

THE TRAINED NURSES' ASSOCIATION OF INDIA

TNAI BULLETIN**VOL. 7 No. 9****SEPTEMBER 2018****Any Help to Hapless Flood Victims of Southern States Matters!**

An unexpected calamity has devastated the lives of thousands of people of the picturesque coastal state of Kerala. Parts of Karnataka have also been affected. The incessant heavy downpour and floods have made survival extremely difficult for the residents. Although help from government, foreign countries, non-government organisations and other sectors is ushering in, the situation may take a long time to be normalised. The entire nation is with the flood-affected at this hour of crisis. As gesture of sympathy to the flood victims, TNAI also donated a sum of Rs. 10 lakh to the Chief Minister's Distress Relief Fund, Kerala and requested State Branches as well as Members (in individual capacity) to shell out donations liberally. We pray that the life returns to normalcy early.

I believe, you have done necessary spadework for your active participation in various events of the XXVII TNAI Biennial Conference slated to be held in Goa during 11-16 December 2018. Simultaneously, the TNAI Elections for the offices of President and Vice Presidents shall also be conducted. And though the closing date of filing nominations is 17 September, the list of candidates eligible so far has been published in July & August 2018 issues of TNAI Bulletin and August 2018 issue of NJI. I know, you understand the situation, yet I want you to take note of a couple of related things. One - ensure that all members of House of Delegates (HOD) (selected by respective State Branches and list forwarded to Hqrs by 10 October 2018), who are entitled to cast vote have new photo I-cards so that they do not have inconvenience during election (the new card that can be beneficially used at various occasions, has the registered logo with the inscription: "Proud to be a Nurse"). Two - December being festive month with visitors in unusually large number visiting Goa, accommodation at reasonable price may be very difficult if not booked in advance.

At the instance of UN, first of October is observed annually as the Day of the Older

Persons to acknowledge the contribution of the elderly in society. It is unfortunate that some amongst us do not take proper care of the oldsters especially their basic needs. We should set good examples for posterity by taking befitting care of the aged. This day also enjoins on us evolving modalities to benefit from the experiences, wisdom and the opinions of the aged. We shall publish particulars of the TNAI members aged 80 years or older with their photograph in next issue of this Bulletin and/or NJI. There may be TNAI members unaware of our plan; you are therefore requested to help such members supply us desired information.

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(Evelyn P Kannan)

Chief Editor & Secretary General, TNAI

TNAI ELECTION 2018

Election Notice

The TNAI election 2018 will be held on 13 December 2018 in Goa. The list of eligibility conditions for the offices of (a) President, TNAI, (b) Regionwise Vice Presidents, TNAI are published here.

Instructions and eligible criteria for various posts:

1. Office of the President, TNAI:

- a. Any life member of TNAI may make nominations for the office of President.
- b. The Nominations for the President shall be made only from life member of TNAI who has served for atleast 2 terms of 4 years each (eight years) on the Council of TNAI.

2. 5 Regional Vice Presidents:

The nomination for 5 Vice Presidents shall be made only from Life members of TNAI who have served for at least four years (one term) on the Council.

North Region:	Delhi, Jammu & Kashmir, Punjab, Himachal Pradesh, Uttrakhand, Uttar Pradesh, Rajasthan, Haryana, Chandigarh
North East Region:	Arunachal Pradesh, Assam, Meghalaya, Nagaland, Manipur, Mizoram, Tripura, Sikkim
East Region:	West Bengal, Bihar, Jharkhand, Chattisgarh, Odisha
West Region:	Madhya Pradesh, Gujarat, Maharashtra, Goa
South Region:	Karnataka, Andhra Pradesh, Tamil Nadu, Kerala, Andaman & Nicobar Islands, Puducherry (UT), Telangana.

3. Office of the Hony. Treasurer, TNAI:

The nomination for Hony Treasurer shall be made only from LIFE members of TNAI. The member nominated as Hony. Treasurer shall be from the place where the Headquarters is located, at present Delhi.

4. Office of Hony. Secretary, Health Visitors' League(HVL):

A candidate eligible for nomination to the post of Hony Secretary, Health Visitors' League, should be an active member of Health Visitors' League or a Public Health Nurse who should be a life member of the TNAI.

5. Office of Hony. Secretary Midwives and Auxiliary Nurse Midwives' Association:

A candidate eligible for nomination to the post of Hony Secretary M&ANM Association should be an active member of M&ANM Association or a Public Health Nurse who should be a life member of the TNAI.

Note:

1. The members who are residing outside the country shall not be eligible to contest election.
2. Members who are, or had been, involved in litigation with the Association without first representing their grievances to the Committee on Disputes and Grievances shall not be eligible to contest, and shall have no voting rights. The same will be applicable to members who are facing disciplinary proceedings in their work situation.
3. The person so elected for a particular office at branch level shall hold the office for the full term (four years) and shall not contest and cross to another office prior to completion of the term of her/his existing elected office.
4. Ex-officio and co-opted members term shall not be counted for TNAI Elections and also the term(s) of those holding elected office(s) for interim period.
5. The Election for the various posts are held for a term of four years and not for any lesser period. A member is elected for a full term of four years on the Council. Any breach in completing the term with less than 4 years (1 term) will not qualify a person for nomination to any office.

Clarification, if any, on the matter could be sought from Mrs Om Kumari Kathuria, Returning Officer, TNAI Elections 2018, The Trained Nurses' Association of India, L-17, Florence Nightingale Lane, Green Park, New Delhi-110016 by September 10, 2018. ■

TNAI Elections 2018

NOMINATION FORM

TNAI Nomination Form for the Election for the Offices of President, Vice Presidents(5), Hon. Treasurer, Hon. Secretary M&ANM Association and Hon. Secretary, Health Visitors' League TNAI.

Please read carefully:

- Full name, address and TNAI Number of the Nominator must be given.
- Full name and address of the nominee must be written in block letters.
- The election shall be carried out by secret Ballot at the meeting of House of Delegates during TNAI Conference at Mapusa, Goa, on December 13, 2018.

Office/Position	Name of the Nominee & TNAI Membership Number	Designation, Address, Phone and email of the Nominee
President		
Vice President - North Region Delhi, Jammu & Kashmir, Punjab, Himachal Pradesh, Uttrakhand, Uttar Pradesh, Rajasthan, Haryana, Chandigarh		
Vice President-North East Region Arunachal Pradesh, Assam, Meghalaya, Nagaland, Manipur, Mizoram, Tripura, Sikkim		
Vice President-East Region West Bengal, Bihar, Jharkhand, Chattisgarh, Odisha		
Vice President-West Region Madhya Pradesh, Gujarat, Maharashtra, Goa		
Vice President-South Region Karnataka, Andhra Pradesh, Tamil Nadu, Kerala, Andaman & Nicobar Puducherry (UT), Telangana		
Hony. Treasurer		
Hony. Secretary, HVL		
Hony. Secretary, M & ANMA		

***Not eligible for nomination (The President shall not be eligible for re-election)**

The closing date for Nominations: **September 17, 2018**

Name of Nominator _____

TNAI number of Nominator _____

Signature of Nominator _____

Address: _____

Please return completed form to:

**Mrs Om Kumari Kathuria, Returning Officer, C/o TNAI Headquarters
L-17, Florence Nightingale Lane, Green Park, New Delhi-110016.**

Please mark the envelope "TNAI Elections: 2018, Nomination Form" in the sealed envelope.

Note: For the list of candidates eligible for the offices of President, Vice President (North, North-East, East, West and South Regions), refer to the July and August 2018 issues of *TNAI Bulletin* and August 2018 issue of *NJI*.

स्वतंत्रता दिवस के दिन नाली से मुक्त किया गया नवजात शिशु

कुछ दिन पूर्व जब देश स्वतंत्रता दिवस मना रहा था तभी चेन्नई के वलसरवक्कम इलाके में रहने वाली गीता को नाली की तरफ से जानवर की सी आवाज सुनाई दी। गीता द्वारा नाली में हाथ डाल जो निकाला गया उसे देख कर गीता तथा सभी देखने वाले हैरान थे, वह एक नवजात शिशु था। उसके चारों ओर नाल लिपटी हुई थी और उसे सांस की तकलीफ थी। बच्चे को नहला कर अस्पताल पहुंचाया गया जहां उसकी सांस में सुधार आया। गीता को खुशी है कि स्वतंत्रता दिवस के रोज इस बच्चे को आजादी मिली, इसीलिए उसका नाम सुतंतरिम रखा गया।

आपकी रसोई पर पड़ सकता है केरल की बाढ़ का असर

देश के अधिकांश प्रांतों में रसोई में रोजाना उपयोग में लाई जाने वाली काली मिर्च, जावित्री, जायफल, इलायची आदि की सप्लाई विश्व के सबसे बड़े मसाला केंद्र केरल से होती है। पिछले कई दिनों से केरल और उससे सटे इलाकों में नहीं थम रही बारिश और विनाशकारी बाढ़ से वहां से इन मसालों की सप्लाई ठप्प हो गई है। राज्य सरकार के अनुसार करीब 30 हजार हेक्टेयर कृषि भूमि बाढ़ की चपेट में आई है। आपका रसोईघर भी इससे प्रभावित होगा। मसालों की कीमतों में 20 फीसद की बढ़त दर्ज की गई है। केरल में काजू, चाय और काफी की फसल को भारी नुकसान की आशंका बताई गई है। कारोबारियों की राय में कीमतों में और इजाफा होने की संभावना है।

**PROVISIONAL BALLOT PAPER:
TNAI MADHYA PRADESH STATE BRANCH - 2018**

Office	Name and Address of the Contestant	Voter X
President	Prof. Mrs Jaya Bijoy, TNAI No.177497, Pragyan College of Nursing, Near RGPV, Bypass Road, Bhopal, MP	
Vice President	Dr Maya E Patliya, TNAI No.156001, Dean Nursing, Malwa University, Index City, Nemawar Road, NH-59A, Indore-452016, MP	
Secretary		
Joint Secretary	Mrs Maya Satish, TNAI No.43126, Rt. Principal School of Nursing, NSB Medical College, 1164, Chaman Apartment, Wright Town, Home Science College Road, Jabalpur, MP	
Treasurer	Mr Prince Mathew, TNAI No.169713, Associate Professor, Pragyan College of Nursing, Near RGPV, Bypass Road, Bhopal, MP	
SNA Advisor	-	
Chairperson Programme Committee	-	
Chairperson Nursing Service Section	Mrs Ramrati Yadav, TNAI No. 233150, Nursing Superintendent, Hamidia Hospital, Bhopal, MP	
Chairperson Public Health Sector	Mrs Shefali Latesh, TNAI No.198738, Assistant Professor, Pragyan College of Nursing, Near RGPV, Bypass Road, Bhopal, MP	
Chairperson Nursing Research Committee	Dr Usha Ukande, TNAI No.14571, Principal, Choithram College of Nursing, Manikbag Road, Indore, MP	
Chairperson Nursing Education Committee	Prof. Vineetha Suresh, TNAI No.108874, Jabalpur Institute of Nursing Science & Research, Hitkarini Sabha Parisar, Near Victoria Hospital, Jonesganj, Jabalpur-482001, MP	
Chairperson, Membership Committee	Mr Anurag Singh, TNAI No. 249150, Staff Nurse, Hamidia Hospital, Bhopal, MP	
Chairperson Economic Welfare Committee	Professor Rama Taneja, TNAI No. 20960, Khusha Bhau Thakre College of Nursing, Thuakheda, Near Inayatpur, Kolar Road, Bhopal-462041	
Representative LHV/ANMs	Mrs Shashi Bajpai, TNAI No.40182, Nursing Incharge, District Hospital, Narsinghpur, MP	

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 cum one day conference of the M.P. State Branch of TNAI on **29 September 2018** at **Pragyan College of Nursing, Near RGPV, Bypass Road, Gandhi Nagar, Bhopal – 462036** between 10.00am to 3:00pm. The registration fee for conference is Rs. 500/-. **Conference registration is mandatory to cast vote.** The registration will be done latest by 10:30am on above date no consideration will be done afterwards.
3. No one shall be allowed to vote before or after the schedule 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 election.
5. Only the Life Members of TNAI are eligible to vote whose names will be on M.P. 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/Aadhar Card etc. before entering the hall for 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 **10 September 2018** in writing at the following address: **Prof (Mrs) Smiriti Lata Chakraborty, Returning Officer, M.P. State Branch TNAI, B-93/1, B-Sector, Vijaynagar, Lalghati, Bhopal-462030 (Madhya Pradesh).**
9. Please note that: (a) No canvassing shall be permitted on the day of election; (b) No person other than the voter (s) shall be permitted with in the area of the polling booth.

NEWS FROM NURSING INSTITUTIONS

Sara Nursing College, Dharampura, Tirupur District (TN):

The 18th and 19th convocation ceremony of the college was presided over by the founder Dr M Jailani in the presence of college chairman Prof K Kariam (former MLA), Justice M Jaichandren, (formerly at Chennai High Court) conferred the titles to the students. Referring to the huge demand of Indian nurses, he said that besides knowledge and training, they should cultivate good behaviour and feeling of compassion for others, especially their clients. The chief guest, Dr Gopal Tamizh Amudhan, Indian ambassador to North Borneo Sultanate of Sulu awarded prizes to best performing students in academic and other activities. College Principal Prof. (Mrs) B Shobha E Merina presented annual report and delivered lecture. In her address Dr Jailani highlighted the dearth of nurses in India, foreigners increasingly choosing India for medical treatment due to availability of effective, low cost facilities in India. She also referred to the advances in medical education and proposed National Medical Commission and non-filling the vacancies of doctors and nurses in the State and pleaded for establishment of Tamil Nadu Nurses University. Prof Anjelin proposed vote of thanks. Vice President of the college Mr J Halitha Shamim, Secretary Mrs J Benazir Begum, and college officials Mr A Rajendran, Mr M Sahabudeen, Prof C Kalaivani participated in the function.



EVENTS OF THE MONTH

World First Aid Day: 8 September

Millions of people are killed or affected by injuries every year only because either timely response was not available or it was inadequate. The situation assumes alarming proportion in the events of war, disaster or natural calamities because lay people are unaware of what to do in such crisis moments. To enable lay persons taking immediate action and applying the appropriate techniques, while waiting for professional help, people need to be trained in certain basic relief skills. Though not a replacement for emergency services, it is a vital initial step to reduce serious injuries and improve the victim's chances of survival. Organised on **Second Saturday in September** annually (this year on **8 September**), the **World First Aid Day**, instituted by the International Federation of Red Cross and Red Crescent Societies (IFRC) in 2000, seeks to raise awareness on how First Aid Day can save lives. Each year, 100-odd Red Cross and Red Crescent Societies around the world organise events and programmes impressing the need to make first aid accessible to all, and treat it as an integral part of a wider developmental approach. The underlying premise of First Aid is, everyone should know how to save a life irrespective of age.

World Alzheimer's Day: 21 September

Around the world, Alzheimer's disease is the major reason behind dementia, a condition marked by forgetfulness. It is estimated that millions of lives are affected by it every year; about 10 percent of adults over 65 are affected by Alzheimer's. Under the umbrella of Alzheimer's Disease International (ADI), every year **21 September** is being observed as the **World Alzheimer's Day** since 1994 to spread the understanding of this degenerating disease. Every three seconds, somebody in the world develops dementia/ Alzheimer's, says ADI. The 2018 theme of World Alzheimer's Day is, *Remember Me*. Alzheimer's disease is the Alzheimer's is a degenerative disease of the nervous system; person with Alzheimer's disease starts to lose memory, and with advancing years shows behavioural disorders, often forgetting one's own identity. Impairment of memory and other mental functions is the major symptom of Alzheimer's disease most common form of dementia, a group of disorders that impairs mental functioning. More vulnerable to Alzheimers are those aged 65 or older.

On Alzheimers' Day, the focus of Alzheimer's organisations is on creating awareness about this progressive and irreversible disease which has millions of victims world wide. The situation calls for proper education and guidance about the disease and its initial symptoms which we are not obvious. India is home to some an estimated 4.1 million people suffering from it, reports Alzheimer's and Related Disorders Society of India. This figure is likely to double by 2035; Maharashtra and Uttar Pradesh alone shall have over 5 lakh patients by 2026.

World Heart Day: 29 September

World over, the cardiovascular diseases (CVDs) are at top as cause of death says WHO; of all deaths, 31 percent are due to CVDs; 10 percent of all deaths are those of 30-70 years due to CVD. Every year, at the initiative of World Heart Federation **World Health Day** takes place on **29 September**; it is the world's biggest platform for raising awareness about cardiovascular disease, including stroke and heart disease. The tagline for World Heart Day 2018 is, *What Can I Do Right Now to Look after My Heart and ... Your Heart?*

Not less than 80 percent of the premature deaths due to cardiovascular diseases can be protected by controlling four main risk factors viz. unhealthy diet, tobacco use, lack of physical activity and use of alcohol, says World Heart Federation. Although various governmental and non-government organisations and charities around world are working to spread the awareness of CVD, yet for reducing the incidence of heart-related problems and deaths, common public needs to be actively involved through the campaigns. In contrast to decline in death rate due to CVDs in US (by 41% between 1990 and 2016), in India it rose by around 34 percent in same period, says a study. Further, the probability of death from stroke has overall decreased yet there has been increase in India's northeastern states, where a third of premature stroke deaths occurred with one sixth of the population lives. In these states, death rate due to stroke has been around three times higher than the national average. ■

Nomination Sheet: TNAI Manipur State Branch Election 2018

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

Nominator's Signature _____
 Nominator's TNAI No. _____
 Nominator's Name and 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 October 2018** (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 Manipur State Branch Election 2018".
 15. Completed Nomination Sheet(s) and all other correspondence related to election to be sent to the following address: **Ms P Landhoni Devi, Nursing Superintendent, JNIMS Hospital, Porompat, Imphal East – 795005. Phone: 919402751493**
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Election Result

Kashmir Unit of Jammu & Kashmir State 2018

The election of Kashmir Unit of J&K State Branch was held at seminar room of nursing administration skims. During general body meeting of Kashmir unit of tnai on July 21, 2018 from 9.00 am to 4.00 pm. The following office bearers were declared elected:

President: Mrs Dilshada Wani, Vice Principal, Lecturer, MMIMS SKIMS (TNAI No. 15070). **2. Vice President:** Mrs Shagufta Parveen I/C Nursing Administration SKIMS, Srinagar (TNAI No. 34544). **3. Secretary:** Mrs Muneera Bashir, Professor, MMIMS SKIMS, Soura (TNAI No. 21661). **4. Treasurer:** Mr Fayaz Ahmad, Sr Nursing Officer SKIMS, Srinagar (TNAI No. 119160) **5. SNA Advisor:** Mrs Aisha Akhter, Lecturer MMINS SKIMS, Srinagar (TNAI No. 34541). **6. Chairperson Membership Committee:** Mrs Misra Bano, Nursing Supervisor, SKIMS, Srinagar. **7. Chairperson Programme Committee:** Mrs Suby Thomas, Tutor, MMINS, SKIMS **8. Chairperson Nursing Service Section:** Mrs Mehjooba Sr Staff Nurse SKIMS. **9. Chairperson Nursing Education Section:** Mrs Ishrat Khan (Veena Mallah), Tutor, MMINS SKIM Soura, Srinagar, Kashmir. **10. Chairperson Socio-Economic Welfare Committee:** Mr. Bikram Singh Mehta, Nursing Officer, SKIMS, Kashmir (TNAI No. 66780). **11. Chairperson Public Education Section:** Mr GA Mir, MMMINS, SKIMS. **12. Chairperson Research Committee:** Mrs Nighat Ara SKIMS, Soura, Srinagar (TNAI No. 110876). **13. Chairperson, ANM Section:** Mrs Shabinda Shafi, Principal, Nursing College, Anantnag. **14. Chairperson, LHV Section:** Mrs Firdousa, SKIMS, Soura, Srinagar.

Mrs Hajra Bano, Returning Officer
Kashmir Unit of J&K Election, 2018

Nomination Sheet: TNAI Odisha State Branch Election 2018

Post	Name and Address of the Nominee
President	
Vice President	
Secretary	
Treasurer	
SNA Advisor	
Chairperson – Nursing Education & Research	
Chairperson – Programme Committee	
Chairperson – Socio Economic Welfare Committee	
Chairperson – Membership Committee	
Chairperson –Nursing Service Section	
Chairperson of ANM/LHV League	

Nominator's Signature _____
 Nominator's TNAI No. _____
 Nominator's Name and 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 **18 October 2018** (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.
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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 Odisha State Branch Election 2018".
15. Completed Nomination Sheet(s) and all other correspondence related to election to be sent to the following address: **Mrs Binapani Pradhan, Returning Officer, Odisha State Branch, Retd. Principal Tutor, ANM TC, Baripada, Bhubaneswar, Orissa.**

The Nurses Emblem

White Heart & Lamp in Blue Globe attached on a pedestral encrypted with, 'Proud to be a Nurse'

The White Heart was officially launched as a universal symbol for nursing in 1999, on the occasion of the 100th anniversary of the International Council of Nurses. The symbol is meant to characterise the caring, knowledge and humanity that infuse the work and spirit of nursing. The white heart is also a unifying symbol for nurses globally.

White was selected because it brings together all colours, demonstrating nursing's acceptance of all people. White also has a world-wide association with nursing, caring, hygiene and comfort. The heart shape communicates humanity and the central place that nursing has in quality health care.

Blue is the colour of the sky and ocean which means the scope of nursing is extended like an ocean in this earth and its presence is global. It also symbolises loyalty, wisdom, confidence, intelligence, faith, truth and heaven. Blue is given in an oval shape which symbolises the earth or the globe to emphasise nurses universal presence.

Lamp is synonym with nursing from the time of Florence Nightingale. The lamp shown in this emblem is an Indian adaptation of the lamp which is symbolic of nursing, that spreads light of care and love in the world and also that enlightens the mind.

Proud to be a Nurse:

Nurses and Nursing in spite of its inherent noble nature, many times gets sidelined and suppressed. Though a noble job, nursing does not currently get the reputation and respect it actually deserves. One of the major reasons for this deficiency is nurses' confidence issues. So being proud to be a nurse is very important so as to declare that nurse and nursing are here with "pride". A proud noble nurse is really something to be "proud of" and each professional nurse declares that she/he is "proud to be a nurse".



Note: The original emblem is coloured, and can be seen in October 2018 issue of *NJI*.

आपका अंगदान, बचा सकता है अनेकों की जान

देना नेकी का काम है। सभी समुदायों और पंथों में दाता का गुणगान किया जाता रहा है। आत्मिक विकास और बेहतरी में दान के महत्व को समझते हुए निजी या सांस्थानिक स्तर पर जरूरतमंदों को विभिन्न तरीकों से मदद करते हैं। जरा सोचें, इससे बड़ा दान क्या होगा जब आप के दिए से किसी को दिखने लगे या उसका मरणासन्न हृदय धड़कने लगे या निष्क्रिय किडनी कार्य करने लगे। दधीचि ऋषि ने जीते जी लोकहित में अपनी अस्थियां तक दान कर डाली थीं। इसीलिए अनेक कॉर्पोरेट व औद्योगिक घराने नियमित तौर पर बजट में अंगदान के खर्च का प्रावधान रखते हैं।

इन पांच अंगों का प्रत्यारोपण प्रायः किया जाता है: गुर्दा (किडनी), कलेजा (लीवर), हृदय, फेफड़े और अग्न्याशय (पैन्क्रियाज़)। कभी एक किडनी रोगग्रस्त नहीं होती, विकशति दोनों में साथ-साथ आती है, इसकी मांग सर्वाधिक है। प्रत्यारोपित किडनी नौ वर्ष तक बखूबी कार्य करती है और एक किडनी देने के बाद भी दाता को खास फर्क नहीं पड़ता। एक जीवित व्यक्ति के लीवर का अंश दो व्यक्तियों को प्रत्यारोपित किया जा सकता है, दिलचस्प यह है कि कालांतर में लीवर पुनरुदभवित (रीजेनरेट) हो कर कमोबेश सामान्य आकार का हो जाता है। लीवर की भांति पैन्क्रियाज़ का भी आंशिक दान किया जाता है, फिर भी दाता का यह अंग बखूबी कार्य करता रहेगा। विरल मामलों में आंत का हिस्सा भी प्रत्यारोपित किया जाता है। अंगों के अलावा खासी मांग वाले ऊतक, रक्त, या स्टेमसेल, प्लैटलेट जैसे सहउत्पादों के अलावा हड्डियां, कार्टिलेज (नरम हड्डी), त्वचा, हृदय के वाल्व, टेंडन, नसें, दान दिए जाते हैं। कोर्निया यानी आंख के आवरण की पारदर्शी परत मृत्यु के 24 घंटे में दान देने से दो नेत्रहीनों का जीवन रौशन हो सकता है।

अंग दान प्रक्रिया सरल नहीं है, शरीर से पुनःप्रयोग के लिए अंग निष्कासित करने (हार्वेस्टिंग) की प्रक्रिया के तहत चार डाक्टरों का पैनल छह घंटे की अवधि में दो बार सत्यापित करता है कि मस्तिष्क मृत हो गया है, इनमें से दो सरकार से अनुमोदित होने चाहिए। अन्य देशों के मुकाबले भारत में मस्तिष्क का मृत होना ही हार्वेस्टिंग के लिए मान्य होता है। स्वस्थ अंगों की हार्वेस्टिंग मानव अंगों के प्रत्यारोपण अधिनियम अनुसार यथाशीघ्र की जानी चाहिए। नियम है कि दुर्घटनाग्रस्त लावारिस लाश से अंग नहीं निकाले जा सकते। अंग दान की पूर्वघोषणा के बावजूद मृत व्यक्ति के निकटतम संबंधी की पुनः अनुमति अनिवार्य है। अंगदान की आयुसीमा नहीं है। दुर्भाग्य से देश के केवल तीन राज्यों – कर्नाटक, तमिलनाडु और महाराष्ट्र के सरकारी अस्पताल आपस में नेटवर्क से जुड़े हैं जहां प्रतीक्षारत जरूरतदों को तत्काल अंग पहुंचाए जाने की व्यवस्था की जाती है।

देश में 5 लाख से ज्यादा मौतें इसलिए होती हैं चूंकि पीड़ित का कोई अंग विफल हो जाने पर उन्हें दूसरा अंग उपलब्ध नहीं होता। प्रतिवर्ष हमें दो लाख किडनी, 50 हजार हृदय और इतने ही लीवर चाहिए जबकि उपलब्धता बमुश्किल करीब चौथाई है तथा अधिकांश जरूरतमंद दम तोड़ देते हैं। हमारे अस्पतालों में सालाना चार हजार किडनी और पांच सौ कलेजे दान दिए जाते हैं। सच यह है कि मस्तिष्कीय मौतों में से 5-10 फीसद के अंगों की हार्वेस्टिंग कर ली जाए तो जीवित व्यक्तियों के अंगदान की आवश्यकता ही नहीं रह जाएगी।

अंगदान को प्रोत्साहित करने और प्रत्यारोपण को कम खर्चीला, तुरंत कार्यशील बनाने के उद्देश्य से राष्ट्रीय अंग प्रत्यारोपण कार्यक्रम की शुरुआत की गई थी। देश में अंगदान की प्रक्रिया को संचालित करने का दायित्व राष्ट्रीय अंग और ऊतक संगठन (नोट्टो) का है। इसके फ्री हैल्पलाइन नंबर पर चौबीसों घंटे मदद ली जा सकती है। अंचल व राज्यस्तर पर स्थित केंद्रों के जरिए यह सुनिश्चित किया जाता

है कि अंगदान का कार्य कार्य संतोषजनक रूप से चल रहा है, इसके लिए अनुदान भी दिया जाता है। गैरसरकारी क्षेत्र में अंगदान में टाइम्स ऑफ इंडिया, मोहन फाउंडेशन, उपहार एक जीवन, शतायु तथा अन्य संस्थाएं योगदान कर रही हैं। अंगदान का चलन अभी परिजनों तक सीमित है, इसे व्यापक बनाने की जरूरत है।

प्रतिवर्ष 13 अगस्त को सरकारी, स्वैच्छिक व सामाजिक संगठनों द्वारा मनाए जाते अंगदान दिवस के अवसर पर जनस्वास्थ्य के हित में अंगदान की अहमियत और प्रक्रिया के बाबत लोगों को जागरूक किया जाता है, अंगदान के प्रति हिचक दूर करने और उन्हें अंगदाता बतौर ऑनलाइन रजिस्ट्री के मार्फत या अन्यथा पंजीकृत करने के लिए प्रेरित किया जाता है। याद रहे, एक अंग दाता आठ जरूरतमंदों की जान बचा सकता है। आप भी इस पुनीत कार्य से जुड़ कर जीवन सार्थक बना सकते हैं।

— हरीश बड़थवाल

Donation to Flood-affected Persons of Kerala: Appeal to State Branches

Incessant heavy rains and floods of unprecedented magnitude have devastated the lives of people of Kerala. Having lost all they had, thousands of people suffering extreme hardships are struggling for survival. Apart from union and state government, many organisations are extending help. TNAI stands by the flood-affected at this difficult time. And though a sum of Rs. 10 lakh has already been released by Hqrs, the State Branches and the members individually are requested to remit donation at their level directly.

Are you 80, or know such members ?

October 1 is the UN Day of the Older Persons, a day to acknowledge the contribution of the aged. So, in October 2018 issue of *TNAI Bulletin*, we shall publish photographs of TNAI members aged 80 or above, with their brief introduction.

If you are 80 years or more, or know such members of TNAI, kindly send their passport size photograph and their brief (contribution to nursing, significant achievements, message to the new generation nurses) in not more than 100 words together with their consent. Kindly send it by **15 September 2018** to:

**The Chief Editor, TNAI Bulletin
Trained Nurses Association of India
L-17 Florence Nightingale Lane
Green Park, New Delhi - 110 016.**

You can also send the above material by Email by 15 September 2018 (Email: publicationstnai@yahoo.com)

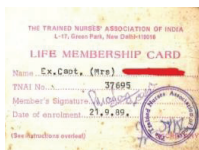
Lost and Found

It is to inform all concerned that while shifting house in January 2018 I, Jacqueline Mary S., have lost/ misplaced my original certificate of Diploma in General Nursing and Midwifery (GNM) (2000-2003) bearing No. 10679, issued by the Board of Nursing Education, Nurses' League of the CMAI (South India Branch).

**Jacqueline Mary S.
189 Arundhathi Nagara, Sun City Road, Kengeri Upanagara, Kengeri
Bengaluru-560 060. Mob: 9110260355**

Attention to the TNAI Members

TNAI's Council had decided to give one time photo ID Membership card free of cost for the Members having old membership card without photograph. Filled application forms to be send to the TNAI Headquarters.



← Sample of the old & New TNAI life membership card →



Members who had already taken Photo ID Membership card and require a Duplicate photo-ID Membership Card (in case of lost/ damage), are requested to fill the Application Form along with a payment of Rs.150/- through Demand Draft drawn in favor of "The Trained Nurses Association of India, New Delhi"/ Online Payment and send it to TNAI Headquarters. Application Form which can be downloaded from TNAI Website: www.tnaionline.org. Filled application forms to be send to the TNAI Headquarters.



Application form for Photo Identity Membership Card/ Duplicate Membership Card



The Trained Nurses' Association of India
Incorporating Student Nurses' Association, The Health Visitors' League,
Midwives & Auxiliary Nurse – Midwives Association
L - 17, Florence Nightingale Lane, Green Park (Main),
New Delhi – 110 016.

Tel.: 91-11-26566665, 26966873, Membership (Direct line) 011-40195407
Email: membership@tnaionline.org, Website: www.tnaionline.org, www.tnai-recruitment.org

Applicants
Passport size
Photograph
Only

- Instructions for Applicants
- Write with ball pen (black) in **CAPITAL LETTERS** only
 - Applicant should sign in full, clearly within the spaces provided.
 - Incomplete form will be rejected.

Applicant's full Signature

Please do not sign
on the photograph

TNAI Membership No. _____

NAME: _____
*Attach the copy of the proof for change of name, if required

Address: _____

Pin Code: _____

*Attach the copy of the proof for change of address, if required

Date of Birth

--	--	--	--	--	--	--	--

Phone No..... (Mandatory) Email:.....

Moving ahead with commitment and dedication since 1908

XXVII TNAI BIENNIAL (76th) CONFERENCE, MAPUSA, GOA

CONFERENCE REGISTRATION FORM

Pre-Conference Meetings: December 11-13 and Conference: December 14-15, 2018

Full Name (Block Letters): Miss / Mrs / Sr/ Mr _____

Executive/ Council Member/HOD/
TNAI Member/SNA General Committee Member _____

Designation _____ Office held in TNAI/SNA _____

Full Address _____

Food : Veg () Non Veg () Rs 800/- per day compulsory

Would you like to join sightseeing? Yes () No () To be announced later _____

Only for office bearers:

Indicate the period of stay from _____ to _____

Indicate the mode of travel () Rail () Air

Arrival at Dabolim: Date _____ Time _____ Name / No. of Train/ Flight _____

Departure from Dabolim: Date _____ Time _____ Name /No. of Train / Flight _____

Charges	Executive Committee & Council Members	TNAI Members	Non-TNAI Members	SNA Members
Registration Fee	Rs 800	Rs 800	Rs 1000	Rs 500
Food per day [Tea 2 times, Lunch and dinner (during Conference days i.e. December 14-15, 2018)] It is compulsory	Rs 800	Rs 800	Rs 800	Rs 400
Late Registration Fee	Rs.1000	Rs.1000	Rs.1200	Rs.750

If you want the Hosting branch to book your accommodation please contact

1. Mrs Patsy Joseph Mobile No.8830587699
2. Mrs Veronica Gonsalves Mobile No.9637917373
3. Mr Vaibhav Naik Mobile No.9420818778

The rate of Boarding/Lodging and Transport:

Single Room - Rs. 6000/- per day / per person

Double Room - Rs. 5000/- per day / per person

Note: December being a festival season in Goa, there is unusually great inflow of tourist and consequent hotel charges are very high. You are therefore, advised to book accommodation well in advance.

The fee is payable in advance and should be remitted by Demand Draft/ NEFT/ECS drawn in favour of TNAI XXVII 76th BIENNIAL CONFERENCE, Name of the Bank: Bank of India, Panjim Branch, Goa. A/C No. 100710110009892; IFSC Code: BKID0001007. Please confirm by email after payment to sshashi_63@yahoo.com, along with duly filled Registration Form, to be sent to the Registration Chairperson latest by **31 October 2018**, after which late registration fee will be charged.

The Registration Form along with payment should be sent to Ms. Shashilata Yadav, Chairperson Registration Committee, Mobile No. 9766484775, Email: sshashi_63@yahoo.com.

Note:

- (i) After submitting the fee paid through NEFT, please provide the UTR number to the above email id.
- (ii) On the spot registration will be allowed with extra charges but accommodation will not be given unless you already booked with the Chairperson, Accommodation Committee within the deadline **(November 10, 2018)**.
- (iii) The State SNA Vice Presidents and SNA Secretaries are required to attend the House of Delegates and the Conference as observers, no other SNA members, apart from these two SNA Office bearers, should attend this Conference. However, there is no ban for local SNA members for attending the Conference, provided such an arrangement is made with the Conference Registration Committee.
- (iv) No accommodation arrangement will be made for families/ friends/relatives/accompanying participating members. They have to make on their own. However, the members concerned in such cases may get information for accommodation facilities available in the city by writing to the Chairperson, Registration Committee.



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

TNAI BULLETIN

Monthly Newsletter of

The Trained Nurses' Association of India

L-17 Florence Nightingale Lane, Green Park, New Delhi-16

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