As the Year Passes, the Zeal to Move On and Excel Continues

C
ome December and one is led to introspect the drift of one’s life, the gains versus the expectations, etc. at personal, social and professional fronts. Organisations of all descriptions review the pace of performance and achievements as against the targets set with the intent to reset the goals or recast the modalities, wherever required. For, new challenges, new environment in the matrix of Time necessitate continuously examining, revising or fine tuning the modus operandi for better outcomes. As we look at the departing year, we have reasons to feel more or less satisfied with the performance.

After AHA approval of International Training Centre (ITC) at CIN&R premises in Greater Noida, by American Heart Association, a series of programmes came to be organised on Basic Life Support (BLS) and Advanced Cardiac Life Support (ACLS) from June 2018 for nominal charges. The ITC at CIN&R premises was inaugurated on 14 April 2018 in the presence of senior TNAI members and other nursing veterans.

In the evening of 12 May, the International Nurses Day, the 35 recipients of the President’s National Florence Nightingale Awards were felicitated by President TNAI and her team together with senior INC officials at Eros Hotel, New Delhi in the evening.

In furtherance of TNAI objectives, the decisions taken at EC/Council meeting in Guntur like introduction of Life Time Achievement Award, and additional benefits to TNAI members and SNA Units were made effective during the year. The new TNAI/SNA Membership Card is now printed in-house.

The TNAI was represented at Commonwealth Meets in London (23rd Biennial Meeting of the Commonwealth Nurses and Midwives Federation (CNMF) on 9 March at Royal College of Nursing; and the 4th Commonwealth Nurses and Midwives Conference on 11-12 March at Royal College of Physicians). Secretary-General TNAI Mrs Evelyn P Kannan was elected as Board Member - Asian region, CNMF.

In recognition of very senior TNAI members, we published in October issue of NJI as well as TNAI Bulletin (1 October being the Day of the Older Persons), the brief profiles with photograph of such persons aged 80 or beyond. Homage and respect were paid by TNAI to the nurse Lini Puthussery, who saved the first Nipah virus victim Md Sadik in Kozhikode district (Kerala), but in the process herself succumbed to Nipah virus. TNAI lent its support and requested its Branches and individuals to the flood victims of Kerala that killed over 400 persons and displaced over a million people.

As per Council’s decision, many State Branches were visited by senior TNAI officials and meeting held with senior officers and State Branch executives (including Health Ministers, Principal Secretaries, Registrars of Council). Sikkim Branch was revived after 10 years and elections were conducted. Workshops/ToTs on Neonatal Skincare Evidence-based Clinical Practice Guide were held in many States. Internal auditing of several State Branches was undertaken.

On seamy side, former TNAI President Mr AB Kulkarni breathed his last on 3 April 18; a condolence meeting, recalling his contribution mainly in growth of nursing education, was held at TNAI Hqrs on 13 April. Mr Anees Chishti, formerly editor (who served TNAI for over 30 years) passed away on 10 October.

We believe the new office bearers, after Goa elections, will lead the Association to new heights. We wish you a Happy New Year 2019.
में अमूक दिन याद डालना होता करीब दर्जनमय महिलाएं एकत्रित होतीं, उन्हें नाश्ता परोसा जाता और वे काम को पूरा करतीं। यहीं प्राकृतिक अगले दिन दूसरे घर में दोहराई जाती।

कराई के बाद तुरंत उचित मूल्य नहीं मिलने से किशोर और-पौने दमों पर उपज बेचने पर विवाद
हो जाते हैं। किशोरों का मनोबल बस्कर स्वयं की दृष्टि से कृप्त सहकारी समितियों को इस दिशा में किसी बुरा नहीं करनी होगी। करीब तीन माह पहले मंडल में टमाटर के मिलने से दुलाई भी न
निकलते हैं इसे तंत्रज्ञ प्रदेश के किसानों ने इसे सड़कों पर बिछा दिया था। जब एक-दो छठ बचे दूसरे को रोजगार सहकारी सरोकार समन्वय के बल में बुढ़ के जा सकता है। तो सहकारी शॉल के तहत
आती व्यवस्था सुधितों के लिए क्यों नहीं की जा सकती? राष्ट्रीय सहकारी संघ (एनसीयूआई) को इस
dिशा में उचित प्रसार करने होंगे।

हमारे सम्मिलित सेस्ट्री में 14-20 नवबर के दौरान राष्ट्रीय सहकारिता सत्ताः मनाया जाता है। देश की
महान व्यवस्था, प्रायोगिक जन, कृप्त व खाद्यान्व उपादान, वितरण और विभाग तंत्र को सुधार करने में
सहकारी क्षेत्र का महत्वपूर्ण योगदान है।

सहकारी इकाइयों के कुछ समस्याएं भी हैं। अनेक सहकारी संस्थाओं के संचालक दिजिटल
तौर पर इकाई के इस्तेमाल में फिसरडी हैं। या इससे बताते हैं। माहिर नहीं हैं। अनेक समितियों शासकीय
अनुदान लेती है और नौकरीशाधीन का हैत्तक नकारात्मक हो सकता है। कई स्थानों पर इसके जरिए
राजनीतिक हित समन्वय की वेबसाइट की जाती है। कदाचित् किसानों द्वारा कर्ज चुकाने में कठिनाइयाँ आती
हैं और उन्हें समझना नहीं सुझाता। अनेक संगठनों द्वारा कार्य संचालन में पारदर्शिता नहीं बताती जाती
या स्थान निर्माण का अभाव रहता है।

यह आवश्यक है शहकारता समिति के सदस्य समिति के प्रति निष्ठावान रहें और स्वीकार करें कि दो
व्यक्तियों की संयुक्त क्षमता दोनों की क्षमता क्षमताओं के योग से अधिक होती है। यानी एक और एक
जुड़ कर दो से अधिक होते हैं। इसका अर्थ है कि यह भी कि दूसरे के कमजोर पड़ने से पहला अधिक सक्षम नहीं हो
सकता। कानाचंदन दार्शनिक जी॰ वैनियर ने भी कहा, जब हम आयक्त हो जाएं कि जीवन का आनंद
के सभी अनुभवों के हिसाब से नहीं बल्कि अन्यों के साथ मिल कर, जनको लिए कार्य करने में है। लेकिन
उस स्थिति में तत्दृशी हो जाएगी। मादित्य बुधार, मेंला लिनर सर्जरी अनेक विचारों के कहा है, हमारे
साथ ही हिस्सा हैं। हम बंधुओं की भांति मिल क रहना सीख लें, या पशुओं की तरह अपनी अभिमता
को खत्म कर दें।

— हरिश बड़ह्वाल
Nomination Sheet: TNAI Andaman & Nicobar Islands  
State Branch Election - 2018

<table>
<thead>
<tr>
<th>Post</th>
<th>Name and Address of the Nominee</th>
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</thead>
<tbody>
<tr>
<td>President</td>
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<tr>
<td>Vice President</td>
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<tr>
<td>Secretary</td>
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<tr>
<td>Joint. Secretary</td>
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<tr>
<td>Treasurer</td>
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<tr>
<td>SNA Advisor</td>
<td></td>
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<tr>
<td>Chairperson – Programme Committee</td>
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<tr>
<td>Chairperson – Membership Committee</td>
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<tr>
<td>Chairperson – Public Health Nursing Section</td>
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<tr>
<td>Chairperson – Nursing Education &amp; Research Section</td>
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<tr>
<td>Chairperson - Economic Welfare Committee</td>
<td></td>
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<tr>
<td>Representative ANM/LHV/FHW/CHO</td>
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</tbody>
</table>

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 **17th January 2019** (6 weeks from the date of Publication)
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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

*Computerisation and Layouts: anupamkamal@hotmail.com*
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.


15. Completed Nomination Sheet(s) and all other correspondence related to election to be sent to the following address: Ms Mitha Biswas, Returning Officer, A&N State branch Elections, School of Nursing, Near GB Pant Hospital, Old OPD Complex, Port Blair, Ph: 9732479777

Your Updated Mailing Address Required at TNAI HQrs

Important information to all Members: You may receive copies of TNAI Bulletin only after submitting the complete mailing address afresh!

We have been observing for quite some time that copies of TNAI Bulletin are not reaching the persons for many reasons, mainly because the address in TNAI records is not got updated by the subscribers with their change of residence. In many instances, the subscribers furnished the Institute's address where they last studied and it was never got changed later. This leads to massive wastages.

It has therefore been decided to follow a reverse strategy, by mailing copies of TNAI Bulletin only to those members who submit their addresses again. All the members are now requested to kindly furnish their latest address afresh, including the PIN code of the area and also indicate their email ID. Following format may kindly be adopted:

Name: ____________________________________________________________________________

TNAI Membership No.: _______________________________________________________________

Complete Address with PIN code: _______________________________________________________

_________________________________________________________________________________

Phone : ____________________________ Email ID: _______________________________________

The above information can also be sent by email to: membership@tnaionline.org.
### Office

<table>
<thead>
<tr>
<th>Office</th>
<th>Name and Address of the Contestant</th>
<th>Voter X</th>
</tr>
</thead>
<tbody>
<tr>
<td>President</td>
<td>Mrs Tangbi Devi, FHW Training, School, Lamphel, Family Welfare Department.</td>
<td></td>
</tr>
<tr>
<td>Vice President</td>
<td>1. Mrs M Vijayantimala Devi, Nursing Sister RIMS Hospital, Imphal-795001.</td>
<td></td>
</tr>
<tr>
<td>Secretary</td>
<td>1. Mrs Ph. Rani Devi, Nursing Sister, RIMS Hospital, Imphal-795001.</td>
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<td></td>
<td>2. Mrs Th. Binodini Devi, Staff Nurse, RIMS Hospital, Imphal-795001.</td>
<td></td>
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<tr>
<td>Joint Secretary</td>
<td>Ms Sagolshem Ronita Devi, PHC, Kalapahar</td>
<td></td>
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<tr>
<td>Treasurer</td>
<td>1. Dr (Mrs) Y Sundari Devi, RIMS Hospital Imphal-795001.</td>
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<td></td>
<td>2. Ms A Ibeiyaima Devi, CON, Medical Directorate</td>
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<tr>
<td>SNA Advisor</td>
<td>Ms Veletina Pheiroijam, CON, Medical Directorate</td>
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<tr>
<td>Chairperson Programme Committee</td>
<td>Mrs LC Mala, Associate Prof., College of Nursing RIMS Imphal 795 001.</td>
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<tr>
<td>Chairperson, Membership Committee</td>
<td>Ms A Jamuna Devi, CON, Medical Directorate</td>
<td></td>
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<tr>
<td>Chairperson, Nursing Service Committee</td>
<td>Ms N Ibenmungshi Devi, RIMS, Imphal</td>
<td></td>
</tr>
<tr>
<td>Chairperson, Socio-Economic Welfare Committee</td>
<td>Ms N Memchoubi Devi, CON, Medical Directorate</td>
<td></td>
</tr>
<tr>
<td>Chairperson, Nursing Education and Research Committee</td>
<td>Ms N Nalinibala Devi, CON, Medical Directorate</td>
<td></td>
</tr>
<tr>
<td>Representative, LHV/ANMs</td>
<td>Ms M Thaba Devi, Wangoo Laipham PHC</td>
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### Instructions

As per the TNAI constitution, Rules & Regulations & Bye-Laws Page no 56-64 State Branch Election procedure (Revised and approved by Council/HOD 2012), it is expected that the Voters/members are well versed with the TNAI Rules and Regulations and Byelaws related to the State Branch Elections. A copy of the same is available with the Returning Officer for ready reference.
1. For the offices of President and Secretary all valid nominations are included, for other offices, the names of three members having the highest number of nominations are included in the provisional ballot paper.

2. The Election will be held in General Body Meeting on January 11, 2019 at the Office of Manipur State Branch between 10.00am to 3:00pm.

3. No one shall be allowed to vote before or after the schedule time of voting.

4. The Provisional Ballot Paper is published for the information of the members. A separate (final) Ballot paper will be given to the voter(s) on the day of election.

5. Only the Life Members of TNAI are eligible to vote whose names will be on M.P. State Branch Membership list.

6. All the Voters are requested to bring their TNAI New Life membership card (with Photo)/receipts of TNAI membership issued by the TNAI Headquarters, along with Photo Identity i.e. Election Card/PAN Card/Driving License/Aadhaar Card etc. before entering the hall for voting.

7. The Returning Officer can be approached for any query about the election. No addition of the contestant will be made to the final ballot paper.

8. Any contestant wishing to withdraw from any office of contest should inform the Returning Officer latest by December 22, 2018 in writing at the following address: Mrs P Landhoni Devi, Returning Officer, TNAI Manipur State Branch, Nursing Superintendent, JNIMS, Porompat Imphal-795 001.

9. Please note that: (a) No canvassing shall be permitted on the day of election; (b) No person other than the voter(s) shall be permitted with in the area of the polling booth.

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खुदा ने हमें दो पांव चलने—फिरने के लिए दिये हैं

एक विचारक ने कहा है कि पृथ्वी—पौधों की माति इस्तेर ने हमें जड़े नहीं दीं, दो पांव दिए हैं, ताकि हम चलते—फिरते रहें। एक ही जगह जड़ न जमा ले, पड़—पड़े इस मूल्यवान शरीर का झास न होने दें। शरीर, मन और ध्यता की दुरस्ती के लिए चलते—फिरते रहना अत्यावश्यक है।

चलते—फिरते का पहला लाम श्वसन से संबंध है। मानव शरीर अनेक प्राणियों से युक्त मस्तिष्क हैं। जिस प्रकार लबे अरसे तक खड़ी गाड़ी या रसोई की मिक्स या अन्य कोई मस्तिष्क जंग खा कर एक दिन कबाड़ के हवाले कर दी जाती है वही हर हँफ शरीर का होता है। शरीर के जिस अंग से कार्य लेना कम कर देंगे या बंद कर देंगे उन अंगों में रक्तप्रवाह और चेतना घट जाएगी। उन अंगों की कार्यक्षमता में गिरते गिरते एक दिन शून्य हो जाएगी।

शोध से पता चलता है कि प्रति सप्ताह 8—9 कि.भी. व्यक्ति व्यायम स्वस्थ रहते हैं, उनकी आयु भी अधिक होती है। टेज़ चलना इयो का बेहतरीन व्यायम है। आज जिन श्रीमानों से विवाद के अधिकार्य व्यक्ति उसल हैं—मोटी, डायबिटीज़, जोड़ों का दर—उनका निवारण काफी हद तक पैदल चलने में हैं। कुले के आधा घंटा रोजाना चुपचाप आप 100 कौशल खर्च करते हैं।

शरीरों में लिखा है, चर्चातित, चर्चातित (यानी चलते रहो, चलते रहो)। जो चलता रहता है उसका भाग्य भी चलता रहता है और जो सोते रहता है उसका भाग्य भी सो जाता है, यानी उसे जीवन में कुछ नहीं मिलता। अपनी चारदिवासी में सिमट कर जीते बालों की दुःखनाओं में चलता—फिरता व्यक्ति अनेक लोगों से मिलता है, उनसे अपने विवाह और मातृभाव साझा करता है। उसकी सोच अधिक व्यापक और गहरी होती है। ऐसे व्यक्ति अपनी चित्ताओं और मनों में नहीं जाकर रहते।

सुबह—शाम पैदान, और जितना हो सके चलने की आदत बनाएं। मसलन उसी मंजिल में जाने के लिए इससे जितनी न हो तो लिफ्ट के बदले सीढियों से जाएं।

— पब्लिशर एकक, टीएनआईआई
**Nomination Sheet: TNAI Tripura State Branch Election 2018**

<table>
<thead>
<tr>
<th>Post</th>
<th>Name and Address of the Nominee</th>
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<tbody>
<tr>
<td>President</td>
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<tr>
<td>Vice President</td>
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<td>Secretary</td>
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<td>Asstt. Secretary</td>
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<td>Treasurer</td>
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<td>SNA Advisor</td>
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<tr>
<td>Chairperson – Economic Welfare Committee</td>
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<tr>
<td>Chairperson of ANM/LHV League</td>
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</tbody>
</table>

Nominator’s Signature______________________
Nominator’s TNAI No. ______________________
Nominator’s Name and Address ______________

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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 Tripura State Branch Election 2018”.

15. Completed Nomination Sheet(s) and all other correspondence related to election to be sent to the following address: Mrs Uma Bhattacharjee, C/o Lt. Chitta Ranjan Bhattacharjee, 23, Nivedita Palli, Ramnagar-8, PO Ramnagar, PS Ramnagar, Agartala, Tripura (W)-799002.

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

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.
**ES College of Nursing (ESCON), Villupuram (TN):** 2nd Graduation ceremony of 2012-16 batches was organised on 17 August 2018 at TACW auditorium. ESCON Principal Prof (Mrs) Poreselvi welcomed the gathering and presented the annual report of 2017-18. Mrs S Vatchala Dhinakaran, Asst Secy-General TNAI, the chief guest of the occasion, presented degree certificates to 73 graduates as called by Mrs K Bharathi, Assoc Professor; this was followed by oath taking administered by the Principal. Appreciating the choice of Nursing as profession, the chief guest Mrs Vatchala highlighted the role of nurses from ‘womb to tomb’ and the expanding role of nurses, adding “nurses have moved from bedside to board room.” Vote of thanks was delivered by Mr Krishnamoorthy, Assoc Professor, ESCON. The programme ended with national anthem.

**Faculty of Nursing, Rama University, Kanpur (UP):** The Faculty of Nursing, Rama University organised World Breastfeeding Week during 1-7 August 2018 with various health awareness programmes in the community, college and hospital areas based on this year’s theme, Breastfeeding – A Foundation of Life. On 1 August 2018, an exhibition-cum-health education programme was conducted at Department of OBG of Rama Medical College Hospital & Research Centre, in which around 50 mothers and were benefited. Competitions of Rangoli and Essay completion on the theme of breastfeeding were held in college premises in morning and afternoon sessions respectively on 2 August 2018. Next day, Dr Surendra, Dy Medical Officer, Dr Arun Kumar Sahu and Chief Administrator inaugurated the Health awareness programme at CHC, Kalyanpur where an Exhibition on breastfeeding was also conducted. Other feature was a Role play by the students on importance of exclusive breastfeeding and talk on importance of colostrum and how to support the breastfeeding mothers in the family, society etc. in the CHC Ante- and Post-natal wards; relevant pamphlets were distributed by the students. Valedictory session on 7 August in Seminar hall of RCON started with invocation song followed by lightening the inaugural lamp by the dignitaries. Mrs AC Singh, Principal- RCON addressed the gathering followed by presentations. Report of the week-long celebrations was presented by Mrs Jasmi Manu HOD, OBG Nursing and winners of competitions were honoured. Ms Moni Sachan delivered vote of thanks. The programme concluded with national anthem.

**Army College of Nursing (ACON), Jalandhar Cant (Punjab):** The First National Conference on Ethics in Everyday Nursing was hosted on 2 June 2018 with Prof (Dr) Deepak Bhatti, Dean- Baba Farid University of Health Sciences, Faridkot as chief guest. At the outset, introducing the theme, Dr (Mrs) Baljit Kaur, Principal ACON emphasised the role of ethics by respecting patients, protecting their rights, guarding their privacy listening to their concerns and considering their wishes. The chief guest Dr Bhatti highlighted the nobility of nursing profession and encouraged students to be proud of their profession. The day-long programme with five sessions drew 175 delegates including senior army officers from hospitals/institutes from Punjab, Himachal Pradesh and Chandigarh. Other features were: Poster Competition on Medico Legal Issues Pertaining to Documentation and book exhibition by publishers. The experts addressing the conference included Dr (Mrs) Raman Kalia, Prof (Mrs) Manpreet Kaur, Dr (Mrs) Shama Lohmi and Col (Dr) A Rudra. Vote of thanks was given by Mrs Shaliza Sharma, Asst Professor, ACON.

**Sonitpur District Branch of TNAI Assam State Branch, Tezpur (Assam):** International Nurses Day was celebrated on 12 May 2018 with Mrs S Vatchala Dhinakaran, Asst Secy General TNAI as chief guest. Apart from Dr Arunjyoti Baruah- Education chairperson, Assam State Branch and Mr Sonaram Nath- President Assam state Branch, other dignitaries at the programme included Mr KK Sharma- Addl Dy Commissioner Sonitpur, Dr Durlav Saikia- I/c Joint DHS Sonitpur, Dr A Ch Sarma- Med Supdtt LGBRIMH Tezpur and Dr A Chatterjee of WHO, SMO. After welcome song by nursing personnel of TNAI Sonitpur branch, Dr Baruah welcomed the delegates. Dignitaries and senior nurses were felicitated, who lightened the ceremonial lamp. The Nurses Day 2018 theme viz Nurses- A Voice to Lead: Health is a Human Right’ was unfolded by Mrs S Vatchala who addressed the participants on the need for maintenance of nurses’ health rights. She also dwelt on the role of professional bodies like TNAI on development of nursing as profession. About 460 TNAI and SNA members including Principals and faculties from many institutions attended it; three scientific papers and 18 posters were presented, and a quiz competition was conducted. The programme concluded at 4.30 pm.
OBITUARIES

Lt Col Roopasree R

Major General Annakutty Babu, Addl Director General, Military Nursing Service (MNS) and all officers of MNS mourned the untimely demise of Lt Col Roopasree R after prolonged illness, on 25 September 2018 at Command Hospital (Air Force), Bangalore. Hailing from Karunagappally (Kerala), she was born on 25 May 1971.

After training from School of Nursing, Indian Naval Hospital Ship Asvini, Lt Col Roopasree R was commissioned into MNS on 5 September 1997. She served in various military hospitals, her last appointment was as General Duty Matron at Indian Naval Hospital Ship Sanjeevani, Kochi. She was compassionate, humble and an excellent bedside nurse who performed her duties with dedication and devotion. She is survived by two daughters and husband Mr Jayan P Ramesh. May God the Almighty give strength and courage to the members of bereaved family to overcome this great loss, and may her soul rest in peace.

Major Vigneshwari Balakrishnan

The untimely demise of Major Vigneshwari Balakrishnan was deeply mourned by Maj General Annakutty Babu, Addl Director General, Military Nursing Service (MNS) and all officers of MNS. Maj Vigneshwari was suffering from dengue fever at her home town Tanjavur (TN) and breathed her last on 6 September 2018.

Major Vigneshwari was commissioned into the MNS after training from MA Chidambaram College of Nursing, Adyar, Chennai. She served many military hospitals in her career. Her last posting was at 158 Base Hospital as General Duty Matron. She was a hard working and dedicated MNS officer who discharged her clinical duties with due care. Her unforeseen demise is an irretrievable loss to the MNS. She is survived by her two-year old son and husband Mr Ramesh P. May God the Almighty give strength and courage to the bereaved family members to bear with the big loss, and may her soul rest in peace.

TNAI Members in Golden Years (80 years and above)

Mrs Rachel Susil Pati, 85 years

Graduate from Govt Genral Hospital, Chennai in Gen Nsg & Midwifery. Served Islamia Hospital (Kolkata), Coal India (Dhanbad), Ispat General Hospital under Rourkela Steel Plant (SAIL) till retirement. Recipient of Jawaharlal Nehru Award (from Rourkela Steel Plant). Post-retirement, served as Matron for 5 years at Chinmayaya Mission Hospital Bangalore. Message for young generation: “Be proud to be a nurse, you are blessed to be the healers of suffering people.”

Rev Sr Emmanuel MSJ, 83 years

Passed GNM- Holy Family Hospital, Patna (Bihar); joined Congregation of Medical Sisters of St Joseph (Kerala). Started own nursing ministry at Lisie Hospital, Ernakulam (Kerala). After higher studies in public health nursing from Ottawa University, Canada, worked as Public Health Nursing Tutor at School of Nursing, Lisie Hospital, promoted as Principal, School of Nursing, Lisie Hospital till 2006. Had been President- Kerala State Branch (1987-96).
Heart Transplant Conducted Successfully for First Time in East India

The first successful heart transplant in East India, at Fortis Anandapur in Kolkata has brought sunshine for the patients requiring heart transplant.

The Operation Theatre team, Surgical Intensive Care Unit and the staff consisting of 386 members feel highly honoured to have been part of the noble deed of having performed a successful heart transplant.

After being diagnosed with dilated cardiomyopathy with EF 18 percent, having recurrent congestive cardiac failure, inspite of maximal medical therapy Mr Dilchand Singh was waiting for heart transplantation.

On 20 May 2018, I got the information that there is a chance of getting a heart from a young fellow, who had met with an accident at Bengaluru and there was no chance of his recovery. Since this was going to be the first heart transplant surgery at our hospital, there was a lot of lengthy WhatsApp chat exchanges between cardiac surgeon, anaesthetics, administration, medical head, marketing & branding team and nursing department. At OT, all were in place: tubing, nitric oxide chamber, oxygenator and CPB machine was done; the surgical instruments were arranged by the cardiac nurse and medication was kept ready by the anaesthetics, perfusionist and technicians.

After admission procedure, skin preparation with shaving was done and chlorohexidine bath and mouth wash given by the allocated nurse. Pre-operative investigations like haemogram, urine RE, blood biochemistry, GGT, procalcitonin and FDD were carried out as per the doctor’s advice. Mr Dilchand was brought to OT in the morning of 21 May 2018.

Ms. Nazma, the main Scrub Nurse, Sr Suganya, the Floor Nurse, along with Dr Mandana, Dr Balakrishnan from Fortis Malar, Dr Ganapati from Fortis Malar, Dr S Paul and Anaesthetics Dr Saikat Bandyopadhyay and Dr Piyush were part of the Transplant Team inside the OT. The ambulance driver swayed through the Green Corridor and brought the heart from the Airport to Fortis Hospital within 18 minutes.

Post-operative Care: The nurses received the patient around 4 pm. They maintained all the barriers nursing protocol with PPE (to prevent any kind of infection). Patient was extubated on 22 May 2018, his pain score was 2/10 VAS, modified Ramsay sedation score 2 with Fentanyl infusion 20 Microgram/hr. Gradually, inotrops were tapered down; soft diet started from 23 May. His all culture reports were negative. Chest physio with movement around the PACU started from 24 May, on 27, 6th day TRICILIUM level was measured at 3.2. Mr Dilchand was shifted to 8A station ward on 28 May; after antiseptic dressing of surgical wound, physiotherapy and mobilisation, was continued on same therapy from 28 May to 9 June 2018. He stayed in a single private deluxe room, with 1:1 nursing coverage throughout.

After 21 days of the surgery on 10 June 2018, a hale and hearty Dilchand was discharged from the hospital. Everyone in the team deserves appreciation for their strenuous work and immense dedication.

Reported by: Doli Biswas, Chief Nursing Officer at Fortis, Anandapur, Kolkata

Lost and Found
It is to bring to notice of all concerned that I, S. Latha, have lost/ misplaced my original certificate of Diploma in General Nursing & Midwifery Certificate, 1991-94 (bearing No. 6853), and Diploma Nursing Marks Sheet (issued on 14.3.1995), issued by The Board of Nursing Education, Nurses League of The CMAI, when I was travelling for interview at Vydehi Hospital, Whitefield, Bangalore on 16 August 2018. Further, the same is not traceable despite many efforts.

S Latha, # 15, Vijaylaxmi Building, 3rd Cross,
8th Main, Narasimaiah Layout, Bengaluru – 560 016. Contact No. 99016 81523
World AIDS Day: 1 December
Considering the pandemic dimensions of Human Immunodeficiency Virus (HIV), a prelude to AIDS, World AIDS Day is being observed on 1 December every year since 1988. The objective is, raising awareness about causes and spread of HIV infection. It damages the body’s immune system, and can spread from one infected person to another through transmission of infected body fluids, usually through blood-to-blood and sexual contact. The infected pregnant women can also pass the HIV to their babies during pregnancy, delivery of the baby or through breastfeeding. This day provides an opportunity to draw attention to the HIV epidemic around the world by undertaking educational activities on prevention and control of AIDS. This year’s theme for World AIDS day is, Encourage Everyone to Know Their HIV Status.

An estimated 36.9 million people were living with HIV/AIDS in 2017; 21.7 million of these were on antiretroviral therapy and 1.8 million people were the newly infected cases HIV. After the virus was identified in 1984, more than 35 million people have died of it, making it one of the most damaging pandemics in history. Tremendous progress has been made in the fight against AIDS in the past 15 years with global commitment to end the epidemic by 2030. There are also laws to protect people living with HIV yet stigma and discrimination remain a reality for many people living with the condition.

International Day of Persons with Disabilities: 3 December
The less fortunate among people, those with disabilities must be deprived of the advantages available to general populations so that they can also serve as useful organs of society and participate in mainstream activities in equal measure, this is the underlying idea of United Nations behind it is to safeguard the interests of persons with disabilities that the International Day of Disabled Persons (IDPD) is held on 3 December annually. The Day aims to promote understanding of disability issues and mobilise support for the dignity, rights and well-being of persons with disabilities. It seeks to increase awareness of gains to be derived from the integration of persons with disabilities in every aspect of political, social, economic and cultural life. The vital purpose of this day is to improve the understandings of the people worldwide towards the people with disability issues as well as get together to support them to improve their self-esteem, well-being and rights in the society.

It also looks for to involve all the persons with disabilities in the society in each facet of life such as the political, economic, social and cultural. The theme for IDPD 2018 is, Empowering Persons with Disabilities and Ensuring Inclusiveness and Equality.

This year’s theme focuses on empowering persons with disabilities for an inclusive, equitable and sustainable development as part of the 2030 Agenda for Sustainable Development; the 2030 Agenda pledges to “leave no one behind”. Persons with disabilities, as both beneficiaries and agents of change, can fast track the process towards inclusive and sustainable development and promote resilient society for all, including in the context of disaster risk reduction and humanitarian action, and urban development. Governments, persons with disabilities and their representative organisations, academic institutions and the private sector need to work as a “team” to achieve the Sustainable Development Goals (SDGs).
सहकार भाव पर टिका है व्यक्ति और समाज की बेहतरी का दातोमदार

मनुष्य अकेला दुनिया में आता है, अकेले जीता है और अकेले ही दुनिया से कूद कर जाता है। तो भी तरक्की, बेहतरी और मन-पिठ-सहत की दुरस्ती के लिए हर किसी को साथ चाहिए। आप जिंदगी के इससे भी मुकाम पर हैं, अनेक व्यक्तियों के सहकार बिना वहाँ पहुंचना संभव नहीं था। सकल कार्यालय की कुंजी भी है सहकार और सहयोग का भाव। इसके विपरीत, टकराव प्रभाव को बाधित करता है।

दरअसल ‘तालमेल’ समस्त भूमिका के संयुक्त का धूरी है। पृथ्वी के उद्गम की एक धारणा परतपरत तालमेल और लयबद्धता पर आधारित है। चराचर जगत की समस्त अस्तित्वात्मक और उनके कार्यप्रणालियों एक अभूत, नायाब व्यवस्था का अंग हैं। प्रौद्योगिकी के अनुसार दुनिया के संयुक्त का समुदाय सामाजिक हार्मोनी यानी आपसी सामाजिक पर टिका है, प्रत्येक मनुष्य या वस्तु की अस्तित्वा दूसरों पर आश्चर्य है। यदि टेस्ट संख्या ने कहा है, “हम भूल गए हैं कि हम सभी एक दूसरे के, और एक दूसरे के लिए हैं और इसलिए हम दुखी रहते हैं।”

राजनीतिक, आर्थिक, कारोबारी, आयुक्तिक शक्तियों या धन चंद हाथों में सिमट जा रहे से जनतात्मक व्यवस्था और स्वतंत्र सोच बाधित होती है। देश में प्राप्त संसाधनों का आर्थिक लाभ मक-जन का मिले, वे सहकारी कर्जों के चंग बने से वें, आर्थिक अनुवादित्विवशेष जिनकी मूल भागीदारी हो, इसी आर्थिक से सहकारी आर्थिक का सुप्रभाव हुआ। बीजर निग-नग-मेदमास के, एक ही उद्योग से आभासि रूपमें तक तक कोई भी सहकारी उद्यम का सदस्य बन सकता है। सभी को समान मालिकाना हक होता है और वे संगठन को बढ़ाने में मिल कर निर्णय लेते हैं। युवाओंत ओर से प्रयोग, शोधशास्त्री निज़ी उद्यमों की तुलना में सहकारी संघटन के सदस्य सामाजिक-आर्थिक उद्धार और जननित्व में कार्य करते हुए विकास का टिकाओं मंडल भेंड करते है। अंतरराष्ट्रीय सरकार के सहकारी एकदम को दिशानिर्देश और प्रशासन के के क्रोट्स में प्रौद्योगिकी सबसे इंटरनेशनल कोअम्पोटिव एलान्स (आईसीए) शीर्ष संस्था है; आईसीए विकल्प विकास कार्यक्रम में कोअम्पोटिव मंडल को तथा सहकारी को प्रत्याशित करने के उद्देश्य से अंतरराष्ट्रीय तालनेहार को सुदीर करने के प्रयास करता है।

अपने देश में नए सहकारी संयुक्त लक्ष्य किसानों या अन्य सरकारों को कर्मी कार्यों के लिए अनुमति करता है निम्न धृष्टि व संघद उद्यम, विनाश, खुदा बिकी, आवाज निर्माण, बंकिंग, निर्मित देस अनेक क्षेत्रों में सहकारी उद्यम न खासी पहला बनाई है। बीजर चूक कान्न की बुनियादी जतन है, विश्व की 300 विशालकाय सहकारी इकाइयों में से 30 फीसद कृषि या खाद्यान्न क्षेत्र में है। भारत में सहकारी आदोलन कृषि, डेली, आधुनिक हाथ, ज्यादातर में गरीबे जड़ों बुचा है, निम्नतम तकाओं के करोड़ों लोगों की आवा बाहर राष्ट्रीय विकास का योगदान मिल रहा है। निम्न में तहत कोई भी नई चीनी की फैक्टरी सामान्य या सहकारी क्षेत्र में ही होली जा सकती है। विश्व में संवाधि – आन लाख से अधिक सहकारी समितियों वाले हमारे देश में इकाइ, अमून, अनक, खादी दव मरम्मोया बोर्ड, नैफ, आविन, सेवा, इन्डियन कॉफी हाउस, हैफ, कोमाएफ, लिजर्स पापड़, कॉफीएमएफ, वार्डार डेली, कॉम्फेड अधि ने शानदार विसाल पेश की है और यह कम जारी है। अब जो इस पर है कि सहकारी समितियों उद्यमों के संवृत उपयोग, उद्यम, जल के इस्तेमाल प्रयोग, मंडल व्यवस्था आदि के बाद किसानों को शिक्षित करने।

यों ग्रामीण भारत में सहकारी की सुवर्णी सुदूरक परिसर रही है। अपने मूलतः संवरन गड़बड़ में 90 के दशक में जब गांव ठीकठाक आबद थे, सहकार की शानदार प्रथा को मैंने देखा है। जिस घर में चेतानी
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 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.

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. 50/- through Demand Draft drawn in favor of “The Trained Nurses Association of India, New Delhi”. Payment and send it to TNAI Headquarters. Application Form which can be downloaded from the 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: 91-11-26566685, 26566687, Membership (Direct line) 011-40195407
Email: membership@tnaionline.org, Website: www.tnaionline.org, www.tnai-recruitment.org

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.

Applicants Passport size Photograph Only

Please do not sign on the photograph

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

Phone No……………………………… (Mandatory) Email:………………………………………………

Moving ahead with commitment and dedication since 1908

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<th>Office</th>
<th>Name and Address of the Contestant</th>
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| President              | 1. Mrs Fulana Kumari Dei, C/o Mr Sudhir Chandra Behera, At-Lalasahi (Mangala Colony), PO/Dist. Jagatsinghpur- 754103.  
2. Mrs Labanya Bati Saho, Pioneer ANMTC, Bhubaneswar. |
| Vice President         | 1. Ms Kabita Manjari Mohapatra, Staff Nurse, SCB Medical College & Hospital, Dept. of Neurology, Dist-Cuttack- 753 003.  
2. Ms Anasuya Pattnaik, Principal, DRIEM CON, Tangi, Cuttack.  
3. Ms Rita Lenka, Principal, Hi-Tech School of Nursing, Bhubaneswar. |
| Secretary              | 1. Ms Sanjukta Mallick, Tutor, School of Nursing, SCB Medical College, Dist-Cuttack-753 003  
2. Ms Saroj Nalini Pradhan C/o Mr. S.K. Pradhan, At- Ramachandrapur, PO-Jatani, Dist-Khurda-752050 |
| Treasurer              | 1. Ms Jhanjamayee Mohapatra, Staff Nurse, SCB Medical College & Hospital, Dept. of Neurology, Dist-Cuttack- 753 003  
2. Ms Sanjukta Sabat, Principal School of Nursing, SCBMCH, Cuttack. |
| SNA Advisor            | 1. Ms Kalyani Moharana, Tutor, Psychiatric Dept, SCBMCH, Cuttack.  
2. Ms Rajita Beura, Instructor, College of Nursing, Berhampur |
| Chairperson, Programme Committee | 1. Ms Kajal Rani Sinha, C/o Mr PK Sinha, At/PO-Sikharpur (Uppersahi) Dist-Cuttack-753003  
2. Ms Arati Mohanty  
3. Ms Amrita Nayak, Tutor, Hi-Tech School of Nursing, Bhunaneswar |
| Chairperson Nursing Education Committee | 1. Ms Reetanjali Sahoo, Principal, College of Nursing, Cuttack.  
2. Ms Chanchala Kar, Tutor, Hi-Tech College of Nursing, Bhubaneswar  
3. Ms Anuradha Panda, Principal, LJ, BBSR |
| Chairperson, Membership Committee | 1. Ms Surama Dash, Tutor, SON, SCBMCH, Cuttack.  
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