



GRT COLLEGE & SCHOOL OF NURSING

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

NEWS LETTER UPACHARIKA SUCHANA



Issue-8, Monthly, September 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 8th 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. We are an institution with a difference! We value individualism, creativity and innovation and strive to nurture them in our students. We aim to not just impart knowledge to the students, but also to inculcate in them – wisdom, compassion and a humanitarian spirit. We have a multi-cultural student population; hence we teach children the importance of tolerance and respecting each other's culture. Discipline, values and integrity are the very foundation of this institution. "Educating the mind without educating the heart is no education at all". Even as we impart education to match the advancement in technology and globalization, we march our children ahead with moral values and principles. Onam, the vibrant and joyous harvest festival of Kerala, holds a special place in the hearts of people in the southern Indian state. It is a time when the entire community comes together to celebrate the bountiful harvest season and pay homage to the legendary King Mahabali. Beyond homes and neighborhoods, Onam festivities extend to colleges, where students and teachers enthusiastically participate in various activities, creating a sense of unity, cultural pride, and the joy of togetherness. In this blog, we delve into the captivating world of Onam celebrations at our college, highlighting the traditions, events, and significance behind this grand affair.



SPOTLIGHTS

• MESSAGE FROM PRINCIPAL'S DESK

• NEWS AND EVENTS

• DEVELOPMENTAL ACTIVITIES

• STUDENTS

• FACULTY MEMBERS

• BEYOND CLASSROOM

UPCOMING EVENTS

- ◆ Gandhi Jayanthi ◆ Interactive session with Transgender
- ◆ Breast cancer awareness ◆ Pooja Celebration
- ◆ World mental health day ◆ World osteoporosis day
- ◆ National Blood donor's day ◆ Blood donation camp
- ◆ National day for disaster reduction ◆ World Food day
- ◆ World standard day ◆ Diwali Celebration

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“BE A VOICE NOT AN ECHO”





NEWS AND EVENTS

1. Professionalism Seminar on Professionalism, Professional Values and Ethics

Internal quality assurance cell of GRT College of Nursing conducted a three-day seminar on Professionalism, Professional Values, and Ethics, including Bioethics, for second-year BSc (Nursing) students from 3.09.2024 to 05.09.2024. Led by expert faculty members, the seminar aimed to enhance students' understanding of professionalism and encourage the demonstration of professional behavior in their workplaces, grounded in ethics and professional values. Throughout the sessions, students gained a comprehensive understanding of ethical issues in nursing practice and learned how to engage effectively in ethical decision-making alongside healthcare team members.

GRT COLLEGE OF NURSING
GRT MAHALAKSHMI NAGAR, CHENNAI - TIRUPATHI HIGHWAY, TIRUTTANI -631 209

INTERNAL QUALITY ASSURANCE CELL
ORGANIZES

SEMINAR ON
PROFESSIONALISM, PROFESSIONAL VALUES, AND ETHICS INCLUDING BIOETHICS
"Human life must be respected and protected absolutely from the moment of conception"

RESOURCE SPEAKERS

 Professionalism Dr. Padmavathi R.	 Professional Values Dr. Radhika Vidyasagar Principal, GRTCOE	 Regulatory bodies Prof. A.L. Chitra	 Professional Conduct Prof. Sivagami P.	 Ethical issues and ethical dilemmas Dr. Angel Shalini
 Ethics and Bio ethics Mrs. Jayanthi L.	 Patients Bill of Right Mrs. Thilagavathy	 Code of Ethics Mrs. Amala	 Issues of ethical decision making Mrs. Joyce	

Date: 03.09.2024 to 05.09.2024
Venue: B.Sc. Nursing 11 yr Classroom

Organizing Secretary
Mrs. Jayanthi. L.
Co-ordinator

Organizing Chairperson
Dr. PADMAVATHI.R.
Principal



**ஜி.ஆர்.டி செவிலியர் கல்லூரியில்
மாணவிகளுக்கான தொழில்முறை கருத்தரங்கம்**

திருவள்ளூர், செப்.08-
திருவள்ளூர் மாவட்டம் திருத்தணி
அருகேயுள்ள ஜி.ஆர்.டி செவிலியர்
கல்லூரி, இரண்டாம் ஆண்டு பி.எஸ்.சி
(நர்சிங்) மாணவிகளுக்கு நிபுணத்
துவம், தொழில்முறை மதிப்புகள் மற்றும்
உயிரியல் நெறிமுறைகள் பற்றிய மூன்று
நாள் கருத்தரங்கம் நடைபெற்றது.
நிபுணத்துவ ஆசிரிய உறுப்பினர்களால்
வழிநடத்தப்பட்ட இந்த கருத்தரங்கு,
மாணவர்களின் தொழில்முறை பற்றிய
புரிதலை மேம்படுத்துவதையும்,
அவர்களின் பணியிடங்களில்
நெறிமுறைகள் மற்றும் தொழில்முறை
மதிப்புகளை அடிப்படையாகக்
கொண்ட தொழில்முறை நடத்தைகளை
வெளிப்படுத்துவதையும் நோக்கமாகக்
கொண்டது.
அமர்வுகள் முழுவதும், நர்சிங்
நடைமுறையில் உள்ள நெறிமுறை
சிக்கல்கள் பற்றிய விரிவான புரிதலை
மாணவர்கள் பெற்றனர் மற்றும் சுகாதார
குழு உறுப்பினர்களுடன் இணைந்து
நெறிமுறை முடிவெடுப்பதில் எவ்வாறு
திறம்பட ஈடுபடுவது என்பதைக்
கற்றுக்கொண்டனர்.

2. NUTRIFEST 2024

Students of 1st year 2nd semester showcased NUTRIFEST where easy-to-make, nutritious recipes were made that could be integrated into daily meal plans on 03.09.2024. They emphasized the use of locally available ingredients and demonstrated how to prepare meals that are both healthy and tasty. Students gained valuable experience in organizing health promotion activities and enhanced their understanding of nutrition, which is crucial for their future roles as healthcare providers



3. Manak Manthan programme on Solid waste management workshop

Mrs. Jayanthi, Associate professor attended the Manak Manthan meeting organized by the Bureau of Indian Standards at the Accord Metropolitan Hotel in T. Nagar on 25.09.2024. The event commenced at approximately 10:30 AM, with Mr. Sakthi Manikandan and Mr. Vijayakumar, the Superintendent Engineer from the Greater Chennai Corporation, serving as the chief guests. The focus of the meeting was on solid waste management, specifically the segregation and management of waste. Mr. Arun Kumar, the Member Secretary, provided a brief overview of the waste management guidelines. Following this, an open session was held to discuss ways to enhance the standards, during which experts, stakeholders, and NGO representatives offered valuable suggestions. We were able to gain significant insights into the important topic of waste management, BLS app care, mandatory certification for basic products, Foreign manufacturers certification scheme particularly the concept of transforming waste rather than merely transferring it.



4. FIRST AID TRAINING

S.No.	Date	No. of Candidates Trained
1	02.09.2024	27 Candidates
2	18.09.2024	33 Candidates



STUDENTS DEVELOPMENTAL ACTIVITIES

1. Visit to Eye Bank at Sankara Nethralaya Eye Hospital, Nungambakkam on 06.09.2024

As part of Medical surgical Nursing-II curriculum (06.09.2024), our III year B.Sc Nursing 87 students, had the opportunity to visit the Eye Bank at Sankara Nethralaya Eye Hospital-Nungambakkam. The visit was a highly informative experience, allowing the students to observe the first hand vital work conducted in the eye bank. They learned about the entire process of eye donation, from donor registration to the retrieval and preservation of corneal tissues, as well as their transplantation. Mr. Vishak, eye bank staff, explained the critical role that eye banks play in restoring vision for individuals suffering from corneal blindness. Additionally, the students gained insights into the essential role of nurses in promoting eye donation and supporting patients during the transplantation process. This educational visit enhanced the students' practical understanding and underscored the importance of eye donation in the healthcare. The experience was both enlightening and inspiring for the students and faculty Members





FACULTY DEVELOPMENTAL ACTIVITIES

Professional Development club activity Obstetrics and Gynecology department

Mrs. Nirmala, Associate Professor, OBG Dept did a vibrant Presentation on the topic Obstetrical Maneuvers which focused on different types of Maneuvers used in Obstetrical emergency condition ON 25.09.2024. The presentation aimed to enhance the faculty members understanding of essential obstetrical maneuvers used during labor and delivery, especially in cases of dystocia or difficult birth. The presentation was well-researched, informative, and clinically relevant. The faculty members exhibited a strong grasp of obstetrical maneuvers and their importance in labor and delivery setting. Nearly 29 Faculty Members through offline and online mode attended the Presentation.



2.Mental health department

Professional Development Club organized a session regarding stress management on 27.09.2024. Dr. Angel Shalini, Professor, MHN Department did a vibrant presentation which focused on different types of Stress, causes of stress and management of stress, relaxation techniques for managing stress. A mini survey on level of stress among faculty members was assessed and a brainstorming session regarding the assessment of stressors in the working environment and the strategies to overcome the same was also discussed. It was very useful for our faculty members. Nearly 27 Faculty Members through offline and online mode attended the Presentation.



STAFF WELFARE PROGRAMME BIRTHDAY CELEBRATION:

1. Our staffs Ms.Priya.R, Mrs.Sivagami, Mrs.Jayanthi celebrated their Birthday.
2. Our staff Mrs.Asha's son A.E.Vedhasai celebrated his 1st birthday on 8/9/2024.



WEDDING CEREMONY :

1. Our staff Ms.Yuvarani got married on 05.09.24.

BEYOND CLASSROOM

1 SNA ACTIVITIES

1.1 TEACHERS DAY CELEBRATION

GRT College of Nursing Student Nurses Association celebrated teacher's day on 05.09.2024 in GRT CON auditorium at 1.30 pm to 2.30 pm. Students performed welcome dance, song and special speech highlighting teacher's significance.



1.2 ONAM CELEBRATION 10.09.24

GRT College of nursing Student Nurses Association celebrated Onam festival on 10.09.2024 in GRT CON auditorium at 9.00 am to 11.30 am. The day was honoured by the Chief guest Dr.Lakshmi Narasimhan. Vice President Industrial Institute Partnership of GRT group of institution. A gracious classical welcome dance, Thiruvathara, group dance and Onam song was performed by B. Sc Nursing first year and second year students. Our chief guest blessed and wished our students on this celebration. Followed by Onam speech was given by our respected Principal Madam. Additionally, Onam banner was released and students enjoyed with uriyadi game. The celebration ended with vote of thanks given by Ms.Divya.V. final year student.



1.3 World Alzheimer's day

World Alzheimer's day was observed in Public Health Centre Chennai with Theme of "Time to Act on Dementia and Time to Act on Alzheimer's" on 21.09.2024. Third year BSc Nursing students did Stage show regarding Alzheimer's signs and symptoms and its management for Alzheimer's patients. Nearly 50 patients and their attenders benefitted.



2 YRC ACTIVITIES

2.1. Teachers day celebration

Youth Red Cross celebrated teacher's day on 05.09.2024 in GRT CON auditorium at 1.30 pm to 2.30 pm. Students presented a heart touching video as a tribute to the teachers. The celebration concluded with a joyful cake-cutting ceremony led by the Principal, alongside the faculty members.

2.2. World Literacy Day

Youth Red Cross unit observed World Literacy Day- 2024 at CSI Central Higher secondary school, Arakkonam on 18.09.24. Mrs.V. AnnalPrasilla Clinical Instructor of GRT CON delivered speech with the theme of "Promoting Multilingual Education, Literacy for Mutual Understanding and peace". The Program aimed to raise awareness to School Student regarding Multilingual Education which is an important means of learning different languages. It doesn't just teach us Language, Besides, it enhances our culture, Traditions and Mutual understanding. We received an overwhelming response from the students. Totally 55 students actively participated and enjoyed the program.





2.3.GENEVA CONVENTIONS DAY

Youth Red Cross unit organized Geneva Convention Day on 18.09.24 at CSI Central secondary school, Arakkonam. The program was started at 10.30 a.m. Mrs. P.Thilagavathi Clinical Instructor of GRT CON delivered speech focusing on Geneva Conventions establishment to protect individuals during times of armed conflict, to emphasize the importance of humanitarian treatment in warfare and the principles of the Geneva Conventions and their relevance in today's world. She highlighted key articles and discussed real-life implications of these laws in contemporary conflicts. They received an overwhelming response from the students. Totally 55 students were actively participated.



2.4.WORLD HEART DAY

On September 26, 2024, the YRC unit of GRT College of Nursing successfully observed World Heart Day with a dynamic program focused on the importance of heart health and self-care. The event commenced with a Welcome Address, which effectively set a positive tone for the day. Following this, a thought-provoking talk on "Self-Care is Heart Care" was presented by Ms. Gracy J, Assistant Professor. Participants gained valuable insights into practical strategies for maintaining heart health in their daily lives. A CPR demonstration was conducted by Mrs. Thilagavathy, Clinical Instructor, who taught essential life-saving techniques. The hands-on approach enabled participants to practice these skills, enhancing their understanding of emergency preparedness. The atmosphere became lively as III-year B.Sc. Nursing students led an engaging Zumba session. This interactive segment encouraged all attendees to participate, emphasizing the significant role of physical activity in promoting heart health. The program continued with a creative Hand Palm Painting Activity, led by the students of Thalpathy K Vinayagam Women's College. This enjoyable and artistic activity fostered a sense of community and creativity among participants.





3 NSS ACTIVITIES

3.1 International Literacy Day

An account of international literacy day NSS Volunteers collected books from the various sources. The collected books were donated to the college library on 13.09.2024 for the utilization of the students. The total cost of books are Rs. 14,000/-.



3.2 World Peace Day

World Peace day was observed with the Theme of “Cultivating A Culture of Peace” in Public Health Centre Chennai on 21.09.2024. In this event III BSc Nursing students did Poster presentations and maintained 5 minutes silent for spread of Peace to Public. Nearly 50 patients and their attenders benefitted out of this program.

3.3 NSS Day

On account of NSS day observation on 24.09.24 NSS orientation was given to the new volunteers by NSS programme officer Dr. Angel Shalini and also distributed the NSS diary. New NSS Volunteers gained adequate knowledge regarding the various aspects of NSS like NSS scheme, Motto, benefits of being NSS volunteers, major activities, awards etc.





4. LITERARY CLUB ACTIVITY

4.1. ESSAY WRITING COMPETITION ON

As a part of Literary Club activity on 21.9.2024 an Essay Writing Competition was conducted for the B.Sc N I Year, II Year & IV Year students in the GRTCON Auditorium. Nearly 18 students took part actively where the essay mainly focused on need for technical Proficiency and technological skills in the field of Nursing, As the healthcare environment continues to evolve, Telehealth remains a pivotal element that nursing education must address to equip students with the necessary skills and knowledge. The essays serve as a valuable contribution to ongoing discussions about the future of nursing practices in the digital age.



5. NDLI CLUB ACTIVITIES: 5.1 WORLD ALZHEIMER'S DAY

As a part of NDLI activity World Alzheimer's day was celebrated on 21.09.24 at PHC Mambalam Hospital. Third year B.Sc nursing students performed live act that portrayed the realities of living with Alzheimer's disease. The performance effectively conveyed the meaning of Alzheimer's, its causes, signs and symptoms, complications, and management strategies, emphasizing the importance of family support. The students engaged the audience deeply, helping them understand the challenges faced by the elderly and the necessary cooperation needed from family members. The program successfully fulfilled its theme, and the audiences were actively engaged throughout the session. Many participants asked questions, and their doubts were clarified, enhancing their understanding of the issues surrounding Alzheimer's disease and potential solutions.





Pursue your passion of becoming a nurse.



**GRT COLLEGE OF
NURSING
TIRUTTANI**

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