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.

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

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

MARCH 2016 VOL. 5 No. 3

TNAI-Bulletin Mar-2016 33
TNAI Bulletin

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

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).

1. Place of Publication
   Delhi

2. Periodicity of Publication
   Monthly

3. Printer's Name
   Mrs Sheila Seda
   Nationality
   Indian
   Address
   L-17, Florence Nightingale Lane, Green Park, New Delhi-110016

4. Publisher's Name
   Mrs. Sheila Seda
   Nationality
   Indian
   Address
   L-17, Florence Nightingale Lane, Green Park, New Delhi-110016

5. Editor's Name
   Mrs. Sheila Seda
   Nationality
   Indian
   Address
   L-17, Florence Nightingale Lane, Green Park, New Delhi-110016

6. Place of Publication who own the newspaper and partners or shareholders holding more than one percent of the Capital
   The Trained Nurses’ Association of India
   L-17, Florence Nightingale Lane, Green Park, New Delhi-110016

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
L-17, Florence Nightingale Lane, Green Park, New Delhi - 110016
Ph : 26566665, 26966873, Telefax : 011-26858304
E-mail: tnai_2003@yahoo.com, tnai@vsnl.net
Website: www.tnaionline.org

EDITORIAL ADVISORY BOARD
Mrs Anita A Deodhar, Ms Surekha Sama,
Dr (Mrs) Sushma Saini, Mrs Sikha Maity,
Mrs Evelyn P Kannan, Mrs Sheila Seda

Consulting Editor: HK Barthwal
Chief Editor: Mrs Sheila Seda

Published, edited and printed by Mrs Sheila Seda for The Trained Nurses’ Association of India, L-17, Florence Nightingale Lane, Green Park, New Delhi-110016 at Chandu Press, 63 FIE, Patparganj Industrial Estate, Delhi-110092.
**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
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 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.

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!

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

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

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

Nominator’s Signature ________________________________
Nominator’s TNAI membership No ________________
Nominator’s Name & Address __________________________
........................................................................................................................................

---

TNAI-Bulletin Mar-2016
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**.
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
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 / MPHW (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.
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.

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:

[Photograph]
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
It is to bring to notice of all NJI subscribers that as per decision of TNAI’s EC (vide Minute No. EC/CL/2014/3 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  

Computerisation & layouts of this Bulletin - anupamkamal@hotmail.com
जीवा वायरस: निबन्धन के उपायों पर विचार जरूरी

विगत कुछ महीनों से “जीवा” नामक नई महामारी के दक्षिण अमेरिका और अफ़्रीका के अनेक देशों में कहर झाले की चर्चाएं जोरों पर हैं। गणना के अनुसार हमारे देश में अभी तक इस बीमारी का कोई मामला दर्ज नहीं किया गया है हालांकि इस से तस्ली करने हए हाथ पर हाथ धरे बैठने उत्तिक नहीं होगा। जीवा की उत्पत्ति संबंधी मतभेदों के बावजूद, इस महामारी की व्यापकता और दिनदहिन तेजी से सामने आते नए मामलों को देखते हुए हमें जरूरी निवारण उपाय इस्तेमाल में लाने होंगे।

जीवा के प्रसार का कारण एड़िज जाट के उसी संक्रमित मर्मत से काटा जाना है जो डगू, इसरोफ़ाक्सिस और विकननुमिया के लिए जिम्मेदार है। इन सभी रोगों के ज्यादातर लक्षण मिलते जुलते होते हैं: बुखार, कमजोरी और पेशियों खासकर विंडों में दर्द। अंततः यह है कि जीवा में लम्धा या अनियंत्रित व्यायाम हो जाते हैं। डगू में बुखार और पेशियों का अत्यधिक रहता है। विकननुमिया में हाथ-पाई कोहनी और एड़िज का दर्द, झुकने, चलने या हिलने—दुलनें में भारी जहाँस, पानी की बोतल खोलने तक में भारी दिक्कत रहती है। जीवा के रोगों के अंग—प्रत्यंग खासकर हाथ-पाई इतना नहीं दूर कर सकते।

एड़िज व्यायाम की (एडिजिट प्राकृति) से उत्पन्न जीवा से पीड़ित गर्भवती महिला ऐसी संयुक्त को जमा देती है जिसका मस्तन्क छोटे आकार का (‘माइक्रोनोस्फिलो’ से ग्रस्त) होता है और इसीलिए इन बच्चों का विकास अवस्था है, ऐसी बच्चों में संभावित जातीय जा रही है। जीवा से संक्रमित मर्मत से काटे जाने वाले एक चौथाई यथार्थ रोग प्रभावित हो जाते हैं और 2 से 7 दिन में लक्षण दिखने लगते हैं।

अफ़्रीका से चुरू हो कर जीवा के दर्द है। 30 देशों में दशहरा के बाद जीवा वायरस की पहचान हाल ही गई जिनमें मलिक विकिनिर्माण विभाग में स्थित जीविका विभाग में स्थापित एक रोगों शिवाय 1947 में की गई थी जिसमें देश और भी रोगों पर लोक गर्भात्मक अभियान के लिए तैयार हो गया है। अफ़्रीका से चुरू हो जाने के बाद जीवा वायरस की पहचान हाल ही गई जिसमें मलिक विकिनिर्माण विभाग में स्थित जीविका विभाग में स्थापित एक रोगों शिवाय 1947 में की गई थी जिसमें देश और भी रोगों पर लोक गर्भात्मक अभियान के लिए तैयार हो गया है। अफ़्रीका से चुरू हो जाने के बाद जीवा वायरस की पहचान हाल ही गई जिसमें मलिक विकिनिर्माण विभाग में स्थित जीविका विभाग में स्थापित एक रोगों शिवाय 1947 में की गई थी जिसमें देश और भी रोगों पर लोक गर्भात्मक अभियान के लिए तैयार हो गया है।
और कीमतें आसान छू रही हैं। इस प्रवृत्ति पर नामी इज़रायली जीवविज्ञानी लेस्टी लोबेल ने टिप्पणी की है कि जीका से उतनी क्षति नहीं होने वाली होती इसके बावजूद हायरापा से। जीका को ले कर अफ़ग़ानिस्तान में इज़रायल व हुआ जब विवेचन स्वतंत्र संगठन ने इसे विवेचन आदेश अधिसूचित करते कहा कि इससे निवारण के लिए आगामी महीनों में 56 लाख डॉलर का जुर्माना पड़ेगी।

जीका के स्वरूप और फैलाव के बावजूद विशेषज्ञ एकमत नहीं हैं। अर्बनीना की एक रिपोर्ट में यह बताया गया है कि नज़ारत शियूउम में माइक्रोसिफ़ेली का कारण जीका जीवाणु नहीं बल्कि पायोनियस नामक पैरिसाइड है जिसे पेयजल में लाओं को नट कर सुखा की दृष्टि से मिलाया जाता है। गर्भवती महिलाएं जब यह पानी पीती हैं तो उक्त स्वस्थ स्थिति में बिख़रती लाल है। कुछ विशेषज्ञ जीका की बायरस के उत्पत्ति के लिए बायोटीक कंपनियों के अनुभविक संस्थान संबंधी प्रश्नों को जिम्मेदार ठहराते हैं, ऐसी पहल संस्थान: राजस्थान में डंगूं के मच्छर को काफ़ी में करने की सीच से भी की गई हो। जीका बायरस के नियंत्रण के लिए डाइलूएवर्स ने एडीज प्रजेक्ट प्रभाव के संस्थ मच्छरों को बंद बना दलने का सुझाव दिया है। इसे असल में लाए जाने से पूर्व पर्यावरण पर पड़ने वाले प्रभाव पर महत्वपूर्ण विवाद करना उचित रहेगा।

जीका बायरस की उत्पत्ति के बावजूद मतलब अपनी जगह है, हमारा फोकस अध्ययन निवारण उपायों खासकर मच्छरों के निराकरण और स्वस्थता पर रहना चाहिए।

कम नहीं हैं यूरिन को रोकने के खतरे

शरीर की अंदरूनी क्रियाओं के दौरान अनेक प्रकार के संवेग हैं जैसे मलमूत्र की इख़्च, खांसना, जख़्माई लेना, झकरी लेना, पेट से हवा का निकलना। इन सभी क्रियाओं का उत्सर्जन यानी रिलिज़ 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 के सेवन 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 गंधी तथा अवाज़ित पदाथियों की किडनी हर क्षण ब्लेडर में भेजती रहती है, एक घंटे में तकाशेह 120 मिलीलीटर। पेशाब इकट्ठा हो जाता है जिसे शरीर से बाहर किया जाना भीमायत करती है।

यदि यूरिन का वेग महसूस होने में 4–5 मिनट की देरी हो जाए तो यूरिन दोबारा यूरिन ब्लेडर में वापस जाने लगता है। यदि रहे, यूरिन में यूरिया, एमिनो एपिट जैसे जहरील पदाथि तत्त्व होते हैं जहाँ ज्यादा समय शरीर में टिके रहने देना ठीक नहीं हैं चूँकि ये तत्व किडनी में पथरी (स्टोन) बनाने के लिए अनुकूल वातावरण तैयार करते हैं जो स्वयं में खासी समस्या है।

यूरिनियरी ट्रेक इंफेक्शन

यूरिन निकासित करने में यदि बार बार देरी की जाती है तो यूरिन मार्ग में संक्रमण की संभावना रहती है, इस बीमारी की यूरिनियरी ट्रेक इंफेक्शन (यूटीआई) कहते हैं जो महिलाओं को अमूर्त हो जाती है। क्षण रहे, शरीर के किसी भी इंफेक्शन के प्रति किडनी ज्यादा संवेदनशील हैं और इंफेक्शन का शिकार जल्द हो जाती है। यदि किडनी में इंफेक्शन बहुत ज्यादा हो जाए तो गुरदों के ठप हो जाने यानी किडनी
हड़ड़ड़ा को मजबूत बनाने की पट्टियाँ

शीशाम के बारे में आम धारणा है कि यह एक इमारती लकड़ी है, बस। कम ही लोग जानते हैं कि इसमें हड़ड़ड़ा को जोड़ने और दुर्लभ करने के लिए शीशाम अपने कारण औपचारि है।

हड़ड़ड़ा में प्रमुख तथा कैडिस्टिम है। इसीलिए हड़ड़ड़ा दूर करने के लिए दवाओं के अलावा दूध, दूध के अन्य पदार्थ और उन साधनों और फलों के सेवन की सलाह दी जाती है जिनमें कैडिस्टिम प्रमुख मार्ग में होता है। ऐसी साधनों में हैं — पालक, मेंथ, ब्रोकली, फुलगांभी, भिंडी, गाजर, घ्याज के पते आदि। फलों में हैं अमरूद, हरे सेब, अनानास, खजूर आदि।

प्रकृति सभी जीवों पर मेहरबान रहती है। किसी भी भूमि में अर्थतः ऐसी वनस्पतियाँ और पोथे होते हैं जो आयुष्य गुणों से भरपूर हैं। शीशाम भी इनमें है।

इसकी पट्टियों में हड़ड़ड़ा दुरस्त करने के गुणों की पुष्टि हालिया केंद्रीय आयुष्य अनुसंधान संस्थान (सीडीआरआई) लखनऊ ने की है। संस्थान का कहना है कि शीशाम में मौजूद केंद्रस्थल नामक तत्व हड़ड़ड़ा को स्वयं रखने में लाभार्थी है। आयुष्य अभियंतों और स्वस्थ और लालगुलियाँ है। उल्लेखनीय हैं, शीशाम के सेवन से हड़ड़ड़ा को दुरस्त होते हैं जब मान से कम समय लगता है।

शीशाम का सेवन इसकी पट्टियों का पेस्ट बना कर जख्मी हिस्से पर लगा कर किया जा सकता है। यदि शीशाम की पट्टियों को चबाया जा सकता है। गुजरत की एक कम मूल ही बाजार में शीशाम के बनी दवा पेश करने जा रही है।

टी.एन.ए.ए. ड्रा. प्रकाश देशक