

THE TRAINED NURSES' ASSOCIATION OF INDIA

TNAI BULLETIN**VOL. 7 No. 1****JANUARY 2018****Pride in Profession is Prerequisite for Growth**

As the New Year sets in, one is often driven to recapitulate how the preceding year passed away. We at TNAI are proud for not only continued our ongoing educational, training and other activities but also attained new heights towards socioeconomic welfare of nurses.

Of utmost interest to nurses, the International Nurses Day (theme - Nurses: A Voice to Lead, Achieving the Sustainable Development Goals) was befittingly celebrated by TNAI on 13 May 2017 with Mrs Meenakshi Lekhi Lok Sabha member as chief guest in the presence of eminent nursing personages at NDMC Convention Centre, New Delhi, reaffirming its commitment to the cause of nurses and the health goals of the nation. Another highlight of the same day was release of TNAI's 'New Born Skin Care guide' – an adaptation of AWHONN version. The previous day, the TNAI Executive Members felicitated the awardees of President's Florence Nightingale Awards at Samrat Hotel, New Delhi.

Daksh Skill training programme was expanded during the year. Considering the vital need of skilling the nurses, the Ministry of Health & Family Welfare, the collaborating agency in conduct of the series under the programme, has already been requested to permit intake of participants from uncovered territories so as to have fuller utilization of infrastructure and training facilities available at TNAI's CIN&R at Greater Noida.

I am also happy to share with you the progress in establishment of American Heart Association (AHA)-approved International Training Centre at CIN&R premises where Basic Life Support (BLS) and Advanced Cardiac Life Support (ACLS) lab may be soon set up with AHA support.

Most gratifying for TNAI in 2017 has been its foray into a new area, and its emergence as a recruiting agency for international and domestic placement of nurses, after having recently received accreditation by the Ministry of External Agency. The nurses desirous of foreign assignments now have a reliable place to fulfill their overseas ambitions. The necessary software for processing the applications shall shortly become operational.

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A chronic concern of TNAI is that of membership. Numerous nursing schools and colleges are without SNA Unit. However, with greater endeavours of key nurse personnel in this direction and introduction of a new membership plan for student nurses that is much economic, we foresee significant rise in membership in future.

I believe, we shall exert more fully and with greater devotion to our professional duty i.e. ever working towards better patient outcomes. This axiomatically implies pride in our profession, a condition indeed for one to put one's mind, heart and soul for achieving new heights.

I wish readers a Happy and Prosperous New Year.

Anita Deodhar
President

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 decided not to mail any copies to individuals at Institutional address unless the copies are meant only for the particular Institution.

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: _____

Mobile / Phone No. : _____
Email ID: _____

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

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

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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

PRIZE WINNERS
XXVII SNA BIENNIAL CONFERENCE: GUNTUR, ANDHRA PRADESH
NOVEMBER 29-DECEMBER 3, 2017

SNA Unit Biennium Diaries Evaluation: 2015-2016

First Prize: The SNA Unit, Sandra Shroff Rofel College of Nursing, Plot No. 1915, PO Box No. 125, Chharwada Road, Gide, Vapi-396195, Gujarat

Second Prize: The SNA Unit, Bel-Air College of Nursing, Panchgani, Satara, Maharashtra-412805

Third Prize: The SNA Unit, CMC College of Nursing, Koirengei, Manipur

Consolation Prize: The SNA Unit, SDPS College of Nursing, Opp. Bilawali Tank Khandwa Road, Indore, Madhya Pradesh

ANM Programme

First Prize: The SNA Unit, Female Health Worker Training School, Ganesh Das Hospital Unit, Shillong, Meghalaya

Second Prize: The SNA Unit, Govt. ANM Training School, Baripada, Dist-Mayurbhanj, Odisha

Third Prize: The SNA Unit, A.N.M. Goa State, Sai Nursing Institute, SNA Unit, Old PHC Building, Sankhali, Goa-403505

State SNA Biennial Best Performance Award:

First Prize and Mr G Kanthaia's Shield: Maharashtra

Second Prize and Mr G Kanthaia's Shield: Andhra Pradesh

Third Prize and Mr G Kanthaia's Shield: Uttar Pradesh

SNA State Branch receiving Maximum Prizes at the Sports Competitions:

Smt Rajkumari Amrit Kaur Cup: Haryana

BEST SNA UNIT RECEIVED MAXIMUM PRIZES AT THE CONFERENCE

Mr G Kanthaia's Shield: The SNA Unit, BCM College of Nursing, Sitapur, Uttar Pradesh

EXHIBITION

Category Code 001: Section- MCH Section (Topic: Dehydration in Children: ANMs responsibilities)

First Prize and Sr Elizabeth Shield: Ms T Manjushree and Ms Akta, ANM PG College of Nursing, Bhilai, Chattisgarh

Second Prize and Sr Elizabeth Shield: Ms Marathe Papiya Vasudev. ANM Training School of General Nursing, Sindhudurg, Maharashtra

Third Prize and Sr Elizabeth Shield: Ms Pooja Parihar, ANM SDPS College of Nursing, Indore, Madhya Pradesh

Consolation Prize: Ms Nerobina S Sangma, ANM, FMHW Training School Shillong, Meghalaya

Category Code 002: Section- Midwifery (Topic: Promotion of Institutional Deliveries)

First Prize and Ms H Chabook Shield: Ms Pratiti M Lal, Ms Sharon Mathew and Ms Radha Verma, ANM, Pragyan College of Nursing, Bhopal, Madhya Pradesh

Second Prize and Ms H Chabook Shield: Ms Evienia Lawai, Ms Sanrav A Marak and Ms Ibasiewdor R Kharbuki, ANMs, FHW Training School, Shillong Meghalaya

Third Prize and Ms H Chabook Shield: Ms Kangjam Joyshri Devi, Ms Sonngak and Ms Nemneiching Guite, ANMs, School of ANM Imphal, Manipur

Consolation Prize: Ms Kamini Nimmy Parera and Deepika Sahu, ANMs, PG College of Nursing, Bhilai, Chattisgarh

Category Code No. 003: Section- Anatomy and Physiology (Topic: Structure of Eye)

First Prize and Indira Dorabji Cup: Ms Anjali Srivastav, Ms Nidhi Shukla and Ms Sushma Bharti, BCM College of Nursing, Sitapur, Uttar Pradesh

Second Prize and Indira Dorabji Cup: Ms Belum Thanuja, Govt College of Nursing, Anantpura, Andhra Pradesh

Third Prize & Indira Dorabji Cup: Ms Luknu Gadi & Ms Rodi Lalhmingeaki, Arya Nursing College, Kamrup Assam

Consolation Prize: Ms Elizabeth Thomas and Ms Delsha Chalson and Ms Mariya Shaji, Holy Family School of Nursing, Muthalakodam, Kerala

Category Code No. 004: Section- First-Aid & Basic Nursing Procedures (Topic: First Aid Management in Poisoning)

First Prize and Dufferin Cup-I: Ms Pooja Rajan Gavas, Sau Minatai Thakre Inst., Thane Maharashtra

Second Prize and Dufferin Cup-I: Mr MD Habibur Hussain, NEIGRIHMS, Shillong, Meghalaya

Third Prize and Dufferin Cup-I: Ms Depanshi Shukla, Ms Pragati Singh and Ms Gillians Christiyana, BCM College of Nursing, Sitapur, Uttar Pradesh

Consolation Prize: Ms Nisha Tom, Ms Bessymol TE and Ms Beemol M Benny, Mar Baselious College of Nursing, Kothamangalam, Kerala

Category Code No. 005: Section- Medical & Surgical Nursing (Topic: Organ Donation: Nurses' Responsibilities)

First Prize and Ms Edith Paul Shield: Ms Priya, Panna Dai School of Nursing, Delhi

Second Prize and Ms Edith Paul Shield: Ms Jainey Antony, Ms Sonia S and Ms Jecinta Mary K, St. Ann's College of Nursing, Tamil Nadu

Third Prize and Ms Edith Paul Shield: Ms Ritika Tondon, College of Nursing SGPGIMS, Lucknow Uttar Pradesh

Consolation Prize: Ms Kajal Gangbolb, Ms Dhaneshwari and Ms Pallavi, PG College of Nursing, Bhilai Chattisgarh

Category Code No. 006: Section- Paediatric Nursing (Topic: Neonatal Resuscitation)

First Prize and Dufferin Cup-4: Ms Madhuri J Suryawanshi, Sau Minatai Thakre Inst., Thane Maharashtra

Second Prize and Dufferin Cup-4: Ms Jyoti Prem, Ms Deepsi Shukla and Ms Shaifali Mauriya, BCM College of Nursing, Sitapur, Uttar Pradesh

Third Prize & Dufferin Cup-4: Ms Delbok Khrawbor Margngar, School of Nursing, Ganesh Das Hospital, Shillong, Meghalaya

Consolation Prize: Ms Indra Kumari, Choithram College of Nursing, Indore, Madhya Pradesh

Category Code No. 007: Section- Psychiatric Nursing (Topic: Primary Prevention)

First Prize and Pramda Bajaj Shield: Ms Dilruba Pravin, NTS SSKM Hospital, Kolkata West Bengal

Second Prize and Pramda Bajaj Shield: Ms Sandhya Rani Behera, Govt GNM School of Nursing, Maheshdini, Odissa

Third Prize and Pramda Bajaj Shield: Mr Mebaskhem Dohidong, Mr Didilar G., Momin, Miss Noga Wanda CH Marak, School of Nursing, Civil Hospital, Shillong, Meghalaya

Consolation Prize : Ms K. Sivamma, Govt College of Nursing, Ananthapura, Andhra Pradesh

Category Code No. 008: Section- Community Nursing (Topic: Bioterrorism Preparedness)

First Prize and General Chakravarty Cup: Ms Pooja Kumari, Mr Trilochan Ram and Mr Probin Kumar Gorda, School of Nursing, Baptist Christian Hospital, Tejpur, Assam

Second Prize & General Chakravarty Cup: Mr A Lokesh, Ms Ch Likitha & Ms KM Mazreen, Mamta College of Nursing Telangana

Third Prize and General Chakravarty Cup: Ms Dulari Sahu, Ms Anjana Sahu and Ms Shilpa Roy, PG College of

Nursing, Bhilai Chattisgarh

Consolation Prize: Ms Muthu Selvi M, Ms Maria Sadha E and Ms Brindha Mary A, St. Ann's College of Nursing, Sacred Heart Hospital, Tuticorin, Tamil Nadu

Category Code No. 009: Section- Obstetrical Nursing (Topic: Monitoring Fetal well being)

First Prize and Dettol Shield: Mr Sahil Shatrughan Y, TCN IGGMCH, Nagpur , Maharashtra

Second Prize and Mac Naughton Lamp: Ms Nishi Soni, Ms Monisha Sinha and Mr Prafull Pal, Shri Shankracharya College of Nursing, Bhilai Chattisgarh

Third Prize and Dettol Shield: Ms Anjali John, Ms Akansha Rai and Ms Durga Aasrekar, Pragyan College of Nursing, Bhopal Madhya Pradesh

Consolation Prize: Ms Parditha K. Sangma, Ms Alisha Marbdh and Ms Priya K Sangma, School of Nursing, Ganesh Das Hospital, Shillong, Meghalaya

Category Code No. 010 : Section- SNA Activities in India (Topic: SNA Preparing Future Leaders)

First Prize and Ms Adranvala Shield: Ms Roslin Joseph, Ms Tikeswari and Ms Alvin Kujur, PG College of Nursing, Bhilai, Chhattisgarh

Second Prize and Ms Adranvala Shield: Ms Ankita Nagpure, Ms Shubhangi V. and Ms Shreya Pandey, Pragyan College of Nursing, Bhopal , Madhya Pradesh

Third Prize and Ms Adranvala Shield: Ms Divya Pandey, Ms Lovely D'Costa and Ms Lissy Monice, BCM College of Nursing, Sitapur, Uttar Pradesh

Consolation Prize: Ms Asha Mol Thomas, Prathima College of Nursing, Sarin Nagar, Telangana

Category Code No.011: Section- History & Trends in Nursing in India (Topic: Trends in Nursing Documentation)

First Prize and Shield: Ms Sandesh Kumari Mishra, Ms Shivanidhani and Ms Aakansha Singh Chauhan, BCM College of nursing, Sitapur, Uttar Pradesh

Second Prize and Shield: Ms KT Anuhya, Govt College of Nursing, Anantapura, Andhra Pradesh

Third Prize and Shield: Mr Sunil Pruseth, Govt. GNM School of Nursing, Maheshdini, Odissa

Consolation prize: Ms Ibakynshew Muktieh, Ms Shimlari K and Miss Sumarlin Jyrwa, School of Nursing, Shillong, Meghalaya

COMPETITION

DEBATE (English) : (Topic: "Power Conflict Challenges the Empowerment of Nurses")

(SUPPORT)

First Prize: Ms Manvi, Guru Nanak College of Nursing, Dhahankaleran, SBS Nagar, Punjab

Second Prize: Ms Priti Srimal Kurji, Holy Family College of Nursing, Kadaquat Ashram, Kurji, Patna, Bihar

Third Prize: Ms Mirjulla Poudel Chetri, Lakshmi Bai Batra College of Nursing, New Delhi

Consolation Prize: Ms Christy K. Jose, Bethany College of Nursing, Borsi, Durg, Chhattisgarh

(OPPOSE)

First Prize: Ms Athira S. Nair, KIMS College of Nursing, Narketpally, Nalgonda Dist., Telangana

Second Prize: Ms Natasha Sahoo, St. Johns College of Nursing, SJMCH, Johnnagara, Sarjapura Road, Bangalore

Third Prize: Ms Jemimah J, The Salvation Army Catherine Booth College of Nursing, Nagercoil, Kanyakumari (TN)

Consolation Prize: Ms Velancy Parmar, D Patel College of Nursing, Gujarat

DEBATE (Hindi)

(OPPOSE)

FIRST PRIZE: Ms Jyoti Singh Latwal, College of Nursing, AIIMS, Patna, Bihar

ON-THE-SPOT PAINTING

First Prize and Countess of Dufferin Cup-2: Ms Moabenla, College of Nursing, Christian Institute of Health Sciences and Research, Dimapur, Nagaland

Second Prize and Countess of Dufferin Cup-2: Ms Sangita Dutta Ma Sarada College of Nursing, Ramkrishna Mission Seva Pratishthan, Kolkata, West Bengal

Third Prize and Countess of Dufferin Cup-2: Ms Pooja Dawar, SDPS College of Nursing, Indore, Madhya Pradesh

Consolation Prize: Ms P Priya Aswini, The Salvation Army Catherine Booth College of Nursing, Nagercoil, Kanya Kumari, Tamil Nadu

FLOOR DECORATION

First Prize and Countess of Dufferin Cup-3: Ms Megha Negi, State School of Nursing, 107, Chandernagar, Dehradun, Uttarakhand

Second Prize and Countess of Dufferin Cup-3: Ms Priyanka Chandraker, Govt. College of Nursing, Bilaspur, Chhattisgarh

Third Prize and Countess of Dufferin Cup-3: Ms Sampada Vijay Late, Smt. Radhikabai College of Nursing, Sawangi (M) Wardha, Maharashtra

Consolation Prize: Miss Pooja Sadanand Naik, Institute of Nursing Education, Bambolim, Goa

ESSAY COMPETITION (English)

First Prize: Ms G. Nissi Jasmin, KIMS College of Nursing, Narketpally, Nalgonda, Distt. Telangana

Second Prize: Ms Pooja Kaushal, Govt. College of Nursing, Jagdalpur, Maharani Hospital Campus, Jagdalpur, Chhattisgarh

Third Prize: Ms AAmulya Grace, St. Joseph's College of Nursing, Nallapadu, Andhra Pradesh

Consolation Prize: Ms Amshi David, B.C.M. College of Nursing, Khairabad, Sitapur, Uttar Pradesh

QUIZ COMPETITION

First Prize: Mr Jitin Joseph George, Ms Kiritika and Ms Pragya Sachan, College of Nursing, SGPGIMS Raibarielly Road, Lucknow, Uttar Pradesh

Second Prize: Mr Subhamoy Roy, Mr Samjit Rakshit and Mr Bijoy Halder, NTS, Ashoknagar, S.G. Hospital, North 24 Paragans, West Bengal

Third Prize: - Ms Adline Leena P., Ms Lancy Carolin R and Ms Inas R. Reena, The Salvation Army Catherine Booth College of Nursing, Nagercoil, Kanyakumari, Tamil Nadu

- Ms Deepa Laxmi, Ms Jaspreet Kaur and Ms Samriti Katoch, AIIMS, Bihar

Consolation Prize: Ms M Hemalatha, Ms P. Prajwala and Ms V. Revathi, Naryana College of Nursing, Chinthareddypalem, Nellore, Andhra Pradesh

TALENT NIGHT COMPETITION

First Prize: Lovepreet Singh, Gurpreet Singh, Sukhandeep Singh, Balpreet Singh, Sahil, Tript Rajinder Singh, Manvir Singh, Charankamal Singh, Shaheed Karta Singh Sarabha College of Nursing, Sarabha, Punjab

Second Prize: DPCN Tippani Group, Dinsha Patel College of Nursing, Nadiad, Gujarat

Third Prize: Punyo Santii, Yayir Rai, Sonali Natung, Millo Sonka, Teli Yagucambir, Damnya Copuk, Pakyum Sonia, Ocam Patuk, Arunachal State Nursing School, Naharlagun, Arunachal Pradesh

Consolation Prize: K Priyanka, S Gowthami, M Jharuni, P Kavya, P Puja, K Jhansi, G Madhuri, Govt College of Nursing, Ananthapur (Andhra Pradesh).

PERSONALITY CONTEST

Miss SNA

First Prize: Nsg. Cadet Renu Bisht, College of Nursing, Army Hospital (R&R), Delhi Cantt., New Delhi

Second Prize: Ms Reshma Mol Biju, Sree Narayana Nursing College, Stone House Pet, Nellore, Andhra Pradesh

Third Prize: Ms Daniya Jose, Pragyan College of Nursing, Gandhinagar, Bhopal, Madhya Pradesh

Mr SNA

First Prize: Mr Pardeep Singh, DMC & H College of Nursing, Malakpur, Ludhiana, Punjab

Second Prize: Mr Danish Singh, College of Nursing, SGPGIMS, Lucknow, Uttar Pradesh

Third Prize: Mr Aaron Joseph Rebellon, Nirmala College of Nursing, Kozhikode, Marikunnu PO, Kerala

Scientific Paper Presentation

First Prize: Ms Shukla Chakraborty, College of Nursing, Medical College and Hospital, Kolkata West Bengal University of Health Sciences, Kolkata

Second Prize: Ms Rozicca langrai, School of Nursing, Civil Hospital, Shillong, Meghalaya.

Third Prize: Ms Reshma Raulo, St. Joseph's College of Nursing, Naliapadu, Guntur, Andhra Pradesh

SPORTS

100 METER RACE (FEMALE)

First Prize: N/c Cadet Sukriti Chauhan, College of Nursing, Army Hospital (R&R), Delhi Cantt., New Delhi

Second Prize: Ms Ashwariya A. M., St. S College of Nursing, Tamil Nadu

Third Prize: Ms Soumya S.M., College of Nursing, AFMC, Pune, Maharashtra

100 METER RACE (MALE)

First Prize: Mr Lalit, MM College of Nursing, Mullana, AmbalaDistt., Haryana

Second Prize: Mr Hemchand Deshmukh, ShriShankaracharya College of Nursing, Amdi Nagar, Hudco, Blutai, Chhattisgarh.

Third Prize: Mr Joyab Naik, DRIEMS School & College of Nursing, Tangi, Cutack, Odisha.

JAVELIN THROW (FEMALE)

First Prize: Ms Dulhatalu Phesa O, School of Nursing, Dr Imkongliba Memorial District Hospital, Mokokchong, Nagaland-798601.

Second Prize: Ms Bobby Dui, MVJ College of Nursing, Kolgathur (P), Dandupalya, Hosigote, Bangalore-562114

Third Prize: Ms Jasdeep Kaur, Guru Nanak College of Nursing, Dhahan Kaleran, SBS Nagar, Punjab

JAVELIN THROW (MALE)

First Prize: Mr Pradip Debnath, Mythri School of Nursing, Mythri Hospital, Chandhnagar, Hyderabad, Telangana

Second Prize: Mr Lakhi M. Sangma, School of Nursing, Theresa House Training Centre, Ganesh Das Hospital, Shillong, Meghalaya.

Third Prize: Mr Johar Haider, Teerthankar Mahavir College of Nursing, Moradabad, Uttar Pradesh.

DISCUS THROW (Female)

First Prize: Ms Dona K Jolly, Dhanalakshmi College of Nursing, Kakkad, Kannur, Kerala.

Second Prize: Ms Mandvi Pal, BSM School of Nursing, Saraswati Dental College Campus, Tiwariganj, Faizabad Road, UP.

Third Prize: Ms Pameet Kaur, Punjab State Branch

DISCUS THROW (MALE)

First Prize: Mr Deepak Sinha, MM College of Nursing, Mullana, Ambala, Haryana

Second Prize: Mr Joel John Eapen, ShriShankaracharya College of Nursing, Amdi Nagar, Hudco, Bhilai Chhattisgarh.

Third Prize: Mr Taiwo James Damilare, AECS Maaruti College of Nursing, #99 Kammanahalli, Off Banner Ghatta Road, Bangalore-76, Kamataka.

XXVII SNA BIENNIAL CONFERENCE, 2017 GUNTUR (ANDHRA PRADESH)

PRESIDENTIAL ADDRESS BY MRS ANITA A. DEODHAR

It gives me immense pleasure to be with you in Guntur, during this mega event for the Nurses. I am also happy to note that the participants turn out has been satisfactory.

On this auspicious day, Friends, I feel that it would be appropriate to take a quick review about the growth of this Great organization, “The Trained Nurses Association of India (TNAI)” in the span of last 109 glorious years.

Founded in the City of Lucknow in 1905, as Association of Nursing Superintendents, it acquired its present name, The Trained Nurses Association of India in 1908 and its adjunct, the Students Nurses Association (SNA) came to existence in 1929. From its inception, TNAI has been incessantly working towards improving the patient outcomes and substantially contributing to health goals of the nations, directly and indirectly, through its varied activities. The TNAI has track record of strengthening Nursing Education and Training in the country since 1933 when TNAI appointed an Education Committee and requested the Government universities to conduct Degree Courses in Nursing with specialties. In the year 1946, it was instrumental in establishing Nursing Colleges in the country for the first time. In the year 2012, a major breakthrough in Education and Research was the establishment of “Central Institute of Nursing & Research” (CIN&R) and Elderly Care Home (ECH) in Greater Noida, very close to Delhi, the Capital of Indian Republic. CIN&R was inaugurated by a personage no less than the former President of India Dr. APJ Abdul Kalam. It is at CIN&R premises that the Daksha, that in 2015, a National Skill Lab has been set up with the help of Liverpool School of Tropical Medicine (LSTM) and Ministry of Health & Family Welfare (MHFW). Every year, programmes in upgrading the skills of Medical and Nursing professionals are being conducted CIN&R at this Institute.

To keep its activities in sync with the latest trends and best practices in Nursing, TNAI has collaborated with the “American Nurses’ Association, UNICEF, European Commission, Swedish International Development Corporation, India Institute of Management Ahmadabad and Association of Women Health, Obstetric and Neonatal Nurses for research in the areas related to Nursing and Health Care Training. Since the year 1974, TNAI is member of the Commonwealth Nurses Federation, now known as Commonwealth Nurse Midwives Federation (CNMF). In addition, as you all are aware, it maintains rapport with 1,000 Nursing Institutions CIN&

TNAI’s earliest efforts to evolve, develop, regulate and strengthen Nursing Education and Practices can be traced way back to the year 1926, when it paved way for establishment of the State Nursing Council in Madras, the first ever such entity in the country. Again, in 1947, the hectic pursuits of the Association led to establishment of the “Indian



Computerisation and layouts: anupamkamal@hotmail.com

Nursing Council” (INC) and an act to this effect was passed by an ordinance at the end of year.

On all occasions, whenever practicing nurses approach TNAI for any problem like, actual or perceived discrimination, instances of unfair or prejudicial to nursing interests, TNAI acquires a mediatory role and respective State Nursing Council or the State Government is pleaded for favourable intervention. The latest example is that of Supreme Court having issued orders in January 2016 to the central government for setting-up a committee to investigate the working condition and salary structure of nurses working in private hospitals consequent filing a case by TNAI in 2011 against unfair practices of some nursing institutions. The recommendations of the concerned Committee, submitted in September 2016, are under consideration of Government.

Committed to safeguarding the dignity and honour of Nurses, the Association has been at forefront to oversee that the working conditions and quantum of compensation available to Nurses are fair, just and equitable. At the instances of members’ complaints received at Head Quarters, the grievances are discussed with concerned authorities and the authorities are persuaded to take appropriate action. This positive and proactive approach in handling issues of nurses, that since 1950, the Government of India had recognised TNAI as a service organisation. The Central Pay Commission recommendations for Nurse Personnel were prepared for first time by TNAI in 1976 and since then it has been a regular activity of TNAI with the successive Central Pay Commissions, a testimony of trust by the Government of India reposed in TNAI.

I am equally happy to note that Theme for the current year is “Empowering Nurses through Advanced Technology is the most appropriate. You all are aware that TNAI has always been trying to empower the nurses through education and Research from its inception.

TNAI has been motivating Student Nurses in their overall development by providing suitable platform. Many feathers are added to TNAI by introducing increased number of Continuing Nursing Education (CNE) and many other activities.

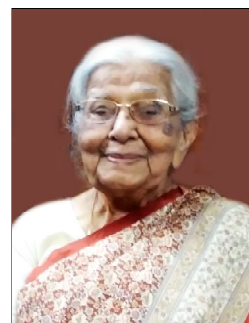
In addition, with a view to providing a safe and fair mechanism to Nurses seeking employment in the country, TNAI has expanded its ambit of activities by having acquired status of an accredited placement/ immigration agency after the approval from Ministry of External Affairs. I am happy to inform you that the necessary spadework is over and the interested candidates can apply online. Programme for facility for AHA training through High fidelity Lab and many more activities in training are being considered in near future.

Friends! Given the rich, dedicated and committed legacy of your Association and that with nearly 4 lakh members as on day is growing stronger and stronger by the day, I am sure none can stop us in fulfillment of what we can envision for future. I firmly believe, God helps those who stand for a noble cause in unison. So I have full faith that a glorious future awaits us all.

Thank you!

Miss Annamma Jacob

Born on 26 July 1914, Miss Annamma Jacob lived a long, inspiring and glorious life of 103 years and entered God's kingdom on 17 November 2017. She joined Nursing in spite of great opposition from family and society in those days. It was after listening to Ms Vera K Pitman at Marthoma Syrian Christian School (then known as Nicholas Syrian Residential Girls' High School) in Tiruvalla, about Florence Nightingale and the existing condition of nursing in India that she decided to join nursing. Against all odds she stood by her decision and was one of the 9 students in the first batch of Diploma Nursing Programme at CMC 1932.



Ms Jacob had an excellent opportunity to work with Dr Ida Scudder. After her diploma in nursing she did the Florence Nightingale Competition Intermediate Examination in 1939 in Women's Christian College, Madras which offered the higher education at Royal College of Nursing, London. Owing to the II World War, she could not go to London, instead went to Delhi and had training in Administration, Teaching and Supervision at Lady Harding Hospital, Delhi, and later served in nursing service at CMC. In 1939 she did the Missionary Training Course in Women Christian College, Madras followed by BSc (Nursing) with special administration course in McGill University, Montreal, Canada from 1947 to 1949. She also had a six-month training course in Public Health Nursing in Vanderbilt University, USA.

She joined the Nursing Service, CMC as Acting Nursing Superintendent and became the **First Indian Nursing Superintendent of CMC** and served in that capacity till 1974. The Medical College was then upgrading the education from LMP to MBBS. Wards, beds and patients were increasing and posed severe shortage of nurses as there were just 25 diploma nurses graduating every year from the School of Nursing. Nurses from other Mission Hospitals were employed. The nursing service was also responsible for the dietary, laundry and stores till the General Superintendent was appointed. Ms Jacob's position required patience, tolerance, wisdom and understanding and she demonstrated a high degree of devotion to her calling. Her chief concern was always to maintain high standard of nursing care in hospital. Miss Jacob assisted many Mission Hospitals and Government Hospitals in establishing nursing services for quality patient care.

She had an important role in Trained Nurses Association of India as the President at national level for eight years (1963-68). She had represented India in many international meetings in India and abroad and shared her knowledge with other nursing personnel. She also served on the Board of Directors of ICN for four years. In recognition of her excellent contribution to nursing profession she was awarded Life Time Service Award by the Tamil Nadu State TNAI Branch. The College of Nursing Alumni Association honoured her with Alumni Award in 2001. She was also awarded Distinguished Services Award by IMA-TNAI. She served for 38 years and out of which 25 years as nursing superintendent and retired in July 1947.

As a person Ms Jacob has been gentle, soft spoken, extremely tolerant and hard to lose her cool even in odd and difficult situations. She was easily approachable and ever listened to the other person's point of view. Even after retirement she continued to support the institution as the oldest alumni.

At the 27th SNA Biennial Conference in Guntur (Andhra Pradesh), the Secretary General read out condolence messages of former and existing President, State Branch Presidents, Vice Presidents and Treasurers. Prof Rajeshwari Siva, Vice-President - South Region and Mrs Evelyn P Kannan recalled memories associated with Annamma Jacob. The EC / Council members paid tribute to the departed soul by praying and observing a one-minute silence.



EVENTS OF THE MONTH

World Braille Day: 4 January

Every year, **4 January** is observed, at the instance of World Blind Union, as **World Braille Day** the world over in remembrance of the birthday of Louis Braille, who is credited with inventing the Braille system of language that facilitates blind people to read and write. The World Braille Day acknowledges the efforts of Louis Braille, which brought sea change in the lives of visually impaired. The World Braille Day is an opportunity for various philanthropic organizations and to help the blind.

The Braille language is not confined to alphabets, it helps understanding of music as well. While developing the language for music, Louis Braille made it flexible enough to be adapted to most of the musical instrument all over the world. However, it was two years after Louis's death in 1854 that the system was adopted by his school and gained wide popularity in entire France, and gradually in other countries.

Born in France, Louis Braille became blind at the tender age of 3; at 15 he was able to develop a set of symbols by making raised dots on paper that could be easily sensed by hand, thus enabling the blind to read and write. In 1829, he published, "Method of Writing Words, Music and Plain Songs by Means of Dots, for Use by the Blind and Arranged for Them".

World Leprosy Day: 30 January

World Leprosy Day is celebrated worldwide on **30 January** or the Sunday closest to this to increase public awareness about Leprosy (or Hansen's disease). The day was chosen to commemorate the death of Mahatma Gandhi, the Indian leader, who contributed tremendously to alleviate those living with this disease.

Leprosy is a chronic infectious disease caused by "mycobacterium leprae" that mainly affects the skin, peripheral nerves, eyes and the mucous membrane of the windpipe. It is completely curable using multi-drug therapy available free in public hospitals and treatment in early stages prevents disability. In the past, leprosy patients often became social outcasts.

Leprosy is the ages-old recorded disease that targets the nervous system, especially the nerves of the feet, hands and face. The central idea of World Leprosy Day is spreading the word that leprosy is curable. A myth doing rounds about leprosy is its being bracketing with HIV/AIDS. World Leprosy Day seeks to educate public at large to the disease and attempt to debunk the stigma associated with it.

India Tops New Leprosy Cases Globally

According to World Health Organisation (WHO), India accounts for 60 percent of the world's new leprosy cases. India registered over 127,000 confirmed cases of leprosy in 2015, as revealed by the Fourth WHO Report on Neglected Tropical Diseases.

Four states viz. Delhi, Lakshadweep, Chandigarh and Odisha reported increased prevalence over the past year, though they had earlier achieved elimination. The worst affected are Chhattisgarh and Dadar and Nagar Haveli.

The status of annual new case detection and prevalence rates, indicators of the eradication programme's success, have not improved since 2005, mainly because India stopped active surveillance after reaching elimination levels. One reason for relapse is the country's dependence on voluntary reporting, which may lead to many cases being detected late or people getting treated after disability has already set in.

New cases have gone down marginally over the past decade: from 139,000 in 2006 to 127,000 in 2015. However, 118 districts of the country still have to reach the elimination level.

Grade 2 disability: The number of new cases affecting the eyes, hands and feet has gone up from 3,015 in 2005-2006 to 5,851 in 2005-2016, as shown by Union health ministry data.

फ्रीज में क्या रखें, क्या न रखें

कुछ गड़गणियों की आदत है कि वे खाने-पीने की हर कोई चीज बगैर सोचे फ्रीज में रख देती हैं मानों यह भंडारगृह हो। यों किसी भी फल-सब्जी को फ्रीज में रखे जाने पर इसकी गुणवत्ता में गिरावट आती ही है। इसके विपरीत नैसर्गिक तौर पर सेवन किए जा रही चीजों में पोषक तत्व आपको पूरे मिलते हैं। कुछ भी फ्रीज में रखने से पहले तनिक सोचें, क्या इसे बाहर ही रखने में परेशानी है?

यहां खानपान की आइटमों का उल्लेख है जिन्हें फ्रीज के बजाए खुले में रखना बेहतर है।

केला

फ्रीज में रखे गए केले के दो नुकसान हैं। पहला, इसकी तासीर ठंडी होती है, दूसरा केला अक्सर पूरी तरह नहीं पका होता और फ्रीज में रखा पकने में ज्यादा वक्त लेगा।

कॉफी

कॉफी को रखने के लिए ठंडी, शुष्क और अंधकार वाली जगह चाहिए जहां रोशनी नहीं आती हो। हां, इसका ढक्कन हमेशा एयरटाइट रहना चाहिए ताककि इसका स्वाद और ताजगी बरकरार रहे। फ्रीज में रखे जाने पर यह सिल जाती है।

टमाटर

टमाटर को फ्रीज में बिल्कुल नहीं रखा जाना चाहिए। अन्यथा इसका स्वाद, फ्लेवर और ताजगी तो खराब होंगे ही, इसकी गुणवत्ता भी घट जाएगी।

टमाटर

फ्रीज में रखे गए टमाटर का स्वाद और इसका फ्लेवर दोनों में गिरावट आ जाती है।

कुदरत का नायाब तौहफा है सर्दी की धूप

कुदरत भी बहुत गजब की चीज है। दिसंबर, जनवरी के महीनों में जब सर्द हवाओं की चलते ठिठुरन में रजाई छोड़ना मुश्किल हो जाता है वहीं बचाव के लिए खिलखिलाती धूप भी मिल जाती है। अफसोस यह है कि कुछ लोग बंद कमरों में घुसे रहते हैं और कुदरत की इस नायाब ऑफर के तमाम फायदों से वंचित रहते हैं। खुले में वक्त नहीं गुजारने की आदत के कारण भारत सहित दुनियाभर में लोगों में विटामिन डी की कमी के मामले दर्ज किए जा रहे हैं। याद रहे सूर्य की रोशनी विटामिन डी का उम्दा, मुफ्त में मिलने वाला सर्वत्र, सर्वसुलभ स्रोत है।

सर्दियों में, खासकर सुबह के वक्त, रोजाना आधा घंटे आप धूप सेक लें तो आपके शरीर में विटामिन डी की कमी नहीं रहेगी। दर असल धूप में रहने से त्वचा स्वयं ही विटामिन डी निर्मित कर लेती है। संस्तुति यह है कि इस दौरान शरीर के करीब आधे हिस्से में सूर्य की रोशनी पड़ती रहे। याद रहे, विटामिन डी गठिया, स्केलेरोसिस तथा दिल के रोगों की संभावना भी घटाता है। हालिया शोधों से यह भी पता चला है कि विटामिन डी की कमी विस्मृति (यानी डिमेंशिया) के प्रमुख कारणों में है।

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

Forthcoming International Conferences

Breathing Conference

A 3-day Better Breathing Conference is being organized during 25-27 January 2018 by the Lung Association - Ontario, Ontario Thoracic Society and the Ontario Respiratory Care Society. Health-care professionals including academic and community respirologists, nurses, respiratory therapists, physiotherapists and pharmacists shall participate in it.

Global Form on TB Vaccines

Stop TB Partnership is organizing the 5th Global Form on TB Vaccines/ Partnering for Progress and Innovation during 20-23 February 2018 at Taj Diplomatic Enclave, New Delhi. The Global Forum on TB Vaccines is the world's largest gathering of stakeholders endeavouring to develop new vaccines for prevention of tuberculosis. The Forum shall review the state of affairs in prevention and control of tuberculosis, share the latest research findings, and identify new and innovative approaches to TB vaccine R&D.

WNRCASN 2018 Conference

This 3-day meet during 21-23 February 2018 is being organized by the Western and North-Western Region Canadian Association of Schools of Nursing (WNRCASN) at Calgary, Alberta. The main area of this educational conference is, Reimagining Nursing Education: Innovations for the Future. Practicing nurses and nursing faculty/instructors, graduate /undergraduate students and others with interest in advancing nursing education are invited to join the conference.

How to Mitigate Potential Threats

Geneva Centre for Security Policy is organizing 'Addressing Challenges in Global Health Security, a 4-day course on How to Mitigate Potential Threats during 29 January to 1 February 2018' in Geneva, Switzerland. Mainly targeted at health and security specialists, the executive programme shall address issues like response to improvement and the prevention of outbreaks, biosecurity and biosafety measures required at local, regional and global levels, strengthening detection strategies and national laboratory systems.

खतरनाक हो सकती है बाहरी चमक दमक

कहा जाता है, जो दिखता है, पूरा जानने से पहले उस पर भरोसा नहीं कीजिए। कई बार घर और कार्यस्थल में रोजाना बरते जाने वाली ऐसी अनेक चीजें होती हैं जो बाहर से तो शानदार और साफ सुथरी नजर आती हैं परंतु बहुतेरी बीमारियों का कारण बन जाती हैं। इन आइटमों में हैंडबैग से ले कर परफ्यूम, मोबाइल आदि शामिल हैं। ऐसी ही सामान्य वस्तुओं के बारे में यहां उल्लेख किया गया है।

बेडशीट: बेडशीट और तकिए के कवर ऐसी आइटमों में हैं जिनमें गंदगी का सहज पता नहीं चलता। दिनभर की धूल आदि के कारण इनमें गंदगी जमा होती रहती है भले ही दिखने में न आए। इसके अलावा जिन कपड़ों में हम बिस्तर पर बैठते-लेटते हैं उनमें कहां कहां की गंद हो सकती है जो एलर्जी या एस्थमा को जन्म दे सकती है। आदत बना ली जाए कि सप्ताह में दो बार इसकी धुलवाई होनी ही है।

हैंडबैग: एक नई खोज के अनुसार अधिकांश पर्स और हैंडबैगों में नोरोवाइरस और एमआरएसए धड़ल्ले से पनपते रहते हैं जो अनेक प्रकार के संक्रमणों के लिए जिम्मेदार हैं। अतः नियमित रूप से इनकी सफाई की जानी चाहिए।

मोबाइल फोन से चिपके रहना: मोबाइल कई स्थानों पर रख दिया जाता है जिससे इसकी सतह पर नाना प्रकार के बैक्टीरिया मौजूद रहते हैं। यहां तक कि लोग खाने के बीच भी मोबाइल में शुरू हो जाते हैं और फिर उन्हीं हाथों से खाना चालू करते हैं। सेहत के हिसाब से यह अत्यंत चिंतनीय आदत है।

अनधुले हाथों से खाना: भोजन का सेवन किए जाते समय हाथ का प्रयोग सर्वाधिक होता है। तो भी बहुत से लोग खाने से पहले हाथों को भलीभांति नहीं धो कर अनेक बीमारियों को न्यौता देते हैं।

उपरोक्त आदतों को अपना कर आप अनेक बीमारियों से अपना बचाव कर सकते हैं।

TNAI Life Membership Card

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

The Trained Nurses' Association of India
LIFE MEMBERSHIP CARD

Photo

Name: XXXXXXXXX

TNAI NO. : XX XXXXXXXX
Enrolment Date : XXXXXXXX XX XXXX
Date of Birth : XXXXXXXX XX XXXX

Secretary General Member's Signature

Application Form for TNAI Membership Card



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

APPLICATION FOR NEW MEMBERSHIP CARD

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

Applicant's full Signature

NO SIGNATURE

↓

Applicant's
Passport size
Photograph
Only

↑

TNAI Membership No. _____

NAME: _____

Address : _____

Date of Birth

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

Ph.....

Email:.....

Advertisement Rates

Monthly *TNAI Bulletin* and Bi-Monthly *The Nursing Journal of India (NJI)*

Consequent upon the decision of TNAI Executive Committee/ Council meeting held on November 18-19, 2014 at Lucknow (Minute No. EC/CL/2014/30, the advertisement rates for the NJI and TNAI Bulletin have been modified from April 2015 issue onward, as under.

TNAI Bulletin – Monthly

Advertisement Size	Contract Rate Per issue (Rs.)	Casual Rate Per issue (Rs.)	Foreign Advertisement Rate in US Dollar (\$) Per issue
Front Cover Inside/Last Cover Inside/Last Cover	30,400	36,500	2,025
Full Page B/W	22,300	24,300	1,620
Half Page B/W	12,200	16,200	810
Quarter Page B/W	8,100	12,200	405
Job Work B/W		Rs. 1215 per column centimeter with minimum size as 7 cm i.e. Rs. 8,500 minimum charge	
Lost & Found B/W		900	

The Nursing Journal of India (NJI) – Bi-Monthly

Advertisement Size	Contract Rate Per issue (Rs.)	Casual Rate Per issue (Rs.)	Foreign Advertisement Rate in US Dollar (\$) Per issue
Front Cover Inside/Last Cover Inside/Last Cover (Colour)	53,200	63,800	3,600
Full Page (Colour)	39,000	42,600	2,880
Half Page (Colour)	21,300	28,400	1,440
Quarter Page (Colour)	14,300	21,300	720
Full Page B/W	27,900	30,400	2,070
Half Page B/W	15,200	20,300	1,080
Quarter Page B/W	10,200	15,200	540
Job Work B/W		Rs. 1530 per column per centimeter with minimum size as 7 cm i.e. Rs. 10,700 minimum charges	
Lost & Found B/W		1200	

- Contractual rates applicable to a minimum of 6 insertions in twelve months.
- Advertisement matter mentioning the size of advertisement, month of publication along with payment should reach TNAI office latest by the first day of the previous month (e.g., for publication in June, the advertisement matter and payment etc, should reach us latest by May 1).
- Outstation Cheques will not be accepted.
- Payment shall be made in advance through Demand draft payable at New Delhi.

Telephone: 011-26966873, 26566665, 26534765; Fax: 011-26858304, Email: publicationstnai@yahoo.com & tnai_2003@yahoo.com

TNAI Delegation Meets

Chief Minister, Health Minister, Delhi

A TNAI delegation had a meeting with Shri Arvind Kejriwal, Hon'ble chief minister and Shri Satyender Jain, Hon'ble Health Minister, NCT of Delhi on 19 December and 21 December respectively, regarding settlement of various nurses-related matters pending with Delhi Government.

The delegation consisted of Ms Surekha Sama- Vice President North Region, Mrs Evelyn P Kannan- Secretary General, Mr Ajinas AM and Mrs Vatchala Dhinakaran both Asst Secretary General and Mrs Neerja Sood, Asst Professor SOHS, IGNOU, New Delhi. The issues discussed included mandatory registration of nurses with Delhi Nursing Council, strengthening skill training for nurses, allowing public health nurses to work independently in absence of doctors, circulating CNE Guidelines, upgrading nursing teaching institutions and their monitoring, review of recruitment rules for nurses and PHNs, streamlining recruitments and salary disparities in ILBS Hospital and follow up of Delhi Nurses Bill.

Both the chief minister and health minister assured delegation that early action shall be taken on the points brought to their notice.



Senior TNAI Members Meet Odisha Health Minister on Nurses' Issues

With a view to seek high level intervention in resolving issues adversely affecting the nurses in Orissa, Mrs Evelyn P Kannan, Secretary General TNAI had a meeting with Prasanna Acharya, Health Minister, Odisha State on 8 November 2017. She was accompanied by Mrs Fulana Kumar Dei and Ms Kajal Rani Sinha, President and Secretary respectively, TNAI Odisha State Branch. In the meeting held in cordial atmosphere, the issues like removal of nurses appointed on contract, non-filling of senior nursing posts for long, registration of nursing pass-outs, lack of resources & nurses in both government and private establishments, and allowing principals / tutors of private nursing institutions to serve as examiners and invigilators, were discussed.

The minister assured to look into these issues for needful action.

Earlier, in a meeting of Odisha State Executives and members held at IMA Bhawan on same day, Mrs Evelyn P Kannan, Secretary General TNAI briefed about the ongoing activities of TNAI and heard the grievances expressed by the members.