



GRT COLLEGE & SCHOOL OF NURSING

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

NEWS LETTER UPACHARIKA SUCHANA



Issue-28, Monthly, May 2026

CHIEF PATRONS

Shri. G RAJENDRAN
Chairman

Shri. G R ANANDHAPADMANABHAN

Shri. G R RADHAKRISHNAN

Managing Directors
GRT Group of Educational Institutions

PATRONS

Dr. S ARUMUGAM

Dean i/c

Dr. N LAKSHMI NARASIMHAN

Vice President (Industry Institute Partnership)
GRT Group of Educational Institutions

Dr. R PADMAVATHI

Principal
GRT College of Nursing

EDITOR IN CHIEF

Dr. R PADMAVATHI

Principal
GRT College of Nursing

CO-EDITORS

Dr. W ANGEL SHALINI

Professor

Mrs. A JOYCE

Asst. Professor
GRT College of Nursing

SNA EDITORIAL OFFICE BEARERS

Ms. KANIMOZHI A

Chairperson

Ms. GOMATHI B

Asst. Chairperson

MESSAGE FROM PRINCIPAL'S DESK

I feel it as a great honor to write this message for the release of 28th issue of GRT CON News letter Upacharika Suchana which is released on 01.06.2026. 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 Nurses Day, celebrated annually on 12th May, is a meaningful occasion that recognizes the dedication, compassion, and invaluable contributions of nurses to society. The day commemorates the birth anniversary of Florence Nightingale, the pioneer of modern nursing, whose vision and commitment transformed healthcare worldwide.

Nurses are the backbone of every healthcare system. They play a pivotal role in promoting health, preventing illness, restoring wellness, and providing comfort and hope to patients and families during their most challenging times. Their unwavering commitment, professional competence, and compassionate care significantly improve the quality of healthcare services and patient outcomes.

For us as a College of Nursing, International Nurses Day serves as a reminder of the noble responsibilities entrusted to the nursing profession. It is an opportunity to appreciate the tireless efforts of nurses and nursing educators while inspiring our students to uphold the highest standards of ethical practice, professionalism, and lifelong learning.

As future healthcare leaders, our nursing students must embrace the values of empathy, integrity, resilience, and service to humanity. Through quality education, research, innovation, and community engagement, we strive to prepare competent nurses who can address the evolving healthcare needs of society.

On this special occasion, let us celebrate the spirit of nursing and reaffirm our commitment to excellence in patient care, education, and community service. I extend my heartfelt gratitude and best wishes to all nurses, nursing faculty, students, and healthcare professionals whose dedication continues to make a positive difference in countless lives.

May you continue to inspire, heal, promote healing, and make a positive difference in the lives of those you serve.



SPOTLIGHTS

MESSAGE FROM PRINCIPAL'S DESK

NEWS AND EVENTS

DEVELOPMENTAL ACTIVITIES

• STUDENTS

• FACULTY MEMBERS

BEYOND CLASSROOM

UPCOMING EVENTS

- World Environmental day (WSS, YRC)
- Sports and Cultural Meet (SNA)
- World blood donors day (WBC)
- International day against drug abuse and illicit trafficking (ITAC)
- International Yoga Day (SNA, NSS)
- Psychological First Aid Training by SOARF
- State level workshop
- Mega Medical Camp in collaboration with MDM Hospital
- Competency based faculty development program by Ebnomed
- University Theory and Practical Examinations
- LIC Activities - Business model canvas & Business model fit, Raising capital and finance management for start-up. Start-up, legal & ethical steps

Contact us

Mail: grtcon@grt.edu.in

Website: www.grtnursing.com

Tel: 044-270880749

“BE A VOICE NOT AN ECHO”



NEWS AND EVENTS

1. GUEST LECTURE ON BASICS OF NURSING – BOOKS TO BEDSIDE

GRT College of Nursing organized Guest Lecture for the nursing students and faculty members. The resource person was, Ms. Juliet Varghese, Director – Nursing, Apollo Main Hospital, Chennai, and she delivered inspiring and informative contents regarding the basics of Nursing. Both the faculty members and Students gained adequate knowledge.



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 | 05.05.26 | 06 Candidates |



DEVELOPMENTAL ACTIVITIES

STUDENT DEVELOPMENTAL ACTIVITIES

1. FINISHING SKILLS IN NURSING EXCELLENCE (FINE) TRAINING PROGRAMME

The Finishing Skills in Nursing Excellence (FINE) Training Programme was conducted from 27.04.2026 to 02.05.2026 at the IV Year Classroom, GRT College of Nursing, for 100 Final Year B.Sc. (Nursing) students. The programme was facilitated by Ms. Varsha Jacob, Manager - Talent Development, Global Workforce Development, Apollo Knowledge. The training focused on enhancing professional competencies, communication skills, patient safety practices, and quality healthcare delivery based on NABH, JCI, and IPSC standards. A pre-test was conducted at the beginning of the programme, and students were divided into groups to participate in various interactive learning activities. Over six days, 17 modules covering patient admission, quality care, digital documentation, sample collection, clinical handover, patient deterioration, perioperative care, fall prevention, medication safety, discharge planning, patient transport, therapeutic communication, patient education, and speaking up in healthcare settings were taught. Teaching-learning methods included Powerpoint presentations, video demonstrations, role plays, simulations, case-based learning, group discussions, MCQ competitions, and communication exercises. A post-test and feedback session were conducted on the final day to evaluate learning outcomes and programme effectiveness. Students actively participated throughout the programme and appreciated the practical, interactive approach. Overall, the programme successfully enhanced students' confidence, teamwork, communication abilities, and readiness for professional nursing practice.





2. WEBINAR ON STUDENT NURSES EMPOWERMENT

The Tamil Nadu Nurses and Midwives Council organized a Student Nurses Empowerment Webinar on 23.05.2026. Dr. Lallu Joseph served as the resource person and delivered a session on "Patient Safety First: NABH Guidelines." Around 20 IV Year B.Sc. Nursing students participated in the webinar. The speaker highlighted important patient safety measures, NABH standards, and the concepts of Correction, Corrective Action, and Preventive Action based on ISO guidelines. The session was highly informative, interactive, and beneficial in enhancing students' knowledge of quality healthcare practices.



STAFF DEVELOPMENTAL ACTIVITIES

1. TRAINING PROGRAMME ON OBJECTIVE STRUCTURED CLINICAL EXAMINATION

A two-day training programme on Objective Structured Clinical Examination (OSCE) was conducted by EbekMed OSCE Solutions on 4th and 5th May 2026 for GRT College of Nursing faculty members. The programme aimed to strengthen faculty competence in planning, implementing, and evaluating OSCE as a structured clinical assessment method. The sessions were led by Mr. Arunraj M., Regional Head - Skills and Solutions, and Ms. Maria Josephine Leema, Lead Clinical Skills Educator. The training covered key aspects of OSCE, including examiner standardization, checklist development, scoring systems, and the use of standardized patients. Participants also received hands-on training in utilizing the SHINE OSCE App for organizing and conducting assessments. Interactive discussions, practical activities, and expert guidance enhanced participants' understanding and skills. Overall, the programme was highly informative and beneficial, improving faculty confidence in conducting objective, competency-based clinical evaluations.



STAFF WELFARE PROGRAM

Our clinical Instructor Mrs. Swathi celebrated her Birthday this month. Associate Professor Mrs. Gracy was blessed with a healthy baby boy, bringing joy and happiness.

BEYOND CLASSROOM

SNA ACTIVITIES

1. WORLD ASTHMA DAY

The Student Nurses Association organized World Asthma Day 2026 on 07.05.2026 at Lecture Hall-II, Mrs. Saranya L., Assistant Professor, GRT College of Nursing, delivered a health talk and conducted a group discussion on the theme, "Access to Anti-inflammatory Inhalers for Everyone with Asthma - Still an Urgent Need." Sixty II Year B.Sc. Nursing students participated actively. The session enhanced students' knowledge regarding asthma prevention, management, and the importance of timely access to inhaler therapy. The programme was informative, interactive, and educational, promoting awareness of respiratory health and community-based asthma care practices.



2. INTERNATIONAL NURSES DAY

The Student Nurses Association (SNA) of GRT College of Nursing organized International Nurses Day 2026 on 13.05.2026 at the GRT Mahalakshmi School Auditorium under the theme, "Our Nurses. Our Future. Empowered Nurses Save Lives." The programme was attended by 260 students and 35 faculty members from B.Sc. Nursing and ANM courses. The event commenced with a prayer song, welcome address, and welcome dance, followed by presentations on the significance of Nurses Day, reels related to nursing, a skit, Nurses Day message. The chief guests, Ms. Juliet Varghese, Director-Nursing, Apollo Main Hospital, Chennai, and Dr. Heamalatha, Senior Medical Supervisor, Apollo Hospital, Chennai, delivered inspiring sessions on the fundamentals of nursing, professional growth, and bedside care. Their valuable guidance motivated students to uphold nursing values and excellence in practice. Certificates were distributed to the best performers in recognition of their achievements and active participation.



3. WORLD HYPERTENSION DAY

On the occasion of World Hypertension Day-2026, the Student Nurses Association (SNA) organized a health education programme and pamphlet distribution on 17.05.2026 at UPHC, Tiruttani and Beerakuppam PHC, benefiting 50 members of the general public. Mrs. Swathi Clinical Instructor and SNA Office Bearers conducted awareness sessions on hypertension, its risk factors, prevention, lifestyle modifications, and the importance of regular blood pressure monitoring. Informative pamphlets were distributed to reinforce key messages. Participants actively engaged in the programme and appreciated the initiative. The programme effectively enhanced public awareness and encouraged preventive health practices for hypertension control.

NSS ACTIVITIES

1.NSS SPECIAL CAMP

The NSS Special Camp was conducted at Velanjeri, Tiruttani, from 9.05.2026, 11.05.2026 to 12.05.2026, and 14.05.2026 to 16.05.2026.

Day 1 (09.05.2026)

The NSS Special Camp was inaugurated at Velanjeri, Tiruttani, in the presence of faculty members, volunteers, and village residents. Mr. Babu, Physical Director, GRT COE, conducted a Yoga Training cum Physical Fitness Programme, emphasizing the importance of regular exercise, healthy living, and physical well-being. The session motivated participants to adopt a disciplined lifestyle.

Day 2 (11.05.2026)

A Rally on Health and Cleanliness was organized to create awareness about personal hygiene, environmental sanitation, and disease prevention. Mrs. Premila, Associate Professor, conducted a Breast Self-Examination (BSE) awareness programme, highlighting the importance of early detection of breast cancer through regular self-examination and demonstration of correct techniques.

Day 3 (12.05.2026)

As part of the Swachh Bharat initiative, NSS volunteers participated in temple cleaning activities to promote cleanliness and social responsibility. Mrs. Pavithra, Nutrition and Dietetics expert, conducted an awareness session on nutrition for women, prevention of anemia, balanced diet, and the health risks associated with junk food consumption.



Day 4 (14.05.2026)

A General Medical Camp was conducted under the guidance of Dr. Krishnamoorthy. Growth assessment, including height, weight, and BMI measurements, was carried out for village residents to promote health awareness and preventive healthcare practices.

Day 5 (15.05.2026)

Mrs. Kamali and Mrs. Tamilselvi conducted awareness sessions on HIV/AIDS, focusing on prevention, treatment, and reducing stigma. This was followed by First Aid and CPR training, which provided participants with essential emergency response and lifesaving skills.

Day 6 (16.05.2026)

The camp concluded with a valedictory function led by Dr. Angel Shalini W. The programme included a feedback session, certificate distribution, and cultural events, fostering teamwork, community participation, and appreciation of the collective efforts of students and village residents.



2.ANTI-TERRORISM DAY

The NSS Unit organized an Anti-Terrorism Day programme on 21.05.2026 at Velanjeri, Tiruttani, to promote awareness about peace, unity, and national integrity. Mrs. S. Suganthi, Assistant Professor, led the programme, which was attended by 20 village residents and 49 B.Sc. Nursing students. As part of the event, participants took the Anti-Terrorism Day pledge, reaffirming their commitment to combating terrorism, violence, and activities that threaten social harmony. The programme emphasized the importance of fostering mutual respect, tolerance, and national unity. The event was conducted successfully with active participation and enthusiastic cooperation from all attendees.



3. WORLD NO TOBACCO DAY

World No Tobacco Day 2026 was observed on 31.05.2026 at Velanjeri Village, Tiruttani, under the theme "Unmasking the Appeal - Countering Nicotine and Tobacco Addiction." The programme was organized by the NSS Unit and led by Mrs. S. Suganthi, Assistant Professor. A total of 20 village residents and 49 III Semester B.Sc. Nursing students participated. An awareness pledge was administered to educate participants about the harmful effects of tobacco and nicotine addiction. The programme encouraged individuals to avoid tobacco products, adopt healthy lifestyles, and spread awareness within the community. The event concluded successfully with active public participation.



YOUTH RED CROSS 1. WORLD ASTHMA DAY

The Youth Red Cross of GRT College of Nursing observed World Asthma Day 2026 on 04.05.2026 at the GRT CON Campus under the theme, "Access to Anti-Inflammatory Inhalers for Everyone with Asthma - Still an Urgent Need." A Breathing Exercise Campaign was organized to create awareness about asthma and promote healthy breathing practices among students. The event was conducted during morning Assembly and around 219 students participated. The programme commenced with a welcome speech by a third-year student, highlighting the significance of World Asthma Day and the importance of the theme. A final-year student demonstrated various breathing exercises, and all participants actively practiced them. The programme successfully enhanced awareness regarding asthma prevention and management.



2. WORLD NO TOBACCO DAY

World No Tobacco Day 2026 was observed on 31.05.2026 at Beerakuppam Primary Health Centre by the Youth Red Cross (YRC) and ANM II Year students. Around 30 community members participated in the programme. The event aimed to create awareness about the harmful effects of tobacco use and promote a tobacco-free lifestyle. ANM students explained the significance of World No Tobacco Day and highlighted the health risks associated with smoking and smokeless tobacco products. A poster presentation was conducted showcasing the dangers of tobacco use, passive smoking, and the benefits of a tobacco-free environment. Participants actively interacted and gained valuable awareness about tobacco prevention



RED RIBBON CLUB

1. ADVISORY COMMITTEE MEETING

The Internal Quality Assurance Cell (IQAC) of GRT College of Nursing organized the Advisory Committee Meeting 2026 on 05.05.2026 in the IQAC Room with 14 participants. The meeting was attended by Dr. Padmavathi R., Principal and RRC Patron, Mrs. Kamali S., Convener and Clinical Instructor, and RRC peer leaders from all years of B.Sc. Nursing. A PowerPoint presentation was delivered on the RRC inauguration, committee structure, introduction of RRC champions, and highlights of previous activities. Discussions were held regarding the annual activity calendar, financial support for upcoming programs, and innovative ideas suggested by peer leaders. The meeting concluded successfully with active participation, enthusiasm, and strategic planning for future RRC activities.



LITERARY CLUB 1. SCRAMBLE THE WORDS

The Literary Club of GRT College of Nursing organized a “Scramble the Words” activity on 06.05.2026 at the IV Floor Classroom. The event was conducted for 55 II Year B.Sc. Nursing students. The activity aimed to enhance vocabulary, critical thinking, and teamwork skills through rearranging jumbled words within a limited time. Students actively engaged in solving word puzzles, which improved their language proficiency, quick-thinking ability, and collaborative skills. The program was both educational and enjoyable. Ms. Abinaya secured first place, Ms. Diniksha second place, and Ms. Sandhiya third place.



Tiruvallur, Tamil Nadu, India
Seyyoor, Tiruvallur, Tamil Nadu 601209, India
Lat 13.19174° Long 79.649027°
Wednesday, 06/05/2026 11:43 AM GMT+05:30



GERMAN CLUB 1. B2 Language Training Programme

The German Club organized B2 offline classes for 28 final-year B.Sc. Nursing students from 06.04.2026 to 15.05.2026 in the GRTCON Virtual Classroom. The sessions were conducted by Mrs. Anuradha, German Language Trainer, following the planned schedule. Students actively participated in the classes and successfully completed the B2-level training. An internal assessment was conducted by the trainer to evaluate the students' language proficiency, learning progress, and overall performance. The programme helped enhance students' German language skills and prepare them for advanced language competency.



IIC ACTIVITIES

1. AI for All

The IIC Unit of GRT College of Nursing organized a guest lecture on 13.05.2026 for the Third Year B.Sc. Nursing students on the topic "AI for All." The session was conducted by Mrs. Premila, Associate Professor, who provided an engaging introduction to Artificial Intelligence (AI) and its growing impact across various fields, including healthcare and education. She explained the basic concepts of AI, machine learning, and data-driven technologies, highlighting how AI can assist in decision-making, improve efficiency, and enhance patient care. The speaker discussed the applications of AI in healthcare, such as disease diagnosis, patient monitoring, telemedicine, electronic health records, and predictive analytics. She also emphasized the importance of ethical use of AI, data privacy, and the need for healthcare professionals to develop digital competencies to adapt to emerging technologies. The session was highly informative and inspired students to explore the potential of AI in transforming healthcare services and improving the quality of patient outcomes in the future.





Pursue your
passion of
becoming
a nurse.



**GRT COLLEGE OF
NURSING
TIRUTTANI**

Approved by : Government of Tamilnadu
Recognised by Indian 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