



GRT COLLEGE & SCHOOL OF NURSING

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

NEWS LETTER UPACHAARIKA SUCHANA



Issue-21, Monthly, October 2025

CHIEF PATRONS

Shri. G RAJENDRAN
Chairman

Shri. G R ANANDHAPADMANABHAN

Shri. G R RADHAKRISHNAN

Managing Directors
GRT Group of Educational Institutions

PATRONS

Dr. S ARUMUGAM

Dean i/c

Dr. N LAKSHMI NARASIMHAN

Vice President (Industry Institute Partnership)
GRT Group of Educational Institutions

Dr. R PADMAVATHI

Principal
GRT College of Nursing

EDITOR IN CHIEF

Dr. R PADMAVATHI

Principal
GRT College of Nursing

CO-EDITORS

Dr. W ANGEL SHALINI

Professor

Mrs. S SIVARANJANI

Asst. Professor

Mrs. A JOYCE

Asst. Professor
GRT College of Nursing

SNA EDITORIAL OFFICE BEARERS

Ms. KEERTHANA N

Chairperson

Ms. KANIMOZHI A

Asst. Chairperson

MESSAGE FROM PRINCIPAL'S DESK

I feel it as a great honor to write this message for the release of 21st issue of GRTCON Newsletter Upacharika Suchana which is released on 01.11.2025. 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.

In today's fast-paced and demanding world, mental health has become as vital as physical health-especially for college students preparing for careers in healthcare. As nurses, we are being trained to care for others with compassion, skill, and resilience. Yet, in the process of learning to heal others, it is equally important to care for our own emotional and psychological well-being.

College life often brings a mix of excitement, ambition, and new challenges. Balancing academics, clinical duties, personal responsibilities, and social life can sometimes feel overwhelming. It is essential to remember that seeking help or taking time for self-care is not a sign of weakness-it is a sign of strength and self-awareness. Maintaining good mental health enhances focus, empathy, and overall performance-qualities that are indispensable in the nursing profession.

Our institution is committed to create an environment where every student feels supported, valued, and heard. I encourage each and every one to make use of counseling services, peer support networks, and wellness programs. Simple habits such as maintaining a healthy routine, practicing mindfulness, connecting with friends, and taking breaks can make a world of difference.

Let us together foster a culture where mental health is openly discussed, respected, and prioritized-so that each one of you can grow not only as competent professionals but also as emotionally balanced individuals.

Wishing you all good health—of body, mind, and spirit.



SPOTLIGHTS

MESSAGE FROM PRINCIPAL'S DESK

NEWS AND EVENTS

DEVELOPMENTAL ACTIVITIES

• STUDENTS

• FACULTY MEMBERS

BEYOND CLASSROOM

UPCOMING EVENTS

- ◆ ISO 210
- ◆ Swearing in ceremony (SNA & YRC)
- ◆ Skill Training Programme (Abnormal Labour)
- ◆ ISO 21001 External Audit
- ◆ Vetri Nichayam Project (Nursing Midwife Course for Final Years)
- ◆ 5th Empowering Nursing Students Series 2025 by TNNMC
- ◆ World Pneumonia Day (SNA)
- ◆ National Epilepsy Day (SNA)
- ◆ National Cancer Awareness Day (YRC)
- ◆ National Filaria day (YRC)
- ◆ National Diabetes Day (YRC,SNA))
- ◆ Children's Day (CCC)
- ◆ National Integration Day (NSS)
- ◆ National Constitution Day (NSS)
- ◆ Orientation Training to RRC Volunteers (RRC)
- ◆ University Examinations

Contact us

Mail: grtcon@grt.edu.in

Website:www.grtnursing.com

Tel:044-270880749

“BE A VOICE NOT AN ECHO”



NEWS AND EVENTS

1. DIWALI CELEBRATION

The Student Nurses Association of GRT College of Nursing celebrated Diwali – The Festival of Lights on 16.10.2025 at the GRT MV Auditorium with great enthusiasm and devotion. The celebration commenced with a warm welcome address followed by a soulful prayer song, invoking divine blessings for peace and prosperity. The event featured a series of captivating cultural performances that beautifully conveyed the essence of the festival. The Sri Krishna Leela dance cover by B.Sc. Nursing students depicted the divine playfulness of Lord Krishna, while the Kollattam by ANM students added a colorful traditional charm, reflecting unity and coordination. A mesmerizing Classical Dance on Draupadi’s Vastraharan showcased deep emotion and artistic expression, leaving the audience spellbound. The Krishna songs mash-up and Kirthan segment, accompanied by the offering of Diyas, filled the auditorium with devotion and light. Dr. Padmavathi R., Principal, GRT College of Nursing, introduced and honored the Chief Guest, H.G. Vamsidhari Dasa, who delivered an enlightening address on integrating spirituality into daily and professional life. His inspiring words encouraged students to uphold moral and spiritual values. The celebration concluded with the felicitation of the Chief Guest, distribution of Prasad, and a heartfelt vote of thanks, marking a memorable and spiritually uplifting Diwali celebration.



2. COMMUNITY HALL INAUGURATED AT BEERAKUPPAM PHC

As part of its ongoing commitment to social welfare and community development, GRT Jewellers, under its Corporate Social Responsibility (CSR) initiative, along with GRT College of Nursing, has constructed a new community hall at the Beerakuppam Upgraded Primary Health Centre. This initiative was envisioned and executed under the guidance and generosity of Respected Chairman Iyya Sri G. Rajendran, whose constant dedication to social causes continues to uplift communities. The inauguration of the community hall took place on 27.10.2025, in a simple yet meaningful ceremony. The newly built facility will serve as a valuable space for conducting health education programs, awareness campaigns, medical camps, and various community welfare activities. The key to the building was ceremoniously handed over to Dr. P. Priya Raj, MBBS, DPH, District Health Officer, by Mr. Balasubramanyam. This noble initiative stands as a shining example of GRT's enduring commitment to improving public health infrastructure and supporting local communities. Heartfelt thanks and gratitude are extended to our Respected and Beloved Chairman Iyya, Managing Directors Sirs, and MD Madam for their visionary leadership and unwavering dedication towards meaningful social responsibility and community development.





16th INDUCTION DAY CEREMONY 2025

GRT College of Nursing warmly welcomed its new batch of nursing students during the 16th Induction Day Ceremony, marking the beginning of a meaningful journey into the noble profession of nursing. The event symbolized the students' first step toward a life of care, compassion, and service to humanity. The ceremony was graced by Mrs. Joy Kezia R, Nursing Officer, Apollo Hospital, Vanagaram, who served as the Chief Guest, along with Dr. N. Lakshmi Narasimhan, Vice President, GRT Group of Institutions; Dr. Padmavathi R, Principal, GRT College of Nursing; Prof. Chitra A.I, Vice Principal; Heads of Departments, faculty members, parents, and well-wishers. Prof. Jayanthi L introduced the Chief Guest and delivered a warm message, followed by Prof. Chitra A. I, who introduced the faculty and staff. Dr. Padmavathi R oriented the students on college rules, regulations, and academic culture, while Dr.N. Lakshmi Narasimhan delivered the Presidential Address, inspiring students to uphold institutional values and embrace the essential qualities of a nurse—dedication, empathy, and professionalism. A special address by Dr. Radhika Vidhyasagar, Principal, GRT Educational Institutions, encouraged the students to pursue excellence with commitment and compassion. The highlight of the ceremony was the motivational address by Chief Guest Mrs. Joy Kezia R, who emphasized the “Three L’s” of nursing—Light, Life, and Legacy, urging students to be guiding lights, touch lives, and uphold the legacy of the profession. She stressed the importance of attitude, behavior, character, discipline, and efficiency in achieving success. The event concluded with a vote of thanks and the National Anthem.





FIRST AID TRAINING

1. Tamilnadu Apex Skill Development Centre for Health care

As a district training center of FRT for TNASDCH, GRTCON is organizing FRT training monthly twice.

S.NO.	DATE	NO OF CANDIDATES TRAINED
1	14.10.2025	17 Candidates
2	23.10.2025	7 Candidates

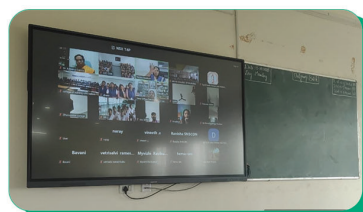


DEVELOPMENTAL ACTIVITIES

STUDENT DEVELOPMENTAL ACTIVITIES

1. TIME MANAGEMENT- PLANNING YOUR DAY, OWNING YOUR FUTURE

The Tamil Nadu Nurses and Midwives Council (TNNMC) conducted a webinar on “Time Management – Planning Your Day, Owing Your Future” on 25th October 2025 via Zoom for 60 B.Sc (N) V Semester students. Mrs. Thilaka Muthiah C, Clinical Lead, Apollo Simulation Centre, highlighted the value of time and shared strategies like setting SMART goals, creating to-do lists, and maintaining balance. The interactive session enhanced students’ understanding of effective time management for academic and professional success.





STAFF DEVELOPMENTAL ACTIVITIES

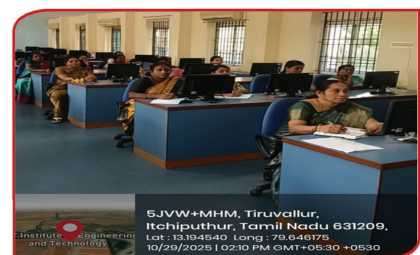
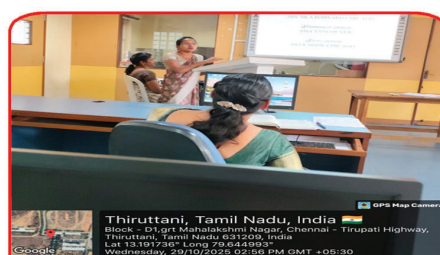
1. INTERNATIONAL CONFERENCE – FUTURE OF MEDICINE 2.0

As part of the Professional Development Club, Assistant Professors Mrs. Premila, Mrs. Suganthi, Mrs. Joyce, and Mrs. KerithEvangelin attended the three-day workshop (16-10-2025 to 18-10-2025) Future of Medicine 2.0, organized by Tamil Nadu Dr. MGR University and the Tamil Nadu State Government..



2. PROFESSIONAL DEVELOPMENT CLUB

S.No.	Date	Topic	Resource Person	Remarks
1	29.10.2025	Bibliography Writing - Vancouver Style	Assistant Professor Mrs. Lavanya	24 faculty members actively participated
2	29.10.2025	Effectiveness of Breastfeeding for postnatal mothers using Promotion of Breastfeeding tool	Clinical Instructor Mrs. Tiruveni	



STAFF WELFARE PROGRAMME

Our teaching staffs Mrs. Gracy Assistant Professor, Mrs. Gowri Clinical Instructor celebrated their Birthday this month.

DEPARTMENTAL ACTIVITIES

1. WORLD MENTAL HEALTH DAY

GRT CON, Dept of Mental Health Nursing observed World Mental Health Day on 10th October 2025 with the objective of promoting awareness on the importance of mental well-being among students. A Lecture-cum-Discussion on the topic “Importance of Mental Health for College Students” was conducted by Dr. Angel Shalini, Professor, Department of Psychiatric Nursing at GRTIET. During the session, she highlighted the significance of maintaining good mental health, managing academic stress, and developing a balanced lifestyle. She also emphasized early identification of stress and the importance of seeking timely support. Following the discussion, Mindfulness Training was demonstrated by Dr. Angel Shalini to help students enhance their concentration, emotional regulation, and overall well-being. The students and faculty actively participated in the mindfulness exercises and expressed their positive feedback about the session.

Nearly 150 first-year students and 10 faculty members from GRT IET took part in the event and benefitted from the hands-on mindfulness practice. The program successfully created awareness about mental health and encouraged participants to adopt mindfulness techniques in their daily lives.





BEYOND CLASSROOM

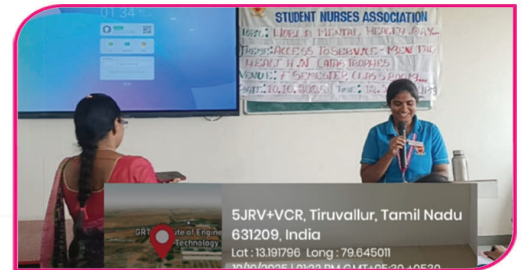
SNA ACTIVITIES

1. WORLD MENTAL HEALTH DAY

The World Mental Health Day 2025 program, themed “Access to Service - Mental Health in Catastrophes and Emergencies,” was organized by the SNA on 10.10.2025 at the IV Floor Classroom. Ms. Thanushya P (7th Semester) delivered a theme-related speech for III Year students. The session emphasized the importance of timely psychological support, resilient mental health systems, and inclusive care during crises to promote recovery and safeguard well-being.



5JRV+VCR, Tiruvallur, Tamil Nadu
631209, India
Lat : 13.191798 Long : 79.645011
10/10/2025 | 01:22 PM GMT+05:30 +0530



5JRV+VCR, Tiruvallur, Tamil Nadu
631209, India
Lat : 13.191798 Long : 79.645011
10/10/2025 | 01:22 PM GMT+05:30 +0530



5JWX+9MR, Main Rd



647, Srinivasapuram, To



Tiruvallur, Tamil Nadu, India
5Jrv+vcr, Tiruvallur, Tamil Nadu 631209, In
Lat 13.1918° Long 79.644947°

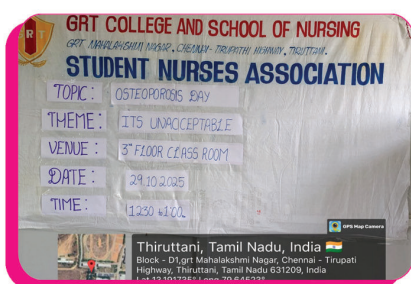
2. SNA ELECTION

The Student Nurses Association (SNA) Election for the academic year 2025–2026 was conducted on 11.10.2025 at the Extra Curricular Cell, GRTCON. Inaugurated by Dr. Padmavathy R, Principal, the event witnessed enthusiastic participation from B.Sc (N) and ANM students. Nominations were received for various committee positions, and voting was held transparently under the supervision of Prof. Chitra A.I, Vice Principal, promoting leadership, teamwork, and democratic values among students.



3. NATIONAL CANCER AWARENESS MONTH

The Student Nurses Association organized a Breast Cancer Awareness Program on 15.10.2025 at TGH Government Hospital with the theme “Every Story is Unique, Every Journey Matters.” B.Sc. Nursing final-year students conducted an awareness talk on breast cancer, covering its causes, diagnosis, and preventive measures, followed by a practical demonstration on Breast Self-Examination using a breast model. Around 30 participants, including patients and attenders, attended the session. The audience appreciated the clear and informative presentation and found the demonstration highly useful for early detection. Participants expressed satisfaction and requested that similar awareness programs be conducted regularly to promote women’s health.



4. WORLD OSTEOPOROSIS DAY

The World Osteoporosis Day - 2025 was organized by the Student Nurses Association (SNA) on 29.10.2025 at the III Floor Classroom. The session, led by Mrs. Saranya L., Assistant Professor, along with SNA bearers, focused on raising awareness about osteoporosis and the importance of maintaining bone health. Emphasizing the global theme “It’s Unacceptable,” the program highlighted preventive measures, early detection, and the significance of adopting healthy lifestyle practices to strengthen bones. Around 60 B.Sc. Nursing III Semester students actively participated and benefitted from the insightful session.



YOUTH RED CROSS ACTIVITIES

1. NATIONAL DAY FOR DISASTER REDUCTION

The National Disaster Reduction Day 2025 program, organized by YRC on 08.10.2025 at the III Year Classroom, GRTCON, featured an awareness talk by Mrs. Tamil Selvi, Clinical Instructor, on the theme “Fund Resilience, Not Disaster.” The session emphasized proactive planning, community participation, and the vital role of youth in promoting resilience and sustainability. Students actively engaged in discussions, sharing insights on disaster preparedness and community safety measures.



2. WORLD MENTAL HEALTH DAY 2025

The World Mental Health Day 2025 program, organized by YRC on 10.10.2025 at the IV Year Classroom, GRTCON, featured a skit by final-year students on the theme “Access to Services - Mental Health in Catastrophes and Emergencies.” The performance focused on stress management and suicide prevention, emphasizing coping strategies, peer support, and the importance of seeking help. The impactful presentation effectively promoted awareness and helped break the stigma surrounding mental health.



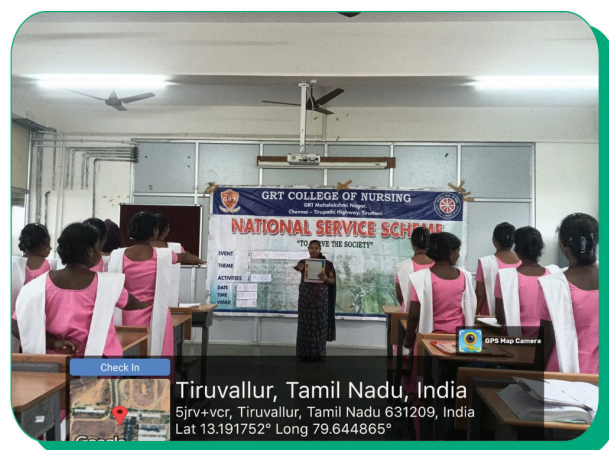
3. YRC ELECTION

The Youth Red Cross (YRC) Unit of GRT college of Nursing conducted the YRC Election for the academic year 2025–2026 with great enthusiasm and active student participation. The election aimed to encourage leadership qualities, teamwork, and democratic spirit among the students. The voting process was carried out in an organized and transparent manner under the supervision of the Election officer Prof.Chitra A.I, Vice principal GRTCON and YRC Programme Officer Mrs.Vinodhini M, Clinical Instructor. Students exercised their voting rights with great interest, reflecting their commitment to the ideals of YRC.

NSS ACTIVITIES

1. GANDHI JAYANTHI

The NSS Unit of GRT CON observed Gandhi Jayanthi on 2nd October 2025 to commemorate the 156th birth anniversary of Mahatma Gandhi, the Father of our Nation. The event aimed to honor Gandhiji's values of truth, non-violence, and service to humanity. The program commenced with a brief introduction on the significance of the day, followed by Mrs. Suganthi, Assistant Professor, pronounced the Gandhi Jayanthi Pledge to all the ANM students, reaffirming their commitment to follow Gandhian principles in their personal and professional lives.



CITIZEN CONSUMER CLUB ACTIVITIES

1. WORLD STANDARD DAY

The World Standards Day 2025 program, organized by the Citizen Consumer Club on 29.10.2025 at the IV Year Classroom, featured an inter-college essay competition on "Fostering Awareness of Indian Standards among Citizens." Twenty-one B.Sc (N) students participated. Ms. Selvi (II Year) won third place with a cash prize of Rs.1000, and Ms. Kavitha V received a special prize of Rs.500. All other participants were awarded certificates of participation.



2. WORLD FOOD DAY

The World Food Day 2025 program, organized by the Citizen Consumer Club on 17.10.2025 at the III Year Classroom, included an awareness talk and an exhibition on food adulteration. Mrs. Swathi K, Clinical Instructor, along with CCC volunteers, highlighted the theme “Hand in Hand for Better Food and a Better Future,” emphasizing collective responsibility among governments, farmers, consumers, and youth. The exhibition demonstrated the health risks of adulterated food and stressed the importance of safe, nutritious consumption.



LITERARY CLUB OPEN MIC NIGHT CONTEST

The Literary Club organized an Open Mic Night Contest on 17.10.2025 at the IV Floor Classroom, GRTCON, for B.Sc Nursing I, II, and III Year students. The event aimed to build confidence, enhance communication skills, foster creativity, and reduce stress. It promoted teamwork, public speaking, and self-expression beyond academics, contributing to overall personality development. Ms. Shenbagum from GRT Pharmacy evaluated the performances, and winners were appreciated and recognized for their outstanding talent and participation.

S.NO.	PRIZE	STUDENT NAME	YEAR
1	1 st Prize	Ms.Kanimozhi.A	II Yr B.Sc Nursing
2.	2 nd Prize	Ms.JisnaShaji	II Yr B.Sc Nursing
3.	3 rd Prize	Ms.Yuvasree.J	II Yr B.Sc Nursing



ISO 21001

1.ISO INTERNAL AUDIT TRAINING

The ISO 21001 Manual Standard discussion was held in the Principal's Office with ISO Consultant Mr.Kalaiselvan, GRTCON Principal Dr.Padmavathy R, and ISO Coordinators Mrs.Nirmala, Mrs. Joyce, and Mrs.Sulochana. A detailed review of Chapters 3 to 10 was conducted, focusing on departmental activities aligned with the standards. Constructive suggestions were provided to enhance implementation and documentation. ISO Internal Audit Training was organized, where the consultant explained the evaluation process and the Internal Audit Evaluation Form in detail. The session helped participants understand audit criteria and evaluation procedures. Fourteen ISO staff members actively participated and gained valuable insights into effective audit practices.



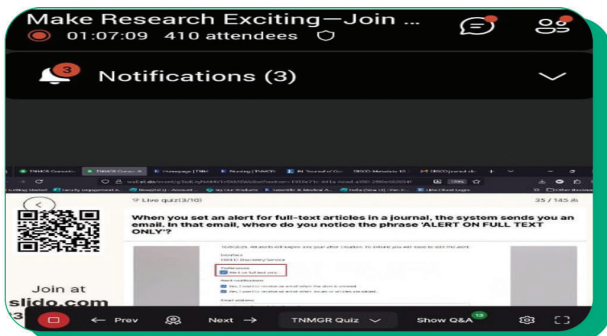
2. INTERNAL AUDIT PLANNING AND SCHEDULING SESSION

The ISO 21001 Committee organized an Internal Audit Planning and Scheduling Session on 24.10.2025. The session was led by Mr. Kalaiselvan P., ISO Consultant and Trainer. He elaborated on the Management System Procedures with the EOMS coordinators and discussed the Internal Audit Schedule, the roles and responsibilities of auditors, and the process and planning for conducting internal audits.



GERMAN CLUB A2 Examination

The German Club organized the German A2 Examination on 30.10.2025 in the virtual classroom of GRTCON. Thirty final-year B.Sc. Nursing students participated, completing reading, writing, hearing, and speaking exams. The question paper and speaking test were conducted by Mrs. Vishaka, German Language Trainer, under the supervision of Mrs. Sulochana K. A. and Mrs. Meenakshi. Students submitted their answer sheets in PDF format for evaluation, progressing toward the B1 level.



TNMGRMU'S EBSCO CINAHL NURSING COLLECTION SESSION

A total of 87 VII semester B.Sc (N) students of GRTCON attended the conference through the Make Research Exciting app, conducted in collaboration with TNMGRMU and EBSCO CINAHL Nursing Collection Ultimate. The conference provided valuable insights into research skills essential for nursing students. Expert speakers discussed key topics such as identifying relevant research articles, proper citation methods, formulating SMART research questions, and effectively applying evidence-based research in nursing practice. The session enhanced students' understanding of research methodology and encouraged them to integrate scientific evidence into their clinical decision-making, promoting a culture of research and innovation in nursing education







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

GRT GROUP OF EDUCATIONAL INSTITUTIONS

GRT Institute of Engineering and Technology | GRT College of Education
GRT Institute of Health Inspector Training | GRT Institute of Pharmaceutical Education and Research