



# GRT COLLEGE & SCHOOL OF NURSING

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

## NEWS LETTER UPACHAARIKA SUCHANA



Issue-3, Bi-Annual, July-December 2022.

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### MESSAGE FROM PRINCIPAL'S DESK

I feel it as a great honor to write this message for the release of 3rd issue of GRT CON News letter Upacharika Suchana which is released on 23.02.2023 during the occasion of inauguration of First Responder Training Centre at GRTCON by the honorable District Collector Dr. Alby John Vargees Tiruvallur District. The institution continuously strives to open up new avenues for the students to discover their creative talents and express themselves in multiple ways. I appreciate the enthusiastic effort made by the staff and the students to bring out this issue and all the hard work they put in. My heartfelt thanks to the management for their sustained interest, encouragement, guidance, moral, technical and financial support without whom the college would not have developed to this extend.



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BEYOND CLASSROOMS

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**“BE A VOICE NOT AN ECHO”**







## NEWS AND EVENTS

### ANNUAL SPORTS MEET

Annual sports meet Avirbhav - 2022 was conducted on 14.07.2022. Mr. Stephen David, Rtd. Senior Manager in sports development authority of Tamilnadu and director for Roll Ball Federation of India and President of Chennai - Roll Ball & Roller Sports Association was invited as chief guest. Flag hoisting was done - National flag by Mr. Stephen David, Olympic flag by Dr. Meenakshi Sundaram, Dean, GRT group of Institutions, College flag hoisted and Olympic torch lighted by Principal Dr. Padmavathi R. Sports Chairperson Ms. Pushpanjali received and passed on to the other 4 house captains respectively and finally the Olympic torch was received by Mr. Stephen David and lit the Olympic lamp. Oath taking was done by Sports Chairperson and house captains. The students demonstrated excellent Pyramid Making and very colorful drill performance. Winners of sports events were awarded with memento and certificates. The Overall championship was won by Red house and Individual championship was awarded to Ms. Devika.D, B.Sc (N) IV yr.



### LAMP LIGHTING CEREMONY

The Lamp Lighting Ceremony of the 13th batch of B.Sc (N) and 4th batch of ANM students of GRT College and school of Nursing was held on 29th July 2022 at GRT CON Auditorium, Tiruttani. A total of 108 students of first year B.Sc Nursing and ANM students lit the lamp and took oath Ceremony to uphold the values of Nursing Profession. Dr. Padmavathi.R, Principal, GRTCON pronounced the Nurse's pledge and Dr. Meenakshi Sundaram, Dean, GRT Group of educational institution gave presidential address. Dr. Kanchana.S, Principal, Omayal Achi College of Nursing was the chief guest and addressed the gathering.





## ANNUAL DAY CELEBRATION

GRT College of Nursing celebrated its 12th Annual Day Celebration on 29th July 2022 between 1.30 pm - 4.00 pm at GRTCON Auditorium. The Principal Dr.R.Padmavathi presented the annual report accentuating the progress of the college throughout the year. The College bi-annual News Letter was released by the honorable Chief guest Dr.Kanchana.S, Principal, Omayal Achi College of Nursing and appreciated the GRTCON family for their various achievements and also for initiating Altruistic Service Provider Awards for the Alumnae members who were involved in the fight against COVID-19 pandemic. The academic excellence & Subject wise meritorious awards of the students for 2019-2020 & 2020-2021 academic year and Winners of cultural competitions were felicitated with Memento & Certificates of appreciation. The cultural activities were performed by the students which exhibited their hidden talents.



## INTERCOLLEGIATE COMPETITION

On account of World breastfeeding week celebration, our Third year students participated in various competitions which were conducted by Kanchi Kamakoti Childs Trust hospital during the first week of August 2022. In which Ms.Mahadevi.G and Ms.Sneha S.V of Third year students secured FIRST place in poster presentation among 30 participants.

## MEMORANDUM OF UNDERSTANDING (MOU)

GRTCON signed an MOU with impetus healthcare skills pvt ltd for students skill training, faculty development programme and for collaborative research on 2nd July, 2022.







## NSS INAUGURATION

GRT College of Nursing inaugurated NSS Unit on 27th August 2022. Fifty NSS volunteers and 150 first & final year B.Sc (N) and ANM students were participated in the inauguration. NSS Programme Officer of the College, Dr. Angel Shalini W, welcomed the gathering. Dr. Padmavathi R NSS President introduced the Chief Guests Dr. Sarah Karunakaran, Coordinator, NSS Empanelled Training Institution, MSSW, Chennai and Prof. A Sathya, Assistant Professor, NSS Empanelled Training Institution, MSSW, Chennai. They made a presentation on Objectives, Structure, logo and various NSS activities of both regular and special camp, benefits of being a NSS volunteer and outlined about the various activities to be conducted and also Volunteers were reminded on NSS Motto "NOT ME BUT YOU". NSS Badges were distributed to the NSS Volunteers and NSS Song was sung by them. Volunteers understood the importance of NSS unit from the meeting and were very proud to be part of the same.



## PLACEMENT TRAINING

A full fledged training cell is set off in our college to enhance the capabilities of our nursing graduates on equivalence with the Institution/ Hospital policies & standards. Nursing Adroitness Intensification Program was given on Nursing Subject related topics by the subject experts of College of Nursing from 19.09.2022 to 22.09.2022. In addition, soft skill training was given by Mr. Steve Dainey on Resume writing, Interview skills and communication skills. All of our students were selected in various hospitals to serve the mankind.

S.NO	HOSPITAL NAME	NUMBER OF STUDENTS SELECTED
1.	MMM Hospital, Chennai.	34
2.	Vels Medical College & Hospital, Thiruvallur.	43
3.	Saveetha Medical College & Hospital, Thandalam.	42
4.	MIOT International Hospital, Chennai.	46
5.	Sri Ramachandra Medical College and Hospital, Chennai.	40
6.	Apollo Hospital, Chennai.	46
7.	Public Health Centre , West Mambalam	15
		There was only 15 vacancies



## NSS ADVISORY COMMITTEE MEETING

NSS Advisory Committee Meeting was held on 27.09.2022 at our college premises with Mr.Sekar, President, Ilupur Village, Tiruvallur Dist, Mr.Jayapal, Social Worker, Dr.Padmavathi. R, NSS President, Dr. Angel Shalini, NSS Programme Officer and Prof.Uma Maheswari, Dept of Community Health Nursing. It was discussed and decided to adopt the Illupur village for NSS Regular Activities, to meet the common need and resolve health issues of the area and also to organize the awareness talk on nutrition, menstrual hygiene and to distribute napkins to all the tribal women.



## INDUCTION PROGRAMME

Induction programme for the 14th batch of B.Sc(N) was organized and held on 31.10.2022 at GRTCON Auditorium. The Programme started with invocation and Welcome Address by Prof Chitra. AI, Vice-Principal GRTCON. Dr.Padmavathi, Principal, GRTCON has given in-depth information about the Chief Guest, Dean of GRTCON and Guest of Honor. Presidential address was given by Dr.K.S.Meenakshi Sundaram, Dean, GRT Group of institution, Sir mainly focused on the

qualities which has to be possessed by the Nursing Students. The Chief Guest Shri.Vivekanda Shukla, IPS, Assistant Superintendent of Police, Thiruvallur, initially Pronounced a Pledge for National integration Day where everyone has taken the Oath, followed by given an information about the Safety of the girls and stressed on Hacking of information. The Guest of Honor Dr.Vasakumar has insisted the importance of Nurses in the field of Public Health and the Primary health care. Followed by glimpses and facilities available in our college was given by Mrs.Jayanthi.L Associate Professor cum HOD of Medical Surgical Nursing Department College and the Hostel discipline, dress code has been conveyed by Mrs.Sivagami, Professor cum HOD of Community Health Nursing department. Programme was concluded with vote of thanks by Prof. UmaMaheswari.





## MEMORANDUM OF UNDERSTANDING (MOU)

GRTCON signed an MOU with PG Department of Development studies, Madras School of Social Work (MSSW), Chennai for students training, Guest Lectures, Medical Camp Organization and collaborative research on 3rd November, 2022.

## INAUGURATION DAY (ANM)

Induction program for 5th batch of ANM (2022-2024) and 6th batch of HI (2022-2026) was organized on 30.11.2022 at C block auditorium GRTIET campus. The eminent guest speaker Dr.Jawaharlal, Deputy Director of Health Services addressed the gathering regarding the job opportunities available and the responsibility and accountability of both the students. Dr.Vasakumar Principal, GRTIHIT, Dr.Padmavathi, Principal GRTCON and Mrs. Devisree, District MCHO presided over the function.



## SNA SWEARING IN CEREMONY

To inculcate leadership quality, to build confidence in every action, to dream big, GRT College and school of nursing, Student Nurses' Association organized swearing in ceremony for newly elected SNA Office Bearers on 30.11.2022 between 1 to 3pm in GRT CON Auditorium. The programme commenced by invoking god's



blessings through a prayer song. Dr.Padmavathi.R, Principal, announced the newly elected SNA office bearers to the gathering. Ms.Mahadevi, and Ms.Leena Mery Vivilya from fourth year were elected as Vice president and secretary respectively. She also introduced the various committee chairpersons and assistant chairpersons to the group and administered oath to newly elected members. Followed by that ex-president of SNA Ms.Swetha and secretary Ms.Sushmitha presented the last year annual report and budget to the audience. The programme was concluded with a vote of thanks and national anthem.



## DEPARTMENTAL ACTIVITIES

### OBSERVATION OF HEALTH DAY BY VARIOUS DEPARTMENTS

International and National Health days were observed by all the departments in co-ordination with SNA and YRC.

### DEPARTMENT OF MEDICAL SURGICAL NURSING

#### WORLD HEPATITIS DAY

The World Hepatitis day was celebrated on 02.08.2022 by the department of Medical Surgical Nursing at GRTCON with the theme "Bringing Hepatitis Care Closer to You". The program started with introduction to rules and regulations of the Quiz by Ms. Thamu Priyadharshini, Assistant. Professor. Quiz program was conducted for students of B.SC (N) in 3 rounds with 4 groups. Finally Group D won the first place and Group B won the second place. After quiz competitions health talks on the importance and prevention of hepatitis was given by department faculty members.



#### WORLD HYPERTENSION DAY

Medical Surgical Nursing department in coordination with SNA organized and conducted the programme on World Hypertension Day (30.8.2022). The main objective behind celebrating the day was to educate the 1st year B.Sc Nursing students and spread awareness about hypertension and its effects on the body. The event highlighted the gathering about the hypertension, causes, symptoms, diagnosis, management, preventive measures and the importance of celebrating this event by Ms. J. Gracy, M.Sc [N] Assistant professor GRTCON.







## WORLD HEART DAY

World Heart Day was observed on 29.09.2022 by GRT College and School of Nursing. The program started with a Poster and food exhibition with the theme "Use Heart for Every Heart" intends to address the people to have opportunity to use their thinking and action towards the betterment of humanity. The event was inaugurated by Dr.Meenakshi Sundaram, Dean, GRT Group of educational institutions. The programme also was graced by the presence of Attractive colorful posters prepared and displayed by the students which highlighted the various aspects of Healthy Practices. The different types of low-calorie, nutrient-rich, heart healthy foods were displayed by students to impart a healthy food practices among participants. All the departments of GRT Group of Educational institution students and faculty members visited and benefitted by the exhibition.



## WORLD PNEUMONIA DAY

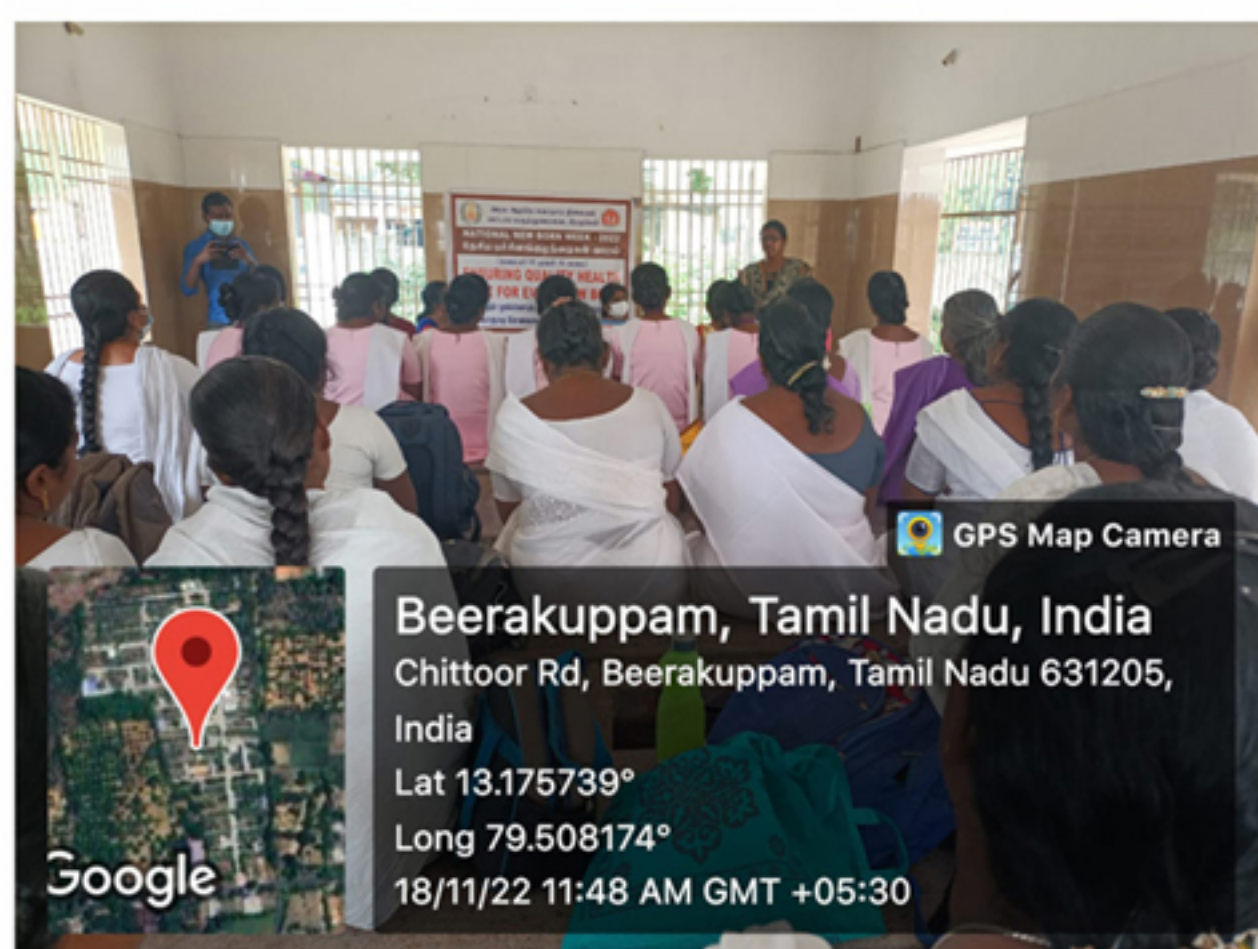
Medical Surgical Nursing department in coordination with SNA organized and conducted awareness program at the government Stanley hospital, Chennai on 11.11.2022 at female medical ward around 11.00 to 12.00pm with the theme "Pneumolight" - Pneumonia affects everyone. B.Sc. Nursing second year students have created an attractive poster to deliver the information to the public. Nearly 20 patients and their attenders actively taken part in the programme. On the whole the event got heartfelt appreciation from the nursing experts and patients in the hospital.





## DEPARTMENT OF CHILD HEALTH NURSING

### NEW BORN WEEK



Our Child Health Nursing Department in coordination with NSS unit arranged the awareness talk on theme 'Safety, Quality and Nurturing Care - Every Newborn's Birth Right' at Auditorium, Beerakuppam, Primary Health Centre, Tiruttani on 18.11.2022. NSS volunteers, ANM students, Faculty members, Village Health Nurses and Sector Health Nurses were participated in the session. Dr.Sumathi, MBBS, DCHO, Pediatrician, Govt Hospital, Tiruttani gave a speech on the significance, theme of the new born week, major causes of newborn deaths in India, Points of Newborns Care, India Newborn Action Plan (INAP) and Assessment of diseases among newborn to the participants. In the end, Dr. Sathyarani, MBBS, BMO, Beerakuppam PHC shared her view on importance of new born week and concluded the program.

## DEPARTMENT OF COMMUNITY HEALTH NURSING

### WORLD POPULATION DAY



Community Health Nursing department in coordination with SNA have organized "Awareness Rally" to Observe World Population Day with the theme of "A World of 8 Billion: Towards a resilient future for all. Harnessing opportunities and ensuring rights and choices for all." on 11.07.2022 in the community area D.V.Puram. The Rally started from the starting point of the village and it is inaugurated by Panchayat Secretary Mrs.Selvi and students created awareness among general public about the impact of a growing population and issues including gender equity, the importance of family planning, poverty, maternal health, human rights etc. We received an overwhelming response from the village people as well as from general public.





## WORLD OSTEOPOROSIS DAY

World osteoporosis day was observed in coordination with SNA on 20.10.2022 with the theme of "Step Up For Bone Health" Intending, to maintain healthy bone mineral density and bone mass to prevent fracture at urban PHC- Tiruttani. The aim of the programme was to create awareness among general public about the major risk factor identification, lively demonstration and Poster presentation on bone strengthening exercises and exhibition on Calcium rich foods to insist the importance of Nutrition to prevent Osteoporosis. The programme presided by Dr. Krithika Medical Officer UPHC along with SHN and VHN. We received a overwhelming report from the Medical Officer as well as from general public.



## WORLD DIABETIC DAY

Community Health Nursing department organized Diabetic Screening camp and awareness activities with the theme of this year 2022, "Education to protect tomorrow" on 16.11.2022. Pre Diabetic risk assessment was performed to the faculty members and needy students of GRT group of educational institutions. The programme started at 9.30am. The pre-diabetic risk assessment was started by doing registration, checking height, weight measurement including BMI calculation and BP

checking. Blood Sugar investigation and health talk was given to raise awareness on diabetic risk, management, prevention and complication of diabetes. Totally 206 blood samples were assessed for diabetic risk. The program came to an end by 1.30pm.

S.NO	BLOOD SUGAR RANGE	NO.OF CASES FOUND
1.	Above 400 mg/dl	4
2.	300-400 mg/dl	5
3.	200-300 mg/dl	6
4.	150-200 mg/dl	7



## DEPARTMENT OF MENTAL HEALTH NURSING

### WORLD ALZHEIMER'S DAY



The world Alzheimer's day was celebrated on 10th September 2022 at Thomas Old age Home, Chennai. The gathering was addressed and guided by Mr. Arokiya Sundaram, secretary of home and he has given brief introduction about the home, history, vision, mission and source of funds. Totally 60 old age people and nearly 40 staffs were in the home, Snacks was sponsored by the students. Then the screening tool for risk assessment of Cognitive inability and behavioral disturbance to the group was given and the data were collected from the subjects those who are willing and able to answers for the

questions. Data were analyzed by using descriptive statistics and the results showed that nearly half of them 40% of old age people with age group of 55 to 75 years having the high risk of getting Cognitive inability. It indicated the need for addressing the issue and take necessary steps to give a special care/education to help those people. Many old age people were benefitted by this study.

### MENTAL HEALTH DAY

On 11.10.2022, MHN department in coordination with YRC organized World Mental Health Day with the theme of 'Mental Health in an Unequal World' at TRS GLOBAL PUBLIC SCHOOL, AGOOR. Dr. Angel shalini.W, Associate professor cum HOD of Mental Health Nursing, GRT College of Nursing. She has Highlighted about mental health and mental illness, functions of brain and thorough detail of mental illness among school students and online classes impaction. Also she gave activities to the participants regarding knowing yourself. All The students and teachers gave positive feedback to the resource person and totally 60 members participated and benefitted by this programme.







## DEPARTMENT OF OBSTETRICS AND GYNAECOLOGY

### WORLD BREASTFEEDING WEEK

The Department of Obstetrics & Gynaecological Nursing joined hands with SNA and organized World Breast feeding Week Celebration from 1st August to 5th August 2022. The final year B.Sc (N) and ANM II yr were actively participated in various competitions like Rangoli competition, craft work exhibition, food exhibition on postnatal diet and panel discussion on human milk bank- is a boon or a bane. The students developed positive attitude and benefitted by this celebration.



### OUTREACH SERVICES

## SOCIETAL CONTRIBUTION VIA OUTREACH SERVICES

### WORLD BREASTFEEDING WEEK

As a part of outreach activity, Our GRT College and School of Nursing YRC unit organized World Breast Feeding Week Celebration on 04.08.2022 with the theme of "Step Up for Breastfeeding: Educate and Support". The Programme was started with welcome speech by Dr. Niroshini M.B.B.S, Dch, and ANM second year students gave health education regarding importance of breast feeding by Villu paatu. They insisted audience about techniques and benefits of breast feeding for both mother and child. Totally 52 antenatal mothers were benefitted. We received overwhelming responses from the participants.



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### WORLD FIRST AID DAY

As a part of outreach activity YRC organized World First Aid Day on 14.09.2022 where demonstration class was taken for school children on First Aid by ANM second year students with the theme "LIFELONG FIRST - AID". YRC Programme officer Mrs.P.Thilagavathi gave brief note about observing world First Aid day. ANM students explained about First aid kit articles, do's and don'ts in first aid and usage of first aid kit. The school students were benefitted by the session and we received an overwhelming response from them.





## INTERNATIONAL LITERACY DAY

On account of International Literacy day, as part of outreach activity in coordination with NSS unit, Volunteers purchased 12 new books and collected 106 books from the various sources. The collected books were donated to the Government Hr. Sec. School, Kanakkamachathiram library on 12.09.2022 for the utilization of the students. The total cost of books were Rs. 15,333/- (New Books Rs.3000/- Old Books Rs.12, 333/-). It was highly appreciated by the School Headmaster and senior faculty members.

## INTERNATIONAL PEACE DAY

On account of International Peace Day, GRT college of Nursing NSS unit organized the rally at T.Nagar, Chennai on 21.09.2022. Mr.Saravana kumar, Sub Inspector, Mambalam police station, Dr.Padmavathi R, NSS President and Mr.Prabhakaran, Chief security Officer, waved the flag and inaugurated the Rally. Dr. Angel Shalini, NSS program officer, Mrs.Jayanthi, Associate.Professor, Ms.Thamu Priyadharshini, Assistant Professor, Mrs.Sakila, Clinical Instructor, Mrs.Madhumitha, Clinical Instructor and also more than 15 police officers and security guards were participated in Rally where NSS volunteers were holding the placards with slogan on peace and oneness which started from Pinjala subramaniyam Street and ended with GRT Jewellery Coats Road via Venkatanarayan Road. Finally NSS volunteers stood silently for ten minutes at coats road GRT Jewellery. The programme was highly appreciated by public and police officers.



## WORLD SUICIDE PREVENTION DAY

World Suicide Prevention day (22.09.2022) was organized and conducted in coordination with Youth Red Cross activity at GRT Mahalakshmi Vidyalaya CBSE School, Tiruttani. Based on the theme "creating hopes through action", our resource speaker Dr.Angel shalini W, Associate professor, gave brief note on suicidal factors and how one can save the people from suicide and suicidal thoughts. The entire session was benefitted by 120 school children.





## DEVELOPMENTAL ACTIVITIES

### STUDENT DEVELOPMENTAL ACTIVITIES

#### 1. LANGUAGE DEVELOPMENT ACTIVITIES BY LITERARY CLUB

##### A. SPECIAL COMMUNICATION TRAINING

Four days English communication Training was organized for B.Sc (N) III year students from 4TH July to 22nd July where students were divided into three batches. The Resource person Mr. Steve Dainey, Life skill & Linguistic Coach gave a detailed note on communication skill, Tense and its classification. Students were benefitted and able to communicate effectively.

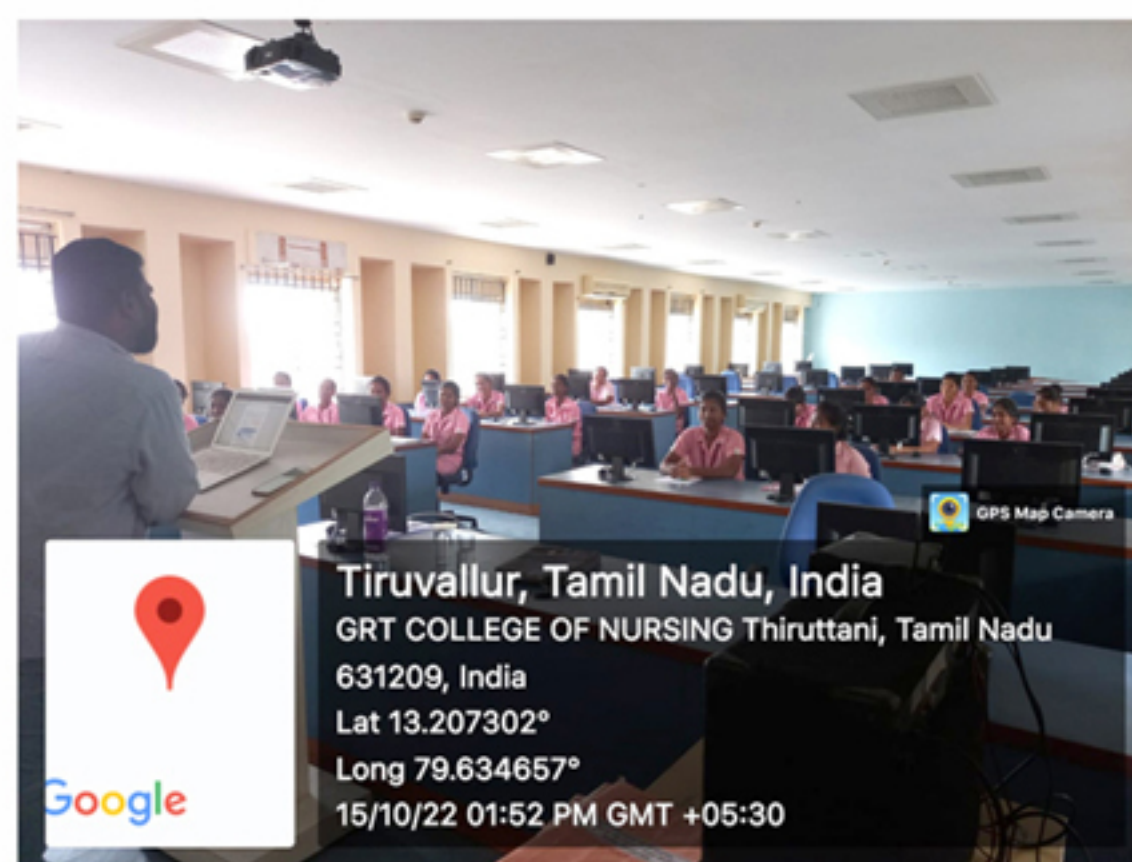
##### B. VOCABULARY CONTEST

Our literary club implemented a mind throbbing Vocabulary Contest. Preliminary round was conducted on 25.07.2022 for the students to gain in-depth knowledge in Vocabularies and has been assessed by the written test. Besides these, from 18th to 24th August extempore was conducted. To brush up their artistic flair a story telling competition was organized on 13.09.2022 where students exhibited their narration talent and best three participants were awarded.



##### C. WORKSHOP ON HOW TO LEARN SMART AND FAST

Learning is an essential but complicated process that one pursues throughout their life. All students cannot adapt to a rigid and fast-paced style of learning. Due to this, a gap forms between their true ability and their performance level and such children are then dubbed slow learners. To overcome this the GRTCON Literary Club organized a workshop on How to learn Smart and fast for the BSc (N) final year students on 15.10.2022 in the Computer Lab of GRTCON by an eminent Resource Speaker Mr. Steve Dainey. It is a Sponsored Educational Programme in Coordination with Kalpvruksha a Gujarat based educational Organization where



it mainly Covers the activities such as

- Importance of learning digital over load and digital destruction
- Digital Dementia
- Tips to BE FAST Learning
- Success Mindset

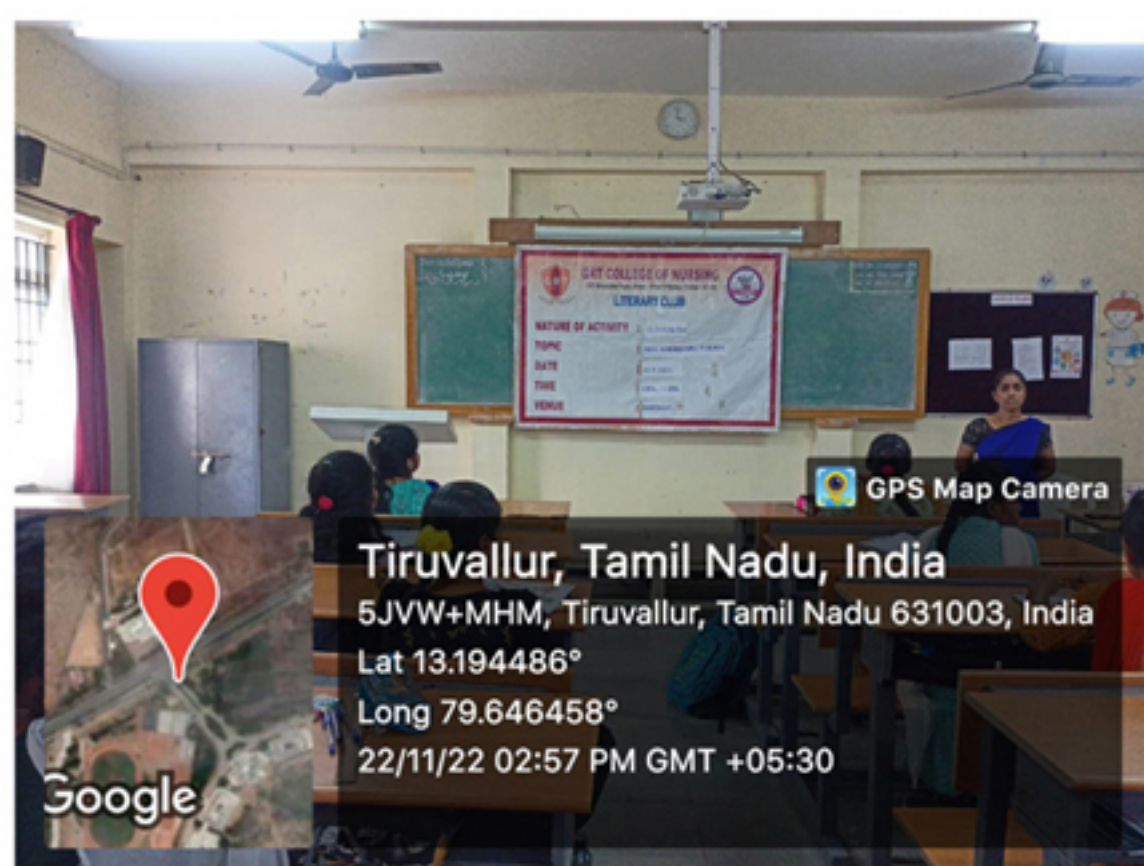
All the topics were covered intensively by the resource speaker and the students were also actively participated and adequately benefited which simultaneously improves a good results in the upcoming examinations & in their Career.





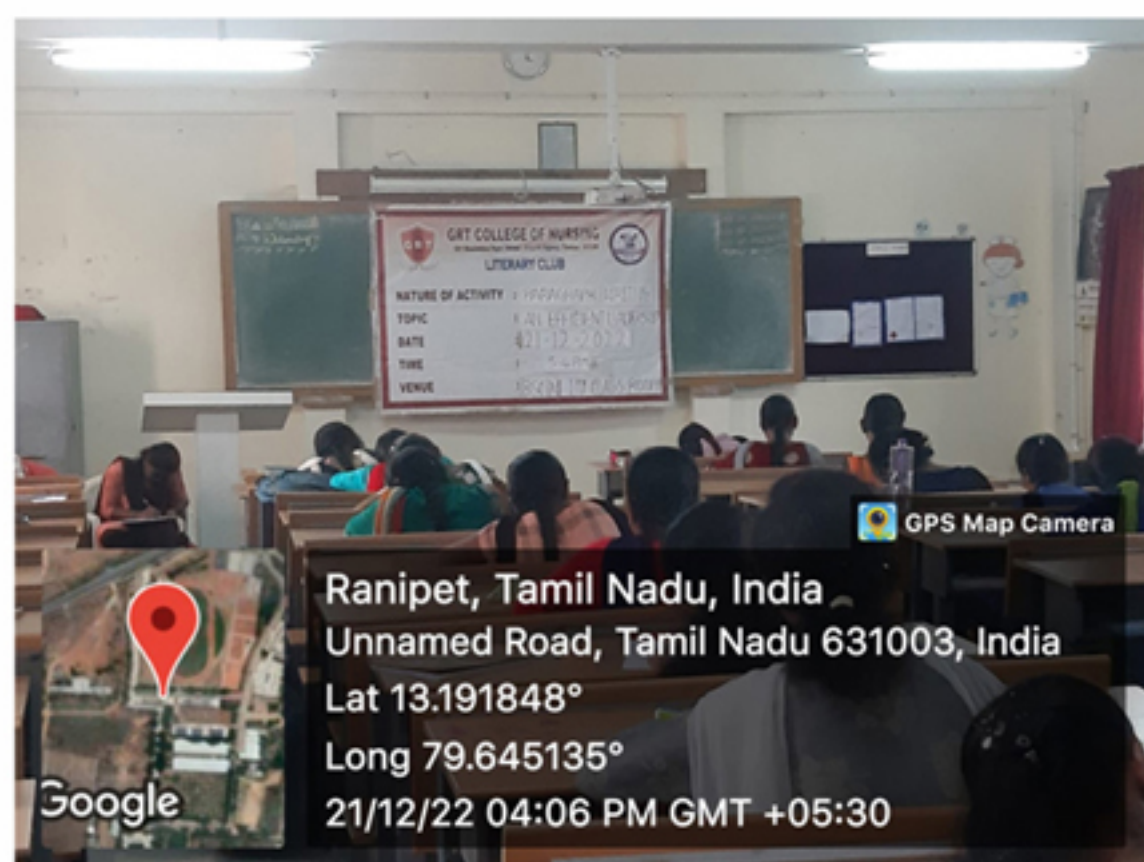
## D. LANGUAGE EXCHANGE PROGRAM

GRTCON Literary Club organized a Language Exchange activity for the new first year B.Sc (N) students. The students were divided into small groups like three Tamil speaking students with one Malayalam speaking students where effective language exchange occurs by teaching and learning the both languages vice versa



## E. ESSAY COMPETITIONS

On 24.11.2022 an Essay Competition was conducted for the New First year B.Sc(N) students in the Computer Lab with the topic "Career Aspiration - Goals to achieve" nearly 31 students enthusiastically participated. The students have explored a wide range of challenging and interesting facts beyond the college curriculum.



## F. PARAGRAPH WRITING ACTIVITY

Our Literary club initiated Paragraph Writing activity every week by giving an inspiration topics, showing a Video clipings, Casting a story where the students observes and Follows unity, coherence, an efficient framing of topic sentence, and sufficient development . On 21.12.2022 a Paragraph Writing was executed for the First year Students in their Classroom, to identify their Writing Capability of English Proficiency. Students actively participated and developed their writing skill

## 2. DAILY POP QUIZ

Daily one NCLEX based question placed in the notice board for improving students thinking and participation skill. Best performer of the month among participants was awarded.





### 3.CURRICULUM ENRICHMENT PROGRAM

#### a.Basic Life Support Course Training

The Basic Life Support Course training was conducted for our B.Sc Nursing first year students on 01.08.2022 and 02.08.2022. The training program focuses on 20% of theory session and 80% of skill training. The BLS training was given with pre-test and post-test where they actively involved in learning the skills of adult CPR and benefitted.



#### b. Health Assessment Training

GRTCON organized Health assessment Skill training for B.Sc nursing first year students in coordination with Impetus HealthCare Skills Pvt Ltd from 5.12.2022-10.12.2022. Initially pre test and an in-depth theory classes were taken then skill practice was given with the advanced technology Manikins. On the last day a post test was conducted to assess the acquired knowledge of the students, after one month post skill assessment was carried out and the results are under analysis



#### c. Cooking Demo

As a part of curriculum program, B.Sc(N) first year students participated in cooking competition among them on 17.12.2022 at nutrition lab. Students gained knowledge regarding various diets used in hospital and community area



## FACULTY DEVELOPMENTAL ACTIVITIES



1) 12th three days Faculty development programme (FDP-2022) on communication skill training was successfully conducted on 09th, 16th & 30th July 2022 with 26 faculty members of GRT CON. The resource person was **Mr. Steve Dainey**, Life skill & Linguistic Coach.

**Day 1 (09.07.2022)** : On first day program Mr. Steve Dainey has highlighted the tenses.

**Day 2 (16.07.2022)** : On second day he has emphasized about the vowels, vocabulary and pronunciation by conversing in English and it was recorded by him to find out the mistake.

**Day 3 (30.07.2022)** : On last day he has high lightened the Modals, Articles and prepositions with ample of examples and also rules for using and not using the articles like “a, an the”. Finally he shared his view and suggestions to handle & find out attentiveness of the students and also create the interest among the students.

2) The thirteenth One day faculty development programme on National Policy on Education was conducted on 2nd August 2022 at GRT College of Nursing Premises. The session was addressed by Dr. T R Udhaya Kumar, Chief Executive Officer, Impetus Healthcare Skills Private Ltd, Chennai where he explained about key principles of NEP and challenges in Higher Education with Gap in Nursing Education.

3) In order to improve the descriptive writing of research our 14th FDP on “Composing Manuscript Faculty development programme & Inscribe Publications of Research Articles” was successfully organized on 24th August 2022 with 31 faculty members of GRTCON at College premises. The resource person DR. SARAVANA KUMAR, M.Pharm., Ph.D., from GRT IPER highlighted the important aspects of Effective Titles in academic research paper and also he explained about Selection of journal for publications and Google scholar.

4) The fifteenth Three days Faculty Development Program on NAAC Accreditation Process in coordination with Faculty of Nursing, Sri Ramachandra Institute of Higher Education and Research was organized by IQAC Cell, GRTCON from 27th to 29th October 2022. About 42 faculty members from GRTCON, GRT College of Education and GRTIPER participated in SENSITIZATION TO NAAC ACCREDITATION PROCESS by Dr. Nalini, Principal, Dr. Seethalakshmi, IQAC Coordinator, Dr. S. Rajeswari, Reader & HOD of Obstetrics and gynecology department and Dr. Poongodi, HOD of Nursing Foundation, Faculty of Nursing, Sri Ramachandra Institute of Higher Education and Research.





**5) CNE PARTICIPATION** - The Tamil Nadu Nurse's and Midwives Council conducted a two days Orientation Workshop to all the Principal's, Vice - Principals of all colleges in Tamil Nadu on implementation of INC'S revised B.Sc Nursing syllabus from the academic year 2022-2023 on 3.8.2022 & 4.8.2022 . The Tamilnadu Nurse's and Midwives Council and Registrar arranged such a Brainstorming interactive Sessions to upgrade the Knowledge about the revised curriculum which embraces Competency based approach throughout the Program integrating Mastery learning and self directed Learning.

**6) GUEST SPEAKER** - Dr.Padmavathi R, Principal was the Chief Guest on 11th October, 2022 at International day of the girl child observation organized by P.G. Department of development studies, MSSW, Chennai.

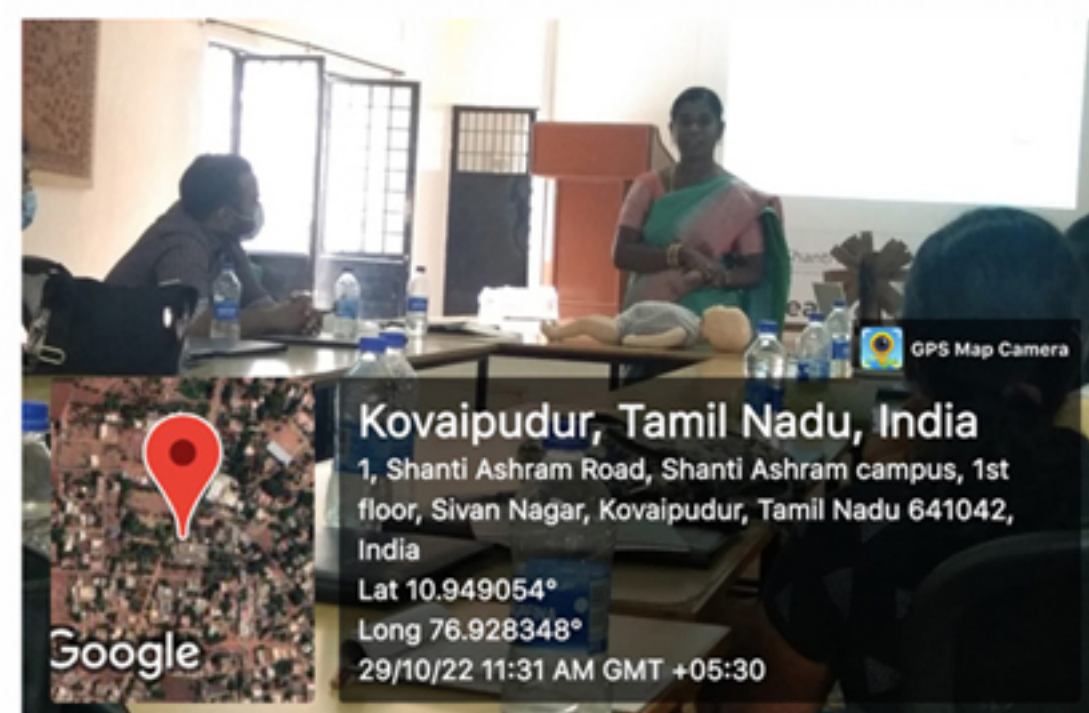
**7) TRAINING OF TRAINERS ACTIVITY** - The Tamilnadu Apex Skill development Health care organization arranged FIRST RESPONDER TRAINING OF TRAINERS Programme on First Aid at Shanti Ashram Campus, Coimbatore on 28th and 29th of October 2022 where our faculty members Mrs.Jayanthy, Mrs.Jayalakshmi and Mrs.Thilagavathi underwent two days training and benefitted.

**8) TNNMC WORKSHOP** - A one day workshop was held on "Administration and Management of conducting ANM programme" on 10th November, 2022 at 10 am in Nursing council office, Santhome, Chennai, in continuation to the virtual meeting held on 26th September 2022. The workshop was inaugurated by Dr. S. Ani Grace Kalaimathi, Registrar, TNNMC, Chennai, and she addressed the gathering and explained about general view on ANM School Administration. The session was eye-opening to manage ANM Programme successfully.

**9) ATTENDANCE AT CONFERENCE** - Dr.Padmavathi, Mrs.Jayanthy, Mr.Chandran and Mr.Lakshmanan attended the DPHICON - 2022 conference from 05.12.2022 to 08.12.2022 at Mahabalipuram, Chennai organized by Directorate of Public Health.

**10) ATTENDANCE AT CONFERENCE** - Dr.Padmavathi.R, Prof.Chitra.A.I, Mrs.Jayanthy, Mrs.Jayalakshmi, Ms.Nithya, Mrs.Swathi and Ms. Priyanka attended the XXVII state TNAI conference, Tamilnadu on 10.12.2022 hosted by Omayal Achi college of Nursing, Chennai.

A Report on TNNMC Workshop -  
Orientation to Revised INC Syllabus





## BEYOND CLASSROOM

### HUMAN TRAFFICKING AWARENESS

As part of our YRC activity, World Day against Human Trafficking was observed on 30.07.2022 by district social welfare and women's department in co-ordination with integrated Rural Community Development Society (IRCDS) at GRT College of Nursing, Tiruttani. Ms. Hidayathoon Nooriya, District Social Welfare Officer presided over the function and welcomed the gathering. Dr.Padmavathi, principal GRTCON, Mr. Chandran.B, District Law Commission, Mr.Stephen IRCDS, wished the students and gave brief message. Mr. Thenpandiyan, IRCDS lawyer gave special address and alarmed the students to be vigilant since the trafficking is more common among women and girl children. Mrs. Pandiyammal, Safety Officer, Tiruvallur district proposed Vote of thanks . The students were benefitted from this programme.

### TEACHER'S DAY

Our SNA unit organized Teachers day celebration on 05.09.2022 at GRTCON Campus. All the teachers and students were invited and the program was started with college choir followed by Tamil poem, dance and mime show. Interesting games were conducted for teachers and program ended with vote of thanks and National Anthem . All the teachers enjoyed the programme.

### VISIT TO CONSUMER COURT

As part of consumer club activity, students visited the Consumer court, Tiruvallur on 07.09.2022 and observed various consumer cases and the arguments of the same where the students learnt about rights and responsibilities of citizens and consumers.







## YRC ORIENTATION PROGRAM

On behalf of GRT CON Youth Red Cross unit activity, we organized YRC ORIENTATION AND GENEVA CONVENTION DAY on 10.09.2022 with the theme of motivational talk on "International humanitarian law." Welcome speech was given by Ms. Gayathri, YRC Secretary, GRTCON. Ms. PRIYANKA BV, vice president, YRC, GRTCON gave orientation about YRC and the activities conducted by our college. She also explained about Geneva convention day and how it was originated and also motivated the students to be a good leader and serve the mankind.



## CONSUMER AWARENESS PROGRAM

As part of consumer club activity, Consumer awareness program was organized on 16.09.2022 to all batches of students to create awareness about Consumer rights, issues and legal remedies for the same. Dr. S.M. Latha Maheswari, M.A, M.L, Ph.D, President, consumer Disputes, Redressal Commission, Tiruvallur was resource person and addressed the gathering to bring awareness and realization about duties and responsibilities of consumers.

## WORLD ENVIRONMENTAL DAY

On behalf of GRT Youth Red Cross unit, we organized the awareness program to school children with the theme of "only one Earth" on account of world environmental day by ANM students on 20.09.2022. YRC Programme officer Mrs.P.Thilagavathi gave brief note about significance of observing world environmental day every year. After that ANM students created awareness by a Role-play on how we adopt a life style which should be pollution free and full of green Land. Finally oath was taken by participants. The entire session was benefitted by 120 school children.







## YOUTH DAY

Our Youth Red Cross unit organized International Youth Day Celebration on 24.09.2022 with the theme of "Intergenerational Solidarity: Creating a World for All Ages" Programme was started at 11.00am with prayer song and welcome speech. The Resource person Mr. Moses Selvakumar HOD, Dept of Development and management, MSSW Chennai had given speech about student behavior, in depth knowledge regarding discipline and attitude and he screened a video which depicts parents sacrifice of their life for children. Totally 180 students were actively participated. The session was useful, Purposeful and students gained knowledge.

## POOJA DAY CELEBRATIONS

Our SNA unit organized Saraswati Pooja day celebration on 01.10.22, the students and faculty of college of nursing came together to seek the blessings of the goodness of knowledge, music, art and culture. On this special day all Laboratories, class room and office were beautified with plantain trees, mango leaves, glazing paper. Goddess saraswati photo was decorated with beautiful flowers. The audience were addressed with holistic Saraswathy slogan and also enlightened on the concept of worshipping Goddess of knowledge by Dr.Padmavathi.R, Principal.



## DIWALI CELEBRATIONS

Our SNA unit organized Diwali celebration on 21.10.2022 at the college auditorium. Our Principal Dr.Padmavathi.R introduced our chief guest Sri Vrindawaneshwari Mataji and her team to the audience. The program was started with a divine popping, group song sung by the students and a special performance by our third-year students which was beautifully depicted the Lord Krishna's Kalinganarthanthillana. Finally, our respected chief guest addressed the audience and dragged their attention with her wonderful speech and offered diya to lord damodhara, followed by her everyone offered the diya to merciful lord Krishna. Celebration was ended with vote of thanks.





## NATIONAL CANCER AWARENESS

As a part of YRC activity, GRTCON YRC unit organized World Cancer Awareness Day with the theme of “close the care gap” on 08.11.2022 at GRTCON. The resource person of the programme was Ms.Yuvarani.C, clinical instructor, GRT College of Nursing. The resource person highlighted about causes and symptoms of cancer. She gave detailed information about prevention and alternative treatment of cancer and also she explained about alternative therapies like flower medicine, diet, reflexology, yoga and meditation. All The students and teachers gave positive feedback to the resource person. Totally 100 members participated and benefitted.



## NATIONAL DIABETES DAY

On behalf of GRT CON Youth Red Cross unit activity, we organized National Diabetes Day-2022 on 18.11.2022. ANM second year students did role play about how the people are affected with complications if they are unaware about diabetes control and gave health talk about causes, risk factors, symptoms, treatment and complications of diabetes by using flash cards and poster. It was benefiting to 50 OPD patients of Beerakuppam PHC who actively participated.



## NATIONAL PNEUMONIA DAY

On behalf of GRT CON YRC unit activity, we organized National Pneumonia Day with the theme of “Championing the fight to stop pneumonia” on 22.11.2022. The Program was started with welcome speech and history of observing National Pneumonia Day, causes, prevention and availability of pneumococcal vaccine by ANM second year students. 30 OPD patients were actively participated and benefitted.





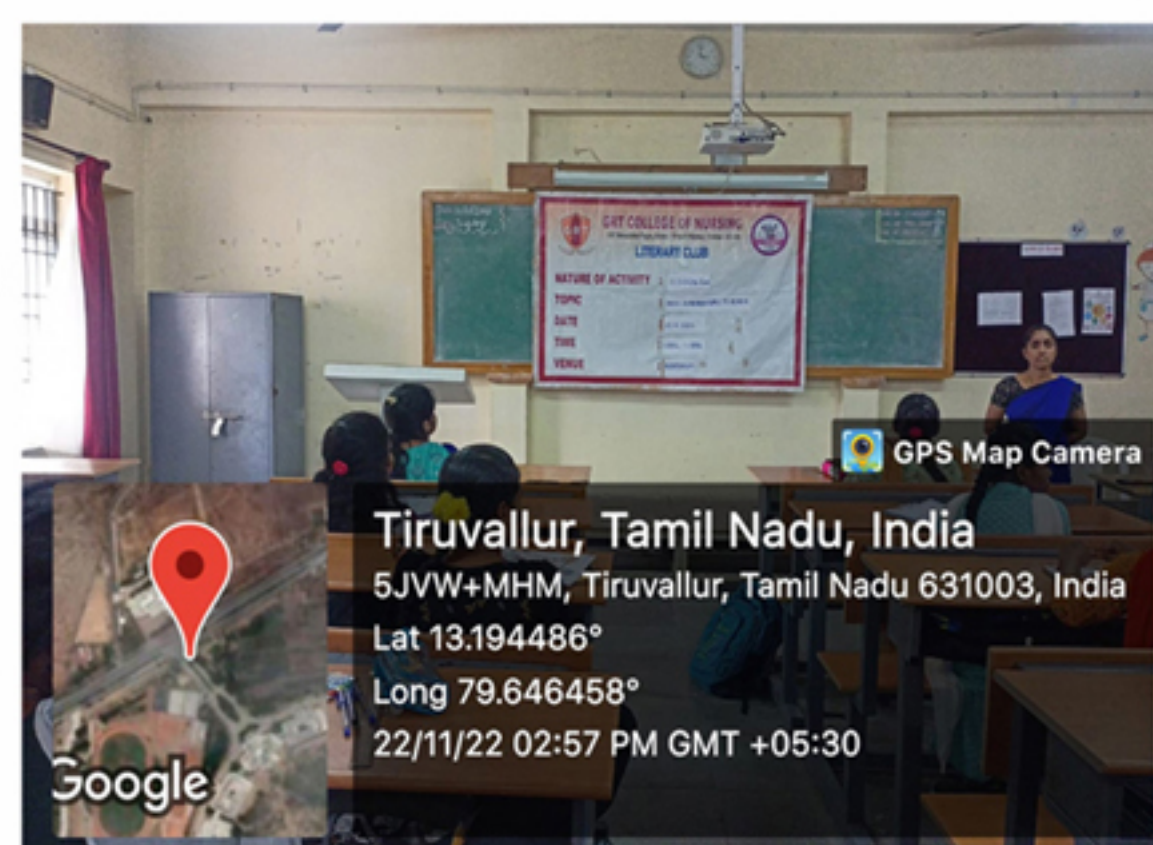
## NATIONAL FILARIA DAY

On behalf of GRT CON Youth Red Cross unit activity, we organized National Filaria Day on 25.11.2022. The Resource speaker Dr. Gudiyappa, Medical officer, PHC, Madhur also he gave detailed information on History of observing National Filaria Day and how to prevent filaria in future and also what are all the measures we must follow to maintain clean drainage in village set-up followed by ANM second year students gave health talk about causes, risk factors, symptoms, treatment and prevention of Filaria by using posters where 25 OPD patients were benefitted.



## INTERNATIONAL DISASTER REDUCTION DAY

On account of International disaster reduction day-2022, GRT College of nursing Youth Red Cross unit organized two days Disaster Management Awareness Training program in association with SRI SATHYA SAI SEVA ORGANIZATION, Disaster Management Team, Thiruvallur District. Our B.sc (N) first year 100 students were participated. Dr.padmavathi.R, Principal, GRT CON addressed the gathering and the session was handed over to team. On the first day(25.11.2022), Disaster Management Team Shared their experiences and contributions in Disaster management services and training where they highlighted about characters of natural disasters like cyclone, floods, earthquake, tsunami and landslides. On the second day (26.11.2022) demonstrated about basics of knots and its purposes and also they explained about basic tips of First-Aid for unconscious, epilepsy, choking and heart attack. Finally Fire and fire extinguisher uses were demonstrated by disaster management team. We received positive feedback from our nursing students.



## NATIONAL EPILEPSY DAY

Every year, November is observed as the Epilepsy Awareness Month to educate and create awareness to the people about the signs, symptoms and impact of this dreadful disease. India observes 17th of November as National Epilepsy Day to raise awareness about Epilepsy. SNA organized National epilepsy day observation on 26.11.2022 at 8.30 to 10.00 am in GRT CON Auditorium. The programme started with warm welcome, followed by Pathophysiology contest was conducted. A total of 10 participants taken part in that competition and it was evaluated by Mrs.Premila, Assistant professor. Role play was demonstrated about first aid management during seizure. The winners were awarded with attractive prizes by SNA President Dr.Padmavathi.R.







## CHRISTMAS DAY CELEBRATIONS

GRTCON SNA organized Christmas day celebration at auditorium where the message of love and real meaning of Christmas was described to the audience by the chief guest of the day Eva. Eswaradoss from good shepherd ministeries. Then the delightful event was ended with cake cutting and with vote of thanks. The boundless joy of celebrating the festival was amply visible on the faces of the students especially when Santa moved around distributing chocolates to them.



## NATIONAL AIDS DAY

Our Youth Red Cross unit activity organized National AIDS Day. The Program was started with history of observing National AIDS Day which was given by Dr. Sadhul, Medical officer, PHC, Beerakuppam. ANM second year students gave health talk about mode of transmission and prevention of AIDS by using posters. Oath was taken by all participants. The session was benefited to OPD patients in Beerakkupam PHC and 25 were actively participated in this program.





## NSS ACTIVITIES

### SADBHAVANA DAY

Our NSS Unit commemorated the National Sadbhavana day with Fifty NSS volunteers on 05.09.2022 at College Auditorium. NSS Programme Officer, Dr. Angel Shalini W, gave the speech on the significance, history and theme of the day to the group. Nearly 10 volunteers were participated in Fancy Dress Show in order to pass on the national integration and unity. Followed by Dr. Padmavathi R NSS President proposed the Sadbhavana day pledge to the volunteers and also said few words on the importance of unity and integration. Then the program was ended with the national Anthem. On previous day we have conducted the quiz on national Sadbhavana day for all the NSS volunteers



### 2.RASHTRIYA POSHAN MAAH NUTRITION MONTH CELEBRATION 2022

**"Don't just eat to achieve your goal ...Eat healthy to feed your body & soul!"**

Rashtriya Poshan Maah was launched on March 8, 2018, with the aim of providing good nutrition to children less than 6 years of age, pregnant women, lactating mothers and adolescent girls. Since then, it's been celebrated in the month of September every year. India is celebrating the fifth Rashtriya Poshan Maah. GRT College of Nursing NSS Unit organized five various activities under four themes



On account of Bacha and Shiksha Poshan Bhi Padhai Bhi (Child & Education - Nutrition) our college NSS Unit organized nutrition exhibition with Food Pyramid on 14.09.2022 at Govt middle school, Srinivasapuram and Health talk was given by Mrs.Pavithra, Asst professor, Nutrition & Dietics.





**Tetrad Medical camp** was organized for Malnutrition screening, ENT, Eye problems, juvenile diabetes and Blood pressure monitoring for adolescent girls in coordination with Dr.Mohan's Diabetes specialities centre on 30.09.2022 at GRT Mahalakshmi vidhyala CBSE School, Tiruttani.



**Gender Sensitive Water Conservation and Management**  
In respect to the Gender Sensitive water conservation and management concept of Rashtriya Poshan Maah, Prof. Uma Maheswari, Dept of Community Health Nursing and NSS volunteers have done a wall painting on the theme on 19.09.2022 and it was explained to the public at Srinivasapuram on 20.09.2022.



**Mahila & Swasthya (Women's Health)**  
In relation to the Mahila & Swasthya (Women's Health), our NSS unit organized the Awareness talk among adolescents girls on menstrual hygiene at St.Charles Hr.Sec School, KG Kandigai, Tiruttani on 20.09.2022. Prof.Chitra. A I, Vice Principal, GRT College of Nursing created awareness about menstrual hygiene for 250 higher secondary school students who were actively participated throughout the session



**Traditional foods for women's and children in tribal areas**  
In connection with Traditional Foods for Women's and Children in Tribal Areas, the Traditional Food cooking Demo conducted at Illupur Tribal Village on 29.09.2022 and it was exhibited to the public. In addition to this guest lecture on healthy diet by Prof.Uma Maheswari and menstrual hygiene to the adolescents girls and women by Prof. Chitra A.I,Vice Principal,GRTCON was given. And also napkins were distributed to adolescent girls and women. On remembrance of the event drumstick tree plantation at 25 houses of Illuppur tribal village was also done.





## NSS DAY OBSERVATION

Our NSS Unit celebrated NSS Day on 24th September 2022. Fifty NSS volunteers and 150 Second & Third year B.Sc (N) students were participated in the session. The Chief Guests. Mr. Moses Selvakumar V, HOD, Department of Management & Development, MSSW, Chennai, who made a presentation on Responsibilities of youth and Attitude. This session was to familiarize participants with the emerging ideas and trends on how to develop personality. The session ended with a vote of thanks.

## 4. CLEAN INDIA CAMPAIGN

On account of Clean India Campaign, GRT College of Nursing NSS Unit organized the cleaning camp at various places-Tiruttani Subramaniya Swamy Temple, Market, Municipality and Arakkonam Government Hospital.







## BLOOD DONATION CAMP

GRT College of Nursing NSS Unit in co-ordination with The Tamil Nadu Dr MGR Medical University, Chennai organized a Blood Donation Camp at college campus on 13.10.2022. The Medical team, Mr. Selvakumar, Social Welfare Officer, Dr. Padmavathi R, NSS President and Dr. Angel Shalini. W, NSS Program Officer inaugurated the function. A team of doctors, nurses, and NSS volunteers were involved in a blood donation camp to



collect blood from the donor. Screening tests are taken to identify the eligible donor for blood donation. While addressing people at the camp, our NSS volunteers helped donors and brought awareness to them about the shortage of blood and why we must donate blood every year, to help the persons requiring blood. A certificate of appreciation, donation card, and refreshment was given to each donor as a token of gratitude. The blood donation process of all the donors was being done by the medical team. Overall 95 registrations were done and 51 units of bloods were collected from donors of faculty and students. This was an act of great service to humanity.



## NATIONAL UNITY DAY

Rashtriya Ekta Diwas was celebrated by GRT college of Nursing NSS unit, on 31st October, 2022 to commemorate the birth anniversary of Sardar Vallabhbhai Patel, popularly known as the Iron Man of India. The special assembly was conducted to re-affirm the inherent strength and resilience of our nation. The Rashtriya Ekta Diwas Pledge was

announced by Shri.Vivekanandashukla. IPS. Asst.Superintendent of Police, Thiruvallur along with the NSS President Dr. Padmavathi R and Program Officer Dr. Angel Shalini W. A total of 450 students, teachers and parents taken the oath to withstand the greatest threat to the unity, integrity and security of our nation.



## GENERAL MEDICAL CAMP & DIABETES SCREENING

The National Service Scheme of GRT College of Nursing, in hands with Madras School of Social Work, Chennai, organized a one-day free medical camp and Diabetes Screening for the benefit of public in Soganur Tribal Village on 09.11.2022. The medical camp organizing team included Dr. Padmavathi R, NSS President, Dr. Angel Shalini, NSS Programme Officer, GRT College of Nursing, Mr. Moses



Selvakumar, HOD, Dept of Management & Development, MSSW, Prof. Maria Jerome, PG Dept of Development Studies, MSSW, Dr. Anusha, MBBS, Medical Officer, Ms. Yogeshwari, Branch Manager, MV Diabetes, Chennai and NSS volunteers. In total, 60 villagers attended the medical camp and benefitted. Blood Sugar Level monitoring and Blood Pressure tests which were hugely useful for many villagers and they have all undergone their general health check-ups where few of the patients were referred by the doctors for further treatment to Government Hospital, Tiruttani.



## NATIONAL INTEGRATION DAY

The National Integration day (Quami Ekta Divas) is observed annually on November 19th to commemorate the Birth Anniversary of the first ever female prime Minister of India, Indira Gandhi. GRT college of Nursing NSS unit observed the day at Govt Middle School, Srinivasapuram by organizing fancy dress show, Role play and speech on unity to motivate students about maintaining unity, peace, love, and brotherhood among them, as these are the important elements required for a country to become a strong and vibrant nation.





## 9. WOMENS HYGIENE AWARENESS

Our NSS Unit organized women's hygiene awareness on 22.11.2022. Fifty NSS volunteers and 220 First, Third & Final year B.Sc (N) students and ANM students were participated in the session. Dr. Angel Shalini W NSS Program Officer introduced the Chief Guest Mrs. Rizwana, CEO of Procampus Former Freelancer of Hindustan Unilever, Chennai who made a presentation on Responsibilities on Women Hygiene and health. Finally, speaker was felicitated by Prof.Sivagami, Dept of Community Health Nursing and volunteers were distributed the Rexona Deodorant.



## 10. NATIONAL CONSTITUTION DAY

National Constitution Day or National Law Day was observed by Our NSS unit, on 26th November 2022 to commemorate the day the Indian Constitution was adopted by the Constituent Assembly in 1949. The National Constitution day Pledge was pronounced by Dr. Angel Shalini W, NSS Program Officer to all the B.Sc (N) students, ANM Students and all the faculty members were taken the oath. In total 450 students and the teachers taken the oath to create awareness about the Constitution among the citizens of India and to propagate constitutional values.

## 11. MEDICAL CAMP

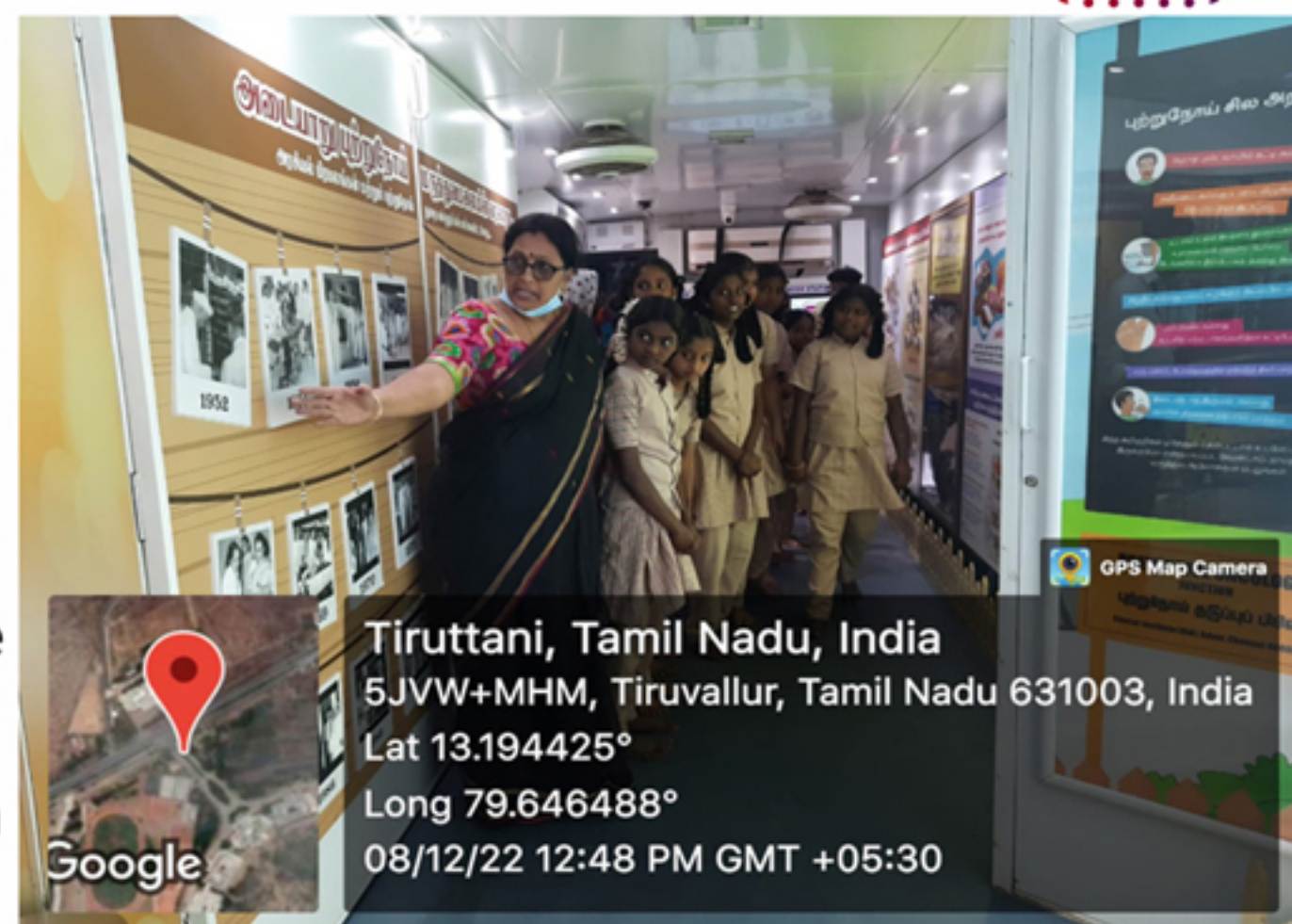
Arakkonam Block PHC on account of DPH 100 years celebration, organized a one-day free medical camp for the benefit of public in Perunkalathur Village on 26th November 2022. Dr.Nirmala Soundar, Block Medical Chairman, Dr.Veeraiya, Asst Block Chairman Mr.Mayandi, President, Perunkalathur and NSS volunteers of GRTCON were actively involved in the camp. In total, 411 villagers attended the medical camp and benefitted by the following departments such as yoga, Eye, siddha, communicable, immunization, physiotherapy, family welfare, under five clinic & adult, dengue awareness and general clinic. Few of the patients were referred by the doctors for further treatment to Government Hospital, Arakkonam. Food and basic arrangements were sponsored by GRT Group of Educational Institution.





## 12. WORLD CANCER AWARENESS DAY

On account of WORLD CANCER AWARENESS DAY, GRT College of Nursing NSS Unit and Adyar Cancer Institute combinedly organized three days cancer awareness program through exhibition for students and public at various places. The awareness Program was inaugurated in the morning at college campus by Dr.Padmavathi R, NSS President and Dr.Angel Shalini W, NSS Program Officer, Prof. Uma maheswari, Dept of Community Health Nursing, Mr. Antony, Asst Manager & Mr. Rangesh, Asst Manager, Adyar Cancer Institute, Chennai at 9:30 A.M.



Date	Place	No. of Beneficiaries
07.12.2022	GRT College of Nursing, School of Nursing, GRT Institute of Pharmaceutical Education and Research, GRT Mahalakshmi Vidhyalaya CBSE School, GRT institute of Health inspector training	561
08.12.2022	Srinivasapuram village and muslim Nagar	121
15.12.2022	GRT Institute of Enginnering & Technology campus	430

## 13.FIRST AID MANAGEMENT:

Our NSS Unit of GRTCON organized First Aid training to the 11th STD students of GRT Mahalakshmi Vidhyalaya CBSE Higher Secondary School. B.Sc(N) final year students explained about the value of First Aid and how it should be given in different situations and also demonstrated the kind of first aid that could be given in the case of Drowning, burns, fractures, bites, sprains, dislocations, eye injuries, strings including CPR etc. At the end of the day, each participant felt himself or herself better equipped to help people suffering from accidents or from a sudden illness.





## GRT COLLEGE OF NURSING TIRUTTANI

Approved by: Government of Tamil Nadu.  
Recognized by: Indian Nursing Council &  
The Tamil Nadu Nurses and Midwives Council.  
Affiliated to The Tamil Nadu Dr. M.G.R. Medical  
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