को निरंतर पॉज़िटिव स्टिमुलेशन की जरूरत होती है। यही बात टीवी देखने पर लागू है। लगातार दस मिनट तक टीवी स्क्रीन देखने से मस्तिष्क कुप्रभावित होता है।

आजकल बहुत से बच्चों को "बीमारी" है कि बगैर टीवी वे उन्हें कुछ खाना-पीना मंजूर नहीं। झंझट से बचने के लिए माता-पिता बच्चों के मन की होने देते हैं और मामले की दूरवर्ती हानियों पर विचार नहीं करते। एक बार चस्का लग जाने पर बच्चों को स्क्रीन से दूर करना दुष्कर होता है।

हार्टकेयर फाउंडेशन ऑफ इंडिया (एचसीएफआई) के अध्यक्ष डा० केके अग्रवाल के अनुसार मस्तिष्क स्क्रीन से मिलने वाली जानकारी मस्तिष्क के ग्रे मैटर के घनत्व को कम करती है जो हमारी संज्ञानात्मक और भावात्मक अस्मिता को नियंत्रित करता है।

समस्या के समाधान के लिए बच्चों का ध्यान धीमे धीमे स्क्रीन के एवज में खेलकूद, योग क्रियाओं आदि में बंटाने की चेष्टा करनी चाहिए।

NOMINATION SHEET

TNAI JHARKHAND STATE BRANCH ELECTION - 2019

Office	Name and address of the Nominee with TNAI No.
President	
Vice President	
Secretary	
Joint Secretary	
Treasurer	
SNA Advisor	
Chairperson - Membership Committee	
Chairperson - Education Committee	
Chairperson - Nursing Service Section	
Chairperson - Programme Committee	
Chairperson - Public Health Section	
Chairperson - Social Welfare Committee	
Chairperson - Newsletter & Research Committee	
Chairperson - ANM Section	
Chairperson - LHV Section	

Nominator's Signature _____

Nominator's TNAI No. _____

Nominator's Name and Address _____

[As per the TNAI constitution rules and regulation and bye-laws (revised and approved by council HOD 2012)]

1. Last date for receiving nominations is **February 17, 2019** (6 weeks from the date of publication)
2. The election of all the offices 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.
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 residence e.g. study; deputation etc.

- for a period of more than a year, the member shall be given an option for changing he/ his membership to the temporary place of residence 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 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 as 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 office 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 (for years) as the EC members / office bearers at any time.
 12. For the office of president and secretary all nominations shall be included in the ballot paper. For other offices the names of three members who receive the highest number of nominations 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 before **17 February, 2019**.
 14. Please mark the envelope "**Nomination Sheet - TNAI Jharkhand State Branch Election-2019**".

Completed nomination sheet(s) and all other correspondence related to election to be sent to the following address **Mrs Kishori Rani, Returning Officer, TNAI Jharkhand State Branch Elections 2019, MIG A/14 Harmu Housing Colony, Ranchi-834002, Jharkhand (M) 8877018145.**

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 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.

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.

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

NOMINATION SHEET
TNAI WEST BENGAL STATE BRANCH ELECTION - 2019

<i>Office</i>	<i>Name and address of the Nominee with TNAI No.</i>
President	
Vice President	
Secretary	
Treasurer	
SNA Advisor	
Chairperson - Programme Committee	
Chairperson - Membership Committee	
Chairperson - Economic & Social Welfare Committee	
Chairperson - Nursing Service Section	
Chairperson - Public Health Section	
Chairperson - Education & Research Committee	
Chairperson - ANM / LHV Section 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 **17 February 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 before **17 February 2019**.
14. Please mark the envelope "Nomination sheet –West Bengal State Branch, TNAI
15. Completed Nomination Sheet(s) and all other correspondence related to election to be sent to the following address: **Mrs Sanghamitra Dasgupta, Returning Officer, TNAI West Bengal State Branch Elections, C/o Anjan Dasgupta, 94/4/1, Bililious Lane, Howrah – 711101, West Bengal.**

स्तन कैंसर से बढ़ती है गर्भाशय कैंसर की संभावना

पिछले कुछ दशकों से स्तन कैंसर के मामलों में बेतहाशा तेजी आई है। यह बीमारी प्रौढ़ महिलाओं में ही नहीं, 35 साल से कमतर महिलाओं में भी देखने में आ रही है। दिलचस्प बात यह है कि पुरुषों में भी स्तन कैंसर के लक्षण पाए जा रहे हैं। स्तन कैंसर के अलावा गर्भाशय कैंसर के मामलों में भी अप्रत्याशित बढ़त दर्ज की जा रही है। उल्लेखनीय है कि स्तन कैंसर के रोगियों में गर्भाशय कैंसर की संभावना 30–35 फीसद ज्यादा और गर्भाशय कैंसर के मरीजों में स्तन कैंसर की संभावना 10–15 प्रतिशत ज्यादा बढ़ जाती है। इन रोगों से पीड़ित 30 प्रतिशत रोगी ही बच पाते हैं। विशेषज्ञों की राय में जिस महिला की मां को जिस आयु में स्तन या गर्भाशय कैंसर से रहा हो उससे दस साल पहले मैमोग्राफी (कैंसर जांच की एक सामान्य तकनीक) शुरू कर देनी चाहिए। हमारे शरीर में मौजूद जीन बीआरसीए-1 तथा बीआरसीए-2 से पैदा होने वाले ट्यूमरों की विशेषता है कि ये प्रोटीन को संपीड़ित करते हैं। जीन में बदलाव के कारण ये समुचित रूप से डीएनए मरम्मत कार्य भलीभांति नहीं कर पाते, अनुवांशिक परिवर्तन आते हैं तथा कैंसर के लिए अनुकूल परिस्थितियां बनती हैं।

कैंसर की व्यापकता का प्रमुख कारण रोग की प्रकृति है, शुरू में रोग की पहचान आसान नहीं होती; 90 फीसद रोगी डाक्टर के पास तब आते हैं जब मर्ज एडवांस चरण में होता है। कैंसर की जांच में करीब 25 से 30 हजार रुपए लगते हैं।



भारत सरकार

राजकुमारी अमृत कौर नर्सिंग महाविद्यालय

लाजपत नगर, नजदीक मूलचंद मेट्रो स्टेशन, नई दिल्ली – 110 024 दूरभाष: 011-26436788, 26435270
प्रवेश सूचना – मास्टर ऑफ नर्सिंग पाठ्यक्रम, दिल्ली विश्वविद्यालय द्वारा मान्यता प्राप्त (2019–20) मास्टर ऑफ नर्सिंग (2 वर्षीय) पाठ्यक्रम के लिए आवेदन पत्र आमंत्रित किए जाते हैं। पाठ्यक्रम के आरंभ होने की संभावित तिथि 20 जुलाई 2019 है। निर्धारित आवेदन प्रपत्र एवं विवरण पत्रिका महाविद्यालय की वेबसाइट (www.rakcon.com) से 19.02.2019 से 22.03.2019 तक डाउनलोड किए जा सकते हैं और 550/- रूपए “Principal, Rajkumari Amrit Kaur College of Nursing” के नाम देय बैंक ड्राफ्ट के साथ 22 मार्च 2019 सायं 5:00 बजे तक जमा किए जा सकते हैं। बैंक ड्राफ्ट के भुगतान नहीं करने पर डाउनलोड आवेदन प्रपत्र को रद्द कर दिया जाएगा और इससे संबंधित कोई भी सुनवाई नहीं की जाएगी। पिछले वर्षों के आवेदन प्रपत्र स्वीकार नहीं किए जाएंगे।

प्रवेश संबंधी अपेक्षाएं

प्रत्याशी को 55 प्रतिशत सफल प्राप्तांकों सहित दिल्ली विश्वविद्यालय से बी.एस.सी. (आनर्स) परीक्षा 12+4 वर्षीय या उसके समकक्ष मान्यता प्राप्त परीक्षा पास होनी चाहिए एवं किसी संस्था/ विशेष अध्ययन संस्थान अथवा जनस्वास्थ्य एजेंसी से नर्सिंग में एक वर्ष का अनुभव होना चाहिए। अनुभव की गणना दिनांक 22 मार्च 2019 तक मानी जाएगी। प्रवेश हेतु चयन विधि का ब्यौरा पाठ्यक्रम की विवरण पत्रिका में दिया गया है। दिनांक 28 अप्रैल 2019 (रविवार) को 10:00 बजे प्रवेश पत्र में दिये गए स्थान पर होने वाली चयन परीक्षा होगी।

आवेदन प्रपत्र प्रस्तुत करने की अंतिम तिथि 22 मार्च 2019 सायं 5:00 बजे तक है। आवेदन प्रपत्र प्रस्तुत करने की विधि विवरण पत्रिका में दी गई है। चयनित प्रार्थियों के नाम विवरण पत्रिका में दी गई तिथि के अनुसार महाविद्यालय के सूचनापट्ट एवं वेबसाइट (www.rakcon.com) पर दिए जाएंगे। इस विषय में किसी प्रकार का पत्र व्यवहार / दूरभाष सूचना नहीं दी जाएगी।

सूचना: आवेदन प्रपत्र सभी कार्य दिवसों यानी सोमवार से शुक्रवार, राजपत्रित अवकाशों को छोड़कर समय अपराह्न 2.00 बजे से 5.00 बजे तक जमा किए जाएंगे।

Government of India

Ministry of Health & Family Welfare, Department of Health & Family Welfare

Rajkumari Amrit Kaur College of Nursing

Lajpat Nagar, New Delhi ~ 110 024

E-mail: principalrakcon@yahoo.com; Ph: 26436788, 26436668, 26447634, 26436788, 26217599, 26435397 (Telefax)

ADMISSION NOTICE-MASTER OF NURSING COURSE 2019-2020

Applications are invited for admission to Master of Nursing Course (2 Years) Commencing from 20th July, 2019. Prescribed application forms with prospectus for the session 2019-20 can be downloaded from college website www.rakcon.com from 19/02/2019 to 22/03/2019 and should be submitted (by hand or by post) in the college till 22/03/2019 by 5.00 pm on payment of Rs. 550/- by **demand draft** in favour of Principal, Rajkumari Amrit Kaur College of Nursing payable at **Lajpat Nagar, New Delhi**. In case of non-payment of demand draft along with the downloaded application form, the application form will be summarily rejected and no request will be entertained in this regard. Application form of previous years will be not be entertained. **Last date for submission of application is 22nd March, 2019 till 5.00 pm.**

The candidate must have passed the B.Sc. (H) Nursing Examination (12+4) years of the University of Delhi or a Degree recognized as equivalent thereto with atleast 55 % marks in the aggregate and completed one-year experience in Nursing in a Hospital/Specialty Institute/Educational Institution or Public Health Agency. The experience will be calculated up to 22nd March, 2019. The basis of selection for admission is given in the Prospectus. Selection test will be held on 28th April, 2019 **(Sunday) at 10.00 am.**

Names of the selected candidates will be put on the College Notice Board and website www.rakcon.com on the dates as declared in the prospectus. No Correspondence/Telephonic information in this connection will be entertained.

NOTE: THE TIMINGS FOR SUBMISSION OF FORMS WILL BE FROM 2PM TO 5 PM ON ALL WORKING DAY i.e. MONDAY TO FRIDAY EXCEPT GAZETTED HOLIDAYS.



भारत सरकार

राजकुमारी अमृत कौर नर्सिंग महाविद्यालय

लाजपत नगर, नजदीक मूलचंद मेट्रो स्टेशन, नई दिल्ली-110024 दूरभाष: 011-26436788, 26435270

प्रवेश सूचना – बी.एस.सी. (ऑनर्स) नर्सिंग पाठ्यक्रम (2019-20)

(दिल्ली विश्वविद्यालय द्वारा मान्यता प्राप्त)

बी.एस.सी. (ऑनर्स) नर्सिंग पाठ्यक्रम (4 वर्षीय) हेतु आवेदन पत्र आमंत्रित किए जाते हैं। पाठ्यक्रम के आरंभ होने की संभावित तिथि 20 जुलाई 2019 है। निर्धारित आवेदन प्रपत्र एवं विवरण पत्रिका महाविद्यालय की वेबसाइट (www.rakcon.com) से 05.03.2019 से 18.04.2019 तक डाउनलोड किए जा सकते हैं और 550/- रूपए "Principal, Rajkumari Amrit Kaur College of Nursing" के नाम देय बैंक ड्राफ्ट के साथ 18 अप्रैल 2019 सायं 5:00 बजे तक जमा किए जा सकते हैं। बैंक ड्राफ्ट के भुगतान नहीं करने पर डाउनलोड आवेदन प्रपत्र को रद्द कर दिया जाएगा और इससे संबंधित कोई भी सुनवाई नहीं की जाएगी। पिछले वर्षों के आवेदन प्रपत्र स्वीकार नहीं किए जाएंगे। आवेदन प्रपत्र प्रस्तुत करने की अंतिम तिथि 18 अप्रैल 2019 सायं 5:00 बजे तक है। आवेदन प्रस्तुत करने की विधि विवरण पत्रिका में दी गई है।

प्रवेश संबंधी अपेक्षाएं

सीनियर स्कूल प्रमाण पत्र परीक्षा अथवा भारतीय स्कूल प्रमाण पत्र (12 वर्षीय पाठ्यक्रम) अथवा इनके समकक्ष कोई मान्यता प्राप्त परीक्षा जिसमें अंग्रेजी, भौतिक विज्ञान, रसायन विज्ञान एवं जीव विज्ञान सहित चारों विषयों में प्राप्तांकों का योग 50 प्रतिशत अथवा इससे अधिक हो तथा प्रार्थी उपरोक्त प्रत्येक विषय में उत्तीर्ण हो। वे प्रार्थी जो वर्ष 2019 में होने वाली सीनियर स्कूल प्रमाण पत्र अथवा समकक्ष परीक्षा में अंग्रेजी, भौतिक विज्ञान, रसायन विज्ञान एवं जीव विज्ञान सहित परीक्षा में बैठे हों तथा जिसका परीक्षफल अभी घोषित होना है, आवेदन करने के पात्र हैं। आवेदन हेतु न्यूनतम आयु सीमा दिनांक 1 अक्टूबर 2019 को 17 वर्ष है। केवल महिला उम्मीदवार ही आवेदन कर सकती हैं। दिनांक 16 जून 2019 को प्रातः 10:00 बजे प्रवेश पत्र में दिये गए स्थान पर होने वाली चयन परीक्षा के आधार पर दाखिला दिया जाएगा। अंतिम चयन के लिए परामर्श की प्रक्रिया अपनायी जाएगी। चयनित प्रार्थियों के नाम विवरण पत्रिका में दी गई तिथि के अनुसार महाविद्यालय के सूचना पट्ट एवं वेबसाइट (www.rakcon.com) पर दिए जाएंगे। इस विषय में किसी प्रकार का पत्र व्यवहार / दूरभाष सूचना नहीं दी जाएगी।

सूचना: आवेदन प्रपत्र सभी कार्य दिवसों यानी सोमवार से शुक्रवार, राजपत्रित अवकाशों को छोड़कर समय अपराह्न 2.00 बजे से 5.00 बजे तक जमा किए जाएंगे।

Government of India - Ministry of Health & Family Welfare, Department of Health & Family Welfare

Rajkumari Amrit Kaur College of Nursing

Lajpat Nagar, New Delhi ~ 110 024

E-mail: principalrakcon@yahoo.com; Ph: 26436788, 26436668, 26447634, 26436788, 26217599, 26435397 (Telefax)

ADMISSION NOTICE - BSC (H) NURSING COURSE 2019-2020

Applications are invited for admission to B.Sc. (Hons.) Nursing Course (4 Years) Commencing from 20th July, 2019. Prescribed application forms with prospectus for the session 2019-20 can be downloaded from college website www.rakcon.com from 05/03/2019 to 18/04/2019 and should be submitted (by hand or by post) in the college till 18/04/2019 by 5.00 pm on payment of Rs. 550/- by demand draft in favour of **Principal, Rajkumari Amrit Kaur College of Nursing** payable at **Lajpat Nagar, New Delhi**. In case of non-payment of demand draft along with the downloaded application form, the application form will be summarily rejected and no request will be entertained in this regard. Students should apply on the application form issued by the College for the Session 2019-2020. **APPLICATION FORMS OF PREVIOUS YEARS WILL NOT BE ENTERTAINED**. Last date for submission of application is 18th April, 2019 by 5.00 pm.

ADMISSION REQUIREMENTS

Senior School Certificate Examination or Indian School Certificate Examination (12 Years Course) or an Examination recognized as equivalent thereto with 50% or more marks in the aggregate of 4 subjects including English Core/Elective, Physics, Chemistry and Biology provided the student has passed in each subjects separately. Those who have appeared in SSC or Equivalent examination with Physics, Chemistry, Biology and English in 2019 are eligible for applying for admission to Selection test. Minimum age requirement is 17 years by 1st October, 2019. **Only women candidate are eligible. Admission will be made on the basis of merit based and Selection Test to be held on 16th June, (Sunday), 2019 at 10.00 am.** at the venue mentioned in the Admission Ticket. Names of the selected candidates will be put on the College Notice Board and website www.rakcon.com on the dates as declared in the Prospectus. No Correspondence/Telephonic information in this connection will be entertained. Counseling will be done for final admission.

NOTE: THE TIMING FOR SUPPLY/PROCUREMENT OF FORMS WILL BE FROM 2 PM TO 5 PM ON ALL WORKING DAYS I.E. MONDAY TO FRIDAY EXCEPT GAZETTED HOLIDAYS.

World Braille Day: 4 January

World Braille Day is observed every year on 4 January to commemorate the birthday of Louis Braille who developed an effective technology to enable the blind read and write (after the initial spade work on writing by Charles Barbier. Born in 1809, Braille himself had lost vision due to an accident in childhood.

The blind among us, due to their disability to communicate through writing and reading, are deprived of the advantages of life like others do. Thus, they are unable to enjoy basic freedom available to normal persons. World Braille Day seeks to spread awareness about Braille and other types of communication that can be accessed by the blind. Braille literacy is a crucial factor in providing equal opportunities to people with blindness.

Infusion Nurse Day: 25 January

Established in 1980, the Intravenous Nurses Day is dedicated to commemorate the role of infusion nurses around the world. This year's theme, *It's About Infusion*. The activities of the day, hosted mainly by Infusion Nurses Society, acknowledge the skills and commitment of infusion nurses.

Infusion nurses are registered nurses who specialise in administering medicines and fluids through injections. They monitor fluid tubes and other accessories and ensure that IV therapy is followed befittingly. Infusion nurses work in cardiology, paediatrics, oncology and other units. With medications and medical technologies becoming increasingly specialised, and patient care more and more demanding, speciality nurses have great role in hospital settings.

World Leprosy Day: 27 January

It is observed on 4th Sunday of January to increase awareness about incidence, nature, early detection and treatment. The theme for 2019 is, *Ending Discrimination, Stigma and Prejudice*. Half of those living with leprosy face mental health issues like anxiety and depression.

Leprosy mainly affects the skin and peripheral nerves that lead to neuropathy and associated long term consequences including deformities and disabilities. As per WHO, although leprosy has been eliminated (defined as below 1 case per 10,000 population) yet the new cases continue to occur. Its prevalence in India stands at 1 case per 10,000 population and new case detection rate is 1 case per lakh population.

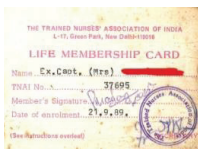
Leprosy is diagnosed by presence of either of these signs: (a) loss of sensation in a hypopigmented or reddish skin (b) thickened or enlarged peripheral nerve and loss of sensation and/ or weakness (c) presence of acid-fast bacilli in skin smear. The disease with 1 to 5 skin lesions is referred to as paucibacillary (PB) while one with more than 5 lesions is called multibacillary (MB) case.

The WHO Guidelines for the Diagnosis, Treatment and Prevention of Leprosy 2018 recommend (i) no new tests for diagnosis, (ii) modified 3-drug regime of rifampicin, dapsone and clofazimine for all patients, 6-month treatment for PB cases and 12-month for MB cases; for rifampicin-resistant cases second line drugs: clarithromycin, minocycline/quinolone plus clofazimine for initial 6 months.



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

Please do not sign
on the photograph

- 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

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

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

Moving ahead with commitment and dedication since 1908

Revised Rates for *NJI* Subscription

It is to bring to notice of all *NJI* subscribers that as per decision of TNAI's EC (vide Minute No. EC/CL/2004/3 subsequent to meeting held on 18-19 Nov 2014) the yearly price of Nursing Journal of India shall be revised upwards from March-April 2016 issue, as under.

One-year subscription: For individuals Rs. 1,000/-; for Institutions Rs. 1500/-

Five-year subscription: For individuals Rs. 4,000/-; for Institutions Rs. 6,500/-

All payments shall be accepted in the form of demand draft in favour of **The Trained Nurses' Association of India** payable at **New Delhi**. Local subscribers can also deposit the subscription charges as cash at TNAI Headquarters.

All communication related to *NJI* should be sent to the following address:

Secretary General, The Trained Nurses' Association of India

L-17 Florence Nightingale Lane, Green Park, New Delhi-110016.

Phone: 011-26566665, 26966873

Fax: 011-26858304; Email: publicationstnai@yahoo.com, tnai_2003@yahoo.com

Website: www.tnaionline.org

NOTE: Those already enrolled for subscription of the Nursing Journal of India (NJI) may kindly ignore this communication.



You can also detach the proforma below, which should be duly filled in and sent along with demand draft of requisite value.

Name:

Complete address with pin code:

Phone No.

Fax:

Email id:

Demand Draft No.dated

Drawn at (name of bank & branch)

Signature



The Nurses' Emblem



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".

The Nurses' emblem was prepared by TNAI.

Advertisement Rates

Monthly *TNAI Bulletin* and Bi-Monthly *The Nursing Journal of India (NJI)*

Consequent upon the decision of TNAI Executive Committee/ Council meeting held on November 18-19, 2014 at Lucknow (Minute No. EC/CL/2014/30, the advertisement rates for the NJI and TNAI Bulletin have been modified from April 2015 issue onward, as under.

TNAI Bulletin – Monthly

Advertisement Size	Contract Rate Per issue (Rs.)	Casual Rate Per issue (Rs.)	Foreign Advertisement Rate in US Dollar (\$) Per issue
Front Cover Inside/Last Cover Inside/Last Cover	30,400	36,500	2,025
Full Page B/W	22,300	24,300	1,620
Half Page B/W	12,200	16,200	810
Quarter Page B/W	8,100	12,200	405
Job Work B/W		Rs. 1215 per column centimeter with minimum size as 7 cm i.e. Rs. 8,500 minimum charge	
Lost & Found B/W		900	

The Nursing Journal of India (NJI) – Bi-Monthly

Advertisement Size	Contract Rate Per issue (Rs.)	Casual Rate Per issue (Rs.)	Foreign Advertisement Rate in US Dollar (\$) Per issue
Front Cover Inside/Last Cover Inside/Last Cover (Colour)	53,200	63,800	3,600
Full Page (Colour)	39,000	42,600	2,880
Half Page (Colour)	21,300	28,400	1,440
Quarter Page (Colour)	14,300	21,300	720
Full Page B/W	27,900	30,400	2,070
Half Page B/W	15,200	20,300	1,080
Quarter Page B/W	10,200	15,200	540
Job Work B/W		Rs. 1530 per column per centimeter with minimum size as 7 cm i.e. Rs. 10,700 minimum charges	
Lost & Found B/W		1200	

- Contractual rates applicable to a minimum of 6 insertions in twelve months.
- Advertisement matter mentioning the size of advertisement, month of publication along with payment should reach TNAI office latest by the first day of the previous month (e.g., for publication in June, the advertisement matter and payment etc, should reach us latest by May 1).
- Outstation Cheques will not be accepted.
- Payment shall be made in advance through Demand draft payable at New Delhi.

Telephone: 011-26966873, 26566665, 26534765; Fax: 011-26858304, Email: publicationstnai@yahoo.com & tnai_2003@yahoo.com

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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.

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

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Website: www.tnaionline.org

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