



GRT COLLEGE & SCHOOL OF NURSING

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

NEWS LETTER UPACHAARIKA SUCHANA



Issue-14, Monthly, March 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 14th issue of GRT CON News Letter Upacharika Suchana which is released on 01.04.2025. 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. At GRT College of Nursing, we recognize that the women in our community, from students to faculty, staff, and leaders, continue to inspire us with their dedication, passion, and excellence. It is their contributions that help shape the spirit of our institution and create an inclusive environment for all. This day is not just for reflection, but for action—a call for each of us to play an active role in breaking down barriers and creating opportunities for women to thrive, both here and globally.

From Florence Nightingale to the countless women who work tirelessly on the frontlines today, women in nursing have been central to the evolution of healthcare worldwide. At GRT College of Nursing, we are proud to be part of a community where our students, faculty, and staff embody the values of dedication, compassion, and resilience that are essential in the nursing profession.

This day reminds us of the continuing need to uplift and empower women in all areas of life, especially in professions like nursing, where women have historically been the backbone of patient care. We must acknowledge the challenges they face, while also celebrating the immense progress they have made and continue to make every day.

To all the women who contribute to the healing and well-being of others, whether in the classroom, the clinic, or at the bedside, we thank you. Your strength, courage, and compassion inspire not only your patients but also your peers and the future generations of nurses who will follow in your footsteps.

Thank you for your invaluable contributions. You inspire us all.



SPOTLIGHTS

MESSAGE FROM PRINCIPAL'S DESK

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• FACULTY MEMBERS

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UPCOMING EVENTS

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World Health Day (SNA, YRC, NSS)

World Earth Day (YRC)

Immunization Week (SNA)

World Malaria Day (SNA)

World Intellectual Property Rights Day (IIC)

World Creativity & Innovation Day (IIC)

National Technology Day (IIC)

National Pollution Control Day (IIC)

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“BE A VOICE NOT AN ECHO”



NEWS AND EVENTS

1. EKALAVYA 2025

GRT Mahalakshmi Vidhyalaya CBSE School celebrated its 10th Anniversary by organizing EKALAVYA 2025 Sports meet for all the colleges of GRT group of educational institutions. Ms. Prasanna Jayasankar who is a highly accomplished basketball player, coach, and sports welfare professional was the chief guest and madam now currently serves as the Chief Welfare Inspector – Sports Southern Railway. Nursing students actively participated in all the programs and won 1st place in Group events like Chess, Kho-kho, Throw ball and 4*100 mts relay and won 1st place in individual event like Shotput and Javelin Throw and 2nd place in Shotput and Discuss throw and Third place in 800mts and Javelin throw .All the winners were rewarded with Cerificates, medals and Trophy. All the Students exhibited and proved their unity and strength in EKALAVYA 2025. GRTCON Lady faculty team won first prize in faculty throw ball torment



2. GRT FUSIONX 2025

GRT Group of educational institutions organized Annual Cultural event “GRT FUSIONX 2025”- ultimate blend of art and talent for all the students of GRTIET, GRTCON, GRTIHIT, GRTIPER and GRTCOE to exhibit their talents. KPY BALA Celebrity entertained the students along with his colleague Mr.Vignesh. There were totally 57 cultural events which included classical dance, western dance, Solo and Group performances, Mime, skit, Traditional Cultural Expo- Parai, Silambam and Villupattu. The event was organized by E3 Event management team and complimentary DJ also was present. Mr. Pascal Xavier anchored the whole event with his outstanding energy and engaging presence, keeping the audience captivated throughout the program. Nursing students gave 13 programs which mesmerized the audience. Nursing college faculty members made the day more enjoyable to the students by performing group dance. All the students and faculty members enjoyed the program.





3. ALUMNI MEET 2025

GRT College and School of Nursing hosted its 5th Annual Alumnae Homecoming Meet on 25.03.2025 from 10:00 AM to 12:30 PM in the GRT CON Auditorium. The event commenced with a prayer song, followed by a welcome address by Prof. Chitra A.I., Vice Principal. A classical dance by Ms. Sreelakshmi, B.Sc (N) II Year student, set the stage. Mrs. Nirmala M., Associate Professor, presented the Alumnae Report, while Principal Dr. Padmavathi R. highlighted recent developments. The 4th Alumnae Bulletin was released by Chief Guest Dr. Jamuna N. She delivered an inspirational speech, quoting philosophers Confucius and Noel Albert Butcher, emphasizing lifelong learning, critical thinking, and professional growth. Alumnae shared experiences, followed by cultural performances. Mrs. Vinodhini M., Clinical Instructor, delivered the vote of thanks, and the event concluded with the National Anthem.



4. GRADUATION DAY 2025:

The GRT College of Nursing proudly celebrated its 11th Graduation Ceremony on 25th March 2025, alongside the GRT Institute of Pharmaceutical Education & Research, at the D Block Auditorium. The event was graced by Dr. K. Narayanasamy, Vice Chancellor of TN Dr. MGR Medical University, as the Chief Guest, with distinguished dignitaries, faculty members, students, and parents in attendance. The ceremony began with an invocation, followed by a welcome address by Dr. Padmavathi, Principal of GRT College of Nursing. She highlighted the institution's achievements and the faculty's commitment to shaping future nursing professionals. Dr. K. Narayanasamy, in his keynote



address, emphasized the importance of nursing in healthcare, urging graduates to uphold the highest standards of care, compassion, and professionalism. He commended the institution's contribution to nursing education and the healthcare sector. A total of 170 graduates—80 BSc Nursing students and 90 B Pharmacy students—received their degrees, marking the completion of their academic journey and the start of their professional careers. Top-performing students were awarded medals for academic excellence and clinical proficiency. The event also featured an oath-taking ceremony, where graduates pledged to uphold the ethical values of their profession. Dr. Meenakshi Sundaram, Principal of GRTIPER, concluded the ceremony with a heartfelt vote of thanks, celebrating the occasion's success and reaffirming the institution's commitment to excellence in education.

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	13.03.2025	14 Candidates
2	21.03.2025	30 Candidates
3	22.03.2025	30 Candidates
4	26.03.2025	43 Candidates
5	27.03.2025	33 Candidates
6	28.03.2025	23 Candidates
7	31.03.2025	24 Candidates



Total Candidates trained 197

DEVELOPMENTAL ACTIVITIES

(a). STUDENT DEVELOPMENTAL ACTIVITIES

1. CURRICULUM ENRICHMENT ACTIVITIES :

The Normal Labour Course conducted by Impetus Healthcare Skills Team for final-year students took place from 24.03.2025 to 27.04.2025. The training included theoretical sessions and practical demonstrations on key areas such as stages of labour, labour assessment, conducting normal deliveries, postpartum care, and emergency management. Students participated in hands-on training with mannequins and high-fidelity models, practicing episiotomy, suturing, neonatal resuscitation, and PPH management. The program enhanced students' confidence, critical thinking and decision-making skills while improving their understanding of team coordination and patient-centered care in labour wards.



2. EXTEMPORE COMPETITION

The Literary Club of GRTCON organized an extempore competition for BSc Nursing students on 28.03.2025, with the topic "The Role of a Nurse in Emergency Situations." The event aimed to enhance students' critical thinking, communication skills, and ability to respond spontaneously to emergencies. Participants showcased their knowledge, emphasizing the importance of decision-making, teamwork, and communication. The competition, judged by Ms. Shenba, English Faculty from GRTIPER, was well-received, with winners recognized for their clarity and knowledge. The event successfully reinforced the importance of nursing preparedness in critical situations.





(b) STAFF DEVELOPMENTAL ACTIVITIES
1. PROFESSIONAL DEVELOPMENT CLUB:

S.No.	DATE	TOPIC	RESOURCE PERSON	REMARKS
1	14.03.2025	Watchman Procedure	Mrs.Gowri Clinical Instructor	34 faculty members actively participated
2	14.03.2025	Charge Syndrome	Mrs.Tamil Selvi Clinical Instructor	34 faculty members actively participated

STAFF WELFARE PROGRAMME

1. Mr.Rajibabu, Librarian and Mrs. Suganthi, Assistant Professor celebrated their Birthday



BEYOND CLASSROOM

SNA ACTIVITIES:

1. WORLD KIDNEY DAY 2025:

The Student Nurses' Association (SNA) organized the World Kidney Day 2025 Awareness Program on March 10, 2025, from 10:00 AM to 11:00 AM at Tiruttani Government Hospital with the theme "ARE YOUR KIDNEYS OKEY? DETECT EARLY AND PROTECT KIDNEY HEALTH." BSc Nursing second-year and final-year students conducted a health awareness campaign using informative posters to educate the public on kidney health, early detection, and prevention. Around 30-40 general public and patients benefited from the initiative. The program had a significant impact, encouraging individuals to prioritize kidney care and adopt preventive measures, making it a meaningful contribution to public health awareness.





2. INTERNATIONAL WOMENS DAY 2025

The International Women's Day celebration, organized by SNA on March 10, 2025, at 10:30 AM in the GRTCON auditorium, featured an awareness session on breast cancer and a demonstration on Breast Self Examination (BSE). The session was led by Dr. Padmavathi R., Prof. Chitra A. I., and Mrs. Premila and attended by 30-35 female faculty members from GRTIET, GRTIPER, GRTCOE, and GRT Mahalakshmi School. The program was highly informative and impactful, enhancing awareness of breast health and early detection. The interactive presentation and hands-on BSE demonstration equipped participants with essential knowledge and practical skills, making the session engaging and beneficial



3. NATIONAL IMMUNIZATION DAY

The National Vaccination Day 2025 program, organized by the Student Nurses' Association (SNA), was held on March 28, 2025, from 10:00 AM to 11:00 AM at the GRTCON auditorium with the theme "Vaccine Work for All." The event featured an awareness session and tips on vaccination, presented by Mrs. Priyanka Kumari, VHN from PHC Thiruvotriyur. She covered essential topics, including vaccine types, routes, doses, importance, do's and don'ts, cold chain management, ILR, and more. A total of 137 students, including third-year B.Sc Nursing and ANM first- and second-year students, participated in the session. The event was highly informative and impactful, increasing awareness about vaccination and reinforcing its significance in public health.





4. WORLD TUBERCULOSIS DAY 2025

The World Tuberculosis Day 2025 awareness program, organized by SNA, was held on March 28, 2025, from 10:30 AM to 11:30 AM at Beerakupam PHC under the theme "YES, WE CAN END TB: COMMIT, INVEST, DELIVER." The session featured insightful presentations by Dr. Arularasan, Dr. Banupriya, and 1st-year ANM Nursing students, covering crucial topics such as tuberculosis overview, early detection, causes, symptoms, prevention, and treatment. The event effectively raised awareness among the general public and patients attending Beerakupam PHC. The session was highly informative and impactful, with the dedicated efforts of the students and expert guidance from the doctors making it a great success.



YRC ACTIVITIES 1. WORLD WATER DAY

The World Water Day 2025 event, organized by the Youth Red Cross Unit at GRTCON on 21.03.2025, focused on the theme "Glacier Preservation". Ms. Saniya Jacob, a first-year B.Sc. Nursing student, delivered an informative speech on water conservation. The program successfully engaged first-year B.Sc. Nursing students, raising awareness and providing valuable insights on sustainable water practices for resource preservation.



2. WORLD TUBERCULOSIS DAY

The World TB Day 2025 event, organized by the YRC Unit at Government Hospital, Tiruttani, took place on 24.03.2025. Dr. Lakshmi Narasiman, Chief Medical Officer, and Mrs. Thiriveni, Clinical Instructor, delivered an insightful awareness speech on tuberculosis. Over 40 participants from the public and outgoing batch students benefited, with the program receiving positive feedback and encouraging efforts for a TB-free society.



NSS ACTIVITIES

1. HEALTH ASSESSMENT AND NCD SCREENING CAMP

Health assessment and screening for NCD was organized by NSS unit of GRTCOE in co-ordination with Muthoot Finance on 07.03.2025, 11.03.2025 and 12.03.2025 for 300 BSc Nursing students of GRTCON. Tests included blood sugar, lipid profile, and creatinine levels. 36 students identified with health issues. The initiative promoted early detection, health awareness, and preventive care.

2. INTERNATIONAL WOMEN'S DAY

The International Women's Day 2025 event, organized by the NSS Unit at GRT College of Nursing on 08.03.2025, featured speeches by Dr. Padmavathi R., Dr. Angel Shalini W., and five nursing students namely Ms. Hema Varshini.R, Ms.Jisna Shaji, Ms.Sona Fathima, Ms.Christeena, and Ms.Jayadevi highlighting women's inspiring contributions. The event, attended by 350 students and faculty members, successfully promoted gender equality and recognized women's achievements, fostering an inclusive society



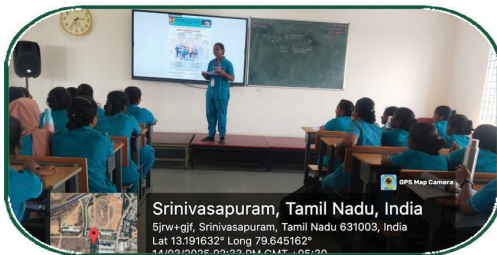


3. WORLD WATER DAY

The World Water Day 2025 event, organized by the NSS Unit at GRT CON, took place on 22.03.2025 in the GRT CON Auditorium. Final Year B.Sc Nursing students presented posters on glacier preservation, with Professor Mrs. Uma Maheshwari evaluating the posters. The event successfully raised awareness about glaciers environmental impact and their critical role in ensuring freshwater availability.



Srinivasapuram, Tamil Nadu, India
Srinivasapuram, Tamil Nadu 631003, India



Srinivasapuram, Tamil Nadu, India
Srinivasapuram, Tamil Nadu 631003, India
Lat 13.131632° Long 79.645162°
11/03/2025 09:33 PM GMT+05:30

RED RIBBON CLUB ACTIVITIES

1. ORIENTATION TRAINING PROGRAM

The Internal Quality Assurance Cell and Red Ribbon Club at GRT College of Nursing organized an orientation training for RRC volunteers in March 2025. The session commenced on 14.03.2025, with Ms. Parbavathy, a final-year BSc Nursing student, covering RRC objectives and the first chapter on managing college life. Ms. Sandhya T. presented chapters on preventing HIV/AIDS and STDs, and dealing with sociocultural influences. On 17.03.2025, Ms. Auxcelin Jose discussed self-value, while Ms. Gayathri and Ms. Durga elaborated on setting boundaries and facing challenges. On 28.03.2025, Ms. Thanushya and Ms. Hemavarshini presented on rights and responsibilities, while Ms. Sabitha focused on educating school students about HIV/AIDS. The sessions were insightful and beneficial for all participants.



CITIZEN CONSUMER CLUB ACTIVITIES

1. WORLD CONSUMER RIGHTS DAY

On 19.03.2025, GRT College of Nursing's CCC Unit observed World Consumer Rights Day with the theme "A Just Transition to Sustainable Living." The event began with a presentation by Mrs. Asha, Clinical Instructor, on "Sustainable Living with Consumerism," emphasizing the three Rs – Reduce, Recycle, and Reuse. She discussed green energy, food, and fashion, offering practical ways to incorporate sustainability into daily life. The event concluded with a consumer awareness song performed by ANM students, which reinforced the importance of informed consumer choices. A total of 73 students participated, gaining valuable insights on sustainable living and responsible consumption.



ISO 21001

The ISO 21001-2018 committee meeting was held at GRT College of Nursing on 21.03.2025. The session began at 9:00 AM with Mr. Kalaiselvan P, ISO Consultant, providing general guidelines until 11:30 AM. He then discussed individual responsibilities with committee members. The meeting covered corrections and finalizations of procedures for Library, Admission, Evaluation, Co-curricular, and Placement, with further discussions scheduled for the next visit.

The ISO 21000 committee meeting was held at GRT College of Nursing on 28.03.2025. The meeting started at 9.00 am with general discussion with the Team members. Mr. Kalaiselvan.P,B.E, MBA, ISO Consultant cum Trainer discussed with individual committee incharges regarding their individual responsibilities and clarified the queries till 4.15pm. The Academic committee, Extra-curricular committee, Internship committee, Student counselling & Parent – Teacher meeting committee and HR Management, Competency enhancement, Mentoring & Reassignment committee completed their first session of one toned discussion. Faculty (Team) members were clarified their queries with Mr. Kalaiselvan Sir.





INSTITUTION INNOVATION COUNCIL 1. THIRD QUARTER COUNCIL MEETING

The 3rd Quarterly Meeting of the Institutional Innovation Council (IIC) at GRT College of Nursing was held on 28.03.2025 at the Mini Conference Hall. The meeting reviewed progress on innovation and entrepreneurship initiatives, with presentations on student and faculty projects. Discussions focused on enhancing research, industry collaboration, and upcoming events like workshops and startup mentoring. The session concluded with an open forum for valuable suggestions on strengthening innovation-driven learning in nursing education.



EDUCATIONAL EXPO:

The Educational Expo organized by Dhinamalar took place at Kalaivanar Arangam from 28th March 2025 to 30th March 2025. The event provided a platform for students to explore various educational opportunities. Dr. Angel Shalini.W and Mrs. Sakila represented GRT College of Nursing, offering insights into nursing courses, career prospects, and admission details. The expo was particularly beneficial for 192 students from the Bio-Maths stream, who showed keen interest in nursing, gaining valuable information on eligibility and career opportunities.







Pursue your
passion of
becoming
a nurse.



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NURSING
TIRUTTANI**

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Affiliated to The Tamil Nadu Dr. M.G.R. Medical University,
Guindy, Chennai

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