



Nurses: A Voice to Lead

Even in these uncertain times, as the numbers of positive Covid-19 cases continue to rise globally, and world leaders discuss strategies to effectively manage lockdown for ushering in normalcy, nurses around the world can find a glimmer of light in the midst of the darkness. What was marked by the World Health Organisation (WHO) as The Year of Nurse & Midwife, revealed to us beyond what could be imagined or anticipated as we started this year with our New Year celebrations. The International Nurses Day (IND) on 12 May this year falls on the bicentennial birth date of Florence Nightingale, also known as the Lady with the Lamp. Many recognise her as a historical nurse but behind her concrete help in the workhouse infirmaries, the "real hospitals of the sick poor", lay a woman who was a reformer not limited to national health and nursing education.

Giving shape to this year's IND theme, *Nurses: A Voice to Lead – Nursing the World to Health*, across India, nurses are working at the front as the centre of the healthcare team, caring for patients from ward level to critical care. As healthcare facilities continue to be overcrowded with patients, let us be encouraged by the satisfactory recovery rate of patients because of your care. Nurses have an important role in public health; they advise the public with preventive measures, from basic hand-hygiene policies to greater measures that promote community health and safety. Currently, TNAI, India Nursing Council, and various nurse leaders throughout India have been educating nurses in the context of Covid-19 so that they are empowered with the updated clinical knowledge needed to manage these patients. Nurses are establishing a critical role in healthcare leadership, and would have significant contribution in policy making across governmental, organisational, and local healthcare policies. These issues have been outlined in this bulletin in the presidential address of Prof (Dr) Roy K George, President TNAI.

A week before IND i.e. on 5 May falls the International Midwives Day, which endeavours to bring down maternal morbidity and mortality. This year (theme: Celebrate, Demonstrate, Mobilise, Unite) the focus is on how midwives and women can partner together to unite towards a shared goal of gender equality.

Every nurse has a voice to reason, a voice to challenge, and a voice to lead. Your invaluable work does not go unnoticed, and we in TNAI are grateful for the sacrifices each nurse has made for the people of our nation. Let us face this time with courage, patience and boldness. May this also be a time for us to reflect on the contribution of nurses in the past, to applaud the contributions made in the present scenario. Most importantly, let us take this time to appreciate the invaluable work that our fellow nursing colleagues have done for our nation in this unprecedented phase.

With heartfelt gratitude, I wish each one of my fellow nurses a Happy International Nurses Day.

Evelyn P Kannan
Chief Editor & Secretary-General

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We Shall Overcome Covid-19 Crisis

Presidential Address by Prof (Dr) Roy K George, President TNAI

Dear nurses of TNAI, board members, and fellow colleagues from like-minded organisations!

Denizens of village Earth are passing through hard times. A tiny virus has shaken one and all. In the midst of unprecedented global calamity, we observe, the number of positive Covid-19 cases continually rising. Our nation happens to be under lockdown since 25 March 2020. It is a massive health tragedy that besides having taken a toll of 1380, has serious implications on economy, industry and psyche of the nation and individuals. There is clear shift in the way we now tend to think, behave, believe and live.

Yet the Wheel of Time has but to turn. What has been damaged has to be repaired. Reconstruction forces, already at work, have taken up the cudgels towards healing the broken persons and usher in normalcy. At the helm of the recovery process are the nurses working day and night. Abuse, humiliation and ill treatment meted to them in certain quarters has not deterred nurses struggling to bring succour to the sufferers and discharging their role religiously. I proudly salute the nurses who have been tirelessly working to defeat Covid -19 pandemic in each and every part of the country. Considering their immense contribution in mitigating human suffering, they have been befittingly acknowledged by all sections as true warriors of human race in these critical times. As pivotal frontline worker, every nurse deserves a big hand.

Friends, as we welcomed 2020, 'the Year of the Nurse and Midwife' – as World Health Organisation (WHO) together with International Council of Nurses (ICN) & Nursing Now signature campaign had happily declared – with Candle March in New Delhi in early January. The intent behind earmarking 2020 as the Year of Nurse and Midwife has been, celebrating the 200th birth anniversary of Florence Nightingale, the nurse legend, and the recognition of nurses by the world body. "WHO is proud to nominate 2020 as the Year of the Nurse and the Midwife. These two health professions are invaluable to the health of people everywhere" said Dr Tedros Ghebreyesus, Director General, WHO.

The date 12 May, celebrated as International Nurses Day (IND) happens to be most eagerly awaited by nurses and healthcare functionaries. The activities of IND planned to run throughout the year included, inter alia, a video competition to highlight Evidence-based Practice in Nursing and A Day in the Life of a Nurse. The modus operandi of Nursing Now 2020 (Signature) campaign was prepared and sent to all the branches as well as displayed in the TNAI's Facebook page. The idea was, to elicit support of nursing and non-nursing personnel to strengthen solidarity of nurses by activities relevant to the theme (Nurses: A Voice to Lead – Nursing the World to Health). The series of activities & events already planned to be conducted at State level included deliberations, debates, competitions, and so on. In the wake of observing social distancing as buzzword, some of the events might have to be dropped, while some programmes will be restructured to be cast in digital mode, like video-conferencing and webinars. Necessary arrangements to this end are being worked out. As a service organisation and in keeping with its mandate, it was contingent upon TNAI to lend full support on a critical health issue largely involving nurses.

The first ever international year of the nurse and midwife will provide us with a new, 20-20 vision of what nursing is in the modern era, and how nurses can light the way to "universal health coverage and healthcare for all." Besides highlighting the enormous sacrifices and contribution of nurses and midwives, the year shall address the shortage of these vital professionals.

I am proud to say that as an organisation, together with entire nurse community, we have stood by the nation and nurses continue to do yeoman's job by treating and caring the suffering and the needy people of our nation. I appreciate the four nursing officers (Mr Sarath, Mr Ajo Jose, Mr Rajnish and Mr Manu) for being part of the Corona Rescue Operation team to bring Indians back from Wuhan (China) that was facilitated by TNAI. They rescued approximately 651 Indians with their brave efforts; kudos to them for their exemplary work.

In the meantime, as per our mandate and track record, we shall continue pouring our efforts into supporting our nurses to effectively tide over the Covid-19 pandemic. We have been in constant touch with nurse leaders, concerned government departments and hospitals, through our State Units and otherwise for delivery of necessary diagnostic, treatment, quarantine and observational services. Considering the necessity of nurses staying up-to-date in clinical knowledge about Covid-19, TNAI and Indian Nursing Council are also providing continuous nursing education through webinars and online classes. The TNAI also distributed personal protective equipment (PPE) through its State Branches.



As everyone talks about great work of nurses, Covid-19 has turned every day as Nurses Day.

For providing quality care to the Covid-19 cases, the nurse has to be relatively free from her family issues and personal staying arrangement. In some places, they are made to share a room with several others and common toilets in Dental College hostel, thus exposing them to health hazards. We are taking the issue with concerned authorities for satisfactory solution.

“Tough times never last, but tough people do” said the known motivation writer Robert Schuller. Given the history of nurses, their demonstrated dedication and hard work in current crisis, we hope that nurses shall not only be instrumental in coming up from the ongoing hard times but also bring good name to the profession, as ever.

बेहतरी के अनेक संदेश भी दे रहा है कहर ढाता कोरोना

पिछले कुछ महीनों से कोरोना (कोविड 19 वायरस) ने दुनियाभर में कहर ढा रखा है और डाक्टरों-स्वास्थ्यकर्मियों, बड़े-छोटे कारोबारियों, सरकारों, औद्योगिक सरगनाओं, धर्मगुरुओं, कामगारों, सभी की नाक में दम है। यह विश्वव्यापी महामारी कब थमेगी और अर्थव्यवस्था कब पटरी पर आएगी, निकट भविष्य में आएगी या लंबा वक्त लगेगा, कहा नहीं जा सकता।

बीमारी की प्रकृति यों थी कि इसकी रोकथाम सक्रिय जन सहभागिता बगैर असंभव थी। इससे बचाव की वैक्सीन बनने तक इंतजार नहीं किया जा सकता था। अतः रोकथाम का सबसे प्रभावी तरीका गृहबंदी और सामाजिक दूरी ही है। इस बाबत जारी हिदायतें हैं: संक्रमण के एक्सपोजर के आसार न्यूनतम रहने की दृष्टि से आवाजाही पर स्वतः पाबंदी यानी लक्ष्मण रेखा का उल्लंघन नहीं करना; भारत सरकार के 'आयुष्मान' द्वारा जारी दिशानिदेशों की अनुपालना, आदि।

खानपान, आचरण, व्यवहार, रहन-सहन, यथोचित व्यायाम नहीं करना, बाजारी भोजन सेवन करने पर शान समझना, आदि की जिस जीवनशैली को हमने अपना लिया था उससे हम तन-मन से बीमार रहने लगे थे। हम निरापद, स्वास्थ्यकर खानपान से दूर हो गए थे। भागम-भाग की दिनचर्या में हम सुकून से अपने बारे में, जीवन लक्ष्यों के बारे में विचार करने में अक्षम हो रहे थे। इन सभी में आमूल परिवर्तन जरूरी हो गया था। कोरोना ने परोक्ष रूप से आत्म सुधार का सुअवसर प्रदान किया है।

वक्त एक सा नहीं रहता। दुनियाभर में दो-तीन करोड़ जानें ले कर ही सही, कोरोना भी निबट जाएगा। कोरोना हो या न हो, बड़ा सवाल उस जीवनचर्या का, और उन मूल्यों का है जिन्हें अपनाए बिना सन्मार्ग पर लौटना सहज नहीं था। पोषण के लिए फास्ट फूड पर या पचास-सौ मीटर के लिए रिक्शे पर आश्रित हो जाएंगे तो न केवल अपने अंगों-प्रत्यंगों को सदा के लिए पंगु बना डालेंगे बल्कि हमारी रोग प्रतिरोधी सामर्थ्य खत्म हो जाएगी। कहते हैं प्रत्येक विपत्ति बेहतरी के सुनहरे अवसर साथ लाती है। कोरोना की आपदा में हमारी संस्कृति के पुनरोद्धार का अचूक मंत्र अंतर्निहित है।

इस वृहद आपदा ने थप्पड़ मार कर सिखाया है कि जीवन में सर्वोपरि आर्थिक समृद्धि, न्यूक्लियर सक्षमता, शस्त्रास्त्रों के विपुल भंडार जैसी अस्मिताएं कतई नहीं हैं। लॉकडाउन ने यह पाठ भी पढ़ाया कि जितना हमारे पास है, उससे कम में भी सहजता से जिया जा सकता है। परोक्ष रूप से यह भी बताया कि सर्वोच्च, शानदार समझी जा रही चीजों से इतराने की तो दूर, बड़प्पन की बात नहीं है। कोरोना ने दुनिया को बताया कि अहमियत आदमी की है, मशीनों या खनिज तेल की नहीं। यह भी कि अहंकार अच्छी प्रवृत्ति नहीं है। कोरोना ने हमें सिखाया कि जीवन के वास्तविक योद्धा नर्स, डाक्टर, सफाई कार्मिक तथा पुलिसकर्मी हैं, उन्हें उचित सम्मान दिया जाना चाहिए।

प्रकाशन एकक

TNAI SCHOLARSHIPS

ACADEMIC YEAR 2019 - 2020

The Trained Nurses' Association of India invites applications for award of scholarship for higher studies in Nursing for the year 2019-20.

Scholarships are available for the following courses.

I. FOR GENERAL NURSES

- a) Post-Basic BSc Nursing (Regular)
- b) Master in Nursing

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

- (a) General Nursing and Midwifery course

All the above mentioned courses should be recognised by the Nursing Council/Regulatory body.

Eligibility criteria

1. The candidates should have at least 3 years' membership of the TNAI.
2. 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.
3. The candidate should not be a recipient of any other scholarship or financial help from any other source.
4. The candidate should not have received TNAI scholarship for at least last 5 years.

General Instructions

1. Confidential reports from all the two referees mentioned in your application should be received timely.
2. The application should be recommended by the President or Secretary of the concerned TNAI State Branch.
3. Preference will be given to the candidate's active participation in TNAI activities at National, State, District / Zonal and Unit level.
4. The completed application forms should be received in this office by July 31, 2020.
5. Completed applications received after the last date i.e. July 31, 2020 will not be entertained.

THE TRAINED NURSES' ASSOCIATION OF INDIA

Headquarters: L-17, Florence Nightingale Lane, Green Park, New Delhi-110016

APPLICATION FOR TNAI SCHOLARSHIP: 2019-2020 Academic Year

1. Full Name: Miss/Mrs./Mr./Sr. _____
(in block letters)
2. TNAI Life Membership No. _____
3. Date of Birth: _____ 4. Nationality: _____
5. Postal Address _____
6. Phone / Mobile No.: _____ E-mail: _____
7. Marital Status: Single, Married, Widow, Widower: _____ 8. Number of children, if any, with age: _____
9. Name of the course: _____ Year of study: _____
10. Date of commencement of course: _____ Date of completion of course: _____
11. Name and address of the Institution: _____
12. Will you be getting any financial help/stipend/scholarship/deputation/ from any other source/institution? or you have to resign your job to take up the study? If yes, please give details: _____
13. Mention names and addresses of two references from the Nursing profession (Head of the institution and Faculty (Senior TNAI Member) **Name, designation, TNAI Number and full Address (in capital letters) with mobile/ phone Nos./ Email**
1. _____
2. _____

Photograph

Enclose the following:

- A. I have attached self-attested copies of the following certificates:
- 1) Certificate of GNM / PC BSc / BSc / MSc.
 - 2) Nurses & Midwives Council Registration Certificate.
 - 3) Certificates of matriculation & higher Secondary examination, if passed.
 - 4) Certificate of annual family income of the candidate from competent authority.
 - 5) A letter from the Principal, College of Nursing seeking admission in the respective institution.
 - 6) Photocopy of TNAI Life membership card.
- B. I undertake to refund the whole amount of scholarship paid to me, by the Trained Nurses' Association of India in case I am offered financial help from any other source(s).
- C. 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 with completely filled forms

Signature: President/Secretary State Branch, TNAI

Note:

- A. Completed Application form should be sent to the Secretary-General, The Trained Nurses' Association of India, L-17, Florence Nightingale Lane, Green Park, New Delhi-110016. Incomplete application will not be accepted.
- B. There is **no application fee**, as per decision of EC & Council of TNAI in 2017.
- C. Enclose the bank account details of the applicant with front page of bank pass book (Xerox copy) and crossed cheque.
- D. Last date of receiving application form is **July 31, 2020** after which applications will be rejected.
- E. The address, Mobile No. and e-mail ID of the President/Secretary of the respective State branches are available in the TNAI website (www.tnaionline.org) or send mail to sna@tnaionline.org and tnai_2003@yahoo.com

CONFIDENTIAL REPORT - TNAI SCHOLARSHIP

Name of the Candidate: Mr / Mrs / Miss _____

1. For how long is the candidate known to you? _____

2. Please give your opinion whether you find her / him as:

Intelligent

Loyal & Dependable

Efficient

3. Does she/he work in cooperation with her/his : Seniors Colleagues

4. Does she/he possess qualities of leadership? _____

5. Does she/he bear a good moral character? _____

6. Any other remarks: _____

Signature: _____ TNAI membership No. _____

Name: _____ Designation: _____

Address: _____

E-mail ID & Mobile No.: _____

Bank Details of the Applicant

The scholarship amount shall be transferred (NEFT) to students bank account directly from TNAI HQs. Hence, it is mandatory to fill the following information for disbursing the scholarship.

Name of the Account Holder: _____

(should be in the name of student)

Nature of account (SB/CA): _____

Bank Account Number: _____

Name of Bank: _____

Branch & Address: _____

IFSC Code:

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Note: Enclose a copy of a cancelled cheque from your account.

Signature of student

SNA SCHOLARSHIPS

ACADEMIC YEAR 2019 - 2020

The Trained Nurses' Association of India (TNAI) invites applications for award of SNA Scholarships for the academic year 2019-2020.

Scholarships are available for the following courses:

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

Minimum Requirements

1. Successful completion of first three months of preliminary training period.
2. Application forms should be recommended and signed by
 - a) Principal /Incharge, 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 Nursing Council/regulatory body).
2. The SNA unit recommending the candidate for the Scholarship should be an active Unit for at least 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.

For Kind Attention of the Principal

1. Students of academic year 2019-2020 (1st year only) are eligible to apply for the SNA Scholarship.
2. SNA Unit is requested to forward only two applications from each category (i.e. BSc (N), GNM and ANM).
3. Confidential report should be sent by the Class Coordinator / Unit SNA Advisor and the Principal along with the completed application form.

APPLICATION FOR SNA SCHOLARSHIP: 2019-2020 Academic Year

1. Full Name: Miss/Mrs./Mr./Sr./ _____
(in block letters)
2. SNA ID Number: _____
3. Date of Birth _____ 4. Nationality _____
5. Present Address: _____

6. Student Mobile No. _____ E-mail ID : _____
7. Course details:
 - (a) Name of the Course: _____
 - (b) Name & Address of the Institution: _____

 - (c) Commencement of course: Date _____ Month _____ Year _____
 - (d) Completion of course: Date _____ Month _____ Year _____
8. State whether married, single or widow/ widower: _____
9. If married, number of children, with age: _____

10. Basic educational qualification: _____

11. Will you be getting any financial help, stipend/scholarship from other sources? If Yes, name the source, amount and give details: _____

12. Mention name, designation, address and email ID of two references from Head of Training School or College of Nursing and faculty (Senior TNAI member) of your School or College.
 1. _____
 2. _____

Enclose the following:

- A. I have attached self attested copies of the following certificates:
 - [a] Statement of academic performance of first 3-4 months of training.
 - [b] Certificate of Higher Secondary or any other Higher Examination passed.
 - [c] Certificate of annual family income.
- B. I hereby certify that the information given in this Application form is true to the best of my knowledge and belief.
- C. 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

Brief statement of SNA Unit :

(a) Do you have SNA Unit: _____

(b) Does it pay SNA Subscription fee regularly ? (Tick) Yes / No:

(c) If yes, mention the last 3 years subscription paid by the unit, indicate year wise receipt number with date:

(d) Did your unit participate in any SNA activities at Unit / State / National level? List them.

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

Name of the Principal /In-charge of School /College of Nursing _____

Signature: _____ TNAI Membership No. _____

E-mail-ID: _____

Office Phone & Mobile No. _____

Recommendation

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

Signature of President/Secretary/State SNA Advisor of the TNAI State Branch

Note:

1. Completed Application form **duly recommended by the Principal of School or College and President/Secretary/SNA Advisor of the State Branch, TNAI** should be sent to the Secretary-General, Trained Nurses' Association of India, L-17 Green Park, New Delhi-110016 before **July 31, 2020**.
2. **Incomplete applications will be rejected.**
3. Enclose the bank account details of the applicant with front page of bank passbook (Xerox copy) and crossed cheque
4. There is **no application fee**, as per the decision of Combined EC & Council of TNAI in 2017
5. **Application received after July 31, 2020 will not be entertained.**
6. The address, Mobile No. and e-mail ID of the President/Secretary/SNA Advisor of the respective TNAI State branches are available in the TNAI website (www.tnaionline.org) or send mail to sna@tnaionline.org and tnai_2003@yahoo.com

STUDENT NURSES' ASSOCIATION OF INDIA
OF
THE TRAINED NURSES' ASSOCIATION OF INDIA
Headquarters: L-17, Green Park, New Delhi – 110016.

CONFIDENTIAL REPORT - SNA SCHOLARSHIP

1. Name of the Candidate: Mr / Mrs / Miss _____
 2. For how long is the candidate known to you? _____
 3. Please give your opinion whether you find her / him as:
Intelligent Loyal & Dependable Efficient
 4. Does she/he work in cooperation with her/his: Seniors Colleagues
 5. Please give the reasons why you feel that She/he is fit to be given SNA Scholarship for her/his studies

 6. Any other remarks: _____

- Signature: _____ TNAI Membership Number: _____
- Name: _____ Designation: _____
- Address: _____ E-mail ID & Mobile No. _____

Bank Details of the Applicant

The scholarship amount shall be transferred (NEFT) to student's bank account directly from TNAI HQs. Hence, it is mandatory to fill the following information for disbursing the scholarship.

- Name of the Account Holder: _____
(should be in the name of student)
- Nature of account (SB/CA): _____
- Bank Account Number: _____
- Name of Bank: _____
- Branch & Address: _____
- IFSC Code:

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Note: Enclose a copy of a cancelled cheque from your account.

Signature of student



Important Notice

In view of the extended National Lockdown due to COVID19, the TNAI Core Committee have decided the following:

1.State Branches Elections:

- i) **Delhi:** Election has been postponed until further notice from TNAI Hqrs
- ii) **Haryana, Himachal Pradesh and Jammu & Ladakh:** The Last date of receiving the nomination has been extended till July 31st 2020

2. TNAI & SNAI Scholarship Application forms:

The Last date of receiving Application form has been extended **31st, July 2020.**

3. Competitions Registration form for the TNAI Conference 2020:

- i) Scientific paper Presentation: Evidence Based Practice
- ii) Video / Short film
- iii) Anthem

Last date has been extended up to **31st August, 2020**

For more details regarding the TNAI & SNAI Scholarship and Competitions Registration forms and Branch Election please visit the TNAI Website.

By, The Secretary General

The Trained Nurses Association of India
L-17, Florence Nightingale Lane,
Green Park Main, New Delhi- 110016

Moving ahead with commitment and dedication since 1908

New Email ID for TNAI Publications

Attention - Authors, Contributors, Institutions, Advertisers, Book sellers, NJI subscribers, buyers of publications and individuals!

Kindly note that The Trained Nurses Association has a new Email ID now (i.e. publicationstnai@yahoo.com), exclusively for matters related with TNAI publications. All concerned are therefore requested to address their queries and correspondence at the new email ID.



SMCON SIKKIM MANIPAL UNIVERSITY

SIKKIM MANIPAL COLLEGE OF NURSING

(A constituent Unit of UGC approved SIKKIM MANIPAL UNIVERSITY)
Approved by Indian Nursing Council, State Nursing Council, State Govt.

ADMISSION FOR 2020 – BSc. & MSc. NURSING

MSC. NURSING

- Eligibility: Passed in BSc. Nursing / PB BSc. Nursing with minimum 55% marks in aggregate, RNRM, 1 year job experience
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GUIDELINES FOR AUTHORS

The Nursing Journal of India (NJI) invites contributions for publication including original research article, case studies, review articles, that may be relevant/related to Nursing Practice, Management, Education.

The articles should follow the following sequence: Title; Name(s) of author(s) with designation; Complete address for correspondence; Abstract (in research articles); Introduction or background; Literature Review (in Short); Methodology; Results and Discussions; Conclusion; References-recent references (5-10) should be used. Ideally, the articles should be 1500 to 2000 words long. Illustrations, diagrams, photographs should be preferably in black and white; if in colour, these should have good reproducibility.

Authors should send the soft copy through mail along with a cover note addressed to the Editor, NJI. The cover note should: (i) indicate the TNAI Membership number; (ii) mention the year in which the study was conducted; (iii) furnish an undertaking that the article has not been submitted elsewhere for publication.

After lengthy discussion the members suggested to add the following along with existing guidelines for authors:

1. Institution Ethical Clearance(IEC) letter to be obtained from the hospital/institutions by the authors whoever conducting interventional studies.
2. Order of authorship should be mentioned by the authors.
3. If more than one authors for research article, only author name to be mentioned and rest of the authors names can be mentioned at the bottom of the page.
4. References should be numbered and should stick to the Vancouver style.
5. In case of websites: mention the retrieval date.

Election Result: TNAI Karnataka State Branch

The elections of TNAI Karnataka State Branch were held on 13th March, 2020 at Karnataka Engineers Academy Auditorium, Kamla Nagar, Basaveshwara Nagar, Bangaluru. The following office bearers were declared elected: **1. President:** Dr ATS Giri, TNAI No. 103352, No. 258, 5th Main Woc Road II Cross, 1 Stage, 1 Phase Manjunath Nagar- 560010. **2. Vice President:** Dr Larissa Martha Sams, TNAI No. 54707, Principal & Professor, Laxmi Memorial College of Nursing, AJ Towers, Balmatta Managalore-575002. **3. Secretary:** Mrs P Girijamba Devi, TNAI No. 74630, AECS Maruthi College of Nursing No. 99 Kammanahalli Banerghatta Road-560076. **4. Joint Secretary:** Vacant. **5. Treasurer:** Dr Hemlata, TNAI No. 169881, Principal, Universal College of Nursing, Nirmalaram Campus Arekere, IIM BPO, Bannerghatta Road, Bangalore-560076. **6. SNA Advisor:** Dr Laishram Debashini Devi, TNAI No. 123394, Global College of Nursing #1124 Third Cross Rajotisava Nagar, Kumarswamy Layout 2” (1 stage)- 560078. **7. Chairperson-Membership Committee:** Mr Guru Prasad, TNAI No. 322982, Door No 182, Sri Bhavani Krupa, AM Palya Main Road, Tuda Layout Sira Gate, Tumkur, Bangalore- 572106. **8. Chairperson-Program Committee:** Vacant. **9. Chairperson-Public Health Section:** Mrs Vrundamma, TNAI No. 261020, 342/83, 24 Cross Channapp Layout, Sunkada Katte, Bangalore-560091. **10. Chairperson-Nursing Service Section:** Ms Saroja Jaya Kumar, TNAI No. 79219, Chief Nursing Officer Columbia Asia, White Field Hospital, Bangalore. **11. Chairperson-Nursing Education Committee:** Dr Theresa Leonilda Mendonca, TNAI No. 71649, Vice Principal, Laxmi Memorial College of Nursing, AJ Towers, Mangalore- 575002. **12. Chairperson-Economic Welfare Committee:** Vacant. **13. Representative LHV/ANM Committee:** Mrs AM Gowramma, TNAI No. 261017, 31 Keb Road Thalagattapura Kanakapura Main Road- 560083.

Dr Thressiamma PM, Returning Officer, TNAI Karnataka State Branch Election 2020
Principal, Dr BR Ambedkar Institute of Nursing, Dr BRAMC & Hospital Campus, Bangalore (Karnataka)

Election Result: TNAI Bihar State Branch

The elections of TNAI Bihar State Branch were held on 29 February, 2020 at Kurji Holy Family, College of Nursing, Danapur Road, Sadaquat Ashram PO, Kurji, Patna-800010, Bihar. The following office bearers were declared elected: **1. President:** Mr Rathish Nair, TNAI No. 102575, Principal College of Nursing, AIIMS Patna- 801507. **2. Vice President:** Sr Usha Saldanha, TNAI No. 77151, Principal, Kurji Holy Family College of Nursing, Danapur Rd, Sadaquat Ashram PO, Kurji, Patna- 800010. **3. Secretary:** Ms Anisha Mercy Easow, TNAI No. 136405, Staff Nurse, AIIMS, Patna-801507. **4. Joint Secretary:** Ms. Zainab, TNAI No. 327206, D/o Nazir Mustafa Ansari, VPO Sari, Thana Warishanagar, Dist. Kashipur Samastipur-848101. **5. Treasurer:** Mr. Irshad Khan, TNAI No. 252369, AIIMS Hospital, Phulwari Sharif, Patna- 801507. **6. SNA Advisor:** Ms Pooja Thakur, TNAI No. 29809, Tutor, College of Nursing AIIMS, Phulwarisharif, Patna-801505. **7. Chairperson- Membership Committee:** Ms Soundira P Gnanalilly, TNAI No. 236302, AIIMS Hospital Phulwarisharif, Patna- 801505. **8. Chairperson-Program Committee:** Vacant. **9. Chairperson- Public Health Section:** Ms Abha Kumari, TNAI No. 327207, VPO New Market Barbigha Dhabba, Barbigha, Sheikhpura-811101. **10. Chairperson-Nursing Service Section:** Vacant. **11. Chairperson -Nursing Education Committee:** Mrs Sangita Singh, TNAI No. 83320, Lecturer, College of Nursing, IGIMS, Patna- 800014. **12. Chairperson - Economic Welfare Committee:** Mrs. D. Koteswaramma, TNAI No. 327300, Tutor College of Nursing AIIMS, Patna-801507. **13. Representative LHV/ANM Committee:** Vacant.

Mrs Lucy Patrick Simon National Returning Officer, TNAI Bihar State Branch Election 2020
C/o TNAI Hqrs, L-17, Florence Nightingale Lane, Green Park Main, New Delhi- 110016

हिंदी को प्रतिष्ठित क्यों और कैसे किया जाए

खेदजनक है कि देश को स्वतंत्र होने के सत्तर वर्ष उपरांत भी सर्वाधिक लोगों द्वारा व्यवहार में लाई जाने वाली हिंदी दोयम दर्जे की रह गई है। इसी के साथ, नंबर एक का स्थान अंग्रेज को दे दिया गया है, और हिंदी को मुख्यतया मनोरंजन की भाषा माना जाता है। किसी भी भाषा को समझने के लिए हमें उसका स्वरूप और उसकी सामर्थ्य को समझना होगा।

सशक्त, समृद्ध और प्रगतिशील भाषा का गुण है कि इसकी सुदीर्घ साहित्यिक परंपरा रही हो, इसमें नई अवधारणाओं सहित नाना भावों की अभिव्यक्ति के लिए पर्याप्त शब्द हों, तथा भाषाई संशोधन व परिमार्जन की गुंजाइश हो। इन पैमानों पर हिंदी विश्व की किसी भी भाषा से टक्कर ले सकती है। हिंदी ने न केवल उर्दू, अंग्रेजी आदि भाषाओं से अनेक शब्द और मुहावरे अपना कर स्वयं को सुदृढ़ और सांदर्भिक बनाए रखा बल्कि हिंदी के बहुत से शब्दों का अंग्रेजी में समावेश होता रहा है। यह हिंदी की प्रबल सामर्थ्य का द्योतक है। तथापि हिंदी को उचित सम्मान न मिलने में किंचित बाधाएं रहीं जिनका निराकरण आवश्यक है।

पहला, कुछ हिंदीभाषियों को हिंदी पर अभिमान तो दूर, इससे दुराव है और दैनिक जीवन में घर-परिवार, कार्यस्थल या समाज में वे इसे उपयोग में लाने से बचते हैं, न ही समर्थन देते हैं। ऐसी परिस्थिति में हिंदी का यथोचित संवर्धन नहीं हो पाता। दूसरा, गैर-हिंदीभाषी इलाकों में हिंदी के प्रसार की व्यवस्था कमजोर है, उन्हें आशंका है कि हिंदी के वर्चस्व से स्थानीय भाषाओं का अहित होगा। हिंदी को प्रोत्साहन की दृष्टि से भारत सरकार ने इसे राजभाषा का दर्जा दिया है, शासकीय विभागों में इसके उत्तरोत्तर प्रयोग की समीक्षा होती है, लेकिन कुल मिला कर हिंदी को अपना यथोचित स्थान मिलने में लंबी यात्रा तय करनी होगी।

— ऋतु चमोली

OBITUARY

Mrs Beryl Abigail Devaneson

The veteran nursing educator Mrs Beryl Abigail Devaneson left her earthly abode on 29 March 2020 at 93 years of age.

In her long distinguished nursing teaching career Mrs Devaneson had served, inter alia, as Principal of (i) Madras Medical College Hospital (TN) and (ii) CSI Nursing College, Dharampuram (TN). She received Presidential Award and Life Time Achiever Award of Government of Tamil Nadu twice. A doyen of community health nursing along with Dr Kasthuri Sundar Rao, she had long association with the community health nursing department of College of Nursing, CMC Vellore (TN). She contributed to TNAI's textbook, Community Health Nursing Manual. An active TNAI member, she was President of TNAI Tamil Nadu State Branch for two terms. She put in enormous efforts to keep the TN State Branch active and vibrant. Interspersed by humorous references, her academic reports made interesting reading. She was Member of CSI All Saints' Church, Coonoor (TN).

The nurse fraternity prays the Almighty to bestow eternal peace to the departed soul, and strength to surviving family members and close ones to bear with the great loss.



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.

EVENTS OF THE MONTH

International Midwives Day: 5 May

Unacceptably high maternal mortality, especially in low and lower middle income countries (94% of all deaths related to pregnancy and maternal complications) warrants availability of appropriate care that midwives can best do. Severe bleeding after child birth, infections, high blood pressure during pregnancy (pre-eclampsia and eclampsia), other complications and unsafe abortions lead to over 3.40 lakh female deaths die each year, with millions more suffering infection and disability as a result of preventable maternal causes. The International Confederation of Midwives (ICM), alongside UN agencies, WHO and other international partners, addresses maternal mortality and morbidity through greater access to essential midwifery services worldwide. International Midwives Day (IMD) takes place annually on 5 May seeks to enhance the reproductive health of women, their newborns and their families. The theme for IMD 2020 is, Celebrate. Demonstrate. Mobilise. Unite. There shall be more focus on how midwives and women can partner together to mobilize and unite towards a shared goal of gender equality.

Midwives take up the issues of community discussion about female gender mutilation, child marriage, contraception and sexual reproductive health and rights. On IDM 2020, the ICM has given call to midwives to become gender champions in their communities by strongly aligning with women for defending their rights.

Role of Midwife

A midwife is defined as a person having successfully completed a midwifery education programme recognised in that country in accordance with the ICM essential competencies for Basic Midwifery Practice as also the framework of the ICM Global Standards for Midwifery Education, and has acquired the requisite qualifications to be registered and/or legally licensed to practice midwifery.

The midwife is considered as a responsible accountable professional to provide necessary support, care and advice during pregnancy, labour and the postpartum period, to conduct births and to provide care for the newborn and the infant. This care includes preventive measures, promotion of normal birth, detection of complications in mother and child, accessing of medical care or other appropriate assistance, health counselling and education for the woman, family and the community on antenatal, sexual and reproductive health.

World Asthma Day: 5 May

Celebrated on first Tuesday of May each year, World Asthma Day (WAD) promotes alertness and concern about asthma, a common respiratory disease. WAD is supported by the Global Initiative for Asthma (GINA), National Heart, Lung and Blood Institute of US, and World Asthma Foundation. (In the wake of larger Covid 19 threat looming large worldwide, GINA held its WAD programmes in abeyance in 2020). GINA works with health care professionals and civic health officials around the world to bring down the incidence, morbidity and deaths due to asthma.

Asthma is a chronic lung disease caused by swelling and inflammation of bronchial tubes leading to breathing difficulties. This condition is often due to allergens or change in temperature. There is no known cure for the disease; hence only control measures are undertaken. Persons living with asthma face recurrent attacks of breathlessness, cough and wheezing with varying severity, which may occur several times a day or in a week. The symptoms may exacerbate with physical activity or at night. Some 300 million people are estimated to suffer from asthma, which is not just a civic health problem for high income countries as it occurs in all countries irrespective of level of development. It remains under diagnosed and under-treated, generating a considerable load to persons and families. As control measure in asthma emergency, the current focus is on the precept, Six Breaths Saves Lives. The six deep puffs are to be repeated every six minutes until help arrives or regular breathing is restored.

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International Nurses' Day: 12 May

Most awaited event for the nurse community, the world over, is the International Nurses' Day (IND) on 12 May. The date was chosen to coincide with the birth of Florence Nightingale, who set benchmarks in what Nursing means and implies. The event is celebrated all over the world with International Council of Nurses (ICN) as guiding organisation. IND has added significance this year because for first time ever, World Health Organisation declared 2020 as the Year of Nurse and Midwife has been, to celebrate the 200th birth anniversary of the nurse legend and the recognition of nurses by the world body.

Apart from seminars, workshops, talks, academic programme and public recognition to nurses for having performed outstanding duties, street shows and cultural events are also conducted by health promotion organisations. On this day, ICN also releases an IND Kit that contains a region-wise summative profile of achievements and targets in various health indicators as also the comments on the current strategies especially from the nurse perspective. However, as the entire world is afflicted by deadly Covid 19 virus, having already taken a toll of 2.48 lakh and the spectre still hovering over 212 countries, no formal celebrations are taking place for IND. Nurses as frontline 'warriors' in the fight against the virus have been discharging a big role at this critical hour when they are most in need.

In India, there has been convention of conferment of Florence Nightingale National Awards by the Hon'ble President of India on selected nurses from all over India, having made outstanding contribution in nursing in Rashtrapati Bhawan, New Delhi on this day. Nursing institutions organise academic discussions, consultations and other programmes on IND.

World Schizophrenia Day: 24 May

World Schizophrenia Day on 24 May is observed to pay tribute to Dr Philippe Pinel, an extraordinary humane psychiatrist and French physician who unchained and let 200 men to become free like other human beings in late 18th century, some of them confined due to mental illness for 30 to 40 years, like wild animals.

'Schizophrenia' denotes a complex mental illness marked by the patient's inability to think, feel or behave normally. Other features are: lack of energy and motivation; diminished ability to work and socialise; loss of attention, concentration and memory; neglect of health care & personal hygiene. The patient perceives a distorted reality though he is usually unaware of it. It can affect anyone: young or old, woman or woman, rich or poor though at highest risk is the age group 15-35 years. This chronic and severe mental disorder affects 20 million people worldwide. By raising awareness about schizophrenia, this day seeks to enable those living with it to receive timely help, and to increase support for such persons. Its onset is usually during adolescence or early adulthood.

<p>TNAI BULLETIN Monthly Newsletter of The Trained Nurses' Association of India L-17 Florence Nightingale Lane, Green Park, New Delhi-16 Phone: .011-26566665, 26858304 E-mail: helpdesk@tinaonline.org, membership@tinaonline.org, sna@tinaonline.org, publicationstnai@yahoo.com Website: www.tinaonline.org</p>	<p>EDITORIAL ADVISORY BOARD <i>Prof (Dr) Roy K George, Mehmooda Regu, Dr A Indira, Dr Larissa Martha, Mrs Avani Oke, Dr G Hemavati, Mrs Evelyn P Kannan</i> <i>Consulting Editor: Mr HK Barthwal</i> <i>Chief Editor: Mrs Evelyn P Kannan</i></p>
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