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Mind, Body and Spirit in Place is Key to Quality Life

I believe all of you have made necessary arrangements for proactively participating in the forthcoming (XXVIII) SNA Biennial Conference being hosted by Tamil Nadu state branch during 2-6 November 2019 at PSG College of Nursing, Coimbatore (TN). Since the theme (Nursing Harmony of Mind, Body and Spirit) relates to all of us, you shall find the deliberations quite interesting and educative. In case some of you missed completing the registration formalities, go ahead without further delay. Details of Conference programme and Registration Form appear in inside pages of this issue as well in TNAI's website (www.tnaionline.org).

The major health events in the period, of significance to nursing are: World Suicide Prevention Day, World Alzheimer's Day, World Heart Day, International Day for the Elderly and World Mental Health Day. Mind that all these issues are linked to malfunctioning of mind and heart, and also our SNA Conference theme this year.

World Suicide Prevention Day: Celebrated annually on 10 September it draws attention to the dismal fact of 8 lakh suicides every year (such attempts are many times the actual suicides), most of which could be averted. World Heart Day: Heart disease and stroke constitute as the biggest killer claim around 18 million lives worldwide every year besides morbidity on still higher side. World Heart Federation says that at least 80 percent of the premature cardiovascular deaths can be protected by controlling four main risk factors, viz. unhealthy diet, tobacco consumption, lack of physical activity and use of alcohol. World Alzheimer's Day: Alzheimer's Day (21 September) creates awareness about this progressive and irreversible disease which has millions of victims globally. One out of every ten adults over 65 are affected by Alzheimer's; the incidence increases with age and time.

International Day for the Elderly: In most regions, the elderly continue to suffer neglect and discrimination and marginalisation. On 1 October, the day of the elderly, the contribution of the elderly persons is acknowledged. The growing population of the elderly calls for redesigning the social systems so that the wisdom and expertise of the oldsters is utilised to the advantage of all. Presently, about 700 million people are over 60. Living up to the UN Secretary-General's guiding principle of "Leaving No-One Behind" necessitates the understanding that demography matters for sustainable development.

World Mental Health Day: This is being increasingly realised that by looking at body and mind as holistic entity rather than as discrete entities, health can be better more effectively. Observed on 10 October every year, World Mental Health Day cautions health policy makers and nations to develop appropriate facilities to minimise the incidence of mental sicknesses.

Kindly note that with renovation of Hqrs premises duly completed, guest rooms can be booked by the members, as usual.

Evelyn P Kannan
Chief Editor & Secretary-General, TNAI

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