

THE TRAINED NURSES' ASSOCIATION OF INDIA

**TNAI BULLETIN****VOL. 8 No. 2****FEBRUARY 2019****A Message from the Newly Elected President TNAI**

Warm New Year greetings to all members, readers of NJI, and other stakeholders of the TNAI!

At the outset, I convey my gratitude to the members for reposing their faith in me to don me as the new steward of the great organisation that TNAI is – and help it grow from strength to strength and move on and on.

The TNAI has a very long and rich legacy of taking care of Indian nurses, not only their professional advancement but also overseeing that their socio-economic and other interests are protected at various levels. It has the history of working for growth of nursing profession, ever endeavouring that the dignity of profession is maintained and that it continues to elicit the respect from the government and the public at large. This Association has had line of very dedicated Presidents, the luminaries, who, by their vision, hard work and consistently carrying forward the nursing interests made significant contribution. We owe a lot to them. But while paying tributes to our pioneers in TNAI we must introspect whether we were able to build upon the strong foundation laid by them. Definitely as President I feel that we have lot of missing areas, gaps and sectors to reach and make our presence remarkable by winning many battles for the profession and professionals. It ranges from basic issues like reasonable pay for all nurses to ensuring facilities to practice our profession with dignity. I assure to do my best not only to maintain high standards that my predecessors set but also take the several loose ends to their natural fruition and to precipitate concrete outcomes. Of course we shall be enabled to do so only with your unstinted support. We are just one amongst you, and wish you to be treated that way. My appeal at this moment: please keep me posted with your perceptions on TNAI and do tell me where we appear to err.

Also TNAI under New National Office Bearers will be always eager to hear from each of you especially any problems in your area of professional practice. We promise that all possible actions will be taken by TNAI to enable each member of profession to practice more effectively while ensuring dignity of practice.

As we see, consolidation is the key word for success in all sectors. Many of us are imbued with a

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clear vision, desire to excel, and equipped with requisite expertise and knowhow. Yet if desired outcomes are not achieved, it is basically because we have not been able to coalesce and bind the loose ends effectively so that the cumulative impact is diminished.

Together with cooperation and positive mindset of all of you, repeatedly demonstrated by TNAI in the past, we can achieve much. I have the conviction that good days are in store for TNAI and all of us. My best wishes!

**Prof. (Dr.) Roy K. George**  
**President, TNAI**

## 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@tinaonline.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

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Published, printed and edited by Mrs Evelyn P Kannan for The Trained Nurses' Association of India, L-17, Florence Nightingale Lane, Green Park, New Delhi-110016 and printed by her at Chandu Press, 63 FIE, Patparganj Industrial Estate, Delhi-110092.

## अजन्मी बालिका के भाव

मत करना मां हस्ताक्षर, मेरी मौत के कागजों पर  
कर्ज होगा तुम्हारा मेरी हर सांस पर  
बदल दूंगी उन रस्मों को, आऊंगी तुम्हारे आंगन में ले कर  
ढेर सारी खुशियां ही खुशियां।

रोक दो उन हाथों को, जो कर देंगे टुकड़े-टुकड़े  
तुम्हारी कोख में पल रही  
तुम्हारी अजन्मी बेटी का, मत लगाना मां अपने माथे पर कलंक का टीका।

तुम्हारे ही पापों से दुखी, तुम्हारा परिवार होगा मैं  
अजन्मी बालिका का पाप लेना, या दुआ  
दोनों तुम्हारे हाथ है मां, मुझे डर है मां मेरे कत्ल के बाद  
कहीं जीवनभर के लिए तू बांझ ना हो जाए

सपना इंगले

क्लीनिकल इंस्ट्रक्टर, सेंट जोसेफ नर्सिंग महाविद्यालय  
होशंगाबाद (मध्य प्रदेश)

- ☞ समाज तभी आगे बढ़ेगा जब बेटियों को सम्मान मिलेगा।
- ☞ जीने का उसे भी है अधिकारबस चाहिए उसे आपका प्यार
- ☞ बेटी को मरवाओगे तो दुल्हन कहां से लाओगे

### 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 Nagaland State Branch Election 2019

Post	Name and Address of the Nominee
President	
Vice President	
Secretary	
Jt. Secretary	
Treasurer	
Jt. Treasurer	
Representative LHV/FHW	
SNA Advisor	

Nominator's Signature: \_\_\_\_\_

Nominator's TNAI No.: \_\_\_\_\_

Nominator's Name and Address: \_\_\_\_\_

[(As per the TNAI Constitution Rules & Regulations and Bye-laws (Revised and approved by Council/HOD 2012)]

1. Last date for receiving Nominations is **20 March 2019** (6 weeks from the date of Publication)
2. The election of all the office of the Branch shall be held at the annual or biennial meeting of the Branch.
3. Returning Officer and Election Committee Members are not eligible to contest for election.
4. Both the nominator as well as nominee shall be a life member of TNAI.
5. The members holding office positions in TNAI shall not hold office positions in parallel Nursing Organizations and vice versa. For acquiring the new post the members will have to relinquish the former post.
6. A member working and residing in a state or Union Territory shall be the member of the branch of TNAI. In case of temporary change of resident e.g. study; deputation etc. for a period of more than a year, the member shall be given an option for changing his/her membership to the temporary place of resident after informing the headquarters and the former and latter state branches.
7. The nominator and Nominee should be working and residing in the same state or Union Territory shall be eligible for contesting election and casting the vote.
8. The members who are residing outside the country and state shall not be eligible for contesting election.
9. Members who are or had been involved in litigation with the Association without first representing the grievances to the grievances committee shall not be eligible to contest and shall have no voting rights and same will be applicable to the members who are facing disciplinary proceedings in their work situation/sphere.
10. Outgoing office bearers shall be eligible for re-election for one more term.
11. Any life member of TNAI may make nominations for all the offices of the TNAI State/UT

Branch, but the nomination for the President and Secretary shall be made only from those who have served for one term (four years) as the EC members/office bearers at any time. A break of four years after two consecutive terms (8 years) is necessary for the President/Secretary of the branch.

12. For the offices of President and Secretary all valid nominations shall be included in the Provisional Ballot Paper. For other offices the names of three members having highest number of nominations shall be included in the Ballot Paper.
13. The nomination Sheet duly filled and completed by the nominator i.e. complete address, TNAI number along with the signature shall be sent to the Returning Officer within six weeks of its publication in the TNAI Bulletin.
14. Please mark the envelope **“Nomination sheet – TNAI Nagaland State Branch Election 2019”**.
15. Completed Nomination Sheet(s) and all other correspondence related to election to be sent to the following address: **Smt Wapangla Returning Officer, TNAI Nagaland Branch Naga Hospital Authority Kohima, Nagaland-797001.** ■

### Corrigendum

In January 2019 (Vol 8, No. 1) issue of TNAI Bulletin at page 3, in the Nomination Sheet of TNAI Punjab State Election 2019 under Sl. No. 15, i.e.

“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.”

may be read as,

“Completed nomination sheet(s) and all other correspondence related to election to be sent to the following address: Mrs Nidhi Sagar, Returning Officer, TNAI Punjab State Branch Election 2019, DMC College of Nursing, Ludhiana (Punjab).”

The inconvenience is regretted.

## NEWS FROM NURSING INSTITUTIONS

CET College of Nursing (CETCON), Rathnapuram (TN): The second graduation ceremony and Annual Day was celebrated on 10 December 2018 with Dr Prof Baasubramanian MS, Dean-Kanyakumari Government Medical College & Hospital as chief guest. In his address, he emphasised the delivery of specialised nursing care with empathy for patients, and released the olege souvenir. Later, he distributed the degrees to the students. Mrs Jayalakshmi, Principal, CETCON presented the annual report of the college.



The Secretary Mr SMS Hameed felicitated the dignitaries. Dr Prof Arumugavelen, RMO, Kanyakumari Government Medical College & Hospital distributed awards and certificates to the academic toppers. Prof T Violin Sheeba, Vice Principal, recited the graduation pledge. Dr Prof Shanthy Appavu, Principal- Christian College of Nursing (Neyoor, Kanyakumari district) delivered the special guest address. The day ended with varietal cultural activities and vote of thanks by Mrs Kavitha, Asst Professor, CETCON. ■

## XXVII TNAI Biennial (76<sup>th</sup>) Conference 2018-GOA

### Presidential Address by Mrs Anita Deodhar

It gives me enormous pleasure to be amidst you at this mammoth get-together of nurse fraternity of India, in the coastal city of Goa. I am very happy that turnout of participants has been quite impressive.

Friends, as with individuals, there are phases in the life of an organisation or individual when the wheel of time appears to move unusually fast. When events and activities are numerous, one has to be extra vigilant in ensuring that many threads, some of them divergent, stay coordinated. However, numerous involvements let one realise how one's inherent capacities can be advantageously tapped. One also derives satisfaction of having made a meaningful contribution to an endeavour. Such thoughts arise in my mind on the eve of relinquishing charge as President of this big organisation, as I recapitulate happenings in preceding four years at TNAI. I consider myself fortunate to be a player in numerous, diverse activities during this bustling period.



The four-year term has witnessed new initiatives in collaborative programmes and socio-economic measures undertaken for Nurses, besides significant growth in Membership, increased number of Conferences and Workshops, well controlled Finances, improved functioning of Student Nurse Association (SNA) units, and overall satisfactory growth along all fronts.

Ever believing that education is a vital modality for growth and development, TNAI has had a history of strengthening Nursing Education and Training in the country. In 2015 Daksh, a National Skill Lab was established, TNAI's at Greater Noida Campus, wherein programmes are being conducted to upgrade skills of medical and nurse practitioners. Another feather to cap is establishing AHA-approved 1-day Basic Life Support (BLS) Provider course and two-day Advance Cardio Life Support (ACLS) course, both at its International Training Centre (ITC) inaugurated on 14 April 2018, in CIN premises, Greater Noida

As per its practice to celebrate International Nurses Day and felicitate recipients of National Florence Nightingale Awardees with a memento, it was done befittingly.

In pursuance of TNAI's objective of promoting and protecting Nurses' the economic welfare of nurses through professional counselling and placement service to Nurses, thereby providing a safe, hassle/exploitation free, fair mechanism for Nurses seeking employment abroad, after clearance from the Ministry of External Affairs (MEA), TNAI became a registered requirement agency. This year, TNAI started with direct Recruitment to Oxford University Hospital under NHS Trust through "Envertiz" on 8<sup>th</sup> and 9<sup>th</sup> October at New Delhi. Out of 64 candidates who appeared in the interview, 57 got selected and received offer letters from the recruitment team.

TNAI is being regularly represented at the meetings and conferences at National and International levels. It is heartening to note that TNAI has been honoured by its

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Secretary-General Mrs Evelyn P Kannan being elected as CNMF Board Member for the Asia Region.

Health Department offices of various states were visited by senior EC/Council members to (1) sort out pending nursing issues, (2) re-activate defunct State Branches (3) promote TNAI interests in States (4) undertake Internal Audit of State Branches and (5) seek higher level intervention in resolving appointments and salary-related issues of Nurses. Sikkim Branch was revived after 10 years of hibernation and open elections were conducted on 6 July 2018.

Many workshops/programmes were also organised by TNAI; one workshop was conducted in collaboration with CNMF on Celebrating Excellence in Nursing Leadership, another was on Neonatal Skincare, Evidence-based clinical practice guide for teachers, i.e. "Training of Trainers (ToT) programme. Four other workshops were conducted on same subject at Chennai, Sikkim, Mumbai and Kolkata. Similarly, Informative workshop on Safe Emigration was held in August 2018 at TNAI Hqrs and other places to educate nurses on emigration for employment.

For the first time, the TNAI established professional partnership with World Congress of Mental Health, and actively participated in conducting panel discussion and symposium on Role of Mental Health Nurse in Promotion of Mental Health and Prevention of Mental Illness in New Delhi.

The TNAI continues its linkages with White Ribbon Alliance of India to promote 'Respectful Maternity Care'. TNAI is also connected with International Alliance of Patients Groups (IAPG); NitiAyog; Indira Gandhi National Open University and many other like-minded organisations.

Mr MC Luther, Protector General of Emigrants (PGE), Ministry of External Affairs (GoI) had visited TNAI Hqrs and its Greater Noida premises. Many national and international leaders visited our organisation.

TNAI is encouraging Student Nurses to apply for scholarships as and trying to increase the number of Scholarships to be awarded every year. TNAI has also honoured elderly members, 80 years and above, by publishing their profiles with photographs in the October 2018 issues of NJI and TNAI Bulletin. I am happy to announce that TNAI has decided to honour its Council members, who have completed 16 years of service in TNAI with Cash Award of Rs. 50,000 besides air travel and hospitality to attend the event, and a memento. TNAI also initiated "Life Time Achievement Award" to its Members.

The new leadership shall face the task of carrying forward various ongoing programmes with accent on membership.

Friends! By virtue of its hard work and dedication, our Association has earned a wide recognition and honour at national and international levels. Together with a rich legacy of commitment and solidarity, we can still achieve new heights. I therefore relish the vision, which is also Nurses Day theme this year, that FUTURE BELONGS TO US.

Thank you!



## 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](mailto:publicationstnai@yahoo.com) & [tnai\\_2003@yahoo.com](mailto:tnai_2003@yahoo.com)



## EVENTS OF THE MONTH

### **WORLD CANCER DAY: 4 February**

Considering increasing prevalence of cancer the world over, the Union for International Cancer Control (UICC) observes *World Cancer Day* (WCD) on **4 February** to raise awareness about genesis of cancer, and to encourage its prevention, detection and treatment.

Cancer is a disease in which a group of normal cells within the body lead to uncontrolled, abnormal growth leading to formation of a lump, called a tumour. Tumour develops in all cancers except leukaemia (cancer of the blood). When left untreated, tumours spread to the surrounding tissue, or to other parts of the body via the bloodstream and lymphatic systems. Cancers affect the digestive, nervous and circulatory systems, or may release hormones that disturb body function.

The rationale behind the WCD observances is that only collective endeavours of individuals, organisations and governments can reduce premature deaths due to cancer and other non-communicable deaths by 25 percent by the year 2025. WCD encourages policy makers, UICC member organisations and other health bodies to make cancer a priority.

The year 2019 marks the launch of the 3-year (2019-2021) campaign, *'I Am and I Will'*. It is an empowering call-to-action urging for personal commitment and represents the power of individual action to mitigate the woes of those living with cancer.

Founded in 1933, UICC is a leading Geneva-based consortium of 460-plus organisations across 120 countries endeavouring to bring down the global cancer burden by 2020. WHO and the International Agency for Research on Cancer (the specialised agency of WHO) collaborate with other UN bodies and other partners towards prevention and control of cancer globally. World Cancer Day provides an opportunity for everyone concerned by cancer to work together to ensure that world leaders stick to the promise made at the UN Summit for reducing the impact of cancer. The main programme is held at Geneva, Switzerland while the UICC member-countries organise it at their levels.

#### **Types of Tumours and Cancer Types**

**Tumours:** All tumours can be divided into three groups: benign, malignant or precancerous. Benign tumours are not carcinogenic (i.e. cancer causing) and rarely threaten life. They tend to grow quite slowly, do not spread to other parts of the body and are usually similar to normal, healthy cells. Malignant tumours grow faster than benign tumours and can easily spread and harm other tissues.

**Cancer Types:** Cancer can be classified according to the type of cell they start from. Carcinoma is a cancer created, and may invade the surrounding tissues and organs and metastasise to the lymph nodes and other areas of the body. The most common forms of cancer in this group are breast, prostate, lung and colon cancer. Sarcoma is a category of malignant tumour of the bone or soft tissue (muscle, fat, blood vessels, nerves and other connective tissues). Common forms of sarcoma are leiomyosarcoma, liposarcoma and osteosarcoma. Lymphoma and Myeloma are cancers that arise in the immune system. Lymphoma is a cancer of the lymphatic system, which runs all through the body, and can occur anywhere. Myeloma (or multiple myeloma) begins in the plasma cells, a type of white blood cell that produces antibodies to help fight infection. Leukaemia is a cancer of the white blood cells and bone marrow (the tissue that forms blood cells). Brain and spinal cord cancers are called central nervous system (CNS) cancers. Some are benign while others can grow and spread.

### **National Science Day: 28 February**

On 28 February in the year 1928, the renowned Indian physicist Sir Chandrasekhara Venkata Raman discovered the phenomenon of scattering of light, popular as Raman Effect, at the Indian Association for the Cultivation of Science in Kolkata.

*National Science Day* is celebrated every year in India on the **28 February** to pay tribute to the 'Raman effect', discovered by the Indian physicist, Sir Chandrasekhara Venkata Raman. Dr Chandrashekara Venkata Raman was the Nobel Prize winner in Physics in 1930. The idea behind science day celebration is to promote 'scientific spirit' and inculcate scientific thinking, especially among the young students, so that orthodox beliefs and traditions do not impede the healthy growth of individuals and the nation.

Recognising the significance of the discovery in the field of Physics and the contribution of C.V. Raman, the National Council for Science and Technology Communication (NCSTC) proposed to celebrate 28 February as National Science Day. The Government of India approved the request and therefore since 1986.

National Science Day is celebrated by several Colleges, Universities, Schools, Researchers, Scientists, and Educational Institutions, Medical, Technical, etc. in various parts of India.

## 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 .....



## New Office Bearers of TNAI

<b>President, TNAI</b>	Prof. (Dr.) Roy K George MSc (N), PhD Principal, Baby Memorial College of Nursing Academic Coordinator - Nursing & Paramedical Studies Baby Memorial Hospital, Kozhikode, Kerala-673016	
<b>Vice President, TNAI North Region</b>	Mrs Annie Kumar Kailash Apartments B-9, Sector-4 Plot No.- 2, Dwarka New Delhi-110075	
<b>Vice President, TNAI North East Region</b>	Mrs CS Tada C/o Dr. Bamin Tada, Cheryl Cottage, Mount Aghee, Hapoli, PO Ziro-791120, Arunachal Pradesh	
<b>Vice President, TNAI East Region</b>	Mrs Reena Bose P-512, Basudev Pur Road Sarsuna Kolkata-700061 West Bengal	
<b>Vice President, TNAI West Region</b>	Mrs Swapna S Joshi Shivam D-11, TMC Mandala Staff Quarters, Sion, Trombay Road, Mandala, Maharashtra.	
<b>Vice President, TNAI South Region</b>	Mrs Jaeny Kemp Site No. 18, Poompuhar Nagar Vinayakar Koil Street Nalvar Layout Tamil Nadu	
<b>Hony Treasurer, TNAI</b>	Mrs Pritipal Kaur Bamra B-16 Saraswati Garden New Delhi-110015.	
<b>Hony Secretary, Midwives &amp; Auxiliary Nurse Midwives' Association (M&amp;ANMA)</b>	Mrs Shanti Teresa Lakra Tribal Health Section Directorate of Health Services Port Blair, Andaman Nicobar-744101	
<b>Hony Secretary, Health Visitors' League (HVL)</b>	Prof (Dr) Srinivasan Gandhi Prof.-cum Principal Tripurasundari College of Nursing Tulakuna, East Champamura Tripura West, Tripura-799008	

## TNAI Organised Awareness Campaign in Vadodara

The Trained Nurses Association of India (TNAI) organised a one-day TNAI orientation and awareness campaign on Safe Emigration at Sri Sayagi General Hospital, Vadodara (Gujarat) on 18 September 2018. This programme was hosted by the TNAI Gujarat state branch.

Earlier on the same day, the TNAI executives from Headquarters and Gujarat state branch visited the Government College of Nursing, Vadodara. Mrs Bhartiben Sanadia, the College Principal, welcomed the officials and explained about the Skill lab and the courses conducted in the Skill lab for nurses.

Mr. Dip Kamal Vyas, President TNAI Gujarat State branch welcomed the TNAI official during the function. The TNAI officials of the Gujarat state branch along with nurses from various institutions attended the programme. On behalf of TNAI headquarters, Mrs. Evelyn P Kannan, Secretary General and Mr. Ajinas A M, Assistant Secretary General attended.



More than 300 nurses of the Gujarat State actively participated in the programme. Mrs Evelyn P Kannan, Secretary-General took a session 'About TNAI' in which she explained the various ongoing activities and future plans of TNAI. Mr Ajinas AM, Assistant Secretary-General briefed about various aspects related to TNAI's procedure of inducting nurses for overseas job employment and what the interested nurses need to know before migrating to foreign countries.

## Awareness Campaign at Loni (Maharashtra)

The TNAI Maharashtra State branch had organised Biennial conference during 25-26 September 2018 at Pravara Institute of Nursing Sciences at Loni (Maharashtra). Nurses from various institutions attended the conference.

During the conference, Mr Ajinas AM, Assistant Secretary General, TNAI took session on 'Safe Emigration – What Nurses need to Know'.



## Nomination Sheet: TNAI Uttar Pradesh State Branch Election 2019

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

Nominator's Signature: \_\_\_\_\_  
 Nominator's TNAI No.: \_\_\_\_\_  
 Nominator's Name and Address: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

[(As per the TNAI Constitution Rules & Regulations and Bye-laws (Revised and approved by Council/HOD 2012)]

1. Last date for receiving Nominations is **20 March 2019** (6 weeks from the date of Publication)
2. The election of all the office of the Branch shall be held at the annual or biennial meeting of the Branch.
3. Returning Officer and Election Committee Members are not eligible to contest for election.
4. Both the nominator as well as nominee shall be a life member of TNAI.
5. The members holding office positions in TNAI shall not hold office positions in parallel Nursing Organizations and vice versa. For acquiring the new post the members will have to relinquish the former post.
6. A member working and residing in a state or Union Territory shall be the member of the branch of TNAI. In case of temporary change of resident e.g. study; deputation etc. for a period of more than a year, the member shall be given an option for changing his/her membership to the temporary place of resident after informing the headquarters and the former and latter state branches.

7. The nominator and Nominee should be working and residing in the same state or Union Territory shall be eligible for contesting election and casting the vote.
8. The members who are residing outside the country and state shall not be eligible for contesting election.
9. Members who are or had been involved in litigation with the Association without first representing the grievances to the grievances committee shall not be eligible to contest and shall have no voting rights and same will be applicable to the members who are facing disciplinary proceedings in their work situation/sphere.
10. Outgoing office bearers shall be eligible for re-election for one more term.
11. Any life member of TNAI may make nominations for all the offices of the TNAI State/UT Branch, but the nomination for the President and Secretary shall be made only from those who have served for one term (four years) as the EC members/office bearers at any time. A break of four years after two consecutive terms (8 years) is necessary for the President/Secretary of the branch.
12. For the offices of President and Secretary all valid nominations shall be included in the Provisional Ballot Paper. For other offices the names of three members having highest number of nominations shall be included in the Ballot Paper.
13. The nomination Sheet duly filled and completed by the nominator i.e. complete address, TNAI number along with the signature shall be sent to the Returning Officer within six weeks of its publication in the TNAI Bulletin.
14. Please mark the envelope "Nomination sheet – **TNAI Uttar Pradesh State Branch Election 2019**".
15. Completed Nomination Sheet(s) and all other correspondence related to election to be sent to the following address: **Mrs Neeru Jyotika Singh, Returning Officer - UP State Branch, Flat No. 201, Panjetan Heights, River View Part-2, Mehtab Bagh, Husainabad, Lucknow - 226003 (UP)**. Mobile: 7408180803, Email: neerusingh928@gmail.com

## नवजात शिशु का ब्लड प्रेशर बढ़ा सकता है फोलिक एसिड

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

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

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

## कुदरती तरीके खासे सहायक हैं कैंसर से निजात दिलाने में

कैंसर दशकों से चिकित्सकों, स्वास्थ्य कर्मियों तथा सरकारों की चिंता का विषय है और चुनौती भी। इसकी उत्पत्ति और दवाओं पर लगातार चलते शोध व मंथन, इलाज, निगरानी तथा देखभाल सहित भारी रकम खर्चने के बावजूद इससे पीड़ित 70 प्रतिशत व्यक्ति रोग लगने के पांच साल में मौत को प्यारे हो जाते हैं। रोगियों की दिया जाने वाला सामान्य उपचार कीमोथिरेपी, रेडिएशन और शल्यक्रिया विषाक्त होने के साथ साथ पीड़ादाई होते हैं। ऐसे में आशा की किरण दिखती है तो प्राकृतिक तौरतरीके और शाकाहार अपनाने के परिणामों से। हालांकि पिछले पंद्रह वर्षों में कम साइड इफेक्ट वाली 42 दवाएं ईजाद किए जाने के बाद अमेरिका, डेनमार्क, स्वीडन और स्लोवाकिया जैसे विकसित देशों में कैंसरजन्य मौतों में घटत दर्ज हुई, नामी मेडिकल पत्रिका *दि लॉसेट* में ऐसा उल्लेख है। फिर भी विकासशील देशों में कैंसर पर काबू पाने की दिशा में सुधार मामूली रहा। विश्वस्तर पर कैंसर के इलाज व देखभाल सेवाओं पर 113 अरब डालर खर्च किए जाने के बावजूद इस भयावह बीमारी से सालाना 70 लाख मौतें हो रही हैं। यह राशि 2021 में 147 अरब डालर तक पहुंच जाएगी।

शारीरिक अभ्यास, योग, ध्यान, कुदरती सब्जियों-फलों के अधिकाधिक सेवन, मांसाहार त्यागने के अब तक संचालित वैज्ञानिक प्रयोगों में प्राकृतिक जीवनशैली की कारगरता साबित हुई है। इसीलिए अमेरिकन इंस्टिट्यूट फॉर कैंसर रिसर्च की संस्तुति है कि भोजन में मांसाहार का अंश एक-तिहाई से अधिक ठीक नहीं है।

स्थूलतौर पर कहें तो शरीर के जिन अंगों-प्रत्यंगों से निरंतर कार्य न लिया जाए उनमें रक्तबहाव और हरकत क्षीण होते-होते वे मृतप्रायः हो जाते हैं। शरीर की अंदरूनी प्रणाली कैंसर की कोषिकाओं को पनपने का अनुकूल वातावरण प्रदान करती है। स्वस्थ रहने के लिए इसीलिए शारीरिक व्यायाम आवश्यक है। बैटैटाले पुरुषों में कॉलन, एंडोमीट्रियल या छाती का कैंसर और उम्रदार महिलाओं में छाती का कैंसर अधिक होता है। लोकस्वास्थ्य विशेषज्ञ तथा सीडीसी के पूर्व निदेशक टॉम फ्रायडन की राय में, "शारीरिक सक्रियता से भले ही आपके वजन में गिरावट न आए किंतु आपमें कैंसर, दिल की बीमारियों, स्ट्रोक और अर्थाइटिस का जोखिम घट जाएगा, इसे आप अद्भुत दवा मान सकते हैं।" कैंसर के इलाज में दवाओं के बदले या इनके साथ व्यायाम, योग, प्राकृतिक जड़ी बूटियों और सब्जियों-फलों का समावेश आरंभ करने की चर्चाएं मान्य हो रही हैं। फलीदार सब्जियों में मौजूद फाइटोकैमिकल कैंसर से हुई क्षति की असरदार तरीके से भरपाई करते हैं। विभिन्न प्रयोगों में ट्यूमरों की वृद्धि अवरुद्ध होने की पुष्टि हुई है। कैंसर से निबटने में टमाटर, चाय, अंगूर की भी भूमिका है। टमाटर को लाल बनाता (संभवतः लिकोपीन) विभिन्न कैंसरों खासकर प्रोस्टेट कैंसर का जोखिम घटता है। ग्रीन टी के सेवन से बड़ी आंत, लीवर, छाती, ऊतकों, त्वचा तथा अन्य कैंसरों में लाभ देखे गए हैं। अंगूर में विद्यमान रेज्वेरेट्राल में सशक्त एंटीऑक्सीडेंट और एंटीइन्फ्लेमेटरी गुण हैं। जॉर्जस्टेट यूनिवर्सिटी ने अनेक परीक्षणों में अदरख और हल्दी के सेवन को कीमोथिरेपी से कई गुना अधिक प्रभावी बताया है। अमेरिकी कैंसर शोध संस्थान का कहना है कि गहरे रंग की पत्तेदार सब्जियों व फलों में कैंसर से मुकाबला करने वाले पोषक तत्व अधिक होते हैं। संस्थान की यह भी संस्तुति है कि विटामिन आदि की गोलियां-शर्बतों आदि की तुलनामें सब्जियों-फलों का नैसर्गिक सेवन कई गुना बेहतर है। पानी और तरल पदार्थों के सेवन में कोताही ठीक नहीं, ये विषाक्तता को हल्का कर मूत्र के जरिए शरीर से निष्कासित करने में सहायक रहते हैं।

कैंसर के नियंत्रण को दुष्कर बनाता इसकी कोशिकाओं का चलायमान, बेढंगा स्वरूप है। अमेरिका के भौतिकी साइंसिज के ऑकोलोजी सेंटर की राय में सामान्य गैर-मैलिग्नेंट (मैलिग्नेंट यानी कैंसरजन्य) कोशिकाओं की वृद्धि, और मौत एक निश्चित तौरतरीके से होती है, इनका एक पैटर्न होता है, अतः इन्हें काबू में लाना सुकर रहता है। इसके विपरीत मैलिग्नेंट कोशिकाएं निरंतर विभाजित होते-होते बेतहाशा तेजी से प्रसारित होती रहती हैं, ये मरती भी नहीं हैं, व सूक्ष्म छिद्रों से भी आरपार हो कर गैर-मैलिग्नेंट कोशिकाओं की तुलना में शरीर में जोरदार असर डालती हैं। दूसरी बड़ी अड़चन कैंसर के मामलों का अंतिम चरण में पकड़ में आना है, रोग बढ़ जाने पर इसे काबू करना प्रायः दुष्कर होता है।

कैंसरग्रस्त व्यक्ति को अलग-थलग छोड़ने के बजाए उससे संवाद बनाए रखें और उसकी यथासंभव मदद की जानी चाहिए।

— हरीश बड़थवाल

## सीढ़ियां चढ़ना—उतरना फायदेमंद है सेहत के लिए

ऊपर—नीचे जाने के लिए हमेशा लिफ्ट या एस्केलेटर का प्रयोग करना, थोड़ी दूर जाने के लिए भी रिक्शा या वाहन को प्रयोग में लाना कुछ लोग अपने रूटीन को इस प्रकार ढाल लेते हैं कि उनके अंग—प्रत्यंग निष्क्रिय हो सकते हैं। कनाडा की मैकमास्टर यूनिवर्सिटी के प्रो. मार्टिन गिबाल के अनुसार लोग सीढ़ी चढ़ने—उतरने जैसे साधारण व्यायाम से अपने शरीर को चुस्त—दुरस्त रख सकते हैं। सीढ़ियां चढ़ने से न केवल उनकी हड्डियां सुचारु रूप से कार्य करती रहेंगी बल्कि श्वसन प्रक्रिया सही रहेगी जिससे उनका हृदय लंबे समय तक सामान्य तौर पर कार्य करेगा।

## अब गर्दन भी दुखाने लगा है मोबाइल फोन

सड़क पर पैदल चलते या दुपहिया—चौपहिया वाहन ड्राइव करते आपने लोगों को मोबाइल गर्दन और कंधे की बीच रखे, बतियाते देखा होगा। ऐसे में वाहन चलाने वालों को दुर्घटनाग्रस्त होने की प्रबल संभावना तो रहती ही है, इसके अलावा गर्दन में अनेक प्रकार की समस्याएं हो सकती हैं। वाहन न भी चला रहे हों, तो भी मोबाइल पर अक्सर बात करते रहने वालों की रीढ़ के आसपास के नरम ऊतकों पर प्रभाव पड़ता है और उनमें दर्द होने लगता है। कुछ मोबाइलकर्ता गर्दन को एक ही दिशा में मोड़े रहते हैं, यह भी गर्दन दुखाने का कारण बन सकता है।

दक्षिण आस्ट्रेलिया यूनिवर्सिटी और थाईलैंड के खोन केन यूनिवर्सिटी के शोधकर्ताओं का कहना है कि दुनिया के 3.4 अरब स्मार्टफोन यूज़र अपनी गर्दन को खतरे में डाल रहे हैं। यह निष्कर्ष 18—25 वर्ष के युवाओं पर किए गए अध्ययन के बाद निकाला गया जो मोबाइल का प्रयोग आठ घंटा रोजाना करते हैं। अतः मोबाइल इस्तेमालकर्ताओं के लिए संदेश है कि इसका प्रयोग कम, और उचित मुद्रा में करें।

### Lost & Found

It is to bring to information of all concerned that I, K. Lidiamma have lost my original Nursing Marks List (Register No. 5848) issued by Giffard Memorial Hospital, Nuzvid (Andhra Pradesh) and Certificate of Registration for Nurse (Register No. 42092) (2003 batch pass out) when travelling by auto rickshaw from Bantumilli to Bhimavaram on 11 November 2018. Further the same are not traceable despite many efforts.

**Mrs Kanduri Lidiamma, C/o Mr Sai Rameah Pamarthi**  
**Near Fish Market, Patha Peta, D. No: 12-716, 718 Jhankiram Bhavan,**  
**Krishna district, Nuzvid - 521201 (Andhra Pradesh)**  
**Mobile: (1) +91-9963524826, (2) +91- 9502542895**