



GRT COLLEGE & SCHOOL OF NURSING

GRT Mahalakshmi Nagar, Chennai -Tirupathi Highway, Tiruttani-631209

NEWS LETTER UPACHAARIKA SUCHANA



October - December 2021

Issue 1

Quarterly

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ABOUT UPACHAARIKA SUCHANA - FIRST NEWS LETTER OF GRTCON

Hi everyone, Greetings! I am very much excited to launch the first issue of quarterly newsletter of GRTCON "UPACHAARIKA SUCHANA" which contains the information of healing Angel's endeavors. Health care industry is witnessing new Challenges with respect to emerging diseases, innovative technologies and solutions to address the medical and surgical diagnosis and management needs. We need to prepare Nursing graduates to face the challenges of health care industry. All round development of the student Nurses is essential component to achieve the above purpose.

This newsletter highlights the steps, process and activities carried out to prepare a multi dimensional professional Nurses. Next issue will also cover the scientific sessions. Some of you may know us well, and some of you may have only heard of us. For those of you who work with us regularly, thanks for all the great work you do. We are making some intentional changes in how we connect with Health care organizations. The most obvious is the sharing of this newsletter with you. If you prefer not to receive it, you can unsubscribe at any time. Every quarterly we'll share relevant news and information, as well as celebration of important health dates that raise awareness of health issues.

SPOT LIGHTS

- First News Letter
- News and events
- Departmental activity
- Extended services
- Developmental activity

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NEWS AND EVENTS

Lamp Lighting

The fourteenth lamp lighting ceremony was held on 27.10.2021 for the 2020-2024 batch at our college auditorium in the presence of our esteemed dignitaries Dr.Meenakshi Sundaram Dean, Chief guest Dr. Sudha, Principal MAC Chidambaram college of Nursing and Dr.Padmavathi Pricipal GRTCON. Totally 100 BSN and 20 ANM novice nurses dedicated themselves to this noble profession.



Graduation day

The 2nd annual convocation for the 8th batch of students (2016-2020) was held on 28.10.2021 in our GRT College of Nursing auditorium. Our Dean Dr. Meenakshi Sundaram and Chief guest Dr. V Ranganathan, chairman of Sudhandira Matriculation School Dr.Padmavathi Pricipal GRTCON honoured the graduates with Certificates, momento and meritorious students were awarded with cash prize, momento and Certificates. Ms.SundaramVijayakumari, Ms.V. Saranya and Ms. Vinnarasi were awarded as The Best clinical performer, The Best Academic performer and The Best outgoing student respectively.





Alumnae meet

The second alumnae homecoming event for graduants was held on 28.10.2021 at GRTCON Auditorium. About 89 alumnae participated in the meet. DR. Radhiga Vidhyasagar Principal GRTCOE presided over the function and gave presidential address with interesting story. Our principal Prof. Dr. Padmavathi flagged up the programme by welcoming the gathering. Our invited Chief guest, Dr. Santhi Selva Ganepathy, M.B.B.S., D.G.O., JDHS Thiruvallur bestowed the alumnae who rendered their selfless service during the COVID pandemic with “ALTRUISTIC SERVICE PROVIDER AWARD” which is the great initiative of GRTCON ALUMNAE ASSOCIATION. Totally 38 alumnae received the awards. Overall 89 alumnae's were participated in Alumni meet – 2021. Compliment gifts were distributed to all alumnae, who have attended the meeting

Placement Trainings

Placement trainings program was organized on soft skills and communication skills, nursing adroitness skills, employability skill training, NABH standards and interview confidence for the final year students to enhance their market ready skills. All our students got placed at various corporate and mission hospitals through campus interview.

DEPARTMENTAL ACTIVITY

The department has always been contributing to the students and institutional growth. Each department organized programmes during the health day observations as per schedule.

Community Health Nursing

As part of departmental activity, World Osteoporosis Day-2021 was celebrated by organizing Bone Mineral Density screening camp at GRTCON campus on 21.10.2021 in coordination with ARC health centre, Ayyanavarm, Chennai. 123 faculty members from both teaching and non teaching of GRT group of Institution were benefited.



Medical Surgical Nursing

On 21.10.2021 with a theme of "Give blood and keep the world beating" world Blood Donation Day was observed by Medical Surgical Department. Mrs. Jayanthi.L who served to raise awareness among the students of College of Education highlighting the importance of blood donation and the eligibility to become a donor.

Child Health Nursing

As a part of YRC activity, on FIRST AID DAY, the child health nursing department conducted First Aid demonstration on 01.10.2021 for the 12th standard students of GRT Mahalakshmi Vidhayala school, tiruttani regarding several topic such as animal bites, handling fractures etc. Prof.Chitra, Mrs.Premila and Mrs.Thilagavathi were the resource persons of demonstrations.



Mental Health Nursing

With the national theme of “mental health in an unequal world”, Mental Health Day event was observed on October 11th 2021. Dr. Angel Shalini, H.O.D of GRTCON Mental Health Nursing department presented an awareness talk on mental wellbeing for the students of the College of Education.



Obstetrics and Gynaecology

Considering the cancer austerly, in order to create awareness on prevention of cancer, our final year students organized a mass health education programme on 08.10.2021 at Tiruttani govt. hospital for observing World Cancer Day-2021 under the guidance of the OBG department.



EXTENDED SERVICES

YRC volunteers involved in various events to celebrate Global Hand Washing Day, Food Day Celebrations, International Day for Disaster Risk Reduction.

Global Hand Washing Day Celebration:

Global Hand Washing Day which is dedicated to increase the awareness and impart the importance of hand washing was observed by Community Health Nursing department by organizing a live demonstration on hand hygiene for the Panchayat Union Middle School Students, Srinivasapuram. The resource person was Prof. Umamaheswari and ANM first year students did wall painting in the school campus.





Food Day Celebration

Real Life Experience on account of World food day-2021 with the theme of “Our actions are our future Better production, better nutrition, better environment and a better life” on 18.10.2021 at Rass-Senior Citizens Home, Tiruttani was organized. The resource Person Prof. Umamaheswari. P GRTCON addressed the gathering regarding

easily digestible foods for elderly people. The Resource person Mr. Babu.N, Physical Director, GRT COE, demonstrated exercise for easy digestion. Food, fruits and snacks were donated by GRTCON and GRTCOE students.

International Day for Disaster Risk Reduction

Live demonstration of fire emergency disaster handling was done at GRTCOE campus by Mr. G.Arasu, station officer, fire and rescue services, Tiruttani. 150 students of both GRTCON and GRTCOE were actively involved in this informative programme.



Pandemic Outreach

Our Third and Final year B.Sc(N) Students and ANM students participated in many mega vaccination camps for COVID-19 organized by the state government held in the month of October and November in both Tiruvallur and Ranipet District.



Beyond Classroom

Student Nurses Association [SNA] is very active in our college to provide opportunity for the all round development of student nurses. Every student is motivated to culture leadership and to live as responsible citizens.

Cultural activities

Cultural activity forum has been created to encourage and provide a suitable platform for exhibiting their talents. National festivals are even celebrated in befitting manner.



Pooja Day Celebration

Pooja day was celebrated on 13.10.2021. Student and faculty members recited mantra and glorified goddess Saraswathi. Puffed rice, sundal and sweet pongal was gives as prasadam to all

Diwali Celebrations

Diwali celebrations were held in the month of November with huge doses of entertainment, splendour colours in an atmosphere of joy and happiness. The chief guest of the program was HG.Santhana Krishana Dass and HG. Suraj Kishan Dass from International Society for Krishna Consciousness, Arakkonam.



துணை செவிலியர்
மற்றும் தாதியர் ஆகிட
உங்களுக்கு ஒரு
சிறப்பான வாய்ப்பு.



படிப்பு காலம்: 2 வருடம்

சிறப்பம்சங்கள்:

படித்தவுடன் 100% வேலை வாய்ப்பு
கல்வித்தகுதி 12ம் வகுப்பு அனைத்து பாடப் பிரிவுகளும்
கிராமம் மற்றும் நகர்ப்புறங்களில் தாய், சேய் நல சேவை
அரசு ஆரம்ப மற்றும் துணை சுகாதார நிலையங்களில் பணி
தடுப்பூசிகள் வழங்குதல்
சிறு நோய்களுக்கு சிகிச்சை அளித்தல்
குடும்ப நல பணிகள் குறித்து வழிநடத்துதல் மற்றும் ஆலோசனை வழங்குதல்
பெண்களுக்கு மட்டும்



**GRT SCHOOL OF
NURSING**

தமிழ்நாடு அரசு அனுமதி பெற்ற கல்வி நிறுவனம்

Permitted by: Health and Family Welfare (N1) Department - Government of Tamil Nadu
G.O. (M.S.) No. 402 dt. 15/11/2017

தமிழ்நாடு செவிலியர் மற்றும் தாதியர் குழுமம் அங்கீகாரம் பெற்றது

**GRT Mahalakshmi Nagar, Chennai-Tirupati Highway, Tiruttani 631 209.
Phone: 89399 92751, 044-2788 0749**

World Aids Day

As a part of YRC activity , GRT CON YRC unit organized world aids day with the theme of “ END INEQUALITIES, END AIDS” on 07.12.2021 at public health center, West Mambalam, Chennai. First year BSc(N) students created awareness by using posters on various aspects of AIDS to nearly 40 out patients.



Christmas Celebrations

As part of SNA activity Christmas day observed at GRTCON. The chief guest was Fr. Abey M Chako , Chaplin, MMM Chennai. Students rejoiced the reason for the season with carol songs, cake cutting, special message and Santa.





SNA swearing in Ceremony

Leaders aren't born, they are made. And they are made just like anything else, through hard work. GRTCON takes immense efforts to develop leadership qualities among the student nurses through SNA. They elected SNA office bearers took charge of their positions like Vice President, Secretary, Treasurer and all the committee chairpersons during their swearing in ceremony on 29.12.2021.



Literary club activity

About 20 members participated in self expression speech and 3 exceptional performers were awarded. Mr. Michael, Senior Trainer of American Academy and Dr. Padmavathi. R, Principal GRTCON were the judges.

Nutrifest

Our first years prepared and displayed menu's for different disease condition and conducted nutrifest-2021. They were given feedbacks for their presentations by Dr. Radhika Vidyasagar principal GRTCOE and Prof.Sivagami GRTCON.





DEVELOPMENTAL ACTIVITY

Faculty development programme

In order to enhance the professional development several programmes was organized for teaching and non teaching faculty in our college.

Journal presentation :


The aim of faculty development programme is to update with current practices in nursing and education. With this aim, faculty presents and discusses a topic from journal every week.

Curriculum update :

Dr. Padmavathi, principal and professor Chitra, vice principal attended an orientation workshop on revised B.Sc [N] syllabus through zoom on 5.10.2021.

Management information system :

Dr. Angel Shalini, associate professor and Mrs. Latha, secretary attended the college management system training through online on 21.10.2021.



Continuing Nursing Education Programme

Our faculty actively participates and updates their credit hours for license in the online CNE programme organized by the Tamilnadu nurses and midwives council [TNNMC]

S.no	Name of the faculty	CNE HOURS
1	Dr.PADMA VATHI	56
2	Prof.CHITRA	139
3	Prof.SIVAGAMI	152
4	Prof.UMA MAHESWARI	135
5	Dr. ANGEL SHALINI	129
6	Mrs.NIRMALA	124
7	Mrs.JAYANTHY	134
8	Ms.GRACY	53
9	Mrs.PREMILA	66
10	Mrs.HEPCY FREEDA JOSPHINE	64
11	Ms.JANNET SUSANNAL	24
12	Ms. HEMA MALINI	10
13	Mrs. ISAAC LEELARANI	-
14	Mrs.THILAGAVATHY	173
15	Mrs. SELVI. J	-
16	Mrs. RAJITHA	90
17	Mrs.CHITRA.K	-
18	Ms.VINODHINI	153
19	Mrs.TAMILSELVI	98
20	Mrs.LAVANYA	90
21	Mrs.PUSHPA	158
22	Mrs.DILLIRANI	28
23	Mrs.PRIYADHARSHINI	141
24	Ms.ROJA	163
25	Ms.NANDHINI.K	99
26	Ms.SWETHA T	-
27	Ms. SHEKINA	-
28	Ms. ABINAYA. V	8

Student developmental activity:

Our college gives immense significance for creating milieu that facilitates students nurture.

Mentoring system:

With the vision of bringing forth the best in students, Mentoring system has been practiced with continuous monitoring, guiding, counselling and motivating and evaluating students in both clinical and theory.

Outreach education:

Students are taken for educational visits to places like orphanages, old age homes and hospice centres nearby Tiruttani and Isabel College of Nursing, Chennai, our first year visited anatomy and physiology lab at Chettinad Medical College Hospital. These trips inculcate pity, mercy, and compassion in their younger minds and also to understand the managerial skills and infrastructure.

Value added course:

Our college signed MOU with Dr.Mohan Diabetic centre and SCARF [Schizophrenia research foundation] for the upliftment of the student minds and avail some great opportunities for our students.

Courses offered:

S.No	Name of the Course	Duration of Course
1.	Diabetic Nursing educator	6 months
2.	Psychological First Aid and Counselling	4 months



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