



Lifestyle Modifications Can Curb Diabetes and Obesity

Worldwide, the cases of diabetes, mainly a lifestyle disease, show a continuous rise, with India among top three countries with China and USA. **World Diabetes Day**, a global observance on **14 November** every year is an initiative of the World Health Organisation (WHO), the International Diabetes Foundation (IDF) and JDRF, this year's theme being *Women and Diabetes – Our Right to Healthy Future*. The objective of the day is, to raise awareness about diabetes around the world. On this day, activities are conducted by 200 IDF member organisations spread in 160+ countries for educating the public on preventing and managing this widespread disease. International conferences and mass education & awareness campaigns are conducted to discuss advances in diabetes treatments and screening of 'at risk' persons. India, dubbed as diabetes capital of world, is home to 69.2 million people living with it.

Closely related with diabetes is Obesity, implicated in many diseases mainly heart problems, diabetes, osteoarthritis besides reduced life expectancy. The sedentary lifestyle of modern living with little scope for physical exercise and outdoor activities are attributed to growing menace of obesity. **Anti-Obesity Day** on **26 November** is conducted by healthcare organisations primarily in India and the Gulf Cooperation countries. The Day seeks to raise awareness of obesity as a public health threat, and treat obesity as a medical condition. The future of a community or nation depends on the upbringing of children and the values they imbibe in formative years. **Children's Day** on **14 November** urges one and all to take appropriate measures for overall growth and development of children; this date was chosen to coincide with birth day of Jawaharlal Nehru, our first Prime Minister, who had great love for children.

Premature deliveries, insufficient oxygen to foetus and new born, complications during delivery and birth defects in India leads to some 39 new born deaths per thousand every year, two-third of these during the first week of life. Despite reduction in infant mortality, it continues to be quite high. It is to create awareness about

urgency to adopt necessary preventive measures for health of the new born that **New Born Week** is organised during **15-21 November** every year.

I assume, all those interested in participation in the XXVII SNA Biennial Conference on the theme *Empowering Nurses through Advanced Technology* being held from 29 November to 3 December at Guntur have got yourself registered, if not, please do it forthright. What I assure you is, by remaining absent you shall be missing the opportunity of professional interactions and many enriching experiences. The procedure for registration in Conference and other activities has been re-published in inside pages of this issue as well.

Looking forward to see you at the Guntur Conference!

(Evelyn P Kannan)

Chief Editor & Secretary General, TNAI

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Countdown to XXVII SNA Biennial Conference, Guntur (Andhra Pradesh)

November 29, 2017 to December 3, 2017

Venue: GMCANA Auditorium, Guntur Medical College Campus, Guntur

Friends, a month is left for the XXVII SNA Biennial Conference to be held in Guntur, Andhra Pradesh from November 29 to December 3, 2017. Before starting to pack your things to go to Guntur, let us make sure that your preparations for attending the Conference are complete so that your trip to Guntur is enjoyable and memorable !

Registration: As you are aware, the last day for registration is November 15, 2017 after which late registration fee will be charged. We hope that the participants have registered themselves by now. It may kindly be noted that the registration fee is not refundable, whereas in case of cancellation, boarding and lodging charges are refundable (75% if one month in advance, 50% if 15 days in advance and no refund thereafter). As all arrangements like boarding, lodging and transportation are interlinked; it is highly appreciable if the delegates register themselves well in advance. This will help the organisers to coordinate their work without any hassles. In case of requirement of registration form, kindly refer to October 2017 & November 2017 issues of the NJI, TNAI Bulletin and TNAI website: www.tnaionline.org

Reception and Transportation: Guntur is well connected by road and railways. Once you reach Guntur, you would be received by the members of the Transport and Reception Committee at the respective terminal, as mentioned in the Registration Form. In case you arrive late at night / early morning, you should remain near the first class waiting room and you will be contacted there. In case of any emergency, please contact the Chairperson, Accommodation and Transport Committee, Mrs Teresamma, Faculty, Govt. College of Nursing, Guntur, Andhra Pradesh (Mob No. 9948446770), Dr M Venkamma Principal, KSR College of Nursing, Guntur, Andhra Pradesh Mob No. 9440434327 & 9490515739

Accommodation: The main places for accommodation would be within Guntur town only. On arrival, the Reception and Transport and Accommodation Committee members would arrange to take the delegates to the accommodation assigned to them. Accommodation would be provided to those delegates who have remitted their registration forms and full fee in advance. Delegates are requested to contact Dr M Venkamma and Mrs Teresamma Chairperson – Accommodation Committee Mob No. 9440434327 & 9948446770, if they need any help in this regard.

Registration for Competitions and Exhibits: Registration forms for various competitions and exhibitions have already been published in the February to October 2017 issues of NJI and TNAI Bulletin. The State SNA Advisors and the contestants are requested to follow instructions carefully. Please make sure that each form is certified by the **State SNA Advisor** or a person officiating in her / his place. Putting up of Poster Exhibition will be started on November 30, 2017 from 8 am to 3 pm at GMCANA Auditorium, Guntur Medical College Campus, Guntur, Andhra Pradesh. The contestants are requested to ensure that they have completed necessary formalities to put up their poster exhibits beforehand. Participants are reminded once again at this time to follow the guidelines for all the Competitions.

Roll Call and Purse Money: Roll call and the presenting of purses would be held on December 1, 2017 immediately after conclusion of the inaugural session. There is no doubt that every contribution involves some personal sacrifice and the spirit of giving on the part of the donor to financially support the TNAI.

Safety and Security: Please protect yourselves and your group from security risks. Respective SNA Advisors accompanying the SNA members should be responsible to take care of their groups. Please avoid late night outings. In case of any help, you should bring this to the notice of the Conference organisers. Information about Guntur, its shopping specialities and places of tourist interest have also appeared in October 2017 issue of NJI and TNAI Bulletin. You are advised to carry the essential requirements such as bed sheets and mosquito repellents to have sound sleep. Please do not forget to carry a first-aid kit.

Return Journey: It is hoped that you have booked your return journey tickets along with your onward journey, well in advance.

Your kind cooperation in early registration and timely arrival for all the sessions would help you to obtain maximum professional gain and personal satisfaction. We are eagerly looking forward to meeting you. We wish you all a Blessed and Safe Journey.

Mrs Evelyn P Kannan
Secretary General

SNA CONFERENCE PROGRAMME (TENTATIVE)

XXVII SNA BIENNIAL CONFERENCE, GUNTUR, ANDHRA PRADESH

29 November to 3 December 2017

Theme: "Empowering Nurses through Advanced Technology"

Venue: GMCANA Auditorium, Guntur Medical College Campus, Guntur, Andhra Pradesh

Pre-Conference Meetings

Day 1: November 29, 2017 (Wednesday)		
08.00 am – 05.00 pm	Registration	Mrs V Jhansi Lakshmi Bai, Chairperson, Registration Committee Venue: GMCANA Auditorium
08.00 am – 05.00 pm	TNAI EC/ Council Meeting	Venue: Haailand Resort, Guntur
Day 2: November 30, 2017 (Thursday)		
07.00 am - 09.00 am	Sports Competition	Dr R Vasundhara Chairperson, Sports Committee Venue: Dr B.R. Stadium, Guntur
08.00 am – 05.00 pm	Registration	Venue: GMCANA Auditorium
08.00 am – 12 noon	TNAI Council Meeting to Continue	Venue: Haailand Resort, Guntur
12 noon – 01.00 pm	TNAI Orientation Executive/Council members	Venue: Haailand Resort, Guntur
08.00 am – 03.00 pm	Putting up of Exhibits/ Poster Presentation (simultaneously)	Prof CR Shamsad Begum Chairperson, Exhibition Committee Venue: GMCANA Auditorium
12.00 noon – 01.00 pm	Press conference (simultaneously)	Venue: Haailand Resort, Guntur
12.00 noon – 06.00 pm	Simultaneously Painting & Floor Decoration	Dr Sr U Vijaya Chairperson, Competition Committee Venue: GMCANA Auditorium
	Essay Competition Hindi/English	Dr Sr U Vijaya Chairperson, Competition Committee Venue: GMCANA Auditorium
01.00 pm – 02.00 pm	Lunch	
02.00 pm – 05.00 pm	SNA General Committee meeting (simultaneously)	Venue: GMCANA Auditorium
03.00 pm – 03.30 pm	SNA Orientation for ANM students	Dr S Sasankan, Vice President, TNAI West Region; Prof Rajeshwari Siva, Vice President, TNAI South Region; and Mr Ajinas AM, Asst Secretary General, TNAI Venue: GMCANA Auditorium
03.30 pm – 05.00 pm	Career opportunities of ANM Students (simultaneously)	
03.30 pm – 05.00 pm	Judging – Exhibits/Posters	Venue: GMCANA Auditorium
06.00 pm, - 08.00 pm	Variety entertainment	Host Branch Venue: GMCANA Auditorium
08.00 pm	Dinner	
DAY 3: December 1, 2017 (Friday)		
08.00 am – 05.00 pm	Registration	Venue: GMCANA Auditorium

	Inaugural Session	Students - Hosting Branch
	Comparing	Students - Hosting State
10.00 am –10.05 am	Invocation	Students Govt. College of Nursing, Guntur
10.05am – 10.10 am	Lighting the Lamp	Chief Guest and other Dignitaries
10.10 am – 10.15 am	Welcome Address	Prof B Valli, President, TNAI, Andhra Pradesh State Branch
10..15 am – 10.20 am	Reading of Messages	Andhra Pradesh State SNA Secretary, Andhra Pradesh State SNA Vice-President
10.20 am – 10.25 am	Introduction to SNA	Mrs Evelyn P. Kannan, Secretary-General, TNAI/SNA
10.25 am – 10.35 am	Unfolding the Theme: Empowering Nurses through Advanced Technology	Prof B Esther Hemanalini, Former Deputy Director Nursing, Andhra Pradesh
10.35 am – 10.40 am	Presidential Address	Mrs Anita A. Deodhar, President, TNAI
10.40 am – 10.50 am	Inauguration & Inaugural address	Chief Guest
10.50 am – 11.00 am	Release of Souvenir	Chief Guest
11.00 am – 11.10 am	Inauguration of Exhibition	Guest of Honour
11.10 am – 11.15 am	Vote of Thanks National Anthem	Mrs K. Susila, State SNA Advisor, Andhra Pradesh State Branch
11.15 am	TNAI AT Home	Host Branch
12 noon - 12.30 pm	Presentation on Evidence-Based Clinical Practice Guide: Neonatal Skin care	Johnson & Johnson
12.30 pm - 01.00 pm	Roll Call	TNAI Headquarters staff
	Receiving Purses	TNAI Headquarters staff
01.00 pm – 01.30 pm	Introducing TNAI Recruitment Agency	Mr Ajinas AM, Assistant Secretary-General, TNAI
02.00 pm – 02.30 pm	Lunch	Venue: GMCANA Auditorium
2.00pm – 03.00 pm	BUSINESS SESSION-1	
	Chairperson	Mrs Anita A Deodhar, President, TNAI
	SNA Report	Mrs Vatchala Dhinakaran Assistant Secretary General
	Reports of State SNA Activities	State SNA Secretaries & State SNA Vice Presidents
03.00 pm – 4.30 pm	Debate Competition Topic: Power conflict and Challenges in Empowerment of Nurses	Sr. Florance, Principal, St Ann's College of Nursing, Guntur, Andhra Pradesh Venue: GMCANA Auditorium
04.30 pm- 05.00 pm	Respectful Maternity Care: The Universal Rights of Childbearing women	White Ribbon Alliance of India (WRAI)
05.00pm	Tea/Coffee	

06.30 pm – 8.30 pm	Talent Night & Competition for Personality Development (Mr SNA & Ms SNA)	Prof. CR Shamsheer Begum, Chairperson, Entertainment Committee; and Dr Sr. U Vijaya , Chairperson for Personality Development Venue: GMCANA Auditorium, Guntur, Andhra Pradesh
08.30 pm	Dinner	Venue: GMCANA Auditorium, Guntur, Andhra Pradesh
DAY 4: December 2, 2017 (Saturday)		
09.00 am-10.30 am	Quiz Competition	Prof H Rajeswari, Chairperson Quiz Competition
10.30am -12.30pm	PLENARY SESSION	
10.30 am- 10.45am	Keynote address	Prof V Vedamani, Deputy Director Nursing, Andhra Pradesh
10.45 am - 10.50 am	Moderator (5 minutes)	
10.50 am – 11.10 am	Scientific Paper presentation-I	Students
11.10 am – 11.20 am	Discussion open to Audience	
11.20am – 11.50 am	Tea/Coffee	
11.50am- 11.55 am	Moderator (5 minutes)	
11.55 am – 12.15 pm	Scientific Paper presentation –II	Students
12.15 pm- 12.25 pm	Discussion open to Audience	
12.25 pm – 12.30pm	Moderator (5 minutes)	
12.30 pm – 12.50 pm	Scientific Paper presentation –III	Students
12.50 pm – 01.00 pm	Discussion open to Audience	
01.00 pm – 01.30 pm	BUSINESS SESSION –II Chairperson Presentation of SNA General Committee Decisions & Resolutions	Mrs Anita A Deodhar, President, TNAI Mrs Evelyn P Kannan, Secretary General / Minutes Secretary, SNA General Committee
01.30 pm – 03.00 pm	Lunch	
03.00 pm – 04.30 pm	VALEDICTORY SESSION	Venue: GMCANA Auditorium
03.00 pm – 3.05 pm	Invocation	Nursing Students - Host Branch
03.05 pm – 3.10 pm	Welcome Address	Dr S Indira, Secretary, Andhra Pradesh State Branch, TNAI
03.10 pm – 3.15 pm	Conference resume	Prof. B Valli, President TNAI AP Branch
03.15 pm – 3.20 pm	Chairpersons Remarks	Mrs Anita A Deodhar President, TNAI
03.20 pm – 03.30 pm	Valedictory Address-Chief Guest	To be confirmed
03.30 pm – 03.50 pm	Prize Distribution	By the Chief Guest
04.05 pm – 4.15 pm	Vote of Thanks National Anthem	Mrs Evelyn P Kannan, Secretary-General, TNAI / Secretary, AP State Branch
04.20 pm – 05.00 pm	Tea/Coffee	Conference Venue
05.00 pm – 06.00 pm	Post Conference Evaluation Meeting	
DAY 5: December 3, 2017 (Sunday)		
	Sight Seeing	Prof. Poulina, Chairpersons, Principal, SIMS College of Nursing, Guntur, AP

List of Committee Members

XXVII SNA Biennial Conference, Guntur, Andhra Pradesh

Theme: "Empowering Nurses through Advanced Technology"

November 29th to December 3rd, 2017

1. Conference Committee	
Chairperson	Prof B Valli President, Andhra Pradesh State Branch, TNAI Principal, Govt. College of Nursing, Guntur, Andhra Pradesh. Mob No. 09440716750 Email: bajjivalli1@yahoo.com
Vice Chairperson	Mrs CR Shamsheer Begum Vice-President, Andhra Pradesh State Branch, TNAI Principal, MIMS College of Nursing, Vijayanagaram, Andhra Pradesh. Mob No. 09848375760 Email: mimsconvzm@gmail.com
2. Conference Secretary	
Chairperson	Dr S Indira Secretary, Andhra Pradesh State Branch, TNAI Principal, Narayana College of Nursing, Nellore, Andhra Pradesh. Mob. No. 09490166028 Email: narayana_nursing@yahoo.co.in
Vice Chairperson	Mrs K Susila SNA Advisor Andhra Pradesh State Branch, TNAI Lecturer Govt. College of Nursing, Guntur, Andhra Pradesh. Mob No. 09849077576 Email: susila1996kishore@gmail.com
3. Registration Committee	
Chairperson	Mrs V Jhansi Lakshmi Bai NT Gr-II, Govt. College of Nursing, Guntur, Andhra Pradesh. Mob No. 9912647895 &9985679850 Email: vjhansilakshmbai65@gmail.com Email: renimadugu@gmail.com
Co-Chairperson	Mrs G Venkataravamma Faculty, Govt. College of Nursing, Guntur, Andhra Pradesh Mob No. 9391388885 Email: venkataravammathota@gmail.com
4. Reception Committee	
Chairperson	Mrs K Sreedevi Executive, TNAI AP Branch; GGH, Guntur Mob No. 9492758586 Email: sridevikanugula@gmail.com
Co-Chairperson	Prof Ratnamba Principal, VIMS College of Nursing, Vijayawada, Andhra Pradesh Mob No. 9441493970 Email: vims_nursing@yahoo.com
Member	Prof Krishna Kumari Principal, Sister Care College of Nursing, Guntur, Andhra Pradesh Mob No. 8332830994 Email: careinstitutions@yahoo.in
5. Programme Committee	
Chairperson	Sr. Florance Principal St Anns College of Nursing, Vijayawada, Andhra Pradesh. Mob No. 9849259003 Email: stannsconvja@yahoo.co.in
Vice Chairperson	Dr KY Varalakshmi Principal, Sri Padmavathamma Govt. College of Nursing, Tirupathi, Andhra Pradesh Mob No. 09441774355 Email: kyvaralakshmi@gmail.com
6. Competition Committee	
Chairperson	Dr Sr. U Vijaya Principal, St. Josephs College of Nursing, Guntur, Andhra Pradesh Mob No. 7382037105 Email: stjcon2003@gmail.com

Vice-Chairperson	Prof H Rajeswari Vice Principal, Narayana College of Nursing, Nellore, Andhra Pradesh. Mob No. 9440293012 Email: narayana_nursingyahoo.co.in
Member	Prof MB Aruna Principal, Apollo College of Nursing, Aragonda, Chittoor, Andhra Pradesh. Mob No. 9441886296 Email: apollocollege43@yahoo.com
7. Exhibition Committee	
Chairperson	Prof CR Shamsad Begum Principal, Govt. College of Nursing, Ananthapur, Andhra Pradesh. Mob No. 9848302847 Email: gconatp@gmail.com
Vice -Chairperson	Dr M Venkamma Principal, KSR College of Nursing, Guntur, Andhra Pradesh Mob No. 9440434327&9490515739 Email: ksmursing@gmail.com
8. Scientific Session Committee	
Chairperson	Dr R Vasundhara Principal, NRI College of Nursing, Guntur, Andhra Pradesh Mob No. 9963327555 Email: principalnricon@gmail.com
Vice -Chairperson	Mrs R Priscilla Inbarathi Vice-Principal, NRI College of Nursing, Guntur, Andhra Pradesh Mob No.7893397090 Email: principalnricon@gmail.com
9. Entertainment Committee	
Chairperson	Prof CR Shamsheer Begum Vice-President Andhra Pradesh State Branch TNAI Principal, MIMS College of Nursing, Vijayanagaram, Andhra Pradesh. Mob No.9848375760 Email: mimsconvzm@gmail.com
Vice -Chairperson	Mrs K Lalitha Principal, Lalitha College of Nursing, Guntur, Andhra Pradesh Mob No. 9440800352 Email: lalithacollege@yahoo.co.in
10. Sports Committee	
Chairperson	Dr R Vasundhara Principal, NRI College of Nursing, Guntur, Andhra Pradesh Mob No.9963327555 Email: principalnricon@gmail.com
Vice -Chairperson	Mr Subba Rao Principal, Madhuri School of Nursing, Guntur, Andhra Pradesh. Mob No.09849077576 Email: susila1996kishore@gmail.com
11. Stage Decoration Committee	
Chairperson	Dr Sr. Theresamma Principal, St Anns College of Nursing, Guntur, Andhra Pradesh. Mob No.9490126971 Email: minnareddy114@gmail.com
Vice -Chairperson	Sr. Florance Principal, St Anns College of Nursing, Vijayawada, Andhra Pradesh. Mob No.9849259003 Email: stannsconvja@yahoo.co.in
12. Minute Committee	
Chairperson	Mrs K Susila SNA Advisor, TNAI AP Branch Lecturer Govt. College of Nursing, Guntur, Andhra Pradesh Mob No.9849077576 Email: Susila1996kishore@gmail.com
Vice -Chairperson	Mrs K Sreedevi Executive, TNAI Andhra Pradesh Branch / GGH Guntur, Andhra Pradesh Mob No.9492758586 Email: sridevikanugula@gmail.com

13. Catering Committee	
Chairperson	Prof Krishna Kumari Principal, Sister Care College of Nursing, Guntur, Andhra Pradesh Mob No. 8332830994 Email: careinstitutions@yahoo.in
Vice -Chairperson	Mr Subba Rao Principal, Madhuri School of Nursing, Guntur, Andhra Pradesh Mob No. 9849077576 Email: susila1996kishore@gmail.com Ms Priya EMMI College of Nursing, Guntur, Andhra Pradesh. Mob No. 9959995997
14. Accommodation and Transport Committee	
Chairperson	Mrs M Theresamma Faculty, GCON, Guntur Mob No. 9948446770, 8008963137 Email: congghgnt@gmail.com
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15. Fund Raising Committee	
Chairperson	Dr S Radha Ramanasree Treasurer, Andhra Pradesh State Branch TNAI ,Registrar APNMC, Andhra Pradesh Mob No. 9440471272 Email: radha_ramanasree@yahoo.com
Vice Chairperson	Mrs K Jhansi Lakshmi Bai Lecturer, Govt. Ccollege of Nursing, Vishakhapatnam, Andhra Pradesh Mob No. 7893395683 Email: jhansilakshmbai@gmail.com
16. Health Committee	
Chairperson	Mrs V Sarojini Devi Principal Govt. School of Nursing, GGH Guntur, Andhra Pradesh Mob No.9966664260 Email: songghguntur@gmail.com
Vice -Chairperson	Mrs K Mangeswari Faculty, GCON, Guntur Mob No. 9059703565 Email: congghgnt@gmail.com
17. Souvenir Committee	
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18. Press & Publication & Women Organisation Committee	
Chairperson	Prof D Kalpana Principal, Sree Narayana College of Nursing, Nellore, Andhra Pradesh Mob No.9618643700 Email: narayana_nursingyahoo.co.in
Vice-Chairperson	Prof B Valli President, Andhra Pradesh State branch, TNAI Principal, Govt College of Nursing, Guntur. Mob No.: 9440716750 Email: bajjivalli1@yahoo.com

19. Finance Committee	
Chairperson	Prof B Valli President, TNAI AP Branch Principal Govt. College of Nursing, Guntur, Andhra Pradesh Mob No. 09440716750 Email: bajjivalli1@yahoo.com
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20. Invitation Committee	
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Member	Mrs Himabindhu Principal, MSB College of Nursing, Guntur, Andhra Pradesh Mob No. 9849334970
21. Sight Seeing Committee	
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Co-Chairperson	Mr Senthil Kumar Principal, Aswini College of Nursing, Guntur, Andhra Pradesh Mob No. 9701666639 Email: ts Kumarannurse@gmail.com

Members, Kindly Inform us Your Latest Address

We at TNAI Hqrs want your latest address. It is observed that some members are not receiving copies of TNAI Bulletin because they are actually not residing at the address given to TNAI. All members are requested that any change in their address may be communicated to us immediately so that copies can be sent at their new address. Such members who are not interested in getting copies of TNAI Bulletin may inform us immediately.

Further, if any member in the family knows that the subscriber is not in position to use it, this fact may be informed to us for deletion of that name from mailing list. We shall be grateful to you for it by avoiding wastage.

– Chief Editor

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

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 Maharashtra State Branch Election 2017

Post	Name and Address of the Nominee
President	
Vice President	
Secretary	
Treasurer	
SNA Advisor	
Chairperson- Programme Committee	
Chairperson – Nursing Service Section	
Chairperson – Public Health Section	
Chairperson – Nursing Education Section	
Chairperson – Membership Committee	
Chairperson – Socio Economic Welfare	

Nominator's Signature: _____

Nominator's TNAI 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 **18th December 2017** (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 Maharashtra State Branch Election 2017".
 15. Completed Nomination Sheet(s) and all other correspondence related to election to be sent to the following address: **Mrs Shaila S Bhalekar, Returning Officer, Maharashtra State Branch, TNAI, 2A/26, Sanghamitra CHS, Chunabhatti East, Mumbai-400022.** ■

खाद्य पदार्थ ही नहीं, कारगर दवा भी है मखाना

यह जानकारी कम ही लोगों को है कि खीर, सेविंया, हलवा जैसे मीठे व्यंजनों में पड़ने वाला या नमकीन में मिलाया जाने वाला मखाना अनेक रोगों से निपटने की अचूक दवा भी है। वैसे अलग से खाने में यह बेस्वाद है किंतु इसके गुणों को देखते हुए इसका सेवन किया जाना चाहिए। जिन बीमारियों में मखाना विशेष लाभ देता है उनका उल्लेख यहां किया जा रहा है।

अपच (बदहजमी) : मखाने में प्रचुर मात्रा में एंटीऑक्सीडेंट होते हैं, इसलिए यह सरलता से पच जाता है और भूख खोलने में सहायक है। फूल मखाने में एस्ट्रीन है जो दस्त रोकने में कारगर होता है।

डायबिटीज़ : मखाने में इंसुलिन बनाने की अद्भुत क्षमता है अतः जिन्हें डायबिटीज़ इंसुलिन न बनने के कारण है उनके लिए यह रामबाण है। इसके चार दाने सुबह भूखे पेट नियमित रूप से खाए जाएं तो शूगर की बीमारी जड़ से खत्म हो जाती है।

किडनी के रोग : फूल मखाने में मीठा नाममात्र का होने से यह स्प्लीन के विषों को संशोधित करता है जिससे किडनी सुचारू रूप से कार्य करने लगती है।

हृदय रोग, तनाव : मखाने का नियमित सेवन हार्ट अटैक जैसे बीमारियों को रोकता है। इसका सेवन तनाव दूर करने और अनिद्रा में भी लाभकारी है।

जोड़ों का दर्द : कैल्शियम से भरपूर होने के कारण मखाना हड्डियों खासकर जोड़ों के दर्द और गठिया में आराम पहुंचाता है।

मखाने के इन गुणों को देखते हुए भोजन में इसका नियमित तौर पर सेवन किया जाना चाहिए।

PROVISIONAL BALLOT PAPER

TNAI CHHATTISGARH STATE BRANCH ELECTION 2017

Office	Name of and address of the contestant	Voter's X
President	Dr Prof (Mrs) Abhilekha Biswal, Principal, PG College of Nursing, Bhilai, CG	
Vice-President	Dr Prof (Mrs) Sreelata Pillai, Vice Principal, PG College of Nursing, Bhilai, CG	
	Mr Balakrishnan, Principal, RITEE Campus, Chhatauna, Mandir Hasaud, Raipur- 492101	
Secretary	Mrs. Sindhu A Menon, Principal, Shri. Shankaracharya College of Nursing, HUDCO, Bhilai, CG	
Joint Secretary	-	
Treasurer	Dr (Mrs) Daisy Abraham, Associate Professor, PG College of Nursing, Bhilai	
SNA Advisor	Mrs Beena Thomas, Professor, Govt College of Nursing, Durg, CG	
	Prof Divya Mitra, Govt College of Nursing, Bilaspur, CG	
Chairperson (Nursing Education)	Dr (Mrs) Sreemini Pillai, Associate Professor, PG College of Nursing, Bhilai, CG	
Chairperson (Nursing Research Section)	-	
Chairperson (Nursing Service)	Mrs Sushila Bais, Associate Professor, PG College of Nursing, Bhilai, CG	
	Mr Danveer Sahu, RIMS College of Nursing, New Raipur, CG	
Chairperson (Public Health Section)	Dr (Mrs) Jaya Chakraborty, PG College of Nursing, Bhilai, CG	
	Mr Gourav Colvin, Lecturer, Bharat Institute of Nursing, Danitola, CG	
Chairperson (Socio-Economic Welfare Com.)	Ms Jesmine John, Lecturer PG College of Nursing, Bhilai, CG	
Chairperson (Membership Committee)	Mr Ritesh Sonwani, Lecturer PG College of Nursing, Bhilai, CG	

Chairperson (Programme Committee)	Mr Sahil Masih, Lecturer, PG College of Nursing, Bhilai, CG	
Chairperson (ANM Section)	Ms Vidya Anoop Nair, Lecturer, PG College of Nursing, Bhilai, CG	
Chairperson (L.V.H. Section)	Ms Priyanka Shrivastava, Lecturer, PG College of Nursing, Bhilai, CG	

Instructions:

As per the TNAI Constitution, Rules & Regulations & Bye-laws page No.56-64 State Branch Election Procedure (Revised and approved by Council/ HOD 2012). It is expected that the Voters/Members are well versed with the TNAI Rules and Regulations and Byelaws related to the State Branch Elections. A copy of the same is available with the Returning Officer for ready reference.

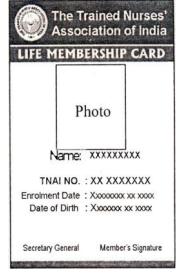
1. For the offices of President and Secretary all valid nominations are included, for other offices, the names of three members having the highest number of nominations are included in the provisional ballot paper.
2. The Election will be held in General Body Meeting of the Chhattisgarh State Branch of TNAI on 9th December 2017 between 9 am to 3 pm at PG College of Nursing, Bhilai (C.G).
3. No one shall be allowed to vote before or after the scheduled time of voting.
4. The Provisional Ballot Paper is published for the information of the members. A separate (final) Ballot Paper will be given to the voter(s) on the day of Elections.
5. Only the Life members of TNAI are eligible to vote whose names will be on Chhattisgarh State Branch Membership list.
6. All the voters are requested to bring their TNAI New Life membership card (with photo) / receipts of TNAI membership issued by the TNAI Headquarters, along with Photo identity i.e. Election card/ PAN Card/ Driving License etc. before entering the hall of voting.
7. The Returning Officer can be approached for any query about the election. No addition of the contestant will be made to the final ballot paper.
8. Any contestant wishing to withdraw from any office of contest should inform the Returning Officer latest by November 18 in writing at the following address: **Dr (Mrs) Roja Princy, Returning Officer, C.G. State Branch, Associate Professor, PG College of Nursing, Street No. 5, Hospital Sector, Bhilai - 490 009 (CG).**
9. Please mark the envelope **“Provisional Ballot Paper – TNAI CG State Branch Election - 2017”**.
10. Please note that: (a) No canvassing shall be permitted on the day of election.
(b) No person other than the voters(s) shall be permitted with in the area of the polling booth.

Note: Those who are not having TNAI New Membership Cards are requested to get the New Membership Card from TNAI Headquarters. Application form for the New TNAI Membership Card is attached in this Bulletin.

Dr (Mrs) Roja Princy
Returning Officer, TNAI CG State Branch

TNAI New Life Membership Card

Members who are already enrolled with TNAI and would like to have new Computerized photo-ID Membership Card, are requested to fill in the new Application Form along with a payment of Rs. 150/- through Demand Draft, drawn in favour of "The Trained Nurses Association of India, New Delhi" and send it to TNAI Headquarters. Application Form can be downloaded from TNAI Website: www.tnaionline.org or write to us. Else, they may send their request in the following format.



Application form for New Computerized Membership Card



The Trained Nurses' Association of India
 Incorporating Student Nurses' Association, The Health Visitors' League and Midwives & Auxiliary Nurse – Midwives Association
 L - 17, Florence Nightingale Lane, Green Park, New Delhi – 110 016.
 Tel.: 91-11-26566665, 26966873, 26534765. Telefax: 91-11-26858304
 Email: membership@tnaionline.org, tnai_2003@yahoo.com, Website: www.tnaionline.org

APPLICATION FOR NEW MEMBERSHIP CARD

- Instructions for Applicants
- Write with **ball pen (black)** in CAPITAL LETTERS only with one letter in one box.
 - Each word should be separated by one blank box.
 - Applicant should sign in full, clearly within the boxes provided.
 - Incomplete form will be rejected.

Applicant's full Signature

NO SIGNATURE

↓

Applicant's Passport size Photograph Only

↑

TNAI Membership No. _____

NAME: _____

Address : _____

Date of Birth

Please **do-not** sign on the photograph.

Ph.....

Email:.....

कार्य स्थल पर तनाव मुक्त कैसे रहा जाए

करीब 39 साल पहले शहरयार द्वारा गमन फिल्म के गाने "इस शहर में हर शख्स परेशान सा क्यों है" में शहरी लोगों की मानसिक बीमारियों से ग्रस्त रहने की दुर्गत को उजागर किया गया है। तब से मानसिक स्वास्थ्य के हालात सुधरे नहीं हैं। विश्व में, डब्लूएचओ और एम्स दिल्ली के अनुसार भारत में भी, हर पांचवा व्यक्ति मानसिक रोगी है। मानसिक तौर पर स्वस्थ रहना आज चुनौती से कम नहीं है और मानसिक बीमारियों में इस कदर इजाफा हो रहा है कि कुछ ही वर्षों में दिल की बीमारियों को पछाड़ कर मनोरोग और मानसिक बीमारियां जीवन को बीमार करने वाला सबसे बड़ा कारण बन जाएगा। इस तेजी के लिए अनेक परिस्थितियां जिम्मेदार हैं। पहला – पारिवारिक तानेबाने का टूटना, जिनसे कठिनाई के लमहों में हर सदस्य को खासा संबल मिलता था। दूसरा – भौतिक संपन्नता के लिए ऊहापोह और इसी के साथ जीवन को चैन और शांति देने वाले मूल्यों से दुराव। हर कोई रुपया, जमीन, मकान और आरामपरस्ती के साधन जुटाने में उलझा है। तीसरा – बच्चों की पढ़ाई, नौकरी की तलाश आदि में भारी प्रतिस्पर्धा। मानसिक संस्थान निम्हांस बताता है के अनुसार बंगलूर में 36 प्रतिशत टेक्निकल कार्मिक मानसिक विकारों से पीड़ित हैं। संप्रति हमारे देश के आधे कामकाजी तनावग्रस्त हैं, इनमें से 30 प्रतिशत नशेड़ी और गंभीर पारिवारिक कलहों से त्रस्त हैं, तथा 20 प्रतिशत डिप्रेशन से ग्रस्त हैं। वक्त की जरूरतों के अनुसार आज पुरुषों के साथ महिलाएं भी अधिकाधिक संख्या में कामकाजी हो रही हैं। कार्य स्थल के कारण मानसिक तनाव के मामलों में तेजी के मद्देनजर डब्लूएचओ ने 10 अक्टूबर को प्रति वर्ष मनाए जाते वाले विश्व मानसिक स्वास्थ्य दिवस का थीम रखा है, "कार्य स्थल और मानसिक स्वास्थ्य"। कार्य स्थल में तनाव के प्रमुख कारण है उच्च अधिकारियों द्वारा अनुचित दबाव और यौन दुर्व्यवहार हैं। इंडियन बार एसोसिएशन के अनुसार यौन कदाचार के 70 फीसद मामले तो दर्ज ही नहीं किए जाते। कार्य स्थल में तनावरहित करने के लिए पहले एक-दो सप्ताह तक उन स्थितियों, घटनाओं और व्यक्तियों की पहचान करनी चाहिए जिनके चलते नकारात्मक भाव या मानसिक क्लेश उत्पन्न होता है। अप्रिय लगती घटनाओं और संवादों की सूची बनाएं, यह देखें कि प्रतिकूल हालातों में आपकी प्रतिक्रिया का स्वरूप कैसा होता है – आप आग बबूला तो नहीं हो जाते या किसी आपत्तिजनक व्यवहार पर चुप्पी धारण किए रहते हैं। अनुचित हरकत पर मौन रहने का अर्थ है इस प्रकार की हरकतें आगे भी होती रहेंगी यानी आपको निर्भीक होना पड़ेगा। अपने इरादे स्पष्ट सामने रखते हुए, और संयत आचरण से आप मन से स्वस्थ रख सकते हैं।

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TNAI BULLETIN

Monthly Newsletter of

The Trained Nurses' Association of India

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