

THE TRAINED NURSES' ASSOCIATION OF INDIA

TNAI BULLETIN

VOL. 7 No. 12

DECEMBER 2018

As the Year Passes, the Zeal to Move On and Excel Continues

Come December and one is led to introspect the drift of one's life, the gains versus the expectations, etc. at personal, social and professional fronts. Organisations of all descriptions review the pace of performance and achievements as against the targets set with the intent to reset the goals or recast the modalities, wherever required. For, new challenges, new environment in the matrix of Time necessitate continuously examining, revising or fine tuning the modus operandi for better outcomes. As we look at the departing year, we have reasons to feel more or less satisfied with the performance.

After AHA approval of International Training Centre (ITC) at CIN&R premises in Greater Noida, by American Heart Association, a series of programmes came to be organised on Basic Life Support (BLS) and Advanced Cardiac Life Support (ACLS) from June 2018 for nominal charges. The ITC at CIN&R premises was inaugurated on 14 April 2018 in the presence of senior TNAI members and other nursing veterans.

In the evening of 12 May, the International Nurses Day, the 35 recipients of the President's National Florence Nightingale Awards were felicitated by President TNAI and her team together with senior INC officials at Eros Hotel, New Delhi in the evening.

In furtherance of TNAI objectives, the decisions taken at EC/Council meeting in Guntur like introduction of Life Time Achievement Award, and additional benefits to TNAI members and SNA Units were made effective during the year. The new TNAI/SNA Membership Card is now printed in-house.

The TNAI was represented at Commonwealth Meets in London (23rd Biennial Meeting of the Commonwealth Nurses and Midwives Federation (CNMF) on 9 March at Royal College of Nursing; and the 4th Commonwealth Nurses and Midwives Conference on 11-12 March at Royal College of Physicians). Secretary-General TNAI Mrs Evelyn P Kannan was elected as Board Member - Asian region, CNMF.

In recognition of very senior TNAI members, we published in October issue of NJI as well as TNAI Bulletin (1 October being the Day of the Older Persons), the brief profiles with photograph of such persons aged 80 or beyond. Homage and respect were paid by TNAI to the nurse Lini Puthussery, who saved the first Nipah virus victim Md Sadik in Kozhikode district (Kerala), but in the process herself succumbed to Nipah virus. TNAI lent its support and requested its Branches and individuals to the flood victims of Kerala that killed over 400 persons and displaced over a million people.

As per Council's decision, many State Branches were visited by senior TNAI officials and meeting held with senior officers and State Branch executives (including Health Ministers, Principal Secretaries, Registrars of Council). Sikkim Branch was revived after 10 years and elections were conducted. Workshops/ToTs on Neonatal Skincare Evidence-based Clinical Practice Guide were held in many States. Internal auditing of several State Branches was undertaken.

On seamy side, former TNAI President Mr AB Kulkarni breathed his last on 3 April 18; a condolence meeting, recalling his contribution mainly in growth of nursing education, was held at TNAI Hqrs on 13 April. Mr Anees Chishti, formerly editor (who served TNAI for over 30 years) passed away on 10 October.

We believe the new office bearers, after Goa elections, will lead the Association to new heights. We wish you a Happy New Year 2019.

(Evelyn P Kannan)

Chief Editor & Secretary General, TNAI

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में अमुक दिन खाद डालना होता करीब दर्जनभर महिलाएं एकत्रित होतीं, उन्हें नाश्ता परोसा जाता और वे काम को पूर्ण करतीं। यही प्रक्रिया अगले दिन दूसरे घर में दोहराई जाती।

कटाई के बाद तुरंत उचित मूल्य नहीं मिलने से किसान औने-पौने दामों पर उपज बेचने पर विवश हो जाते हैं। किसानों का मनोबल बरकरार रखने की दृष्टि से कृषि सहकारी समितियों को इस दिशा में ठोस शुरुआत करनी होगी। करीब तीन माह पहले मंडी में टमाटर के मिलने वाले दाम से ढुलाई भी न निकलने से खिन्न उत्तरप्रदेश के किसानों ने इसे सड़कों पर बिछा दिया था। जब एक-दो लिटर दूध बचे दूध को रोजाना सहकारी दुग्ध संगठन के बगल में बूथ में बेचा जा सकता है तो सहकारी मॉडल के तहत ऐसी व्यवस्था सब्जियों के लिए क्यों नहीं की जा सकती? राष्ट्रीय सहकारी संघ (एनसीयूआई) को इस दिशा में उचित प्रयास करने होंगे।

हमारे समूचे देश में 14-20 नवंबर के दौरान राष्ट्रीय सहकारिता सप्ताह मनाया जाता है। देश की आर्थिक व्यवस्था, ग्रामीण ऋण, कृषि व खाद्यान्न उत्पादन, वितरण और विपणन तंत्र को सुदृढ़ करने में सहकारी क्षेत्र का महत्वपूर्ण योगदान है।

सहकारी इकाइयों की कुछ समस्याएं भी हैं। अनेक सहकारी संस्थाओं के संचालक डिजिटल तौरतरीकों के इस्तेमाल में फिसड्डी हैं या इससे बचते हैं। माहिर नहीं हैं। अनेक समितियां शासकीय अनुदान लेती हैं और नौकरशाही का हस्तक्षेप नकारात्मक हो सकता है। कई स्थानों पर इनके जरिए राजनीतिक हित साधने की चेष्टा की जाती है। कदाचित्त किसानों द्वारा कर्ज चुकाने में कठिनाइयां आती हैं और उन्हें समाधान नहीं सूझता। अनेक संगठनों द्वारा कार्य संचालन में पारदर्शिता नहीं बरती जाती या सक्षम नेतृत्व का अभाव रहता है।

यह आवश्यक है सहकारिता समिति के सदस्य समिति के प्रति निष्ठावान रहें और स्वीकार करें कि दो व्यक्तियों की संयुक्त क्षमता दोनों की व्यक्तिगत क्षमताओं के योग से अधिक होती है यानी एक और एक जुड़ कर दो से अधिक होते हैं, यह भी कि दूसरे के कमजोर पड़ने से पहला अधिक सशक्त नहीं हो सकता। कनाडियन दार्शनिक जीन वैनियर ने भी कहा, जब हम आश्वस्त हो जाएं कि जीवन का आनंद केवल अपने हित साधने में नहीं बल्कि अन्यो के साथ मिल कर, उनके लिए कार्य करने में है तो दुनिया उत्सवस्थली में तब्दील हो जाएगी। मार्टिन लूथर, मैक्स लर्नर सरीखे अनेक विचारकों ने कहा है, हमारे समक्ष दो ही विकल्प हैं। हम बंधुओं की भांति मिल कर रहना सीख लें या पशुओं की तरह अपनी अस्मिता को खत्म कर डालें।

— हरीश बड़थवाल

<p>TNAI BULLETIN Monthly Newsletter of The Trained Nurses' Association of India L-17 Florence Nightingale Lane, Green Park, New Delhi-16 Phone: 26566665, 26858304 E-mail: prim@tnaionline.org, helpdesk@tnaionline.org, membership@tnaionline.org, sna@tnaionline.org, publicationstnai@yahoo.com Website: www.tnaionline.org</p>	<p>EDITORIAL ADVISORY BOARD Mrs Anita A Deodhar, Ms Surekha Sama, Dr (Mrs) Sushma Saini, Mrs Sikha Maity, Mrs Evelyn P Kannan Consulting Editor: HK Barthwal Chief Editor: Mrs Evelyn P Kannan</p>
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Nomination Sheet: TNAI Andaman & Nicobar Islands 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 Nursing Section	
Chairperson – Nursing Service Section	
Chairperson – Nursing Education & Research Section	
Chairperson - Economic Welfare Committee	
Representative ANM/LHV/FHW/CHO	

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 **17th January 2019** (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

Computerisation and Layouts: anupamkamal@hotmail.com

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 Andaman & Nicobar State Branch Election 2018”**.
15. Completed Nomination Sheet(s) and all other correspondence related to election to be sent to the following address: **Ms Mitha Biswas, Returning Officer, A&N State branch Elections, School of Nursing, Near GB Pant Hospital, Old OPD Complex, Port Blair, Ph: 973247977**

Your Updated Mailing Address Required at TNAI HQrs

Important information to all Members: You may receive copies of *TNAI Bulletin* only after submitting the complete mailing address afresh!

We have been observing for quite some time that copies of *TNAI Bulletin* are not reaching the proper persons for many reasons, mainly because the address in TNAI records is not got updated by the subscribers with their change of residence. In many instances, the subscribers furnished the Institute's address where they last studied and it was never got changed later. This leads to massive wastages.

It has therefore been decided to follow a reverse strategy, by mailing copies of *TNAI Bulletin* only to those members who submit their addresses again. All the members are now requested to kindly furnish their latest address afresh, including the PIN code of the area and also indicate their email ID. Following format may kindly be adopted:

Name: _____

TNAI Membership No.: _____

Complete Address with PIN code: _____

Phone : _____ Email ID: _____

The above information can also be sent by email to: membership@tnaionline.org.

PROVISIONAL BALLOT PAPER: TNAI Manipur State Branch - 2019

Office	Name and Address of the Contestant	Voter X
President	Mrs Tangbi Devi, FHW Training, School, Lamphel, Family Welfare Department.	
Vice President	1. Mrs M Vijyantimala Devi, Nursing Sister RIMS Hospital, Imphal-795001.	
	2. Mrs Sanjarani Devi, JNIMS, Porompat Imphal- 795 001.	
Secretary	1. Mrs Ph. Rani Devi, Nursing Sister, RIMS Hospital, Imphal-795001.	
	2. Mrs Th. Binodini Devi, Staff Nurse, RIMS Hospital, Imphal-795001.	
Joint Secretary	Ms Sagolshem Ronita Devi, PHC, Kalapahar	
Treasurer	1. Dr (Mrs) Y Sundari Devi, RIMS Hospital Imphal- 795 001.	
	2. Ms A Ibeyaima Devi, CON, Medical Directorate	
SNA Advisor	Ms Veletina Pheiroijam, CON, Medical Directorate	
Chairperson Programme Committee	Mrs LC Mala, Associate Prof., College of Nursing RIMS Imphal 795 001.	
Chairperson, Membership Committee	Ms A Jamuna Devi, CON, Medical Directorate	
Chairperson, Public Health Committee	1. Ms Maubam Ranita Devi, Awang Wabagai, Health and Wellness Centre.	
	2. Ms H Priyashini Devi, RIMS, Imphal.	
Chairperson, Nursing Service Committee	Ms N Ibemnungshi Devi, RIMS, Imphal	
Chairperson, Socio-Economic Welfare Committee	Ms N Memchoubi Devi, CON, Medical Directorate	
Chairperson, Nursing Education and Research Committee	Ms N Nalinibala Devi, CON, Medical Directorate	
Representative, LHV/ANMs	Ms M Thaba Devi, Wangoo Laipham PHC	

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 on January 11, 2019 at the Office of Manipur State Branch between 10.00am to 3:00pm.
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 **December 22, 2018** in writing at the following address: **Mrs P Landhoni Devi, Returning Officer, TNAI Manipur State Branch, Nursing Superintendent, JNIMS, Porompat Imphal-795 001.**
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.

खुदा ने हमें दो पांव चलने-फिरने के लिए दिए हैं

एक विचारक ने कहा है कि पेड़-पौधों की भांति ईश्वर ने हमें जड़ें नहीं दीं, दो पांव दिए हैं, ताकि हम चलते-फिरते रहें। एक ही जगह जड़ न जमा लें, पड़े-पड़े इस मूल्यवान शरीर का ह्रास न होने दें। शरीर, मन और चित्त की दुरस्ती के लिए चलते-फिरते रहना अत्यावश्यक है।

चलने-फिरने का पहला लाभ स्वास्थ्य से संबद्ध है। मानव शरीर अनेक प्रणालियों से युक्त मशीन है। जिस प्रकार लंबे अरसे तक खड़ी गाड़ी या रसोई की मिक्सी या अन्य कोई मशीन जंग खा कर एक दिन कबाड़ी के हवाले कर दी जाती है वही हथ्र शरीर का होता है। शरीर के जिस अंग से कार्य लेना कम कर देंगे या बंद कर देंगे उन अंगों में रक्तप्रवाह और चेतना घट जाएगी। उन अंगों की कार्यक्षमता में गिरते गिरते एक दिन शून्य हो जाएगी।

शोध से पता चला है कि प्रति सप्ताह 8-9 कि.मी. व्यक्ति ज्यादा स्वस्थ रहते हैं, उनकी आयु भी अधिक होती है। तेज चलना हृदय का बेहतरीन व्यायाम है। आज जिन बीमारियों से विश्व के अधिकांश व्यक्ति त्रस्त हैं – मोटापा, डायबिटीज़, जोड़ों का दर्द – उनका निवारण काफी हद तक पैदल चलने में है। कुत्ते को आधा घंटा रोजाना घुमाने से आप 100 कैलोरी खर्च करते हैं।

शास्त्रों में लिखा है, चरैवेति, चरैवेति (यानी चलते रहो, चलते रहो)। जो चलता रहता है उसका भाग्य भी चलता रहता है और जो सोते रहता है उसका भाग्य भी सो जाता है, यानी उसे जीवन में कुछ नहीं मिलता। अपनी चारदिवारी में सिमट कर जीने वालों की तुलना में चलता-फिरता व्यक्ति अनेक लोगों से मिलता है, उनसे अपने विचार और भावनाएं साझा करता है। उसकी सोच अधिक व्यापक और गहरी होती है। ऐसे व्यक्ति अपनी चिंताओं और भयों में नहीं जकड़े रहते।

सुबह-शाम पैदल, और जितना हो सके चलने की आदत बनाएं। मसलन उपरी मंजिल में जाने के लिए इमरजेंसी न हो तो लिफ्ट के बदले सीढ़ियों से जाएं।

— प्रकाशन एकक, टीएनएआइ

Nomination Sheet: TNAI Tripura State Branch Election 2018

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

Nominator's Signature _____

Nominator's TNAI No. _____

Nominator's Name and Address _____

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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.
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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 Tripura State Branch Election 2018”**.
15. Completed Nomination Sheet(s) and all other correspondence related to election to be sent to the following address: **Mrs Uma Bhattacharjee, C/o Lt. Chitta Ranjan Bhattacharjee, 23, Nivedita Palli, Ramnagar-8, PO Ramnagar, PS Ramnagar, Agartala, Tripura (W)-799002.**

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

CALL FOR NEWS ITEMS FROM NURSING INSTITUTIONS

Schools and Colleges of Nursing are welcome to submit for publication in monthly *TNAI Bulletin*, the news items and write ups about observances of Graduation Ceremony, Annual Day, Seminars, Conferences, important workshops, etc. The charges are Rs 1000 per item including one photograph. The payment should be through a demand draft in favour of **The Trained Nurses' Association of India** (TNAI), New Delhi. Neatly spaced out hand-written matter, preferably typed in double space on one side of paper with photograph may be sent, along with requisite charges, to the Editor, TNAI Bulletin.

NEWS FROM NURSING INSTITUTIONS

ES College of Nursing (ESCON), Villupuram (TN): 2nd Graduation ceremony of 2012-16 batches was organised on 17 August 2018 at TACW auditorium. ESCON Principal Prof (Mrs) Poreselvi welcomed the gathering and presented the annual report of 2017-18. Mrs S Vatchala Dhinakaran, Asst Secy-General TNAI, the chief guest of the occasion, presented degree certificates to 73 graduates as called by Mrs K Bharathi, Assoc Professor; this was followed by oath taking administered by the Principal. Appreciating the choice of Nursing as profession, the chief guest Mrs Vatchala highlighted the role of nurses from 'womb to tomb' and the expanding role of nurses, adding "nurses have moved from bedside to board room." Vote of thanks was delivered by Mr Krishnamoorthy, Assoc Professor, ESCON. The programme ended with national anthem.



Faculty of Nursing, **Rama University, Kanpur (UP):** The Faculty of Nursing, Rama University organised World Breastfeeding Week during 1-7 August 2018 with various health awareness programmes in the community, college and hospital areas based on this year's theme, Breastfeeding –A Foundation of Life. On 1 August 2018, an exhibition-cum-health education programme was conducted at Department of OBG of Rama Medical College Hospital & Research Centre, in which around 50 mothers and were benefited. Competitions of Rangoli and Essay completion on the theme of breastfeeding were held in college premises in morning and afternoon sessions respectively on 2 August 2018. Next day, Dr Surendra, Dy Medical Officer, Dr Arun Kumar Sahu and Chief Administrator inaugurated the Health awareness programme at CHC, Kalyanpur where an Exhibition on breastfeeding was also conducted. Other feature was a Role play by the students on importance of exclusive breastfeeding and talk on importance of colostrum and how to support the breastfeeding mothers in the family, society etc. in the CHC Ante- and Post-natal wards; relevant pamphlets were distributed by the students. Valedictory session on 7 August in Seminar hall of RCON started with invocation song followed by lightening the inaugural lamp by the dignitaries. Mrs AC Singh, Principal- RCON addressed the gathering followed by presentations. Report of the week-long celebrations was presented by Mrs Jasmi Manu HOD, OBG Nursing and winners of competitions were honoured. Ms Moni Sachan delivered vote of thanks. The programme concluded with national anthem.

Army College of Nursing (ACON), Jalandhar Cant (Punjab): The First National Conference on Ethics in Everyday Nursing was hosted on 2 June 2018 with Prof (Dr) Deepak Bhatti, Dean- Baba Farid University of Health Sciences, Faridkot as chief guest. At the outset, introducing the theme, Dr (Mrs) Baljit Kaur, Principal ACON emphasised the role of ethics by respecting patients, protecting their rights, guarding their privacy listening to their concerns and considering their wishes. The chief guest Dr Bhatti highlighted the nobility of nursing profession and encouraged students to be proud of their profession. The day-long programme with five sessions drew 175 delegates including senior army officers from hospitals/ institutes from Punjab, Himachal Pradesh and Chandigarh. Other features were: Poster Competition on Medico Legal Issues Pertaining to Documentation and book exhibition by publishers. The experts addressing the conference included Dr (Mrs) Raman Kalia, Prof (Mrs) Manpreet Kaur, Dr (Mrs) Shama Lohmi and Col (Dr) A Rudra. Vote of thanks was given by Mrs Shailza Sharma, Asst Professor, ACON.



Sonitpur District Branch of TNAI Assam State Branch, Tezpur (Assam): International Nurses Day was celebrated on 12 May 2018 with Mrs S Vatchala Dhinakaran, Asst Secy General TNAI as chief guest. Apart from Dr Arunijyoti Baruah- Education chairperson, Assam State Branch and Mr Sonaram Nath- President Assam state Branch, other dignitaries at the programme included Mr KK Sharma- Addl Dy Commissioner Sonitpur, Dr Durlav Saikia- I/c Joint DHS Sonitpur, Dr A Ch Sarma- Med Suptdt LGBRIMH Tezpur and Dr A Chatterjee of WHO, SMO. After welcome song by nursing personnel of TNAI Sonitpur branch, Dr Baruah welcomed the delegates. Dignitaries and senior nurses were felicitated, who lighted the ceremonial lamp. The Nurses Day 2018 theme viz Nurses- A Voice to Lead: Health is a Human Right' was unfolded by Mrs S Vatchala who addressed the participants on the need for maintenance of nurses' health rights. She also dwelt on the role of professional bodies like TNAI on development of nursing as profession. About 460 TNAI and SNA members including Principals and faculties from many institutions attended it; three scientific papers and 18 posters were presented, and a quiz competition was conducted. The programme concluded at 4.30 pm.

OBITUARIES

Lt Col Roopasree R

Major General Annakutty Babu, Addl Director General, Military Nursing Service (MNS) and all officers of MNS mourned the untimely demise of Lt Col Roopasree R after prolonged illness, on 25 September 2018 at Command Hospital (Air Force), Bangalore. Hailing from Karunagappally (Kerala), she was born on 25 May 1971.

After training from School of Nursing, Indian Naval Hospital Ship Asvini, Lt Col Roopasree R was commissioned into MNS on 5 September 1997. She served in various military hospitals, her last appointment was as General Duty Matron at Indian Naval Hospital Ship Sanjeevani, Kochi. She was compassionate, humble and an excellent bedside nurse who performed her duties with dedication and devotion. She is survived by two daughters and husband Mr Jayan P Ramesh. May God the Almighty give strength and courage to the members of bereaved family to overcome this great loss, and may her soul rest in peace.



Major Vigneshwari Balakrishnan

The untimely demise of Major Vigneshwari Balakrishnan was deeply mourned by Maj General Annakutty Babu, Addl Director General, Military Nursing Service (MNS) and all officers of MNS. Maj Vigneshwari was suffering from dengue fever at her home town Tanjavur (TN) and breathed her last on 6 September 2018.

Major Vigneshwari was commissioned into the MNS after training from MA Chidambaram College of Nursing, Adyar, Chennai. She served many military hospitals in her career. Her last posting was at 158 Base Hospital as General Duty Matron. She was a hard working and dedicated MNS officer who discharged her clinical duties with due care. Her unforeseen demise is an irretrievable loss to the MNS. She is survived by her two-year old son and husband Mr Ramesh P. May God the Almighty give strength and courage to the bereaved family members of to bear with the big loss, and may her soul rest in peace.



TNAI Members in Golden Years (80 years and above)

Mrs Rachel Susil Pati, 85 years

Graduate from Govt Genral Hospital, Chennai in Gen Nsg & Midwifery. Served Islamia Hospital (Kolkata), Coal India (Dhanbad), Ispat General Hospital under Rourkela Steel Plant (SAIL) till retirement. Recipient of Jawaharlal Nehru Award (from Rourkela Steel Plant). Post-retirement, served as Matron for 5 years at Chinmaya Mission Hospital Bangalore. Message for young generation: "Be proud to be a nurse, you are blessed to be the healers of suffering people."



Rev Sr Emmanuel MSJ, 83 years

Passed GNM- Holy Family Hospital, Patna (Bihar); joined Congregation of Medical Sisters of St Joseph (Kerala). Started own nursing ministry at Lisie Hospital, Ernakulam (Kerala). After higher studies in public health nursing from Ottawa University, Canada, worked as Public Health Nursing Tutor at School of Nursing, Lisie Hospital, promoted as Principal, School of Nursing, Lisie Hospital till 2006. Had been President- Kerala State Branch (1987-96).



Heart Transplant Conducted Successfully for First Time in East India

The first successful heart transplant in East India, at Fortis Anandapur in Kolkata has brought sunshine for the patients requiring heart transplant

The Operation Theatre team, Surgical Intensive Care Unit and the staff consisting of 386 members feel highly honoured to have been part of the noble deed of having performed a successful heart transplant.

After being diagnosed with dilated cardiomyopathy with EF 18 percent, having recurrent congestive cardiac failure, inspite of maximal medical therapy Mr Dilchand Singh was waiting for heart transplantation.

On 20 May 2018, I got the information that there is a chance of getting a heart from a young fellow, who had met with an accident at Bengaluru and there was no chance of his recovery. Since this was going to be the first heart transplant surgery at our hospital, there was a lot of lengthy WhatsApp chat exchanges between cardiac surgeon, anaesthetics, administration, medical head, marketing & branding team and nursing department. At OT, all were in place: tubing, nitric oxide chamber, oxygenator and CPB machine was done; the surgical instruments were arranged by the cardiac nurse and medication was kept ready by the anaesthetics, perfusionist and technicians.

After admission procedure, skin preparation with shaving was done and chlorohexidine bath and mouth wash given by the allocated nurse. Pre-operative investigations like haemogram, urine RE, blood biochemistry, GGT, procalcitonin and FDD were carried out as per the doctor's advice. Mr Dilchand was brought to OT in the morning of 21 May 2018.

Ms. Nazma, the main Scrub Nurse, Sr Suganya, the Floor Nurse, along with Dr Mandana, Dr Balakrishnan from Fortis Malar, Dr Ganapati from Fortis Malar, Dr S Paul and Anesthetics Dr Saikat Bandyopadhyay and Dr Piyush were part of the Transplant Team inside the OT. The ambulance driver swayed through the Green Corridor and brought the heart from the Airport to Fortis Hospital within 18 minutes.

Post-operative Care: The nurses received the patient around 4 pm. They maintained all the barriers nursing protocol with PPE (to prevent any kind of infection). Patient was extubated on 22 May 2018, his pain score was 2/10 VAS, modified Ramsay sedation score 2 with Fentanyl infusion 20 Microgram/hr. Gradually, inotropes were tapered down; soft diet started from 23 May. His all culture reports were negative. Chest physio with movement around the PACU started from 24 May, on 27, 6th day TRICILIUM level was measured at 3.2. Mr Dilchand was shifted to 8A station ward on 28 May; after antiseptic dressing of surgical wound, physiotherapy and mobilisation, was continued on same therapy from 28 May to 9 June 2018. He stayed in a single private deluxe room, with 1:1 nursing coverage throughout.

After 21 days of the surgery on 10 June 2018, a hale and hearty Dilchand was discharged from the hospital. Everyone in the team deserves appreciation for their strenuous work and immense dedication.

Reported by: Doli Biswas, Chief Nursing Officer at Fortis, Anandapur, Kolkata

Lost and Found

It is to bring to notice of all concerned that I, S. Latha, have lost/ misplaced my original certificate of Diploma in General Nursing & Midwifery Certificate, 1991-94 (bearing No. 6853), and Diploma Nursing Marks Sheet (issued on 14.3.1995), issued by The Board of Nursing Education, Nurses League of The CMAI, when I was travelling for interview at Vydhehi Hospital, Whitefield, Bangalore on 16 August 2018. Further, the same is not traceable despite many efforts.

**S Latha, # 15, Vijaylaxmi Building, 3rd Cross,
8th Main, Narasimaiah Layout, Bengaluru – 560 016. Contact No. 99016 81523**

EVENTS OF THE MONTH

World AIDS Day: 1 December

Considering the pandemic dimensions of Human Immunodeficiency Virus (HIV), a prelude to AIDS, World AIDS Day is being observed on 1 December every year since 1988. The objective is, raising awareness about causes and spread of HIV infection. It damages the body's immune system, and can spread from one infected person to another through transmission of infected body fluids, usually through blood-to-blood and sexual contact. The infected pregnant women can also pass the HIV to their babies during pregnancy, delivery of the baby or through breastfeeding. This day provides an opportunity to draw attention to the HIV epidemic around the world by undertaking educational activities on prevention and control of AIDS. This year's theme for World AIDS day is, Encourage Everyone to Know Their HIV Status.

An estimated 36.9 million people were living with HIV/ AIDS in 2017; 21.7 million of these were on antiretroviral therapy and 1.8 million people were the newly infected cases HIV. After the virus was identified in 1984, more than 35 million people have died of it, making it one of the most damaging pandemics in history. Tremendous progress has been made in the fight against AIDS in the past 15 years with global commitment to end the epidemic by 2030. There are also laws to protect people living with HIV yet stigma and discrimination remain a reality for many people living with the condition.

International Day of Persons with Disabilities: 3 December

The less fortunate among people, those with disabilities must be deprived of the advantages available to general populations so that they can also serve as useful organs of society and participate in mainstream activities in equal measure, this is the underlying idea of United Nations behind It is to safeguard the interests of persons with disabilities that the International Day of Disabled Persons (IDPD) is held on 3 December annually. The Day aims to promote understanding of disability issues and mobilise support for the dignity, rights and well-being of persons with disabilities. It seeks to increase awareness of gains to be derived from the integration of persons with disabilities in every aspect of political, social, economic and cultural life. The vital purpose of this day is to improve the understandings of the people worldwide towards the people with disability issues as well as get together to support them to improve their self-esteem, well-being and rights in the society.

It also looks for to involve all the persons with disabilities in the society in each facet of life such as the political, economic, social and cultural. The theme for IDPD 2018 is, Empowering Persons with Disabilities and Ensuring Inclusiveness and Equality.

This year's theme focuses on empowering persons with disabilities for an inclusive, equitable and sustainable development as part of the 2030 Agenda for Sustainable Development; the 2030 Agenda pledges to "leave no one behind". Persons with disabilities, as both beneficiaries and agents of change, can fast track the process towards inclusive and sustainable development and promote resilient society for all, including in the context of disaster risk reduction and humanitarian action, and urban development. Governments, persons with disabilities and their representative organisations, academic institutions and the private sector need to work as a "team" to achieve the Sustainable Development Goals (SDGs).

सहकार भाव पर टिका है व्यक्ति और समाज की बेहतरी का दारोमदार

मनुष्य अकेला दुनिया में आता है, अकेले जीता है और अकेला ही दुनिया से कूच कर जाता है। तो भी तरक्की, बेहतरी और मन-चित्त-सेहत की दुरस्ती के लिए हर किसी को साथ चाहिए। आप जिंदगी के जिस भी मुकाम पर हैं, अनेक व्यक्तियों के सहकार बिना वहां पहुंचना संभव नहीं था। सफल कारोबार की कुंजी भी है सहकार और सहयोग का भाव। इसके विपरीत, टकराव प्रगति को बाधित करता है।

दर असल "तालमेल" समस्त भूमंडल के संचालन की धुरी है। पृथ्वी के उद्गम की एक धारणा पारस्परिक तालमेल और लयबद्धता पर आधारित है। चराचर जगत की समस्त अस्मिताएं और उनकी कार्यप्रणालियां एक अबूझ, नायाब व्यवस्था का अंग हैं। प्रेस्टन ब्रैडले के अनुसार दुनिया के संचालन का समूचा दारोमदार 'हारमोनी' यानी आपसी सामंजस्य पर टिका है, प्रत्येक मनुष्य या वस्तु की अस्मिता दूसरों पर आश्रित है। मदर टेरेसा की राय में, "हम भूल गए हैं कि हम सभी एक दूसरे के, और एक दूसरे के लिए हैं और इसलिए हम दुखी रहते हैं"।

राजनैतिक, औद्योगिक, कारोबारी, आध्यात्मिक शक्तियों या धन चंद हाथों में सिमट जाने से जनतांत्रिक व्यवस्था और स्वतंत्र सोच बाधित होती है। देश में प्राप्त संसाधनों का आर्थिक लाभ जन-जन को मिले, वे साहूकारी कर्जों के चंगुल से बचें, आर्थिक गतिविधियों में उनकी भागीदारी हो, इसी आशय से सहकारिता आंदोलन का सूत्रपात हुआ। बगैर लिंग-धर्म भेदभाव के, एक ही उद्देश्य से अभिप्रेरित स्वेच्छा से, कोई भी सहकारी उद्यम का सदस्य बन सकता है। सभी को समान मालिकाना हक होता है और वे संगठन को बढ़ाने में मिल कर निर्णय लेते हैं। मुनाफाखोरी से प्रेरित, शोषणकारी निजी उद्यमों की तुलना में सहकारी संगठन के सदस्य सामाजिक-आर्थिक उत्थान और जनहित में कार्य करते हुए विकास का टिकाऊ मॉडल पेश करते हैं। अंतर्राष्ट्रीय स्तर पर सहकारी एककों को दिशानिर्देश और प्रशिक्षण के क्षेत्रों में प्रोत्साहन स्वरूप इंटरनेशनल कोऑपरेटिव एलाएंस (आईसीए) शीर्ष संस्था है; आईसीए विभिन्न विकास कार्यक्रमों में कोऑपरेटिव मॉडल को तथा सहकारिता को प्रोत्साहित करने के उद्देश्य से अंतर्देशीय तानेबाने को सुदृढ़ करने के प्रयास करता है।

अपने देश में नए सहकारी संगठनों का लक्ष्य किसानों या अन्य सदस्यों को जरूरी कार्यों के लिए ऋण दिलाने तक सीमित नहीं है बल्कि कृषि व संबद्ध उत्पादन, विपणन, खुदरा बिक्री, आवास निर्माण, बैंकिंग, निर्यात आदि अनेक क्षेत्रों में सहकारी क्षेत्र ने खासी पहचान बनाई है। भोजन चूंकि मानव की बुनियादी जरूरत है, विश्व की 300 विशालकाय सहकारी इकाइयों में से 30 फीसद कृषि या खाद्यान्न क्षेत्र में हैं। भारत में सहकारिता आंदोलन कृषि, डेरी, हाथकरघा में गहरी जड़ें जमा चुका है, निम्नतम तबकों के करोड़ों लोगों की आय बढ़ा कर राष्ट्रीय विकास को योगदान मिल रहा है। नियमों के तहत कोई भी नई चीनी की फ़ैक्टरी सार्वजनिक या सहकारी क्षेत्र में ही खोली जा सकेगी। विश्व में सर्वाधिक – आठ लाख से अधिक सहकारी समितियों वाले हमारे देश में इफको, अमूल, अनन्य, खादी एवं ग्रामोद्योग बोर्ड, नैफेड, आविन, सेवा, इंडियन कॉफी हाउस, हैफेड, केएमएफ, लिज्जत पापड़, केसीएमएमएफ, वसुंधरा डेरी, कॉम्फेड आदि ने शानदार मिसालें पेश की हैं और यह क्रम जारी है। अब जोर इस पर है कि सहकारी समितियां उर्वरकों के संतुलित उपयोग, उत्पादन, जल के इष्टतम प्रयोग, भंडारण व्यवस्था आदि के बाबत किसानों को शिक्षित करें।

यों ग्रामीण भारत में सहकारिता की सुदीर्घ सुदृढ़ परंपरा रही है। अपने मूलस्थान गढ़वाल में 90 के दशक में जब गांव ठीकठाक आबाद थे, सहकार की शानदार प्रथा को मैंने देखा है। जिस घर में खेतों

Office	Name and Address of the Contestant	Voter X
Chairperson, Socio-Economic Welfare Committee	1. Mr Asish Rajan Mohanty, At/PO Chhatia, Distt. Jajpur.	
	2. Ms Kamalini Mohanty, Tutor, SCB School of Nursing, Cuttack	
	3. Ms Geeta Roy, ANMTC, Bhubaneswar	
Chairperson, Nursing Service Section	1. Ms Cicily Saviour, Staff Nurse, Hi.Tech Medical College, Bhubaneswar	
	2. Ms Jyotirmayee Sahoo, Staff Nurse, DHH Jagatsinghpur.	
Chairperson ANM/LHV League	1. Ms Jyotirmayee Pattnaik, Principal, Tulasi GMT School, Gopa, Distt. Kendrapara.	
	2. Ms Sulochana Devi, Principal, ANMTC, Puri	
	3. Ms Subhashree Jena, Incharge Principal, ANM TC, Bhubaneswar	

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.

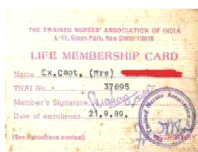
1. For the offices of President and Secretary all valid nominations are included, for other offices, the names of three members having the highest number of nominations are included in the provisional ballot paper.
2. The Election will be held in General Body Meeting on 12 January 2019 between 10.00 am to 3:00 pm at IMA House (Capital Hospital Campus), Unit 6, Bhubaneswar, Khordha.
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 MP 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 **December 24, 2018** in writing at the following address: **Mrs Binapani Pradhan, Returning Officer, Odisha State Branch Elections**, Retd. Principal Tutor, At. Bomikhal, Plot No. 160/161, Near Dayal Sangeet Academy, P.O. Rasulgarh, Bhubaneswar, Distt. Khordha-751010, Odisha.
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. ■

NOTICE TO ADVERTISERS

All advertisements published in TNAI Bulletin or Nursing Journal of India shall attract the provisions of GST. All advertisers including nursing institutions may kindly note that the current GST rate of 5% shall be compulsorily applicable on all transactions. The advertisers are requested to kindly furnish their GST number at the time of placing the order for publication of advertisement.

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. 50/- 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**

Please do not sign
on the photograph

- 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

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

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

Moving ahead with commitment and dedication since 1908

PROVISIONAL BALLOT PAPER: TNAI ODISHA STATE BRANCH - 2018

Office	Name and Address of the Contestant	Voter X
President	1. Mrs Fulana Kumari Dei, C/o Mr Sudhir Chandra Behera, At-Lalasaahi (Mangala Colony), PO/Dist. Jagatsinghpur- 754103.	
	2. Mrs Labanya Bati Saho, Pioneer ANMTC, Bhubaneswar.	
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