



GRT COLLEGE & SCHOOL OF NURSING

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

NEWS LETTER

UPACHAARIKA SUCHANA



Issue-22, Monthly, November 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 22nd issue of GRT CON News letter Upacharika Suchana which is released on 01.12.2025. 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.

Every year on 14th November, we observe World Diabetes Day, a global initiative aimed at raising awareness about one of the most widespread chronic health conditions of our time. As future nurses and health care leaders, it is essential for us to understand not only the clinical dimensions of diabetes but also the powerful role we play in prevention, education, and compassionate care.

This year's theme highlights that access to education and early screening is central to preventing complications and improving quality of life. Nurses, often being the first point of contact for patients, have a profound responsibility in guiding individuals on lifestyle modification, medication adherence, and self-care practices that can significantly influence their health outcomes.

At the College of Nursing, we take pride in nurturing students who are not only clinically competent but also socially responsible. Nurses remain at the forefront of diabetes prevention and management-counselling patients, providing continuous monitoring, guiding lifestyle changes, and offering emotional support to individuals and families. Your role is truly indispensable.

I strongly encourage our students to engage in community outreach programmes, research initiatives, and clinical practice that focus on diabetes prevention and care. Let this day reinforce our collective commitment to promote healthy living, advocate for early screening, and ensure patient-centred, evidence-based care for every individual at risk of or living with diabetes.

May we continue to work together with compassion, scientific knowledge, and integrity to reduce the burden of diabetes in our society.



SPOTLIGHTS

MESSAGE FROM PRINCIPAL'S DESK

NEWS AND EVENTS

DEVELOPMENTAL ACTIVITIES

• STUDENTS

• FACULTY MEMBERS

BEYOND CLASSROOM

UPCOMING EVENTS

- ♦ World AIDS Day (SNA, NSS, YRC, RRC)
- ♦ Human Rights Day (NSS)
- ♦ ISO 21001 External Audit
- ♦ National Consumer Day
- ♦ 6th Empowering Nursing Students Series 2025 by TNNMC
- ♦ PTA Meeting
- ♦ Christmas celebration (SNA)
- ♦ University Practical Examination
- ♦ World disabled Day (YRC)
- ♦ OG Clinical Posting
- ♦ Group Principal's Meeting

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“BE A VOICE NOT AN ECHO”



NEWS AND EVENTS

1. VETRI NICHAYAM PROJECT IMPLEMENTATION

Tamil Nadu Skill Development Corporation (TNSDC) has selected GRT College of Nursing as a Training Centre for the Vetri Nichayam Project to offer certified courses to students. Eligible Tamil Nadu students will receive a monetary benefit of Rs. 8,000 per student. The current final-year batch has been enrolled in the Nursing Midwifery course. Students are actively participating and attending the sessions with great enthusiasm. The initiative is expected to enhance skill development and career readiness.



FIRST AID TRAINING

1. Tamilnadu Apex Skill Development Centre for Health care

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

S.NO	DATE	NO OF CANDIDATES TRAINED
1	06.11.2025	11 Candidates
2	20.11.2025	16 Candidates





DEVELOPMENTAL ACTIVITIES

STUDENT DEVELOPMENTAL ACTIVITIES

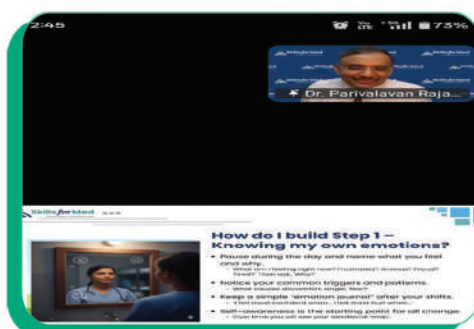
1. SKILL TRAINING PROGRAM ON EMERGENCY OBSTETRICS AND NEWBORN CARE

A four-day Skill Training Program on Emergency Obstetrics and Newborn Care was conducted by Impetus Skill Care Pvt. Ltd. for IV Year B.Sc. Nursing students from 17th - 20th November 2025 at the GRT College of Education Auditorium. The training enhanced clinical competency in managing obstetric and neonatal emergencies, including PPH, eclampsia, obstructed labour, neonatal resuscitation, and high-risk newborn care. Through demonstrations, skill stations, and simulation-based learning, students gained confidence, critical decision-making skills, and improved emergency preparedness.



2. SELF-AWARENESS AND LEADERSHIP- EMOTIONAL INTELLIGENCE

TNNMC organized a Web Series for Empowering Nursing Students - 2025 on “Self-Awareness and Leadership: Emotional Intelligence” on 22nd November 2025. The session was delivered by Dr. Parivalavan Rajavelu, Founder and Managing Director of Skills for Med and Consultant General Surgeon, Sundaram Medical Foundation, Chennai, under the guidance of Prof. Dr. S. Ani Grace Kalaimathi, Registrar, TNNMC. A total of 95 IV Year B.Sc. Nursing (VII Semester) students attended the webinar.

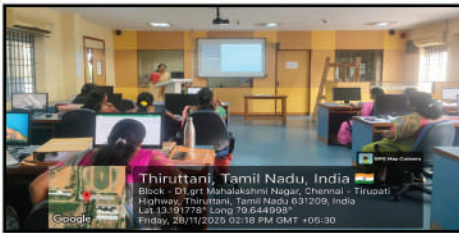




STAFF DEVELOPMENTAL ACTIVITIES

1. PROFESSIONAL DEVELOPMENT CLUB

S.No	Date	Topic	Resource person	Remarks
1	28.11.2025	Power Analysis	Assistant Professor Mrs. Pushpa	20 faculty members actively participated
2	28.11.2025	Journal Presentation Govt funded study Assess the knowledge attitude and practice regarding stroke prevention in patients with metabolic syndrome.	Assistant Professor Mrs. Kerith Evangelin	20 faculty members actively participated



2. POSTAL INSURANCE SCHEME AWARENESS SESSION

On 29.11.2025 Postal Life Insurance awareness was conducted for 24 staff members of GRT College of Nursing by the Perungalathur Postal Department team. The session focused on various insurance schemes available under the Postal Department, including benefits, eligibility, premium details, and claim processes. The team clearly explained the advantages of Postal Life Insurance, such as low premiums, government support, and long-term financial security. Staff members actively participated and clarified their queries. The programme was informative and helped create awareness about the importance of financial planning and the value of government-backed insurance schemes.



STAFF WELFARE PROGRAMME

1. Our teaching staffs Mrs. Tamilselvi, Mrs. Switha, Clinical Instructors celebrated their Birthday this month.

DEVELOPMENTAL ACTIVITIES

SNA ACTIVITIES

1. SWEARING-IN CEREMONY

The Students Nurses Association (SNA) of GRT College and School of Nursing conducted the Swearing-In Ceremony for the academic year 2025–2026 on 08.11.2025 at B Block Auditorium, 3rd Floor. The ceremony included the Tamizh Thai Vazhthu, welcome address, presentation of SNA and YRC annual reports, announcement of election results, and oath-taking for newly elected office bearers, including Ms. Jismariya Sebastian (Vice President) and Ms. Sabitha S (Secretary). Chief Guest Mrs. Shyni P.P., Lieutenant Colonel, Military Nursing Service, addressed the students. SNA badges for the newly elected office bearers and mementos for outgoing officers were distributed, and honored under the guidance of Principal Dr. Padmavathi R.



2. WORLD DIABETES DAY

SNA organized World Diabetes Day on 17.11.2025 with the theme “Diabetes Across Life Stages.” An awareness talk was held at GRT CON Auditorium, followed by a diabetes screening camp at Muslim Nagar, Tiruttani. With support from M.V. Diabetic Centre, 60 individuals were screened, and diabetic cases were identified. Dietician Ms.Suganya provided guidance on healthy dietary practices. Additionally, an awareness session for III-year students enhanced their understanding of diabetes and its preventive measures.



3. NATIONAL EPILEPSY DAY

An awareness session on National Epilepsy Day was conducted on 20.11.2025 at Tiruttani GH, emphasizing brain health and preventive measures. The program focused on the national theme “My Epilepsy Journey,” promoting early detection, lifestyle modification, and public awareness. Ms.Yazhini, an intern, delivered an informative speech addressing myths, stigma, and lifestyle management related to epilepsy. The session was organized by SNA, with Assistant Professor Ms.Kerith Evanjelin J coordinating the activity. Around 25 patients took part in this session and benefited.



4. WORLD PNEUMONIA DAY

An awareness session on World Pneumonia Day 2025 was conducted on 12.11.2025, emphasizing the importance of preventing pneumonia in children. Highlighting the theme “Child Survival,” the program focused on early detection, hygiene practices, and timely vaccinations. Activities included an awareness speech and a chart exhibition, where 4 of the 60 participating III Semester B.Sc. Nursing students presented charts. The exhibition effectively conveyed child health messages and was evaluated and appreciated by Prof. Uma Mageshwari



NSS ACTIVITIES

1.NATIONAL INTEGRATION DAY

The NSS unit organized National Integration Day on 19.11.2025 with the theme “Embracing Unity in Diversity.” A unit chain activity was conducted with 60 B.Sc (N) V semester students at GRT CON, Tiruttani. The programme highlighted the importance of national integration and the strength of unity in nation-building. Students were encouraged to promote harmony, respect, and shared responsibility. The event inspired active participation and reinforced that unity is essential for creating a peaceful and progressive society.





2. NATIONAL CONSTITUTION DAY

Constitution Day was observed on 28.11.2025 with the theme “Hamara Samvidhan – Hamara Swabhiman” by NSS at the III Year B.Sc. Nursing classroom. Sixty students participated in a Commitment Board activity, taking personal pledges to uphold constitutional values. The initiative aimed to enhance awareness about the Indian Constitution and reinforce the importance of fundamental duties. The programme encouraged students to practice democratic values and contribute responsibly to society. The activity was meaningful and impactful.



YOUTH RED CROSS ACTIVITIES 1. WORKSHOP ON DRUG ABUSE AND SUICIDE

Mrs. Meenakshi, YRC assistant coordinator, attended a 3-day workshop from 31.10.2025 to 2.11.2025 on Drug Abuse and Suicide Prevention, gaining valuable knowledge and awareness. Day 1 included the IRCS inaugural ceremony with Mr. T.L. Nandagopal and Mr. K. Venkarama, followed by a session on suicide myths and risk factors by Mr. V. Ganesh. Day 2 featured a talk by Dr. Daniel on drug abuse diagnosis and medical management, along with a mental-health-themed cultural program. Day 3 included sessions on drug abuse prevention by Dr. P.N. Sushilkumar, suicide prevention by Dr. S. KiranTheja, insights from Mr. Anthony and Mr. V. Elumalai on disaster management.



2. NATIONAL CANCER AWARENESS DAY

The Youth Red Cross Unit of GRT College of Nursing organized National Cancer Awareness Day 2025 on 07.11.2025 at D.V. Puram, under the theme “UNITED BY UNIQUE.” The program involved III-year students who actively engaged the community through a skit and poster presentation. The skit highlighted the importance of early detection, prevention, and support for cancer patients, while the poster presentation creatively conveyed messages promoting healthy lifestyles and cancer awareness. A total of 30 community members participated, gaining valuable information on cancer prevention and the significance of individual and collective efforts in the fight against cancer.



3. SWEARING -IN CEREMONY

The YRC Swearing-In Ceremony 2025 was held on 08.11.2025 at GRT IET, beginning with the rendition of Tamizh Thai Vazhthu, creating a formal and respectful atmosphere. This was followed by a warm welcome address by Ms. Keerthika K. The YRC Report for 2024–2025 was presented by the former office bearers, highlighting the unit’s activities and achievements. Dr. Padmavathi R, Principal, GRTCON, then announced the YRC Election Results for 2025–2026, introducing the newly elected Vice President Ms. Kavitha V, Secretary Ms. Varshini G.R, and Treasurer Ms. Yogeshwari. A smooth handover of responsibilities took place, appreciating the contributions of the outgoing team. The Swearing-In Ceremony was conducted jointly by the Chief Guest, Lt. Col. Shyni PP, and the Principal, followed by an inspiring address from the Chief Guest. The event concluded with a heartfelt vote of thanks by Ms. Keerthana N and the National Anthem, marking a dignified closure.



3. WORLD DIABETES DAY

The Youth Red Cross Unit organized an awareness programme on World Diabetes Day with the theme “Diabetes Across Life Stages” on 17.11.2025 at the GRT CON Auditorium. The session aimed to enhance students’ understanding of diabetes, its risk factors, prevention, and the importance of a healthy lifestyle. Mrs. Suganthi, Dietitian, delivered an informative talk on diabetes management, balanced diet, early detection, and regular physical activity. The programme was attended by 60 B.Sc. Nursing V Semester students, who actively participated and gained useful insights. Class coordinators facilitated smooth conduct of the event. Overall, the session effectively promoted awareness on diabetes.



RED RIBBON CLUB 1. PEER GROUP EDUCATION TRAINING

A Peer Group Education Training was organized by the IQAC and Red Ribbon Club for 58 RRC volunteers on 12.11.2025, 25.11.2025, and 27.11.2025 in the first-year classroom. Peer leaders presented key topics from TANSACS modules, including self-value, boundaries, courage, responsibilities, and prevention of HIV/AIDS and STDs. The final session included adolescent health awareness. The programme was informative, interactive, and beneficial for the participants.

CITIZEN CONSUMER CLUB ACTIVITIES

1. CHILDREN’S DAY

The Children’s Day 2025 program, themed “For Every Child, Every Right,” was organized by the Citizen Consumer Club on 10.11.2025 at the IV Year classroom, GRTCON. The Social Welfare Department conducted an awareness session on women’s helpline services and safety laws. Participants gained knowledge on legal rights and key helpline numbers such as 181 for women and 1098 for children. The session also highlighted basic self-defense methods and digital safety practices, empowering students to protect themselves and support others. Overall, the program enhanced awareness, responsibility, and confidence among IV Year B.Sc Nursing students in ensuring safety for vulnerable groups.





LITERARY CLUB

1. JUST A MINUTE

The "Just a Minute" competition held on 19.11.2025 showcased the students' quick thinking, confidence, and verbal fluency. Participants spoke on random topics for one minute without hesitation, repetition, or deviation, demonstrating excellent presence of mind and communication skills. The event was energetic and engaging, with several performances entertaining the audience. Though a few participants struggled with nerves, overall, the competition reflected impressive talent. The winners were

Ms. Rajalakshmi (I year) – 1st place, Ms. Kanimozhi (III year) – 2nd place, and Ms. Varshini G.R (III year) – 3rd place.



ECO CLUB

1. NATIONAL EDUCATION DAY

The Eco Club organized National Education Day 2025 on 11.11.2025 with the theme "AI and Education: Preserving Human Agency in a World of Automation." A quiz competition was conducted online through Google Forms, coordinated by Mrs. Meenakshi, Clinical Instructor, GRT CON. A total of 100 IV-year B.Sc (N) students participated actively. The event highlighted the growing role of AI in education while stressing the importance of maintaining human values and decision-making. It also promoted environmental awareness and responsible practices. Students gained meaningful insights and enhanced their understanding through interactive participation.



ISO 21001

1. INTERNAL AUDIT

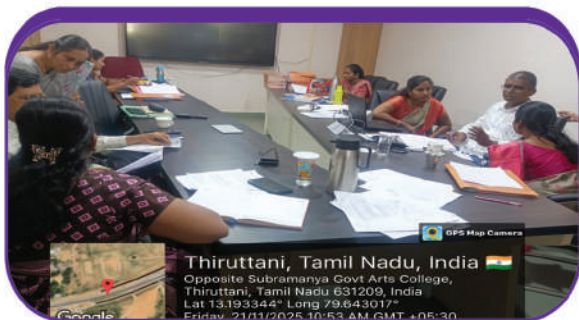
The ISO 21001 Committee of GRT College of Nursing conducted the Internal Audit on 04.11.2025 and 05.11.2025 at the IQAC Room. Sixteen faculty members participated in the lecture-cum-discussion session facilitated by ISO Consultants and Trainers, Mr. Motilal and Mr. Kalaiselvan. P. All functional and supporting departments were audited as per the approved schedule. The resource persons guided the

auditors throughout the process, ensuring systematic verification of compliance requirements. Audit findings were recorded and documented for further review.



2. ISO 21001 COMMITTEE MEETING

The ISO 21001 Committee of GRT College of Nursing conducted the Internal Audit Review Meeting on 14.11.2025 at the IQAC Room with 17 faculty members. ISO consultants Mr. Motilal and Mr. Kalaiselvan guided the review process. In the forenoon session, Internal Auditors presented findings on Functional and Supporting Procedures such as Placement, Evaluation, Purchase, and Maintenance. The consultants provided clarifications and suggested corrective actions and system improvements. In the afternoon, the Management Review Meeting (MRM) was held, during which all eight mandatory elements of ISO 21001:2018 were discussed and inputs were documented for inclusion in the MRM minutes.



3. MANAGEMENT REVIEW MEETING

The ISO 21001 Committee of GRT College of Nursing conducted the Management Review Meeting on 21.11.2025 at the IQAC Room with 17 faculty members. Core team members discussed functional and supporting procedures, Internal Audit findings, Non-conformity Reports, and the status of objectives monitoring activities. EOMS coordinators presented updates on the Manual and Management System Procedures, receiving guidance from ISO Consultants Mr. Motilal and Mr. Kalaiselvan. The consultants also reviewed key elements of the Management Review and provided recommendations for system improvement. All discussions and decisions were documented, and the minutes of the meeting were recorded by the EOMS coordinators.



4. LIBRARY EXTERNAL AUDIT

Library Audit was conducted on 22.11.2024 by Mr. T. M. Ashokan librarian from Omayal Achi College of Nursing. Key points include The books are neatly arranged, E Journals (Delnet) are properly maintained. Library stats show 4902 books, 10 national journals, 6 international journals, 82 journal back volumes, 175 B.Sc. projects, 49 M.Sc. projects, and subscription to The Hindu newspaper. He suggested on making library hours compulsory for students weekly, switching to open-access racks, and providing library management training to final-year students A monthly report to the Principal and potential appointment of a library assistant are also suggested for smooth functioning.



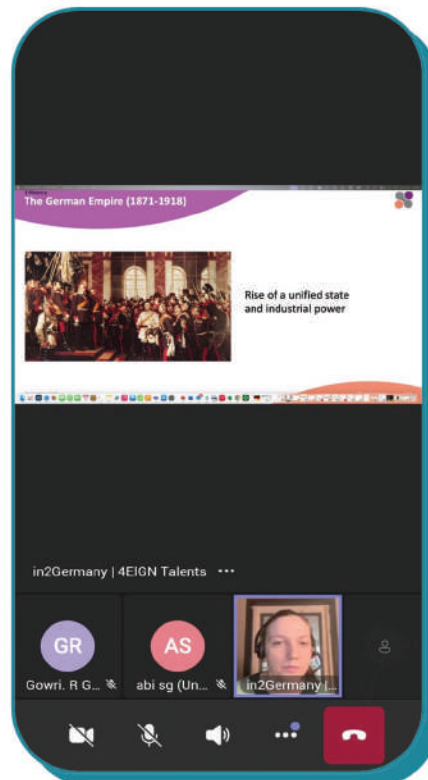
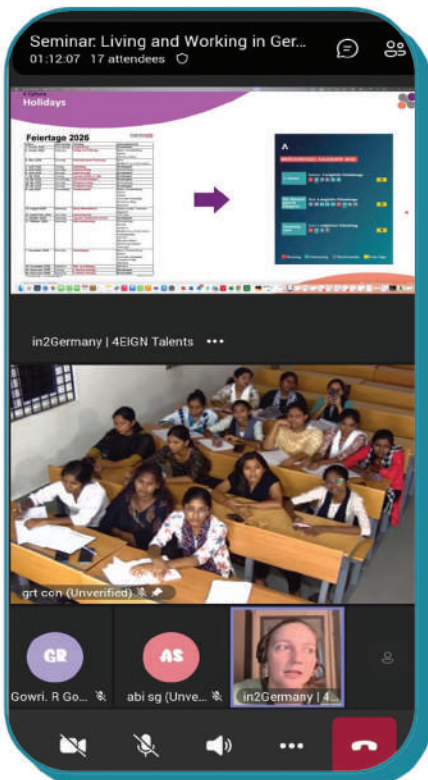
5. ISO 21001 COMMITTEEMEETING

The General Review Meeting by ISO 21001 Committee of GRT College of Nursing on Nov 27, 2025 discussed functional procedures, internal audit findings, non-conformity reports, objectives, and process performance. 12 faculty members participated with ISO consultants Mr. Motilal and Mr. Kalaiselvan in the IQAC Room. EOMS coordinators discussed Manual and Management System Procedures with consultants.

GERMAN CLUB

1. UNVEILING GERMANY: HISTORY, HERITAGE, AND MODERN IDENTITY

A seminar on the History of Germany was conducted for 28 final-year B.Sc (N) students on 10.11.2025 via Microsoft Teams. Resource persons Mr. Tobias Kluck and Mrs. Steffi Kluck from In2 Germany International Ltd., facilitated by Ms. Srishti, provided rich insights into Germany's history, the empire, World War II, geography, political system, culture, festivals, food, values, and major cities. The session was supervised by Mrs. Sulochana K.A and Ms. Sneha P, greatly enriching students' knowledge, evaluation procedures. Fourteen ISO staff members actively participated and gained valuable insights into effective audit practices.





GRT COLLEGE OF NURSING & SCHOOL OF NURSING

STUDENT NURSES ASSOCIATION & YOUTH RED CROSS UNIT
INVITES YOU ALL TO OBSERVE

OFFICE BEARERS SWEARING - IN CEREMONY 2025-2026

RESOURCE SPEAKER

Mrs. SHYNI PP

LIEUTENANT COLONEL

MILLITARY NURSING SERVICE, INS RAJALI, ARAKKONAM



DATE : 08/11/2025 SATURDAY
TIME : 10.00AM - 11.30AM
VENUE : GRT IET 'C' BLOCK, 3RD FLOOR

SNA VICE PRESIDENT
Ms. TRISHA.V
SNA SECRETARY
Ms.N.SRI HEMAVATHI

SNA ADVISOR
Mrs.SARANYA.L
ASSISTANT PROFESSOR

SNA PRESIDENT
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