



GRT COLLEGE & SCHOOL OF NURSING

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

NEWS LETTER UPACHAARIKA SUCHANA



Issue-16, Monthly, May 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 16th issue of GRT CON News letter Upacharika Suchana which is released on 01.06.2025. 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. On this special occasion of International Nurses Day, I extend my warmest wishes to each one of you. This day, celebrated in honor of Florence Nightingale's birth anniversary, is a powerful reminder of the unwavering dedication, compassion, and professionalism that nurses embody across the globe.

Nursing is not merely a profession—it is a profound calling to serve humanity with empathy, resilience, and unwavering commitment. The past years have reminded the world, more than ever, of the vital role nurses play in maintaining and restoring health, offering comfort in the darkest moments, and acting as the backbone of our healthcare system.

To our dear students: you are the torchbearers of this noble legacy. As you walk this path, remember that your strength lies not only in your clinical skills but in your kindness, patience, and integrity. Strive to uphold the values that define this great profession.

To our dedicated faculty and practicing nurses: thank you for being the guiding lights and role models for the next generation. Your service continues to inspire excellence and compassion in every life you touch.

Let us use this day to recommit ourselves to the values of nursing and to celebrate the courage and humanity that nurses demonstrate every day.

With heartfelt appreciation and pride,



SPOTLIGHTS

MESSAGE FROM PRINCIPAL'S DESK

NEWS AND EVENTS

DEVELOPMENTAL ACTIVITIES

• STUDENTS

• FACULTY MEMBERS

BEYOND CLASSROOM

UPCOMING EVENTS

- ◆ Sports day(SNA)
- ◆ Cultural Day (SNA)
- ◆ Annual Day (SNA)
- ◆ World Blood Donor Day(RRC)
- ◆ World Environmental day (YRC, NSS, CCC)
- ◆ International day against drug abuse and illicit trafficking (YRC)
- ◆ IIC Activities

Contact us

Mail: grtcon@grt.edu.in

Website: www.grtnursing.com

Tel: 044-270880749

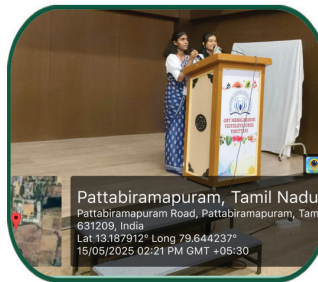
“BE A VOICE NOT AN ECHO”



NEWS AND EVENTS

INTERNATIONAL NURSES DAY CELEBRATION – 2025

The Student Nurses Association (SNA) proudly organized the International Nurses Day Celebration on 15.05.2025 from 2:00 PM to 4:00 PM at the GRT School Auditorium. The event was conducted in honor of the birth anniversary of Florence Nightingale, the founder of modern nursing, and to recognize the dedication and service of nurses worldwide. The program featured a variety of activities, including a chief guest address, cultural performances like dance, songs, skit, and creative reels. The event was actively carried out by students of B.Sc Nursing (I, II, III Year) and ANM (I & II Year), with an enthusiastic participation of around 300 students. The chief guest delivered an inspiring speech on the importance of nursing, its growing career opportunities, and the scope for professional growth in the field. The speech also paid tribute to Florence Nightingale, highlighting her contributions to nursing and healthcare. The celebration was a great success, bringing together students and faculty in a spirit of appreciation, motivation, and unity. The event not only acknowledged the hard work of nurses but also encouraged students to pursue their careers with compassion, dedication, and pride in the nursing profession.





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	06.05.2025	12 CANDIDATES
2	14.05.2025	11 CANDIDATES



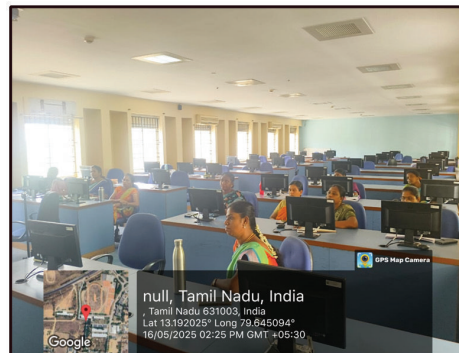
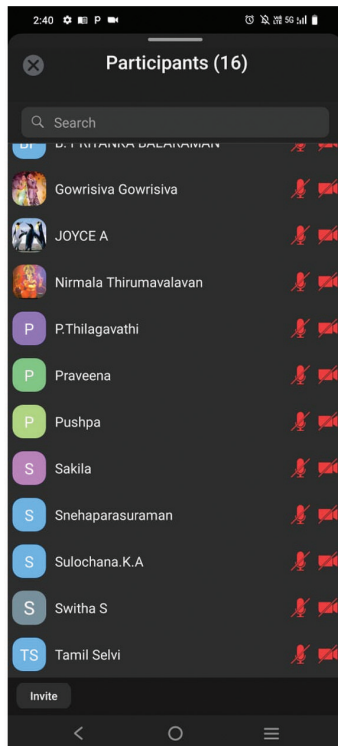


DEVELOPMENTAL ACTIVITIES

STAFF DEVELOPMENTAL ACTIVITIES

1. PROFESSIONAL DEVELOPMENT CLUB

S.No	Date	Topic	Resource person	Remarks
1	16.05.2025	Forensic Science – Autopsy	Clinical Instructor Ms. Swetha	17 faculty members actively participated
2	16.05.2025	Von Willebrand Disease	Clinical Instructor Ms.Priya	17 faculty members actively participated



STAFF WELFARE PROGRAMME

1. Our teaching staffs Ms. Sneha and Mrs. Swathi Clinical Instructors and Non teaching staff – Mrs. Jothi (Hostel Warden) celebrated their Birthday.

BEYOND CLASSROOM

SNA ACTIVITIES

1. WORLD ASTHMA DAY 2025

On behalf of the SNA unit, a quiz competition was organized to mark World Asthma Day 2025 on 06.05.2025 from 11.00 am to 11.30 am through Google Form. The theme of this year was “MAKE INHALED TREATMENT ACCESSIBLE FOR ALL.” The event was coordinated by Mrs. Rajitha K., Assistant Professor, for B.Sc (N) II year students. A total of 60 students actively participated and submitted their responses within the time limit. The quiz helped students recall key concepts related to asthma and its management. Many students appreciated the activity, stating it was both informative and engaging. Out of the total participants, 7 students scored a perfect 20/20, and the majority scored above 16 marks, reflecting their good understanding of the topic.

2. BLOOD PRESSURE SCREENING AND AWARENESS CAMPAIGN

On 19.05.2025, from 9:00 AM to 12:00 PM, a health awareness program was conducted at the NCD OPD, Tiruttani Government Hospital by final-year B.Sc Nursing students. The activity included blood pressure screening and an awareness campaign focused on lifestyle modifications, the DASH diet, and exercises such as aerobic workouts and Tai Chi for managing hypertension. Around 60 to 70 patients and members of the general public visiting the hospital participated actively in the program. The students provided valuable information on maintaining healthy blood pressure levels, emphasizing the importance of a balanced diet and regular physical activity. This initiative proved highly impactful in educating the community about non-pharmacological approaches to prevent and control hypertension. The students' efforts in counseling and screening played a vital role in raising awareness, empowering individuals to adopt healthier lifestyle choices for better cardiovascular health. The program was a meaningful contribution to public health education.





YRC ACTIVITIES

1. WORLD RED CROSS DAY

On the occasion of World Red Cross Day 2025, commemorating the birth anniversary of Henry Dunant, the Youth Red Cross (YRC) unit organized a quiz competition on 09.05.2025 from 03:00 PM to 04:00 PM at the First-Year B.Sc Nursing Classroom. The quiz focused on the Red Cross Unit and its core principles and activities. The event was actively carried out by First-Year B.Sc Nursing students, with around 60 students participating enthusiastically. The activity aimed to promote humanitarian values, recognize the efforts of Red Cross volunteers, and raise awareness about the mission and impact of the Red Cross movement globally. The quiz provided an engaging platform for students to enhance their knowledge about the Red Cross, its history, and its ongoing contributions to society. The event was well-received and marked a successful celebration of World Red Cross Day, reflecting the dedication of the YRC unit and the spirit of volunteerism.



2. WORLD ASTHMA DAY

On 21.05.2025, the YRC unit conducted an awareness activity in observance of World Asthma Day, with the theme “Make Inhaled Treatments Accessible for ALL”, from 3:30 PM to 4:15 PM in the 1st Year Classroom. An awareness talk was given by Mrs. A. Joyce, Assistant Professor to B.Sc(N) 1st year students. A total of 59 students participated actively. The session focused on understanding asthma, its signs, symptoms, and management, and emphasized the role of nurses. Students also learned about inhaler types, correct usage, and common errors, enhancing their asthma care knowledge.



3. WORLD NO TOBACCO DAY

World No Tobacco Day Organized by the Youth Red Cross (YRC) on 31.05.2025 at Urban PHC, Tiruttani, this year's program focused on the theme: "Unmasking the Appeal: Exposing Industry Tactics on Tobacco and Nicotine Products." ANM students conducted a poster presentation and awareness speech from 10:00 am to 11:00 am, reaching 20 outpatients. The session effectively highlighted the dangers of tobacco use, industry manipulation tactics, and promoted healthier lifestyle choices. The initiative proved impactful, enhancing awareness and encouraging behavior change. The students' efforts were commendable in educating the community and contributing to tobacco prevention efforts.



NSS ACTIVITIES

SPECIAL CAMP - PANAPAKKAM VILLAGE

NSS Special Camp Report (12th–17th May 2025)

The National Service Scheme (NSS) Unit of GRT College of Nursing successfully organized a Special Camp at Panapakkam Village from 12th to 17th May 2025. The camp was actively conducted by the III Year NSS Volunteers under the guidance of the NSS Program Officer and college faculty. The week-long camp aimed to promote community development, health awareness, hygiene, and environmental sustainability.

Day 1 – 12.05.2025: Demographic Survey and Inauguration

The camp began with a demographic survey conducted across Panapakkam Village, supervised by Mrs. Suganthi (NSS Coordinator), Mrs. Rajitha (Assistant Professor), and Ms. Priya (Clinical Instructor). This was followed by the inauguration ceremony, graced by Mrs. Reeta (President) and Mrs. Sivagami (Professor, GRT College of Nursing). In their addresses, they emphasized the significance of NSS in rural health improvement and fostering social responsibility among youth.

Day 2: Road Safety Rally and Awareness Sessions

A road safety rally was organized to raise awareness about responsible driving practices. Volunteers carried banners and chanted slogans to promote road discipline. An awareness session by Ms. Gracy (Assistant Professor) followed, covering traffic safety, pedestrian precautions, and the role of youth in reducing accidents.



Later, Ms. Priya (Child Development Officer, Tiruvallur Collectorate) conducted a session on government welfare schemes for the girl child, highlighting initiatives aimed at empowering girls and encouraging gender equality. Her session inspired participants to spread this knowledge in their communities.

Day 3: Community Service and Health Awareness
Volunteers participated in a temple cleaning drive at Arulmigu Subramaniya Swamy Temple, fostering cleanliness and community involvement. An insightful session on stress management was then delivered by Mrs. Suganthi, providing practical strategies to handle emotional pressure in daily life. The day concluded with a Breast Self-Examination (BSE) awareness session by Mrs. Shakila (Clinical Instructor). Participants learned about early detection techniques, encouraging proactive health-care among women.

Day 4: Child Safety and Medical Outreach
Dr. Angel Shalini (NSS Programme Officer) led a session on child abuse awareness, educating children and parents about safe and unsafe touch and the importance of open communication.

A medical camp was then held by Dr. Sakthivel, offering free check-ups and consultations. Around 45 villagers benefited, receiving guidance on general health and wellness.

Day 5: Yoga and First Aid Training
The day began with an energizing yoga session by Mr. Babu (Trainer, GRT COE), focusing on flexibility, mental clarity, and overall wellness. This was followed by first aid training conducted by Mrs. Thilagavathy and Mrs. Tamilselvi, who demonstrated basic life-saving techniques, including CPR and emergency response methods.

Day 6: Green Rally and Valedictory Function
An awareness rally on greenery development and income-generating activities marked the final day. Volunteers promoted eco-friendly practices and sustainable livelihoods through banners and slogans. The camp concluded with a valedictory function and certificate distribution, celebrating the volunteers' contributions and encouraging continued community involvement. The week-long initiative left a lasting impact, reinforcing the NSS spirit of "Not Me, But You."



2. NATIONAL ANTI-TERRORISM DAY

The NSS unit organized the observance of National Anti-Terrorism Day on 21.05.2025 from 1:30 PM to 2:00 PM in the First Year B.Sc Nursing classroom. The event was attended by 60 first-year B.Sc Nursing students, and the pledge was administered by Mrs. Switha. The pledge aimed to raise awareness about the dangers of terrorism and violence, and their impact on individuals, society, and the nation. It encouraged students to uphold peace and harmony.



3. NO TOBACCO DAY

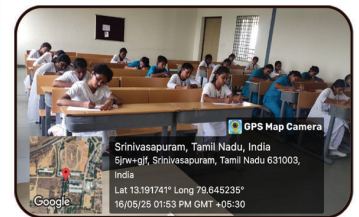
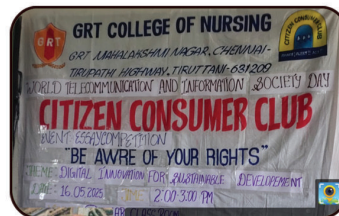
On May 31, 2025, the NSS unit organized a World No Tobacco Day programme at GRT CON with the theme "Bright products. Dark intentions. Unmasking the Appeal." Twenty housekeeping team members actively participated in the event. From 9:30 to 10:00 AM, under the guidance of Mrs. Switha, a special pledge was taken to say no to tobacco. The participants expressed their dedication to promoting a clean, healthy, and smoke-free environment. Their strong commitment to maintaining tobacco-free workplaces and spreading awareness among peers highlighted their role in supporting public health and fostering a safer, more conscious community.



CITIZEN CONSUMER CLUB ACTIVITIES

WORLD TELECOMMUNICATION AND INFORMATION SOCIETY DAY

The Citizen Consumer Club organized an Essay Competition on the occasion of World Telecommunication and Information Society Day on 16.05.2025, from 1:30 PM to 2:30 PM, in the Second Year B.Sc. Nursing Classroom. The event was based on the theme “Digital Innovation for Sustainable Development”, with the essay topic being “Smart Hospitals and the Changing Role of Nurses in the Digital Age.” Students from B.Sc. Nursing I, II, and III Year actively participated, with around 21 students showcasing their ideas and creativity. The essays beautifully highlighted the impact of digital technologies on healthcare and how nurses are evolving as digital heroes in smart hospital environments. Participants expressed forward-thinking views on how innovation is reshaping patient care and the pivotal role nurses play in this transformation. The event not only encouraged awareness of digital advancements but also celebrated the students’ vision for a technologically empowered and compassionate healthcare future.



LITERARY CLUB

1. SCRAMBLE THE WORD

The Literary Club organized an engaging activity titled "Scramble the Word" on 10.05.2025 from 1:30 PM to 2:00 PM at the First-Year B.Sc Nursing Classroom, GRT College of Nursing. The session was enthusiastically carried out by First-Year B.Sc (N) students, with a total of 57 students actively participating. The objective of the activity was to enhance students' vocabulary and language skills by arranging jumbled letters to form meaningful words. This fun and interactive game helped in assessing the effectiveness of previous lessons while encouraging creative thinking and problem-solving. It also aided students in improving their ability to construct meaningful

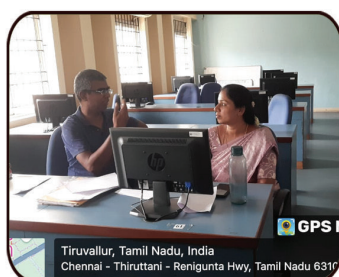
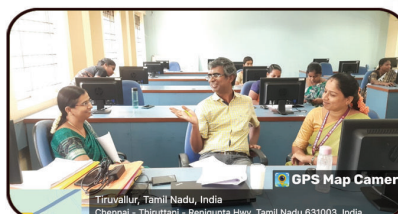
phrases or sentences from mixed-up words. The event concluded successfully, and students showed great interest and enthusiasm. The Literary Club wrapped up its monthly activities with this session and looks forward to implementing more innovative and educational events in the upcoming months to further strengthen students' proficiency in English.



ISO 21001

1.ISO 21000 COMMITTEE MEETING

On 08.05.2025, the ISO 21000 Committee conducted a full-day in-person meeting from 9:00 AM to 4:00 PM, facilitated by our esteemed ISO Consultants and Trainers, Mr. Motilal T.R.S. and Mr. Kalaiselvan P. The session focused on reviewing and refining departmental procedures to ensure alignment with ISO standards. Throughout the day, supporting documents and records were carefully examined and discussed. The consultants provided valuable insights, ensuring each process was clearly understood and compliant. Committee members actively participated, asked relevant questions, and received detailed clarifications on various aspects of the ISO 21000 framework. This interactive session proved highly beneficial, strengthening the team's knowledge and understanding of procedural requirements and documentation. The guidance provided by the consultants helped the committee move closer to achieving ISO compliance. The meeting concluded on a positive note, with improved clarity and confidence among all team members in implementing ISO standards effectively



2. GENERAL DISCUSSION MEETING

On 24.05.2025, the ISO 21000 committee conducted a general discussion meeting from 9:00 AM to 4:10 PM, led by Mr. Kalaiselvan P., ISO Consultant and Trainer. The session focused on committee procedures, associated risks, and supporting documentation. Mr. Kalaiselvan also provided detailed guidance on preparing the GRT CON Manual and compiling functional procedures for all committees. The session was informative and enhanced the team's understanding of ISO standards.

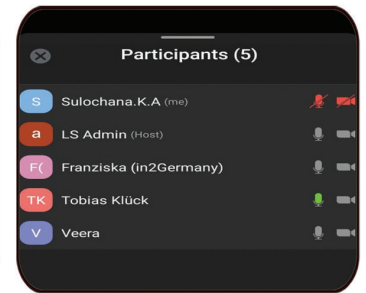


GERMAN CLUB

1. VIRTUAL MEETING VIA GOOGLE MEET

On 08.05.2025, the German Club organized a virtual meeting via Google Meet from 8:00 PM to 9:00 PM. The session was attended by Ms. Sristi, German Language Evaluator; Ms. Veera Chavan, German Language Trainer; Dr. Tobias Kluck and Ms. Franziska, international consultants from Germany, The meeting focused on important academic discussions, including the schedule for the upcoming A1 examination and the arrangement of additional classes. A major highlight of the discussion was the need to integrate complex topics such as the interplay of transcultural dynamics, social behavior, and economic factors into the learning process. All participants contributed valuable insights and suggestions, especially on how to effectively structure the additional classes. The session concluded with a mutual agreement on the action plan and class arrangements. The meeting was productive and ensured smooth coordination for future academic enhancements in the German language program.

Date (Every 2nd Monday of the Month) Time: 18:30 - 19:30 IST / 15:00 - 16:00 CET	Topic
May 12, 2025	1. Why does Germany need you? 2. What should be your vision for Germany? Planning your life and career in Germany
June 9, 2025	4. Getting Around & Daily Life Rules
July 14, 2025	5. Managing your money - Cost of living and financing your life in Germany
August 11, 2025	6. Banking, Insurance, Hospital, and Police System in Germany
September 8, 2025	3. Culture, History, Landscape, Geography, and Politics of Germany
October 13, 2025	7. Find 6 Months of Job Ads and Drafts
November 10, 2025	8. How to Obtain Your PR and Naturalization Process in Germany

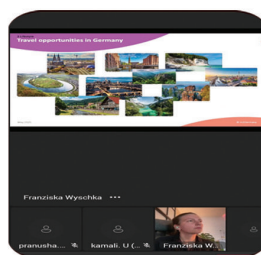
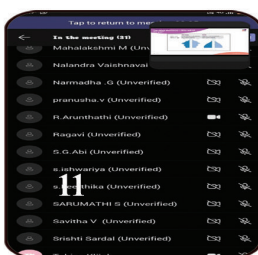
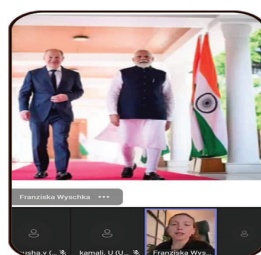
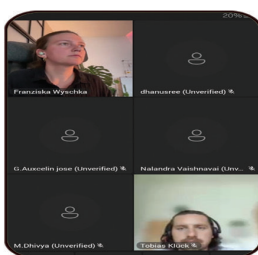


Meet Details	Content	Sub Content (s.c.)	Date & Time	Level of the Language & Topic Participants will have used previously
1. Why does Germany need you?	Understand Germany's demand for skilled workers and how to meet it	Germany's labor shortage Demographic crisis, aging population, skilled gaps Key sectors needing talent (IT, engineering, healthcare, etc.) Why Indian talent matters	12.12.2025 18:30 - 19:30 IST / 15:00 - 16:00 CET	Intermediate communication skills and basic social interactions
2. What should be your vision for Germany? Planning your life and career in Germany	Set realistic, personal and professional goals in Germany	What to expect (climate, cost of living, social norms, etc.) How to balance career and personal life in Germany		



2. SEMINAR ON LIVING AND WORKING IN GERMANY

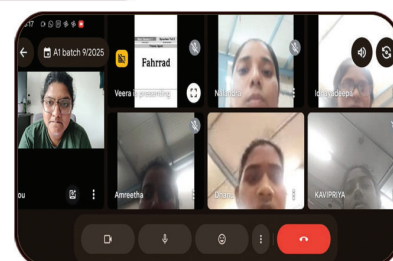
The GRTCON German Club organized an informative seminar on the topic “Living and Working in Germany – Germany Needs You” on 19.05.2025 from 6:30 PM to 7:30 PM via Microsoft Teams. The session was led by Ms. Franziska Wyschka and Mr. Tobias Kluck, Founders and Directors of in2Germany International Ltd, and facilitated by Ms. Srishti from Leo & Sagittarius Consulting Pvt. Ltd. 29 final-year B.Sc Nursing students participated enthusiastically. The session provided valuable insights into the demand for staff nurses in Germany, career advancement, higher study opportunities, financial support, family benefits, paid leaves, and tourism options.





3. A1-LEVEL GERMAN LANGUAGE EXAM

The German Club conducted the A1-level German Language Exam from 26.05.2025 to 29.05.2025 via Google Meet, involving 29 IV BSc(N) students. Covering Chapters 1 to 8, the exam included both written and speaking components. It was evaluated by Mrs. Veera Chayan, German language trainer from Leo & Sagittarius Consulting (OPC) Pvt. Ltd., and monitored by Mrs. Sulochana K.A. (Coordinator) and Ms. Sneha P. (Incharge). This assessment marks the students' progress toward mastering A1-level proficiency. Results will be announced within a week, after which students will advance to the A2-level German syllabus, continuing their language learning journey.



INSTITUTION INNOVATION CELL 1. INTERNATIONAL WOMEN'S DAY CELEBRATIONS

As part of the International Women's Day celebrations, the IIC Unit organized an informative session on the "Importance of Japanese Language in India and Abroad for Nursing Students" on 06.05.2025. The guest speaker, Mrs. Gayathri Jayaraman, Japanese Language Trainer and an experienced Japanese Language Trainer, addressed the growing significance of learning Japanese, especially for those pursuing a career in nursing. During her talk, She highlighted the increasing demand for skilled healthcare professionals in Japan and how proficiency in the Japanese language significantly enhances employment opportunities. She also spoke about the cultural and professional benefits of language training, both for those aiming to work abroad and those

engaging with Japanese collaborations within India. The session was both inspiring and practical, shedding light on how language skills can empower nursing students to explore global career paths and build meaningful cross-cultural connections.



2. WORLD CREATIVITY AND INNOVATION DAY

To mark World Creativity and Innovation Day, the IIC organized an engaging and insightful session for first-year B.Sc (Nursing) students by Dr. Lakshmi Narasimhan, Vice President - Industry-Institute Partnership, GRT Group of Institutions on 20.05.2025. Sir emphasized the importance of nurturing creativity and innovation, especially in healthcare, where critical thinking and problem-solving can lead to transformative patient care solutions. Through interactive discussions and real-life examples, he inspired students to think beyond textbooks and apply innovative approaches to nursing practices. The session motivated students to explore new ideas, develop a creative mindset, and recognize their role as future healthcare professionals in driving positive change through innovation.



3. PROTOTYPE/PROCESS DESIGN AND DEVELOPMENT

The Institution's Innovation Council (IIC) organized a one-day workshop on "Prototype/Process Design and Development" to foster innovation and hands-on learning among First year students and faculty on 22.05.2025. The session was led by Dr. Lakshmi Narasimhan, Vice President - Industry-Institute Partnership, GRT Group of Institutions, who brought valuable insights from both academic and industry perspectives. The workshop focused on the key stages of prototype development, process design, and the role of innovation in transforming ideas into viable products or solutions. Participants gained a deeper understanding of the importance of structured design thinking, and the event served as a bridge between theoretical knowledge and practical application.



பிறந்த பின்பும் இறப்பின் முன்பும் காண்கிற முகம் இவர்களை தான்
வெண்ணிலாவே தோற்றுப்போகும் இவர்களால்
சற்று நானும் தடுமாறி போகின்றேன் இவர் செயல்களால்
மருத்துவமனையில் வெளிச்சமாக சுற்றி தீரியும் வெள்ளைப்பூராக்கள் போல
சிறகடித்து பறக்கும் வெள்ளையாடை அணிந்த தேவதைகள்
கல்லால் பட்ட காயம் கூட கலப்படம் இல்லாத
உங்கள் சிரிப்பில் மறைந்து போகின்றன
உணவுகளையும் மறந்து, உறக்கத்தையும் மறந்து ஏன் உன்னையும் சில நாள்
மறந்து ஓர் உயிர்காக்க போராடும் உயர் தியாகிகள்
மூக்கின் மேல் முககவசம் முள்ளை அணிந்துகொண்டு
முகம் தெரியாதவர்களையும் தன் உறவினர்களாய் நினைத்து
முகம் சுளிக்காமல் அக்கறை காட்டும் அழகிய மைனாக்கள்
அன்னை கையில் ஏந்துவதற்குமுன்னே
பிஞ்சு விரல்களை தன் கைகளால் தொட்டு பார்த்து ரசித்து மகிழ்பவர்கள்
தன்னுள் எவ்வளவு வலி இருந்தாலும்
பிறர் வலிகளுக்காக மருந்து தருபவர்கள்
இரவாக இருந்தாலும், பகலாக இருந்தாலும்
எல்லா நேரங்களிலும் தன் புண்ணகை முகத்தோடு
பூந்தோட்டமாய் மலர்ந்து இருப்பவர்கள்
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நானும் பெருமை கொள்கிறேன் செவிலியர் என்று
கண்ணீரில் பல காலம் கடந்தாலும்
கண் இமைகள் மூட நேரம் இல்லாவிட்டாலும்
தன் தாய் தந்தை போலவும்
சகிப்புத்தன்மை ஏற்றுக்கொண்டு
வார விடுமுறை இல்லாவிட்டாலும்
வாடாத மலர்களைப்போல் மலர்ந்து மணம் வீசும்
அனைத்து செவிலியர்களுக்கும்



செவிலியர் தின நல்வாழ்த்துக்கள்

செல்வி சினேகா பரசுராமன்
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