



# GRT COLLEGE & SCHOOL OF NURSING

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

## NEWS LETTER UPACHARIKA SUCHANA



Issue-9, Monthly, October 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 9th issue of GRT CON News letter Upacharika Suchana which is released on 01.11.2024. 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. As we continue to foster a culture of innovation within our institution, the role of the Institutions Innovation Council is paramount. Our council serves as a platform to drive creative thinking and entrepreneurial spirit among students and faculty alike. These initiatives not only empower our community to think outside the box but also provide practical solutions to real-world challenges. I encourage all members of our institution to actively participate in upcoming workshops and brainstorming sessions. Your ideas and contributions are vital in shaping a vibrant innovation ecosystem.

“Together, let's continue to push boundaries and redefine excellence in education”



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- ◆ National Cancer Awareness day
- ◆ National Filaria Day
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- ◆ National Integration day
- ◆ National Diabetes day
- ◆ Children's Day Field visit
- ◆ Orientation Training to RRC Volunteers
- ◆ National Epilepsy Day

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“BE A VOICE NOT AN ECHO”

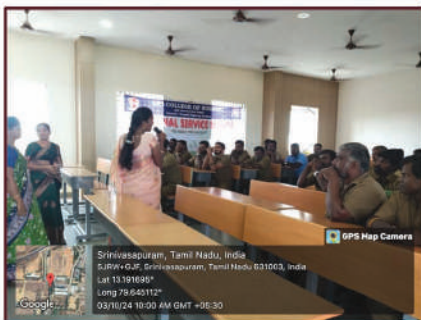




## NEWS AND EVENTS

### 1. MOU Signing with SCARF

On October 3, 2024, GRT College of Nursing signed a Memorandum of Understanding (MOU) with the Schizophrenia Research Foundation (SCARF), an authority in mental health and a WHO-collaborated institution. The partnership aims to enhance collaboration in community mental health initiatives. During the signing, both parties engaged in fruitful discussions regarding upcoming workshops and research projects, focusing on mental health awareness and intervention strategies. This collaboration is expected to strengthen the college's commitment to mental health education and research, benefiting both students and the broader community.



### 2. Blood Donation Awareness Program for Drivers

On October 3, 2024, in observance of World Blood Donation Day, an awareness session was held for the drivers and cleaners of the GRT Group of Educational Institutions at GRT College of Nursing. NSS Program Officer Dr. Angel Shalini delivered an orientation on the significance of blood donation and its health benefits. Following her presentation, Mrs. Kamali, the RRC coordinator, discussed eligibility criteria and additional health advantages of donating blood. The session concluded with a Q&A segment, allowing participants to engage and clarify their doubts about blood donation.





### 3. INDUCTION PROGRAMME FOR 1<sup>ST</sup> YEAR B.SC (N) STUDENTS AND 1<sup>ST</sup> YEAR ANM STUDENTS

The GRT College of Nursing hosted the induction program for the 16<sup>th</sup> Batch of BSc Nursing and 7<sup>th</sup> Batch of ANM on October 7, 2024. The event began with an invocation by third-year BSc Nursing students, followed by a lamp-lighting ceremony involving dignitaries and parents. Vice Principal Prof. A.I. Chitra and Mrs. Thilagavathi welcomed everyone, and Dr. S. Arumugam, Dean of GRT Group of Educational Institutions, delivered the presidential address, praising the dedication of nurses. Mrs. Jayanthi provided a virtual campus tour, showcasing facilities like lecture halls, laboratories, and simulation labs. Principal Dr. Padmavathi R outlined rules for new students, while Prof. Sivagami introduced the faculty and their subjects. Dr. N. Lakshmi Narasimhan, Vice President, Industry Institute Partnership emphasized nursing as a calling requiring compassion and resilience. Chief Guest Shri. Deepan S from Deepan Sports Academy delivered an inspiring speech, highlighting the importance of mindset and empathy in nursing. An interactive session followed, with senior students sharing experiences and coping strategies for academic challenges. The event concluded with a vote of thanks from Mrs. Joyce, expressing gratitude to all participants, and ended with the national anthem, marking a successful start for the new students.





#### 4. Blood donation Camp 08.10.2024

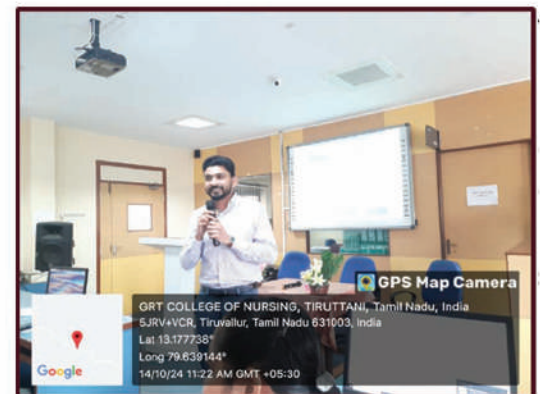
On October 8, 2024, the College of Nursing's campus hosted a successful Blood Donation Camp, organized by the NSS, RRC, and YRC Units in collaboration with Tamil Nadu Dr. MGR Medical University, Chennai. The program was inaugurated at 10:30 AM by a dedicated medical team, including Mr. Selvakumar, Social Welfare Officer, Dr. Padmavathi R, NSS President, Dr. Angel Shalini W, NSS Program Officer, Mrs. Vinodhini, YRC Program Officer, and Mrs. Kamali, RRC Coordinator. On the day of the camp, thorough screening tests were conducted to ensure donor eligibility, emphasizing the importance of safe donation practices. The camp saw enthusiastic participation from students and staff, concluding at 2:30 PM. With a total of 106 registrations, the event resulted in the successful collection of 69 units of blood from both the GRT Group of Educational Institutions and external volunteers. This collaborative effort not only highlighted the community's commitment to blood donation but also significantly contributed to addressing local blood supply needs, demonstrating the vital role of organized blood donation initiatives.





## 5. Institution Innovation Council (IIC) Orientation Session 14.10.2024

On October 14, 2024, an orientation session on the Institution Innovation Council (IIC) was held at 11:00 AM in the computer lab, featuring Dr. Hikku, Vice President and Assistant Professor of Nano technology, as the speaker. The session began with a welcome address from Dr. Angel Shalini W, a Professor in the Department of Mental Health Nursing, who introduced Dr. Hikku. Dr. Hikku outlined the objectives of the IIC and educated attendees about the Innovation Council of India, emphasizing the role of innovation ambassadors and the innovation process. He discussed how to foster an inventive ecosystem and provided demonstrations of the IIC 6.0 portal, illustrating its features and practical applications. The speaker also shared examples of design thinking, ideation, and prototype development, encouraging students to voice their ideas and engage actively with the IIC. The session concluded with a productive discussion led by Dr. Lakshmi Narashimman, Vice President of Industry Institute Partnership, and Dr. Padmavathi, Principal. Prof. Chitra A I, Vice Principal, then delivered the vote of thanks. A total of 25 students and 15 faculty members attended, making the session insightful and impactful.





## DIWALI CELEBRATION

The Diwali celebration was organized by student nurses' association of GRT college of Nursing on 30.10.2024 between 10.00am to 1.00pm. The event commenced with an enchanting Krishna Bhajan Mashup, setting a divine atmosphere and uplifting the spirits of all attendees. Following the bhajans, the highlight of the day was the captivating Bhakta Prahalad drama. The performance beautifully portrayed the unwavering devotion of Prahalad to Lord Vishnu, showcasing the triumph of good over evil. As the day progressed, attendees were treated to a soulful Kirtan led by Vidya Rasika Satsang, Chennai. This session encouraged active participation, with many joining in the singing and chanting. The heartfelt devotion expressed through the kirtans filled the hall with an atmosphere of reverence and unity, celebrating the spirit of Diwali in its truest form. At the end of the programme, a ceremonial offering of diyas to Lord Damodhara was held, symbolizing the dispelling of darkness and the welcoming of light into our lives. Overall, the Diwali celebration was a memorable event that fostered community spirit and devotion, bringing everyone closer in the celebration of light, love, and faith.





## FIRST AID TRAINING

### 1. First Aid Training for School Students

On October 1, 2024, a Basic First Aid Training session was conducted at the GRT College of Nursing for 25 students from GRT Mahalakshmi Higher Secondary School, Chennai as part of their National Service Scheme (NSS) activity. The aim of the training was to equip students with essential first aid skills and knowledge, fostering a sense of responsibility towards community health. The session was led by experienced instructors, Mrs. P. Thilagavathi and Mrs. Kamali, who provided comprehensive insights into basic first aid measures. The training covered several key areas like Introduction to First Aid, Basic First Aid Measures are identification of common injuries and illnesses, Steps to assess the situation and prioritize care and



how to properly clean and dress wounds, manage bleeding, and treat burns. And also, they demonstrated techniques to safely move injured individuals, Emphasis on ensuring the safety of both the rescuer and the casualty during transfer, detailed explanation of CPR techniques and Hands-on demonstration of chest compressions and rescue breaths. The students actively participated in a practical session where they practiced the techniques demonstrated. They worked in pairs to apply first aid measures and performed CPR on mannequins. This hands-on experience enhanced their confidence and understanding of how to react in real-life emergencies.

### 2. TAMILNADU APEX SKILL DEVELOPMENT CENTRE FOR HEALTH CARE

As a district training centre of FRT for TNASDCH GRTCON is organizing FRT training monthly twice.

S.NO	DATE	NO OF CANDIDATES TRAINED
1	09.10.2024	31 Candidates





## STUDENTS DEVELOPMENTAL ACTIVITIES

### 1. SCARF – Workshop on Therapeutic Nurse Patient Relationship

GRTCON in Co ordination with SCARF INDIA organized one day workshop regarding Therapeutic Nurse patient Relationship for the BSc Nursing III year students on 22.10.2024. Fifty percentage of the batch (44 members) attended the program at SCARF INDIA campus. The program highlighted about how to communicate with psychiatric patient ,then how to ask open type questions, avoid closed ended type questions with both theory and practical sessions. The workshop successfully met its objectives, providing students with valuable skills to enhance their practice in psychiatric nursing. By focusing on communication techniques, particularly the use of open-ended questions, students gained insights that will benefit their interactions with psychiatric patients.



### 2. WORD SCRAMBLE COMPETITION

On October 24, 2024, a Word Scramble Competition was held for B.Sc Nursing first-year students in the GRT College of Nursing III Floor Classroom. This engaging game is designed to enhance students' learning and quick thinking by challenging them to rearrange jumbled letters into meaningful words. With a focus on health-related vocabulary, each of the nearly 43 participating students received printed sheets containing scrambled words. The competition lasted for 30 minutes, during which students were given general instructions and encouraged to complete the tasks within the stipulated time. The activity not only measured the effectiveness of the vocabulary test provided by the teachers but also aided students in constructing coherent phrases and sentences from mixed-up words. Overall, the event fostered a fun and competitive atmosphere, helping students to improve their English language skills while promoting teamwork and critical thinking. The Papers Were corrected based on the timing of Completion and the students with short time duration Completion with Highest Scorers were-

I	Place- Ms.S. Sona Fathima	20/20
II	Place- Ms. Fidha.S	18/20
	Ms. Sherin Binu	18/20
III	Place- Ms. Amritha	17/20
	Ms. Anne Mary Biju	17/20



### 3. SPEAK UP – A SERIES OF CLASSES ON COMMUNICATION AND CRITICAL THINKING FOR NURSING STUDENTS

Our B.Sc (N) final year students are attending a series of classes on communication and critical thinking every Thursday (10th, 17th and 24th of October) organized by Rela Multi speciality hospital

S.No.	DATE	TOPIC COVERED	NO.OF STUDENTS ATTENDED
1	10.10.2024	Communication and critical thinking	73
2	17.10.2024	Case scenario discussion and pronunciation and sentence framing in medical terms	78
3	24.10.2024	Importance of communication and pronunciation and sentence framing in medical terms	86



### 4. In house skit competition in Rela Hospital

On October 24th Final year Internship Students at Rela Hospital participated in in - house skit Competition and got the first Place. The team was appreciated by the Rela Hospital Management for their talent.

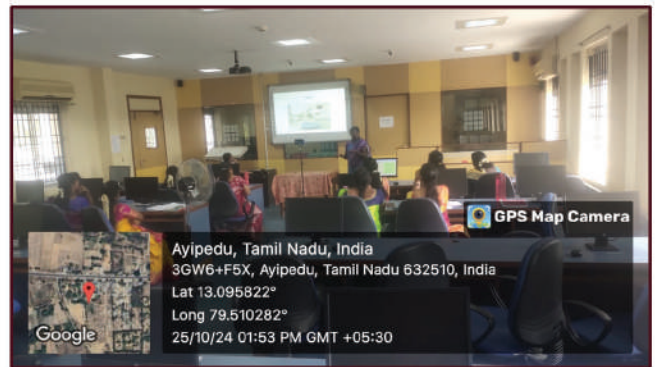




## FACULTY DEVELOPMENTAL ACTIVITIES

### 1. PROFESSIONAL DEVELOPMENT CLUB ACTIVITY

On October 25, 2024, the Professional Developmental Club organized an insightful session focusing on two important topics: "Robotics in Nursing," presented by Mrs. Shakila, Clinical Instructor in Medical and Surgical Nursing, and "Sideroblastic Anemia," presented by Mrs. Priyanka, Nursing Tutor in Child Health Nursing. Mrs. Shakila emphasized the growing importance of robotics in the medical field, particularly in enhancing patient care and supporting nursing staff. She provided a detailed overview of various types of robotics and their specific applications in healthcare settings. Mrs. Priyanka offered a thorough exploration of Sideroblastic Anemia, explaining the abnormal granules associated with increased iron in the blood. She discussed its causes, types, clinical features, diagnosis, treatment options, and potential complications. The session was highly beneficial for faculty members, fostering valuable discussions and insights. A total of 25 participants attended, both online and offline, highlighting the strong interest in these critical topics.



### 2. ATTENDANCE AT CONFERENCE

Ms. Gracy Assistant Professor GRTCON participated in the National Patient Safety Conference (NPSC-2024) organized by KKCTH Chennai On October 10, 2024.

### FACULTY WELFARE PROGRAMME

Our staffs Ms. Gracy and Mrs. Gowri celebrated their birthday this month.



## BEYOND CLASSROOM

### SNA ACTIVITIES 1. AYUDHA POOJA

On October 10, 2024, the Student Nurses Association at GRT College of Nursing celebrated Ayudha Pooja from 11:30 AM to 1:30 PM in the GRT CON auditorium. The event commenced with devotional songs, followed by special performances by faculty members, Mr. Pannerselvam, a music teacher, and B.Sc Nursing first and second-year students. Dr. Padmavathi R, Principal of GRT College of Nursing, led the reading of a slogan that captured the spirit of the occasion. The auditorium was beautifully decorated, enhancing the festive atmosphere. Various traditional rituals were performed, symbolizing gratitude and respect for the tools of learning and healing that nursing students rely on in their education and future careers. A highlight of the celebration was the display of nursing instruments, which were honored and adorned according to Ayudha Pooja customs, making the event a meaningful tribute to the profession and its essential tools.



### 2. Breast cancer awareness programme

The SNA effectively coordinated the Breast Cancer Awareness Program on October 10, 2024, with the theme "No one should face breast cancer alone." The program started with a theme introduction, a presentation, and a demonstration of the value of breast self-examination by Ms. Premila. P. Furthermore, our IV year BSc (N) students entertained the professors with a Nattupura pattu performance. Teachers were able to ask questions and take part in an educational session at Govt Girls Higher Secondary School in Tiruttani, thanks to the program's encouragement of engagement. The initiative helped close to thirty instructors. I appreciate our principle, ma'am, for her unwavering encouragement and support.





### 3. WORLD OSTEOPOROSIS DAY

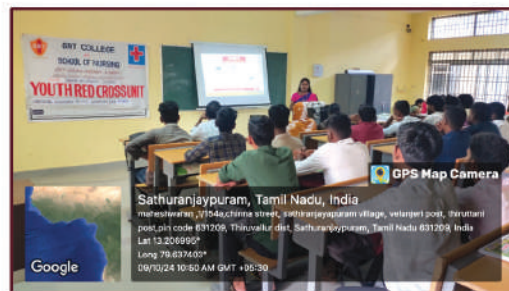
On October 21, 2024, the Student Nurses Association (SNA) organized World Osteoporosis Day 2024, with the theme of “SAY NO TO FRAGILE BONES,” at Tiruttani Government Hospital. Fourth-year BSc Nursing students conducted health education sessions aimed at raising awareness about osteoporosis and its dietary management, benefiting a total of 40 patients and members of the public. The patients actively engaged in the discussions, demonstrating a keen interest in learning about osteoporosis prevention. Additionally, a quiz program was held via Google Forms for third year BSc Nursing students, with 86 participants contributing to the initiative. These activities were designed to enhance awareness of osteoporosis prevention and encourage active participation among nursing students in promoting health and wellness within the community.



### YRC ACTIVITIES

#### 1. WORLD BLOOD DONOR DAY

World Blood Donor Day 2024 was observed by the GRT CON YRC unit on October 09, 2024. The male adults who are students of driving school were gathered and informed about the dos and don'ts of blood donation, the importance of blood donation for health reasons, and the eligibility requirements for blood donors was explained in detail by Mrs. Gowri, a clinical instructor totally around 40 adults were benefitted.





## 2. World Mental Health Day.

In alignment with prioritizing mental health at work, the Youth Red Cross (YRC) organized a World Mental Health Day observation on October 10, 2024, in the hostel in Chennai. Mrs. Praveena, a clinical educator, delivered an informative speech on setting priorities for tasks and goals to promote a sense of vitality, balance, and freedom from anxiety and depression. Thirty B.Sc (N) III year students participated in self-care exercises outlined in worksheets provided during the session. The event aimed to raise awareness and encourage students to adopt healthier mental health practices in their daily lives



## NSS ACTIVITIES 1. Gandhi Jayanthi

On October 2<sup>nd</sup> 2024, NSS Unit of GRTCON hosted Gandhi Jayanti observation at GRTCON T NAGAR Hostel. All third-year BSc Nursing students took part in an essay writing competition



## 2. CM Trophy Games 2024 at Nehru Stadium

Our B.Sc (N) 3rd yr students actively participated as first aid team members at CM Trophy games 2024 organized by government of Tamilnadu and GRT Mahalakshmi Vidhyalaya School



## RED RIBBON CLUB ACTIVITIES 1. BLOOD DONATION AWARENESS WEEK PLEDGE

Internal Quality Assurance Cell of GRT College of Nursing, Red Ribbon Club observed National voluntary blood donation day on October 1<sup>st</sup> 2024 in GRT CON campus by organizing pledge taking. Our BSC Nursing second year, first year and ANM first and second year students were participated in this program.

### 1. HIV/AIDS AWARENESS PROGRAM

Internal Quality Assurance Cell of GRT College of Nursing, Red Ribbon Club conducted an informative awareness program on 01.10.2024 at GRTCON Training room regarding HIV/AIDS for 25 NSS volunteers of GRT Mahalakshmi Matriculation higher secondary school, Chennai. Mrs. Kamali, the RRC Coordinator, delivered a comprehensive PowerPoint presentation that covered key topics including the definition of HIV, its modes of transmission, symptoms, and the significance of early testing. The presentation also addressed common myths and misconceptions about HIV, emphasizing that anyone can be affected regardless of their background. The students actively participated in an engaging question-and-answer session, which fostered an open dialogue about their concerns and curiosities. This interaction not only enhanced their understanding but also encouraged them to share this valuable information with their peers



## 2. Interactive session with transgender on HIV awareness

The Internal Quality Assurance Cell of GRT College of Nursing, along with the Red Ribbon Club, organized an interactive session on HIV awareness, commencing with the traditional "Thamizh Thai Vazhthu" to honor Tamil culture. Ms. Thanushya, a peer leader from the Red Ribbon Club and a second year BSc Nursing student, delivered the welcome address. Following this, Ms. Aashna Abraham, also a second-year BSc Nursing student, introduced the chief guest, Ms. Ishwarya, an NSS social worker from Chennai, emphasizing her expertise and commitment to public health. In her impactful speech, Ms. Ishwarya focused on the achievements and resilience of the transgender community, discussing the unique challenges they face, particularly concerning HIV/AIDS. She highlighted the increased vulnerabilities and stigma associated with their identity, while also outlining effective strategies for HIV treatment and management. She stressed the importance of awareness, regular testing, and accessible treatment options. The session likely included a Q&A segment, fostering direct engagement among faculty and students to deepen their understanding of these critical issues. Ms. Ishwarya was later felicitated by Dr. Padmavathi, the Principal of GRT College of Nursing. The event concluded with a heartfelt vote of thanks from Ms. Jismariya Sebastian and the singing of the national anthem, creating a unifying atmosphere.





## CITIZEN CONSUMER CLUB ACTIVITIES

### 1. WORLD FOOD DAY CELEBRATION

On behalf of the GRTCON Citizen Consumer Club unit, we observed World Food Day at the First Year B.Sc. (Nursing) classroom. The program commenced at 10:30 AM, featuring a speech by Mrs. Amala.K, Clinical Instructor at GRTCON. She focused on food adulteration, discussing the Food Adulteration Act and highlighting common adulterants found in household foods. Mrs. Amala explained how these adulterants affect our internal organs and can lead to various health issues. She also emphasized the importance of organic farming at home as a means to protect our health and lifestyle. The event was well-received, with active participation from around 80 students of first-year B.Sc. (Nursing) and ANM. Overall, it was a valuable program that raised awareness about food safety and health



### 2. VISIT TO GRT RAR AGRO FARM

As a part of CCC activity On 26.10.24, 82 students from 1<sup>st</sup> Year BSc Nursing and 1<sup>st</sup> and 2<sup>nd</sup> year ANM students, visited the GRT RAR Agro Farm Lakshmapuram accompanied by four faculty members. Mr. Balamurugan, the Assistant Manager, provided valuable insights into organic cultivation and the preparation of natural biomanure. The students explored the farm, which featured guava, sapota, coconut, lemon, mango, and various vegetables like ladies' finger, radish, and bottle gourd. The visit was educational and enjoyable, deepening their understanding of organic farming and its importance in sustainable agriculture





## NDLI CLUB ACTIVITIES

### 1. Breast Cancer Awareness Program

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Pursue your  
passion of  
becoming  
a nurse.



**GRT COLLEGE OF  
NURSING  
TIRUTTANI**

Approved by : Government of Tamilnadu  
Recognised by Indian Nursing Council &  
The Tamil Nadu Nurses and Midwives Council  
Affiliated to The Tamil Nadu Dr. M.G.R. Medical University,  
Guindy, Chennai

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