



GRT COLLEGE & SCHOOL OF NURSING

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

NEWS LETTER UPACHARIKA SUCHANA



Issue-7, Monthly, August 2024

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MESSAGE FROM PRINCIPAL'S DESK

I feel it as a great honor to write this message for the release of 7th issue of GRT CON News letter Upacharika Suchana which is released on 01.10.2024. I congratulate the entire team for its continuous and sustained efforts in capturing an admirable kaleidoscopic view of collaborative journey of strivings and accomplishments of faculty and students. To my mind, education is not just a process of giving knowledge for a future job but for a lifelong process which enriches mind and provides varied experiences that last a lifetime. Multi language education are the best for all of today's learners, as it is increasingly more thought-provoking, engaging, and rigorous. It also fosters higher levels of empathy and compassion, and makes today's learners more globally aware. Multilingual education involves teaching and learning in multiple languages, which helps students develop proficiency in more than one language. This approach supports cognitive development, enhances cultural understanding, and promotes linguistic diversity. It is especially important in multilingual societies as it fosters inclusion and ensures that students from different linguistic backgrounds can access quality education. Multilingual education also strengthens communication skills, improves problem-solving abilities, and opens up global opportunities for students in an increasingly interconnected world. In India, the National Education Policy (NEP) 2020 advocates for a multilingual curriculum that includes mother tongue instruction, English, and other foreign languages.



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- ◆ Observation visit at sankaranethralaya eye hospital
- ◆ Onam Celebration ◆ Literacy Day ◆ NSS Day
- ◆ Geneva Convention Day ◆ Peace day ◆ Alzheimer's Day
- ◆ Seminar on Professionalism, Professional Values and Ethics

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“BE A VOICE NOT AN ECHO”





NEWS AND EVENTS

1. Annual Sports Meet 02.08.2024

SNA Annual Sports Meet Avirbhav 2024 was conducted at GRT Ground. The programme was started around 9.30 am with Guard of Honor, Followed by Flag hoisting was done. Then March past was started and it was evaluated by Chief Guest. Olympic torch was lighted by Dr.Padmavathi.R, Principal, GRT CON & SON and Olympic Lamp was lit by the Chief guest. Sports Oath was taken by the Sports chairperson along with house captains and the students. Dr.Arumugam.S, Dean i/c sir gave presidential address and Chief Guest Mr.Deepan.S, MA, M.Phil, B.Ed, NSNIS, Founder of Deepan Sports Academy gave wonderful motivational speech to our students. He highlighted the importance of good health and fitness of physical & mental health. Chief guest appreciated our profession as Being a Nurse is more appreciated and it's a study of love, compassionate and caring. Sports Winners and Runners were awarded with Medals and trophies. First year students did a very graceful Drill performance, IVth yr students did a marvelous Pyramid practice. III yr students did excellent March past parade. Overall championship was received by Blue team. Individual Championship was born by two persons - Ms. Chaitra Ashok, II yr student from Red House and Ms.Sadhana.S, I yr student from Green House.



2. 15th Annual Day on 02.08.2024

The 15th Annual Day was celebrated on 2.8.24 at GRT Mahalakshmi Vidyalaya.. The Program started with a Prayer song followed by welcome speech by Mrs. Jayanthi. The college report of the academic year 2022 - 2023 was given by our respected Principal highlighting the year's accomplishments. The presidential address was given by Dr. Radhika Vidhyasagar, Principal COE. The award ceremony recognized the hard work and achievements of our students in academics and extracurricular activities. The chief guest presented the awards to our deserving students. Chief guest Dr. Thilagavathi, Vice Principal, Thiruvallur Medical College shared inspiring words to the students. The cultural segment included a variety of performances. Our students mesmerized the audience with their spectacular performance

செவிலியர் கல்லூரியில் 15-ஆம் ஆண்டு தின விழா



திருவள்ளூர் மாவட்டம் திருத்தணி அருகே உள்ள ஜி.ஆர்.டி. செவிலியர் கல்லூரி அதன் 15-வது ஆண்டு விழாவை கொண்டாடியது. இதில் சிறப்பு அழைப்பாளராக திருவள்ளூர் மருத்துவக் கல்லூரி மற்றும் மருத்துவமனை துணை முதல்வர் மற்றும் தலைவர் உள்ளிசைவதி சிறப்பு அழைப்பாளராக கலந்து கொண்டார். கல்லூரியின் 6 வது செய்தி மடம் சிறப்பு விருந்தினராக வெளியிடப்பட்டது இதனைத் தொடர்ந்து முதல் பரிதியை ஜி.ஆர்.டி.சி. ஓ.இ. முதல்வர் டாக்டர்.சுந்தரா வித்யாசகர் பெற்றுக்கொண்டார். விர்வாசை கல்லூரி ஆர்வலர்கள் கல்லூரி முதல்வர் பதவியை வழங்கினார்.கல்வி சிறப்பு விருதுகள் மற்றும் கௌரவப் பட்டிகளில் வெற்றி பெற்ற மாணவர்களுக்கு விருதுகள் வழங்கப்பட்டன. தலைமை விருந்தினர் தரமான கல்வியை வழங்குவதில் நிர்வாகத்தின் மதிப்புகளை பாராட்டியதுடன், கற்றுக்கொடுப்பது பற்றிய கல்வியின் சிறப்பு மையத்தால் நேர செயல்பட, தொழில்சார் மதிப்புகள் மற்றும் தன்னைமற்ற சேவை ஆடுவதற்கான எடுத்துரைத்து மாணவர்களின் ஊக்கப்படுத்தினார் இதனைத் தொடர்ந்து மாணவர்களின் கலை நிகழ்ச்சிகள் நடைபெற்றன





3. RESEARCH METHODOLOGY WORKSHOP

Research and developmental cell of GRTCON organized research methodology workshop for 3rd year B.Sc Nursing students from 05.08.2024 to 10.08.2024 by the research experts from GRTCON, MMMCON and Omayal Achi CON. Students gained adequate knowledge in developing statement, framing objectives and constructing research design based on their study.

ஜி ஆர் பி செவிவியர் கல்லூரியின் மாணவிகளுக்கான ஆராய்ச்சி பயிற்செய்தல்



திருவள்ளூர், ஆக. 13-
ஜி.ஆர்.பி.செவிவியர் கல்லூரியின் ஆராய்ச்சி மற்றும் மேம்பாட்டுப் பிரிவு ஆக 5 ஆம் தேதி முதல் ஆக 10 ஆம் தேதி வரை ஜி.ஆர்.பி. செவிவியர் கல்லூரி, எம்.எம்.எம். செவிவியர் கல்லூரி மற்றும் உடையாரி ஆர்.சி.செவிவியர் கல்லூரி ஆகியவற்றின் மூத்த பேராசிரியர்களால் 3 ஆம் ஆண்டு பிளாஸ்டிரிசி மாணவிகளுக்கான ஆராய்ச்சி முறைப் பயிற்செய்தலை ஏற்பாடு செய்தது. ஆராய்ச்சிப் பயிற்செய்தல் என்பது ஒரு செயல் கற்றல் சார்பு கல்வி வடிவமாகும். இப்பயிற்செய்தல் பங்கேற்பாளர்கள் ஆராய்ச்சி திறமைகள் மற்றும் அதனை செயல்படுத்துவதற்கான திறன்களைப் பெறுவதே நோக்கமாகும். பயிற்செய்தல் முடிவில் மாணவிகள் புதிய பிரச்சனைகளுக்கான அறிக்கை கண்டறிவதும், அதன் குறிக்கோள்கள் மற்றும் வழிமுறைகளை வடிவமைக்கும் தெரி முறைகள் பற்றியும் நன்கு தெரிந்துகொண்டனர். அவர்வு முழுவதும் மாணவிகள் ஒரு புதிய திறனை பற்றி அறிந்ததில் ஊக்கமும், உற்சாகமும் பெற்றனர்.



4. ANTI-RAGGING AWARENESS MAHAUTSAV UNIT AGAINST RAGGING

Anti-ragging Week was observed from 12.08.2024-18.08.2024 at college premises. The following activities were carried out

1. Orientation lecture on anti ragging by Prof. A. I. Chitra
2. Slogan competition for all batches
3. Poster making competition for all batches
4. Telecasting of documentary film on Anti ragging.

5. FIRST AID TRAINING

S.No.	Date	No. of Candidates Trained
1	08.08.2024	36 Candidates
2	23.08.2024	19 Candidates





STUDENTS DEVELOPMENTAL ACTIVITIES

1. CMC confest 2024

Intercollegiate confest 2024 was organized at CMC college of Nursing, Vellore on 23.08.2024 & 24.08.2024. 16 students participated in various events. The event was inaugurated by State-level SNA Advisor Dr. Sudha and symposium was organized on patient safety. 26 colleges participated in the Competition. Ms.Sadhana BSc (N) I year won 3rd prize in shotput and Ms.Chaitra BSc (N) II year secured 4th place in the 100mts running event.



FACULTY DEVELOPMENTAL ACTIVITIES

PROFESSIONAL DEVELOPMENT CLUB ACTIVITY

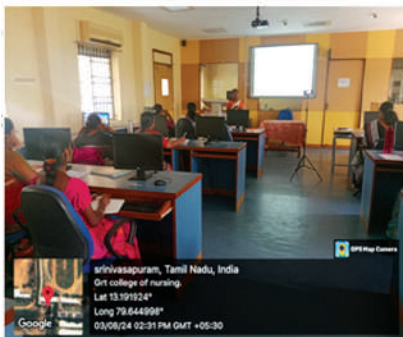
1. Mental Health department

Mrs. Suganthi, Assistant Professor, Mental Health Nursing Dept presented the topic "Postnatal Depression" on 03.08.2024 which is a type of depression that can occur after childbirth. It affects delivered mothers typically within the first year after delivery. She also conducted certain activities such as crossword puzzle related with the topic which made the presentation more interesting.

2. Community Health nursing department

Prof. Umamaheswari, P Community Health Nursing Dept presented a topic "Chandipura" on 24.08.2024. Its an important alarming topic where so many people in the community area got affected with higher Mortality & Morbidity rate.

3. Participation in CNE Programme: Mrs.Sivaranjani and Mrs. Joyce attended state level seminar regarding "Future of Public Health Emerging Trends and Innovation" on 30.08.2024 at Arcot Sri Mahalakshmi Women's College of Nursing.



FACULTY WELFARE PROGRAMME

BIRTHDAY CELEBRATION:

Our staffs Mrs.Vinothini, Mrs.Kamali, Ms.Swetha, Mrs.Sneha and Mrs. Sivaranjani celebrated their birthday this month.

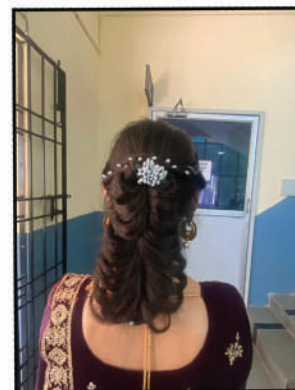
BEYOND CLASSROOM



1. SNA ACTIVITIES

1.1 ANNUAL CULTURAL EVENTS

SNA Annual cultural events for the Academic year 2023-2024 were conducted between 31.07.2024 & 01.08.2024. Various competitions starting from Rangoli, Vegetable carving, Hair do, Mehendi, Face Painting, On the spot painting, Pencil sketching, Glazy pot, Solo dance- folk, classical and western, Group dance –semi classical, western and folk were conducted. Students actively and with full energy participated in all the events.





1.2 World Breast feeding Week Celebration

Obstetrics and Gynaecology Nursing department organized the programme like Role play, Health education, Poster presentation at Government Hospital, Tiruttani from 05.08.2024 to 09.08.2024

Day - 1: Role Play was performed by ANM I year students at Govt Hospital, Tiruttani on 06.08.2024. Antenatal mothers were got benefited.

Day - 2: Health Talk on Brestfeeding Technique were given by GRT CON, IV yr students on 08.08.2024 at Govt Hospital, Tiruttani.

Day - 3: Poster Presentation on Benefit and advantages of Breastfeeding for Antenatal and Postnatal Mother on 09.08.2024 at Govt Hospital, Tiruttani.

Day - 4: Diet plan for increased Bresatmilk production on 10.08.2024 at Government Hospital, Tiruttani.



1.3 World Hepatitis Day

Department of Medical surgical nursing in coordination with Student Nurses Association observed the World Hepatitis Day on 16.08.2024 at PHC Hospital Chennai with the theme of "It's Time for Action". The aim of this program is to raise awareness about viral hepatitis, a serious inflammation of the liver which can lead to severe disease and cancer. B.Sc nursing II year student were actively involved in educating the IP patients by displaying posters on various aspects of hepatitis and group health education. Totally 30 patients got benefitted.

2. YRC ACTIVITIES

2.1 WORLD MISSING PERSON'S DAY 2024 :

World Missing Person's Day 2024 was remembered on 30.08.2024 with the theme of "Honoring on Invisible Struggle". Mrs.Switha, Clinical Instructor delivered the speech and addressed several core aspects of Invisible Struggles, Importance of Awareness, Support Systems, Advocacy and Action. It was highly appreciated and totally 60 students actively participated.



3. NSS ACTIVITIES

3.1 INTERNATIONAL LITERACY WEEK CELEBRATION 08.08.2024 TO 14.08.2024

As a part of NSS activity International Literacy Week celebration was conducted from 08.08.2024 to 14.08.2024 with the theme "Promoting Multilingual Education: Literacy for Mutual Understanding and Peace" by organizing various activities like

- 1 Pass the English Novel Book: To inculcate the study habits novel book was passed after reading by each student.
- 2 Write a Letter Regarding Difficulties Faced in Studies
- 3 Initiation of Multiple Language Learning: Students were divided into groups and they learnt 10 words in each language of Tamil, Malayalam, English, Telugu and Apathani

4. Trends in Three Language – National Education Policy: a guest lecture was given by Mrs. Suganthi.
- 5 Visit A Library: Students visited GRTCOE library and learnt the organization.
- 6 Talk To Published Author: BSc(N) III Year Students of GRT CON discussed and spoke to Dr.P.Pachaiyappan, Professor, GRT COE who is a published author regarding publication of new books, downloading the books in online etc.





3.2 78th Independence Day

78th Independence Day was observed with the theme “Viksit Bharat” (Developed India) on 15.08.2024 at GRT College Campus. The Occasion started with the Tamil Thai Vazthu, followed by a prayer song, welcome address, and Koti Pattu. The highlight of the event was the flag hoisting ceremony, accompanied by an inspiring speech on Independence Day by our respected Dean Incharge Dr.S.Arumugam. A speech regarding Independence Day was given by student Ms. Yalini B.Sc (Nursing) III year on “Empowering Youth for a Better Tomorrow” which resonated with the audience. B.Sc Nursing I and III Year and ANM students participated in this programme and it came to an end with the distribution of sweets.



3.3 Sadbavana day

National service scheme organized Sadbavana day with Theme of “Unity In Diversity: Embracing Our Differences” on 20.08.2024 at B.Sc(N) III Year class room. A pledge was pronounced by Mrs. Gowri, clinical instructor and the B. Sc Nursing III students took the oath which Reinforced the commitment and dedication required for all the individuals.

4. RED RIBBON CLUB ACTIVITIES

4.1 INTERNATIONAL YOUTH DAY

12.08.2024

Internal quality assurance cell in-coordination with Red Ribbon Club Celebrated International youth day on 10.08.2024 in public health center auditorium West Mambalam Chennai. Mrs. Beulah Ponsundari, Nursing Matron, PHC, west mambalam, Chennai was invited as chief guest and she gave wonderful motivational speech to the students regarding the future goals and behavioral modification for succeeding life, then taken an oath of National youth day by the students. Followed by poster painting competition based on theme “DIGITAL PATHWAYS FOR SUSTAINABLE DEVELOPMENT” was organized and it was evaluated by our chief guest. The students enthusiastically participated and the winner place was won by Ms. Jismariya Sebastian and the runner place by Ms. Priyanka Kumari. K II Year BSc(N).



5. LITERARY CLUB ACTIVITY

5.1 SHIPWRECK COMPETITION

On 29.8.2024 the Shipwreck Preliminary round Competition was conducted for the BSc (N) I and III year students at GRTCON. Nearly 5 teams actively took part and they worked together, shared ideas, communicated clearly to reach a consensus, mirroring the dynamics of healthcare teams. From each batch one best team was selected for the final round. The teams selected for the next round are

1. III Year BSc N - Ms. Durga, Ms. Tackemunya, Ms. Keerthiga & Ms. Iswarya - Basic Life Support
2. I Year BSc N - Ms. Thenmozhi, Ms. Selvi, Ms. Gomathi, Ms. Geetha & Ms. yuvashri.



6. NDLI CLUB ACTIVITIES

NDLI club organized Awareness Program regarding Online Courses on 30.08.2024. Ms. Suvedha, MA, B.Ed., Ph.D., Assistant Professor at GRTIET was the chief guest and provided a detailed introduction to NDLI Online Learning Platforms like Swayam and its additional features and benefits in Swayam Plus, usage of NPTEL, advanced aspects and applications of NPTEL Plus, access and benefits for research and learning of E-Shodhsindhu, utilization for resource sharing and networking of DELNET and also about k-hub which provides e-journal, e-books, e-articles for students project. Ms.Suvedha, also highlighted the e-learning courses for clinical nurses, midwives and students provided by Indian Nursing Council/International Council of Nurses and TNAI's E –learning platform and online courses with credit hours, digital certificate. It was an interactive Session where Students actively engaged. A Q&A session was held where students asked questions and clarified their doubts. Ms. Suvedha conducted a demo class using a smart board to illustrate the features of the online platforms discussed. The session was well-received, with students showing high levels of enthusiasm and engagement. The practical demonstration and interactive elements contributed to a better understanding of the online resources and their applications.



OUT REACH ACTIVITIES



1.78TH INDEPENDENCE DAY

Final year students celebrated Independence Day on 15.08.2024 at TGH along with the doctors, nurses, and other health team members and gave tribute to our nation.

OUT REACH ACTIVITIES

2. "ZERO ACCIDENT DAY"

The Greater Chennai Traffic Police organized awareness campaign called "Zero Accident day" in coordination with KKCTH by forming a human chain in Nageswara road. B.Sc (N) II Year students actively participated in the event by holding placard with creative awareness slogans and raised awareness to public to prevent accidents.



3. WORLD BREAST FEEDING WEEK

World Breastfeeding week was celebrated on 08.08.2024 along with Kaveri hospital. B.Sc.(N) II year students created awareness by doing role play and health talk among public at Saida pet slum area. The people in that area were benefited.

Pediatric department, Public health center, Chennai organized awareness program regarding Breast Feeding through Mime show, classical concept dance and role play on 08.08.2024 by B.Sc. (N) Iiyear students.

5. International day against Drug abuse

International day against Drug abuse and illicit trafficking was observed on 12.08.2024 at Tiruttani Government Boys Hr. Sec. School to create awareness among the school children. Final year B.Sc Nursing Students enthusiastically involved in creating awareness for the school students and pronounced the pledge for the same against Drug abuse. It was highly appreciated by the Head master and teachers. Dr.Radhika Devi, MO, Govt Hospital, Tiruttani also appreciated the students for timely enactment based on the theme.





Pursue your passion of becoming a nurse.



**GRT COLLEGE OF
NURSING
TIRUTTANI**

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Recognised by Indian Nursing Council &
The Tamil Nadu Nurses and Midwives Council
Affiliated to The Tamil Nadu Dr. M.G.R. Medical University,
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