



# GRT COLLEGE & SCHOOL OF NURSING

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

## NEWS LETTER UPACHARIKA SUCHANA



Issue-19, Monthly, August 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 19<sup>th</sup> issue of GRT CON News letter Upacharika Suchana which is released on 01.09.2025. 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 our institution, we believe that every student deserves to pursue education in a safe, respectful, and supportive environment. Ragging in any form is strictly prohibited, as it not only disrupts the peace of campus life but also damages the dignity and well-being of individuals.

Nursing is a noble profession built on compassion, care, and empathy. As future nurses, you are expected to uphold these values in your interactions with peers, juniors, and seniors alike. Let us remember that true leadership is shown not by instilling fear, but by offering guidance, encouragement, and friendship. Our college follows a zero-tolerance policy towards ragging. Strict disciplinary measures, in accordance with regulatory guidelines, will be taken against anyone found guilty of such behavior. At the same time, we encourage students to speak up and report any incident without fear, so that together we can foster a culture of trust and mutual respect.

Let us pledge to create a campus where every student feels safe, valued, and motivated to achieve their best. A ragging-free environment is not just a rule-it is a responsibility we all share.



### SPOTLIGHTS

MESSAGE FROM PRINCIPAL'S DESK

NEWS AND EVENTS

DEVELOPMENTAL ACTIVITIES

• STUDENTS

• FACULTY MEMBERS

BEYOND CLASSROOM

#### UPCOMING EVENTS

- ◆ Faculty Research Workshop
- ◆ Student Management Workshop
- ◆ Two day career readiness boot camp for nursing students
- ◆ TIP UP Program
- ◆ Simulation Training
- ◆ SNA Office Bearers Selection
- ◆ Literacy Week (NSS)
- ◆ Teachers Day (SNA,YRC,CCC)
- ◆ World Alzheimer's Day (SNA)
- ◆ World Literacy Day (YRC, NSS, CCC)
- ◆ World Heart Day (SNA, YRC)
- ◆ Onam Celebration (SNA)
- ◆ International Peace Day(NSS)
- ◆ NSS Day (NSS)
- ◆ Tourism Day (NSS)

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“BE A VOICE NOT AN ECHO”



## NEWS AND EVENTS

### 1. INFUZE 2025 NATIONAL LEVEL COMPETITION

Our college students showcased their talents in a National Level Competition organized by St. John's College of Nursing, Bangalore. Ms. Kavipriya, 4<sup>th</sup> year BSc Nursing student, won 2<sup>nd</sup> prize in Pencil Sketching, competing against over 20 colleges across India. Ms. Angel Thankam of 3<sup>rd</sup> year B.Sc Nursing and Ms. Gouri Krishna of 1<sup>st</sup> yr B.Sc Nursing participated in Solo singing and gave their complete effort in exhibiting their talents.



### 2. 31<sup>st</sup> SNAI BIENNIAL CONFERENCE-2025

Mrs. Saranya, Mrs. Priyanka, along with 26 B.Sc Nursing and 6 ANM students, proudly represented our college at the 31<sup>st</sup> SNAI Biennial Conference 2025, themed "Learning Today, Leading Tomorrow", held at GTN College of Nursing, Dindigul, from August 14<sup>th</sup>-16<sup>th</sup>. The grand event brought together 167 colleges and over 5,000 students across TamilNadu. The inaugural ceremony was graced by eminent dignitaries, including Dr. Ani Grace Kalaimathi, Registrar and SNA President, along with other officials. Our students showcased remarkable talent across multiple events. Ms. Chaitra from the 3<sup>rd</sup> year impressed by completing the 100m dash in just 13 seconds. Ms. Dhanalakshmi, a 4<sup>th</sup>-year student, secured 10<sup>th</sup> place among 85 participants in long jump. Ms. Gouri Krishna displayed confidence by excelling through two rounds of the personality contest. In athletics, Ms. Dhanusree (4<sup>th</sup> year) achieved a discus throw of 19.60m, while Ms. Sadhana recorded a shot put throw of 6.33m. Notably, Ms. Auxilin Jose's research paper was recognized among the top five out of 47 submissions. Additionally, our students enthusiastically took part in the Asian World Record event organized by TNAI. Though prizes were not won, their talent, enthusiasm, and commitment shone brightly throughout.





### 3. EDUCATIONAL EXPO - TAMIL NADU APEX SKILL DEVELOPMENT CENTRE

On 26<sup>th</sup> August 2025, Mrs. Nirmala M. and Mrs. Joyce A. attended an Educational Expo organized by the TamilNadu Apex Skill Development Centre at Dr. Ambedkar Government Law College, Pattaraiperumbudur. The event featured 13 Government Polytechnic, ITI, and Arts & Science institutions, showcasing educational and skill-development opportunities. Aimed at students from low-income and rural communities, especially Tamil medium schools, the expo promoted higher education and vocational training to reduce dropout rates. Distinguished guests, including the Tiruvallur District Collector and local MLA, graced the occasion. A major highlight was providing spot admission orders to eligible students, empowering rural youth toward education and skill-based careers.



### 4. INDEPENDENCE DAY CELEBRATION AT RSRM HOSPITAL

The Independence Day celebration at RSRM Hospital was held on 15.08.2025 with great enthusiasm and patriotic fervor. The program began with the traditional Tamil Thaai Vazhthu, followed by the National Flag hoisting by Dr. Shanthi, Medical Superintendent.. The event concluded with a renewed pledge to serve the community with sincerity, embodying the true essence of Independence Day and reinforcing the hospital's mission of compassionate care.



## 5. ANTI-RAGGING WEEK 12<sup>th</sup> TO 18<sup>th</sup> AUGUST 2025

The Anti-Ragging Week at GRT College of Nursing was observed from 12<sup>th</sup> to 18<sup>th</sup> August 2025, focusing on creating a safe and inclusive academic environment. The inaugural ceremony on 12<sup>th</sup> August was graced by Dr. R. Padmavathi, Principal GRTCON, who emphasized the importance of a ragging-free campus. The day also featured a Slogan Writing Competition for ANM 1<sup>st</sup> Year students, showcasing creative anti-ragging messages.

On 13<sup>th</sup> August, an Essay Writing Competition for 1<sup>st</sup> Year B.Sc Nursing students encouraged reflection on the theme “Curbing Ragging and Promoting a Safe Campus Environment.”

The third day featured Poster Making and Logo Designing Competitions for III<sup>rd</sup> Year students, judged by Prof. Umamaheswari and Dr. Padmavathi, highlighting creativity and awareness.

The final day on 18<sup>th</sup> August included a Debate Competition for IV<sup>th</sup> Year students on “Is Ragging a Form of Bullying?” and a Quiz Competition for II<sup>nd</sup> Year students. The program concluded with prize distribution to winners of all events and a motivational address by Dr. R. Padmavathi, reinforcing empathy, respect, and collective responsibility.





## 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	05.08.2025	11 CANDIDATES
2	21.08.2025	13 CANDIDATES



## DEVELOPMENTAL ACTIVITIES

### STUDENT DEVELOPMENTAL ACTIVITIES

#### 1. EMPOWERING NURSING STUDENTS WEBINAR SERIES

The unit TNNMC and ECHO India for Empowering Nursing Students - 2025 organized an insightful session on the topic “Assertiveness & Patient Advocacy - Mental Well-being: Self-care Strategies that Work” on 23.08.2025 at the GRT College of Nursing Final Year Classroom. A total of 84 B.Sc Nursing IV<sup>th</sup> year students participated. The session was delivered by Ms. Shreedevi Ramesh, Consultant Trainer, Champion Women, Global Adjustments Foundation, Chennai, in the presence of respected guests Dr. Reena Evely and Dr. Nesa Sathya Satchi, under the guidance of Organizing Chairperson Prof. Dr. Ani Grace Kalaimathi, Registrar, TNNMC. The resource person emphasized the importance of assertiveness and patient advocacy in ensuring effective communication and compassionate care. She also introduced practical self-care strategies like mindfulness and centering techniques for mental well-being. The session was highly engaging, inspiring, and greatly beneficial.





## 2. VISIT TO ANANDHAM OLD AGE HOME, AMBATTUR

As part of the AHN-II curriculum, a field visit to Anandham Old Age Home, Ambattur, was organized on 18.08.2025. The team, comprising 58 students and 7 faculty members, reached the facility at 10:30 am and was warmly welcomed by Mr. K. Narayanan and Mrs. Sumathi Santhanam, who gave an orientation on the home's structure, daily operations, staffing, resident census, dietary plans, and funding sources. Students interacted with the elderly, offering counseling and engaging in meaningful conversations. The visit provided a valuable learning experience in geriatric care and fostered empathy, social responsibility, and understanding of community-based elder care.



## 3. MEDICAL CAMP

On 07.08.2025, during DRH posting, B.Sc Nursing 1<sup>st</sup> year students, guided by Sister Pattammal and Sister Anandhi, observed World Breastfeeding Week and conducted a Well Baby Show under the supervision of Dr. Punniyakodi, ACMH. The program featured a speech and skit emphasizing the importance of exclusive breastfeeding, proper child care, milk storage, and milk banks. Around 40 postnatal mothers, children, and the public participated actively. On 08.08.2025, a medical camp was organized at AC Loco, Arakkonam, where students provided basic health services and health awareness to workers, gaining valuable practical exposure in community health nursing. Both events were impactful and educational.



#### 4. HEALTH EDUCATION TO PUBLIC

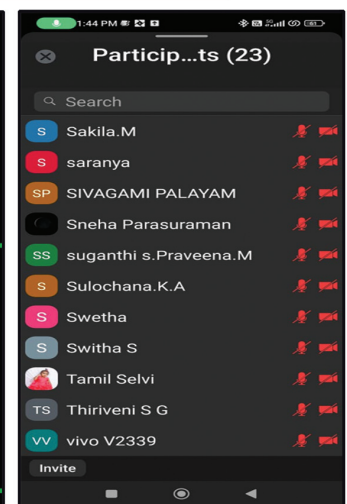
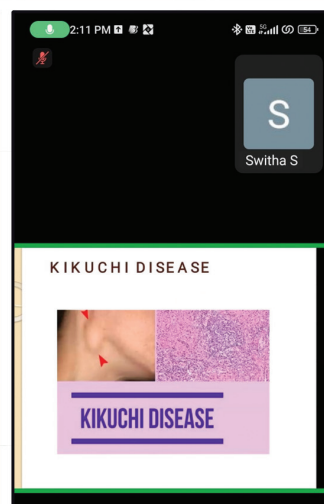
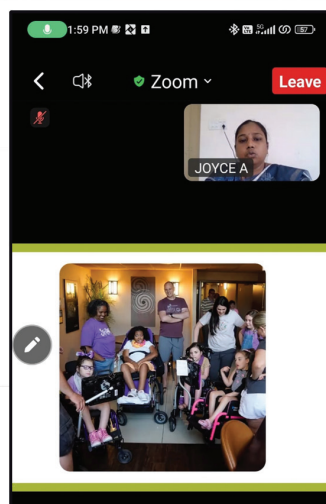
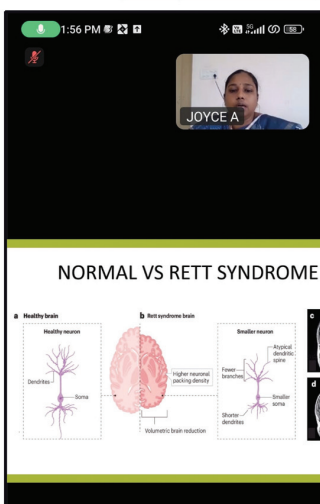
On 02.08.2025, during TGH clinical posting, 1<sup>st</sup> year B.Sc Nursing students performed a skit on environmental sanitation, proper waste disposal, and handwashing techniques through a dance performance in the MMW and FMW corridors. Patients and attenders actively participated, promoting awareness. The activity enhanced students' knowledge, communication skills, and confidence in practical nursing.



### STAFF DEVELOPMENTAL ACTIVITIES

#### 1. PROFESSIONAL DEVELOPMENT CLUB

S.No	Date	Topic	Resource person	Remarks
1	22.08.2025	Rett Syndrome	Assistant Professor Mrs. A. Joyce	20 faculty members actively participated in zoom link
2	22.08.2025	Kikuchi disease	Clinical Instructor Mrs. Switha	20 faculty members actively participated in zoom link





## 2. WORKSHOP ON “BREASTFEEDING PRACTICE ESSENTIALS”

Mrs. Saranya and Ms. Sneha attended a workshop on “Breastfeeding Practice Essentials” at Kanchi Kamakoti Child Trust Hospital, Chennai, during Breastfeeding Week. The program featured an inaugural session, five theory sessions, and three practical sessions on breastfeeding techniques, nutrition, and milk banks. It was an informative and highly beneficial learning experience for the participants.



## 3. PAPER PRESENTATION AT INDIA’S FIRST INTERNATIONAL CONFERENCE ON HEALTHCARE SIMULATION

Vice Principal Mrs. Chitra A.I and Associate Professor Mrs. Nirmala participated and presented a research paper at India’s first International Conference on Healthcare Simulation held on 23<sup>rd</sup> August 2025 at Sri Ramachandra Institute of Higher Education and Research (SRIHER), Chennai. Organized by SHE Consulting in partnership with the UK-based Association for Simulated Practice in Healthcare (ASPiH), the conference focused on the theme “The Future of Healthcare Simulation in Education and Practice”. The event explored global best practices, innovation, and emerging technologies like AI, VR, and XR in simulation-based learning. Eminent speakers, including Dr. P. Senthil Kumar (IAS) and Dr. Anigrace Kalaimathi, highlighted advancements in patient safety and TamilNadu’s leadership in simulation-based nursing education. Sessions covered British simulation standards, policy frameworks, and integration strategies. The vibrant panel discussions and breakout presentations provided an excellent learning platform



S.No.	Date	Resource Person	Topic	Venue
1	23-08-2025	Prof. Chitra A I Vice Principal	Effectiveness of competency based training (CBT) on level of knowledge and competency regarding health assesment among 1 <sup>st</sup> Year B Sc Nursing Students	Sri Ramachandra Institute of Higher Education and Research (SRIHER), Chennai.
2	23-08-2025	Asso. Prof. Nirmala M	Effectiveness of competency based training (CBT) programme in Midwifery emergency Obstetrics and Neonatal Care (EmONC) among Nursing Students	

## STAFF WELFARE PROGRAMME

Our teaching staffs Mrs.Saranya Assistant Professor, Mrs.Kamali and Ms.Swetha Clinical Instructors celebrated their Birthday.

## BEYOND CLASSROOM

### SNA ACTIVITIES

#### 1.INDEPENDENCE DAY 2025

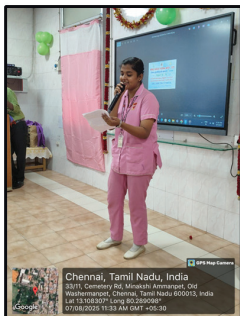
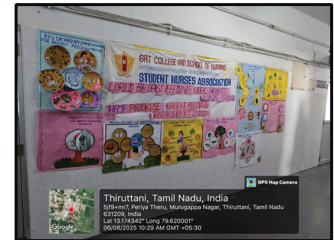
Independence Day 2025 was celebrated on 15.08.2025 at GRT College Campus, organized by SNA with the theme “NAYA BHARAT”. The program commenced at 9:00 am with flag hoisting, followed by a speech on responsible consumerism by our respected Dean. Activities included patriotic songs, pledge-taking, and cultural presentations by B.Sc (N) I<sup>st</sup> and IV<sup>th</sup> year student, with around 25 participants. The celebration emphasized the importance of responsible consumerism for building a stronger India. The 79<sup>th</sup> Independence Day program was a grand success, fostering patriotism and social responsibility. Special thanks to our beloved Principal for her constant support and guidance in making this event meaningful.





## 2. WORLD BREAST FEEDING WEEK 2025

The Student Nurses Association (SNA) organized a series of programs from 04.08.2025 to 07.08.2025 to celebrate World Breastfeeding Week 2025 with the theme “Prioritise Breastfeeding - Create Sustainable Support System.” On 04.08.2025 at DV Puram, Thiruttani, IV<sup>th</sup> year B.Sc Nursing students performed a skit and gave an awareness talk on the importance of breastfeeding for mother and child. On 06.08.2025, at Government Hospital, Thiruttani, ANM I<sup>st</sup> year students presented posters highlighting the significance of a nutritious diet during breastfeeding to enhance milk secretion and maternal health, benefiting 15-20 postnatal mothers. On the same day, at Stanley Hospital, III<sup>rd</sup> year students performed skit, mime, and villupaattu to promote exclusive breastfeeding and informed the audience about milk storage and milk banks, benefiting 20 mothers and the public. On 07.08.2025, at Government RSRM Hospital, engaging songs, dances, reels, and posters educated around 50 antenatal and postnatal mothers. All programs effectively promoted awareness and support for breastfeeding practices.



## YRC ACTIVITIES

### 1. WORLD MISSING PERSON'S DAY 2025

The Youth Red Cross Unit organized World Missing Person's Day 2025 on 29.08.2025 at the B.Sc. Nursing 1<sup>st</sup> year classroom. The program focused on the theme "Keeping Humanity Alive" and featured an awareness speech by Mrs. Asha K, Clinical Instructor, GRTCON, for 1<sup>st</sup> year B.Sc Nursing and ANM students. The session emphasized the significance of the International Day of the Victims of Enforced Disappearances, its origin, purpose, and the global issues surrounding enforced disappearances. It honored the victims and inspired students to uphold human rights and dignity. The program successfully enhanced awareness and responsibility among future healthcare professionals.



### 2. GENEVA CONVENTION DAY - 2025

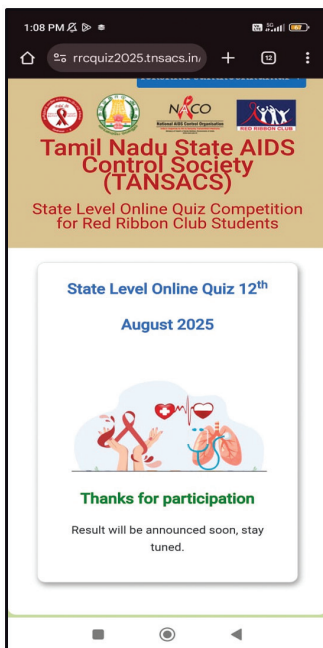
The Youth Red Cross Unit organized Geneva Convention Day - 2025 on 29.08.2025 at GRT Hostel, Chennai. A quiz competition was conducted through Google Forms by Mrs. Praveena and Ms. Shakina, Clinical Instructors, for II<sup>nd</sup> Year B.Sc Nursing students. The quiz focused on topics such as the history of the Geneva Conventions, International Humanitarian Law, the Red Cross Movement, and Human Rights Protection. The activity created awareness about humanitarian values, protection of war victims, and global peace efforts. Students participated enthusiastically, demonstrating knowledge and team spirit, while promoting responsibility as future global citizens.



## NSS ACTIVITIES

### 1. SADBHAVANA DAY

NSS Unit observed Sadbhavana Day on 20.08.2025 with the objective of promoting national integration, peace, harmony, and goodwill among students. The event emphasized the importance of fostering mutual respect and cooperation in a diverse society. As part of the program, the Sadbhavana Day Pledge was pronounced by Mrs. Suganthi, Assistant Professor, for the Final Year B.Sc. (Nursing) students. All the students participated with sincerity and pledged to work towards maintaining unity, integrity, and communal harmony in their personal and professional lives.



## RED RIBBON CLUB ACTIVITIES

### 1. INTERNATIONAL YOUTH DAY

The Red Ribbon Club of GRT College of Nursing celebrated Youth Day on 12.08.2025 by organizing a State-Level Online Quiz Competition in collaboration with TANSACS. The event was held from 12:00 pm to 1:30 pm and saw enthusiastic participation from 320 students, including B.Sc Nursing (I-IV year) and ANM (I & II year) students. The quiz aimed to enhance awareness and knowledge while fostering a sense of healthy competition. Students actively participated and showcased their efforts within the given time frame. This opportunity provided them with a valuable and enriching experience.



## CITIZEN CONSUMER CLUB ACTIVITIES

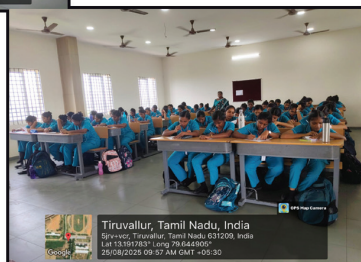
### 1. INDEPENDENCE DAY CELEBRATION 2025

The Independence Day celebration organized by the Citizen Consumer Club (CCC) was held on 15.08.2025 at Government Hospital, Tiruttani, with the theme “NAYA BHARAT” (Free India). The event began at 9:00 am with the flag hoisting ceremony, creating a patriotic atmosphere. The program focused on the theme of responsible consumerism for a stronger India, aiming to raise awareness among the public about ethical and informed consumer practices. The highlight of the celebration was an insightful speech on consumer responsibility delivered during the program, followed by a pledge-taking ceremony involving students, healthcare personnel, and members of the public. The pledge emphasized the importance of mindful consumption to strengthen the nation’s economy and sustainability. The program was actively carried out by First-Year B.Sc (N) students, with around 50 participants attending. The event concluded successfully, spreading a strong message of patriotism, accountability, and social responsibility among all present.



## LITERARY CLUB

The Literary Club successfully organized a Grammar Contest on 25.08.2025. A total of 60 first-year B.Sc Nursing students participated in this event with great enthusiasm. The contest consisted of 25 multiple-choice questions designed to assess students’ knowledge of English grammar. The primary objective of the competition was to promote grammatical accuracy, enhance language proficiency, and build confidence in written communication. Time management and precision played a vital role in achieving top scores. The event was conducted smoothly and created a healthy competitive atmosphere among the participants. Based on accuracy and quickest completion time, the top three positions were secured by Gowri Krishna P.B with 19/25, Christeena B with 18/25, and Adithya B.S with 18/25. Overall, the contest proved to be a valuable learning experience, encouraging students to strengthen their grammar skills and improve academic performance.





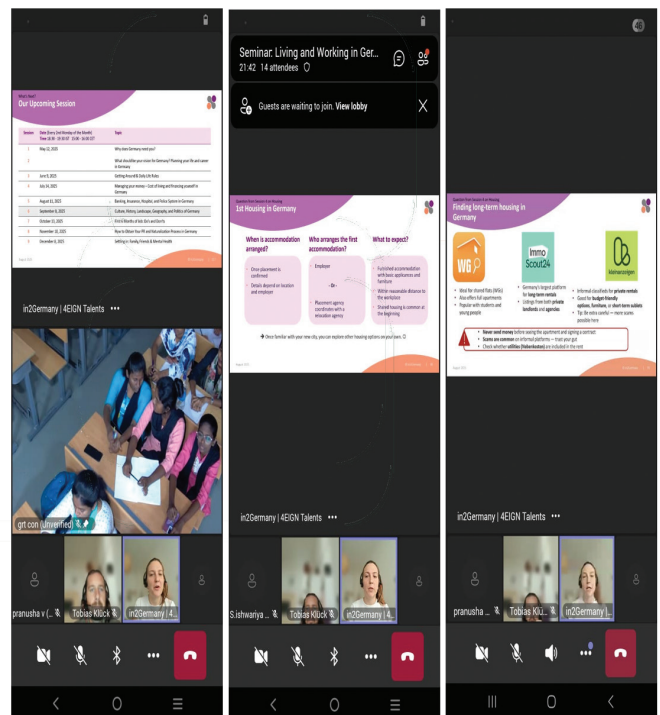
## ISO 21001 COMMITTEE MEETING

The General Review Meeting was held on 14.08.2025 at the GRT CON Computer Lab, organized by the ISO - 21001 Committee. The session was facilitated by Mr. Motilal, ISO Consultant cum Trainer, and attended by five faculty members. The meeting focused on providing corrections and insights related to functional procedures and risk analysis processes. Mr. Motilal also had a detailed discussion with the Principal regarding the preparation of the GRT CON Manual document. He stressed the importance of reviewing the list of master records and master documents necessary for the upcoming internal audit. Additionally, he advised that all functional procedures, supporting documents, and risk assessment reports be compiled and organized before the next meeting. The session concluded with an emphasis on meticulous documentation and compliance to ensure readiness for the audit process, reinforcing the institution's commitment to ISO standards and quality management practices.

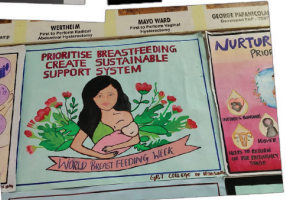
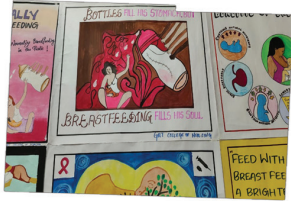
## GERMAN CLUB

### 1. SEMINAR ON BANKING, INSURANCE, HOUSING, AND POLICE SYSTEM IN GERMANY

The German Club of GRT College of Nursing organized an informative seminar on "Banking, Insurance, Housing, and Police System in Germany" on 11.08.2025 via Microsoft Teams. The session was conducted exclusively for 26 final-year B.Sc Nursing students. The resource persons were Mr. Tobias Kluck and Ms. Franziska, Founders and Directors of in2Germany International Ltd, specialists in overseas recruitment and manpower promotion. The seminar was facilitated by Ms. Srishti from Leo & Sagittarius Consulting Pvt. Ltd, with coordination by Mrs. Sulochana K.A (German Club Coordinator) and Ms. Sneha P (German Club Incharge). The discussion provided in-depth knowledge about banking procedures, housing and rental systems, health insurance costs, and the functioning of the police system in Germany. Students actively interacted and clarified doubts, gaining valuable insights for future career opportunities abroad. The session was highly beneficial and well appreciated by all participants.



NEWS LETTER  
UPACHAARIKA SUCHANA





# 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

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