

THE TRAINED NURSES' ASSOCIATION OF INDIA

TNAI BULLETIN

VOL. 7 No. 5

MAY 2018

Yet another Landmark Achieved: TNAI's International Training Centre Inaugurated

In line with vision and objectives of TNAI to advance the professional and educational aspects of nursing and provide improved healthcare facilities to the people of India, yet another milestone in its trail of achievements was created on 14 April 2018 with inauguration of American Heart Association (AHA)-approved International Training Centre (ITC) at Association's Greater Noida premises. The chief guest of the programme Madam Satish Chawla, former President, TNAI and former Vice-President, Commonwealth Nurses and Midwives Federation (CNMF) expressed much happiness at consistent hard work of former and current Presidents, Vice Presidents and members of the Executive/ Council by providing valuable inputs in advancing professional interests of Nursing. Complimenting the endeavours of TNAI, the Guest of honour at this occasion, Mr Yatendra Kumar Gupta, Vice-Chairman of Sharda group of Institutions and Pro-Chancellor Sharda University said that with a rich professional history, TNAI will definitely have remarkable future. Members of the Executive of TNAI, leaders of nursing profession and esteemed guests from clinical, teaching and administrative personnel from nursing were present at this occasion. As approved centre of American Heart Association, TNAI's ITC shall go a long way in training the Nurses and other healthcare functionaries for identifying those having or vulnerable to various heart disorders. Training in Basic Life Support (BLS) and Advanced Cardiac Life Support (ACLS) shall be main features of this facility. The interested nurses would be provided BLS and ACLS training at modest charges.

The month of May is marked by many health events that closely concern the nurses: World Asthma Day (WAD) on 1 May, International Midwives Day (IDM) on 5 May, the International Red Cross and Red Crescent Day on 8 May, World No Tobacco Day on 31 May (theme: Tobacco and Heart Disease) and of utmost relevance to us, the International Nurses Day (IND) on 12 May (this

year's theme: Nurses: A Voice to Lead, Health is a Human Right). Implicit in the theme is the need for nurses to come up unitedly and raise their voice. The special feature of IND celebration is the distribution of IND Kit 2018, freely available on ICN website. I request all of you to take full benefit of this compact material. In health parlance, the adage "A stitch in time saves nine" means prevention is better than cure. All over, nurses have been playing a significant part in creating awareness about diseases and persuading people at large for taking appropriate preventive action. Let us rededicate ourself to the cause of our profession this International Nurses Day, and also participate in activities related to IND.

Wish you a happy Nurses Day!

(Evelyn P Kannan)

Chief Editor & Secretary General, TNAI

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Hossinatu Mary Kanu- West Africa Region (Sierra Leone); George Saliba- Europe Region (Malta); Paul Magesa Mashauri (East, Central and Southern Africa Region (Tanzania); Annie Butler- Pacific Region (Australia); Bettyann Murray John- Atlantic Region (Trinidad & Tobago). The conference closed with a group song by the organising committee.

On 13 March, Dr Sasankan and Evelyn P. Kannan were invited to attend the Commonwealth Service in the presence of Her Majesty, the Queen Head of the Commonwealth. Later, both of them had an informal discussion with few Indian nurses working in UK hospitals who said that they perform duties with accountability, receive due respect and considered essential part of health care team. They drew reasonably good salaries, were treated fairly, and not subjected to any discrimination on racial or ethnic grounds. After the Conference, Dr (Mrs) Santhamma Sasankan and Mrs Evelyn Kannan visited Envertiz Healthcare Recruitment company in Scotland; registered in UK and approved by NHS hospital trust, this agency is owned and operated by Nurses. The two also visited the agency at Abereen and discussed the possible ways of collaboration with Envertiz with Mr Febin Cyriac. He took us to the Tornadee care centre and arranged a meeting with Ms Maureen, Manager and Jancy Shyju, Deputy Manager, Jincy Soji, Staff Nurse. The Commonwealth visit was quite enriching with possibility of furthering mutual cooperation between international collaboration.

International Nurses Day: 12 May

The entire world celebrates the International Nurses Day (IND) on 12 May, the birth anniversary of legendary Florence Nightingale who was born on this day in 1820. The International Council of Nurses (ICN), the apex body of nurses at world level, the umbrella organisation guiding and conducting various programmes commemorates this day mainly by disseminating (IND) Kit which contains region-wise educational and informative material for nurses and the public worldwide. The IND theme for 2018 is, Nurses: A Voice to Lead, Health is a Human Right. In the message preceding the 56-page ICN Toolkit 2018, deploring the "lack of accessible and affordable health care", ICN President Annette Kennedy stated that nurses also have the "right to health" and "improved quality and safety for patients depends on positive working environments for staff. That means the right to a safe working environment, adequate remuneration... right to be heard and have a voice in decision making and policy development implementation". In India the major activity on IND is conferment of National Florence Nightingale Awards to selected nurses, based on their outstanding performance in Nursing practice, education, awareness generation, etc. by President of India. Schools and colleges of nursing, all over, organise seminars, workshops, conferences, debates and other activities on IND theme in particular.

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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Published, printed and edited by Mrs Evelyn P Kannan for The Trained Nurses' Association of India, L-17, Florence Nightingale Lane, Green Park, New Delhi-110016 and printed by her at Chandu Press, 63 FIE, Patparganj Industrial Estate, Delhi-110092.

TNAI SCHOLARSHIPS : ACADEMIC YEAR 2017 - 2018

The Trained Nurses' Association of India invites applications for award of scholarship for higher studies in Nursing for the year 2017-18. Scholarships are available for the following courses.

I. FOR GENERAL NURSES

- a) Post Certificate Diploma course in Nursing Education and Administration, and other speciality courses.
- b) Post-Basic BSc Nursing (Regular).
- c) Students pursuing Post-Basic BSc Nursing through Indira Gandhi National Open University (IGNOU) can also apply who have successfully completed the first year (candidates receiving salary or any other financial support will not be eligible).
- d) Master of Nursing.
- e) PhD, MPhil in Nursing.

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

- (a) General Nursing and Midwifery course.
- (b) Any short-term course of not less than three months duration.

All the above mentioned courses should be recognised by Indian Nursing Council.

Eligibility criteria

- ◆ The candidates should have at least 3 years' membership of the TNAI.
- ◆ Confidential reports from all the two referees mentioned in your application should be received timely.
- ◆ The application should be recommended by the President or Secretary of the concerned TNAI State Branch.
- ◆ Preference will be given to the candidate's active participation in TNAI activities at National, State, District / Zonal and Unit level.
- ◆ The proof of annual family income of the candidates (who wish to apply for scholarship) should be obtained from competent authority and attached along with the application.
- ◆ The candidate should not be a recipient of any other scholarship or any financial help from any other source.
- ◆ The candidate should not have received TNAI scholarship for at least last 5 years.

General Conditions

- (a) The completed application forms should be received in this office by **May 31, 2018**.
- (b) All applications should be signed by / routed through your TNAI State Branch, President/ Secretary.
- (c) Completed applications received after the last date i.e. **May 31, 2018 will not be entertained**.

APPLICATION FOR TNAI SCHOLARSHIP: 2017-2018 Academic Year

Note:

- A. Completed Application form should be sent to the Secretary-General, Trained Nurses' Association of India, L-17, Florence Nightingale Lane, Green Park, New Delhi-110016, up to May 31, 2018. Incomplete application will not be accepted.
- B. There is no application fee, as per decision of Executive Council of TNAI in 2017.
- C. Last date of receiving application form is May 31, 2018 after which applications will be rejected.

Photograph

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

b) Permanent Address if different from present address: _____

5. Phone Nos. Mobile: _____ Land line: _____
E-mail: _____
6. Martial Status: Single, Married, Widow, Widower: _____
7. Number of children, if any, with age: _____
8. Name of the course: _____ Year of study: _____
9. Date of commencement of course: _____ Date of completion of course: _____
10. Name and address of the Institution: _____

11. TNAI Life Membership No. _____ Date of enrollment _____
12. Have you ever held any office of TNAI at Unit /District/State level? _____
13. Have you ever served on the National Executive Committee/ Council/HOD of TNAI? _____
14. Participation in TNAI activities / membership and fund raising campaign - Yes or No ? _____
If yes, give details: _____
15. Have you published any articles, if Yes, Journal name & year and month of publication _____

16. Have you applied for any scholarship to any other Agency? If yes, please mention the name of the Agency to which you have applied _____

17. Will you be getting any financial help/stipend/scholarship/deputation allowance from any other source/institution? If yes, please give details: _____
18. Are you deputed for studies on full/half/without pay (mention how much amount you will be getting) or you have to resign your job to take up the study? Give details: _____
19. Please give names and addresses of two references from the Nursing profession (Head of the institution / Hospital / other Organisation etc.)

Name, designation and full Address (in capital letters) with mobile/ phone Nos./ Email

1. _____
2. _____

- A. I have attached copies of the Medical fitness certificate (in original) and following certificates attested either by TNAI Council member, Gazetted Officer or a District Magistrate with this application form:
- [a] Certificate of ANM / GNM / BSc / PC BSc / MSc
 - [b] Nurses & Midwives Council Registration Certificate
 - [c] Certificates of matriculation & higher examination, if passed
 - [d] Certificate of annual family income of the candidate from competent authority
 - [e] A letter from the Principal, College of Nursing showing admission in the respective institution
 - [f] Photocopy of TNAI Life membership card
- B. I undertake to refund the whole amount of scholarship paid to me, to the Trained Nurses' Association of India in case I am offered financial help from any other source(s).
- C. I hereby certify that the information given in this application form is true to the best of my knowledge and belief.

Date: _____ Signature of the candidate _____

Recommendation

Recommendation by the State branch President or Secretary keeping in view the merit of the candidate and the eligibility for the TNAI Scholarship

Signature
President/Secretary State Branch, TNAI

CONFIDENTIAL REPORT - TNAI SCHOLARSHIP

Confidential Report of Mr / Mrs / Miss _____

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

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

Intelligent _____

Loyal & Dependable _____

Efficient _____

Considerable & Agreeable _____

Self Controlled _____

3. Does she/he exercise judgment? _____

4. Does she/he work in cooperation with her/his

Seniors _____

Colleagues _____

5. Do you consider that she/he is a good organiser and manager? _____

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

7. Does she/he show initiative? _____

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

9. Please give the reasons why you feel that she/he is fit to be given TNAI Scholarship. _____

10. Any other remarks: _____

Signature: _____

Name: _____

Designation: _____

Address: _____

SNA SCHOLARSHIPS

ACADEMIC YEAR : 2017 - 2018

The Trained Nurses' Association of India (TNAI) invites applications for award of SNA Scholarships for the academic year beginning 2018.

Scholarships are available for the following courses:

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

Minimum Requirements

1. Successful completion of first three months of preliminary training period.
2. Application forms should be recommended and signed by
 - a) Incharge/Principal, College or School of Nursing and
 - b) President/Secretary/SNA Advisor of the TNAI State Branch.

Other Conditions

1. The applicant should be a bonafide student of a School/College of Nursing (Recognised by Nursing Council).
2. The SNA unit recommending the candidate for the Scholarship should be an active Unit for at least last three years.
3. Preference will be given to the candidate's active participation in SNA activities at National / State / District / Zonal and Unit Level.
4. The applicant should not be receiving any financial support/benefits from any other source by way of stipend/fellowship/scholarship, etc.

For Kind Attention of the Principal

1. Students of academic year 2017-2018 are eligible to apply for the SNA Scholarship.
2. SNA Unit is requested to forward only two applications from each category (i.e. BSc (N), GNM and ANM).
3. Confidential report should be sent by the Class Coordinator / Unit SNA Advisor and the Principal along with the completed application form.

THE TRAINED NURSES' ASSOCIATION OF INDIA
HEADQUARTERS: L-17, FLORENCE NIGHTINGALE LANE,
GREEN PARK, NEW DELHI - 110016

APPLICATION FOR SNA SCHOLARSHIP: 2017-2018 Academic Year

Note:

- A. Completed Application form **duly recommended by Principal of School or College and President/Secretary/SNA Advisor of the State Branch, TNAI** should be sent to the Secretary-General, Trained Nurses' Association of India, L-17 Green Park, New Delhi-110016 up to **May 31, 2018**.
Incomplete applications will be rejected.
- B. Two passport size photographs should be attached with the application.
- C. **Application received after May 31, 2018 will not be entertained.**

<p>1. Full Name: Miss/Mrs./Mr./Sr./_____ (in block letters)</p> <p>2. Student Mobile/Contact No./e-mail ID _____</p> <p>3. Nationality _____ 4. Date of Birth _____</p> <p>5. (a) Present Address: _____ _____</p> <p>(b) Permanent Address, if different from present address: _____ _____</p> <p>6. Name of the course for which SNA Scholarship is required and name and address of the institution:</p> <p>(a) Course: _____</p> <p>(b) Name & Address of the Institution: _____ _____</p> <p>(c) Date of commencement of course: _____</p> <p>(d) Date of completion of course: _____</p> <p>7. State whether married, single or widow/widower: _____</p> <p>8. If married, number of children, with age/status and employment: _____ _____</p> <p>9. Educational qualification: _____ _____</p> <p>10. Will you be getting any financial help, stipend/scholarship/from other source? If Yes, name the source and give details: _____ _____</p>	<div style="border: 1px solid black; width: 100%; height: 100%; display: flex; align-items: center; justify-content: center;">Photograph</div>
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11. Give names, designations, full addresses and email ID of two persons for reference purpose, one of whom should be the Head of Training School or College of Nursing and the other should be a teaching staff of your School or College. Please ensure that the referee sends the recommendation in time.

1. _____
2. _____

A. I have attached Medical certificate (in Original) and copies of following certificates attested by a Principal / Tutor of my School / Gazetted officer or a District Magistrate as listed below with application form.

- [a] Statement of academic performance of first 3-4 months of your training.
- [b] Certificates of any other training/study undertaken.
- [c] Certificate of Higher Secondary or any other Higher Examination passed.
- [d] Certificate of annual family income.

B. I hereby certify that the information given in this Application Form is true to the best of my knowledge and belief.

C. I also undertake to refund the whole amount of scholarship paid to me by the Trained Nurses' Association of India, in case, I am offered any financial help from any other source(s).

Date: _____

Signature of the Candidate

School/College Principal

Brief statement of SNA Unit :

- (a) Do you have SNA Unit: _____
- (b) Does it pay SNA Subscription fee regularly ? (Tick) Yes / No:
- (c) If yes, mention the last 3 years subscription paid by the unit, indicate only year wise receipt number with date:

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

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

1. Name of the In-charge / Principal of School /College of Nursing _____
2. Signature: _____
3. E-mail-ID _____
4. Office Phone & Mobile No. _____

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

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

Note: Only completed application forms with all supporting documents, routed through proper channel, submitted on or before **May 31, 2018** will be accepted and entertained.

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

CONFIDENTIAL REPORT - SNA SCHOLARSHIP COMMITTEE

Confidential Report of Miss / Mrs / Mr _____

1. How long and in what capacity have you known the candidate? _____

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

Intelligent _____

Loyal and Dependable _____

Considerate and Agreeable _____

Self Controlled _____

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

Seniors _____

Colleagues _____

4. Does she/he show initiative? _____

5. Does she/he exercise judgement? _____

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

7. Please give the reasons why you feel that she/he is fit to be given SNA Scholarship for her/his studies. _____

8. Any other remarks: _____

Date: _____

Signature _____

Name: _____

Designation: _____

Address: _____

Evidence of Disrespect & Abuse During Maternity Care Services

A growing body of anecdotal and research evidence collected in maternity care systems from the wealthiest to poorest nations worldwide paints a disturbing picture of disrespect and abuse. In 2010, a landscape report by Bowser and Hill, described seven major categories of disrespect and abuse that childbearing women encounter during maternity care. These categories include **physical abuse, non consented clinical care, non confidential care, non dignified care (including verbal abuse), discrimination based on specific patient attributes, abandonment or denial of care, and detention in facilities.**

A qualitative research in 3 states of India by the **White Ribbon Alliance for Safe Motherhood India** revealed evidence on all the above seven categories of disrespect and abuse (D&A).

Physical abuse: Slapping, hitting, pinching; Tying of a woman to the bed during labour and delivery; Performing Unnecessary episiotomies; Stitching episiotomy without anesthesia; Pushing on the abdomen to force the baby out.

"My legs were tied down during the delivery so that I could not move. I was shouted and screamed at and was slapped by the staff. During the labour pains, my legs were tied with a rope so that I was not able to move. I was hit many a times with a pair of scissors which severely injured me, so much so that I started bleeding from that wound and now am left with a permanent scar".

Non-consented Care: Consent or permission not taken prior to procedure/examination; Birth companion not allowed to remain during labor and delivery; Non-explanation of medical examination or procedure; Women not allowed to move during labour; Women not allowed the position of choice during delivery; Insertion of IUDs without taking consent.

"All throughout my labour, the medical staff would come and insert fingers inside my vagina. They never explained anything nor did they take my permission for any examination or procedure. A copper-T was inserted without taking my permission or informing me."

Non-confidential Care: No screens or curtains used during examinations, labor and delivery; No drapes or sheets used to cover a woman's body during examinations, labor and delivery; Women exposed to non-health care staff during examinations, labor and delivery; Asking or providing women with information in a way that others can hear.

"I felt humiliated when I was not covered during my labor pains and examination. I remember everyone was staring at me including the non-medical staff and other patients. There were no screens or curtains around me during my labour and delivery. A bunch of people gathered around me to watch the delivery which left me ashamed".

Non-dignified Care: Shouting and scolding of women; Use of insults, threats to intimidate women; Reprimanding women if they call for help; Shaming of women for their reproductive choices; Women blamed for negative pregnancy outcomes; Sharing of labour table/bed during delivery; Lack of cleanliness and hygiene in labour room.

"Throughout my labor I was shouted at by all the staff. I feel that I would have been treated better had I paid the staff some extra money. I had to undergo a caesarean section. And when I couldn't pay money at the time of discharge, the staff insulted me because I was poor and illiterate".

Discrimination: Caste, religion, ethnicity, number of children, socioeconomic status, level of education

"I am poor and there is nothing much that I can do. Healthcare staff regularly behave in an inhuman manner with patients because they know that no poor person will answer back". "I was called 'you beggar' as I am poor and was not wearing good clothes".

Abandonment or Denial of Care: Women left alone or unattended during labour & delivery; Women asked to clean the labor bed/floor after delivery; Women denied care due to nonpayment of informal payments to health staff; Non-response to women's call for help; Denial of food or liquid during labour.

"Immediately after my delivery, I was made to clean the floor all by myself. Although I told the staff that I was in a lot of pain and discomfort but all of it was overlooked by them. They treated me like an animal. I went into labour during the night. But since it was late, the hospital staff went to sleep and I was left all alone to labour".

Detention (Including Informal Payments): Demanding for payments for services promised to be free under government schemes such as free blood, free delivery, free medicines etc.; Demanding money on the delivery of child.

"All the medical staff posted inside the labour room asked me for money. I knew that if I refused to pay they would treat me badly and will not look after me. So, I had to pay. In the hospital I paid Rs. 500 to the sweeper for cleaning the floor and Rs 1200 for purchasing the drugs."

Disrespect and abuse during maternity care are a violation of women's basic human rights.

Compiled by Tina Ravi for The White Ribbon Alliance for Safe Motherhood, India.

For more information, please visit: <http://whiteribbonalliance.org/campaigns2/respectful-maternity-care/>

Computerisation and Layouts: anupamkamal@hotmail.com

NURSING GRADUATES CAN JOIN PUBLIC HEALTH PROGRAMS AT IIPHs

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Post Graduate Diploma in Public Health Management (PGDPHM)[^] (Offered at IIPH-Delhi NCR, Gandhinagar, Hyderabad & Bhubaneswar)

Several certificate, distance learning and short term training programs are available.

*Affiliated to Sree Chitra Tirunal Institute for Medical Sciences and Technology (SCTIMST), Trivandrum

**Indian Institute of Public Health Gandhinagar Gujarat, India (a university under State Government Act)

***Affiliated to Kaloji Narayana Rao University of Health Sciences, Warangal, Telangana

⁴Academy of Scientific & Innovative Research (AcSIR) has been established as an 'Institution of National Importance, by an Act of Parliament

[^]Supported under National Health Mission (NHM), MoHFW, GoI

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LAST DATE FOR APPLICATIONS

31st MAY 2018

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Plot No. 47, Sector 44, Institutional Area, Gurgaon – 122002

Phone: +91-124-4722900 / Fax: +91-124-4722901

Details on courses, eligibility criteria and scholarships

Email: acad@phfi.org | Phone: +91 7042073761



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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

Commendation for Sushil Kumar Daimary



Mr Sushil Kumar Daimary, RN, DNA is working in Intensive Care, Basic Life Care, Isolation Technic unit of Oil India Hospital, Duliaganj (District Dibrugarh, Assam) as Additional Dy. Superintending Nursing Officer (date of retirement, 28 Feb. 2018). He is TNAI member since 1987. Earlier, he held the post of male staff nurse at 23rd Assam Rifles Hospital where he was award Rs. 300/- by the Directorate General of Assam Rifles at Independence Day in 1987 for his hard work and performance of arduous nature of duties. Besides his duties, he has been associated with Dr SA Sabbir at the immunisation programmes conducted in Arunachal Pradesh by non-government organisations. He is known as an energetic person, humble towards professional work.

Happy post-retirement life to Mr Sushil.

Election Result of Maharashtra State Branch, 2018

The election of Maharashtra State Branch was held on March 9, 2018 at BYL Nair Charitable Hospital from 9.00 am to 4.00 pm. The following office bearers were declared elected:

1. President: Mrs Surekha Sawant, TNAI No. 47729, Matron, BYL Nair Charitable Hospital and TN Medical College, Mumbai – 400008. **2. Vice President:** Mrs Akanksha Pande, TNAI No. 18118, CD 44 D8 Shrirang Society, Thane west, Maharashtra – 400060. **3. Secretary:** Mrs Prachi H. Dharap, TNAI No. 57098, Principal, Sau Meenatai Thakare, INE TMC, Thane, B wing, RGMC Hostel Building Hansnagar, Khopat, Thane West – 400602. **4. Treasurer:** Mrs Bharati Veer, TNAI No. 81207, Assistant Nursing Superintendent, Tata Memorial Hospital, Parel, Mumbai – 400012. **5. SNA Advisor:** Mrs Ratna R. Deore, TNAI No. 42219, Sister Tutor, School of Nursing, LTMG Hospital, Sion, Mumbai – 400022. **6. Chairperson Programme Committee:** Mrs Rucha R. Salgaonkar, TNAI No. 64554, Sister Tutor, BYL Nair Hospital, Mumbai–400008. **7. Chairperson, Nursing Service Section:** Mrs Nandita Redkar, TNAI No. 54850, Nursing Superintendent, Masina Hospital, Byculla, Mumbai. **8. Chairperson – Public Health Section:** Mrs Shweta Dabholkar, TNAI No. 51886, A2, Flat No. 208, Jidnysa CHS, Padlegaon, Opp. Khidkaleshwar Mandir, Kalyan Shill Road, Thane – 421204. **9. Chairperson Nursing Education Section:** Mrs Shilpa A. Shettingar, TNAI No – 78681, Vice Principal, SMES College of Nursing, Matunga, Mumbai – 400019. **10. Chairperson Membership Committee:** Mr Rajabhau P Rathod, TNAI No. 273243, Sister Tutor, School of Nursing, Dr. RN Cooper Hospital, Juhu Vile Parle, Mumbai – 400056. **11. Chairperson Socio-Economic Welfare:** Ms. Anita A Hande, TNAI No – 81791, Sister Tutor, LTMG Hospital, Sion, Mumbai – 400022. **12. Chairperson – Nursing Research:** Dr. Jyotsna Deshpande, TNAI No. 39283, Associate Professor, Bharati Vidyapeeth College of Nursing, Pune. **13. Representative, LHV:** Mrs Sangeeta Vikhe, TNAI No. 1736, Nursing Superintendent, Pravara Medical Trust, Loni, Tal. Rahata, Ahmednagar. **14. Representative, ANM:** Mrs Prajakta Mokal, TNAI No – 198732, Sister Tutor, Training College of Nursing, VS General Hospital, Thane West – 400602.

**Mrs Alka Dilip Kalambi, Returning Officer,
TNAI Maharashtra State Branch Election 2018
Ex Principal, LT College of Nursing
SNDT Women's University, Churchgate, Mumbai - 400020**

OBITUARY

Lt Col Anita Rampal

Born on 17 June 1962, Lt Col Anita Rampal left for heavenly abode at Army Hospital (R&R), Delhi Cantt. She was suffering from interstitial nephritis.

Hailing from Gurdaspur in Punjab, Lt Col Anita was commissioned in Military Nursing Service on 8 July 1987 with initial posting at Military Hospital Mathura. She completed her training from School of Nursing, Military Hospital Jalandhar. She served various hospitals of Armed Forces throughout India. She is survived by her husband Mr Satish Rampal, Mahk (daughter) and Mehul (son).

A humble, compassionate and pleasant Nursing Officer, she performed all her duties with utmost dedication and devotion. Her untimely demise is an irretrievable loss to the Military Nursing Service. Major General Elizabeth John, Addl DGMNS and other officers of MNS are deeply aggrieved at her unexpected demise and pray to God to grant peace to the departed soul and strength to the family to overcome the great loss.



Lost and Found

This is for information of all concerned that on 10 July 2017 at 9.30 a.m. I (D/o Mr Suraj Baraik, R/o Chiria, PS Manoharpur, West Singhbhum, Jharkhand), lost/ misplaced my original (i) Certificate Marks Sheets of Auxiliary Nurse Midwife (Health Worker) Ist Yr Sept. 2014 (Roll No. 714412, Enrolment No. 13077226) and IInd Yr Sept. 2015 (Roll No. 715512, Enrolment No. 13077226) issued by Mid India Board of Education of Nurses League of the C.M.A.I. Nagpur and the same are not traceable.

Ms Kalpana Baraik
Saroj Gupta Caner Centre & Research Institute Nursing Complex, Thakurpukur
M.G. Road, Post Ashabari, Kolkata - 700 063

TNAI's Officials participate in Commonwealth Meets in London

As TNAI representatives, Vice President West Region Dr (Mrs) Santhamma Sasankan and the Secretary-General Mrs Evelyn P Kannan participated in the 23rd Biennial Meeting of the Commonwealth Nurses and Midwives Federation (CNMF) on 9 March 2018 at the Royal College of Nursing, London (UK) and the 4th Commonwealth Nurses and Midwives Conference (CNMC) on 11-12 March 2018 held at Royal College of Physicians, Regent's Park, London (UK). The CNMF meet as well the various sessions of Conference had this year's International Nurses' Day theme i.e. Leading the Way: Nurses and Midwives for a Safe, Healthy and Peaceful World, as its focus.

The Biennial Meeting was inaugurated by Ramziah Binti Ahmad, President CNMF. Janet Davies, Chief Executive Officer & General Secretary, Royal College of Nursing and Treasurer presented the biennial report. After that the CNMF Elections were conducted. During the meeting the members endorsed policy statements and constitutional changes of CNMF. The group work on Regional planning 2018–2020 was led by the CNMF board members. After the delegates' comments, the meeting closed at 5.30 pm.



TNAI representatives along with former CNMF President elect, Executive Secretary and South Asia CNMF members, Sri Lanka, Malasia and India

Conference (11&12 March 2018): Soon after Registration, there were welcome addresses by Ms Ramiziah Binti Ahmad (President CNMF), Ms Janet Davies (CEO & General Secretary, Royal College of Nursing, UK); keynote address and Conference opening – Nurses Now – by The Rt Hon Patricia Scotland, QC, Secretary General of the Commonwealth and address by Dr Franklin Shaffer (USA) on Nursing Workforce Migration: Regulation to Ensure Patient Safety across borders.

The Conference drew 214 delegates from 24 countries including India. There were 63 Scientific Paper and 18 Poster presentations in the 2-day conference. Among these 4 papers were presented by the non-resident Indian delegates who were TNAI members. Ms Sonia Sunny, district nurse (from Sweden), presented a paper on management of menopausal problem in primary health care setting; Mr Prashanth Nayak, Staff Nurse (from Ireland) & Miss Deepa Damodharan (both from Delhi) jointly presented a paper on review of national health policy for the elderly – an alternative model of care; paper of Ms Tabitha (from Guyana) was on life style management of people with type 2 diabetes in Guyana and India, her second paper was on nurses' perception of the challenges and strategies of nursing education and practice.

During the two days eminent speakers presented papers, delivered key note address and chaired various sessions on Leading for a safe and peaceful world, enabling professionalism in Nursing and Midwifery - a UK approach, the use of simulation to develop Military under graduate student nurses, Provision of primary mental health care to young people in an adult maximum security prison and healing the wounds of war: reducing the maternal mortality in Darfur. Details will be published in the CNMF website.



TNAI officials with TNAI members working abroad who presented papers at CNMF Conference

At the closing session Dr Lynn Mc Donald from Canada spoke on Nurses after Nightingale: the next generation of war and epidemics; Dr Deva-Marie's topic was: In Nightingale's foot steps: we are achievers of the UN sustainable goal.

Before closing the conference the Chief secretary introduced the New Office Bearers of CNMF: Ms Kathleen McCourt- President (United Kingdom); Ms Rosemarie Josey- Vice President (The Bahamas);

Nursing Fraternity Condoles the Passing away of Nursing Stalwart - Shri AB Kulkarni



Mr AB Kulkarni is no more amongst us!

A nursing luminary who made great dents in nursing education left for heavenly abode on 3 April 2018 in Mumbai. He was suffering from chronic illness. Born on 28 December 1942, his passing away has deeply saddened the nursing fraternity particularly TNAI, of which he was formerly President and an active member throughout. He was also Board Member (South Asia Region) Commonwealth Nurses and Midwives Federation (CNMF) and Member of Indian Nursing Council. Mr Kulkarni completed the General Nursing and Midwifery from Sassoon Hospital, Pune (Maharashtra), Post-Basic BSc Nursing from University of Mumbai besides BA and Bachelor of Journalism from Mumbai and PG courses in Hospital Administration from TISS, Mumbai.

Mr Kulkarni was closely associated with TNAI and held various positions in TNAI since 1962; SNA Unit Secretary (1962-64); Member of HOD, Programme Chairperson, Secretary, TNAI Maharashtra state branch for 8 years; National Vice President for one term; President TNAI (2005-2010). He organised many SNA/TNAI conferences including the National SNA Golden Jubilee Conference at Mumbai and many CNE programmes for nurses while Secretary, Maharashtra branch. He held prestigious positions in other organisations also: Member-Indian Nursing Council; Member-Executive and Education Committee; Member-INC Sub Committee on Upgradation of schools and colleges of nursing, Member-INC Sub Committee OT Nursing course; Principal College of Nursing, JJ Hospital, Mumbai; Tutor/Clinical Instructor, JJ College of Nursing, JJ Hospital, Mumbai. He worked as Staff Nurse at Chest Hospital, Pune. He frequently travelled across the country to participate in programmes of nursing institutions. He delivered lectures on the status and future of nursing education & service in India, visited countries like Norway and Sweden and completed many projects. He was a Consultant for SIDA Project on Developing Midwifery and Emergency Obstetric Care Service in India and presented research papers including (i) A role of Regulatory bodies of India in developing midwifery, (ii) Human resources development in nursing, (iii) Historical perspective of nursing in India.

A life member of TNAI, Indian Council for Mental Health, Ostomy Association of India and many other associations, he was editor for many articles, newspapers and *APLI Shradha*, the official organ of TNAI Maharashtra State Branch.

At a condolence meeting organised at TNAI HQ on 13 April, Mrs Anita Deodhar, TNAI President and others including many former Presidents, current and past Vice Presidents, Treasurers, State branch Secretaries, representatives from Indian Railways and Apollo and other nursing veterans recalled the many moments of sweet and memorable interactions with Mr Kulkarni. He was a man with vision and his efforts helped nursing raise its confidence of entering the 21st century. Excerpts from Bhagwadgita, Holy Quran and Holy Bible were recited. Mrs S Vathala Dhinakaran, Asst Secretary General read out the messages from those who could not make it to be present. Mrs Eveylin Kannan, Secretary General summed up the tributes to the Great Soul.

He was a great nurse leader, real guide, philosopher and faithful person, who shall be missed by the nursing fraternity, particularly by TNAI. Never believing in procrastination, he worked hard even when sick. His simplicity, kind-heartedness thorough professionalism and humane nature impressed anyone around him. He made immense contribution to growth of CIN/ECH and Maharashtra State branch of TNAI. Imbued with good writing skills, he contributed a column to monthly *Nightingale Times* the compilation of which was published and presented as souvenir by Mr AK Jain, Director, Nightingale Institute of Nursing, Noida. Best tribute to Mr Kulkarni would be to continue emulating his enthusiasm towards professional development and espouse values he stood for, it was said.

Mr Kulkarni shall be long remembered by nurses across India, particularly by TNAI for his leadership, judicious handling of professional issues. The TNAI salutes the Great Spirit, prays for the peace of the departed soul and wishes the bereaved family to bear with the loss.

नोमोफोबिया – आप तो नहीं हैं इस बीमारी से ग्रस्त?

वीर विक्रम सहदेव सिंह

कोई भी बड़ा-छोटा काम कर रहे हैं, हाथ में मोबाइल। टीवी देखते, खाना खाते वक्त हाथ में मोबाइल। यहां तक कि बाजार में खरीदारी करते, एक्सरसाइज़ करते या दोस्तों से बतियाते भी हाथ में मोबाइल। जब देखो, मोबाइल पर बेफिजूल की स्क्रॉलिंग। एकटक फोन के सभी आइकन्स की तपतीश। आंखों में जलन चुभन के बावजूद उम्मीद कि कहीं किसी ऐप में ट्रिंग- ट्रिंग शायद सुनाई पड़ जाए। आलम यह कि एक पल भी फोन से दूर रहना भारी पड़ता है। अधिकांश लोगों की यही कहानी है, जैसे आप का दिल फोन में धड़क रहा हो। आपकी यह आदत आपको मानसिक व शारीरिक तौर पर गंभीर बीमार कर सकती है। इससे पहले की आप स्मार्ट फोन सेपरेशन एंग्ज़ाइटी के शिकार हो जाएं, संभल जाएं।

क्या आप जानते हैं कि स्मार्ट फोन सेपरेशन एंग्ज़ाइटी आपकी सोशल लाइफ को बेचैन कर सकती है। एक शोध में यह बात सामने आई है कि आपका पार्टनर से जुड़ाव, पर्सनल लाइफ में आप किस तरह गुस्से पर काबू पाते हैं आदि बातें आपकी सोशल लाइफ – खासकर आपकी सोशल लाइफ पर सोशल नेटवर्किंग साइट्स पर दिखाई पड़ती हैं।

यूनिवर्सिटी ऑफ हांगकांग ने नोमोफोबिया स्मार्ट फोन सेपरेशन एंग्ज़ाइटी को नोमोफोबिया का नाम दिया है। स्मार्ट फोन सेपरेशन एंग्ज़ाइटी के मायने वजह-बेवजह फोन घुमाते रहने तक सीमित नहीं हैं। इस प्रवृत्ति से ग्रस्त व्यक्ति फोन काल, इसमें इंस्टाल किए गए सभी ऐप्स को बार बार चेक करेगा, फोन की गैलरी में यादों को ताजा करता रहेगा और जब कभी फेसबुक, ट्विटर, व्हाट्सएप, इंस्टाग्राम को खंगालता रहेगा। यानी दिनरात डिजिटल दुनिया में विचरण करता रहेगा। नोमोफोबिया को हल्के में लेना ठीक नहीं है।

नोमोफोबिया की पहचान: नोमोफोबिया से ग्रस्त व्यक्ति दिन में सामान्यतया 10 से 15 बार स्मार्टफोन की तांकाझाकी और स्क्रॉलिंग तो करते ही हैं, स्मार्टफोन 24 घंटे हाथ में रहता है, पर्सनल टाइम में भी। जर्नल ऑफ साइबरसाइकोलॉजी, बिहेवियर एंड सोशल नेटवर्किंग में प्रकाशित एक रिपोर्ट के अनुसार जैसे जैसे स्मार्टफोन के उपभोक्ताओं का ग्राफ बढ़ता है वैसे वैसे उपभोक्ताओं की यादें भी डिजिटल होती जाती हैं। ऐसे में नोमोफोबिया की जकड़ में रहना स्वाभाविक है। क्या आप जानते हैं कि 79 प्रतिशत लोगों के हाथ में हर वक्त स्मार्टफोन होता है, इनमें अधिसंख्य युवा हैं। यू.के. में हर आठ में से एक व्यक्ति नोमोफोबिया से ग्रस्त है।

घातक है यह लत: सैनडियागो की इंटरैक्टिव मीडिया इंस्टीट्यूट के डॉ० ब्रोरंड विइवोरहोल्ड की राय में स्मार्टफोन की लत पर्सनल और प्रोफेशनल लाइफ के हर काम में दखल करती है, मानो फोन में ही संसार सिमट गया हो। दखल भी इस दर्जे तक कि आगे की जिंदगी के अनेक जरूरी कार्य छूट जाते हैं। शारीरिक हानियां अलग हैं। गर्दन, कलाई और आंखों पर इसके अनेक दुष्प्रभाव पड़ते हैं। बच्चे और युवा तो क्या, अधेड़ उम्र के लोग भी नोमोफोबिया की गिरपत में हैं। सोचिए, मोबाइल स्क्रीन में ही घुसे रहेंगे तो कब विचार करेंगे, समझेंगे और काम करेंगे। नतीजा, क्वालिटी शून्य।

इस लत से कैसे बचें: बचाव का एकमात्र रास्ता है, एक्सपोजर थेरेपी, यानी नोमोफोबिया से ग्रस्त व्यक्ति को इसके अत्यधिक उपयोग के खामियाजे की जानकारी दी जाए। शुरू में समझा बुझा कर कुछ समय के लिए उसे इससे दूर रखा जाए और धीरे धीरे इस अवधि को बढ़ाया जाए।

लेखक कॉलेज ऑफ नर्सिंग, एस वी.बी.पी. हास्पिटल, एल.एल.आर.एम. मेडिकल कॉलेज, मेरठ (यूपी.) में एसोसिएट प्रोफेसर हैं।