



GRT COLLEGE & SCHOOL OF NURSING

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

NEWS LETTER UPACHARIKA SUCHANA



Issue-12, Monthly, January 2025

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MESSAGE FROM PRINCIPAL'S DESK

I feel it as a great honor to write this message for the release of 12th issue of GRT CON News letter Upacharika Suchana which is released on 01.02.2025. 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 students and faculty members.

As we embrace the season of harvest, it brings me great pleasure to share with you the vibrant spirit of Pongal that we celebrated at our college. This festival, which holds deep cultural significance, marks a time of gratitude towards nature and the hardworking farmers who provide for us. It is a celebration of abundance, prosperity, and togetherness. Our college campus came alive with color and excitement as students, faculty, and staff came together to celebrate in traditional style. I am truly proud of how each one of you contributed to making this event memorable. It not only allowed us to celebrate our rich traditions but also provided an opportunity to bond, learn, and appreciate the diverse cultures that make our college so special.

As we step into the New Year, let us carry forward the joy, positivity, and gratitude that Pongal embodies. May this festive season inspire us all to work towards a future full of growth and success.

Wishing you all a prosperous year ahead.



SPOTLIGHTS

MESSAGE FROM PRINCIPAL'S DESK

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• FACULTY MEMBERS

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UPCOMING EVENTS

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- World Cancer day
- Zero tolerance to female genital mutilator day
- YRC day
- Institution Innovation Council Activities
- Youth week

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“BE A VOICE NOT AN ECHO”

NEWS AND EVENTS

1. PONGAL CELEBRATION

The SNA Unit of GRT College of Nursing hosted a vibrant Pongal celebration on January 10, 2025, marking the harvest festival with cultural richness and traditional fervor. The event was graced by the esteemed Mrs. KuttyPadmini, renowned director, producer, philanthropist, and Chairman of Vaishnavi Media Works Ltd., as the Chief Guest. Her inspiring speech focused on the importance of savings, respecting parents, setting goals, patience, time management, faith in God, and job dedication. The event saw participation from distinguished guests, including Dr. Arumugam, Dean i/c, and Principal-GRTIET, Dr. LakshmiNarasiman VP-IIP, Dr. RadhikaVidyasagar Principal-GRTCoe, Dr. MeenakshiSundaram Principal-GRTIPER, Mrs. Sharmila, Principal-GRT school and Mr. Sasikumar A.O, adding significance to the celebration. Students performed traditional dances like Karakattam, Mayilattam, and Silambattam, showcasing Tamil Nadu's cultural heritage. A Kolam competition for parents and a delicious pot Pongal meal added to the festive cheer, while the Uriyadi game concluded the celebrations, fostering unity and joy among all participants.





2. COMPETITIONS FOR PARENTS

SNA unit of GRTCON organized Kolam competitions for the parents of students on 10.01.2025. Totally 8 team of parents participated in the competitions and the winners were awarded



3. 76th REPUBLIC DAY CELEBRATION:

GRT College of Nursing, along with the CCC and SNA units, celebrated the 76th Republic Day with great pride and enthusiasm on our GRT campus. The event began with the Thamizh Thai Vazthu, followed by a warm welcome speech by Ms. Pooja, a first-year BSc (N) student. The flag hoisting was done by the chief guest Dr. Arumugam, Dean i/c and Principal of GRT IET and all students joined in singing the Flag Song. The chief guest delivered a special address, highlighting the significance of Republic Day. This was followed by an oath-taking pledge led by Ms. Auxline Jose, a third-year B.Sc(N) student, emphasizing the importance of fulfilling our fundamental duties as citizens. The event concluded with a vote of thanks by Ms. Keerthiga, a final-year B.Sc(N) student, and the National Anthem. Sweet distribution to students and faculty wrapped up the memorable celebration, fostering unity and pride.



FIRST AID TRAINING

1. 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	REMARKS
1	03.01.2025	26 Candidates	
2	08.01.2025 & 09.01.2025	45 Candidates	Tube products of India, Ponpadi Tiruvallur Dist
3	24.01.2025	25 Candidates	

DEVELOPMENTAL ACTIVITIES

(a) STUDENTS DEVELOPMENTAL ACTIVITIES

1. CURRICULUM ENRICHMENT ACTIVITIES

As a part of Curriculum Enrichment activities our GRTCON organized four days workshop for final year students on Obstetrical emergency by Impetus Team from 06.01.2025 to 09.01.2025 .

DAY: 1 (06.01.2025)

As an introduction Impetus Team General Manager Dr.Jamuna.N, PhD(N) explained about Obstetrical Emergency, Maternal mortality rate, Neonatal mortality rate, EmONC, CEmONC, Obstetrical triage, Post Partum Hemorrhage (PPH) in detail. The pretest was conducted among the students. In the afternoon session, Impetus team members Ms. Nadhiya Pillai, Ms. Imaya, Ms. Dhanush and Ms. Valli, Clinical Instructors started the demonstration on PPH management. The students were divided into 9 groups and each group consisted of 10 members. Each group was given a scenario and they performed demonstration based on the scenario.



The following scenario were selected:

- Atonic (boggy) uterus
- Vaccum extraction and Traumatic PPH
- Retained placenta
- A mother have increased bleeding and noticed large piece of blood clots Management protocol was demonstrated as role play by the students. Impetus team members appreciated Ms.Kalaiselvi, Ms.Kavithapriya, and Ms.Bhuvaneshwari.J for their excellent performance in the role play.

DAY: 2 (07.01.2025)

On the second day the following topics were highlighted-Emergency triage, PPH, eclampsia, cord prolapse, obstructed and prolonged labour and preterm labour, Fetal distress and Birth Asphyxia. In the afternoon session, demonstration was carried out for each topic. Our students clarified their doubts.

DAY: 3 (08.01.2025)

On the third day they explained and students were divided into two batches. Then demonstration on the breech delivery and Neonatal resuscitation was carried out

DAY: 4 (09.01.2025)

On the last day, individual students did their return demonstration





2. PLACEMENT CELL

S.No.	Date	Name of the Hospital	No. of students selected	Remarks
1	03.01.2025	Public Health Centre, Mambalam, Chennai	74 Students	They appreciated the knowledge, smartness and courageousness of our students
2	29.01.2025	M.V Diabetes Hospital Royapuram Chennai	All Students	They appreciated the management and the students and requested for internship training





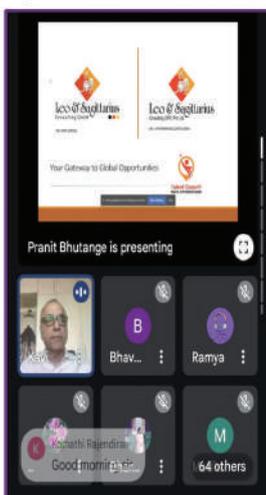
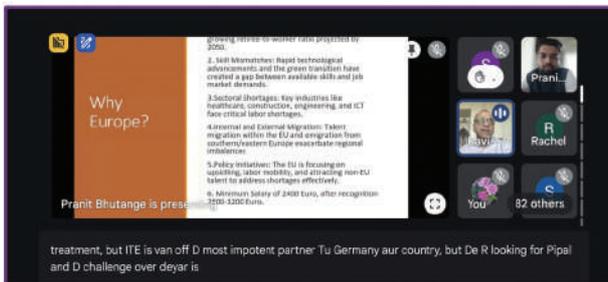
3. LITERARY CLUB ACTIVITIES

The Literary Club organized an Essay Writing Competition on January 26, 2025, at the GRT Hostel for first-year BSc Nursing students. The event aimed to highlight the experiences of a student nurse through the theme "A Day in the Life of a Student Nurse." With immense enthusiasm, nearly 59 students participated, demonstrating their writing skills and deep understanding of the challenges and rewards of nursing education. The competition fostered creativity and critical thinking, providing a platform for students to reflect on their daily lives, aspirations, and the importance of their role in healthcare. The event was a resounding success.



4. GERMAN LANGUAGE TRAINING AWARENESS PROGRAM

On January 27, 2025, an online awareness session on German language training was conducted by Leo & Sagittarius Consulting Pvt. Ltd. for third-year and final-year B.Sc Nursing students at GRT College of Nursing via Google Meet. The session was held in two batches: 87 third-year students and 79 final-year students participated. Mr.KaviLuthra and Mr.PranitBtutanga presented detailed information using Powerpoint slides on the services provided by the consulting firm, including German language training, job opportunities for nurses in Germany and Austria, and available facilities. The session lasted for one hour (10 AM to 12 PM) for each group, with a Q&A session at the end. 31 students have come forward to undergo this training





5. FAREWELL PARTY

On 30.01.2025 the B.Sc Nursing 3rd-year batch (2021-2025) organized a heartfelt farewell party for their seniors, the BSc Nursing 4th-year batch (2020-2024). The event commenced with a prayer song, followed by a welcome address, welcome dance, group dances, and group singing. The juniors then invited their seniors with a special introduction song and presented them with gifts as a token of love. The celebration continued with games, sharing of memories, cake cutting, group photos and a group dance together. Refreshments and lunch was provided to all.



6. OUT REACH ACTIVITIES WORLD LEPROSY DAY

•In remembrance of World Leprosy Day on 30.01.2025 various activities were carried by the students in Clinical posting. III-semester students participated in World Leprosy Day activities at Perambur Railway Hospital. They delivered a health talk on leprosy in the outpatient department for 200 OP patients and attenders. First year B.Sc(N) students were Enthusiastically participated in various activities such as Human Rally, saying slogans with plug cards and Oath taking in eradication of Leprosy in Arakkonam Government Hospital, Tiruttani Government Hospital and Arakkonam Divisional Railway Hospital.





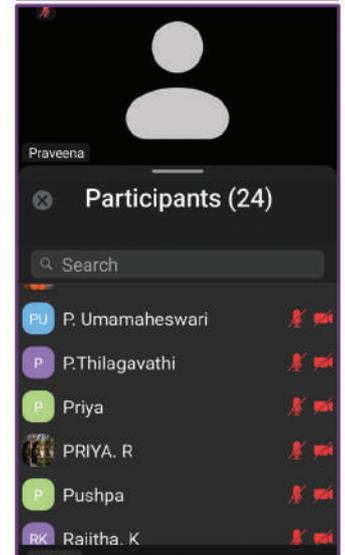
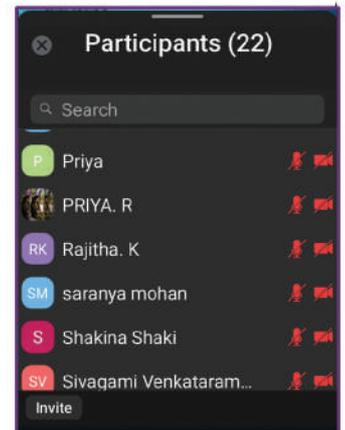
• First year B.Sc (N) Students are participated in Medical camp at RPF AJJ organized by Divisional Railway Hospital on 29.01.2025



(b) STAFF DEVELOPMENTAL ACTIVITIES:

1. PROFESSIONAL DEVELOPMENTAL CLUB:

On January 25, 2025, the Professional Development Club organized an online Journal Presentation session. Ms.Shakina presented on the topic "Gym-Based Heart Attack," while Mrs.Praveena discussed "Modern Parenting." Both topics addressed crucial issues relevant to today's society. Ms.Shakina highlighted the increasing risk of heart-related issues associated with gym workouts, while Mrs.Praveena emphasized the evolving dynamics of parenting in the modern world. The presentations sparked engaging discussions and provided valuable insights for the attendees, making the session both informative and thought-provoking. The event was well-received and appreciated by all participants.





2. ALL THE FACULTY MEMBERS HAVE REGISTERED FOR NPTEL COURSE FOR THE JANUARY 2025 SESSION

S.NO	FACULTY NAME	COURSE
1.	DR. PADMAVATHI	Strategic Performance Management Patent Drafting for Beginners
2.	PROF. CHITRA	An Overview on maternal health Antenatal, Intra natal & Postnatal Care
3.	PROF.SIVAGAMI	An Overview on maternal health Antenatal, Intra natal & Postnatal Care
4.	PROF. UMAMAHESHWARI	An Overview on maternal health Antenatal, Intra natal & Postnatal Care
5.	DR. ANGEL SHALINI	1.Research Methodology 2.Positive Psychology 3.Counselling Psychology
6.	Ms.NIRMALA	An Overview on maternal health Antenatal, Intra natal & Postnatal Care
7.	Ms.GRACY	1.Pulmonary Function Test- Interpretation & application in clinical Practice 2.Basic certificate in Palliative care 3.An Introduction to Cardiovascular fluid mechanics
8.	Ms.PREMILA	1.An Overview on maternal health Antenatal, Intra natal & Postnatal Care 2. An Introduction to Cardiovascular fluid mechanics 3.Diet management in health & Science
9.	Ms.SARANYA	Research Methodology Organizational Behavior
10.	Ms.SUGANTHI	Psychology of stress & health & wellbeing
11.	Ms.JOYCE	An Overview on maternal health Antenatal, Intra natal & Postnatal Care



12.	Ms.SULOCHANA	Programming in Python Qualitative research methods & research writing
13.	Ms.LAVANYA	Clinical Psychology
14.	Ms.PUSHPA	Clinical Psychology
15.	Ms. RAJITHA	Child development Education
16.	Ms.THILAGAVATHI	1.An Overview on maternal health Antenatal, Intra natal & Postnatal Care 2.English for research paper writing
17.	Ms.SAKILA	An Overview on maternal health Antenatal, Intra natal & Postnatal Care
18.	Ms.AMALA	An Overview on maternal health Antenatal, Intra natal & Postnatal Care
19.	Ms.PRAVEENA	An Overview on maternal health Antenatal, Intra natal & Postnatal Care
20.	Ms.TAMILSELVI	An Overview on maternal health Antenatal, Intra natal & Postnatal Care
21.	Ms.VINOTHINI	An Overview on maternal health Antenatal, Intra natal & Postnatal Care
22.	Ms.GOWRI	An Overview on maternal health Antenatal, Intra natal & Postnatal Care
23.	Ms.KAMALI	1.Basics of mental health & clinical psychiatry 2.Advance in strategic human resource management
24.	Ms.PRIYANKA	An Overview on maternal health Antenatal, Intra natal & Postnatal Care



25.	Ms.SATHIPRIYA	Air Pollution and control Basic course in biomedical research
26.	Ms.PRIYA.A	An Overview on maternal health Antenatal, Intra natal & Postnatal Care
27.	Ms.THIRIVENI	An Overview on maternal health Antenatal, Intra natal & Postnatal Care
28.	Ms.AISHWARYA	An Overview on maternal health Antenatal, Intra natal & Postnatal Care
29.	Ms.MEENAKSHI	An Overview on maternal health Antenatal, Intra natal & Postnatal Care
30.	Ms.MS.SWETHA	An Overview & how the brain creates mind;-week
31.	Ms.SHAKINA	An Overview on maternal health Antenatal, Intra natal & Postnatal Care
32.	Ms.ASHA	Childhood & growing up
33.	Ms.PRIYA.R	An Overview on maternal health Antenatal, Intra natal & Postnatal Care
34.	Ms.SWITHA	An Overview on maternal health Antenatal, Intra natal & Postnatal Care
35.	Ms.ANNALPASILA	An Overview on maternal health Antenatal, Intra natal & Postnatal Care
36.	Ms.SNEHA	An Overview on maternal health Antenatal, Intra natal & Postnatal Care
37.	Mr. RAJIBABU	Management of library & information Center



STAFF WELFARE PROGRAMME

1. Our staff Mrs. Shivaranjani delivered boy baby on 21.01.2025.
2. Mrs. Rajitha. K celebrated her birthday on 31.01.2025

BEYOND CLASSROOM

SNA ACTIVITIES :

1. WORLD LEPROSY DAY

On January 30, 2025, GRTCON SNA Unit observed World Leprosy Day at Arakkonam Government Hospital with the theme "Unite, Act, and Eliminate Leprosy." The event saw enthusiastic participation from first-year B.SC Nursing students, who engaged in various activities, including a human rally with slogans and placards, an oath-taking ceremony, and an awareness speech was given by Mr. Prince Ebenesar, a leprosy physiotherapist at AGH. The program was highly appreciated by Dr. Regina, CMO, and Dr. Shankar, MD Ortho. The event benefitted the general public, with around 50 people attending and gaining valuable insights into leprosy awareness.



insightful thoughts on TB, making the event educational and impactful. The students were awarded prizes by the experts for their efforts.

YRC ACTIVITIES:

1. "INDIA'S 100 DAYS TB ELIMINATION PROGRAMME"

On January 27, 2025, GRTCON YRC observed "India's 100 Days TB Elimination Programme" at Southern Railway Hospital, Perambur. Second-year BSc Nursing students actively participated in the awareness campaign, beginning with a mime show for outpatients in the OPD. On the second day, students performed a skit focusing on TB prevention and control. The event culminated with students taking a pledge to support TB elimination, followed by a human rally from the outpatient department to the old hospital, carrying handmade placards and distributing pamphlets. Expert Pulmonologist shared



NSS ACTIVITIES:

1. MEDICAL CAMP AND DISTRIBUTION OF CLOTHES

On January 21, 2025, the NSS Unit of GRT College of Nursing, in coordination with Madras School of Social Work, organized a general medical camp in Soganur village. The event was led by Mr. Moses Selvakumar (MSW, M.Phil, Ph.D.), Dr. Francis Mathew (MBBS, D.Ed, MD), and Mrs. Switha, clinical instructor at GRT. BSc(N) 3rd-year non-semester students formed teams to conduct the camp from 11 AM to 1 PM, benefiting 30 community members. The camp focused on raising health awareness, offering medical assistance, distributing clothes, and providing snacks, for promoting well-being in the community.



2. NATIONAL VOTERS DAY

The GRT College of Nursing NSS Unit observed National Voter's Day on January 25 at the Institute of Mental Health, with 150 students from B.Sc. Nursing Vth Semester, DPN, PSW, and Health Assistant programs participating. The event aimed to raise awareness about the importance of voting in strengthening democracy. NSS Program Officer, Dr. Angel Shalini, highlighted that voting is not only a constitutional right but a civic duty that shapes the nation's future. She then led the group in taking the National Voter's Day pledge, reinforcing the significance of active civic participation for a better society.



3. REPUBLIC DAY CELEBRATION

The NSS Unit celebrated Republic Day at the Institute of Mental Health (IMH) on January 26, 2025, with great enthusiasm and unity. The event began with the TamilzhthaiVazhthu and the Flag Song, performed by the Vth Semester students, setting a patriotic tone. A lively welcome dance followed, showcasing the students' talent and spirit. The Director of IMH delivered an inspiring speech, reflecting on the significance of Republic Day and its relevance to both the nation and the institute. A well-coordinated parade led by the Vth semester students added to the occasion's solemnity and joy. The celebrations continued with a patriotic dance performance, amplifying the festive atmosphere. The event concluded with the distribution of sweets, bringing smiles to nearly 250 staff members and patients, creating an inclusive and joyful celebration. The day underscored the strength of community spirit and the importance of unity in celebrating India's Republic Day.





4. CLEANLINESS DRIVE

On January 28, 2025, the GRTCON NSS Unit, in coordination with GRTIPER, organized a cleanliness drive at the GRT Girls Hostel. The event was coordinated by Mrs. Premila and Mrs. Saranya. A total of 95 students participated, including 38 from Nursing and 57 from Pharmacy. The students worked diligently, ensuring the hostel premises were thoroughly cleaned. Their enthusiasm and dedication were truly commendable. As a gesture of appreciation, refreshments, including buttermilk and samosas, were provided to the participants. The drive was a great success, promoting cleanliness and fostering a sense of community among the students.



5. MARTYRS' DAY

On January 30, 2025, GRT CON NSS Unit observed Martyrs' Day at the Institute of Mental Health (IMH). The event began with a parade by the students, showcasing unity and discipline. Mrs. Suganthi addressed the gathering, highlighting the significance of the day and the sacrifices made for the nation's freedom, focusing on peace, non-violence, and unity. A patriotic song performance followed, evoking national pride. A 10-minute silence was observed in memory of Mahatma Gandhi on his death anniversary. Around 120 students and faculty members from various institutions participated, creating a moving tribute to the nation's freedom struggle.





RED RIBBON CLUB ACTIVITIES:

As part of RRC, National Youth Day was observed on January 9, 2025 at southern Railway Hospital Perambur, with the theme "Hum Bharat keYuva" (We, the Youth of the Nation). The event began with the pledge of "Viksht Bharat, VikshtYuva" to inspire the youth. A poster presentation competition based on the theme followed, showcasing students' creativity and enthusiasm. Mr. JaneeshJabar, M.Sc. Nursing (Clinical Psychiatrists), delivered a motivational speech, sharing insightful thoughts on the importance of future goals, dedication, and achievements in life. His words inspired students to strive for success and contribute positively to society.



CITIZEN CONSUMER CLUB ACTIVITIES

1. NATIONAL FARMERS DAY

The CCC Unit of GRT College of Nursing observed National Farmer's Day on January 11, 2025, with the theme "Empowering Annadatas for a Prosperous Nation." The event began with a prayer song, followed by a welcome address by Ms. Truthika, a 4th year B.Sc (N) student. ANM 2nd-year students performed a mime show highlighting the current challenges faced by farmers and the importance of saving farmers and the Earth. Mrs. Thilagavathi, Clinical Instructor, delivered a speech on the significance of natural pesticides in farming and the negative impact of artificial farming, especially on women. The program concluded with a vote of thanks by Ms. Trisha and ended with the National Anthem at 3:20 pm.



Pursue your passion of becoming a nurse.



**GRT COLLEGE OF
NURSING
TIRUTTANI**

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The Tamil Nadu Nurses and Midwives Council
Affiliated to The Tamil Nadu Dr. M.G.R. Medical University,
Guindy, Chennai

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