



# GRT COLLEGE & SCHOOL OF NURSING

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

## NEWS LETTER UPACHARIKA SUCHANA



Issue-4, Bi-Annual, January-June 2023.

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### MESSAGE FROM PRINCIPAL'S DESK

I feel it as a great honor to write this message for the release of 4th issue of GRT CON News letter Upacharika Suchana which is released on 19.07.2023 during the occasion of Annual day by the **Dr. Vedhanayaki**, Principal, Thalapathy K. Vinayakam Women's Arts & Science College, Tiruttani.

The institution continuously strives to open up new avenues for the students to discover their creative talents and express themselves in multiple ways. I appreciate the enthusiastic effort made by the staff and the students to bring out this issue and all the hard work they put in. My heartfelt thanks to the management for their sustained interest, encouragement, guidance, moral, technical and financial support without whom the college would not have developed to this extend.



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**“BE A VOICE NOT AN ECHO”**





## NEWS AND EVENTS

### LAMP LIGHTING CEREMONY

The Lamp Lighting Ceremony of the 14th batch of B.Sc (N) and 5th batch of ANM students of GRT College and school of Nursing was held on 4th January 2023 at GRT CON Auditorium, Tiruttani. A total of 112 students of first year B.Sc Nursing and ANM students lit the lamp and took oath Ceremony to uphold the values of Nursing Profession. Dr.Padmavathi.R, Principal, GRTCON pronounced the Nurse's pledge and Dr.Meenakshi Sundaram, Dean, GRT Group of educational institution gave presidential address. Dr. Susila C. Governing Council Member, The Tamil Nadu Dr. MGR Medical University, Chennai was the chief guest who addressed the gathering and applauded the students for choosing the nursing profession.



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### RED RIBBON CLUB INAUGURATION

Red Ribbon Club was inaugurated at GRT College and School of Nursing on 31st January 2023 to create awareness among the youth about the HIV/AIDS. Mr. Pugazh, Deputy Director, IEC, TamilNadu state AIDS control society was the chief guest and gave inaugural address highlighting the vision, mission and guidelines about the RRC.



## FIRST AID INAUGURATION

TamilNadu Apex Skill Development Centre for Healthcare (TNASDCH) has empanelled GRT College of Nursing as district training centre for First Responder Training. The training centre was inaugurated on 23.02.2023 by Dr. Alby John Varghese, Tiruvallur District Collector. Mr. Sugan Chinna Maran, Head of operations TNASDCH gave brief information about action plan on Training course. Dr. Meenakshi Sundaram, Dean, GRT Group of Educational Institution gave presidential address.

Dr.Padmavathi.R, Principal gave a brief note about the Collectors achievements in her welcome address which was motivating to 350 Nursing students who participated in the program. Dr.Alby John Varghese appreciated the GRT management for initiating this training centre. The district collector also released Bi-annual College & School of nursing newsletter.



## MOTIVATIONAL TALK

On account of National Youth Day celebration, GRT group of educational institution aimed to bring positive attitude among students and arranged for Motivational Talk on 2nd February 2023. The resource person was Thiru Suki Sivam Iyya avargal. It was really a thought provoking and memorable moments which made the children to realize about their present life and made them to think positively.

On account of International women's day GRT College & School of Nursing organized motivational speech on 06.03.2023 by Dr.Parveen Sulthana on the topic Peridhinum Peridhu Kel to highlight the importance of service oriented profession and to motivate the young Nursing students. It was a firing and thought provoking speech which highlighted self-respect, self-reliance, goal achievements, avoiding and handling of deviation which made the students to get goose bumps. Students were made to realize the real life challenges.





## NATIONAL CONFERENCE

GRT College & School of Nursing Internal Quality Assurance Cell (IQAC) organized The National Conference on organizational behavior in healthcare on 10.04.2023. Totally 258 students and faculty members were actively participated and gained valuable information from all the sessions. The details of the session and resource speakers is given below





S.NO	RESOURCE SPEAKER	SESSION
1	Dr.S J Nalini,RN, RM,M.SC(N),Ph.D Professor and principal, Sri Ramachandra Faculty of Nursing,SRIHER(DU),Porur, Chennai-116	Organizational Behaviour Overview
2	Dr.S. Vijayalakshmi,MA.,M.Sc(N),Ph.D Principal,Vignesh Nursing College, Tiruvannamalai.	Leadership behavior and Organizational commitment
3	Dr.Sailaxmi,RN,RM,M.Sc(N),Ph.D Professor and Head of department of Nursing, NIMHANS	Workplace deviant behaviours and its organizational determinants
4	Dr.Sharadha Ramesh,RN,RM,M.Sc(N),Ph.D Principial,Vinayaka Mission College of Nursing, Puducherry	How to Create a Motivating Organizational Culture and climate
5	Dr.Padmavathi R,RN,RM.,M.Sc(N),Ph.D,Principial,GRT College of Nursing, Tiruttani.	Problem employees-Dealing and Managing
6	Dr.T.R.Udayakumar,RN.,M.Sc(N),Ph.D CEO Impetus Healthcare Skills Pvt Ltd, Chennai.	The impact of technology on contemporary organizational communication

Posters and scientific papers were presented related to the theme and sub themes of the conference. Totally 17 papers and 15 posters were presented; out of those best 2 papers and posters were awarded. Finally the Certificate distribution was held with Post-test & feedback by Observer, Students and Faculty members.



## INTERCOLLEGIATE COMPETITION



a. Our final year students participated in an intercollegiate quiz competition held on 05.04.2023 at Apollo college of Nursing. Out of 20 colleges 5 top performers institutions were selected in screening round and after 10 rounds of tough competitions our GRT CON students proved themselves and got first prize. The winners were V.Hemapriya, S.Jayapriyanka and K.R.Swetha of final year B.Sc(N) students.

b. Our B.Sc Nursing 4th year students participated in "STATE LEVEL\_ JUST A MINUTE QUIZ COMPETITION" held in The Dr.M.G.R Educational and Research Institute, Chennai, Maduravoyal on 16.06.2023 organized by Faculty of Nursing. In this competition totally 11 colleges participated and Number of students strengths was 225. The University rewarded for the first 3 ranking students and also 2 consolation prizes was announced for the first two leading TOPPERS. Ms.Hemapriya B.Sc(N) Final Year student secured first Consolation Prize.



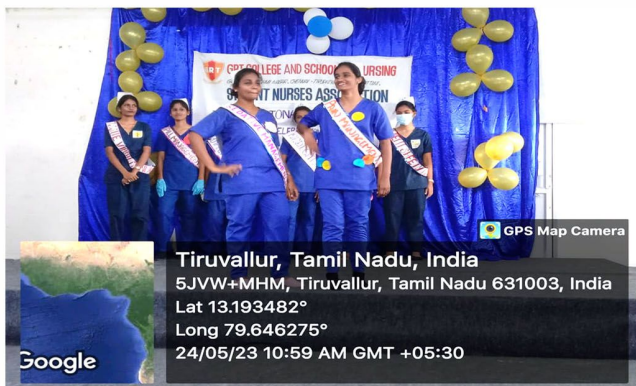
## PARTICIPATION IN WORLD RECORD EVENT:



Nine of our students participated in YOUNG ACHIEVER WORLD RECORD event on 12.05.2023 by doing 203 feet lady with a lamp picture by 203 students in 23 minutes done at MAC College of nursing organized by TNAI Tamilnadu branch.

## PLACEMENT DRIVE

Dr. Rela Institute & Medical Centre hospital conducted campus interview for our final year student on 17.05.2023. Executives from HR and Nursing department conducted written exam and Viva for selection. Totally 75 students participated. Finally 30 students were selected and they were invited vto do their internship at Rela hospital with free food and accommodation.



## INTERNATIONAL NURSES DAY - 2023

The International nurse's day was celebrated on 24.05.2023 at GRT CON Auditorium. The event started around 10.30 am with the warm welcome address given by Ms.Mahadevi.G, SNA Vice-President. Next, to start the event in auspicious manner lighting the lamp was done by the dignitaries. Then the fantabulous cultural programme was given by the first and fourth year students.

The group dance which depicted Nursing process and procedures was presented to the audience Then the admiring fashion show was conducted by the final year students representing higher positions held by the staff nurses at various hospitals. Mrs.Jayanthi.L, SNA Advisor introduced the Chief Guest of the special day to all the audience. Then the gathering cherished with the words of the chief guest Mrs.Jankiram shanthi, Academic head, talent management nursing, kauvery hospital,Chennai. She gave wonderful inspiring address to all the young budding nurses. She focused on the theme "Our nurses° our future" and also highlighted the importance of nurses in the health care industries and challenges faced by nurses in the present pandemic. Then, to entertain and encourage the young nurses a series of different fun games were conducted outside of the auditorium.



## CONVOCATION DAY

Convocation day was organized for the 9th batch of B.Sc Nursing on 08.06.2023 at GRT College of Nursing campus. Our Managing Director Sir Shri G.R.Anandha Padmanabhan and Chief guest Dr. Ani Grace Kalaimathi, Registrar, TamilNadu Nurses and Midwives Council, Chennai, Dr.Padmavathi Pricipal GRTCON honoured the graduates with graduation Certificates. Meritorious students were awarded with cash pize, momento and

Certificates. Ms. Swetha.R, Ms. Anbarasi.M and Ms.Yuvasree.P were awarded as, The Best Academic performer, The Best outgoing student and The Best clinical performer respectively. On behalf of SNA a Pencil Sketch of the Chief Guest Dr.Ani Grace Kalaimathi & the Managing Director Shri.Anandha Padmanabhan was done by the Student Fraternity which has been handed over to them by Ms.Mahadevi, Vice President of SNA GRTCON unit as a token of their love and respect.

## ALMUNAE MEET

The Third alumnae homecoming event for graduants was held on 08.06.2023 at GRTCON Auditorium. Dr. Angel Shalini, Associate Professor has given the Alumini report where she underlined and praised the achievements of Alumni in all spheres of life. Second Alumnae bulletin released by Dr. Ani Grace Kalaimathi, Registrar, TamilNadu Nurses and Midwives Council, Chennai. Dr.Padmavathi, Principal GRTCON addressed the alumini



and she felt that it was matter of great pride for that her Alumni are holding positions of responsibility in various Government organizations, Private sector, Academic Institutions not only in India but also in other countries. Our invited Cheif Guest Mr.Steve Danny, addressed the gathering where he appreciated the spirit and the ideals of love and service imbided can be a motivating force which to be permeated in all activities of the students even after they leave the institution. Overall 115 alumnae's were participated in Alumni meet - 2023. Compliment gifts were distributed to all alumnae.

## DEPARTMENTAL ACTIVITIES

### OBSERVATION OF HEALTH DAY BY VARIOUS DEPARTMENTS

International and National Health days were observed by all the departments in co-ordination with SNA and YRC.

## DEPARTMENT OF MEDICAL SURGICAL NURSING

### WORLD LEPROSY DAY

On account of World Leprosy day observation, MSN department in coordination with SNA planned observational visit to Gremaltes Leprosy Hospital at Shenoy Nagar on 31.01.2023 for B.Sc Nursing 2nd year students. They actively participated in various activities planned by them. It was blissful moment to all of them to be at world renowned leprosy care centre. In addition to this they had a Awareness talk on Leprosy which was given by Leprosy unit HOD, pledge was taken and Rally was held at Arakkonam Government Hospital on 30.01.2023.



### WORLD KIDNEY DAY

As part of SNA activity MSN department observed world kidney day by organizing public awareness program and health talk about importance of maintaining healthy kidney for quality life by B.Sc(N) final year students on 09.03.2023 with the theme of "Kidney Health for All - Preparing for the unexpected, supporting the vulnerable" at Public health centre hospital, west Mambalam, Chennai. About 25 patients and their family members were actively participated and benefitted.



## WORLD HYPERTENSION DAY



As part of SNA activity, MSN department observed World hypertension day on 17.05.2023 at Government hospital, Arakkonam. The theme of the programme was Measure Your Blood Pressure Accurately, Control It, Live Longer. Focusing upon the theme and considering the low awareness among the public, a BP screening cum information station was set near by the entrance of the hospital. Ms.Mahadevi.G, SNA vice president, Ms.Leena mery viviliya, Secretary along with 4 first year students took part in the screening process. A total of 230 patients, public and the attendees were screened for blood pressure reading and the high BP persons are immediately referred to the general physician of the hospital. Followed by that, colorful Pamphlets which state the tips to control blood pressure were distributed to all the people in and around the hospital campus. The whole event was highly appreciated by the hospital in charges and public.

## WORLD ASTHMA DAY

As part of SNA activity, MSN department observed World Asthma Day on 01.07.2023 at Urban PHC, Tiruttani. Final B.Sc(N) students created awareness among public by poster exhibition and Debate. Total of 50 participants benefited out of this program.



## DEPARTMENT OF CHILD HEALTH NURSING

### NATIONAL VACCINATION DAY

As a part of outreach activity Child Health Nursing Department organized The National Vaccine Day with Theme of “VACCINES WORK FOR EVERYONE” on 14th & 16th March 2023 at Beerakuppam PHC, Tiruttani and RSRM & West Mambalam PHC, Chennai Respectively. The B.sc (N) Final year students and ANM II year students performed Role play for 30 minutes. Students organized quiz competition regarding vaccination to postnatal mothers. Around 65 postnatal mothers were participated. The programme highlighted the importance of vaccines, management of vaccinated child, impact of failure of vaccines and also health education was given with flash cards. All the mothers were actively participated and clarified their doubts.



### WORLD IMMUNIZATION WEEK

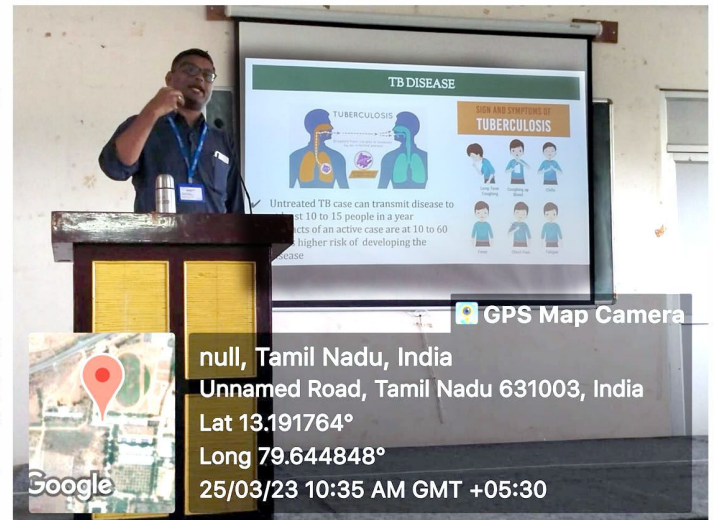
Child Health Nursing Department in coordination with SNA organized The World Immunization Week with the theme of “THE BIG CATCH-UP” on 26.04.2023 at Postnatal Ward, RSRM Hospital, Chennai. Additionally B.sc (Nursing) Final year and ANM Students gave Educational awareness regarding Vaccine, Types, Importance, Vaccine available in free of cost and also conducted QUIZ competition at Anganwadi centre, Sirugumi village. Totally 30 women were participated.



## DEPARTMENT OF COMMUNITY HEALTH NURSING

### WORLD TUBERCULOSIS DAY

Community Health Nursing Department in coordination with SNA organized World Tuberculosis Day on 25.03.2023 to create awareness among the students of GRT College of Nursing. Dr. Sriram Selvaraju, MBBS, MPH Scientist D (Medical) HOD of Epidemiology, ICMR, Institute of Public Health, Chennai was the resource person and he has highlighted various aspects of TB control and eradication like how to suspect TB cases in the community, risk factor identification, difference between infection and disease & DOTS therapy.



### WORLD MALARIA DAY

SNA unit in co-ordination with Community health nursing department organized world Malaria Day with the theme “Time to Deliver Zero Malaria’ invest Innovate, Implement” on 25.04.2023 to create awareness among the students of GRT college of nursing and School of Nursing. Mr. Chandran S MSc., MBA(HM), PGDPH Entomologist, GRT Institute of Health Inspector Training was the resource speaker and he has highlighted various aspects of Malaria control and eradication, control of mosquitoes breeding, prevention.

Additionally ANM 1st and 2nd year students conducted awareness Rally at Sirugumi Village, Beerakuppam Block.

## DEPARTMENT OF MENTAL HEALTH NURSING

### WORLD AUTISM DAY

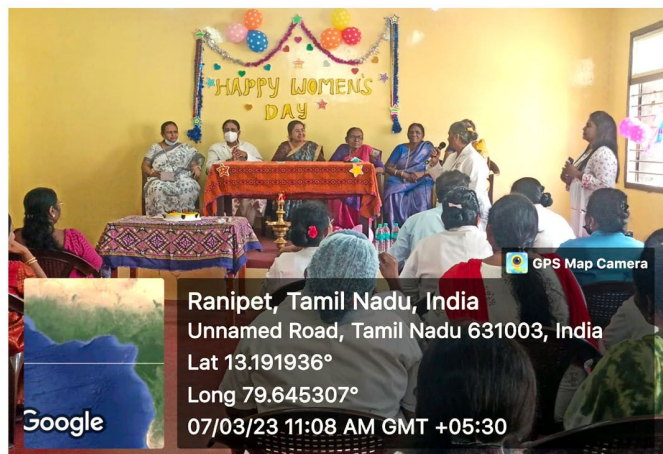
Mental Health Nursing Department in coordination with SNA have organized the Social skill activities, Sensory activities and calming activities at RASS Special School, Tiruttani on 03.04.2023 an account of world Autism day. Students were actively participated and received positive feedback from the parents and administration of RASS Special School.



## DEPARTMENT OF OBSTETRICS AND GYNAECOLOGY

### INTERNATIONAL WOMEN'S DAY

The department of Obstetrics and Gynecological Nursing conducted Women's day Celebration at RSRM Hospital on 7.3.2023. The Final year Students actively Conducted Various Cultural Programs like Folk, Classical, Western dances and entertained the Nurses. They also spoke about the great Women entrepreneurs and their Contributions to the Society and achievements. The hospital staff nurses also took part in various cultural activities and exhibited their talents.



The students were highly appreciated by the Medical and Nursing Superintendent.



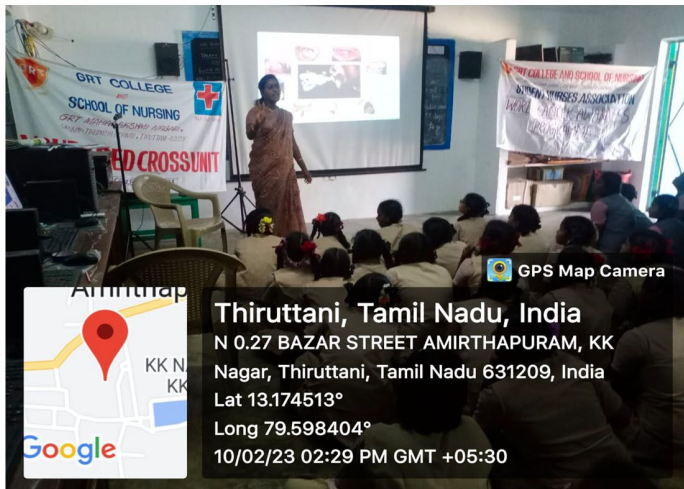
## OUTREACH SERVICES

### SOCIETAL CONTRIBUTION VIA OUTREACH SERVICES

International and National Health days were observed by all the departments in co-ordination with SNA and YRC.

#### WORLD LEPROSY ERADICATION DAY

As a part of outreach activity our GRT College and School of Nursing YRC unit organized rally and oath taking to Eradicate Leprosy at Tiruttani municipality on 30.01.2023. Health inspector second year students were participated and Mr. Ramajayam M.com., commissioner of Tiruttani municipality guided the whole session.

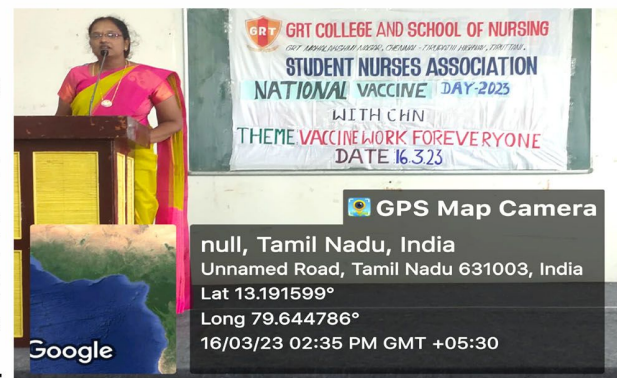


#### WORLD CANCER DAY

World Cancer Day is observed on 4th February of every year. GRT College of Nursing YRC unit organized outreach program on 10.02.2023 to educate school students about the Cancer at Government Higher Secondary School, Amirthapuram. Mrs. Jayanthy.L Associate Professor gave a presentation to the student regarding various aspects of Cancer, its prevention and also clarified their doubts. Nearly 100 students were benefited.

#### NATIONAL VACCINATION DAY

National vaccine day-2023 with the Theme of "VACCINES WORK FOR EVERYONE" at GRTCON auditorium on 14.3.2023. The guest speaker Mrs.Saranyadevi RNRM, Staff nurse, Arakkonam Government Hospital highlighted the vaccines and its types, importance, ILR and post vaccination management. Totally 210 students were participated and benefitted.



## WORLD HEALTH DAY

GRT College and school of nursing SNA and YRC Unit organized world health day celebration as part of outreach activity with the Theme: Health for all- Encompasses the equal access for a good quality health services across all regions on 26.04.2023 at Beerakkupam block. The Students of ANM I and II year demonstrated free fire cooking cum exhibition at Anganwadi centre of Sirugumi village. Unique, incredible dishes were prepared and exhibited in very attractive manner. A total of 30 antenatal, post natal mothers and common public visited the centre and benefitted by the programme.



## DEVELOPMENTAL ACTIVITIES

### STUDENT DEVELOPMENTAL ACTIVITIES

#### 1. LANGUAGE DEVELOPMENT ACTIVITIES BY LITERARY CLUB



#### PARAGRAPH WRITING ACTIVITY

Paragraphs play an important role in writing because they provide a framework for organizing the ideas in a logical order, to emphasize this a Paragraph Writing was organized for the first year B.Sc(N) students on 6.1.2023 and 24.2.2023 at 1st yr classroom where the Video Clippings with a Story 'A Clever Shoe Maker' was displayed on the screen and given time to write a paragraph about that story and motivated to write about their Personal Experience respectively.

#### POETRY COMPETITION

To identify the Capabilities of imagination skill the Poetry Competition was organized on 11.2.2023 in the GRTCON Auditorium with the topic Nature/ Beauty where the B.Sc Students took part which in turn made them to realize where they can improve themselves to make their poetry more meaningful and enjoying.





## ADORN YOUR SPEECH BETTER

As part of Literary Club activity a Basic Grammar Class was arranged for the First Year B.Sc (N) Students from 14.3.2023-17.3.2023. The Passed out batch who were under OET Training has taken classes for these students and Mr.Steve Danny, an OET trainer has supervised the entire sessions followed by discussion and Clarification of doubts.

## ESSAY WRITING COMPETITION

GRTCON literary club conducted an Essay Competition for the First Year BSc(N) Students on 26.4.2023 on the topic - My Profession in the first year Classroom. All the 100 students actively participated and have shown lots of enthusiasm to uplift their Potential and abilities to prove their English Proficiency.



## DECLAMATION COMPETITION :

Declamation Competition was Conducted for the First and Final Year B.Sc Nursing Students on 22.5.2023. It is rhetorical exercise or a set of speech. The Participants had to select a speech of a famous speaker and deliver an excerpt from the speech in 2 minutes. Nearly 19 students were actively took part and exhibited their Speech Proficiency. The contest was evaluated by Mr.Michael, an English teacher.

The Winners were:

- 1.Ms.Ashna Abraham- I B.Sc(N)
- 2.Ms.Meenu Krishna- I B.Sc(N)
- 3.Ms.Divya Madhavan & Ms.Gowri Raj- I B.Sc(N)



## COMMUNICATION SKILL TRAINING:

Communication Training was given to the Final year & First year students from 23.5.2023 - 29.5.2023 by Mr.Steve Dainey, OET Trainer, where he concentrated on reading, writing, speaking, and listening skills of the students. Since students have differing aptitudes for these skills he identified the Potentials and Capabilities of each students and trained them accordingly.





## EXTEMPORE

- As Part of Literary club activity, an Extempore was conducted on 13.6.2023 for the students in Coordination with SNA - GRTCON, nearly 22 Students were Participated and exhibited their Speech Proficiency. The topic Teen Suicide was given and they were given 1 minute time for Preparation of the Content. Dr.Radhika Vidyasagar, Principal GRT College of Education consented to be the Judge and evaluated the students based on the Criteria. The winners of this competitions were
  1. Ms.Tacky Munya Ilyr BSc N,
  2. Ms. K.R.Swetha IVyr BSc N
  3. Ms.Hibu Rinyo II Year BSc (N) .

## 2.DAILY POP QUIZ

Daily one NCLEX based question placed in the notice board for improving students thinking and participation skill. Best performer of the month among participants were awarded.

## 3.CURRICULUM ENRICHMENT PROGRAM

### A. Health Assessment Training

Health Assessment training Competency evaluation was conducted on 09.01.2023 & 10.01.2023 for first year B.Sc(N) students. The students were very much interested and actively involved in learning the skills on health assessments.



## B. Basic Life Support Course Training:

The Basic Life Support Course training was conducted for our B.Sc Nursing first year students on 20.02.2023 and 21.02.2023. The training program focused on 20% theory session and 80% of skill training. The BLS training was given with pre-test and post-test where they actively involved in learning the skills of adult CPR and benefitted.



## 4. TNNMC WEBINARS - STUDENT EMPOWERMENT TRAINING PROGRAM

- Final year B.Sc (N) students participated in online webinar series for empowering nursing students regarding “Equipped to Excel (work place and personal life)” on 21.01.2023 where Dr. Laskhmi Subramanian was the resource person.
- Final year B.Sc (N) students participated in a webinar series for empowering nursing students regarding Empowering Nursing Students - “Be a Change” on 18.02.2023 where Mr. Iniyavan was the Resource person
- Final year B.Sc (N) students participated in a webinar series for empowering nursing students regarding “personal effectiveness-time management, effective communication, conflict resolution & Team work” on 18.03.2023 where Mr. Sultan Ahmed Ismail, member State Planning Commission Government of Tamilnadu was the Resource person.

## 5. JOURNEY OF EXPERIENTIAL LEARNING

- First year B.Sc(N) students attended the awareness class on naturopathy Medicine which was organized by HOD, Naturopathy Medicine Department, Tiruttani government hospital on 11.01.2023 and at the end of the class medical kit was given to all students.
- B.Sc(N) final year students attended Tip up Training program at Dr.Rela Institute, Chrompet which is best in health care and stands No.2 in Chennai and No.7 in South India on 28.04.2023 where they briefed about their vision, mission and scope of opportunity in liver transplant procedure and explained about advanced robotic technology in the surgical treatment. Students were able to get an idea about Corporate Hospital culture.
- Final year BSc(N) students attended Workshop on HOSPI Talk at Kauvery Hospital from 30.04.2023 to 01.05.2023. They have highlighted the history of Hospital, vision & mission, Effective communication, career opportunity, medical equipments handling, skill station, Grooming & body language, NABH-Role of Nurse, Quality standards & career opportunity - Abroad. Many fun based activities and skill stations also were conducted.



## FACULTY DEVELOPMENTAL ACTIVITY

### 1. NAAN MUTHALVAN - TOT PROGRAM

Mrs.Nirmala.M and Mrs.Asha took part in "Naan Mudhalvan" scheme training which was organized by the TamilNadu Apex Skill Development Centre for Health Care at Thiruvalluvar University, Serkadu, Vellore District. Mr.Santhosh was a Programme Coordinator. Mr.Yuvaraj Balakrishnan, Physiotherapist Medical coding Trainer was deputed for this training. He gave orientation about Medical coding and employability opportunities available for the science group students. They also took part in dissemination of Nursing knowledge on First Aid Management to the participants.





## 2. JOURNAL CLUB ACTIVITIES

The main aim of Journal Club is to increase the knowledge which in turn improves the practice. Journal clubs offer an opportunity to discuss selected articles with colleagues who reflect on practice and share insights and ideas in a relaxed and sociable setting. Every single faculty is given an opportunity to explore their skills.

Date	Faculty Name	Designation	TOPIC
17.02.2023	Mrs Saranya	Assistant Professor	A Study to assess the Effectiveness of knowledge on First aid Management among Mother's of Under 5 Children at Selected Hospital, Chennai.
	Mrs.Thilagavathi	Nursing Tutor	Lithopedian
17.03.2023	Mrs. Praveena.M	Nursing Tutor	Foreign Accent syndrome
	Ms.Shakina. N	Nursing Tutor	Capgras Syndrome
29.04.2023	Mrs.Sakila	Nursing Tutor	Sirenomelia or Mermoid Syndrome.
	Ms.Swetha	Nursing Tutor	Ekbom's Syndrome
26.05.2023	Mrs.Madhumitha	Nursing Tutor	Stem Cell Banking
	Ms Nithya	Nursing Tutor	IDIOT Syndrome -Internet Derived Information Obstruction Treatment.
20.06.2023	Mrs.Gowri	Nursing Tutor	Covade Syndrome
	Mrs.Asha	Nursing Tutor	Noonan's Syndrome

As part of journal club, quiz competition was held for Faculty members. The best performers were

MONTH	TOPIC	BEST PERFORMERS
February-2023	Pharmacology quiz	Prof.Uma Mageshwari and Ms.Priyanka
April-2023	Subjects related	Mrs.Premila,Mrs.Praveena,Ms.Priyanka,Ms.Priya.A, Mrs.Kamali,Mrs.Asha,Mrs.Madhumitha and Ms.Priya
June-2023	Phobias	Mrs.Swathy.N.M, Mrs.Thiriveni, Ms.Nithya & Ms.Poornima

### 3. SIMULATION TRAINING: TOT PROGRAM

Dr.Padmavathi, Mrs.Jayanthy and Mrs.Nirmala attended the Simulation training at Apollo simulation center, Chennai organized by Tamilnadu State Nursing Council from 15.06.2023 to 17.06.2023.





## BEYOND CLASSROOM

As part of SNA activity, Pongal celebration was organized at GRTCON campus. Dr.Murugan HOD of Tamil dept of DG Vaishnava College Chennai was the chief guest. Celebration included making sweet Pongal and offering to lord Surya Narayana and then various traditional Indian cultural events and adventurous events were organized. And at last firing motivational talk was given by the chief guest. Nearly 450 students and faculty members actively involved in the program. On the whole it was an awesome event which made the youngsters to enjoy as well energetise them towards the traditional values.



### WORLD CANCER DAY

GRT College of Nursing SNA unit organized Cancer Awareness program on 10.02.2023 at RSRM hospital Chennai by giving health education using flash cards, posters and also by a mime show. It was an interesting session for the antenatal mothers and other women's who attended the OP and student received overwhelming responses. Nearly 40 mothers benefited out of the program.



### YOUTH DAY

As a part of YRC activity in coordination with NSS Unit of GRTCON organized National Youth Day celebration - 2023 at GRTCON auditorium with the theme of viksit yuva: viksit Bharat. Students were actively involved by giving speech about Swamy Vivekanandha, by reciting poems about youth's energy and also by presenting poster presentation on quotes and thoughts of Swamy Vivekanandha. Our guest speaker Dr.Rajesh Babu MSc., M.Ed, World Record Achiever in mathematics. gave an enlightening speech about "Rules of success" and shown videos on women legends and importance of being energetic person and he motivated the students to create own path, delete the negative people around them.





## NATIONAL VOTERS DAY

GRT College of Nursing observed National Voter's Day on 25.01.2023. Volunteers of YRC unit organized Rally at Madhur village to create awareness about the importance of voting. YRC Tiruvallur district officials and the Village Panchayat leader Mr.Mani inaugurated the rally and students carried awareness plug cards and educated the public.



## INTERNATIONAL WOMEN'S DAY

As a part of YRC activity International Women's day was celebrated at GRT College of Nursing on 06.03.2023 with various activities. Dr Meenakshi Sundaram, Dean, GRT Group of educational institutions presided over the function. Dr Padmavathi R, YRC President, Mrs.P.Thilagavathi, YRC Program officer, Faculty members and all the B.Sc(N) and ANM students were actively participated. Nursing students organized panel discussion on Sangakala Pengal, speech on women legends and songs related to women empowerment were sung.



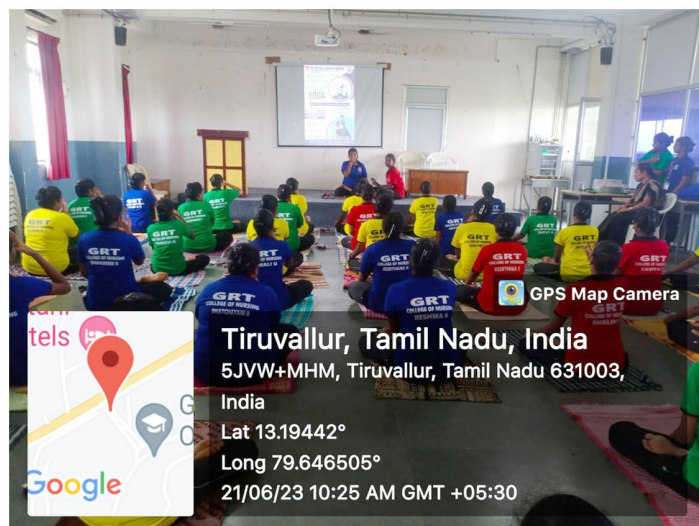
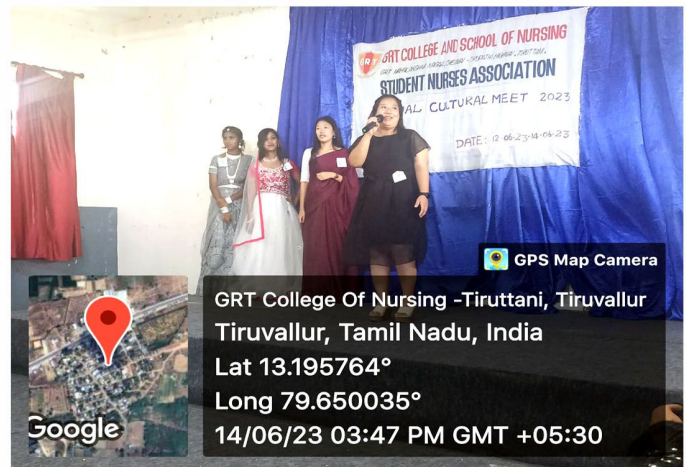
## WORLD CONSUMER DAY

As part of Citizen Consumer Club activity we organized essay writing competition and painting competition for the B.sc(N) students an account of World Consumer Day on 15.03.2023 at GRTCON auditorium. The competition was evaluated by Mrs.Jayanthi Associate professor, SNA advisor, GRT college of nursing.



## ANNUAL CULTURAL EVENTS

On behalf of GRT CON SNA organized three days cultural programme from 12.6.23 to 14.06.23. On 12.06.2023 Rangoli, vegetable carving, hair do, mehendi, followed by face painting, on the spot painting, pencil sketching, glazy pot were conducted and the programme was completed at 2.30pm. On second day programme started at 10.00 am with solo singing, group singing, debate, comedy time, extempore speech, poster presentation, essay competition. On third day solo dance-classical, folk, western and group dance folk, western, adaptune, mono acting and personality contest was conducted. The events were evaluated by various chief guests and price winners were announced after each evaluation. All the students enthusiastically participated with team spirit and gave necessary guidance and suggestions.



## INTERNATIONAL YOGA DAY

On behalf of GRT CON Youth Red Cross unit, we organized INTERNATIONAL YOGA DAY-2023 on 21.06.2023 with theme of "Yoga for Vasudhaiva Kutumbakam" which represents our shared desire for "One Earth, One Family, One Future." The resource person was B.Sc(N) first year student Ms. P.Thanushya, 2019 state level yoga championship gold medalist. She gave excellent explanation about the usefulness of practicing yoga and meditation for our healthy life and she demonstrated Asanas like Suryanamaskaram, Sarvangasana, Padmasana, Vajrasana, Vriksana, Bhujngasana, Chakrasana and also breathing exercises.



## ANNUAL SPORTS EVENT

On behalf of SNA Annual Sports Meet was conducted from 27.06.2023 to 28.06.2023 & 30.06.2023. Day 1: Khokho, Discus Throw, Tennokoit (Doubles), Carrom and Chess conducted. Day 2: Throw ball, Running 100 mts & 200 Mts, Javelin Throw, Shot-put Throw and Long Jump conducted. On Day 3: Badminton (Singles & Doubles) conducted. All the students participated in the events with full bliss. House

captain and other members of the house motivated and encouraged their team players. All the students enjoyed.

## NSS ACTIVITIES

### MEDICAL CAMP

NSS unit of GRTCON organized a general medical camp in coordination with MSSW Chennai on 06.01.2023. The activities carried out were medical checkup, awareness talk on hygiene and Nutrition and donation of sarees and bed sheets to all the family (Around 45) at soganur tribal village.



### NATIONAL VOTERS DAY

GRT college of Nursing NSS unit, observed National Voters Day 2023 on January 25th, to commemorate the founding day of the Election Commission of India, which was created on that date in 1950. The National Voters Day Pledge was pronounced by Dr. Angel Shalini W NSS Program Officer during the morning assembly. All the students and the faculty members were taken the oath.



## SWACHH BHARAT ABHIYAN

NSS Unit of our GRT College of Nursing had organized Swachh Bharat Abhiyan at GRT College of nursing college premises on 24.01.2023, 25.01.2023 & 25.02.2023. Cleaning was done in all the lab and classroom and cleaned all the flower pots also and removed waste from the campus. In this camp 100 NSS Volunteers, NSS Program Officer and Respective faculty members had actively participated and cleaned the campus which included places like Library, community lab, Notice boards and all the corridor.

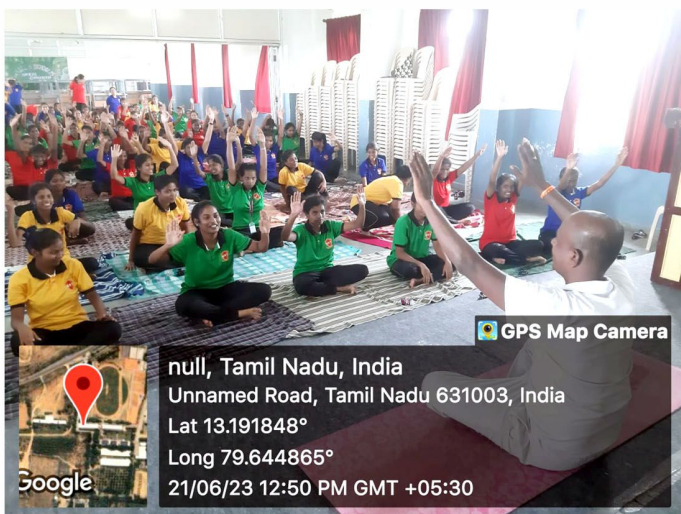


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## ANTI TERRORISM DAY

GRT College of Nursing NSS Unit commemorated the Anti terrorism day with all the Nursing students on 22.05.2023 to honor the memory of former Prime Minister of India Rajiv Gandhi, who was assassinated on May 21, 1991, by a terrorist group named Liberation Tigers of Tamil Eelam. NSS Programme Officer, Dr. Angel Shalini W, gave the speech on the significance, history and theme of the day to the group. Followed by proposed the Anti terrorism day pledge to the students and the faculty members during the morning assembly. On same day we have conducted the quiz on Anti terrorism day and former Indian Prime Minister Rajiv Gandhi for all the NSS Volunteers.



## INTERNATIONAL YOGA DAY

9th International Yoga day was celebrated at GRT College of Nursing by NSS Unit on 21st June 2023 at 11.30 am with great enthusiasm. The Chief guest was Mr. Babu M.A., M.P.Ed., M.Sc., M.Phil (Yoga) Certified Yoga trainer cum Physical Director, GRT College of Education, Tiruttani. He has started Yoga demonstrations with the Yoga prayer. After which a few warm up and simple Asanas were performed by the students and the teachers enthusiastically and the importance of these Asanas were explained. He encouraged students to practice regular yoga to remain fit and improve concentration. Mr. Babu spoke about

'The Positive Framework of Meditation'. He conducted a 3 minute meditation session with the students and teachers and stressed the importance of meditation in one's life.



## OTHERS

1. A two-day educational fair (15.04.2023 & 16.04.2023) at “Trade center” in Nandanam, Chennai, was aimed at informing interested candidates about all the educational study opportunities in various colleges. We distributed brochures to the interested candidates and obtained their contacts. During the discussions with candidates, it was obvious to observe that most people were, interested in participating to obtain a bachelor’s degree in nursing. A few were interested about health inspector course
2. A two-day Dinamalar educational fair (22.04.2023 & 23.04.2023): Mrs. Gowri and Ms. Priyanka went to educational fair and met totally 144 students and they have collected address and phone numbers. 37 students showed interest in B.pharmacy course, 88 students showed interest in B.E/B.Tech program, around 13 students showed interest in B.sc Nursing course.





# Pursue your passion of becoming a nurse.



**GRT COLLEGE OF  
NURSING  
TIRUTTANI**

Approved by: Government of Tamil Nadu.  
Recognized by: The 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