



GRT COLLEGE & SCHOOL OF NURSING

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

NEWS LETTER

UPACHAARIKA SUCHANA



Issue-13, Monthly, February 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 13th issue of GRT CON Newsletter Upacharika Suchana which is released on 01.03.2025. 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. I am delighted to share an exciting new initiative aimed at enhancing the professional growth of our nursing students. In line with our commitment to provide global opportunities, we are pleased to offer German Language Training to our nursing students. This initiative is designed to open doors to placement opportunities in Germany and Austria, two countries that need skilled healthcare professionals, particularly in the nursing sector.

By offering German Language Training tailored specifically to the needs of nursing students, we aim to provide our students with the linguistic skills necessary to excel in their careers abroad. This training will help our nursing students meet the language proficiency requirements and boost their chances of securing placements in these thriving healthcare markets.

This German Language Training initiative is an essential part of our broader goal to provide our students with international exposure and career opportunities. We are committed to preparing you for the challenges and rewards of working in a foreign healthcare system and ensuring that you are equipped with the skills necessary to thrive in any global setting.

Let us continue to strive towards excellence, as we create pathways for our students to succeed both locally and globally.



SPOTLIGHTS

MESSAGE FROM PRINCIPAL'S DESK

NEWS AND EVENTS

DEVELOPMENTAL ACTIVITIES

• STUDENTS

• FACULTY MEMBERS

BEYOND CLASSROOM

UPCOMING EVENTS

- Inter collegiate sports competition
- Inter College Cultural
- Annual Graduation
- Annual Sports day
- Alumni meet
- International Women's day (SNA, YRC, NSS)
- Water Day (YRC)
- National Energy Conservation day (IIC)
- National Pollution control day (IIC)
- World consumer day (CCC)
- World TB day (YRC, SNA)
- World Kidney day (SNA)
- National Vaccination day (SNA)

Contact us

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"BE A VOICE NOT AN ECHO"





NEWS AND EVENTS

1. TRIPLE FESTIVAL

GRTCON German Club organized Triple Festival which included Awareness talk on placement opportunity for nurses in Germany and Austria, Signing MOU for German language training and inauguration of German club on 22nd February 2025 at GRTCON. The event commenced with a prayer song by the college choir, creating a serene atmosphere. Professor Dr. Angel Shalini W, welcomed the gathering, and our Principal introduced the distinguished chief guests. The Vice President, Mr. Lakshmi Narasimhan, delivered an inspiring speech on overseas opportunities for nurses, encouraging students to work hard and pursue their dreams. He emphasized the growing demand for skilled professionals in global healthcare. Mr. KaviLuthra, CMD of Leo & Sagittarius Consulting Pvt. Ltd, highlighted the importance of learning foreign languages, particularly German, and motivated students to consider expanding their skills to serve people on a global scale. Mr. Mohan Iyer, General Manager at Christiani Sharpline Technical Training, urged students to stay adaptable to new technologies and advised them to explore learning German language, which would open doors to various international opportunities. The event saw the signing of an MoU between the Principal and Mr. KaviLuthra, marking the remarkable event of German language training for the 30 final year B.Sc nursing students. The ceremony concluded with a heartfelt vote of thanks by Asst. Prof. Sulochana K.A., followed by the national anthem, leaving attendees inspired and excited for the club's future activities.





ISO 21001

1. ISO 21001 AWARENESS TRAINING PROGRAMME PART I

The ISO 21001 Awareness Training Programme Part I was organized by the ISO Committee of GRT College of Nursing on 06.02.2025. The session began at 9:30 am with a welcome address by Mrs. Joyce A, Assistant Professor. The resource speaker, Mr. Kalaiselvan P, B.E, MBA, ISO Consultant and Trainer, provided in-depth knowledge on ISO (International Organization for Standardization), Quality Management Systems (QMS), and Educational Organizational Management Systems (EOMS). He explained the PDCA cycle and Process Approach with clear pictorial representations. The session concluded with staff feedback at 12:45 pm. Around 26 departmental incharges, including nursing faculty, attended this insightful session.



2. ISO21001 TRAINING PROGRAMME PART II

The ISO committee of GRT College of Nursing organized ISO21001 Training Programme Part II on 20.02.2025 exclusively for the academic staffs. The session began at 9 AM with an introduction by Mr. Motilal, an ISO Consultant and Trainer. The resource speaker, Mr. Kalaiselvan P, B.E, MBA, ISO Consultant and Trainer, explained in detail about the four phases in ISO 21001 which included Familiarity in the first phase, in 2nd phase the requirements needed should be modified or can be kept as it is or needs to change to meet, in 3rd phase the implementation phase and the fourth phase which included Audit and Review. Each chapters of ISO Standards was explained with clear objectives, subtopics, and relevant examples, making the session engaging and informative. The afternoon session was highly interactive, focusing on identifying core values, supporting documents, and areas related to ISO standards, with participation from 10 nursing faculties and the library in-charge. The session concluded with feedback at 4 PM.





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
1	08.02.2025	8 Candidates
2	27.02.2025	15 Candidates



DEVELOPMENTAL ACTIVITIES

(a) STUDENTS DEVELOPMENTAL ACTIVITIES

1. OET TRAINING

An OET (Occupational English Test) class for 1st-semester students was conducted from 17th February 2025 to 22nd February 2025 by Mr. Steve Danny. The 6-day session focused on enhancing students' English proficiency, specifically tailored for healthcare professionals. Throughout the course, students actively participated in various activities and discussions, gaining valuable insights into the OET format and strategies for success. The program was highly beneficial, helping students improve their language skills and boosting their confidence for the test. The interactive sessions ensured a productive learning experience, contributing to the students' overall development.

2. SNA SCHOLARSHIP

Ms. Selvi, a second-year B.Sc Nursing student, was awarded a scholarship of Rs. 24,000 for the 2023-2024 academic year by the Students Nurses Association. This scholarship recognizes her hard work and dedication to her studies, providing financial support to further her education in nursing. The award highlights her commitment to academic excellence and serves as an inspiration to her peers. Ms. Selvi expressed her gratitude for the scholarship, emphasizing how it will help ease the financial burden of her studies and enable her to continue pursuing her passion for healthcare and nursing.





3. OUT REACH ACTIVITIES

On 27th February 2025, the Community Health Nursing Department organized a Mass Health Education Program at the Panchayat Middle School in Sreenivasapuram from 2:30 PM to 4:00 PM. The event witnessed the participation of 500 community members. The program featured a variety of performances, including a welcome dance, VilluPattu (a traditional Tamil folk song), a skit, mime show, puppet show, and a group dance. These engaging activities were aimed at educating the public about health awareness while entertaining them. The event was a great success in promoting community health in an interactive and enjoyable manner.



(b) STAFF DEVELOPMENTAL ACTIVITIES

1. PROFESSIONAL DEVELOPMENTAL CLUB

The Professional Development Club conducted a Journal Presentation on 14.02.2025 at the Computer Lab. Mrs. Aishwarya presented on Manchester Operation or Fothergill's Surgery, a procedure used to treat uterine prolapse while preserving the uterus, offering an alternative to hysterectomy, especially for women wishing to retain fertility. Mrs. Kamali presented on the Quantum Magnetic Body Analyzer (QMBA), a health assessment tool that uses electromagnetic wave signals to analyze various health parameters, such as vitamin levels, organ function, and toxins. The presentation provided valuable insights, with nearly 32 faculty members actively participating and sharing their views.





2. INTERACTIVE WORKSHOP AT KKCTH

On 25th February 2025, Assistant Professors Mrs. A. Joyce and Mrs. K. A. Sulochana attended an interactive workshop at KKCTH, Chennai, on enhancing medication safety in patient care. The session, led by Dr. UshaVishwanath, focused on "Drug Allergy and Safe Medication Administration." Dr. UshaVishwanath covered topics including allergic and anaphylactic reactions, their immediate management, and the rights of drug administration. She also discussed Medication Administration Errors (MAE), their causes, and the importance of reporting these errors, along with reasons for non-reporting. The session concluded with a post-test and a buzzing session that clarified doubts, offering valuable insights into medication safety.

3. NATIONAL CONFERENCE ON "INNOVATIVE PEDAGOGIES AND THEIR APPLICATION IN NURSING EDUCATION"

On 28th February 2025, Vice Principal Professor Chitra A I and Assistant Professor Mrs. Saranya attended a National Conference at the College of Nursing, Sri Ramachandra Medical College and Research Institute. The conference focused on "Innovative Pedagogies and their Application in Nursing Education," emphasizing strategies like Flipped Learning, Problem-Based Learning, Argumentation, and Virtual Reality. These approaches aim to better prepare nursing professionals for the challenges of modern healthcare. The session provided valuable insights, boosting nursing faculty's skills and confidence. Participants engaged in scenario-based activities and toured the Virtual Reality Lab, making it a highly enriching learning experience.



STAFF WELFARE PROGRAMME

Our staffs Mrs. Thilagavathi, Ms. Jerina, celebrated their Birthday



BEYOND CLASSROOM

SNA ACTIVITIES 1. WORLD CANCER DAY

On 04.02.2025, I-semester students participated in "World Cancer Day" at Tiruttani Government Hospital, under the theme "United by Unique." The students presented a skit and poster display to raise awareness about cancer among the public. Dr. Asraf, a DGO, delivered an insightful health talk about cancer in the outpatient department, educating 30 patients in attendance. The event aimed to inform the community about cancer prevention, early detection, and treatment options, fostering a deeper understanding of the disease and encouraging proactive health practices. The students' involvement helped spread important knowledge to those affected.



2. ANNUAL SPORTS EVENTS

The SNA Annual Sports Events held on 24th and 25th February 2025 at the GRT ground was a grand success, with active participation from students, faculty members. The event began on the 24th with the 100-meter running race, followed by the main game of Throw ball, Shot put, Chess, Tennikoit, Javelin, and Discus throw were also conducted during the day. On the second day, the 200-meter running race kicked off, followed by the main game of Kho-Kho, Carrom (D), Badminton (D & S), and the Long jump. The enthusiasm and encouragement of the students and faculty members made the event even more special. The successful completion of all the games and events was made possible through the cooperation and support of all involved

**NEWS LETTER
UPACHAARIKA SUCHANA**



**YRC ACTIVITIES
1. WORLD CANCER DAY**

On 15.02.2025, the GRT CON YRC Unit observed World Cancer Day 2025 at Beerakupam PHC, under the theme "United by Unique." B.Sc. Nursing 3rd-year students actively participated by performing a skit to raise awareness about cancer prevention, caution, and management. Dr. Kalaivani, BMO, and Dr. Arularasan, MO, delivered a health talk focusing on breast cancer. They covered key topics including an overview of breast cancer, early detection, causes, symptoms, prevention methods, and treatment. Nearly 30 members from public attended the awareness program. Their efforts significantly contributed to raising awareness, particularly among women in the Beerakupam community, about the importance of breast cancer awareness and prevention.





2. ZERO TOLERANCE TO FEMALE GENITAL MUTILATION DAY

On February 8, 2025, the YRC Unit of GRT College observed Zero Tolerance to Female Genital Mutilation Day under the theme “Step Up the Pace.” Ms. Sneha P, Clinical Instructor, delivered an enlightening speech on the history, procedure, and complications of Female Genital Mutilation (FGM). The session, attended by first-year B.Sc. Nursing students, included interactive discussions that raised awareness about FGM, its harmful consequences, and preventive measures. Engaging activities were incorporated, encouraging students to share their thoughts and gain a deeper understanding of the issue and its significant impact on women’s health



NSS ACTIVITIES

As part of the Youth Week celebrations a series of impactful activities were organized by NSS UNIT on 10.02.2025 to 12.02.2025 to raise awareness on crucial community issues at Srinivasapuram. The event spanned over three days and focused on addressing substance abuse, elderly care, and fostering community engagement. The activities were designed to engage the community through surveys, educational talk, and a creative mime performance to communicate messages on important social issues

Day 1: Survey at Srinivasapuram

Day 2: Mass Education on the Consequences of Substance Abuse

The second day focused on educating the community about the dangers of substance abuse and promoting healthier lifestyles.

Day 3: Care of the elderly through mime performance

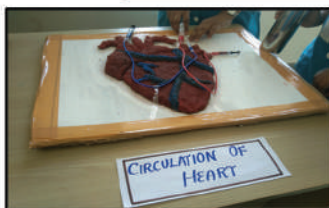
The final day of Youth Week was dedicated to highlighting the importance of elderly care through an innovative and engaging mime performance, designed to foster empathy and raise awareness.





RED RIBBON CLUB ACTIVITIES 1.HIV/AIDS AWARENESS SESSION

On 21st February 2025, the RRC organized an interactive session on HIV & AIDS awareness, led by Mr.Arputhanesan S, a counseling psychologist and life skill coach at TANSACS, Chennai. Around 160 students attended the session, where Mr.Arputhanesan addressed topics such as HIV/AIDS myths, transmission, and recent advancements in treatment. He presented various case scenarios and shared real-life case histories from clinical settings. The session was highly engaging, and students actively participated, gaining valuable insights into HIV & AIDS. The session helped to enhance their understanding and awareness of the disease and its impact on individuals and society.



CITIZEN CONSUMER CLUB ACTIVITIES 1.NATIONAL SCIENCE DAY

On February 27, 2025, the GRTCON Citizen Consumer Club observed National Science Day in the II Year BSc (Nursing) classroom. The theme was "Empowering Indian Youth for Global Leadership in Science and Innovation for Viksit Bharat." Ms. Sneha, Clinical Instructor, delivered an insightful speech on the importance of public trust in science, addressing concerns such as data theft and privacy breaches. Mrs. Amala, Clinical Instructor, conducted a session on enhancing trust in science and consumerism. First and second year BSc Nursing students organized an exhibition on water conservation and volcano eruptions. Dr. Lakshmi Narasimhan, Vice President of GRT Group, attended and praised the students' efforts.



NDLI CLUB ACTIVITIES 1. CAREER GUIDANCE SESSION

The career guidance session, held at 10:30 AM, began with Dr. Padmavathi R., Patron of NDLI, introducing the event's theme. She delivered an insightful presentation on various hospital specialties and provided guidance on selecting the right hospital for career growth. Dr. Padmavathi shared motivational insights, including her personal experiences and success stories, while introducing the "Three-line story" approach, emphasizing the balance between spirituality, family, and profession. The session also covered time management, job responsibilities, and choosing the right work environment. Students actively engaged, gaining valuable knowledge to make informed career decisions in the healthcare sector.



INSTITUTION INNOVATION COUNCIL 1. STARTUP DAY EVENT

On 19th February 2025, the IIC Unit organized the Startup Day event in celebration of National Startup Day. The session featured Mr. Vinod Baba, CEO and co-founder of Ideal 3D Printing, as the guest speaker. Dr. Lakshmi Narasimhan, Vice President of GRT Group, delivered the welcome address, emphasizing the significance of entrepreneurship and technological advancements. Mr. Baba shared his entrepreneurial journey and discussed the impact of 3D printing in healthcare, education, and manufacturing. He encouraged students to embrace innovation and consider entrepreneurship. The event concluded with a vote of thanks by Dr. Angel Shalini, IIC Coordinator.



2. ATAL TINKERING LAB (ATL) VISIT

On 20th February 2025, students of the IIC visited the Atal Tinkering Lab (ATL) at the Government Girls Higher Secondary School. ATL, an initiative under the Atal Innovation Mission (AIM) by the Government of India, aims to foster creativity and innovation among students. Dr. Lakshmi Narasimhan, Vice President, provided an insightful explanation of the lab's objectives and activities. The ATL creates a hands-on learning environment, offering students access to advanced tools and technologies to experiment and develop innovative ideas. The visit helped students understand the importance of such initiatives in promoting practical learning and innovation.



3. SEMINAR ON DESIGN THINKING, CRITICAL THINKING, AND INNOVATION DESIGN

On 21st February 2025, IIC Unit organized an engaging seminar on Design Thinking, Critical Thinking, and Innovation Design. Dr. Lakshmi Narasimhan, Vice President of the IIP-GRT Group of Institutions, delivered the keynote address, shedding light on the significance of these methodologies in today's dynamic professional and academic environments. He emphasized the importance of creative problem-solving and how integrating Design Thinking, Critical Thinking, and Innovation Design fosters effective solutions and advancements across industries. The seminar provided attendees with valuable insights on applying these principles to develop sustainable, impactful solutions and stay competitive in their respective fields.



4. EXPERT TALK ON EFFECTIVE SALES AND MARKETING STRATEGIES FOR ENTREPRENEURS/STARTUPS

On 26th February 2025, IIC organized an expert talk on effective sales and marketing strategies for entrepreneurs/startups, led by Dr. N. Sugundan, Associate Professor and HOD of the MBA Department at GRT Institute of Engineering and Technology. Dr. Angel Shalini, Professor, welcomed and introduced the guest. The session covered essential topics like sales and marketing strategies for startups and career opportunities for nursing professionals. Dr. Sugundan shared valuable insights on digital marketing, networking, and entrepreneurship, inspiring students to explore both business and healthcare career opportunities. The session concluded with an interactive Q&A, clarifying students' doubts.



5. NATIONAL SCIENCE DAY:

On 27th February 2025, the Institution Innovation Council celebrated Science Day at the GRTCON classroom, specifically for the final-year students. The event was graced by the Chief Guest, Mr. Ruftus H. K. George, the State Development Officer at the National Skill Development Corporation. In his address, Mr. George focused on the vast career opportunities available both internationally and within India. He highlighted the importance of skill development and how students can leverage their academic knowledge to explore diverse career paths in science and technology, urging them to be proactive in shaping their futures.



6. "ACHIEVING PROBLEM-SOLUTION FIT AND PRODUCT-MARKET FIT"

On 28.02.2025, an insightful session on "Achieving Problem-Solution Fit and Product-Market Fit" was organized as part of IIC Activities. The event was graced by Mr. Ranjith Kumar, Founder and Director of Moringa Promise Wellness Foundation, as the chief guest. Dr. Angel Shalini welcomed the gathering, followed by Dr. Padmavathi highlighting the session's importance. Dr. Lakshmi Narasimhan, VP of GRT Group, introduced the guest. Mr. Kumar shared valuable insights on aligning products with market needs, using Moringa Promise's journey as an example. He emphasized how Moringa-based products effectively address health challenges, achieving both Problem-Solution and Product-Market Fit.



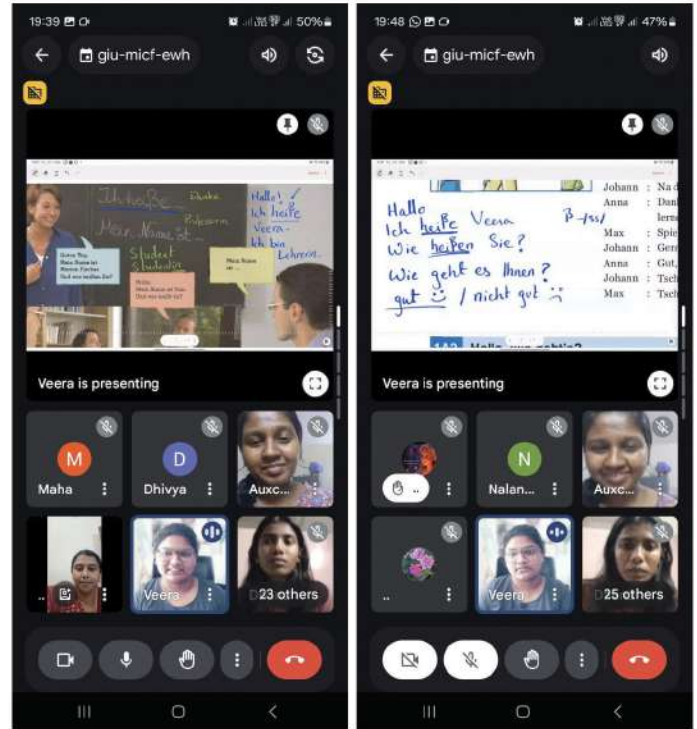
GERMAN CLUB 1. GERMAN CLUB INAGURATION

The GRTCON inaugurated German club on 22nd February 2025. Mr. Mohan Iyer, General Manager at Christiani Sharpline Technical Training, inaugurated the German club and gave inspiring speech on importance of learning international languages. He also urged students to adapt to new technologies and explore German language.



2.GERMAN LANGUAGE TRAINING-ONLINE DEMO CLASS

On 21st February 2025, an online demo class for German language training was conducted via Google Meet by Ms. VeeraChavan. The session was attended by 30 final year students. The class provided an introduction to the basics of the German language, focusing on key concepts and vocabulary. Ms. Chavan effectively engaged the students through interactive activities and examples, making the learning experience both informative and enjoyable. The demo class gave students a glimpse into the German language course, helping them understand the language structure and sparking interest in further learning.



Srinivasapuram, Tamil Nadu, India
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Lat 13.19164° Long 79.645208°
27/02/2025 02:53 PM GMT +05:30



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27/02/2025 03:01 PM GMT +05:30

LITERARY CLUB ACTIVITIES PICTIONARY COMPETITION

On February 27, 2025, the Literary Club organized a Pictionary Competition for BSc Nursing students in the IV-floor classroom from 2:30 pm to 4:00 pm. In this competition, students were shown a picture and were required to identify it and speak about it for two minutes. The activity aimed to help students recall important vocabulary and make connections between terms and concepts. Ms. Shenba, Communication Skills Developer and English Faculty from the Pharmacy Department, assessed the students' skills and praised their communication abilities. Around 30 students actively participated and showcased their talents during the event.



ANNUAL MEDICAL CHECK UP - 2024 - 2025

The Annual Medical Check-up was conducted on 12.2.2025-14.2.2025 & 26.2.2025 in GRTCON, Nursing Foundation Lab for the BSc N I year, I year, III-year, IV year and ANM I & II year respectively. The primary objective of this initiative was to assess the health status of students, identify any underlying health conditions, and promote overall well-being. This checkup helps in early detection of any health issues, promoting a culture of health consciousness among future healthcare professionals.

S. No	Course	Scheduled Year	No of Students
1.	B Sc N	I Year	60
		II Year	60
		III Year	100
		IV Year	85
2.ANM	ANM	I Year	23
		II Year	14
Total No of Students			342

Findings and Observations


- The majority of students were found to be in good health.
- A small percentage of students were identified with minor health concerns such as Anemia, PCOD, Eye Disorders
- Some students required follow-up care for vision correction and dietary improvements.
- A few cases were referred to specialists for further medical evaluation.



GRT COLLEGE OF NURSING
GRT Mahalakshmi Nagar,
Chennai -Tirupathi Highway, Tiruttani-631209.

Takes pleasure in inviting you all to the

**ISO21000
AWARENESS TRAINING
PROGRAMME**
Resource Speaker



Mr. KALAISELVAN.P., B.E, MBA
ISO Consultant/Trainer

"The awareness of our own strength makes us modest"

Date: 06.02.2025 Time: 10.00 AM to 12.00 PM Venue: GRT CON Computer Hall

Organizing Secretary Mrs. Nirmala.M Asst. Professor Mrs. Joyce .A Asst. Professor Assistant Management Representatives	Organizing Chairperson Dr. PADMAVATHI. R Principal, GRT CON Management Representative
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"With Awareness come Responsibility and Choice"

GRT College & School of Nursing

World Cancer day, 2025
Theme
**"UNITED
BY
UNIQUE"**
Stand Strong

FEB 04 10 AM

Venue: Tiruttani Government Hospital




Activities :

- Skit
- Poster Presentation

Organising Secretary Mrs. Annal Prasilla.V	SNA Advisor Mrs. Saranya .L	Organizing Chairperson Dr. Padmavathi. R Principal GRT CON
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GRT COLLEGE OF NURSING
Grt Mahalakshmi Nagar, Chennai-Tirupathi Highway
Tiruttani -631209

YOUTH RED CROSS UNIT 
cordially invites you all to observe

WORLD CANCER DAY -2025
THEME: UNITED BY UNIQUE

**Event: Awareness skit & health talk on
causes, screening & treatment of cancer**

Date: 15.02.2025
Time: 10.30 am
venue: UPGRADED PHC, Beerakuppam

ORGANIZING SECRETARY
MS.PRIYA.R

YRC PROGRAMME OFFICER
MRS.P.THILAGAVATHI
MRS.VINODHINI.M
MRS.ASHA

YRC PRESIDENT
DR.PADMAVATHI.R
PRINCIPAL GRT CON




"Hope is the only thing stronger than fear."

GRT COLLEGE & SCHOOL OF NURSING
GRT Mahalakshmi nagar, chennai-Tirupathi Highway
Tiruttani-631209

Awareness without action is, worthless
RED RIBBON CLUB

**CORDIALLY INVITES YOU ALL TO THE
INTERACTIVE SESSION ON
HIV & AIDS AWARENESS**

RESOURCE PERSON

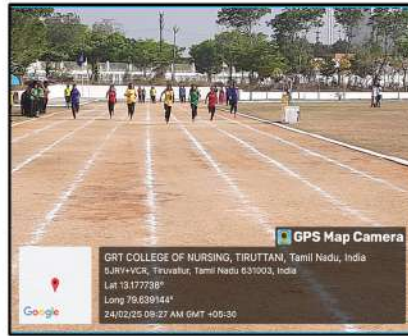


Mr.Arputhanesan.S
Counselling psychologist & life skill coach
in SRHP

DATE:21.02.2025
TIME:1.30 PM
VENUE: GRT CON AUDITORIUM

Organizing secretary Mrs.Kamali.S RRC Co Ordinator	Organizing Chairperson Dr.Padmavathi.R Principal GRT CON
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Focus on journey, Not the destination





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

GRT GROUP OF EDUCATIONAL INSTITUTIONS

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GRT Institute of Health Inspector Training | GRT Institute of Pharmaceutical Education and Research