



GRT COLLEGE & SCHOOL OF NURSING

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

NEWS LETTER UPACHAARIKA SUCHANA



Issue-17, Monthly, June 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 17th issue of GRT CON News letter Upacharika Suchana which is released on 01.07.2025. 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.

International Yoga Day is celebrated on June 21st every year, this day reminds us of the invaluable gift of Yoga, a holistic practice that unites the body, mind, and spirit. Originating from the ancient traditions of India, Yoga is now embraced across the globe for its physical, mental, and emotional benefits.

At our college, we are committed to fostering the overall development of our students. In today's fast-paced academic and professional environments, managing stress and maintaining mental clarity are as important as academic success. Yoga offers us the tools to achieve both. It improves concentration, builds resilience, and nurtures emotional strength - qualities essential for every student's journey.

I am proud of the enthusiastic participation of our students and faculty in the International Yoga Day activities. On this special day, I urge everyone to make Yoga a part of your daily routine. Even a few minutes of consistent practice can lead to significant positive changes in one's life. Let us not confine the practice of Yoga to this one day but integrate it into our daily lives. Regular practice can transform not just individuals but entire communities.

As we celebrate this day, let us pledge to embrace wellness, mindfulness, and inner strength - the true essence of Yoga.

Wishing you all peace, health, and happiness.



SPOTLIGHTS

MESSAGE FROM PRINCIPAL'S DESK

NEWS AND EVENTS

DEVELOPMENTAL ACTIVITIES

• STUDENTS

• FACULTY MEMBERS

BEYOND CLASSROOM

UPCOMING EVENTS

- ◆ World Population Day (NSS, SNA, YRC, CCC)
- ◆ World Hepatitis Day
- ◆ Van Mahotsav-"Festival of Trees-IIC Activities
- ◆ IIC Activities

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“BE A VOICE NOT AN ECHO”



NEWS AND EVENTS

1. INTERNATIONAL YOGA DAY

On 20th June 2025, International Yoga Day was celebrated with great enthusiasm at GRT Group of Educational Institutions Ground. Around 400 students actively participated in the yoga session, promoting physical and mental well-being. The event was graced by Dr.Arumugam (Dean In-charge), Dr.Lakshmi Narasimhan (Vice President), and Dr. Padmavathi R. (Principal). Mr. Babu, Yoga Trainer, led the session through asanas, breathing, and meditation practices. Mr.Rajkumar Anandhan highlighted yoga's importance. Dignitaries concluded with inspiring remarks, emphasizing yoga for a balanced lifestyle. The event successfully raised health and wellness awareness among students and staff.



2. 16th ANNUAL DAY

The 16th Annual Day Celebration of GRT College of Nursing was held with great zeal and grandeur on 28th June 2025 at the GRT Mahalakshmi Vidyalaya Auditorium. The event began with a prayer song, followed by a warm welcome address by Dr. Angel Shalini. Principal Dr. Padmavathi.R presented the Annual Report, highlighting the institution's academic achievements, university distinctions, clinical training, research, outreach programs, and upcoming initiatives. Awards were presented to students for academic excellence, NSS, and cultural achievements. The cultural segment showcased vibrant classical, folk, and western performances by students, reflecting their creativity and team spirit. Chief Guest Mrs. Renuka Ravi, AVP-HR,



GRT Jewellers, delivered an inspiring speech on the vital role of nurses in healthcare and applauded the college's excellence. The celebration concluded with a heartfelt vote of thanks by Prof. A.I. Chitra, Vice Principal, appreciating everyone's support and participation.



3.ANNUAL SPORTS MEET - AVIRBHAV 2025

The SNA Annual Sports Meet - Avirbhav 2025 was held on 30th June 2025 with great zeal and sportsmanship. The event commenced with a Guard of Honour and flag hoisting by dignitaries. The Chief Guest Dr. Ramakumar Nagarajan, MPT, a distinguished Physiotherapist, expert Chiropractor and Osteopathy specialist declared the meet open. March Past done by 3rd yr B.Sc (N) students, Olympic Torch Lighting by the chief guest and Sports Oath followed by the students. Vibrant Drill performance was given by 1st Yr B.Sc (N) Students and 1st Yr ANM Students. Spectacular Pyramid Performance was performed by Final year B.Sc (N) Students. B.Sc Nursing Students, ANM Students and HI students were honoured with certificates, medals and Trophies for various events like Throw ball, Kho Kho, Tennikoit, Badminton Doubles and Singles, Chess, Carom, Running 100 mts, 200 mts, 400 mts Relay, Javelin Throw, Discuss Throw, Shotput and Long Jump. Among Nursing Students the Individual Overall Championship was awarded to Ms. Chaitra Ashok of 3rd Yr B.Sc Nursing Student. In HI department the Overall Individual Championship was awarded to Mr. Kaviyarasu 2nd Yr. Yellow House won the overall championship. The event concluded with a fitness session by the Chief Guest, a vote of thanks, and the National Anthem, marking a successful celebration of sports.





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	12.06.2025	10 Candidates
2	24.06.2025	09 Candidates



2. APPRECIATION FROM TN APEX SKILL DEVELOPMENT AND HEALTH-CARE

On 20.06.2025, Mrs. P. Thilagavathi, Mrs. Rajitha K., and Mrs. Lavanya E. attended the Tamil Nadu Health Summit 2025, organized by TN Apex Skill Development and Healthcare. Our college was appreciated as a First Aid Training Partner, and our trainers' received certificates for their outstanding contribution to first aid training.



DEVELOPMENTAL ACTIVITIES

STUDENT DEVELOPMENTAL ACTIVITIES

1. CURRICULAM ENRICHMENT ACTIVITY -HEALTH ASSESSMENT

A four-day hands-on training on Health Assessment was conducted from 5.6.25 to 9.6.25 for First Year B.Sc. Nursing students. Organized by Impetus Health Care Skills Pvt. Ltd., the session enhanced students' clinical skills through practical training in vital signs, measurements, and system-wise examinations, enriching their nursing curriculum experience.



2. CAREER GROWTH FOR NURSING STUDENTS

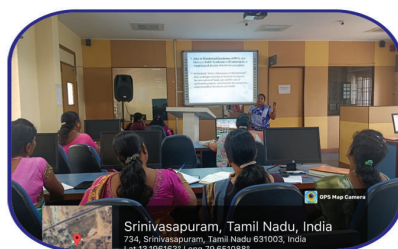
Grad Guru Innovations organized a webinar, Explore Your Career Path in Nursing, on 12th and 13th June 2025 via Google Meet for all students. Key topics included trends in nursing, AI in healthcare, essential skills, and career opportunities. Participants received a free certificate powered by Grad Guru and Wipro Dice ID.



STAFF DEVELOPMENTAL ACTIVITIES

1. PROFESSIONAL DEVELOPMENT CLUB

S.No.	DATE	Topic	Resource person	Remarks
1	20.06.2025	Alice in the Wonderland Syndrome	Clinical Instructor Mrs. Meenakshi	20faculty members actively participated
2	20.06.2025	Cyber bullying Victims	Clinical Instructor Ms. Sneha	20faculty members actively participated



2. FRT, TOT 2025

Mrs. Rajitha and Mrs. Lavanya attended the FRT, TOT 2025 First Aid Training by TN Apex Skill Development Center on 5th & 6th June at SRI Towers, Chennai. The session covered emergency care, CPR, AED use, and micro-teaching, enhancing skills and knowledge.

STAFF WELFARE PROGRAMME

1. Our Principal Dr. Padmavathi R, our teaching staff Dr. Angel Shalini- Professor, Mrs. Pramila- Assistant Professor, Mrs. Praveena, Mrs. Tiruveni and Ms. Shakina Clinical Instructors, Non teaching staff Mrs. Latha celebrated their birthday this month.
2. Our Teaching Faculty Ms. Gracy Assistant Professor had her engagement ceremony on 06th of June.

BEYOND CLASSROOM

SNA ACTIVITIES

1. ANNUAL CULTURAL EVENT 26.06.2025 & 27.06.2025

On 26th June 2025, the off-stage events of our SNA Annual Cultural Program were conducted with great enthusiasm. Competitions included Rangoli, Vegetable Carving, Hair Do, Mehendi, Pencil Sketching, On-the-Spot Painting, Face Painting, and Glazy Pot. Mrs. Joy from GRT MV School judged the Rangoli, Face Painting, On-the-Spot Painting, Pencil Sketching, and Glazy Pot events, each seeing participation from 16 students, with the top three prizes awarded. Mrs. Mathuri from GRT MV School evaluated Mehendi and Hair Do events, which also had 16 participants. The Vegetable Carving contest, judged by Mr. Suresh, Chef from GRT Group, saw 12 participants, and the top three were recognized.

On 27th June 2025, vibrant on-stage events took place, Group Singing and Solo Singing competitions were evaluated by Mr. Suresh, Music Master from GRT MV School, judged the singing events. Twelve students participated, and the first three prizes were awarded. The remaining on-stage events (Solo Semi-Classical, Folk and Western Performances; Group Semi-Classical, Folk and Western Performances; Adapt Tune; Mono Acting; Comedy Time; and the Personality Contest) were evaluated by Mr. Vinoth Kumar, an actor, dancer, choreographer, and mimicry artist. The first three prizes were given for individual events, and winner and runner-up prizes were awarded for group events. The cultural program successfully highlighted the students' diverse talents, boosting their creativity, confidence, and team spirit. It fostered leadership, event management skills, and holistic development, preparing them for future professional challenges.





YRC ACTIVITIES

1. WORLD ENVIRONMENT DAY 2025

On World Environment Day 2025, with the theme “Put an End to Plastic Pollution,” YRC organized a campus cleaning activity on 05.06.2025 at GRT College. Fifteen B.Sc. Nursing III year students participated, promoting reusable items and recycling while eliminating single-use plastics to support environmental sustainability efforts.



Tiruvallur, Tamil Nadu, India
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Long 79.644831°
05/06/25 09:16 AM GMT +05:30



2. INTERNATIONAL DAY AGAINST DRUG ABUSE

On 20.06.2025, YRC and IRCS organized an awareness rally at Tiruvallur for the International Day Against Drug Abuse. Sixty-one B.Sc. Nursing IV year students participated with posters, placards, and pamphlets. Inaugurated by the District Collector, the event promoted drug-free living and emphasized prevention through public engagement and awareness.

NSS ACTIVITIES WORLD ENVIRONMENTAL DAY

In celebration of World Environment Day, a series of eco-friendly activities were organized by NSS Unit to promote environmental awareness and encourage sustainable practices among participants. The tree plantation drive was conducted in Panapakkam village with enthusiastic participation from students, faculty, and local villagers. Simultaneously, a campus cleaning campaign was carried out at GRT Campus. Volunteers worked together to collect and properly dispose of litter and waste around the campus grounds. Together, we can create a cleaner, greener, and healthier future."



CITIZEN CONSUMER CLUB ACTIVITIES

1. WORLD ENVIRONMENTAL DAY

On 05.06.2025, CCC organized a campus cleanup at GRT to mark World Environment Day with the theme "Put an End to Plastic Pollution." Twenty student volunteers actively removed plastic waste, promoting sustainability and environmental responsibility. The initiative highlighted collective action and inspired similar efforts toward a plastic-free environment..



RRC ACTIVITIES

1. WORLD BLOOD DONOR DAY

On 14.06.2025, RRC observed World Blood Donor Day at Tirutani Government Hospital with the theme “Give Blood, Give Hope: Together We Save Lives.” Sixty participants, including B.Sc. Nursing II and III year students, performed a pantomime and took a pledge, raising public awareness about the importance of blood donation.



LITERARY CLUB EXTEMPORE COMPETITION

On 20.06.2025, the Literary Club conducted an Extempore Competition for B.Sc. Nursing students on the topic “Importance of Communication Skills in Nursing.” Thirty-six students participated actively. Winners were

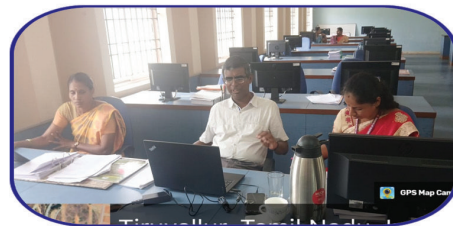
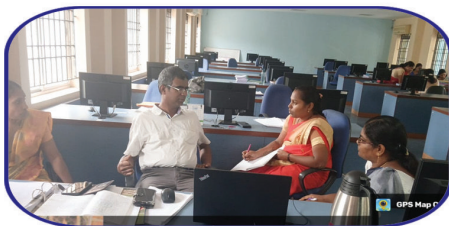
- Ms. Harsha (III Year) - 1st Prize
 - Ms. Fidha (I Year) - 2nd Prize
 - Ms. Adithya V.S (I Year) - 3rd Prize
- Feedback was positive throughout.



ISO 21001

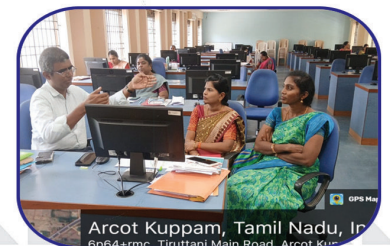
1. GENERAL REVIEW MEETING - I

On 16.6.25 the ISO 21000 Committee organized a general review meeting by Mr. Kalaiselvan P., ISO Consultant and Trainer, led the session, providing valuable insights and clarifications on the supporting procedure: Analysis of Risks and Opportunities. He also offered detailed guidance on departmental procedures and supporting documentation.



2. GENERAL REVIEW MEETING - II

The ISO 21000 Committee organized a General Review Meeting on 24.06.2025. The session was led by Mr. Kalaiselvan P., ISO Consultant and Trainer, who provided valuable insights and clarifications on the supporting procedures. He specifically addressed the Management System Procedure and also offered corrections to the Risk Assessment Form for the functional leaders.

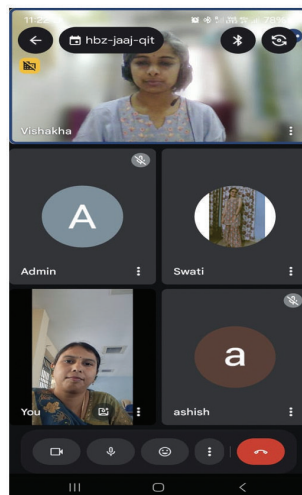
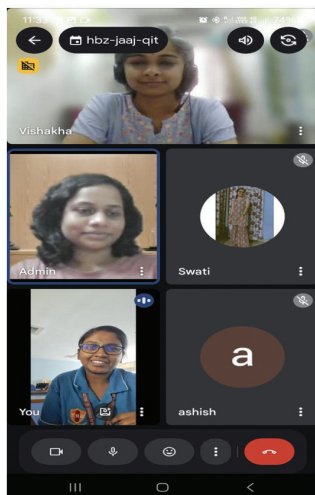
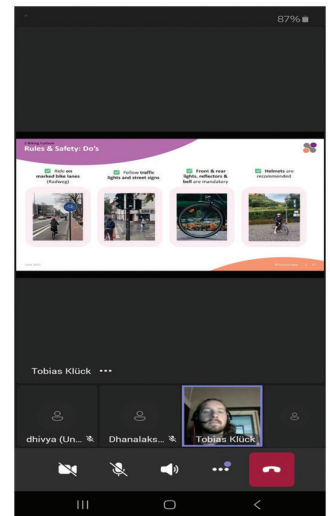
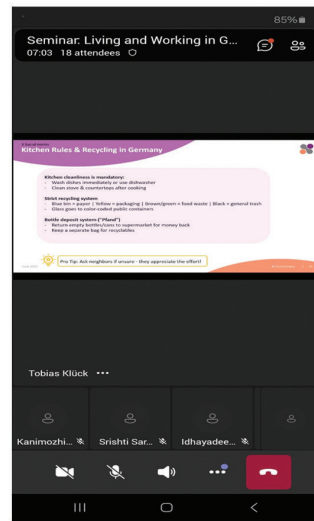




GERMAN CLUB

1. GETTING AROUND AND DAILY LIFE RULES IN GERMANY

On 09.06.2025, a seminar on “Getting Around and Daily Life Rules in Germany” was conducted via Microsoft Teams for 29 final year B.Sc. Nursing students. Resource persons Tobias and Sheffi Kluck shared insights on housing, waste management, traffic rules, and public regulations, offering valuable guidance for life in Germany.



2. VIRTUAL MEETING

On 24.06.2025, the Germany Club conducted a virtual meeting via Google Meet. Participants included representatives from Leo & Sagittarius Consulting Pvt. Ltd., German language trainer Ms. Vishakha, and GRTCON coordinators. Discussions focused on A2 class progress, student attendance, internet issues, and virtual seminar room arrangements for upcoming sessions.

INSTITUTION INNOVATION CELL

1. WORLD ENERGY CONSERVATION DAY

On 12.06.2025, IIC observed World Energy Conservation Day with a lecture by Mr. Girish R. Visvanathan, Director of Earthonomic, on “Green Buildings and Digitization.” Sixty students participated, gaining insights on energy, water conservation, waste management, and digital solutions. Thanks to all coordinators and management for organizing this impactful session.



2. INCUBATION OPPORTUNITIES FOR STUDENTS AND FACULTY MEMBERS

On 20.06.2025, as part of the IV Quarter IIC activity, a special session on “Incubation Opportunities for Students and Faculty” was conducted by Dr. Udayakumar, CEO of Impetes Healthcare. The session empowered participants with entrepreneurial insights, emphasizing incubation's role in healthcare innovation. Gratitude to our Principal and team







Pursue your passion of becoming a nurse.



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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

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