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THE TRAINED NURSES' ASSOCIATION OF INDIA

TNAI BULLETIN



VOL. 5 No. 10 OCTOBER 2016

Repaying the Old Persons, Who We Owe So Much

s the preparations for the XXVI TNAI (75th) Biennial Conference, scheduled this month during 15-19 October 2016 in Jaipur (Rajasthan) are near complete, we at TNAI look forward to a new concept, some unthought-of perspective to emerge at the long-awaited mega event that could infuse fresh inputs towards achieving our mission and vision. I suggest the participants to do advance spade work so as to derive maximum mileage from the Conference with reference to the theme (Nurses: A Force for Change – Improving Health Systems Resilience) or sub themes. I reassure the participants, the Jaipur Conference shall be a wonderful opportunity to be academically, professionally and otherwise enriched through its various session

As TNAI Bulletin has been the flagship media of communication with TNAI Members, we were concerned with complaint of some members about non-receipt of this monthly. Delving into issue, we discovered that mailing address of many Members continues to be their college left long ago and copies of Bulletin, being mailed at college address were just being dumped. We suggest Members to send us their current address to which the Bulletin could be mailed.

International Day of Older Persons: About a tenth of Indian population comprises of persons above 60 years of age. A significant number of them are constrained to lead a life of financial and social deprivation. It is to draw attention of nations and communities towards contribution of elderly persons that the International Day of Older Persons is celebrated on 1 October at the instance of World Health Organisation every year. Studies have shown that older people with negative attitude towards aging live 7.5 years shorter than those with positive attitudes, and also take longer to recover from disability and disease. Their perception as burden on others put themselves at risk of depression and social isolation. The theme of the International Day of Older Persons for 2016 is, Take a Stand against Ageism.

World Mental Health Day: The epidemic of Mental Illness is endemic in both developed and developing

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countries rising at alarming rates all around. WHO predicts that a fifth of India's population will suffer from mental illness by the year 2020, a situation we are not equipped to handle. At moment, there are just 3,500 psychiatrists for the 20 million Indians with mental illnesses. Organised by the World Federation for Mental Health (WFMH), World Mental Health Day on 10 October annually raises public awareness about mental health issues and promotes open discussion of mental illnesses.

That persistent efforts towards a noble cause pay off, has been vindicated once again in TNAl's legal battle in apex court for proper salaries and better working conditions of nurses in private hospitals in States/UTs. Through a recent advisory, the Government of India has asked States/UTs to follow relevant guidelines and submit compliance report by 10 October 2016. Kudos to all Nurses!

(Evelyn P Kannan)
Chief Editor, TNAI

निज भाषा उन्नति अहै

''निज भाषा उन्नति अहै'' यानी विकास की ओर प्रशस्त रहने के लिए हमें अपनी मातष्भाषा से जुड़ा रहना होगा। भावों और विचारों का आदान प्रदान अपनी बोली में ही बेहतरीन तरीके से संभव है।

दुखद यह रहा कि अंग्रेजी को प्रधानता देते हुए हिंदी व अन्य भारतीय भाषाएं उपेक्षित होती चली गईं। देश में सर्वाधि कि लोगों द्वारा व्यवहार में लाई जाने वाली भाषा यानी को शासकीय कार्यों में सर्वार्धित करने के लिए देश में 14 सितंबर का दिन हिंदी दिवस के रूप में आयोजित किया जाता है।

यह नहीं माना जाना चाहिए कि हिंदी या प्रादेशिक भाषाओं के संवर्धन का अर्थ अंग्रेजी—विरोधी होना नहीं है। बजाए जनता के दिलों में यह बैठाने के कि हमें हिंदी व प्रादेशिक की स्थापना में अंग्रेजी से दुराव नहीं रखना है और इस समष्द्व विश्व भाषा में पिछड़ना नहीं है, भाषाई मामलों में अक्सर राजनैतिक मंसूबों से प्रेरित नेता जनता की अंग्रेजी—विरोधी भावनाओं को भडकाते रहे हैं।

भाषाविदों व शिक्षाशास्त्री एकमत हैं कि बच्चे एकसाथ दो या तीन भाषाएं समान दक्षता से सीख सकते हैं। निहित स्वार्थों के चलते यह भ्रम प्रचारित किया जाता है कि अंग्रेजी पढ़ने से लोग प्रादेशिक भाषाओं में पिछड़ जाएंगे। ज्ञातव्य है, हिंदी या अन्य भारतीय भाषाओं की हिमाकत अंग्रेजी अखवारों में यानी अंग्रेजी में दक्ष लोगों द्वारा पुरजोर ढ़ंग से की जाती रही है। समाज और राष्ट्र को विकास की ओर मुखातिब करना है तो हमें अपनी अस्मिता को समझते हुए, इसकी कद्र करते हुए, स्वदेशी राह अपनानी होगी।

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٧.	50 to 99	30%
vi.	100 to 199	33.3%
vii.	200 to 499	40%
viii.	500 and above	50%

New Email ID for TNAI Publications

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

Kindly note that The Trained Nurses Association has a new Email ID now (i.e. **publicationstnai@yahoo.com**), exclusively for matters related with TNAI publications.

All concerned are therefore requested to address their queries and correspondence at the new email ID.

TNAI BULLETIN

Monthly Newsletter of The Trained Nurses' Association of India L-17, Florence Nightingale Lane, Green Park, New Delhi - 110016

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MAJOR HEALTH DAYS - OCTOBER

International Day of Older Persons: 1 October

In regard of honour, respect and care for the elderly of the world they deserve for their contribution to the world, the *International Day of Older Persons* is observed on 1 October every year.

According to the United Nations (UN), "one of every 10 persons is now 60 years or older. By the year 2050, one of five will be 60 years or older." However, with little care for their well being by children, they often tend to lead a life of loneliness and neglect, at times bereft of basic facilities. Overlooked for employment, restricted from social services and stereotyped in the media, ageism marginalizes and excludes older people in their communities, at the very time of life where enjoyment could be paramount.

WHO has revealed that older people with negative attitudes towards aging live 7.5 years shorter than those with positive attitudes, and have poorer recovery from disability and disease. Older people who feel they are a burden may also perceive their lives to be less valuable, putting them at risk of depression and social isolation. The 2016 theme of the International Day of Older Persons is "Take A Stand against Ageism".

World Mental Health Day: 10 October

Due to various social factors and the lifestyle espoused, the incidence of Mental Illness is rising at epidemic rates all around endemic in both developed and developing countries. World Health Organisation (WHO) predicts that about 20 percent of India's population will suffer from some form of mental illness by the year 2020, a situation for which the country is not well equipped considering that there are just 3,500 psychiatrists for the 20 million Indians with mental illness.

Organised by the World Federation for Mental Health (WFMH), World Mental Health Day raises public awareness about mental health issues and promotes open discussion of mental illnesses and investments in prevention, promotion and treatment services.

WHO believes that learning the basic principles of psychological first aid helps to provide support to people who are very distressed, hence the 2016 theme of the day "Psychological First Aid". Efforts in support of the day will focus on basic pragmatic psychological support by people who find themselves in a helping role whether as health worker, teachers, firemen, community workers, or police officers. Psychological first aid covers both psychological and social support, in fact no mental health care system should consist of psychological first aid alone.

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 Demand Draft should be sent in advance, in favour of **The Trained Nurses' Association of India** (TNAI), New Delhi.

Neatly spaced out hand-written matter, preferably typeset in double space on one side of paper with photographs may be sent, along with requisite charges, to the Editor, TNAI Bulletin.

मन और शरीर दोनों एक ही अस्मिता के दो पहलू हैं

समस्त प्राणियों में चिंतन की प्रक्रिया जन्म से ही, बिल्क गर्भ में आते ही आरंभ हो जाती है और प्राण छूटने तक अविरल बनी रहती है। चिंतन जीवंतता का लक्षण है। विश्व स्वास्थ्य संगठन सिंहत अन्य आधिकारिक संगठनों के अनुसार अच्छा मानसिक स्वास्थ्य वह है जब मन सुचारु रूप से कार्यरत रहे, निजी क्षमताओं का दोहन किया जाता रहे, अन्य व्यक्तियों से तालमेल संतुष्टिदाई हो, हालात के अनुसार स्वयं को ढ़ाला जा सके, सामान्य तनावों व विषम परिस्थितियों में भावात्मक व व्यवहारगत संतुलन बना रहे। मानसिक व्याधियों मुख्यतया तनाव, डिप्रेशन, सीज़ोफ़्रेनिया आदि से समाज के किसी भी क्षेत्र या वर्ग का व्यक्ति अछूता नहीं है। मानसिक रोग से पीड़ित स्वयं तो कष्ट भोगता ही है, वह परिजनों, समाज व राष्ट्र पर भी बोझ होता है, एकाकी, बहिष्कष्त सी निम्नस्तरीय, छोटी जिंदगी गुजारने को अभिशष्त।

संप्रति अमेरिका में 26.5 प्रतिशत वयस्क मानसिक बीमारियों से ग्रस्त हैं, इनमें से 6 प्रतिशत मामले बहुत गंभीर हैं। विश्व स्वास्थ्य संगठन की राय में हमारे देश में वर्ष 2020 तक मानसिक विकषितयों से त्रस्त व्यक्तियों की संख्या 20 फीसद हो जाएगी जो चिंता का विषय है चूंकि भारत में मानसिक बीमारियों से जूझ रहे दो करोड़ व्यक्तियों के उपचार के लि मात्र 3,500 मनश्चिकित्सक हैं। मानसिक विकषितयों की ओर योजनाकारों, चिकित्साकर्मियों, स्वास्थ्य कार्यकर्ताओं और आम लोगों का ध्यान आकष्ट करने की दर्षष्ट से प्रति वर्ष 10 अक्टूबर का दिन विश्व मानसिक स्वास्थ्य दिवस के रू में आयोजित किया हाता है।

मन—चित्त की हलचल को शांत करने में, अन्यथा भी जीवन की दशा—दिशा को सही रखने में सभी संस्कृतियों—समाजों में अध्यात्म को प्रबल माध्यम माना जाता रहा है। धर्म—मजहब अपने अनुयाइयों के दिलों की गर्मजोशी, ऊर्जा और उत्साह तथा कुछ भक्तों में जुनून का संचार करता है जिसके चलते जीवन में निराशा सहज नहीं फटकती।

मिचिगन साइकोलोजिकल एसोसिएशन की मान्यता है कि व्यक्ति की सोच, धारणाएं तथा प्रेम, कोध, दया आदि के भाव उसके शरीर की रासायनिक प्रक्रियाओं से संबद्ध हैं और उसके श्वसन, पाचन तंत्र, मेटाबोलिज़्म, रोग प्रतिरक्षण प्रणाली व अन्य कियाओं को प्रभावित करते हैं। यानी मनोदशा की ओर ध्यान दे कर स्वस्थ दुरस्त रहा जा सकता है। भारतीय उद्गम की योग पद्धित मानसिक रोगों से निबटने के लिए अत्यंत कारगर है। इसके तहत रोग को लक्षित करने से ज्यादा जोर रोगी की भाव मुद्राओं को सकारात्मक रुख दिया जाता है और इसे अमल में लाने से मानसिक रोगों में खासी राहत देखी जाती है। नई दिल्ली एम्स ने योग संस्थानों के सहयोग से चलाए अध्ययनों में योगाभ्यास से कोलेस्ट्राल व लिपिड स्तरों तथा हृदय प्रणाली में सुधार की पृष्टि की है।

पद, प्रतिष्ठा, पैसे की दौड़ लोगों के मानसिक संतुलन को डगमगा कर उनका चैन हर रही है। जो लोग जीवन को तोहफा मानते हैं वे मन, शरीर व भावना से मानसिक, आध्यात्मिक व शारीरिक सभी दृष्टियों से अधिक स्वस्थ व उत्साही रहते हैं।

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

XXVI TNAI (75th) Biennial National Conference, Jaipur (Rajasthan) 15-19 October 2016

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Attention Advertisers!

Advertisers of the Admission Notices in *TNAI Bulletin* for the academic year 2016-2017 for Schools/ Colleges of Nursing are required to submit the copy of Indian Nursing Council (INC) recognition certificate along with the advertisement matter and payment, otherwise the advertisement shall be summarily rejected.

- Chief Editor

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 per 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 issue, 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.

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

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

 $Fax: 011\text{-}26858304; Email: publicationstnai@yahoo.com, tnai_2003@yahoo.com\\$

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 Nodated			
Drawn at (name of bank & branch)			
Signature			

COUNTDOWN: XXVI TNAI Biennial Conference Jaipur, Rajasthan

October 15-19, 2016

Theme: Nurses: A force for Change: Improving Health System's Resilience

Dear Member,

The Organising Committee and the Members of the TNAI Rajasthan State Branch are waiting to receive TNAI Conference Delegates of the XXVI TNAI Biennial Conference (15-19 October 2016) from all over the country.

Rajasthan, or the Land of Kings, is true to its name with lavish forts and majestic palaces that are apt reminders of a rich, romantic past that speaks of heroism, honour and chivalry. Rajasthan has something for everyone so whether you are planning an adventurous holiday hoping for a rendezvous with tigers or a quiet sojourn gazing at the beauty of the golden sand-dunes; or to experience the many nuances of royalty - Rajasthan is the place for you. The fast-expanding cities like Jaipur, Jodhpur and Udaipur are a confluence of culture and modernity and despite much progress since Independence, the people have still held on to their roots as evident by their simple, warm nature and hospitality.

Registration

(a) Conference Registration: Members kindly note that the last date for submitting the registration form is September 15, 2016. Registration forms were published in July, August and September issues of NJI, TNAI Bulletin and TNAI website. Late registration fee will be charged after 15 September 2016.

Registration fee is not refundable. The registration fee and other charges should be sent in advance through the Demand Draft in favour of 'TNAI National Conference' payable at Jaipur. Please ensure registration well in advance to avoid any confusion and smooth functioning 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 14 August 2016.

Transportation: Jaipur being surrounded by land, has good Road, Rail and Air connectivity.

By Air: Rajasthan, a tourist hub, is well-connected by air. Whether you're flying in from within the country or from another one, you have a host of options, based on your itinerary. The three major airports of Rajasthan are Sanganer International Airport in Jaipur, Jodhpur Airport and Dabok Airport in Udaipur. While Sanganer is open to domestic and international air traffic, Jodhpur and Udaipur only serve domestic routes and Jodhpur also doubles up as a base for the Indian Air Force. These three airports collectively connect Rajasthan to most major cities in India, with Jaipur Airport also offering connections to some international destinations such as Muscat, Singapore, Abu Dhabi etc.

By Rail: Rail is one of the best ways to travel to Rajasthan from anywhere within India as

it is both, comfortable and economical. The state is well-connected to all the major cities across the nation and there are several routes to opt from. The major railway stations of Rajasthan are Jaipur, Kota, Bharatpur, Bikaner, Ajmer, Alwar, Udaipur, Abu Road and Jodhpur. Out of these, Jaipur and Kota are major hubs connecting the major cities of India to Rajasthan.

By Road: Rajasthan has 20 national highways passing through the state, spanning a distance of about 6373 km. The NH-8 which connects Mumbai to Delhi is the busiest national highway in Rajasthan and runs through Ajmer, Jaipur, Udaipur and Chittorgarh. Besides the NH-8, Rajasthan is also connected to other major cities in India by state highways. You can very well choose to drive to Rajasthan or hop onto a bus operated by the Rajasthan State Road Transport Corporation, if you prefer travelling by road.

Reception: The delegates arriving at Jaipur will be received by Reception Committee at the booths set up by them at the Railway Station, Airport and also at the Inter Sate 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.

In case of emergency please contact Dr Jogendra Sharma, Conference Chairperson, TNAI Rajasthan (address: Govt. College of Nursing, JLN Marg, Jaipur-302004, Mob: 9414023344, 9414649100, 9414278788, 9828307244, 9414278785; Mrs Suneeta Mishra, President, Rajasthan State Branch, Principal, Jaipur Hospital College of Nursing, Jaipur, Mob: 9414649100; Mr Mahesh Kumar Sharma, Secretary, Rajasthan State Branch, TNAI, NT, Govt. GNMTC, Jaipur, Mob: 9414278788. For Medical emergencies contact: Mr Dinesh Dhamnodia, Principal, Government College of Nursing, Jodhpur, Mob: 9351647150.

Accommodation: Accommodation will be arranged 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-110016. Reception and Transport Committee will make arrangement to take you to the destination. The Registration could be done at the venue of the Conference and at the place of accommodation. The main Venue for Executive and Council meetings and venue of the pre-conference meeting will be BM Birla Auditorium, Jaipur.

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 at BM Birla Auditorium. Programme has been published in August issue of TNAI Bulletin as well as in NJI. *Conference:* The inaugural function and Plenary Sessions will be held on 17 October 2016 at Birla Auditorium.

Poster Presentation: The Posters are to be displayed on 16 October 2016 between 9.00 am to 3.00 pm 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 17 October 2016. 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 other places of interest in September issue of TNAI Bulletin. In case of any emergency please contact Police Control

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Room 100, Fire Brigade 101, Ambulance 102, Emergency Services 108 and also inform the organisers.

The best season to visit Jaipur is between the months, October to March. During these months the weather is pleasant and temperature not too high, making it ideal for visitors. You may carry essential items like mosquito repellant, first aid kit, umbrella and light woolens etc.

Sight Seeing: The conference organisers will provide you necessary details about the sight seeing arrangements and its cost after your arrival at Jaipur.

Return Journey Reservation: We hope you have booked your return tickets along with onward journey. If facing any problem regarding the same, kindly contact: Dr Jogendra Sharma, Conference Chairperson, TNAI Rajasthan (address: Govt College of Nursing, JLN Marg, Jaipur-302004, Mob: 9414023344, 9414649100, 9414278788, 9828307244, 9414278785 giving details about the travel date, train/ flight, place etc. along with Demand Draft in favour of TNAI National Conference payable at Jaipur.

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

PRAGYAN COLLEGE OF NURSING

Near RGPV, Bypass Road, PO Gandhi Nagar, Bhopal - 462036

Ph: 09425004934, 09827591659 (O), 0755-2970337 (F)
Email: sunitalawrence01@gmail.com;
pragyannsg@yahoo.com
Website: www.pragyancollegeofnursing.org

FACULTY REQUIREMENT

DEPARTMENT OF COMMUNITY HEALTH NURSING

Professor - 1
Associate Professor - 1
Assistant Professor - 1
Tutor (Clinical Instructor) - 1

Qualifications and experience: As per INC guidelines.

ADMISSION OPEN

MSc Nursing - 2 years course
BSc Nursing - 4 years course