



GRT COLLEGE & SCHOOL OF NURSING

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

NEWS LETTER UPACHAARIKA SUCHANA



Issue-15, Monthly, April 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 15th issue of GRT CON News letter Upacharika Suchana which is released on 01.05.2025. 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. Each year, World Health Day serves as a powerful reminder of the importance of good health and the shared responsibility we all hold in promoting well-being within our communities. Health is the foundation of a thriving society—it influences how we learn, work, and live. Nurses stand at the heart of healthcare. You are not only caregivers, but also educators, advocates, and sources of comfort. Your presence at a patient's side often brings more healing than medicine alone. On this World Health Day, I encourage you to reflect on how you can further promote health equity—whether through community outreach, patient education, or simple acts of empathy. In our college, we are committed to nurturing not only intellectual excellence but also the overall well-being of our students and staff. Let this day be a reminder for all of us to take a step back, reflect on our lifestyles, and make conscious choices that support long-term health. May this day serve as a reminder to prioritize not just our academic growth, but our personal well-being, and to foster a campus culture to build a healthier, happier, and more compassionate world.

Wishing you all continued good health, peace, and happiness.



SPOTLIGHTS

MESSAGE FROM PRINCIPAL'S DESK

NEWS AND EVENTS

DEVELOPMENTAL ACTIVITIES

• STUDENTS

• FACULTY MEMBERS

BEYOND CLASSROOM

UPCOMING EVENTS

International Nurses Day (SNA)

World Hypertension Day (SNA)

Anti-terrorism Day (NSS)

No tobacco day (NSS, YRC)

World information technology day (CCC)

World Asthma day (SNA, YRC)

World Red Cross Day (YRC)

IIC Activities

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“BE A VOICE NOT AN ECHO”



NEWS AND EVENTS

EDUCATIONAL PROMOTION ACTIVITIES

GRT College of Nursing actively participated in major educational expos in 2025. At the Educational Expo by Dhinathanthi in Chennai (March 9-10), Professors Uma Maheshwari and Pramila guided Bio-Maths and Pure Science students, attracting around 130 nursing enquiries. At the Vellore Higher Educational Expo (April 12-13), represented by Ms. Gracy and Mrs. Suganthi, 143 nursing student contacts were gathered among 60 colleges. At the Andhra Jyothi Expo in Tirupathi (April 19-20), despite fewer nursing enquiries due to the MPC student crowd, the event was well-organized. GRT's Engineering, Nursing, and Pharmacy departments promoted their programs at all events.



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	03.04.2025	24 Candidates
2	09.04.2025	16 Candidates
3	16.04.2025	11 Candidates



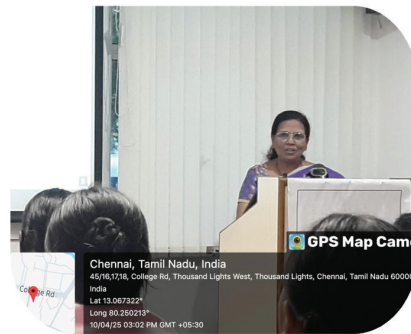


DEVELOPMENTAL ACTIVITIES

(a) STUDENT DEVELOPMENTAL ACTIVITIES

1. WORLD RECORD EVENT

On 10th April 2025, Mrs. Nirmala, Ms. Gracy, and 23 final-year B.Sc. Nursing students from GRT College of Nursing attended a “World Record Attempt” event at SankaraNethralaya Eye Hospital, Nungambakkam. The event featured the largest synchronized training session for nurses and nursing students, focusing on the prevention of medication administration errors. The session was led by Mrs. Josephine, Nursing Superintendent, who emphasized the importance of safe medication practices. At the conclusion, all participants took an oath to uphold safe medication standards. The program ended at 4:30 PM and provided a valuable learning experience for all attendees



2. Q INFINITY QUIZ PROGRAMME

On 12th April 2025, three final-year and three third-year B.Sc. Nursing students from GRT College of Nursing participated in the Q Infinity Quiz program organized by Apollo College of Nursing. A total of 12 student groups took part, out of which GRTCON was one of the 5 groups who were selected for the final round.



3. WORKSHOP ON SAFE INFUSION SAVES LIFE :

On April 21, 2025, Fifteen Vth semester B.Sc. Nursing students from GRT College of Nursing attended the Workshop on Safe Infusion Saves Life at the KKCTH Auditorium, Chennai. The workshop was Organized by KKCTH under the Theme “Patient Safety Series - Nursing Made Safe”, the session ran from 8:00 am to 1:00 pm. Dr. UshaVishvanadhan led the workshop through orientation, teaching, and demonstration activities. Students gained valuable knowledge on safe infusion practices, bundle checklists, various types of infusions, and their indications and contraindications. The workshop significantly contributed for enhancing patient safety and promoting best practices in professional nursing care.



2. INSTITUTIONAL VISITS

1. VISIT TO CHETTINAD HOSPITAL

As part of the curriculum requirement, on 11th April 2025, our B.Sc. Nursing 1st year and ANM 1st year students visited Chettinad Hospital and Research Institute. During the visit, the students received orientation and gained in-depth knowledge about various laboratories, including the Anatomy Lab and Museum, Physiology Lab, Biochemistry Lab, and Microbiology Lab. This exposure provided them with valuable insights into foundational medical sciences and helped enhance their understanding of theoretical concepts through practical observation. The visit proved to be an enriching learning experience, contributing to their academic and professional development in the field of nursing and healthcare.





2. VISIT TO CHILD GUIDANCE CLINIC

On April 22, 2025, the CHN Department of GRT College of Nursing organized a field visit to the Child Guidance Clinic at KKCTH for 100 fifth-semester B.Sc. Nursing students, conducted batch-wise (10 students per batch) from 8:00 am to 4:00 pm. The session was led by Mr. Febin Dominic, Medical Social Worker and Centre Administrator, highlighting various topics such as speech therapy, behavior therapy, psychiatric counseling, observation of children's activities, and insights into ADHD, ASD, and rehabilitation. Students gained practical exposure and valuable understanding of child mental health, developmental challenges, and the role of therapy in improving children's abilities and well-being.



(b) STAFF DEVELOPMENTAL ACTIVITIES

1. PROFESSIONAL DEVELOPMENT CLUB :

S.No	Date	Topic	Resource person	Remarks
1	15.04.2025	Exo Womb	Mrs.Amala Clinical Instructor	22 faculty members actively participated
2	15.04.2025	Functional Medicine in Nursing	Mrs.Asha Clinical Instructor	22 faculty members actively participated



STAFF WELFARE PROGRAMME

1. Our Vice Principal Professor. Chitra, Professor Uma Maheshwari, Mrs.Pushpa Assistant Professor Mrs. Meenakshi , Mrs.Annal Pracilla and Mrs.Shakila Clinical Instructors celebrated their Birthday.



BEYOND CLASSROOM

SNA ACTIVITIES:

1. WORLD AUTISM DAY

As part of the GRTCON Student Nurses Association activity, the Department of Mental Health Nursing organized a World Autism Day Awareness Program on 02.04.2025 at RASS Special School, Tiruttani, under the theme “Advancing Neurodiversity and the UN Sustainable Development Goals (SDGs).” Twenty-three ANM Nursing I Year students, guided by Mrs. Suganthi S. and Mrs. Vinothini, conducted spot activities fine motor activities- Painting, Gross motor activities-dancing, standing and Cognitive activities like identify balloons color. The special children participated enthusiastically and enjoyed the event.



2. WORLD HEALTH DAY

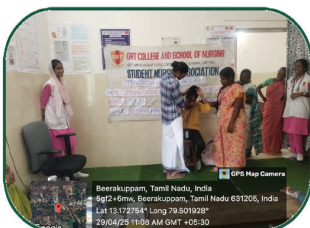
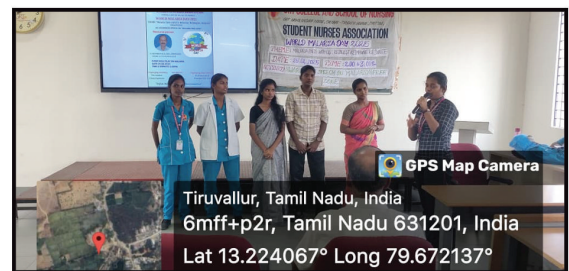
As part of our SNA activity, World Health Day 2025 was observed on 7th April 2025. The program began with a prayer song by Ms. Gowri Raj, a 1st-semester B.Sc. Nursing student, followed by a welcome address by Ms. Sona Fathima. and Dr. Keerthana, MBBS, MS (OG), delivered an inspiring speech on key health topics, including maternal and child health, immunization, and antenatal and postnatal care. In addition, our final-year B.Sc Nursing students organized a free fire cooking expo at Tiruttani Government Hospital, while ANM 1st-year students conducted a similar event at Bheerakuppam PHC.





3. WORLD MALARIA DAY

On 25th April 2025, the SNA observed World Malaria Day. The theme for the event was “Malaria Ends With Us: Reinvest, Reimagine, Reignite.” Mr. S. Chandran, M.Sc., MBA (HM), PGDPH, Medical Entomologist at GRT Health Inspector Training Institution, delivered an insightful speech on creating a Malaria-Free Zone. He discussed the causes, symptoms, treatment, and prevention of malaria. The event also featured a role play by second-year B.Sc. Nursing students and concluded with a pledge taken by all attendees to contribute to malaria control and awareness.



4. WORLD IMMUNIZATION WEEK

The SNA organized World Immunization Week Observation from April 29-30, 2025, with the theme “Immunization for all is humanly possible.” Activities were held at Bheerakuppam PHC and Tiruttani Government Hospital from 11:00 am to 1:00 pm. Fourth-year B.Sc Nursing and ANM 1st-year students conducted a theme-based skit, poster competition, and an expert talk by Mr. C.L. Nethaji, Pharmacist and Quality Nodal Officer. He discussed the importance of vaccination, storage techniques, and stressed the need for the Rota virus 2nd dose per WHO guidelines. The session benefited around 35 participants and enriched students’ knowledge in community health.



YRC ACTIVITIES:

1. INVESTITURE CEREMONY

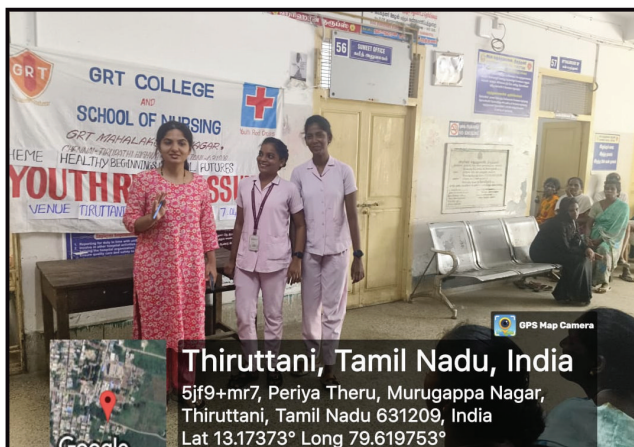
On 3rd April 2025 the GRT CON YRC unit held its investiture ceremony. Dr. Padmavathi R., Principal of GRT College of Nursing and YRC President, formally crowned the newly elected Vice President and Secretary with badges and sashes, symbolizing the start of their leadership journey and commitment to the values of the Youth Red Cross.



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Tiruvallur, Tamil Nadu, India



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Thiruttani, Tamil Nadu

2. WORLD HEALTH DAY

On 07th April 2025, the GRT CON YRC Unit observed World Health Day at the Government Hospital, Tiruttani. Centered on the theme "Healthy Beginnings, Hopeful Futures," the event highlighted maternal and infant health. Dr. Afra, a Gynaecologist, delivered an insightful awareness speech followed by an oath-taking session. Outgoing batch students and the public actively participated, with over 30 beneficiaries. The session encouraged open interaction, allowing the public to clarify doubts and express their appreciation through positive feedback. The program successfully raised awareness and emphasized the importance of early health care for mothers and infants, creating a meaningful impact in the community.



3. WORLD EARTH DAY

On 25.05.2025, the YRC unit organized a special visit to Annapurna Mango World Green Farm, Ponpadi, in observance of World Earth Day with the theme “Our Power, Our Planet.” From 12:00 PM to 1:00 PM, 23 ANM first-year students participated under the guidance of Clinical Instructors Mrs. Vinodhini and Mrs. Thilagavathi. Mr. Sravan, the Factory Manager, explained organic farming techniques that avoid synthetic chemicals and promote soil health, plant nutrition, and ecosystem balance. He also discussed plant maintenance, gardening practices, and plant life spans. The visit fostered environmental awareness and offered students an enriching, hands-on learning experience close to nature.



NSS ACTIVITIES: 1. WORLD HEALTH DAY

On 08.04.2025, the NSS unit organized a health talk at the Primary Health Centre, Beerakkupam, to mark World Health Day with the theme “Healthy Beginning and Hopeful Future.” The session, conducted by Mrs. Suganthi S., Assistant Professor, was attended by around 40-45 antenatal mothers. She emphasized the importance of antenatal care, regular check-ups, proper nutrition, and timely follow-ups for a healthy pregnancy. Key topics such as routine screenings, signs of complications, and healthy lifestyle practices were discussed. The session was well-received, with participants appreciating the valuable information shared. It effectively promoted maternal health awareness within the community.



2. QUIZ ON INDIAN CONSTITUTION

On the occasion of Dr. Ambedkar Jayanti, the NSS Unit organized a quiz on the Indian Constitution for V Semester students on 14th April 2025. The event also included the Pledge on the Constitution of India taken by the participating students, fostering awareness and respect for the Constitution and Dr. Ambedkar's contributions to Indian society..



3. POSHAN PAKHWADA 2025 NUTRITION AWARENESS ACTIVITIES

The Poshan Pakhwada 2025 Nutrition Awareness Activities, organized by NSS, from 16th April to 22nd April 2025 focused on promoting a healthy lifestyle and obesity prevention through various sessions in Tiruttani.



- On 16th April, a Fitness talk at Urban PHC emphasized the importance of a balanced diet and regular exercise for maintaining strength and flexibility in older adults.
- On 17th April, a Door-to-Door Awareness Campaign on Anemia & Nutrition was held near Urban PHC, engaging the community in discussions about anemia and nutrition, fostering social support for healthy behaviors.
- On 19th April, a session on Nutrition & Academic Performance, highlighting how a balanced diet improves concentration and academic success was hosted at Girls Higher Secondary School, Amirthapuram.
- On 21st April, An awareness on Waste Management, focusing on community involvement and behavior change for effective waste disposal was conducted at ICDS, Madhur.
- On 22nd April, a session on Government Health Apps, educating patients on tracking health metrics through mobile apps was conducted at Beerakuppam PHC.

Each session successfully promoted healthier lifestyles and community involvement



CITIZEN CONSUMER CLUB ACTIVITIES: WORLD HEALTH DAY 2025

The World Health Day 2025 program, organized by the Citizen Consumer Club, took place on 9th April 2025 at GRTCON Auditorium from 11:00 AM to 12:00 PM. The theme for the event was "Healthy Beginning and Hopeful Future". An expert talk on Health Insurance was delivered by Mr. Jothish, Sales Manager at HDFC Bank, Tiruttani. The session aimed to raise awareness among I Year and II Year B.Sc (N) students about the importance of health insurance. Mr. Jothish emphasized the significance of health coverage across all age groups and explained various insurance policies, helping students to make informed decisions about their health and future well-being.



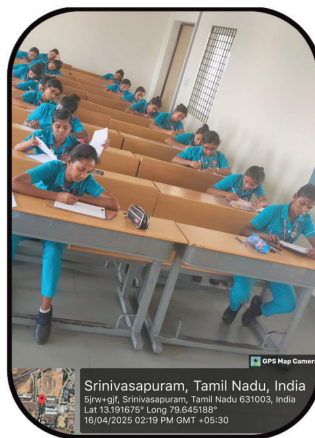
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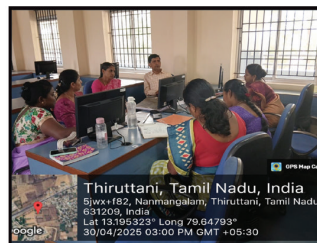
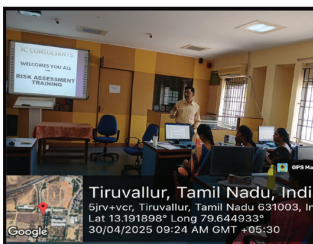
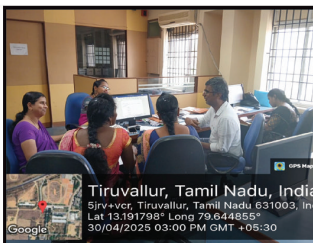
LITERARY CLUB POETRY WRITING COMPETITION

On 16th April 2025, a Poetry Writing Competition on the theme "Childhood Memories" was held for B.Sc. Nursing II, III, and IV-year students. 47 students participated enthusiastically. The competition provided a creative outlet to express emotions, build empathy, and enhance communication skills, fostering confidence and a sense of community. The Literary Club plans more innovative activities for the upcoming months.



ISO 21001 1. ASSESSING COMPILED DOCUMENTS

On 4th April 2025, a productive ISO 21000 meeting was held with Mr. Motilal Sir, ISO Consultant and Trainer, from 10:30 AM to 2:30 PM at the Mini Seminar Hall, GRT CON. The session involved reviewing prepared documents, discussing department procedures, and suggesting new documents and modifications. The meeting provided valuable insights and enhanced our understanding of ISO concepts.



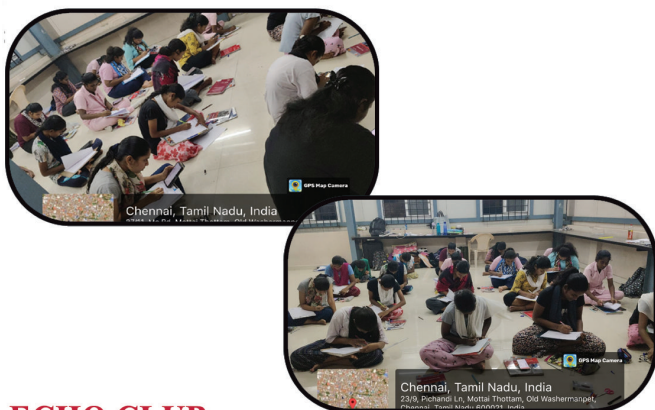
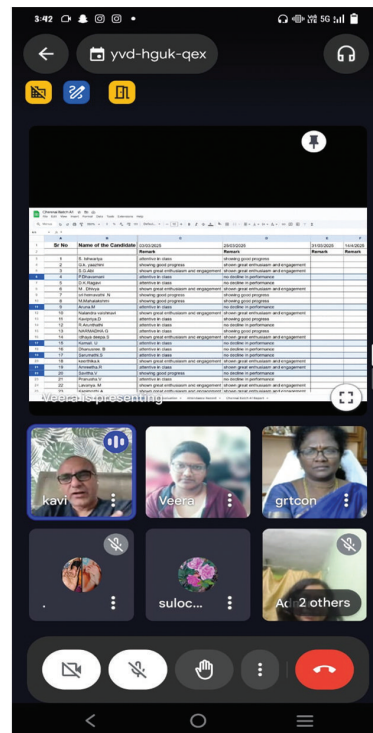
2. RISK ASSESSMENT TRAINING

On 30th April 2025 the ISO 21000 Committee held a Risk Assessment Training led by consultants Mr. Motilal T.R.S and Mr. Kalaiselvan P. They covered risk identification, correction, and reduction techniques, including risk grading using assessment forms. In the afternoon, members conducted group assessments and received individual guidance. The session was highly informative and enhanced our understanding of departmental risk management.



GERMAN CLUB GERMAN LANGUAGE TRAINING PROGRESS REVIEW MEETING

On 04.04.2025, an online German Language Training Progress Review Meeting was conducted. Principal Dr. Padmavathi R., (German Club Organizing Chairperson) Mrs. Sulochana K.A., (German Club Coordinator) Mrs. Sneha, along with the team from Leo & Sagittarius Consulting Mr. KaviLuthra (Chairperson), Mrs. Veera Chavan (German Language Trainer), Ms. Sristi (German Language Evaluator), and Mr. Ashish (German Language Consultant)-reviewed student progress. Discussions covered evaluation outcomes, the budding system, and additional classes addressing Indo-German transcultural, social, and economic interactions. The meeting provided a clear insight into student development and outlined future plans



2.LANGUAGE FLUENCY COMPETITION

The Language Fluency Competition was held on 25.04.2025 at Royapuram Hostel and Tiruttani GH, with 29 IV BSc(N) students participating. The competition covered topics such as greetings, introductions, alphabets, numbers, conjugations, sentence structures, hobbies, family, and vocabulary related to cities and countries. Evaluated by Mrs. Sulochana K.A, MSc (N), Assistant Professor. The program helped students gain valuable insights into the German language. It equipped them with skills to confidently read, write, and speak German, enhancing their ability to self-correct in the future.

ECHO CLUB 1.WORLD EARTH DAY

On 22nd April 2025, in observance of World Earth Day, the ECO Club of GRT College of Nursing organized an online quiz competition via the Google platform for II Year B.Sc (N) students. The event, held from 8:00 pm to 9:00 pm, was coordinated by Mrs. Switha S, Clinical Instructor. Centered around the theme “Our Power Our Planet,” the quiz aimed to enhance students’ awareness about environmental issues. Through active participation, students deepened their understanding of the importance of protecting and preserving Mother Earth, fostering environmental responsibility and encouraging sustainable living practices to ensure a healthier planet for future generations.



B.SC(N) I-YEAR (- 2024-2028 BATCH)



B.SC(N) II-YEAR (-2023-2027 BATCH)



B.SC(N) III YEAR (2022-2026 BATCH)



B.SC(N) IV YEAR (2021-2025 BATCH)



ANM I YEAR (2024-2026 BATCH)



ANM II YEAR (2023-2025 BATCH)



HI II YEAR (2023-2025 BATCH)



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SNA HOSTEL & MESS COMMITTEE



SNA CULTURAL COMMITTEE



GRTCON NSS UNIT BATCH 2



GRTCON NSS UNIT BATCH 3



GRT CON YRC



GRT CON RED RIBBON CLUB



GRTCON CITIZEN CONSUMER CLUB



GRTCON NDLI CLUB



GRTCON ALUMNAE ASSOCIATION



GRTCON LITERARY CLUB



GRTCON ISO COMMITTEE



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GRTCON ECHO CLUB



GRTCON GERMAN LANGUAGE TRAINING



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Pursue your passion of becoming a nurse.



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