

THE TRAINED NURSES' ASSOCIATION OF INDIA

TNAI BULLETIN

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DECEMBER 2016

Time to Mend and Bend to Achieve the Goals

The close of the year is time to introspect and recapitulate; what we gained during the year past and what we could by mending here or bending there. If over all, one develops any new insights, or is enabled to see the lacunae in one's approach, it is a positive sign, because then only improvements can be brought.

The TNAI celebrated the International Nurses' Day (IND) on 13 May 2016 jointly with Indian Medical Association and Heart Care Foundation of India at Russian Culture Centre, New Delhi. A significant highlight of the tripartite celebrations was the acknowledgement that nurses constitute a vital part in health setting, and endorsement that it is nurse-doctor togetherness that can expedite achieving national health targets.

In August this year, on a TNAI's petition against lower salaries and unfair working conditions in certain States, the Supreme Court directed the Government of India to take appropriate action consequent upon which Ministry of Health & Family Welfare (MoHFW) issued guidelines on salaries and working conditions and also asked the Health Secretaries of States/ UTs to submit compliance status.

The XXVI TNAI (75th) Biennial Conference (theme – Nurses: A Force for Change – Improving Health Systems Resilience), the mega event attracting Nurses from across the country was conducted befittingly during 15 to 19 October 2016 in Jaipur (Rajasthan).

I am happy to inform you that TNAI membership is growing steadily, there were around three lakh members in October 2016. From the year 2016-17, the membership procedure has been simplified, made economic and more member-friendly by introducing one time Membership system. Under Skill Lab programme, a long term partnership of TNAI with MoHFW, skill training programmes are conducted regularly in TNAI's Greater Noida premises.

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On publications front, copies of both time-bound periodicals viz. bi-monthly *The Nursing Journal of India* and the monthly *TNAI Bulletin* were brought out and posted in time despite many strains. With the steps being taken for assured receipt of *TNAI Bulletin* to subscribers, we hope there shall be minimal or no complaint about its receipt. Book writing project, involving experts from many State Branches, is in progress.

In pursuance of its ultimate objective to contribute to national health goals, TNAI continued to conduct workshops on such issues as Disaster Preparedness, Breastfeeding Promotion, Health of the New born, etc.

I believe a bright future awaits Nurses of today. However, it is ever to remain mindful that we get in proportion to our inputs i.e. what and how much we give. Let the year end lead you to think on it and act accordingly.

(Evelyn P Kannan)

Chief Editor & Secretary General, TNAI

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 Demand Draft should be 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 photographs may be sent, along with requisite charges, to the Editor, TNAI Bulletin.

Advice to the Contributors

It is observed that some articles/ write ups submitted for publication in Nursing Journal of India (NJI) do not conform to the required instructions so that such articles are not likely to receive priority.

Kindly note that each article/ write-up for publication in NJI must indicate: TNAI Membership number of the Author(s); contact details including Mobile / Landline Number; email id; complete address of institution of the corresponding Author (if working).

Research articles must contain Abstract. The References must be double checked for accuracy of author(s) name(s) and completeness. The name & designation of Guide/ Co-Guide with Institutional affiliation as well as year in which study was conducted must also be mentioned.

New Discount Rates on Publications

Discount for Institutions:

Books 1 - 24 -- 10%; 25 and above -- 30%

Booksellers / Agents:

Sl. No.	No. of copies	Discount
i.	1 to 5	10%
ii.	6 to 14	15%
iii.	15 to 24	20%
iv.	25 to 49	25%
v.	50 to 99	30%
vi.	100 to 199	33.3%
vii.	200 to 499	40%
viii.	500 and above	50%

New Email ID for TNAI Publications

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

Kindly note that The Trained Nurses Association has a new Email ID now (i.e. **publicationstnai@yahoo.com**), exclusively for matters related with TNAI publications.

All concerned are therefore requested to address their queries and correspondence at the new email ID.

TNAI BULLETIN

Monthly Newsletter of

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

Ph : 26566665, 26966873, Telefax : 011-26858304

E-mail: tnai_2003@yahoo.com, publicationstnai@yahoo.com

Website: www.tnaionline.org

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

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

List of Purse Money received from TNAI Biennial Conference, Jaipur, Rajasthan during the period from 15-18 October 2016

Defence Services, ADGMNS, IHQ, New Delhi, Rs. 10,000/-; Maharashtra State Branch TNAI, Rs. 10,000/-; Nagaland State Branch TNAI, Rs. 10,000/-; Arunachal State Branch TNAI, Rs. 10,000/-; TNAI & SNA Odisha State Branch TNAI, Rs. 5,100/-; TNAI Manipur State Branch TNAI, Rs. 5,550/-; Tamilnadu State Branch TNAI Rs. 5,001/-; Delhi State Branch TNAI, Rs. 5,000/-; Haryana State Branch TNAI, Rs. 5,000/-; Dr Jogendra Sharma, Vice President, Rajasthan State Branch TNAI; Rs. 5,000/- Jaipur Nursing College, MV Global University, Jaipur, Rs. 5,000/-; Telangana State Branch TNAI; Rs. 5,000/-; Andhra Pradesh State Branch TNAI, Rs. 5,000/-; Goa State Branch TNAI, Rs. 5,000/-; Mizoram State Branch TNAI, Rs. 4,000/-; Tripura State Branch TNAI, Rs. 3,000/-; Chhattisgarh State Branch TNAI, Rs. 3,000/-; Lata Mangeshkar Hospital, Nagpur, Rs. 3,000/-; Uttar Pradesh State Branch TNAI, Rs. 2,500/-; Mrs Lalita Bisht, President, Uttarakhand State Branch TNAI, Rs. 2,100/-; TNAI unit, West Gairo Hills, Meghalaya Rs. 2,000/-; Institute of Psychiatry & Human Behaviour, Goa Rs. 2,000/-; SNA Unit, Pragyan College of Nursing, Gandhi Nagar, Bhopal; Rs. 2,000/-; Meghalaya State Branch TNAI, Rs. 2,000/-; TNAI Unit, Civil Hospital, Shillong, Rs. 2,000/-; TNAI Ganesh Das Hospital, Shillong, Rs. 2,000/-; SNA Unit, St Joseph's College of Nursing, Hoshangabad, Rs. 2,000/-; Nurses Association Regional Institute of Medical Sciences, Lamphelpat, Rs. 2,000/-; Himachal Pradesh State Branch TNAI Rs. 1,100/-; Ms Namne Meena, Arunachal Pradesh, Rs. 1,050/-; Tura Civil Hospital Unit, Tura, Rs. 1025/-; Mr Rajabhau Rathod & Ms Nivedita Bhubekar, Dr R N Cooper School of Nsg, Mumbai, Rs. 1,001/-; Mrs Fulana Kumari Dei, President, TNAI Odisha State Branch TNAI; Rs. 1,001/-; Mr Sandeep Avasthi & Mr Mukesh Sharma, College of Nursing, Alwar, Rs. 1,001/-; Mrs Vasantha Ponnambalam, CNO, JIPMER, Pondicherry, Rs. 1,001/-; Ms Kiran Bor Gohain, Vice President, TNAI North East Region, Rs. 1,000/-; Mrs Rajeswari Siva, Vice President, TNAI South Region Rs. 1,000/-; Padmashri Shanti T Lakra, Andaman & Nicobar Islands Rs. 1,000/-; Dr Sundari Edwin, Nursing Director, SIMS Hospital, Chennai, Rs. 1,000/-; Dr Sunita Lawrence, President, Madhya Pradesh State branch TNAI, Rs. 1,000/-; Mrs Suneeta Mishra, President, Rajasthan State Branch TNAI; Rs. 1,000/-; Madhya Pradesh State Branch TNAI, Rs. 1,000/-; Dr Norman Tunnel Hospital, Jowai, Rs. 1,000/-; Assam State Branch TNAI, Rs. 1,000/-; School of Nursing, SMCH, Silchar, Rs. 1,000/-; TNAI Shillong Branch, Meghalaya, Rs. 1,000/-; TNAI RPC Hospital, Shillong, Rs. 1,000/-; Ms Kago T Yasung, President, Arunachal Pradesh State Branch TNAI, Rs. 1,000/-; TNAI, Dr H Gordon Roberts Hospital, Shillong, Rs. 1,000/-; JMJ College of Nursing, Hyderabad, Rs. 1,000/-; St Joseph College of Nursing, Nallapadu, Guntur, Rs. 1,000/-; Mrs Raksha Parvatkar, Goa, Rs. 1,000/-; West Bengal State Branch TNAI Rs. 1,000/-; Florence Nightingale Training College of Nursing, Wardha, Rs. 1,000/-; Mr Nanda Kumar P, AIIMS, Bhubaneshwar, Rs. 501/-; School of Nsg, Bhagwati Hospital, Borivali, Mumbai, Rs. 500/-; Dr RN Cooper School of Nursing, Mumbai, Rs. 500/-; School of Nursing, BYL Nair Hospital, Mumbai, Rs. 500/-; TNAI Mumbai City Branch, Mumbai, Rs. 500/-; School of Nursing, LTMG Hospital, Sion, Mumbai, Rs. 500/-; Nursing Department, Bhaktivedanta Hospital, Mumbai, Rs. 500/-.

Donation: Elderly Care Home: Air Commodore CM Mundepi (Retd), E/31, SCHC, P/4, Greater Noida, Rs. 80,000/-; Mrs Sushma Chopra, E-10, Kalkaji, New Delhi, Rs. 3,000/-.

Donation: Mr Anwarali D Virani, E-102, Poonam Estate, Cluster 1, Shanti Park, Mira Road East, Thane, Rs. 1,001/-.

OBITUARIES

Prof Gladys J

Prof Gladys J, 81, a senior nurse leader breathed her last on 19 July 2016.

Born on 13 January 1935 in Kerala, Prof Gladys had completed her GNM (IN 1957) from CMC, Vellore (TN), Post-Basic BSc (Nsg) in 1965 from Govt College of Nursing, Thiruvananthapuram and MSc Nursing in 1972 from CMC Vellore. She underwent a special training in Research from RAK College of Nursing, New Delhi.

She began her career as Staff Nurse in Kerala Government and later took up teaching. She served as Director (Principal) in all three Govt Nursing Colleges in existence then (Kozhikode, Kottayam and Thiruvananthapuram). After retirement she worked in Fr Muller College of Nursing, Mangalore, SH College of Nursing, Madurai and Sree Mookambika College of Nursing, Kulashekharan (TN). She was senate member of Dr MGR MGR Medical University (TN).

An active member of TNAI, she served State Executive for many years. Her role as teacher and leader are highly regarded by her students and colleagues who will cherish those memories for ever.



Lt Col Lisy Thomas

After a long battle against ovarian cancer, military nursing officer Lt Col Lisy Thomas, serving at CH (SC) as OT Matron, left for heavenly abode on 12 October 2016.

She was born on 1 June 1962. She was commissioned in Military Nursing Services on 1 January 1990. She served various military hospitals and was awarded Chief of Army Staff (COAS) commendation on 15 Aug 2006 for her professional competence and performing her duties with utmost dedication and devotion. Her last assignment was as Matron at Pune. She was Life Member of TNAI. She is survived by a son.

Maj Gen Sushila Shani, VSM Addl DGMNS and officers of MNS along with the Nursing fraternity mourn her untimely demise and pray to almighty for her eternal peace of the departed soul and strength to the members of bereaved family.



Brig Mira Sudhir

A senior member of Military Nursing Services and a dynamic visionary, Brig Mira Sudhir (ret'd) left her earthly abode on 21 October 2016.

After being commissioned in Military Nursing Services as Lieutenant on 19 December 1970, she held various clinical and administrative positions in many hospitals of armed forces in 39-year rewarding career and retired as Brig MNS, Central Command.

She was a remarkable person who had a profound impact on the nursing officers. An amazing administrator, an exemplary leader, she was very kind and amiable. She was gracious, earnest, humble and committed to her duties.

Deeply saddened by loss of a nursing leader, Nursing fraternity pray to God to give strength and courage to the family to bear the loss.



सर्दियों में जोड़ों का दर्द – यों करें नियंत्रण

ज्यों ज्यों ठंड का प्रकोप बढ़ता है हड्डियों की तकलीफ बढ़ने लगती है। इसीलिए घुटनों, गर्दन, कोहनियों, बाजुओं, एड़ियों में दर्द के मामले बढ़ जाते हैं। इसका कारण है हमारे शरीर की रक्त नलिकाएं कम तापक्रम पर सिकुड़ना और रक्त प्रवाह का बाधित होना। जोड़ों के दर्द का दूसरा कारण विटामिन डी की कमी है जिसका सबसे सरल, सर्वसुलभ स्रोत सूर्य का प्रकाश है। प्रभावित व्यक्तियों को इस मौसम में अपने भोजन में प्रोटीन, कैल्शियम और मिनरल्स की मात्रा सुनिश्चित करनी चाहिए।

इसके अलावा सुबह रोजाना शारीरिक व्यायाम किया जाए, रक्त संचार ठीक रहेगा। एक ही जगह बैठे काम करने वालों को चाहिए कि बीच बीच में हिलते डुलते रहें। साथ ही बदन को पूरी तरह ढका रखा जाए।

**XXVI TNAI Biennial (75th) Conference
Jaipur (Rajasthan)**

Presidential Address

by

Mrs Anita Deodhar, President TNAI

Respected Hon'ble Health Minister of Rajasthan Shri Rajendra Rathore, our Chief Guest of this inaugural session, Guest of honor, Dignitaries sitting on and off the dais, my colleagues-EC/Council and other invitees gathered here to participate in this professional Get Together.



It gives me immense pleasure to welcome one and all, in this historical city of Rajasthan.

I am happy to witness a glare of optimism lurking in the faces of all participating nursing personnel gathered here from all parts of the country befittingly. For, participation in such professional assemblage of nurse community, presumably the largest of its kind, is certainly enriching in numerous ways. I believe, the air of enthusiasm in meet like this one augurs well for Nursing and the Nurses.

Each TNAI Biennial Conference focuses on a theme, which is deliberated at length from various perspectives, The one for this year being '*Nurses: A Force for Change – Improving Health Systems Resilience*'. As the ground level functionary in health delivery chain, it is a Nurse, who is the closest to the patient for more time than anyone else playing a pivotal role in preventive, promotive, curative and rehabilitative care and also restoration of the sick. It is her approach, her dedication, alacrity and attention to details that matters most in health delivery, so it is Nurse who can bring a change in health system.

Lakhs of ill paid and over worked nurses in private hospitals and nursing homes can at last hold their heads high. It has ever been part of its mandate to secure justice and fair deal for working nurses. TNAI filed a petition in Supreme Court about low salaries and poor working conditions in some private hospitals and institutions. I am happy to share with you that after the Hon'ble Supreme Court's judgment, the Ministry of Health and Family Welfare GoI recommended to provide minimum 20,000 salary and also considering the bed capacity of the hospitals, which has been communicated to Principal Secretaries of the states for immediate action. This case was managed by Adv. Romy Chacko and financed by TNAI. At this hour I urge the Presidents and Secretaries of the every state to take prompt action and follow up.

On academic front, revision of many known publications is in progress. As usual, to have involvement of wide spectrum of subject experts, we have assigned individual books to various state branches.

TNAI offers scholarships to all the meritorious students from ANM, GNM, BSc, PB BSc and MSc Nursing which is an amount of Rs. 24,000/- year.

TNAI in collaboration with Association of Women's Health, Obstetric and Neonatal Nurses

(AWOHNN) is being seen as an important initiative furthering the advancement of country's nurses. It is an evident based guideline on neonatal skin care, specifically applicable for Indian context.

As friendly gesture, TNAI offered a sum of Rs. 50000 to the nurses' welfare fund of KEM hospital Mumbai who sincerely attended the ill-fated Aruna Shanbaug for 40 years. Rs. 8,90,000/- to Kashmir victims during flood. Also donated Rs. 1,00,000/- as a humanitarian response for the rehabilitation relief of Nepal earthquake victims.

This year's International Nurses' Day celebration was marked, besides His Highness, President of India Shri Pranab Mukherjee presenting Florence Nightingale Awards 2016 on 35 nurse professionals from various States/UTs of the country for their meritorious services. Awardees were felicitated by TNAI also.

Indian Medical Association and Heart Care Foundation of India joining TNAI's International Nurses Day programme on 13 May 2016 at Russian Culture Centre, New Delhi. Acknowledging that nurses are vital part in hospital setting, the tripartite meet agreed that nurses and doctors should act in unison in areas of Health programmes, Research & publications for achieving the health targets. At this occasion, ten senior nurse leaders of TNAI, INC and Ministry of Health & Family Welfare were honoured for their distinguished services.

Under Training on Skill Lab, a recent addition to TNAI's Continuing Education Programme, last year we trained 54 nurse leaders, nursing tutors, pediatricians, O&G experts, senior doctors, and other health functionaries from different States. It was inaugurated on July 15, 2016. The emphasis of Skill Lab trainings is on Reproductive, Maternal, Neonatal and Child Health plus Adolescents (RMNCH+A), a priority area of Government.

The Hqrs has been in touch with concerned Health Ministry officials on various issues related to Nurses welfare and 7th Central Pay Commission.

To keep pace with the digital ways, at TNAI Hqrs we have developed a Software. Its use in full gear is likely to improve efficiency and accuracy. Very shortly, we are in the process of starting on line membership facility.

TNAI has developed special emblem for nurses.

I think, it is satisfactory answer for those who are asking what TNAI is doing.

Conferences like this help to open new horizons to think and act on issues that might have been baffling us. I am sure the participating nurse practitioners, researchers, administrators and others shall be enriched by the interactions and dialogues, both formal and informal, during the Conference. I also believe that you all shall enjoy the remnants of royalty, artistry and simplicity of local people of this historical city, with its lingering remembrances.

I thank the chief guest, the dignitaries and the participants present here, whose involvement has ever been strength to the Association. I particularly express my sincere thanks to the Rajasthan Branch Executive who had to undertake enormous spade work and strenuous efforts to make this mega event a success.

Wishing you all the Best!

JAI HIND

NEWS FROM NURSING INSTITUTIONS

Gian Sagar College of Nursing (GSCON), Ram Nagar

(Punjab): The International Nurses Week was celebrated during 12-18 May 2014 with Dr Manjit Kaur Mohi, Director (Research & Medical Edu), Punjab as chief guest and Dr SS Gill, Dean, Gian Sagar Education Institutions as guest of honour, who inaugurated the programme by lighting the lamp. Prof Davinder Kaur, Principal, GSCON unfolded the theme, Nurses: A Force for Change: Improving Health System Resilience. Cake cutting ceremony was also organized to celebrate the birthday of Florence Nightingale. Seminar on International Nurses' Day theme, poster competition, debate on women empowerment, talks on Disaster Management, Ethics in Nursing Practice and mock drill on fire and earthquake were some of the highlights of the week long activities. The valedictory function on 18 May was marked by cultural programme and prize distribution to teachers and students for their achievements. The guests and distinguished speakers motivated the students for surging ahead with success.



Bishop Benziger College of Nursing (BBCON), Kollam (Kerala): A unit of Bishop Benziger Hospital Society under the Catholic Diocese of Quilon, BBCON has been accredited by NAAC with B Grade. BBCON is second among Nursing Colleges of Kerala and first among the colleges of nursing under Association of Managements of Christain Self financing Nursing Colleges in Kerala to be conferred this honour. The recognition has been bestowed on BBCON for for its value-based curricular activities, library with e-learning facility, innovative teaching learning strategies, social commitment and social services to coastal community, health awareness programme through radio Benziger, eco-friendly campus environment and excellent leadership & management support.

Global Hospital School of Nursing (GHSN), Sirohi

(Rajasthan): A one-day national seminar on the theme, Sexual Harassment of Women at Workplace was organised by the GHSN on 16 July 2016. It was co-sponsored by Indian Council of Medical Research (ICMR) and attended by 250 nursing professionals from North India. Mrs Sarita Mehta, CNO, AIIMS spoke on safe working environment for nurses in hospitals followed by Prof /radha Saini, MSN, Fellow UICC GENEVA & convener of seminar dwelt on conceptual difference etween sexual abuse and sexual harassment. Asst Prof Mahalingam Venkateshan, MSN, HCN, Dehradun, Ms Maitrayee Bordoloi LLM from IP University Delhi, Prof Deepa Anbu, MSN, Vice Principal of Galgotia University Noida and Brahmakumar Sister Dr Binni presented their views. Mrs Shashi Bala Gupta, Principal GHSN & the organising Secretary of seminar thanked the speakers and participants.



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

EVENTS OF THE MONTH

World AIDS Day: 1 December

World AIDS Day is observed on 1 December every year since 1988 for raising awareness about the AIDS pandemic caused by the spread of HIV infection. This day provides an opportunity to draw attention to the HIV epidemic around the world. People from government and non-government sector, together with individuals observe the day by undertaking educational activities on prevention and control of AIDS.

HIV (a prelude to AIDS) is abbreviation for Human Immunodeficiency Virus, which damages the body's immune system. HIV can spread from one infected person to another through infected bodily fluids, usually unsafe sex or also by sharing infected needles, syringes or injectables. Apart from transmission of the virus from one person to another (mainly through blood-to-blood and sexual contact), the infected pregnant women can pass HIV to their babies during pregnancy, delivering the baby during childbirth, and also through breast feeding.

Life-saving HIV treatment has been accessible to 15 million people by 2015 expanded coverage has contributed to a 58 percent reduction in new HIV infections. However, over 60 percent people living with HIV remain without antiretroviral therapy, these include women and girls, men who have sex with men, commercial sex workers, transgender people, people on drugs and other marginalised groups.

International Day of Persons with Disabilities: 3 December

The International Day of Persons with Disabilities was proclaimed in 1992 by the United Nations General Assembly to be 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 also 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 theme for International Day 2016 is "Achieving 17 Goals for the Future We Want". This theme notes the recent adoption of the 17 Sustainable Development Goals (SDGs) and the role of these goals in building a more inclusive and equitable world for persons with disabilities. The broad objectives are: appraisal of the current status of the Convention on the Rights of the Child (CRC) and SDGs.

How to Receive Copies of *TNAI Bulletin*

TNAI Bulletin is a non-priced monthly organ of TNAI mailed to the members. In case you are not on mailing list of *TNAI Bulletin* but are not receiving the copies regularly, you may submit your request (addressed to the **Chief Editor, *TNAI Bulletin***) mentioning your full name, TNAI membership number, complete mailing address with Pin Code and landmark etc.

– Chief Editor

Attention Advertisers !

Advertisers of the Admission Notices in *TNAI Bulletin* for the academic year 2016-2017 for Schools/ Colleges of Nursing are required to submit the copy of Indian Nursing Council (INC) recognition certificate along with the advertisement matter and payment, otherwise the advertisement shall be summarily rejected.

- Chief Editor

Revised Rates for *NJI* Subscription

It is to bring to notice of all *NJI* subscribers that as per decision of TNAI's EC (vide Minute No. EC/CL/2004/3 subsequent to meeting held on 18-19 Nov 2014) the yearly price of Nursing Journal of India shall be revised upwards from March-April 2016 issue, as under.

One-year subscription: For individuals Rs. 1,000/-; for Institutions Rs. 1500/-

Five-year subscription: For individuals Rs. 4,000/-; for Institutions Rs. 6,500/-

All payments shall be accepted in the form of demand draft in favour of **The Trained Nurses' Association of India** payable at **New Delhi**. Local subscribers can also deposit the subscription charges as cash at TNAI Headquarters.

All communication related to *NJI* should be sent to the following address:

Secretary General, The Trained Nurses' Association of India

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

Phone: 011-26566665, 26966873

Fax: 011-26858304; Email: publicationstnai@yahoo.com, tnai_2003@yahoo.com

Website: www.tnaionline.org

NOTE: Those already enrolled for subscription of the Nursing Journal of India (NJI) may kindly ignore this communication.



You can also detach the proforma below, which should be duly filled in and sent along with demand draft of requisite value.

Name:

Complete address with pin code:

Phone No.

Fax:

Email id:

Demand Draft No.-dated

Drawn at (name of bank & branch)

Signature



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 per 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 issue, 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.

**For details, kindly contact: Telephone: 011-26966873, 26566665, 26534765; Fax: 011-26858304
Email: publicationstnai@yahoo.com & tnai_2003@yahoo.com**

TNAI New 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.

Application form for New Computerized 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: 91-11-26856304
 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	<table style="display: inline-table; border-collapse: collapse;"> <tr> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> </tr> </table>						
Please do-not sign on the photograph.							

Ph.....

Email:.....

Attention Advertisers !

Advertisers of the Admission Notices in *TNAI Bulletin* for the academic year 2016-2017 for Schools/ Colleges of Nursing are required to submit the copy of Indian Nursing Council (INC) recognition certificate along with the advertisement matter and payment, otherwise the advertisement shall be summarily rejected.

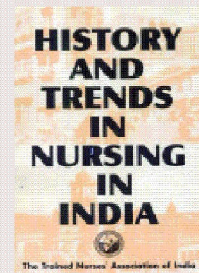
- Chief Editor

TNAI PUBLICATIONS

HISTORY AND TRENDS IN NURSING IN INDIA

The book is a must for entire Nursing Community providing the historical background of Nursing as a profession and provides an insight into its gradual development. It contains seven chapters: (1) Early Times (2) Military Nursing (3) Establishment of Significant Hospitals and Nursing Training Schools (4) Development of Nursing and Health Care: 1947-2000 (5) Development of Nursing Education in India (6) Development of Public Health and Public Health Nursing, and (7) The Trained Nurses' Association of India.

Price: Rs. 150/- (Packing & forwarding charges Rs. 50/- extra per book)

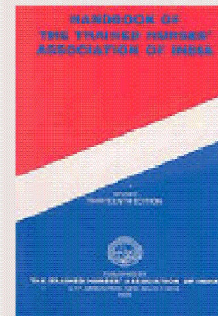


HANDBOOK OF THE TNAI

This book contains comprehensive information about TNAI - the only national level professional organisation of Nurses - its activities, constitution, rules and bye-laws. It also includes information on International Nursing and Health Organisations, development of Military Nursing Services, Public Health Nursing and Nursing Education.

Some of the important topics prescribed in the Basic Nursing syllabus of both GNM and B.Sc. (Nursing), are also dealt with. It is worth procuring as a personal copy and for the reference of libraries of Schools and Colleges of Nursing.

Price: Rs. 50/- (Packing & forwarding charges Rs. 50/- extra per book)

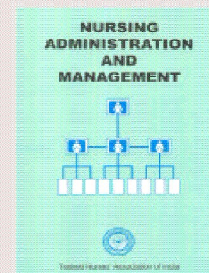


NURSING ADMINISTRATION AND MANAGEMENT

This book is extremely useful for the aspiring Nurse Managers and Administrators of the country.

It has five sections with elaborate chapters on Administration and Management, Nursing Service Administration, Community Health Nursing Administration, Administration and Management of Nursing Schools and Modern Management Techniques.

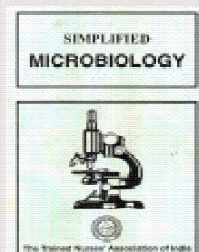
Price: Rs. 300/- (Packing & forwarding charges Rs. 50/- extra per book)



SIMPLIFIED MICROBIOLOGY

This book deals with history of Microbiology, classification of micro-organisms, laboratory methods for their identification and proper collection of specimens. It is primarily written for Nursing students at the Basic level.

Price: Rs. 40/- (Packing & forwarding charges Rs. 50/- extra per book)

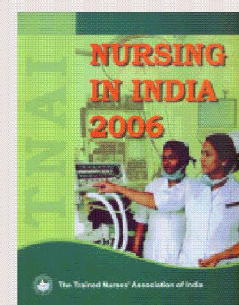


NURSING IN INDIA - 2006 (covers information upto 2012)

This publication, brought out to coincide with Centenary celebrations of TNAI, describes the milestones of TNAI. It has been made more broadbased by including issues of health, nursing and midwifery education in 21st century. Also covered are the topics like Government's new programmes in health care and new initiatives: National Rural Health Mission; Janani Suraksha Yojna; Accredited Social Health Activist (ASHA); India and AIDS; and Nurse Practitioner in Midwifery etc. There are topical articles on immigration of Indian Nurses and Post-Basic B.Sc. Nursing through distance education etc.

Price: Rs.300/- (Packing & forwarding charges Rs. 50 extra per book)

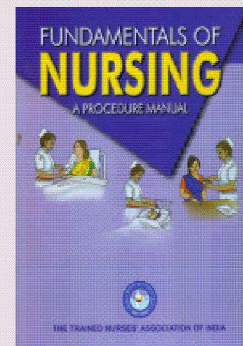
Note: 50% discount admissible for institutions and individuals.



FUNDAMENTALS OF NURSING - A PROCEDURE MANUAL

The book has been designed by nursing teachers of the country in such a way that it reflects all the domains throughout the text : knowledge, development of attitude and skills. Nursing teachers from various parts of the country have made tireless efforts to make the book comprehensive so that it can be used by all nursing students, teachers and practicing nurses. The book has 16 chapters and 52 units spread over 700 pages. Each unit contains procedures emphasising scientific and nursing principles. The illustrations, diagrams and examples have been incorporated to bring clarity in the textual material. In brief, the book is like a thesaurus.

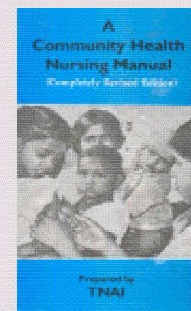
Price : Rs. 575/- (Packing & forwarding charges Rs. 100/- extra per book).



A COMMUNITY HEALTH NURSING MANUAL

This Manual is one of the most authentic books on Community Health. It covers all the major aspects of the subject in the minutest details and serves as a helpful guide for Community Health Nurse practitioners. It is extensively used by almost all Schools and Colleges of Nursing in India and other countries.

Price: Rs. 150/- (Packing & forwarding charges Rs. 50/- extra per book)



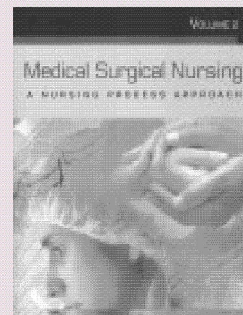
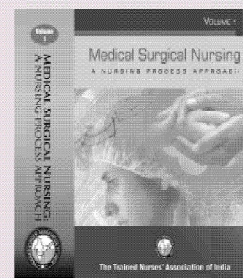
Medical Surgical Nursing: A Nursing Process Approach (Vol. I & II)

Advances in medicine and nursing have led to emergence of medical-surgical nursing as a specialty of choice among nursing students, attracting them in large numbers. It is also being increasingly opted by students as career. Considering the importance of the subject, TNAI took up the elaborate project of drafting and publishing a textbook on it.

Highly valuable publication for students of Nursing, this 2-volume text book has 15 units further divided into 47 chapters in both. Unit I dwells on concept of wellness and maintenance of Health including care of the elderly, Unit II, III and IV cover nursing processes, quality management, common problems of nursing practitioners and peri-operative nursing; Units V to XV describe various health disorders in surgical nursing and their management.

The anatomical and physiological aspects essential for grasp of health disorders as well as methods of assessment have been well covered in the book. The chapters of the book have been contributed by experts acknowledged in their field, so that the information being conveyed through text and illustrations is authentic and relevant to the students. As the entire book is in multi-colour, the illustrations come out clearly for easy understanding of the students. It is a 'must' book for nursing students on all counts: contents, coverage, treatment of subject, clarity of expression and price.

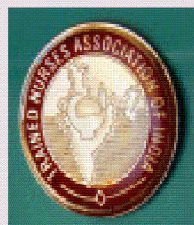
Price: Rs. 2,400/- (for 2 Volumes). Packing & forwarding charges Rs. 300/- extra (for 2 volumes)



TNAI / SNA Badges for Members

NURSE BADGE (TNAI)

The round metallic badge with TNAI logo designed, provides an identity to the nurses affiliated to TNAI. Available for Rs. 20/- from TNAI Headquarters.



STUDENT NURSE BADGE (SNA)

The badge for student nurses is oval in shape with inscription, "We live to serve". It provides an identity to the students affiliated to the SNA. Available for Rs. 20 from TNAI HQ.



Economic Plan for Acquiring TNAI Membership

With a view to make the TNAI Membership more attractive, the TNAI Council (vide Minutes No. EC/CL/2015/4) have decided to offer an attractive alternative Membership plan which is more simplified and economic for students.

A student opting for the new Membership Plan has to pay just a lump sum Rs. 2,000/- (inclusive of SNA subscription for 4 years, Scholarship Fund and SNA to TNAI Membership fee) and he/ she shall become a full TNAI Member automatically after completion of the course, thus saving substantially and avoiding to pay annual fee every year.

Under the existing rules, at the time of becoming SNAI Member the student pays Rs. 150/- per year plus Rs. 50/- (towards Scholarship Fund) for 1st year, and Rs. 150/- yearly for 2nd, 3rd and 4th years. Again, after completion of the course he/ she is required to pay the TNAI Membership Fee of Rs. 2,200/- to become SNA to TNAI Member.

The new Membership Plan shall be applicable from the academic year 2016-17 although the existing rules for SNA membership shall also remain valid. The Institutions are free to choose either of the Membership plans.

Secretary-General, TNAI

Non-Receipt of Copies of TNAI Bulletin

We take utmost care to ensure that subscribers receive the copies of *TNAI Bulletin* in time. The copies are dispatched in first week of every. However, in the event of a member not having received the copy of a particular issue, intimation to this effect, together with request (addressed to the **Chief Editor, TNAI Bulletin**) for another copy may be submitted by 15th day of the month so that we can consider sending another copy of the issue, subject to availability of copies. Members may note that late complaints i.e. those received after 15th day of the month shall not be entertained.

– Chief Editor

आपको मासिक पत्रिका टीएनएआई बुलेटिन मिलने में शिकायत तो नहीं है

टीएनएआई के कुछ आजीवन सदस्यों से हमें यदा कदा शिकायत मिलती रहती है कि उन्हें मासिक बुलेटिन की प्रतियां नहीं मिल रही हैं।

सभी आजीवन सदस्यों को अधिसूचित किया जाता है कि मासिक टीएनएआई बुलेटिन की प्रतियां नियमित रूप से भेजने की व्यवस्था है। आपको यदि इसकी प्रति नहीं मिल रही है तो:

1. स्थानीय डाकघर में पूछताछ करें और प्रतियां नहीं मिलने की शिकायत दर्ज करें।
2. यह सुनिश्चय करें कि टीएनएआई मुख्यालय को दिया गया आपके नाम और पता के विवरण में कोई त्रुटि नहीं है और यह संपूर्ण है। इसमें पिन कोड का उल्लेख किया जाना अनिवार्य है। मासिक बुलेटिन की सभी प्रतियां मुख्यालय से महीने के पहले सप्ताह में भेज दी जाती हैं। फिर भी किसी माह की प्रति आपको नहीं मिलती है तो उसी माह की 15 तारीख तक मुख्यालय को आवेदन करें, यदि संभव हुआ तो हम इसकी प्रति दोबारा भेजने का प्रयत्न करेंगे। याद रहे, उक्त तारीख के बाद मिली शिकायतों पर विचार नहीं किया जाएगा।

खर्च करने के तौरतरीकों के दूरगामी फायदे हैं, बड़े नोट बंद होने के

इसी आठ नवंबर को प्रधानमंत्री ने बड़े नोट बंद होने की अप्रत्याशित, क्रांतिकारी पहल से देश की अर्थव्यवस्था, व्यापार और उद्योगों पर क्या और कितना दूरगामी असर पड़ेगा, इसका आकलन फिलहाल कठिन है। हां, इस निर्णय की सदाशयता पर संदेह कतई ठीक नहीं किया जाना चाहिए। जिस पैमाने पर अथाह काला धन देश की अर्थव्यवस्था को अक्सर डांवाडोल कर रहा था उससे निजात पाने में सामान्य तौरतरीकों बेअसर मालूम पड़ रहे थे।

आपसी लेनदेन, खरीद-फरोख्त और व्यापार में हजार-पांच सौ के चालू नोटों की बहुत खपत रही है। इन्हें बंद करने का मकसद बड़े नोट निरस्त करने के मार्फत कालाबाजारी को रोकना था। इस धंधे में लिप्त लोग बौखलाहट से उससे ज्यादा आत्महत्याएं कर रहे हैं, बीमार पड़ रहे हैं – जितने सुनने-पढ़ने में आ रहे हैं। किंतु गाज आम लोगों पर भी गिरी है। घंटों कतारों में रहने के बावजूद उनकी रोजमर्रा की किल्लतें खत्म नहीं हो रहीं हैं। भुगतान के लिए एटीएम कार्ड नकदी का विकल्प नहीं है, इसकी सीमाएं हैं। पहले तो हर किसी के पास ये कार्ड नहीं हैं और फिर वे इनके इस्तेमाल के अभ्यस्त नहीं हैं। लोग खरीदारी घटा या टाल रहे हैं।

तथापि परोक्ष रूप से इसका एक बड़ा फायदा यह हुआ कि गैरजरूरी खरीदें नहीं हो रहीं हैं। हाथ हिलाते ड्यूटी पर आने वाले अब लंच के दौरान बाहर खाने नहीं जाते बल्कि घर से लाया टिफिन बॉक्स खोलते हैं। कुछ भी खरीदने से पहले उन्हें मजबूरन सोचना पड़ रहा है। मुमकिन है जरूरी नोटों की तंगी के दो-तीन महीनों में खुला खर्चने वाले तथा अन्य खरीदार आदतन किफायत बरतना सीख जाएंगे, यह उनके और देश दोनों के हित में होगा।

संप्रति समूची दुनिया में एक बहुत बड़ा ग्राहकवर्ग अनायास ही उपभोक्ता संस्कृति की गिरफ्त में है जिसका बेचारे ग्राहकों को ठीक से अहसास नहीं और जिससे पिंड छुड़ाना निहायत जरूरी हो रहा था। बाजारी ताकतों ने पूजापाठ, शिक्षा, स्वास्थ्य समेत सभी क्षेत्रों में जबरदस्त तानाबाना रच रखा है और वह ग्राहकों से ज्यादा से ज्यादा पैसा खसोटने के मंसूबे में कामयाब रहा है। बाजारी उसूलों के अनुसार व्यक्ति का बड़प्पन का पैमाना उसके खर्चने की सामर्थ्य से किया जाता है और परोक्ष संदेश बारबार लोगों के दिलों में बैठाया जाता है कि गांठ में पैसा नहीं है तो कुछ नहीं है, उसे जीने का अधिकार भी नहीं। जनजीवन की सोच इसी प्रकार ढल चुकी है।

उपभोक्ता संस्कृति के चलते कम कीमत की चीजें बाजार से गायब हो रही हैं। मसलन आपको होटलों में दाल तड़का बमुश्किल मिलेगी, पेश होगी दाल मखनी यानी जरा सा मक्खन डाल कर आपकी प्लेट डेढ़ गुना दाम में खरीदनी होगी। दांत की तकलीफ में आपको छह महीने या साल भर के पैकेज पर रखा जाएगा। दो दस्त होने पर अस्पताल जाते हैं तो आपको भरती कर 10-20 हजार रुपए ँंटे जाएंगे भले ही चार-पांच गोलियों से बात बन सकती हो। मिक्सी, प्रेशर कुकर, मोबाइल फोन, एसी आदि आइटम बनाने वाली कंपनियों द्वारा हर दूसरे तीसरे साल मॉडल बदलने का मकसद रहता है कि लोग नया खरीदें, पुराने के पार्ट्स ही नहीं मिलेंगे। कहा जाता है, विक्रेता गंजे को भी कंधी बेचना जानते हैं।

दर असल दूसरे के दिलों को समझने में माहिर विक्रेता आपको कुछ भी थोप देते हैं। हम भूल जाते हैं कि जितना ज्यादा गैरजरूरी चीजें हम बटोरते रहेंगे जिंदगी उतनी ही कठिन हो जाएगी। लैटिन लेखक अपूलियस ने सलाह दी थी, “तेराकी का नियम अच्छी जिंदगी जीने पर भी लागू होता है, जितना कम ले कर हम चलेंगे उतना ही सहज रहेंगे।”

हमें सहज, सरल जीवन से दूर करती उपभोक्ता संस्कृति के खतरों से बचने के आशय से प्रतिवर्ष 25 नवंबर की तारीख “कुछ नहीं खरीदने का दिन” के तौर पर 65 से अधिक देशों में मनाई जाती है। इस दिन कुछ नहीं खरीदने की अपील के अलावा सामूहिक तौर पर बाजारी नैगेटिव प्रवृत्तियों के विरोध में रैलियां आयोजित की जाती हैं और खर्च पर अंकुश लगाने की पैरवी की जाती है।

प्रकाशन एकक, टी.एन.ए.आई.

Growth of Nursing Profession

History of Nursing in India dates back to Vedic era; Nursing has been integral to any health or cure system. As long as human beings are on earth, there will be Nurses and Nursing profession.

From the British era, continuous efforts are being done for improving the quality of Nursing Education. Presently, the Indian Nursing Council (INC), a regulatory body, monitors the nursing education by updating it. There is an in-built mechanism of control of quality of education and status of Nurses. Earlier, the Nurses' education was confined to Certificate courses, now we have PhD programmes in Nursing. The issues covered by INC include: curriculum development, uniformity nursing education pattern throughout the country, developing skills of nurse students, in keeping with international norms and practices. As for remuneration and working conditions of Nurses, I do not feel it is within the purview of the INC. There are other systems to work on these matters.

In a service-oriented profession as Nursing, where delivery is of paramount importance, Nurse Educators i.e. the persons imparting Nursing Education, have an immense role. Quality of Nursing Education is an issue that eventually determines the delivery of services. Further, it is not something within the domain of Nurse Educator, it is duty of every person in Nursing profession and those taking up Nursing as career. A Nurse Educator in particular that (s)he has to impart quality education in the institution where (s)he serves, and not compromise with it. The Nurse Educator has to be a role model. If anyone at any level or for any reason tries to compromise quality, the nurse educator should not become party to it. Every nurse educator must insist that the institutions do not deviate from the standards.

Some of the landmarks contributing to the healthy growth of Nursing profession have been: establishment of TNAI; passing the Indian Nursing Act; formation of INC; introduction of Masters, Doctoral and speciality programmes. All these have led to emergence of Independent Nurse Practitioners. Each segment deserves credit for growing recognition of Nurses. A recent case is that of TNAI, whose petition for fair salaries working conditions, in certain States violating the norms, was admitted by the Supreme Court; after hearing, the States have been asked to abide by the new guidelines and submit the compliance status.

Mr Arvind Kulkarni
Former President, TNAI

SNA to TNAI Membership Charges Slashed for ANMs

As per decision of EC/ Council (vide Minute No.EC/91/2016/3), the SNA to TNAI Membership charges for ANMs have been reduced from Rs. 1,800/- to Rs. 1,000/-.