



GRT COLLEGE & SCHOOL OF NURSING

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

NEWS LETTER UPACHARIKA SUCHANA



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MESSAGE FROM PRINCIPAL'S DESK

I feel it as a great honor to write this message for the release of 30th issue of GRT CON Newsletter Upacharika Suchana which is released on 01.08.2026. 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.

World Population Day reminds us that population is not merely about numbers, it is about people, their health, dignity, opportunities, and quality of life. This year's theme, "Empowering Young People to Create the Families They Want in a Fair and Hopeful World", highlights the importance of enabling young people to make informed choices and build healthier futures.

As future nurses and healthcare professionals, our students have a vital role in promoting awareness on population stabilization, reproductive health, family welfare, gender equality, and responsible parenthood. Through community outreach activities, awareness rallies, and health education programmes, they contribute meaningfully to improving the health and well-being of society.

At GRT College of Nursing, World Population Day is observed every year with enthusiasm through awareness campaigns that encourage social responsibility, community engagement, and public health advocacy. Such initiatives strengthen our student's leadership, communication, and professional competencies while fostering a commitment to national health priorities.

Let us continue to work together towards building healthier families, empowered communities, and a sustainable future for generations to come.



SPOTLIGHTS

MESSAGE FROM PRINCIPAL'S DESK

NEWS AND EVENTS

DEVELOPMENTAL ACTIVITIES

• **STUDENTS**

• **FACULTY MEMBERS**

BEYOND CLASSROOM

UPCOMING EVENTS

- ♦ World Breast Feeding Week (SNA)
- ♦ Independence Day (SNA, CCC)
- ♦ Onam Celebration (SNA)
- ♦ International Youth Day (NSS, RRC)
- ♦ Geneva convention day (YRC)
- ♦ World Missing person Day (YRC)
- ♦ Graduation Day 2026
- ♦ Alumni Homecoming
- ♦ University Examination

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"BE A VOICE NOT AN ECHO"





NEWS AND EVENTS

1. WORLD POPULATION DAY

The Community Health Nursing Department, NSS, SNA, CCC of GRT College of Nursing, organized a World Population Day programme on 10.07.2026 at the Urban Primary Health Centre (UPHC), Tiruttani, under the theme "Realizing the Hopes and Aspirations of Young People – Today and for the Future." The programme was coordinated by Prof. Uma Maheswari P. and Mrs. Pushpa, Assistant Professor, GRTCON, with the participation of 75 students of II Year B.Sc. Nursing, II Year ANM and around 20 public. Students conducted a Population Explosion Awareness Rally to educate the community on population control, sustainable development, and responsible family planning. The programme was well received and effectively promoted public awareness.



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	02.07.2026	14 Candidates
2	03.07.2026	16 Candidates
3	11.07.2026	15 Candidates
4	16.07.2026	20 Candidates
5	23.07.2026	12 Candidates





DEVELOPMENTAL ACTIVITIES

STUDENT DEVELOPMENTAL ACTIVITIES

1.ECG AND ITS INTERPRETATION SKILL TRAINING

The Department of Medical Surgical Nursing, GRT College of Nursing, organized a Curriculum Enrichment Programme on “ECG and Its Interpretation Skill Training” on 08.07.2026 at the College Auditorium for 60 II Year B.Sc. Nursing students. Experts from Impetus Health Care Pvt. Ltd. conducted interactive sessions on ECG fundamentals, cardiac conduction, lead placement, waveform analysis, rhythm interpretation, and common cardiac abnormalities. The programme included hands-on training, demonstrations, and case-based learning to enhance practical skills. Students actively participated and gained confidence in ECG recording and interpretation, significantly improving their clinical knowledge, decision-making abilities, and preparedness for quality patient care.



2.ALUMNI LEADERSHIP PROGRAM

Professor Mrs. Nirmala M of GRTCON attended the Alumni Leadership Program hosted by Hoopstr at Vels University on 17.07.2026. The session, led by Mr. PareshMasade, Founder and CEO of Hoopstr, focused on alumni relations, key performance metrics, and the BEHA (Build, Engage, Help, Ask) framework for strengthening alumni engagement. It highlighted strategies to develop alumni as institutional ambassadors, encourage fundraising for student welfare, and promote innovative activities such as health camps, sports meets, entrepreneurs' forums, musical events, and alumni trips. The session also emphasized the role of Artificial Intelligence (AI) in enhancing alumni engagement, offering valuable insights to strengthen institutional alumni networks.



3. PALLIATIVE CARE MODULE TRAINING PROGRAMME

The Department of Medical Surgical Nursing, GRT College of Nursing, organized a four-day Palliative Care Module Training Programme from 20.07.2026 to 23.07.2026 at the College Auditorium for II Year B.Sc. Nursing students. Experts from Impetus Health Care Pvt. Ltd. conducted sessions on palliative care principles, pain and symptom management, communication, counselling, hospice care, and end-of-life nursing. The programme included pre-and post-tests, demonstrations, simulations, role plays, and return demonstrations. Students actively participated and significantly enhanced their knowledge, practical skills, communication abilities, and confidence in delivering holistic, compassionate, and patient-centred palliative care.



4. SWACHH BHARAT AWARENESS RALLY

On 24.07.2026, Tiruttani Government Hospital organized a Swachh Bharat Awareness Rally focusing on the segregation of biodegradable and non-biodegradable waste. A total of 30 First Year B.Sc. Nursing students and 15 Second Year ANM students from GRT College of Nursing actively participated in the rally. The First Year B.Sc. Nursing students also performed an awareness skit highlighting proper waste segregation and environmental cleanliness. The programme was well appreciated, and the Chief Medical Officer (CMO) commended the students for their enthusiastic participation and excellent performance.



5. EBSCO INFORMATION TRAINING PROGRAMME

The EBSCO E- Library Information Training Programme conducted on 28.07.2026 for 60 2nd Year B.Sc Nursing students which was highly informative and enriching. The session provided clear guidance on accessing and effectively searching EBSCO e-resources and e-books. learned about different search strategies and AI-enabled tools that facilitate easy access to relevant academic content for students, faculty, and researchers. The training improved understanding of utilizing digital resources for academic and research activities. the entire session very valuable and insight.



STAFF DEVELOPMENTAL ACTIVITIES

1. CONFERENCE PARTICIPATION ON AI NEXUS IN NURSING

On 24.07.2026 and 25.07.2026 Six faculty members of GRT College of Nursing attended the two-day National Conference organized by Apollo College of Nursing on the theme “AI Nexus in Nursing: Transforming Care, Education, and Research through the Power of Artificial Intelligence.” The sessions covered AI in healthcare, nursing education, clinical practice, digital health, robotics, big data analytics, and AI-powered learning. Mrs. Nirmala M. and Mrs. Premila P. presented research papers on AI applications in nursing. Among 184 journal presenters, Mrs. Nirmala M. secured First Place for her journal presentation. The conference enriched participants’ knowledge, and the faculty expressed gratitude to the Principal and Management for their support.





STAFF WELFARE PROGRAM

Our Professor Mrs.Nirmala M, Assistant Professors Mrs. Sulochana K A, Mrs.Lavanya E, Clinical Instructor Mrs. Amala K celebrated their Birthday this month.



PROFESSIONAL DEVELOPMENT CLUB

S.No	Date	Topic	Resource person	Remarks
1	23.07.2026	"Awake Craniotomies for Better Brain Surgery"	Professor Mrs. Jayanthi. L	28 faculty members actively participated
2	23.07.2026	"ECMO- Extracorporeal Membrane Oxygenation"	Mrs.Kamali, Clinical Instructor	28 faculty members actively participated



BEYOND CLASSROOM

SNA ACTIVITIES

1. WORLD HEPATITIS DAY

On the occasion of World Hepatitis Day 2026, the Student Nurses' Association (SNA) organized an awareness session on 28th July 2026 at Lecture Hall-3, GRT College of Nursing, under the theme "Hepatitis: Let's Break It Down." The programme focused on needle stick injuries and safety precautions to prevent occupational exposure among nursing students. Mrs. Kerith Evanjilin, Assistant Professor, Department of Medical-Surgical Nursing, served as the resource person. A total of 74 students (60 II Year B.Sc. Nursing and 14 I Year B.Sc. Nursing) participated enthusiastically. The session enhanced students' knowledge of safe needle handling, standard precautions, and post-exposure management. Interactive discussions clarified doubts, making the programme informative, practical, and highly relevant to clinical nursing practice.



NSS ACTIVITIES

1.KARGIL VIJAY DIWAS

The NSS Unit of GRT College of Nursing observed Kargil Vijay Diwas on 25.07.2026 in the First Year B.Sc. Nursing Classroom, with the participation of 59 B.Sc. Nursing students. The programme included the administration of the Kargil Vijay Diwas Pledge to honour the courage, patriotism, and supreme sacrifice of the Indian Armed Forces. The pledge inspired students to uphold national unity, integrity, and dedication towards the nation. The programme concluded with a renewed sense of pride, gratitude, and respect for the brave soldiers who safeguarded the country's sovereignty.



2.VAN MAHOTSAV DAY

The NSS Unit of GRT College of Nursing organized a Van Mahotsav Day awareness rally on 06.07.2026 at Velanjeri, Tiruttani, under the theme "Healing the Earth through Greener Initiatives." The programme was led by Mrs. Premila, Associate Professor, with the participation of 60 village residents. B.Sc. Nursing students actively participated by carrying placards and raising slogans promoting tree plantation, forest conservation, and environmental protection. The rally created awareness about the importance of preserving natural resources and maintaining a clean and green environment. The programme inspired the community to adopt eco-friendly practices and contribute towards a healthier and more sustainable future.



YOUTH RED CROSS

1.WORLD POPULATION DAY

The Youth Red Cross of GRT College of Nursing organized a World Population Day awareness programme on 10.07.2026 at the District Headquarters Government Hospital, Tiruttani, under the theme "Realizing the Hopes and Aspirations of Young People - Today and for the Future." The awareness speech was delivered by I Year B.Sc. Nursing students, focusing on population control, family planning, reproductive health, and the role of youth in building a healthier society. Around 30 members of the public and 30 I year B.Sc Nursing students benefited from the programme. The event was conducted successfully and effectively enhanced public awareness about the significance of World Population Day.



RED RIBBON CLUB IMMUNE BOOSTING DIET FOR PEOPLE LIVING WITH HIV

The Internal Quality Assurance Cell (IQAC) and Red Ribbon Club of GRT College of Nursing organized an online programme on "Immune Boosting Diet for People Living with HIV" on 04.07.2026 from 2.30 p.m. to 3.30 p.m. in the Fourth Year Classroom, with 120 participants. The resource person, Dr. D. Esther Lydia, Ph.D. (Food Chemistry and Food Process), Assistant Professor, Loyola College, Chennai, highlighted the importance of nutrition in strengthening immunity among people living with HIV. She emphasized immune-boosting foods, balanced nutrition, and healthy lifestyles. The interactive session included quizzes and discussions, with enthusiastic student participation, making the programme highly informative and beneficial.



LITERARY CLUB GRAMMAR CONTEST COMPETITION

The Literary Club of GRT College of Nursing organized a Grammar Contest Competition on 16.07.2026 at the TGH Seminar Hall for 30 First Year B.Sc. Nursing students. The competition consisted of 25 multiple-choice questions (MCQs) to assess English grammar skills and promote grammatical accuracy and confidence in written communication. Based on the highest scores and quickest completion, Gowri Krishna P.B. secured first place (19/25), followed by Christeena B. and Adithya B.S., who jointly secured second place (18/25).





Pursue your passion of becoming a nurse.



**GRT COLLEGE OF
NURSING
TIRUTTANI**

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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

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