



# GRT COLLEGE & SCHOOL OF NURSING

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

## NEWS LETTER UPACHARIKA SUCHANA



Issue-27, Monthly, April 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 27 th issue of GRT CON News letter Upacharika Suchana which is released on 01.05.2026. 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.

It gives me immense pleasure to address you through this newsletter on a topic that forms the backbone of a productive and fulfilling life-health and fitness. As future healthcare professionals, nursing students carry the dual responsibility of caring for others while also maintaining their own physical, mental, and emotional well-being.

In today's fast-paced world, lifestyle-related illnesses are on the rise. Regular physical activity, balanced nutrition, adequate rest, and stress management are essential not only for personal health but also for professional efficiency. Nurses who are physically fit and mentally resilient are better equipped to provide compassionate and high-quality care to patients.

I encourage all our students and faculty to adopt healthy habits such as regular exercise, mindful eating, and maintaining a positive outlook. Participation in sports, yoga, and wellness programs should be seen not as optional activities but as integral components of nursing education.

Let us work together to create a culture of wellness within our institution - one that inspires not only our community but also the patients we serve. Remember, a healthy nurse is a role model for a healthy society.

Wishing you all good health and continued success.



### SPOTLIGHTS

MESSAGE FROM PRINCIPAL'S DESK

NEWS AND EVENTS

DEVELOPMENTAL ACTIVITIES

• STUDENTS

• FACULTY MEMBERS

BEYOND CLASSROOM

### UPCOMING EVENTS

- World Autism Day (SNA, YRC)
- International Nurses Day (SNA)
- World of Journalism Day (SNA)
- World Red cross day (YRC)
- World No tobacco day (YRC/NSR)
- Anti terrorism day (NS)
- Information Technology Day (IOC)
- Awareness Talk on HIV & AIDS (RRC)
- Placement Training
- Competency based faculty development program by Ethicalnet
- University Practical Examination
- Faculty Development Programme
- EC Activities
- Guest Lecture

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“BE A VOICE NOT AN ECHO”



## NEWS AND EVENTS

### 1. FREE GENERAL HEALTH AND DIABETES SCREENING CAMP

GRT College and School of Nursing, in coordination with Dr. Mohan's Diabetes Specialities Centre and Sri Nijanandha Swamy Dharma Chathiram, successfully organized a Free General Health and Diabetes Screening Camp on 11.04.2026 at Sri Nijanandha Swamy Dharma Chathiram, near the foothill of Chinnamalai, Sholingur. A total of 58 members of the public benefited from the camp Led by Dr. Krishnamoorthy, MBBS. The medical team provided BMI assessment, BP check-up, random blood sugar testing, consultation, treatment, and diet counselling, promoting early detection and better management of diabetes and hypertension. Ten 3<sup>rd</sup> year B.Sc. Nursing students actively participated in the camp by guiding the patients.



### 2. EDUCATIONAL EXPO 2026

Our GRT Group of Institutions actively participated in the "The Hindu Educational expo 2026" and "Daily Thanthi Educational Expo 2026", career guidance exhibition held on 11<sup>th</sup>, 12<sup>th</sup>, 15<sup>th</sup> and 16<sup>th</sup> April 2026 at Trade Center, Nandambakkam. Our teaching faculties Prof. Chitra A.I, Dr. Angel Shalini W and Clinical Instructor Mrs. Sakila M participated. Overall four days, our nursing programs received 225 enquiries, reflecting strong student interest, both events provided excellent exposure and engagement opportunities, helping us connect with a large number of prospective students and effectively promote our academic programs



### 3. CERTIFICATE OF APPRECIATION

Our institution proudly received a Certificate of Appreciation from the Thiruvallur District Collector Thiru. M. Prathap, I.A.S on 13.04.2026 in recognition of achieving 100% participation in competitions conducted under the theme "Election Awareness and Ethical Voting for a Better India." A total of 179 students actively participated in various events, including slogan writing, essay writing, reels creation, meme creation and poster design. The students displayed remarkable creativity, enthusiasm, and a strong sense of civic responsibility. Their active involvement highlights their awareness and commitment towards promoting ethical voting and responsible citizenship, bringing pride and recognition to the institution.



## FIRST AID TRAINING

### 1. TAMILNADU APEX SKILL DEVELOPMENT CENTRE FOR HEALTH CARE

As a District Training Center, GRTCON organizes FRT training every month.

| S.NO | DATE       | NO OF CANDIDATES TRAINED |
|------|------------|--------------------------|
| 1    | 09.04.2026 | 04 Candidates            |







### 3. "TIME MANAGEMENT & SELF MASTERY"

On 25.04.2026, Final Year B.Sc (N) students attended a TNNMC Webinar on "Time Management & Self Mastery," delivered by Mrs. Jayanthi Sundararaman, a versatile professional and corporate trainer. The session focused on enhancing personal efficiency, prioritization, and self-discipline. The speaker provided practical strategies to manage time effectively and achieve personal and professional goals. The webinar was highly informative and motivating, helping students develop essential life skills required for academic success and future career advancement.



### 3. THE NURSING ADROITNESS INTENSIFICATION PROGRAM

The Nursing Adroitness Intensification Program was conducted at GRT College of Nursing from 17.04.2026 to 22.04.2026 for 100 final-year B.Sc. Nursing students. Organized under the Placement Cell, the program aimed to enhance students' clinical knowledge and interview readiness. Sessions were led by 24 nursing experts and covered major subjects along with key topics for competitive exams. Interactive quizzes were also conducted to reinforce learning and encourage active participation. The structured training helped students strengthen their core concepts, improve confidence, and prepare effectively for career opportunities. Overall, the program was highly beneficial in equipping students for professional success.



## STAFF DEVELOPMENTAL ACTIVITIES

### 1. FACULTY DEVELOPMENT PROGRAMME ON "AI FOR ALL"

The GRT Engineering Department successfully organized a three-day Faculty Development Programme on "AI for All" on 30<sup>th</sup> March, 1<sup>st</sup> April, and 2<sup>nd</sup> April 2026. The programme was led by eminent guest speaker Mr. Raman Narasiman and his expert team, offering valuable insights into emerging AI technologies. Representatives from GRTCON included Associate Professor Mrs. Premila P, Assistant Professors Mrs. Pushpa P and Mrs. Lavanya E and Clinical Instructors Ms. Swetha and Ms. Sneha. The first day focused on research overview, the second on machine learning concepts, and the third provided practical exposure to AI applications, making the programme highly informative and engaging for all participants.



### 2. ADVANCED NURSING ANNE SIMULATOR TRAINING

On 10.04.2026 GRT College of Nursing received an advanced mannequin for the Simulation Lab. Mr. Nithish from Laerdal Medical conducted a training session introducing the Nursing Anne Simulator and explaining its features and functions. He highlighted that the simulator was designed by nurses and is IMC-certified. The demonstration covered airway, breathing, and circulation management, NG tube insertion, eye control features, tracheal insertion, and colostomy care. Around 15 faculty members attended and actively participated in return demonstrations.

The second level training was given on 24.04.2026 by Dr. Praveen Jacob Senior Educational services specialist at Laerdal Medical India gave a detailed explanation of Nursing Anne Simulator by giving demonstration on various features and made the faculties to operate it and learn more about it. The sessions provided valuable hands-on experience, enhancing faculty skills in using advanced simulation technology for effective nursing education and clinical training.



## STAFF WELFARE PROGRAMME

### 1. BIRTHDAY CELEBRATIONS

Our teaching staff members, Professors Mrs. Chitra, A. I and Mrs. Uma Maheshwari, Assistant Professors Mrs. Pushpa and Mrs. Kerith Evangelin, Clinical Instructors Mrs. Shakila, Mrs. Meenakshi and Mrs. Annal Prasilla celebrated their Birthdays this month. Our Clinical Instructor, Mrs. Priyanka, has been blessed with a baby girl. This joyous occasion brings immense happiness to all of us.



### 2. TRIP TO THALAKONA FALLS

A Faculty Development Program trip to Thalakona Falls was organized on 18.04.2026 with the participation of 40 faculty members. The visit aimed to promote relaxation, team bonding, and overall well-being among staff. Surrounded by natural greenery, the trip provided a refreshing break from routine academic responsibilities. Faculty members actively engaged in informal interactions and recreational activities. The program helped rejuvenate their minds, strengthen professional relationships, and enhance motivation for effective teaching and institutional development.



### 3. PROFESSIONAL DEVELOPMENT CLUB:

| S.No. | Date       | Topic                                 | Resource Person                    | Remarks                                  |
|-------|------------|---------------------------------------|------------------------------------|--|
| 1     | 10.04.2026 | “Work Life Balance”                   | Dr.Angel Shalini W, Professor      | 30 faculty members actively participated |
| 2     | 15.04.2026 | “Cancer-<br>The silent rising threat” | Ms. Swetha, Clinical Instructor    | 30 faculty members actively participated |
| 3     | 15.04.2026 | “AI for all”                          | Mrs. Premila P Associate Professor | 30 faculty members actively participated |



## BEYOND CLASSROOM

### SNA ACTIVITIES

#### 1.WORLD AUTISM DAY

The Student Nurses Association (SNA) organized a World Autism Day 2026 awareness program on 02.04.2026 at Lecture Hall II, GRT College of Nursing. The program was based on the theme, “Autism and Humanity: Every Life Has Value,” and was conducted for 60 B.Sc. Nursing V Semester students. Ms. Mahalakshmi delivered an informative and engaging session, emphasizing autism awareness, early detection, and the importance of timely intervention. Organized by the SNA Advisor and office bearers, the program encouraged active participation and improved students’ understanding of autism. Overall, the event was well-coordinated and impactful, promoting awareness, inclusivity, and sensitivity among future nursing professionals.





## 2. WORLD HEALTH DAY

The World Health Day 2026 program was organized by the Student Nurses' Association (SNA) on 07.04.2026 at the GRT Mahalakshmi Vidyalaya CBSE School, Tiruttani under the theme "Together for Health: Stand with Science." The event included an awareness talk and training session conducted by experts from SLAM Fitness Center, Avadi. A total of 252 students and 40 faculty members benefited from body analysis and fitness training. The session enhanced awareness on physical activity, corrected exercise myths, and demonstrated proper workout techniques. Interactive discussions encouraged participation, and queries were clarified effectively. Overall, the program was well-organized, informative, and promoted a healthy lifestyle among participants.



## 4. IMMUNIZATION WEEK

As a part of GRTCON SNA activity, on 29<sup>th</sup> April 2026, World Immunization Week was observed with great enthusiasm. ANM 2<sup>nd</sup> year students organized a Health Education Program at the PHC to create awareness on the importance of immunization and prevention of communicable diseases among the public. An elocution competition was also conducted for 3<sup>rd</sup> year B.Sc. Nursing students to develop their communication and presentation skills. Five students actively participated, and four students secured prizes for their excellent performances. The competition was evaluated by Ms. Priya V, who appreciated the students for their confidence, knowledge, and effective delivery.

## 3. WORLD MALARIA DAY

The World Malaria Day 2026 program was organized by the Student Nurses' Association (SNA) on 25.04.2026 at the GRT College of Education Auditorium under the theme "Driven to End Malaria: Now We Can. Now We Must." The session included a welcome address, awareness speech, pledge, and vote of thanks. The guest speaker, Mr. P.V. Murali, delivered an informative talk on malaria, including its causes, symptoms, management, and prevention programs. A total of 140 students participated and gained valuable insights into early diagnosis and community prevention. Overall, the program was impactful, enhancing knowledge and promoting active involvement in public health initiatives.





## NSS ACTIVITIES

### 1. WORLD HEALTH DAY

On 08.04.2026 GRTCON NSS Unit organized Stress Management program in connection with World Health Day under the theme "Together for Health. Stand with Science." The session aimed to create awareness about stress and its effects on physical and mental health among nursing students. The resource person Mrs. Suganthi Assistant Professor Department of Mental Health Nursing explained various stress management techniques, including meditation, relaxation exercises, and effective time management strategies. 60 Students from 3<sup>rd</sup> yr B.Sc Nursing actively engaged in the session and gained practical knowledge to cope with academic and personal stress. The program emphasized the importance of maintaining mental well-being and adopting healthy coping mechanisms. Overall, the session was highly informative, interactive, and beneficial for all participants.



## YOUTH RED CROSS

### 1. WORLD EARTH DAY

The Youth Red Cross of GRT College of Nursing observed World Earth Day 2026 on 22.04.2026 at GRT CON Campus with the theme "Our Power, Our Planet." A Bottle Planting Competition was organized to promote environmental awareness and sustainable practices. The program commenced with a pledge emphasizing environmental protection. First, Second, and Fourth Year nursing students actively participated, showcasing creativity by reusing plastic and glass bottles to develop innovative planting models. This activity encouraged eco-friendly habits and effective waste management. The competition was judged by Mrs. Joy, MSc., B.Ed., Art and Craft Teacher, GRT Mahalakshmi Vidyalaya, Tiruttani, and winners were honored by the respected Principal.

## CITIZEN CONSUMER CLUB

### 1. WORLD HEALTH DAY

The Citizen Consumer Club organized an awareness program for World Health Day 2026 on 08.04.2026 at GRTCON under the theme “Together for Health - Stand with Science.” The session, conducted by Ms. Sneha P., Clinical Instructor, along with CCC office bearers, focused on promoting healthy lifestyles and scientific approaches to healthcare. Students delivered awareness speeches highlighting the importance of following medical advice and avoiding misinformation. Emphasis was given to digital health applications for fitness tracking and medical guidance. The program also educated students on choosing safe health products and checking labels. A total of 60 students participated, making the session interactive and informative.

## LITERARY CLUB

### 1. PUZZLE CONTEST

The Literary Club organized a Puzzle Contest on 24.04.2026 at the GRT College of Nursing for 58 B.Sc. Nursing students. The event, conducted for first-year students, aimed to enhance critical thinking, creativity, and teamwork. Participants actively engaged in various activities such as word searches, crosswords, and logical reasoning puzzles. The contest created an enjoyable and stimulating learning environment, encouraging problem-solving skills and mental agility. Students demonstrated enthusiasm and a healthy competitive spirit throughout the session. Overall, the event was well-organized and successfully achieved its objective of promoting intellectual engagement among nursing students.



## ECO CLUB

### 1. WORLD EARTH DAY

The ECO Club of GRT College of Nursing organized a World Earth Day 2026 program on April 22, 2026, through online mode, based on the theme “Our Power, Our Planet.” The event featured a quiz competition conducted via the Google platform by Mrs. Meenakshi S, Clinical Instructor. A total of 55 first-year B.Sc Nursing students actively participated. The program effectively promoted awareness about sustainability and environmental responsibility. Feedback indicated that all students were highly satisfied, though a few reported slightly lower satisfaction levels, suggesting minor areas for improvement. Overall, the program was informative, engaging, and impactful.



Pursue your  
passion of  
becoming  
a nurse.



**GRT COLLEGE OF  
NURSING  
TIRUTTANI**

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