



GRT COLLEGE & SCHOOL OF NURSING

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

NEWS LETTER UPACHARIKA SUCHANA



Issue-26, Monthly, March 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 26th issue of GRT CON News letter Upacharika Suchana which is released on 01.04.2026. 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.

International Women's Day is a powerful reminder of the strength, resilience, and limitless potential of women across the world. It is a day to celebrate achievements, acknowledge challenges, and reaffirm our commitment to building a more equitable and empowering future.

In the field of nursing, women have always stood at the forefront of care, compassion, and courage. Their contributions go far beyond clinical responsibilities—they are leaders, educators, innovators, and advocates for change. Nursing, as a profession, reflects the true essence of women's empowerment: the ability to uplift others while continuously growing in knowledge, confidence, and leadership.

At our College of Nursing, we believe that empowering women through education is one of the most transformative forces in society. We are committed to nurturing not only skilled healthcare professionals but also confident individuals who can voice their ideas, take initiative, and lead with integrity. Empowerment begins with knowledge, is strengthened by opportunity, and flourishes through support and encouragement.

As we celebrate this special day, let us inspire our students to break barriers, challenge stereotypes, and pursue excellence without limitations. Let us also reaffirm our responsibility to create a safe, inclusive, and supportive environment where every woman feels respected, valued, and empowered to achieve her dreams.

To all the incredible women in our institution—students, faculty, and healthcare professionals—your dedication and determination are truly inspiring. May you continue to rise, lead, and make a difference in the lives of many.



SPOTLIGHTS

MESSAGE FROM PRINCIPAL'S DESK

NEWS AND EVENTS

DEVELOPMENTAL ACTIVITIES

• STUDENTS

• FACULTY MEMBERS

BEYOND CLASSROOM

UPCOMING EVENTS

- World Health Day (WHD, 7th April, 2026)
- Fitness Training Program
- Immunization Week (IOW)
- World Allergy Day (WAD)
- World Autism Day (WAD)
- World Teacher's Day (WTD)
- IIC Activities
- Motivational Talks
- Guest Lectures (Infection Control)
- Guest Lectures on Patient's safety and quality care
- Medical camp for public
- FNE (Flexibility Skills for Nursing Excellence) Program - By Global workforce development of Applied Health Sciences
- OCE Activities - Training Of Trainers Program - as FDP Activity
- Annual Faculty Day
- University Conventions
- Seminars - Training Of Trainers Program - as FDP Activity

Contact us

Mail: grtcon@grt.edu.in

Website: www.grtnursing.com

Tel: 044-270880749

“BE A VOICE NOT AN ECHO”



NEWS AND EVENTS

1. RECREATIONAL TOUR

GRTCON in coordination with LeFlamingo Tourism organized three days recreational tour to Mysore and Bangalore from 19.03.2026 to 21.03.2026. A group of 94 final-year B.Sc Nursing students, accompanied by 8 faculty members, participated.

On Day 1, students visited Philomena Church, Mysore Zoo, and Mysore Palace after reaching the hotel, with meals arranged at local hotels.

Day 2 included visits to a coffee plantation, Kushalnagar, the Golden Temple, and Dubare Elephant Camp, along with shopping and a campfire activity.

Day 3, students visited Wonderla, Bangalore, and enjoyed various recreational activities. The tour provided relaxation, learning, and bonding opportunities. All arrangements were well organized, ensuring safety and comfort. The students gained memorable experiences and expressed their gratitude to the management and Principal for arranging this enjoyable and enriching trip.





2. MASS AWARENESS PROGRAM

On March 24, 2026 a highly attractive Community Outreach Program and Tuberculosis Awareness Program was held at Velancheri Village in the remembrance of 15th year celebration of GRT Group of educational institution. The Panchayat President Mrs. Gayathri, school Headmistress Mrs. Amudha, and general public including pharmacy staff, attended the program. Our final year students created awareness using various alluring awareness activities, such as puppet shows, mime show, Villu pattu, folk songs, skit. A highly informative awareness speech was also delivered by ANM 2nd year students and well-received by the public and overwhelmed appreciation was given by the guest and general public. A total of 138 students and 50 publics participated in this awareness program.





3. EDUCATIONAL EXPO 2026

Our GRT Group of Institutions actively participated in the "Thina Malar Vazhikatti 2026" career guidance exhibition held on 28th and 29th March 2026 at two major venues. The first event took place at Nethaji Stadium, Vellore, Our teaching faculties Assistant Professor Mrs. Joyce and Mrs. Sulochana participated, where a total of 60 stalls were set up, including 16 nursing colleges and 44 other institutions. Across both days, our nursing programs received 170 enquiries, reflecting strong student interest. The second event was conducted at the Trade Center, Nandambakkam, featuring 54 stalls in total. Our teaching faculties Professor Mrs. Uma Maheshwari and Associate Professor Mrs. Pramila participated, During this exhibition, our institution recorded 177 enquiries for nursing courses over the two days. Overall, participation in both events provided excellent exposure and engagement opportunities, helping us connect with a large number of prospective students and effectively promote our academic programs.



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	10.03.2026	05 Candidates
2	26.03.2026	06 Candidates





DEVELOPMENTAL ACTIVITIES

STUDENT DEVELOPMENTAL ACTIVITIES

1. NAN MUDHALVAN COMMUNICATIVE ENGLISH COURSE COMPETITION

Our B.Sc Nursing I Year students participated in the Naan Mudhalvan Communicative English Course Competition held on 14.03.2026 at Hindu Building, Chennai. The competition aimed to enhance students' communication skills and build confidence in the use of English. Our students actively participated in all the rounds of the competition and showcased their communication abilities with great enthusiasm and confidence. They performed commendably and gave tough competition to participants from other institutions. As a result of their dedicated efforts, our students were awarded a cash prize of 1000 along with participation certificates. This achievement reflects their hard work, team spirit, and commitment to learning.



2. OBSERVATIONAL VISIT TO PANIMALAR COLLEGE

On 25.03.2026, the IV Year B.Sc. Nursing students undertook an observational visit to Panimalar College of Nursing to gain practical exposure to biomedical waste management. Assistant Professor Mrs. Pushpa, Clinical Instructors Mrs. Gowri, Mrs. Tiruveni and Ms. Sneha accompanied with students. The visit provided valuable insights into the systematic segregation, collection, transportation, and disposal of biomedical waste as per standard protocols. Students observed color-coded waste segregation methods and the use of protective equipment to ensure safety and infection control. The session also emphasized the importance of adhering to guidelines to prevent environmental hazards and health risks. Overall, the visit enhanced students' understanding of effective waste management practices in healthcare settings.





3. INDUSTRIAL VISIT TO TI CYCLES

On 26.03.2026, 100 IV Year B.Sc. Nursing students attended an observational industrial visit to TI Cycles to gain exposure to industrial processes and workplace safety practices. 100 students along with Associate Professor Mrs. Pramila, and Clinical Instructors Mrs. Thilagavathy, Mrs. Ishwarya, and Ms. Sneha participated in this visit. During the visit, students observed various manufacturing processes, quality control measures, and safety protocols followed in the industry. The session helped them understand the importance of occupational health, safety standards, and environmental practices. Overall, the visit provided a valuable learning experience beyond clinical settings.



4. INTER-COLLEGE DRAWING COMPETITION

GRT College of Education organized an inter-college drawing competition titled "Canvas of Change - Women Empowerment through Visual Arts" as part of the GRT Group of Educational Institutions' 15th Year Celebration. The event was held on 27.03.2026 with the theme "She Leads - She Inspires," highlighting the strength and achievements of women. A total of 38 students from B.Sc. Nursing and ANM actively participated, showcasing their creativity and artistic skills. Final year nursing student Ms Devi won third place



5. AWARENESS PROGRAM ON CAREER OPPURTUNITIES ACROSS DIFFERENT VERTICES OF LIFE SCIENCES

On 27.03.2026, an awareness program on career opportunities across various verticals of life sciences was conducted at the GRT Mahalakshmi Vidhyalaya Auditorium. The session was delivered by Dr. Deenadayalan Bakthavatsalam, PhD, MBA, CSSBB, a Life Science R&D Transformation Leader from Pearland, Texas, USA and a member of the President's Advisory Council. He shared his life experiences and provided insights into career opportunities and the latest advancements in the medical field. Around 220 nursing students and 70 pharmacy students participated, along with faculty members, making the program highly informative and beneficial for future career development.



STAFF DEVELOPMENTAL ACTIVITIES

1. CONFERENCE ON AI IN THE MENTAL HEALTH ERA

A conference on "AI in the Mental Health Era" was held at Anna Adarsh Women's College on 07 March 2026, focusing on the expanding role of artificial intelligence in mental health care, research, and counseling. The sessions highlighted innovative AI-based tools that support early diagnosis, intervention, and patient care. Dr. Angel Shalini and Mrs. Premila attended the conference and presented their research article during a technical session. Their presentation emphasized the significance of integrating AI technologies in mental health assessment and treatment. The conference provided valuable insights and fostered academic exchange among participants, enhancing knowledge in this emerging interdisciplinary field.



2. “ACCREDITATION PARADIGM: LEVERAGING ISO 21001:2025 FOR EXCELLENCE”

A session on “Accreditation Paradigm: Leveraging ISO 21001:2025 for Excellence” by Dr. Umesh Chandrasekar conducted on 31st March 2026, by via Zoom and live on YouTube. The program focused on enhancing Higher Education Institution (HEI) accreditation readiness through the implementation of the Educational Organizations Management System (EOMS) framework outlined in ISO 21001:2025. The standard emphasizes a learner-centric approach, integrating academic delivery, governance, and institutional processes to achieve measurable quality outcomes and continuous improvement. Around 15 faculty members attended the online session, gaining insights on applying ISO guidelines effectively to strengthen institutional quality and performance.



STAFF WELFARE PROGRAMME

1. Our teaching staff member, Assistant Professor Mrs. Suganthi celebrated her Birthday this month.





BEYOND CLASSROOM

SNA ACTIVITIES

1. INTERNATIONAL WOMEN'S DAY

The SNA organized an awareness program on International Women's Day on 10.03.2026 at GRT MahalakshmiVidyalaya School Auditorium, based on the theme "Give to Gain." The session focused on Breast Self-Examination and was delivered by Prof. Chitra AI, Vice Principal, and Mrs. Premila, Associate Professor. The program was coordinated by Mrs. Lavanya and SNA office bearers. A total of 41 school staff members participated. The session was informative and interactive, emphasizing early detection and self-care. Demonstrations were well appreciated, and refreshments were provided. Overall, the program was successful and beneficial.



2. WORLD KIDNEY DAY

The SNA organized an awareness program on World Kidney Day - 2026 on 14.03.2026 at GRT College of Nursing Auditorium. The theme "Kidney Health for All - Caring for People, Protecting the Planet" was emphasized. The session was conducted by Mrs. Saranya L, SNA Advisor, with a special talk by Nephrologist and Renal Transplant Physician Dr. Vignesh Jagannathan DrNB (Nephrology) on kidney disease and prevention. A total of 220 B.Sc (N) students and 40 ANM students participated. The program highlighted the importance of self-care, early detection, and healthy lifestyle practices. Overall, it was an informative and successful event promoting kidney health awareness.



3. NATIONAL VACCINATION DAY

The Student Nurses Association organized a program on National Vaccination Day on 18.03.2026 at GRITCON with the theme "Immunization for All is Humanly Possible." A video presentation was displayed on the college campus television, providing informative content about vaccination and its importance. The activity was carried out by B.Sc Nursing III-year students, benefiting all students and visitors in GRITCON. The session effectively raised awareness about immunization and disease prevention. Active student participation ensured smooth execution of the program. Overall, it was an educational, well-organized, and impactful event that successfully achieved its objectives.



4. NATIONAL TUBERCULOSIS DAY

The SNA organized an awareness program on World Tuberculosis Day – 2026 on 24.03.2026 at Velanjeri Village, Tiruttani. The theme "Yes! We Can End TB: Led by Countries, Powered by People" was highlighted. The program included an awareness talk on tuberculosis conducted by Mrs. Lavanya, along with a mime show. A total of 20 village people, 100 B.Sc (N) students, and 22 ANM students participated. The session effectively emphasized early detection, prevention, and self-care. The program was interactive and informative. Overall, it was a successful and impactful initiative promoting community health awareness.



5. GUEST LECTURE ON ADVANCED CARDIAC CARE

A guest lecture on Advanced Cardiac Care was organized on 31.03.2026 at GRT Mahalakshmi School, Chennai, for B.Sc. Nursing students of 1st, 2nd, and 3rd years, along with faculty members. The session was delivered by Dr. Kirubakaran K, MBBS, MD, DNB Cardiology, Apollo Hospital, Chennai. He provided comprehensive insights into advanced cardiac care, covering various cardiac conditions, current treatment modalities, and ECG interpretation techniques. The lecture emphasized practical knowledge and clinical application, helping students understand critical aspects of patient care in cardiology. The session concluded with an interactive question-and-answer segment, allowing students to clarify doubts and engage directly with the expert.



NSS ACTIVITIES

1. INTERNATIONAL WOMEN'S DAY

The NSS unit of GRTCON organized International Women's Day program on 08.03.2026 at Velanjeri Village with the theme "Rights, Justice, Action for All Women and Girls." The activity included a student awareness talk on women's education, with 20 village participants. The session highlighted the importance of education in empowering women and improving their quality of life. It motivated the community to support female education. Overall, the program was informative, meaningful, and contributed to social awareness and development.



2. WORLD WATER DAY

The World Water Day 2026 celebration, organized by NSS, was conducted as a slogan competition on the theme “Water and Gender.” Held on 27.03.2026 at GRT CON III Year BSc (N) classroom, Tiruttani, the program was guided by Mrs. Lavanya, Assistant Professor. Around 60 III Semester BSc (N) students actively participated. The event created awareness about water conservation and highlighted the importance of gender equality in water management. Students expressed creative and impactful ideas through slogans. Overall, the program was informative, inspiring, and successful in encouraging responsibility toward sustainable water use and inclusive development..



YOUTH RED CROSS

1. INTERNATIONAL WOMENS DAY

The Youth Red Cross (YRC) organized an International Women’s Day programme on 07.03.2026 at GRT College of Nursing with the theme “Give to Gain.” An awareness talk was delivered by Mrs. Joyce, Assistant Professor. Various activities, including an essay writing competition for ANM students and a quiz competition for B.Sc Nursing students, were conducted. Nine ANM students participated in the essay competition, where Ms. Manimozhi secured first place and Ms. Harini second. Six teams participated in the quiz, with Team 1 winning first prize. The programme was successful, with active student participation and support from the Principal and faculty members.



2. WORLD WATER DAY

The Youth Red Cross (YRC) Unit of GRT College of Nursing organized a program on World Water Day - 2026 on 23.03.2026 at GRT CON, based on the theme "Water and Gender." An awareness talk with a pledge was conducted by Mrs. Switha, Clinical Instructor, for 262 B.Sc Nursing students. The session highlighted the importance of water conservation, equitable access, and gender equality. Students actively participated and took a pledge to use water responsibly and spread awareness. Overall, the program was informative, meaningful, and successfully promoted awareness on water and social responsibility.



3. WORLD TUBERCULOSIS DAY

On 24.03.2026, the Youth Red Cross Unit of GRT College of Nursing organized a World Tuberculosis Day awareness program at Velancheri Village. The program, conducted with the participation of 2nd Year ANM students and local public, focused on educating people about tuberculosis. Students explained causes, symptoms, transmission, prevention, and treatment of TB, emphasizing early diagnosis and completion of treatment. They also highlighted free government health services for TB care. The session was interactive, with the public actively asking questions and clarifying doubts. Overall, the program was successful in spreading awareness, reducing stigma, and encouraging timely medical care.



RED RIBBON CLUB

1. ART AND ICTC FIELD VISIT IN STANLEY MEDICAL COLLEGE AND HOSPITAL, CHENNAI

From 25.03.2026 to 28.03.2026, II Year B.Sc. Nursing students, along with faculty members, attended a field visit to the Anti-Retroviral Therapy (ART) and Integrated Counselling and Testing Centre (ICTC) at Stanley Medical College and Hospital, Chennai. The visit was organized under the guidance of Professor Mrs. Jayanthi, Assistant Professor Mrs. Kerith Evangelin, and Clinical Instructors Mrs. Shakila, Mrs. Kamali, Mrs. Amala, and Ms. Shakina. Students gained practical exposure to HIV/AIDS management, counselling techniques, diagnostic procedures, and treatment protocols. The visit enriched their knowledge of patient care, infection control, and emphasized the importance of early detection and awareness.



2. PREVENTION ON AIDS COMPLICATIONS

On 28.03.2026, under the Red Ribbon Club (RRC) initiative, a session on “Prevention of AIDS Complications” was observed at the ART and ICTC centers of Stanley Medical College and Hospital. A total of 60 B.Sc. Nursing second-year students participated. The session focused mainly on preventing tuberculosis and other opportunistic infections among people living with HIV/AIDS. Emphasis was given to early screening, adherence to antiretroviral therapy (ART), regular follow-up, nutritional support, and maintaining personal hygiene. The importance of counseling, infection control practices, and timely treatment to reduce morbidity and improve quality of life was clearly explained.



LITERARY CLUB

1. OPEN MIC CONTEST

The Literary Club organized an Open Mic Contest on 27.03.2026 at GRT CON IV Floor Classroom for I Year B.Sc. Nursing students. A total of 51 students participated in the activity, which focused on self-introduction. Each participant was given 2-3 minutes to present their academic background, hobbies, and career aspirations. The event provided a platform to enhance public speaking skills, confidence, and creativity. Mrs. Shenbagum, Coordinator of Communication and Skill Development, delivered a session on effective self-introduction, emphasizing clarity, authenticity, and aligning personal strengths with professional goals. The program was interactive, informative, and beneficial for all participants.



Tiruvallur, Tamil Nadu, Indi



ECO CLUB

The ECO Club of GRT College of Nursing organized a program on World Water Day 2026 on 28.02.2026 through online mode, based on the theme "Water and Gender." A quiz competition was conducted via Google platform by Mrs. Meenakshi S, Clinical Instructor. A total of 54 III Year B.Sc (N) students participated. The activity aimed to create awareness about water conservation and gender equality. Students actively engaged in the quiz and enhanced their knowledge on water-related issues. Overall, the program was well-organized, informative, and successfully achieved its objective of promoting awareness.



GERMAN CLUB

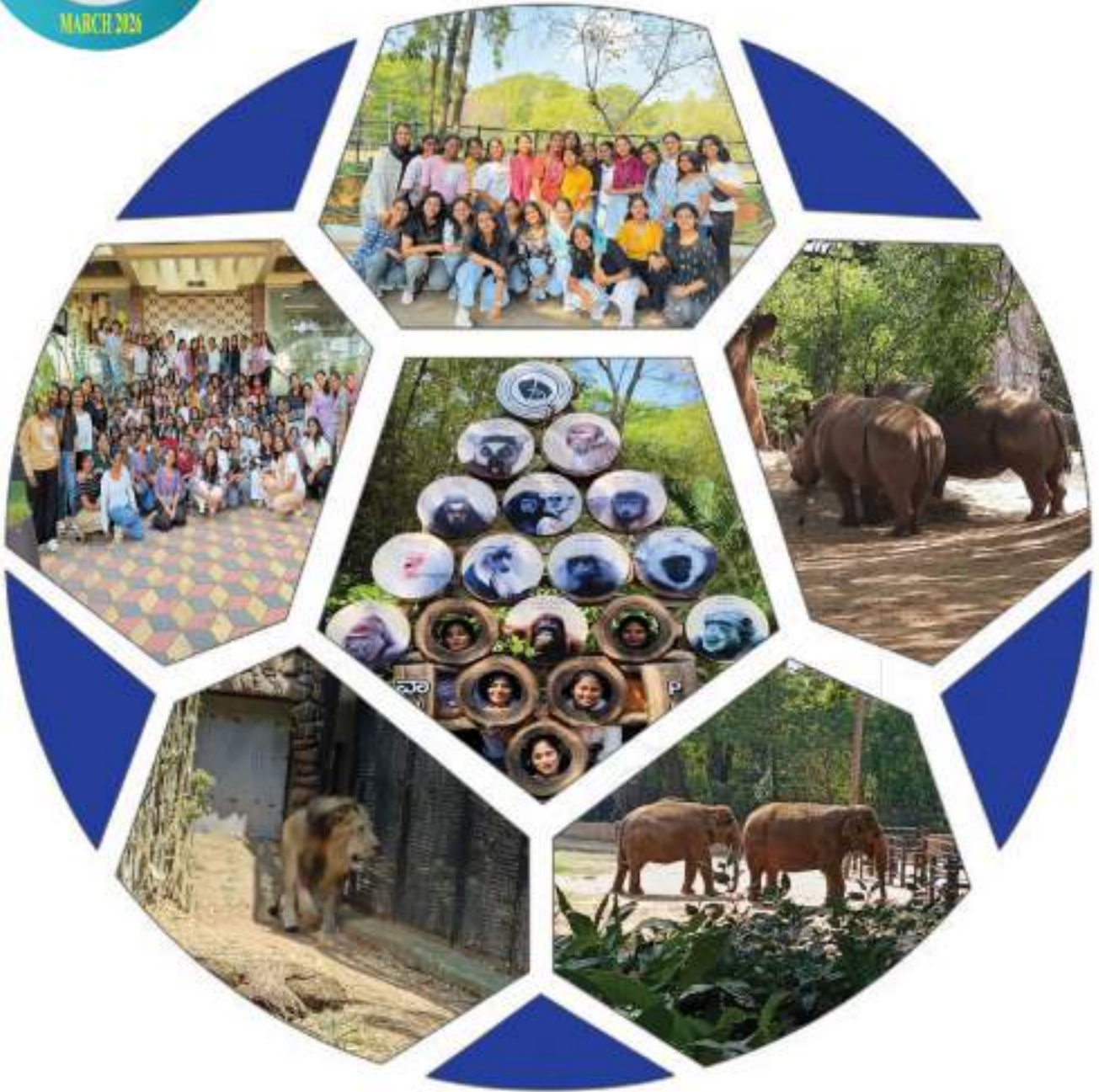
B1 INTERNAL ASSESSMENT EXAM

The B1 Internal Assessment Examination for German Club students was conducted on 13th, 16th, and 17th March 2026. A total of 30 final-year B.Sc. Nursing students participated. The speaking test was held online via the GRTCON Virtual Classroom, while the remaining three components were conducted offline. The examination was overseen by examiners Ms. Deeksha Adey and Ms. Sangita Drolia, with coordination by Mrs. Sulochana K.A., German Club Coordinator, and Ms. Sneha P., Club Incharge. Ms. Srishti from Leo & Sagittarius Consulting Pvt. Ltd. facilitated the process. All students successfully completed the four components, and the results are documented with this report.



IIC ACTIVITY SCIENCE DAY

The National Science Day was organized by the IIC Unit of GRT College of Nursing on 11.03.2026 with great enthusiasm and active participation from students. As part of the celebration, an online quiz competition was conducted to enhance scientific knowledge and awareness among students. All the third-year students (60) actively participated in the event, demonstrating keen interest and competitive spirit. The performance of the students was highly commendable, with nearly 25 students securing full marks in the quiz competition, reflecting their strong understanding and academic excellence.







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மேற்கண்ட தகுதி: 2026 - இல் +2 முடித்து பட்டப்படிப்பில் சேர்ப்பதற்கான மாணவர்கள் | பொதுப்பள்ளிகளில் பிளாஸ்டிக மாணவர்களுக்கு முன்புள்ளும் | தமிழ்நாடு மற்றும் புதுச்சேரி மாணவர்களுக்கு கிடைக்க வேண்டும் | நன்மதிப்பை மற்றும் உடல் நலம் சார்ந்தது சிவசியம்.

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