



GRT COLLEGE & SCHOOL OF NURSING

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

NEWS LETTER UPACHARIKA SUCHANA



Issue-24, Monthly, January 2026

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MESSAGE FROM PRINCIPAL'S DESK

I feel it as a great honor to write this message for the release of 24th issue of GRT CON News letter Upacharika Suchana which is released on 01.02.2026. 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.

Pongal is a celebration of gratitude, prosperity, and hope. It reminds us to pause, reflect, and give thanks—to nature, to our farmers, to our teachers, and to everyone who plays a role in shaping our lives. This auspicious festival symbolizes abundance, harmony, and new beginnings.

At GRT College of Nursing, Pongal also reflects the values we cherish as a nursing fraternity: compassion, dedication, humility, and service to humanity. Just as the harvest rewards patience and hard work, success in nursing comes from perseverance, discipline, and a genuine commitment to care.

As we celebrate this festival together, let us renew to resolve and serve society with empathy and excellence. May this Pongal bring positivity, good health, academic success, and professional growth to all our students and staff. Let us continue to work together with unity and purpose, nurturing not only knowledge but also values that make us responsible and compassionate healthcare professionals.

May this auspicious festival bring happiness, good health, and success in all your endeavors.



SPOTLIGHTS

MESSAGE FROM PRINCIPAL'S DESK

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DEVELOPMENTAL ACTIVITIES

• STUDENTS

• FACULTY MEMBERS

BEYOND CLASSROOM

UPCOMING EVENTS

- ◆ German Direct Interview
- ◆ Lamp lighting for I Year BSc(N) & ANM
- ◆ ISO 21001 Stage II Audit
- ◆ Health Check up
- ◆ University Examination
- ◆ National Science Day (IIC, CCC)
- ◆ World Cancer Day (SNA, YRC)
- ◆ Zero Tolerance to Female Genital Mutilator Day (YRC)
- ◆ YRC day (YRC)
- ◆ IPR Basics for innovators & Entrepreneur (IIC)
- ◆ Session on Achieving Problem-Solution Fit (IIC)
- ◆ Session on Patent Drafting (IIC)
- ◆ Start up Day (IIC)

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“BE A VOICE NOT AN ECHO”



NEWS AND EVENTS

1. ITHU NAMMA AATTAM

The CM Youth Sports Festival – IthuNammaAattam was held on 25th and 26th of January at Government Boys Higher Secondary School, Tiruttani. Students of the GRT Group of Educational Institutions (Nursing, Engineering & Education) actively participated in the event and demonstrated remarkable sportsmanship, teamwork, and dedication. Their consistent efforts and competitive spirit led to outstanding achievements in the competition. The team secured First Place in Throw Ball, winning a cash prize of Rs 3,000 per candidate, and also achieved Second Place in Tug of War, receiving a cash prize of Rs 2,000 per candidate. These accomplishments brought pride and recognition to the institution and motivated students to excel in both academics and extracurricular activities.



2026–27 ADMISSION CANVASSING DRIVE

Admission canvassing for the academic year 2026–27 was carried out by the following faculties in the respective area

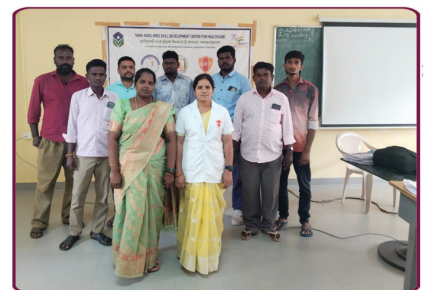
Date	Area	Faculty Members	No of Schools Visited
21.01.2026	Arakkonam	Dr. Angel Shalini W & Mrs. Saranya	6
	Tiruvallur	Mrs. Amala & Ms. Shakina	6
	Ranipet	Mrs. Joyce & Mrs. Sivaranjini	7
	Tiruttani	Mrs. Tamilselvi & Mrs. Vinodhini	4
22.01.2026	Nagavedu, Nemeli, and Panapakkam	Mrs. P. Sivagami & Mrs. Kamali	7
	Arakkonam	Mrs. Annalprasilla V and Mrs. Switha. A	6
	Tiruvallur	Mrs. Kerithevanjelin & Mrs. Shakila	6
	Tiruttani	Mrs. Gowri & Mrs. Tiruveni	5
23.01.2026	Tiruttani	Mrs. Swathi and Mrs. Priyanka	5
	Chennai	Prof. Chitra A I	3
	Ranipet	Mrs. Joyce & Mrs. Sivaranjini	3

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	12.01.2026	11 Candidates
2	20.01.2026	11 Candidates
3	27.01.2026	07 Candidates



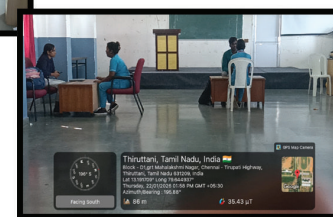


DEVELOPMENTAL ACTIVITIES

STUDENT DEVELOPMENTAL ACTIVITIES

1. CRASH COURSE ON FORENSIC NURSING AND INDIAN LAWS

As part of the curriculum, 60 B.Sc. Nursing V Semester students attended a two-day Crash Course on Forensic Nursing and Indian Laws at Sri Ramachandra College of Nursing on 28.01.2026 and 29.01.2026. The programme covered 20 hours of syllabus through online assignments, quizzes, reflective practices, and museum and mortuary visits. The course enhanced students' understanding of forensic science in comprehensive patient care and highlighted forensic nursing as a specialized area in professional nursing practice.



2. CAREER DEVELOPMENT WORKSHOP

The GRT CON Placement Cell organized a Career Development Workshop conducted on 22.01.2026 and 30.01.2026 by five trainers from ISSM Business School (AIM Members) under the leadership of Mr. Harish. The program was attended by B.Sc. Nursing final-year students and 20 B.Ed. students on 22nd of January and around 119 students from 1st and 2nd Yr B.Sc Nursing students on 30th of January, and focused on enhancing professional skills through sessions on self-introduction during interviews, basic and advanced Microsoft Excel training, and an online assessment. Following the sessions, shortlisted candidates participated in mock interviews to simulate real placement experiences and further refine their skills. The workshop received positive feedback from students of both groups, reflecting its effectiveness in boosting confidence and preparing them for career opportunities..

3. PLACEMENT DRIVE

The Placement Cell of GRT College of Nursing has organized a Placement Drive for our B.Sc (N) IV Year (Non-Semester) students. The list of hospitals are given below

S.NO	DATE	NAME OF THE HOSPITAL	NUMBER OF STUDENTS ATTENDED
1	05.01.2026	GERI CARE HOSPITAL	87 Students
2	09.01.2026	MIOT INTERNATIONAL HOSPITAL	86 Students
3	10.01.2026	APOLLO HOSPITALS	58 Students
4	12.01.2026	MADHA MEDICAL COLLEGE & RESEARCH CENTRE HOSPITAL	87 Students
5	14.01.2026	KAUVERY HOSPITAL	85 Students
6	19.01.2026	KANCHI KAMAKODI CHILDS TRUST HOSPITAL (KKCTH)	83 Students
7	20.01.2026	ST.ISABEL HOSPITAL	87 Students





4. NALAM KAKUM STALIN (NKS) MEDICAL CAMP

The Nalam Kakum Stalin (NKS) Medical Camp was conducted on 10.01.2026 at the Government Higher Secondary School, Buggireddypalli. A total of 30 III Year B.Sc. (N) students actively participated under the supervision of Mrs. Sulochana K. Asst. Professor. The students gained valuable clinical exposure by performing nursing assessments, history collection, height and weight measurements, blood pressure assessment, and assisting in medical procedures and diagnosis. The camp successfully provided health care services and benefited 1,437 beneficiaries.



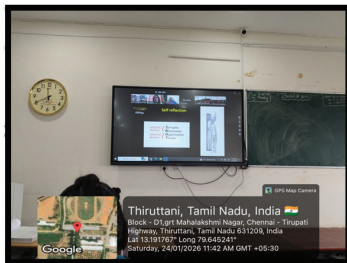
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Bggj+pr, B.r.palli, Tamil Nadu 631206, India
Lat 13.226907° Long 79.531991°



B.r.palli, Tamil Nadu, India
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Saturday, 10/01/2026 10:53 AM GMT +05:30



B.r.palli, Tamil Nadu, India
Bggj+3vm, B.r.palli, Tamil Nadu 631206, India
Lat 13.227518° Long 79.532111°
Saturday, 10/01/2026 10:50 AM GMT +05:30



Thiruttani, Tamil Nadu, India
Block - D1girt Mahalakshmi Nagar, Chennai - Tirupati Highway, Thiruttani, Tamil Nadu 631209, India
Lat 13.919197° Long 79.465241°
Saturday, 24/01/2026 11:42 AM GMT +05:30



Thiruttani, Tamil Nadu, India
120, Jothi Nagar, Thiruttani, Tamil Nadu 631209, India
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Thiruttani, Tamil Nadu, India
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5. STUDENT NURSES EMPOWERMENT SERIES

The Tamil Nadu Nurses and Midwives Council (TNNMC) organized the Student Nurses Empowerment Series webinar for B.Sc. (N) Final Year students on 24.01.2026. The session was led by Dr. Jaeny Kemp, Former Vice-President, TNAI South Region and Nurse Entrepreneur. She spoke on “Personal Branding for the Professional Nurse,” highlighting professional identity, career growth, and leadership skills. The webinar was informative and motivating, with 87 students actively participating and benefiting from the session.

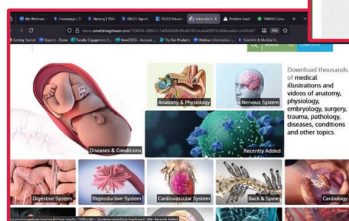
6. AN INTRODUCTION TO NURSING EVIDENCE USING THE TNMGRMU EBSCO CINAHL NURSING COLLECTION

On 30.01.2026, 59 first-year B.Sc. Nursing students attended an online orientation on “Introduction to Nursing Evidence using TNMGRMU.” The session, organized under the Tamil Nadu Dr. M.G.R. Medical University e-Consortium, highlighted the EBSCO CINAHL Nursing Collection. Students were guided on accessing scholarly resources, selecting appropriate journals, and using the EBSCO platform effectively to streamline research and enhance academic performance. The orientation aimed to strengthen evidence-based learning and support improved research skills among students, overall outcomes.



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STAFF DEVELOPMENTAL ACTIVITIES

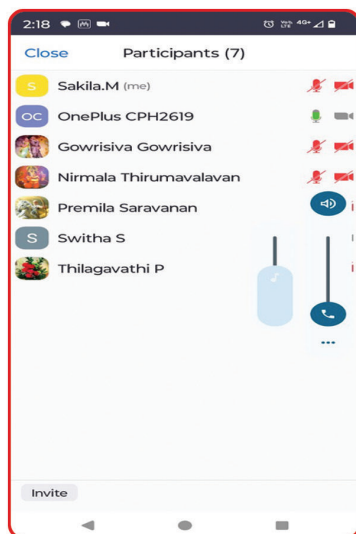
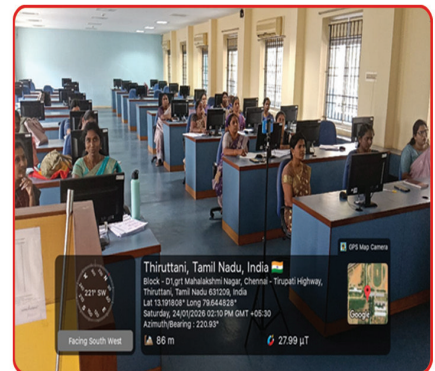
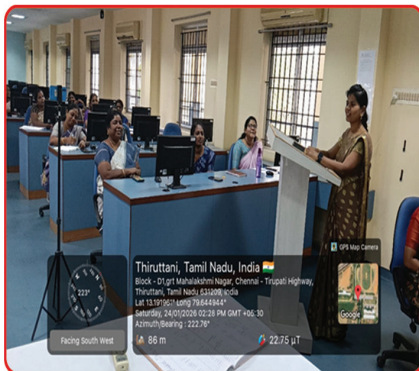
1.STATE LEVEL CONFERENCE

On 10.01.2026, Professor Chitra A I, Vice Principal of GRTCON, participated as a Resource Speaker at a State Level Conference held at Vels College of Nursing. She delivered an insightful presentation on the topic “Competence in Crisis – Basic to Advanced Maternal Care.” Her presentation was well received and contributed significantly to enhancing participants’ knowledge and preparedness in providing quality maternal care.



2. PROFESSIONAL DEVELOPMENT CLUB

S.No.	Date	Topic	Resource Person	Remarks
1	24.01.2026	“Mixed Method Research”	Mrs.Sivagami.P Professor.	26 faculty members actively participated
2	24.01.2026	“Bias in Data Collection”	Mrs. Amala Clinical Instructor	



STAFF WELFARE PROGRAMME

1. Our teaching staff member, Ms. Swetha, celebrated her housewarming ceremony with joy and happiness.

BEYOND CLASSROOM

SNA ACTIVITIES

1. PONGAL CELEBRATION – 2026

The Pongal Celebration – 2026 was organized by the Student Nurses Association on 13.01.2026 at the GRT Campus. The program showcased the rich cultural heritage of Tamil Nadu through activities such as Vannakkolam, pot painting, Pongal preparation, Suriya Vanakkam, prayer song, welcome address, dance, group singing, and traditional folk performances including Karagattam, Thappattam, Oyilattam, Mayilattam, Silambattam, and Kavadiyattam. Dr. Vedhanayaki, Principal, Thalpathy Vinayagam Arts and Science College, graced the occasion as Chief Guest and delivered an inspiring Pongal message. Prize distribution, Uriyadi, spot dance, and refreshments made the celebration vibrant and memorable.





2. 77th REPUBLIC DAY

The Republic Day–2026 was celebrated by the SNA Unit of GRT College of Nursing on 26.01.2026 at the GRT Campus. The programme commenced with the soulful rendition of *ThamizhthaiVazhthu* by B.Sc. Nursing III year students, followed by a warm welcome by Mr.Pannerselvam. The flag was hoisted and the Tamil flag song was sung with pride. Students took the pledge and rendered *VandeMataram*. The Chief Guest, Dr. Arumugam, Dean In-Charge, delivered an inspiring address on India's freedom struggle and the significance of Republic Day. The programme concluded with the National Anthem and sweet distribution, marking a joyful and patriotic celebration.



3. NATIONAL LEPROSY DAY

World Leprosy Day 2026 was observed by the Student Nurses Association (SNA) at GRT College of Nursing on 30th January 2026, with the theme “Leprosy is curable, the real challenge is stigma.” The programme aimed to create awareness about leprosy, its treatment, and the need to eliminate social stigma. Activities included a survey conducted by ANM students and an awareness talk for B.Sc. Nursing III-year students. Mrs. Lavanya, Assistant Professor, coordinated and led the session, enhancing students’ knowledge, empathy, and commitment toward inclusive healthcare practices.



NSS ACTIVITIES

1. COMMEMORATION OF 150 YEARS OF VANDE MATARAM

The GRT CON NSS Unit organized an Essay Writing Competition on 22.01.2026 for B.Sc. (Nursing) and ANM students. The competition was conducted on the theme “150 Years of VandeMataram and its Relevance Today for Building Viksit Bharat @2047.” A total of 42 students actively participated in the competition. Among them, 19 students wrote essays in Tamil and 23 students wrote in English. The essays were evaluated based on the prescribed criteria, and after careful scrutiny, five essays from each language were shortlisted. The selected essays were submitted to The Deputy Secretary to Governor (Universities), Governor’s Secretariat, Lok Bhavan, Chennai - 600 022, for further valuation and proceedings. The event encouraged students to reflect on national values and contributed to enhancing their writing skills and patriotic awareness.



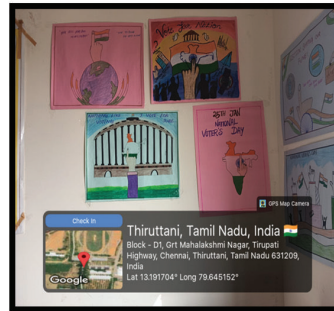
2. REPUBLIC DAY

The NSS Unit organized the Republic Day Celebration on 26.01.2026 in the college campus. The programme commenced with Flag Hoisting, followed by a Pledge Ceremony administered by the Dean i/c, Dr. Arumugam S. This was followed by a speech delivered by Ms. Jisna, III Year B.Sc. (Nursing), highlighting the importance of voting and democratic responsibility. The Dean i/c, Dr. Arumugam S., also addressed the gathering and emphasized the crucial role of young voters in strengthening democracy. The event concluded with sweet distribution to the participants. The programme successfully created awareness among students about the significance of voting and encouraged active civic participation.



3. NATIONAL VOTER'S DAY

The National Voters' Day was observed on 24th January 2026 with a Poster Presentation organized on the theme "Nothing Like Voting, I Vote for Sure." The programme aimed to create awareness among students about the importance of voting and active participation in the democratic process. Students actively participated in the poster presentation by creatively expressing the significance of voting, electoral rights, and responsible citizenship. The posters effectively conveyed messages promoting democratic values, voter awareness, and the role of youth in strengthening the nation's democracy..



4. MARTYR'S DAY

The GRT CON NSS Unit organized the observance of Martyrs' Day on 30th January 2026, in which the B.Sc. Nursing III Year students actively participated to pay homage to the brave martyrs who sacrificed their lives for the nation. The programme was conducted in a solemn and dignified manner. The observance commenced with a five-minute silent prayer, during which students and faculty members paid respectful tribute and reflected on the supreme sacrifices made by the martyrs for the country. Following this, the Martyrs' Day pledge was pronounced by Mrs. Suganthi, Assistant Professor, and was solemnly repeated by all the students. The pledge highlighted the importance of patriotism, unity, peace, and dedication towards the nation.

YOUTH RED CROSS

1. NATIONAL YOUTH DAY

On the occasion of National Youth Day, the Youth Red Cross (YRC) organized a motivational session for Nursing students from first year to final year, with around 350 students participating. The programme aimed to inspire young minds to lead a purposeful, disciplined, and service-oriented life. The highlight of the event was a powerful motivational speech delivered by the chief guest, Dr. R. Vethanayaki, Principal, who shared valuable insights on youth empowerment, self-discipline, leadership, and social responsibility. Her inspiring address left a lasting impact on the students, motivating them to build self-confidence, serve society with dedication, and contribute positively towards nation-building.



RED RIBBON CLUB

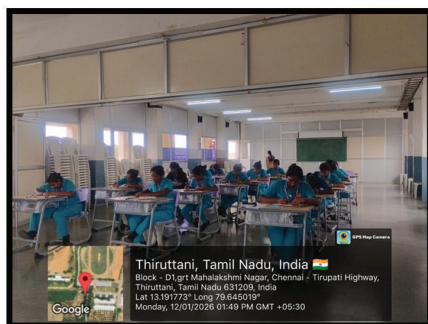
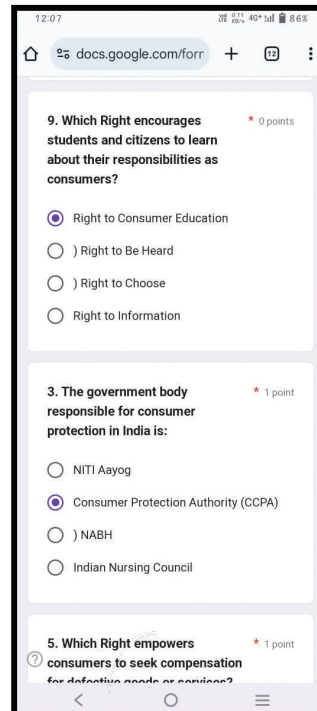
1. PEER GROUP EDUCATION TRAINING

The Peer Group Education Training was organized by the Red Ribbon Club, GRT College of Nursing on 12.01.2026 at the Second Year B.Sc. Nursing classroom to commemorate National Youth Day with the theme “Youth Empowerment and Nation-Building”. A total of 58 students and RRC volunteers participated in the program. The event commenced with a pledge, followed by an online quiz competition. Students actively participated with great enthusiasm, making the program informative, engaging, and successfully conducted.



CITIZEN CONSUMER CLUB 1.NATIONAL CONSUMER DAY

National Consumer Day was observed on 08.01.2026 by the Citizen Consumer Club at GRT College of Nursing. A quiz competition on Consumer Rights and the Consumer Protection Act was conducted via Google Form for IV Year B.Sc. (N) students(88 Students) in the IV year classroom. The programme was organized under the theme “Every citizen’s right and responsibility to be informed, vigilant, and proactive” and was conducted by Mrs. Thiruveni, Clinical Instructor, GRTCON. Feedback analysis showed that most participants were satisfied, and the activity effectively enhanced students’ awareness and understanding of consumer rights.



2. NATIONAL YOUTH DAY

National Youth Day was observed on 12.01.2026 at the GRTCON Auditorium by the Citizen Consumer Club with the theme “Empowering Youth for Nation-Building, focusing on Digital Power, Cultural Roots, and Self-Reliance.” An essay competition on “Youth as Change Agent in Consumer Awareness” was conducted by Mrs. Amala K, Clinical Instructor, GRTCON, with 15 student participants from 1st and 2ndYr B,sc (N). Feedback revealed high satisfaction, with most participants rating the event as excellent. Ms. Sowmiya P secured first place, followed by Ms. Srisha P and Ms. Yazhini A. The programme successfully inspired youth to promote consumer awareness.



LITERARY CLUB

1. PICTONARY COMPETITION

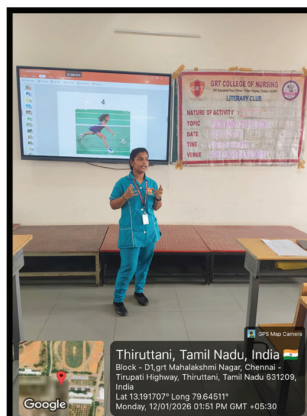
The Literary Club organized a Pictionary competition on 12.01.2026 at the GRT CON IV Floor classroom. Students from I and II Year B.Sc. (N) actively participated, with 13 members as beneficiaries. The activity encouraged creativity, teamwork, and communication skills, ensuring enthusiastic participation. The winners were

Ms. Pooja (II Year) – First Place,

Ms. Ezhilarasi J. (I Year) – Second Place, and

Ms. Parkavi (II Year) – Third Place.

Participants found the competition enjoyable, useful, and memorable.



ISO 21001

1. GENERAL REVIEW MEETING

The ISO 21001 Committee of GRT College of Nursing conducted a General Review Meeting on 20.01.2026 at the IQAC Room. Eight faculty members, including EOMS coordinators and core team members from Purchase, Hostel and Mess, Evaluation, Housekeeping, Maintenance, and Admission, participated. The session was led by ISO Consultant Mr. Kalaiselvan P, who guided discussions on functional procedure corrections and review of the objective monitoring chart to ensure effective implementation of ISO 21001 standards.



IIC ACTIVITIES

1. BRAIN ROT AWARENESS PROGRAM UNLOCKING MENTAL WELLNESS WITH THE SCIENCE OF HAPPINESS.

The BRAIN Rot Awareness Program, titled “Unlocking Mental Wellness with the Science of Happiness,” was successfully conducted on 29th January 2026 to promote mental well-being among students and faculty. The session introduction was given by Dr. Angel Shalini, Professor, highlighting the relevance of mental health in academics. Dr. Padmavathi R, Principal, delivered the welcome address, emphasizing emotional balance and personal growth. The resource person was introduced by Dr. Lakshmi Narasimhan N, Vice President, GRT Group of Institutions. The keynote address by Dr. Sr. Arthi Manohar, Founder and CEO of BRAILS Coaching Academy, focused on emotional intelligence, personal intelligence, and practical strategies for happiness. Nearly 200 participants benefited from this informative and inspiring program.





2. AWARENESS WORKSHOP ON ENTREPREURSHIP & INNOVATION AS CAREER OPPORTUNITIES

A session on “Entrepreneurship & Innovation as Career Opportunities” was successfully conducted on 29th January 2026 for B.Sc. (N) I & II Year students, ANM II Year students, and faculty members. The program aimed to create awareness about entrepreneurial thinking and innovative career pathways in the healthcare and professional sectors. The session was led by Ms. Aneesh Fathima, FRT Trainer and POSH Consultant, who delivered an engaging and insightful talk. She highlighted the importance of entrepreneurship, innovation, and skill development in today’s competitive world. The speaker emphasized how creativity, leadership, and problem-solving skills can open diverse career opportunities beyond conventional roles. She also encouraged students to develop confidence, adaptability, and a proactive mindset to succeed as future professionals and entrepreneurs.



3. MY STORY /MOTIVATIONAL EXPERT SESSION BY SUCCESSFUL INNOVATORS & ENTREPRENEUR

A “My Story / Motivational Expert Session” was successfully conducted on 29th January 2026 for B.Sc. (N) I & II Year students, ANM II Year students, and faculty members. The session aimed to inspire participants by sharing real-life experiences and insights into personal and professional success. The session was led by Ms. Aneesh Fathima, B.Sc. (N), M.Sc. (Psychology), FRT Trainer and POSH Consultant, a successful innovator and entrepreneur. During the session, she shared her personal journey, challenges, and achievements, motivating students to pursue their goals with confidence and determination. She emphasized the importance of self-belief, resilience, continuous learning, and innovation in building a successful career. The session was highly engaging and interactive, encouraging students to reflect on their aspirations and career choices.





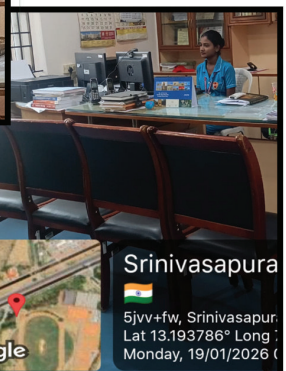
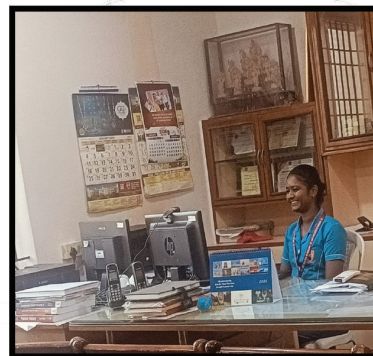
4. EFFECTIVE SALES AND MARKETING STRATEGIES FOR START-UPS

GRT CON IIC Unit organized a session on "Effective Marketing and Sales Strategies for Nursing Entrepreneurs" for BSc (N) second-year students, delivered by Dr. N. Sugundan, Associate Professor and Head of the Department of Management Studies (MBA) at GRT Institute of Engineering and Technology, on January 30, 2026. The presentation highlighted the importance of nursepreneurship and explored targeted marketing approaches specifically designed for nursing entrepreneurs. Sir also emphasized the critical role of relationship building and strategic partnerships in fostering business growth within the nursing sector. This insightful session aimed to equip aspiring nursing professionals with practical strategies to effectively market and sell their entrepreneurial ventures.



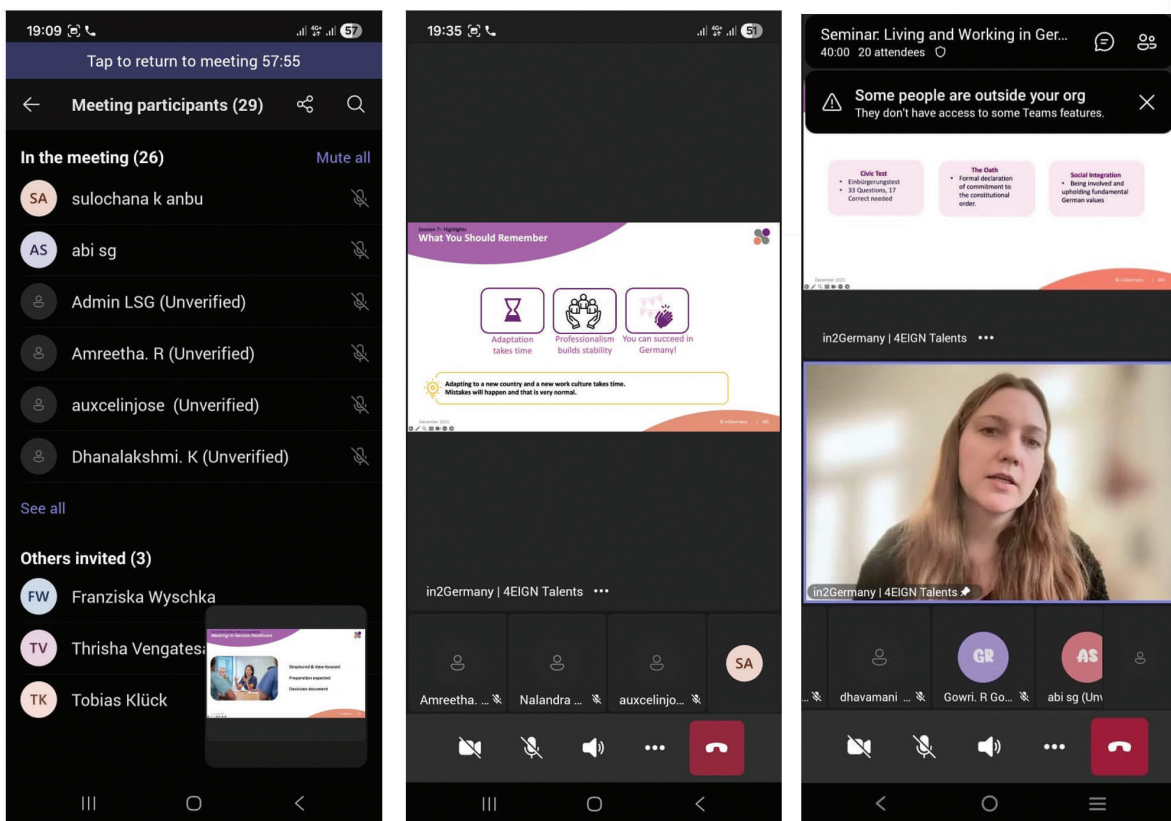
GERMAN CLUB 1. STAGE-1 INTERVIEW

The Stage-1 Interview for Final Year B.Sc. (N) students was conducted online via Zoom from 19.01.2026 to 21.01.2026. A total of 20 students participated in the interview conducted by Ms. Flavia Magee Bahl from Talent & Care Fachkrafte-Recruitment GmbH, facilitated by Ms. Srishti of Leo & Sagittarius Consulting Pvt. Ltd. After Stage-1, 13 students were shortlisted for Stage-2, scheduled in February. The client appreciated the students' excellent performance and active participation.



2.SEMINAR ON “SETTING IN: FAMILY, FRIENDS AND MENTAL HEALTH

A seminar on “Setting in: Family, Friends and Mental Health” was conducted for 30 final year B.Sc. (N) studentson 12.01.2026. The session was led by Mrs. Franziska Wyschka from In 2 Germany International Ltd, with facilitation by Ms. Srishti and supervision by Mrs. Sulochana K.A., German Club Coordinator. The seminar provided valuable insights on family adjustment, financial management, social support, and maintaining mental well-being while settling in Germany.





Pursue your passion of becoming a nurse.



GRT COLLEGE OF NURSING TIRUTTANI

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