

THE TRAINED NURSES' ASSOCIATION OF INDIA

**TNAI BULLETIN**

VOL. 5 No. 3

MARCH 2016

**Zika virus: Precautions are Imperative**

The spread of Zika virus being reported from over 39 countries especially Brazil and other South American countries is a matter of serious concern for health administrators globally. Worse, the Zika cases are discernible in increasing number by the day. The common symptoms of this vector-borne infection are: mild fever, muscle or joint pain, skin rash and inflammation of eyes; these are more or less similar to those in Dengue or Chikungunya (all three are attributed to bite by infected *Aedes mosquito* subtype *aegypti*) except the skin rashes and the conjunctivitis distinctive in Zika. Of all those bitten by *Aedes mosquito*, a fourth are affected with the disease, with symptoms appearing in 2 to 7 days after the bite. The magnitude of the global spread of Zika virus has led World Health Organisation (WHO) to wage a war against this 'Emergency' stating that it would require 5.60 million dollars to combat the Zika menace in coming months; WHO has also urged the nations to decimate the Zika virus by endeavouring to emasculate this virus using genetically modified technology already developed at the United Nations' International Atomic Energy Agency (IAEA). Especially vulnerable are the pregnant women who have been shown to bear children with microcephaly i.e. smaller than average size brain leading to impaired growth.

The fact that no Zika case has yet been reported from India must not lead us to complacency, since calamity can, and does affect, anyone or at any place unawares. Unfortunately no vaccine has yet been developed to ward off this novel epidemic although the scientific efforts are on. It is essential therefore essential to protect oneself from mosquito bite by such measures as not to allow chances mosquitoes to breed outdoors (as in flower pots, bottles) as well as indoors (like water tanks), using screens and mosquito nets, etc. before it is too late. We request all Nurses to upgrade themselves and disseminate this information to the community for protection from the bio-hazard.

**Major health events of March**

**International Women's Day on 8 March** every year reinforces the conviction that dependent women are not empowered and that non-participation of women in mainstream development activities deprives them of their rights. Since the contribution of women in various fields remains sidelined, activities and programmes are undertaken globally; the theme for 2016 is, *Planet 50-50 by 2030: Step It Up for Gender Equality* while the campaign theme is, *Pledge for Parity*. This year, the UN observances of the day seek to further the 2030 Agenda.

**INSIDE**

- 33 Editorial
- 34 Revised Rates for NJI Subscription
- 35 TNAI Scholarships - 2016
- 36 Application for TNAI Scholarship
- 38 SNA Scholarships - 2016
- 39 Application for SNA Scholarship
- 41 Nomination Sheet: TNAI Tamil Nadu State Branch
- 42 Non-Receipt of Copies of TNAI Bulletin
- 43 Events of the Month
- 44 TNAI Delhi State Branch Election 2016: Change in Returning Officer
- 44 Obituary
- 45 Hindi Matter
- 48 TNAI Bulletin: Form IV (See Rule 8)

**Advertisers**

47 Pragyan College of Nursing, Bhopal, Madhya Pradesh

A joint initiative of International Society of Nephrology and the International Federation of Kidney Foundations, **World Kidney Day** is a global awareness occasion to bring to focus the valuable role kidneys discharge in health of people and help reduce the frequency and impact of kidney disease and related health problems worldwide. It is held annually on the 2nd Thursday in March (this time on **10 March**) in 70+ countries. The theme identified for 2016 is, *Kidney Disease & Children. Act Early to Prevent It!* **World Tuberculosis Day** aims to heighten the common awareness about the epidemic of tuberculosis every year on **24 March**. Presently, approximately 1.7 million of the people die of this disease every year. 'Global Plan to End TB 2016-20' is yet another venture to fight TB by highlighting the scope of prevention and cure of the disease at mass level.

**(Sheila Seda)**  
Chief Editor, TNAI

## TNAI Bulletin

Form IV (See Rule 8)

The following Statement about ownership and other particulars relating to TNAI Bulletin are published as required by Section 19D, Sub-Section (b) of the Press and Registration of Books Act read with Rule 8 of the Registration of Newspapers (Central Rules, 1956).

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I, Mrs Sheila Seda, hereby declare that the particulars given above are true to the best of my knowledge and belief.

March 5, 2016

Mrs Sheila Seda  
Signature of the Publisher

### How to Receive Copies of TNAI Bulletin

*TNAI Bulletin* is a non-priced monthly organ of TNAI mailed to such members who are earnestly inclined to stay updated on the affairs of TNAI in particular. In case you are not on mailing list of *TNAI Bulletin* but want to receive the copies regularly, you may submit your request (addressed to the **Chief Editor, TNAI Bulletin**) mentioning your full name, TNAI membership number, complete mailing address with Pin Code and landmark etc.

– Chief Editor

#### TNAI BULLETIN

Monthly Newsletter of

The Trained Nurses' Association of India  
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## SNA SCHOLARSHIPS: 2016

The Trained Nurses' Association of India (TNAI) invites applications for award of SNA Scholarships for the year 2016. Scholarships are available for the following courses:

- 1 Multipurpose Health Workers (Female)/Revised ANM Programme.
- 2 Diploma in General Nursing and Midwifery.
- 3 Basic BSc Nursing.

Selected candidates will be paid Rs. **24,000/-** per scholastic/academic year.

### **Minimum Requirements**

1. Successful completion of first three months of preliminary training period.
2. Application forms should be recommended and signed by
  - a) Incharge/Principal, College or School of Nursing and
  - b) President/Secretary/SNA Advisor of the TNAI State Branch.

### **Other Conditions**

1. The applicant should be a bonafide student of a School/College of Nursing, recognised by Indian Nursing Council.
2. The SNA unit sponsoring the candidate for the Scholarship should be an active Unit at least for last three years.
3. Preference will be given to the candidate's active participation in SNA Activities at National / State / District / Zonal and Unit Level.
4. The applicant should not be receiving any financial support/benefits from any other source by way of stipend/fellowship/scholarship, etc.

### **Kind attention to the Principal**

1. 2015-2016 academic year students are eligible to apply the SNA Scholarship.
2. SNA Units are requested to send only two application forms from each category (i.e. BSc(N), GNM and ANM).

**APPLICATION FOR SNA SCHOLARSHIP**

Note:

1. Completed **Application form duly recommended by Incharge/ Principal of School or College and President/Secretary/SNA Advisor of the State Branch**, TNAI should be sent to the Honorary Chairman, Scholarship Committee, C/o Dy. Secretary-General-cum-SNA Advisor, Trained Nurses' Association of India, L-17, Green Park, New Delhi – 110016 up to **May 31, 2016. Incomplete applications will not be accepted.**
2. Application fee of Rs.100/- by cash or demand draft drawn in favour of "The Student Nurses' Association and two passport size photographs should be attached with the application form.
3. **Application received after May 31, 2016 will not be entertained.**

1. Full Name: Miss/Mrs./Mr./Sr./\_\_\_\_\_ (in block letters)

2. Student Mobile/Contact No./e-mail ID \_\_\_\_\_

3. Nationality \_\_\_\_\_ 3. Date of Birth \_\_\_\_\_

4. Present Address: \_\_\_\_\_

5. Permanent Address: \_\_\_\_\_

6. Name of the course you are under going for which SNA Scholarship is required and name and address of the institution:

(a) Course: \_\_\_\_\_

(b) Name & Address of the Institution: \_\_\_\_\_

(c) Date of commencement of course: \_\_\_\_\_

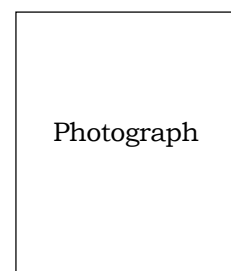
(d) Date of completion of course: \_\_\_\_\_

7. State whether married, single or widow: \_\_\_\_\_

8. If married, number of children, with age/status and employment: \_\_\_\_\_

9. Educational Qualification: \_\_\_\_\_

10. Will you be getting any financial help, stipend/scholarship/from other source? If Yes, name the source and give details: \_\_\_\_\_



11. Give names and full addresses of three persons for reference purpose, one of whom should be the head of Training School or College of Nursing and the other should be a teaching staff of your School or College and the third, a person of standing who knows you well but not related to you. Please ensure that the referee is sending the recommendation in time.

12. Attach copies of certificates attested by a Principal Tutor of your School / Gazetted officer or a District Magistrate as listed below with application form.

- (a) Statement of academic performance of first 3-4 months of your training.
- (b) Certificates of any other training/study undertaken.
- (c) Higher Secondary certificate or any other Higher Examination passed
- (d) Medical certificate (Original).
- (e) Certificate of annual family income.

I hereby certify that the information given in this Application Form is true to the best of my knowledge and belief.

**I also undertake to refund the whole amount of scholarship paid to me by the Trained Nurses' Association of India, in case, I am offered any financial help from any other source (s).**

Date: \_\_\_\_\_

\_\_\_\_\_  
Signature of the Candidate

### School/College Principal

10. Brief statement of SNA Unit :

- (a) Do you have SNA Unit: \_\_\_\_\_
- (b) Does it pay regular SNA Subscription fee (Tick) Yes / No:
- (c) If yes, mention the last 3 years subscription paid by the unit, indicate only year wise receipt number with date:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

(d) Did your unit participated in any SNA activities Unit / State / National level? List them \_\_\_\_\_

\_\_\_\_\_

Recommendation by the In-charge/ Principal School of Nursing keeping in view the merit of the candidate and the eligibility for the scholarship. Before sending the application, it is to be ensured that the application is complete in all respect.

\_\_\_\_\_  
\_\_\_\_\_

- 1. Name of the In-charge / Principal of School /College of Nursing \_\_\_\_\_
- 2. Signature: \_\_\_\_\_
- 3. E-mail-ID \_\_\_\_\_
- 4. Office Phone & Mobile No. \_\_\_\_\_

Recommendation by the President/Secretary/State SNA Advisor of the TNAI State Branch.

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
**Signature**  
**President/Secretary/State SNA Advisor of the TNAI State Branch**

## EVENTS OF THE MONTH

### International Women's Day: 8 March

The underlying spirit behind celebrating International Women's Day on 8 March every year is the belief that dependent women are not empowered and it is education or economic independence that paves way for their empowerment. Women continue to contribute to social, economic, cultural and political achievement although their contribution at home and at work places is either underestimated or hardly acknowledged. Non-participation of women in mainstream development activities restricts their growth and development.

The theme for International Women's Day 2016 is, Planet 50-50 by 2030: Step It Up for Gender Equality. while the campaign theme is, *Pledge for Parity*. The observances by the United Nations on this day shall reflect on accelerate the 2030 Agenda. The emphasis shall be on building momentum for the effective implementation of the new Sustainable Development Goals to clear way towards gender equality, women's empowerment and women's human rights. The day also recapitulates the progress made by half the world population along various parameters in the past.

Agenda 2030: Some key targets of the 2030 Agenda include: (a) ensuring that by 2030 all girls and boys complete free, equitable and quality primary and secondary education as well as have access to quality early childhood development, care and preprimary education leading to relevant and Goal-4 effective learning outcomes (b) ending all forms of discrimination against all women and girls everywhere (c) eliminate all forms of violence against all women and girls in the public and private spheres, including trafficking and sexual and other types of exploitation and (d) eliminate all harmful practices, such as child, early and forced marriage and female genital mutilation.

### World Kidney Day: 10 March

Located deep in the abdomen, beneath the rib cage, the kidneys are complicated organs responsible for removal of toxins and excess water from the blood, thus keeping the body healthy. Kidneys also help in control of blood pressure, mineral and molecular levels including sodium and potassium, production of red blood cells and maintenance of bones.

A joint initiative of International Society of Nephrology and the International Federation of Kidney Foundations, World Kidney Day is a global health awareness occasion with focus on the importance of kidneys and reducing the frequency and impact of kidney disease and related health problems worldwide. It is held annually on the 2nd Thursday in March in about 70 countries.

The World Kidney Day seeks to generate public awareness of kidney diseases which affect millions of people worldwide, including children who may be at risk of kidney disease at an early age. It advocates education, early detection and a healthy life style in children, starting at birth and continuing through to old age, to combat the increase of preventable kidney damage including acute kidney injury and chronic kidney disease, besides treatment of children with inborn and acquired disorders of the kidney. The kidney disease can affect persons of any age including children in various ways, ranging from treatable disorders without long-term consequences to life-threatening conditions. The theme identified for 2016 is, *Kidney Disease & Children. Act Early to Prevent It!*

Acute kidney disease (AKI) is a serious condition that develops suddenly, with potential consequences with life-long problems. In person with hemolytic uremic syndrome (an example of AKI) red blood cells are destroyed and block the filtering system of kidneys. When the kidneys stop functioning, a child can develop acute kidney injury.

The more critical condition, that of Chronic kidney disease (CKD) tends to worsen over time, eventually leading to kidney failure, which is an end-stage kidney disease) and needs to be treated with a kidney transplant or blood-filtering treatments (dialysis) for life. In children, 0- 4 years, birth defects and hereditary diseases are the leading causes of kidney failure while most common cause among those in 5-14 years is hereditary. Children in age group 15-19, the glomeruli are the leading cause of kidney failure.

World TB Day: 24 March

World Tuberculosis Day is celebrated is celebrated to raise the common awareness about the epidemic disease of tuberculosis every year on 24 March. Presently, approximately 1.7 million of the people die of this disease every year.

'Global Plan to End TB 2016-2020' is yet another venture initiated by a group of organisations to fight TB by highlighting the scope of prevention and cure of the disease at mass level. World TB Day is purports to enhance awareness among people about the basic facts and knowledge of tuberculosis, its causes, prevention and cure.

Tuberculosis is an airborne disease caused by the Mycobacterium tuberculosis that usually affects the lungs; it is spread from one infected person to another vulnerable person through the droplets inhering in the throat or lungs. Most infected people have been from the south-east Asia (34% of the global case). In 2011, 8.7 million new cases came to light while 1.4 million of the people (including 64000 deaths of children) died of it. Most of the deaths have been from low and middle income group.

The first meeting for World TB Day celebration was held by the WHO and the Royal Netherlands Tuberculosis Foundation in 1995 in Netherlands; in 1996, organisations like WHO, the IUATLD and KNCV conducted various events marking the World TB Day celebrations. In 1997, DOTS was declared as a biggest initiative to fight tuberculosis by the WHO, about 200 organisations joined to perform the awareness activities on the World TB Day of 1998.

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## **TNAI Delhi State Branch Election 2016: Change in Returning Officer**

The particulars of current office holders of TNAI Delhi State Branch were published in January 2016 issue of *TNAI Bulletin* (vide Nomination Sheet at page 7/8). The name of National Returning Officer, as indicated was Maj Gen (Retd) Jasbir Grewal, Bar to VSM. It is for information of all concerned that due to her inconvenience, in her place the National Returning Officer shall be Miss Jaiwanti P Dhaulta.

The duly completed Nomination Sheets and related correspondence regarding Delhi State Branch may therefore be addressed to: **Miss Jaiwanti P Dhaulta, National Returning Officer, TNAI Headquarters, L-17 Florence Nightingale Lane, Green Park, New Delhi-110 016.**

### Obituary

#### **Capt Neha Katoch**

Capt Neha Katoch left for her heavenly abode on 5 January 2016 at Army Hospital (Referral & Research), Delhi. She was serving at 158 Military Hospital.

After completing her BSc (Nursing) from Armed Forces Medical College, Pune (MS), she was commissioned as Lieutenant on 7 August 2010. She served various Armed Forces Hospitals.

Officers of Military Nursing Service condoled sudden, untimely passing away of Capt Neha. She was an example of love, dutifulness and loyalty to her profession, performing all her work with sincerity. She was Life Member of TNAI. May her soul rest in peace!



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– Chief Editor

## Nomination Sheet: TNAI Tamilnadu State Branch Election - 2016

Office	Present Office Holder	Name & Official Address of the Nominee with TNAI Membership Number
President	Dr (Mrs) Jaeny Kemp*, Principal, GKNMH Institute of Nursing, Coimbatore – 641037	
Vice President	Dr (Mrs) JS Vijayalakshmi, Principal, Vignesh College of Nursing, Thiruvannamalai - 606603	
Secretary	Mrs Chellammal Mariappan, Rtd. * Principal, KKR Doctors Court, 131 M H Road North, Perambur Chennai -600011	
Treasurer	Dr (Mrs) Ani Grace Kalaimathi, Registrar I/C, TNMC Chennai – 600004	
SNA Advisor	Dr (Mr) Jeyaseelan Devadoss, Dean, Annai JKKS Ammal CON, Komarapalayam, Namakkal Dt.	
Chairperson, Nursing Research	Dr (Mrs) Latha Venkatesan, Principal Apollo College of Nursing, Chennai - 600095	
Chairperson Nursing Education	Vacant	
Chairperson, Nursing Service	Dr (Mrs) Annie Raja, Principal, Andhra Mahila Sabha School of Nursing, Chennai - 600028	
Chairperson Social Welfare	Dr (Mrs) Shanthi Appavu, Principal, Christian College of Nursing, Neyoor, Kanyakumari Dt. Pin - 629 802	
Chairperson Public Health	Dr (Mrs) D. Manivannan, Principal, Chithirai College of Nursing, Madurai - 625 009	
Chairperson Programme Committee	Dr (Mrs) Muthulakshmi, Principal, PPG College of Nursing, Coimbatore - 641035	
Chairperson Membership Committee	Dr (Mrs) Revathi, Professor, Sri Ramachandra College of Nursing, Porur, Chennai - 600116	
Representative of HVL / Midwives /ANM	Dr (Mrs) Komalavelli, Principal, Karpaga Vinayaga College of Nursing, Kancheepuram Dt. - Pin 603308	

\* The present President and the Secretary are holding office for second term.

Nominator's Signature .....

Nominator's TNAI membership No .....

Nominator's Name & Address .....

.....





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

1. Last date for receiving Nominations is **17 April 2016** (6 weeks from the date of publication).
2. The election of all the offices of the Branch shall be held at the annual or biennial meeting of the Branch.
3. Returning Officer and Election Committee Members are not eligible to contest for election.
4. Both the Nominator as well as Nominee shall be a Life Member of TNAI.
5. The members holding office positions in TNAI shall not hold office positions in parallel Nursing Organisations and vice versa.
6. A member working and residing in a State or Union Territory shall be the member of that branch of TNAI. In case of temporary change of residence e.g. study deputation etc. for a period of more than a year in their work situation /sphere, the member shall be given an option for changing her/his membership to the temporary place of residence after informing the Headquarters and the former and latter state branches.
7. The Nominator and Nominee should be working and residing in the same state or Union Territory to 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 provided the current term is not second 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 member/office bearer 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 the 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 Membership 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: TN State Branch Election 2016**'.
15. Completed Nomination Sheet (s) and all other correspondence related to election to be addressed to the following address: **Dr A Reena Evency, Principal, St Xavier's Catholic College of Nursing, Chunkankadai, Nagercoil, Kanyakumari District (TN), Pin: 629003**. Landline No. 04651-231740 and Mobile No.09840307884, E-mail ID: xaviers\_nursing@yahoo.com ■

### Non-Receipt of Copies of *TNAI Bulletin*

We take utmost care to ensure that subscribers receive the copies of *TNAI Bulletin* in time. The copies are dispatched in first week of every. However, in the event of a member not having received the copy of a particular issue, intimation to this effect, together with request (addressed to the **Chief Editor, *TNAI Bulletin***) for another copy may be submitted by 15th day of the month so that we can consider sending another copy of the issue, subject to availability of copies.

Members may note that late complaints i.e. those received after 15th day of the month shall not be entertained.

– Chief Editor

## TNAI SCHOLARSHIPS – 2016

The Trained Nurses' Association of India invites applications for awarding scholarship for higher studies for the year 2016. Scholarships are available for the following courses.

### I. FOR GENERAL NURSES

- (a) Post Certificate Diploma course in Nursing Education and Administration, and other specialty courses
- (b) Post Basic BSc Nursing (Regular)
- (c) Students pursuing Post-Basic BSc Nursing through Indira Gandhi National Open University (IGNOU) can also apply who have successfully completed the first year (Candidates receiving salary or any other financial support will not be eligible to the grant of scholarship.)
- (c) Master of Nursing
- (d) PhD, MPhil in Nursing

### II. FOR HEALTH VISITORS AND AUXILIARY NURSE MIDWIVES / MPHWS (F)

- (a) General Nursing and Midwifery course.
- (b) Any short-term course of not less than three months duration.

All the above mentioned courses and the institution should be recognized by Indian Nursing Council.

#### Eligibility criteria

- ◆ The candidates should have at least 3 years' membership of the TNAI.
- ◆ All the three confidential reports should be received timely from the referees mentioned in your applications.
- ◆ The application should be recommended by the President/Secretary of the State Branches.
- ◆ Preference will be given to the candidate's active participation in TNAI activities at National, State, District / Zonal and Unit level.
- ◆ The proof of annual family income of the candidates (who wish to apply for scholarship) should be obtained from competent authority and attached along with the application.
- ◆ The Candidate should not be a recipient of any other scholarship or any financial help from any other source.
- ◆ The candidate should not be a recipient of TNAI scholarship for at least last 5 years.

#### General Conditions

- (a) The completed application forms should be reached in this office along with application fee of Rs. 100/- by demand draft in favour of TNAI by **May 31, 2016**.
- (b) All the application should be signed by / routed through your TNAI State Branch, President/Secretary.
- (c) Last date for receiving the application form is **May 31, 2016**. Application forms received after this date will not be entertained.

Candidates selected for the Scholarship are required to sign an agreement to the effect that they will serve for **at least two years within India**. In case of default, the awardees will be required to refund the whole Scholarship amount with interest.

**THE TRAINED NURSES' ASSOCIATION OF INDIA**  
**Headquarters: L-17, Florence Nightingale Lane, Green Park, New Delhi**

**APPLICATION FOR TNAI SCHOLARSHIP**

Note:

1. Completed Application form should be sent to the Secretary-General, Trained Nurses' Association of India, L-17, Florence Nightingale Lane, Green Park, New Delhi-110016, up to July 15, 2015. Incomplete application will not be accepted.
2. Application fee of Rs. 100/- by cash or demand draft drawn in favour of "The Trained Nurses' Association of India" and two photos should be attached with the application form.
3. Last date of receiving application form is May 31, 2016
4. Application received after **May 31, 2016** will not be entertained.

Photograph

1. Full Name: Miss/Mrs./Mr./Sr. \_\_\_\_\_  
(in block letters)
2. Date of Birth: \_\_\_\_\_ 3. Nationality: \_\_\_\_\_
4. Permanent Address: \_\_\_\_\_  
\_\_\_\_\_
5. Phone Nos. Mobile: \_\_\_\_\_ Land line: \_\_\_\_\_  
E-mail: \_\_\_\_\_
6. Martial Status: single, married, widow \_\_\_\_\_
7. Number of children, with age: \_\_\_\_\_
8. Name of the course: \_\_\_\_\_ Year of study: \_\_\_\_\_
9. Date of commencement of course: \_\_\_\_\_ Completion: \_\_\_\_\_
10. Name and address of the Institution: \_\_\_\_\_  
\_\_\_\_\_
11. TNAI Life Membership No. \_\_\_\_\_ Date of enrollment \_\_\_\_\_
12. Have you ever held any office of TNAI at Unit /District/State level? \_\_\_\_\_
13. Have you ever served on the National Executive Committee/ Council/HOD of TNAI? \_\_\_\_\_
14. Have you participated in any of the TNAI activities/membership and fund raising campaign?  
\_\_\_\_\_
15. Have you published any Articles, if yes; year of publication \_\_\_\_\_
16. Have you applied for any scholarship to any other Agency? If yes, Please mention the name of the Agency to which you have applied:  
\_\_\_\_\_

17. Will you be getting any financial help/stipend/scholarship/deputation allowance from any other source/institution? Please give details: \_\_\_\_\_

\_\_\_\_\_

18. Are you deputed for studies on full/half/without pay (mention how much amount you will be getting) or you have to resign your job to take up the study? If yes give details:

\_\_\_\_\_

19. Please give name and addresses of three persons for reference purpose. Two among them should be from the Nursing Profession (Head of the institution / Hospital / Organisation).  
**Name, designation and full Address (in capital letters) with mobile/ phone Nos./ Email**

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. Any other (who is not related to the candidate): \_\_\_\_\_

20. Attached copies of the certificates attested either by TNAI Council member, Gazetted Officer or a District Magistrate as listed below with this application form:

- [a] Certificate of ANM / GNM / BSc / PC BSc / MSc
- [b] Registration Certificate
- [c] Certificate of any other training/study undertaken
- [d] Matriculation certificate & higher examination, if passed
- [e] Medical fitness certificate (in original)
- [f] Certificate of annual family income of the candidate from competent authority.
- [g] A letter from the Principal, College of Nursing stating that she/he got admission in the respective institution.
- [h] Photocopy of TNAI Life membership card

I undertake to refund the whole amount of scholarship paid to me the Trained Nurses' Association of India in case I am offered financial help from any other source(s).

I hereby certify that the information given in this application form is true to the best of my knowledge and belief.

Date: \_\_\_\_\_

\_\_\_\_\_  
Signature of the candidate

### Recommendation

Recommendation by the State branch President or Secretary keeping in view the merit of the candidate and the eligibility for the TNAI Scholarship

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_  
Signature

President/Secretary State Branch, TNAI

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## जीका वायरस: निबटने के उपायों पर विचार जरूरी

विगत कुछ महीनों से “जीका” नामक नई महामारी के दक्षिण अमेरिका और अफ्रीका के अनेक देशों में कहर ढाने की चर्चाएं जोरों पर हैं। गनीमत है कि हमारे देश में अभी तक इस बीमारी का कोई मामला दर्ज नहीं किया गया है हालांकि इस से तसल्ली करते हुए हाथ पर हाथ धरे बैठना उचित नहीं होगा। जीका की उत्पत्ति संबंधी मतभेदों के बावजूद, इस महामारी की व्यापकता और दिनोंदिन तेजी से सामने आते नए मामलों को देखते हुए हमें जरूरी निवारक उपाय इस्तेमाल में लाने होंगे।

जीका के प्रसार का कारण एडीज़ जाति के उसी संक्रमित मच्छर से काटा जाना है जो डेंगू, इंसेफेलाइटिस और चिकनगुनिया के लिए जिम्मेदार है। इन सभी रोगों के ज्यादातर लक्षण मिलते जुलते होते हैं: बुखार, कमजोरी और पेशियों खासकर जोड़ों में दर्द। अंतर यह है कि जीका में त्वचा पर चकत्ते और आंखों में लाली या कंजक्टिवाइटिस हो जाते हैं। डेंगू में बुखार और पेशियों का अत्यधिक रहता है। चिकनगुनिया में हाथपांव कोहनी और एड़ी का दर्द, झुकने, चलने या हिलने—डुलने में भारी जहमत, पानी की बोतल खोलने तक में भारी दिक्कत रहती है। जीका के रोगी के अंग—प्रत्यंग खासकर हाथपांव इतना नहीं टूटते। एडीज़ मच्छर की (एजिप्टी प्रजाति) से उत्पन्न जीका से पीड़ित गर्भवती महिला ऐसी संतान को जन्म देती है जिसका मस्तिष्क छोटे आकार का (‘माइक्रोसिफैली’ से ग्रस्त) होता है और इसीलिए इन बच्चों का विकास अवरुद्ध होता है, ऐसी प्रबल संभावनाएं जताई जा रही हैं। जीका से संक्रमित मच्छर से काटे जाने वाले एक चौथाई व्यक्ति रोग प्रभावित हो जाते हैं और 2 से 7 दिन में लक्षण दिखने लगते हैं।

अफ्रीका से शुरू हो कर 30 देशों में दशहत्त फैलाने वाले जीका वायरस की पहचान पहली बार उगांडा के जीका जंगल में स्थित जैविक विविधता परिवेश में स्थापित एक प्रयोगशाला में 1947 में की गई थी जहां मच्छर और भौरों पर शोध होता है। पहले जीका के मामले अफ्रीका तक सीमित थे किंतु इस विषाणुजन्य संक्रमण ने पिछली बार अपना भयावह रूप याप (माइक्रोनेशिया) द्वीप में 2007 में दिखाया जब वहां की 75 फीसद आबादी जीका की चपेट में आ गई थी। मार्च से जून 2014 के बीच प्रशांत क्षेत्र के ईस्टर द्वीप में भी जीका वायरस की मौजूदगी पुष्ट की गई। उसके बाद पिछले साल उत्तरपूर्वी ब्राजील में जीका के मामलों की आधिकारिक घोषणा हुई। पिछले अक्टूबर से लगातार दक्षिण अमेरिका के अनेक देशों में इससे पीड़ितों पर चिंता जताई जा रही है।

जीका की रोकथाम के लिए अभी तक कोई टीका ईजाद नहीं हो पाया है हालांकि इस दिशा में शोध और विमर्श जारी हैं। दूसरी ओर बाजार है जो इस विश्वव्यापी महामारी का भरपूर फायदा उठाने पर तुला है। प्राकृतिक जीवनशैली की रहनुमा वेबसाइट (नेचुरलन्यूज़डॉटकॉम) ने अमेरिकी दवा उद्योग के एक दिग्गज मार्टिन श्केली की एक ईमेल खुलासा की है जिसके शब्द हैं, “हमने (जीका के लिए प्रस्तुत दवा की) प्रति बोतल की कीमत 1700 डालर से बढ़ा कर 75,000 डालर कर दी है जिससे हमें अपने निवेश का खूब फायदा मिलेगा।” हमारे देश की भारत बायोटेक ने हालिया ऐलान किया कि जो जीका वायरस के लिए वैक्सीन विकसित कर रही है। इस पर आधिकारिक सूत्रों में खलबली मच गई, शहर नहीं बसा चोर पहले, जीका के प्रसार की उन्हें क्यों सूझी और दुर्लभ जीका का विषाणु वे कैसे हासिल कर पाए। कंपनी ने सफाई दी कि उसी मच्छर द्वारा संक्रमित होने वाले डेंगू और चिकनगुनिया की वैक्सीनों पर बहुत वह पहले से कार्यरत है, उसी श्रृंखला में जीका के छुटमुट मामलों को ध्यान में रखते हुए कार्य को बढ़ाया जा रहा है।

बड़ी तादाद में ब्राजील, कोलंबिया, वेनेजुएला, पीरू और अल सल्वाडोर देशों की महिलाएं अवरुद्ध बच्चे पैदा होने की आशंका से इतनी आक्रांत हैं कि उन्होंने गर्भपात का रुख ले लिया है, इन गोलियों की मांग

और कीमतें आसमान छू रही हैं। इस प्रवृत्ति पर नामी इज़रायली जीवविज्ञानी लेस्ली लोबेल ने टिप्पणी की है कि जीका से उतनी क्षति नहीं होने वाली जितना इसके बाबत हायतौबा से। जीका को ले कर अफरातफरी में इजाफा तब हुआ जब विश्व स्वास्थ्य संगठन ने इसे वैश्विक आपदा अधिसूचित करते कहा कि इससे निबटने के लिए आगामी महीनों में 56 लाख डालर की जरूरत पड़ेगी।

जीका के स्वरूप और फैलाव के बाबत विशेषज्ञ एकमत नहीं हैं। अर्जेन्टीना की एक रिपोर्ट में यह बताया गया है कि नवजात शिशुओं में माइक्रोसिफैली का कारण जीका जीवाणु नहीं बल्कि पाइरीप्रोक्सीफेन नामक पेस्टिसाइड है जिसे पेयजल में लार्वा को नष्ट कर सुरक्षा की दृष्टि से मिलाया जाता है। गर्भवती महिलाएं जब यह पानी ग्रहण करती हैं तो उक्त रसायन बच्चों में विकृति लाता है। कुछ विशेषज्ञ जीका वायरस की उत्पत्ति के लिए बायोटेक कंपनियों के आनुवांशिक संशोधन संबंधी प्रयासों को जिम्मेदार ठहराते हैं, ऐसी पहल संभवतः ब्राजील में डेंगू के मच्छर को काबू में करने की सोच से भी की गई हो। जीका वायरस के नियंत्रण के लिए डब्ल्यूएचओ ने एडीज़ एजिप्टी प्रजाति के समस्त मच्छरों को बांझ बना डालने का सुझाव दिया है। इसे अमल में लाए जाने से पूर्व पर्यावरण पर पड़ने वाले प्रभाव पर भलीभांति विचार करना उचित रहेगा।

जीका वायरस की उत्पत्ति के बाबत मतभेद अपनी जगह है, हमारा फोकस अग्रिम निवारण उपायों खासकर मच्छरों के निराकरण और स्वच्छता पर रहना चाहिए।

टी.एन.ए.आई. प्रकाशन डेस्क

## कम नहीं हैं यूरिन को रोकने के खतरे

शरीर की अंदरूनी क्रियाओं के दौरान अनेक प्रकार के संवेग हैं जैसे मलमूत्र की इच्छा, खांसना, जम्हाई लेना, डकार लेना, पेट से हवा का निकलना। इन सभी क्रियाओं का उत्सर्जन यानी रिलीज किया जाना अनिवार्य है। इन्हें रोकने से शारीरिक क्रियाएं बाधित होती हैं और हमारे बीमार होने की प्रबल संभावना रहती है। इस आलेख में यूरिन यानी पेशाब को रोकने से उत्पन्न होने वाली समस्याओं की चर्चा है।

### पथरी बनने की आशंका

हमारे शरीर में रक्त शोधन का कार्य निरंतर चलता रहता है, यह जिम्मा किडनी का है। खून की गंदगी व अवांछित पदार्थों को किडनी हर क्षण ब्लैडर में भेजती रहती है, एक घंटे में तकरीबन 120 मि.ली. पेशाब इकठ्ठा हो जाता है जिसे शरीर से बाहर किया जाना निहायत जरूरी है।

यदि यूरिन का वेग महसूस होने में 4-5 मिनट की देरी हो जाए तो यूरिन दोबारा यूरिन ब्लैडर में वापस जाने लगता है। याद रहे, यूरिन में यूरिया, एमिनो एसिड जैसे जहरीले तत्व होते हैं जिन्हें ज्यादा समय शरीर में टिके रहने देना ठीक नहीं है चूंकि ये तत्व किडनी में पथरी (स्टोन) बनाने के लिए अनुकूल वातावरण तैयार करते हैं जो स्वयं में खासी समस्या है।

### यूरिनेरी ट्रैक इन्फेक्शन

यूरिन निष्कासित करने में यदि बार बार देरी की जाती है तो यूरिन मार्ग में संक्रमण की संभावना रहती है, इस बीमारी को यूरिनेरी ट्रैक इन्फेक्शन (यूटीआई) कहते हैं जो महिलाओं को अमूनन हो जाती है। ध्यान रहे, शरीर के किसी भी इन्फेक्शन के प्रति किडनी ज्यादा संवेदनशील है और इन्फेक्शन का शिकार जल्द हो जाती है। यदि किडनी में इन्फेक्शन बहुत ज्यादा हो जाए तो गुरदों के ठप्प हो जाने यानी किडनी

फेल्योर की आशंका भी हो सकती है।

### मांस पेशियों का कमजोर पड़ जाना

जिन लोगों को यूरिन रोकने की आदत होती है उनके ब्लैडर की मांसपेशियां शिथिल पड़ जाती हैं और धीरे धीरे यूरिन करने की क्षमता कम हो जाती है। यूरिन रोकने से इसका रंग बदल जाता है जो गड़बड़ी का संकेत है।

दुर्भाग्य की बात है कि हमारे शहरों में महिलाओं के लिए शौचालय बहुत कम हैं। यही कारण है देश की बहुत महिलाएं यूरिन की समस्याओं से जूझती हैं हालांकि स्वच्छता मिशन की शुरुआत के बाद इस स्थिति में सुधार आया है, स्कूलों में अलग से लड़कियों के लिए शौचालय स्थापित किए जा रहे हैं।

यूरिन रोकने से उत्पन्न होने वाली समस्याओं को मद्देनजर रखते हुए यूरिन करने में कोताही नहीं बरतें। जब भी आपको लगे, सामने शौचालय दिखाई नहीं पड़े तो जानकारी लें।

## हड्डियों को मजबूत बनाती हैं शीशम की पत्तियां

शीशम के बारे में आम धारणा है कि यह एक इमारती लकड़ी है, बस। कम ही लोग जानते हैं कि इसमें हड्डियों को जोड़ने और दुरस्त करने के लिए शीशम अत्यंत कारगर औषधि है।

हड्डी में प्रमुख तत्व कैल्शियम है। इसीलिए हड्डी टूटने पर या इन्हें मजबूती प्रदान करने के लिए दवाओं के अलावा दूध, दूध के अन्य पदार्थ और उन सब्जियों व फलों के सेवन की सलाह दी जाती है जिनमें कैल्शियम प्रचुर मात्रा में होता है। ऐसी सब्जियों में हैं – पालक, मेथी, ब्रोकली, फूलगोभी, भिंडी, गाजर, प्याज के पत्ते आदि। फलों में हैं अमरुद, हरे सेब, अन्नानास, खजूर आदि।

प्रकृति सभी जीवों पर मेहरबान रहती है। किसी भी भूमि में अनेक ऐसी वनस्पतियां और पौधे होते हैं जो औषधीय गुणों से भरपूर हैं। शीशम भी इनमें है। इसकी पत्तियों में हड्डियां दुरस्त करने के गुणों की पुष्टि हालिया केंद्रीय औषध अनुसंधान संस्थान (सीडीआरआई) लखनऊ ने की है। संस्थान का कहना है कि शीशम में मौजूद कैवियूनिन नामक तत्व हड्डियों को स्वस्थ रखने में लाभकारी है। अतः ऑस्टियोपोरोसिस के रोगी इसका लाभ उठा सकते हैं। उल्लेखनीय है, शीशम के सेवन से हड्डी को दुरस्त होने में छह माह से कम समय लगता है।

शीशम का सेवन इसकी पत्तियों का पेस्ट बना कर जख्मी हिस्से पर लगा कर किया जा सकता है। यों सीधे शीशम की पत्तियों को चबाया जा सकता है। गुजरात की एक फर्म शीघ्र ही बाजार में शीशम से बनी दवा पेश करने जा रही है।

टी.एन.ए.आई. प्रकाशन डेस्क

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#### ADMISSION NOTICE SESSION 2016-17

- ❖ **M.Sc. NURSING - 2 YEARS:**  
Eligibility: As per INC.
- ❖ **B.Sc. NURSING - 4 YEARS:** Eligibility: 10+2 pass with 45% integrated marks in Physics, Chemistry, Biology (PCB) 5% relaxation for SC/ST. English must be a compulsory subject.
- ❖ **ANM - 2 YEARS:** Eligibility: 10+2 pass in any subject with M.P. domicile.
- ❖ Cost of Prospectus for all courses Rs. 300/- . Payment can be made in cash or through demand draft in favour of "Pragyan College of Nursing, Bhopal" write your Name, Address with Pin Code, telephone number at the back of demand draft. Last date of form submission May 31, 2016 Form can be downloaded through website.

#### NURSING FACULTY REQUIREMENT FOR 2016 SESSION

Associate Professor: 01 in community health Nursing, Assistant Professor 01 in Community Health Nursing, Experience as per INC. Apply immediately with biodata, photo copies of qualification, experience, registration and one passport size photo

Principal