



GRT COLLEGE & SCHOOL OF NURSING

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

NEWS LETTER

UPACHAARIKA 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 29th issue of GRT CON Newsletter Upacharika Suchana which is released on 01.07.2026. 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 Blood Donor Day is a meaningful reminder of the extraordinary impact that a simple act of kindness can have on countless lives. Every unit of donated blood represents hope, compassion, and the possibility of a second chance for patients in need.

As members of the nursing profession, we are entrusted with the responsibility of promoting health, saving lives, and inspiring our communities through service. Voluntary blood donation is one of the noblest expressions of humanity, reflecting our commitment to selfless care and social responsibility.

On this World Blood Donor Day, let us reaffirm our commitment to creating awareness about the importance of regular voluntary blood donation and encourage more individuals to become life-saving donors.

Together, we can build a healthier and more compassionate society.



SPOTLIGHTS

MESSAGE FROM PRINCIPAL'S DESK

NEWS AND EVENTS

DEVELOPMENTAL ACTIVITIES

• **STUDENTS**

• **FACULTY MEMBERS**

BEYOND CLASSROOM

UPCOMING EVENTS

- ◆ World population day (SNA, YRC, NSS, CCC)
- ◆ Awareness talk on diet (RRC)
- ◆ World hepatitis day (SNA)
- ◆ Van Mahotsava Week (NSS)
- ◆ Kargil Vijay Diwas

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“BE A VOICE NOT AN ECHO”





NEWS AND EVENTS

1.MEGA MEDICAL CAMP IN COORDINATION WITH MMM HOSPITAL

GRT College of Nursing organized a Cardiac Screening Camp on 6th June 2026 under the theme “Healthy Employees, Stronger Workplace” at the Community Health Nursing Lab, Foundation Lab, and IQAC Room. The camp was conducted in collaboration with specialists from Madras Medical Mission (MMM), Chennai, and Dr. Mohan’s Diabetes Specialities Centre. Comprehensive screening services, including Random Blood Sugar (RBS), Blood Pressure monitoring, ECG, ECHO, Treadmill Test (TMT), foot examination, Doppler study, and expert cardiac consultation, were provided. Teaching and non-teaching staff from GRT College of Nursing, GRT Institute of Engineering and Technology, GRT Institute of Pharmaceutical Education and Research, and GRT Mahalakshmi Vidhyalaya School actively participated, benefiting 152 members. The camp promoted early detection of cardiovascular and lifestyle-related disorders while creating awareness about preventive healthcare, healthy dietary practices, regular physical activity, and stress management. The initiative reinforced the institution’s commitment to employee well-being and encouraged timely health-seeking behavior.





2. STATE LEVEL WORKSHOP

The Department of Obstetric and Gynaecological Nursing, GRT College of Nursing, organized a State Level Workshop on “Zero Preventable Deaths: Tackling Postpartum Haemorrhage through Skilled Nursing Intervention” on 19.06.2026. Fifty delegates from 14 colleges participated in the programme. The workshop included a pre-test, expert lectures on early detection, AMTSL, evidence-based nursing care, and leadership in preventing maternal deaths, followed by interactive hands-on skill stations. Post-test results showed a remarkable improvement, with 93% of participants demonstrating adequate knowledge. Feedback was highly encouraging, with 70.5% rating the workshop as excellent, reflecting its effectiveness in enhancing clinical competence and confidence.





3. AVIRBHAV 2026

GRT College of Nursing successfully organized its Annual Sports Meet, "AVIRBHAV 2026," on 27th June 2026 with great enthusiasm. The event was inaugurated by Mr. V. Devarajan, Sports Officer, Southern Railway, Olympian, Arjuna Awardee, and World Record Holder, in the presence of Dr. Radhika Vidhyasagar Principal GRTCOE and Dr. Padmavathi R., Principal GRTCON. The programme featured a Guard of Honour, Olympic Torch Run, Flag Hoisting, March Past, relay races, drill performances, and a human pyramid display. The Chief Guest highlighted the importance of sports in fostering discipline, leadership, and fitness. The event concluded with prize distribution, celebrating sportsmanship and excellence.





4. 17th ANNUAL DAY

GRT College of Nursing celebrated its Annual Day 2025–2026 on 27th June 2026 with great enthusiasm. The programme began with a prayer song, welcome address, lighting of the Kuthuvilaku, and a welcome dance by III Year B.Sc. Nursing students. Dr. R. Padmavathi, Principal, presented the Annual Report highlighting the institution's achievements. The Chief Guest, Rtn. Prasidha Manikandan, and Special Guest, PHF PP Rtn. Manikandan Jayababu Rangaswamy, motivated students through inspiring speeches. Awards and certificates were presented to meritorious students, followed by vibrant cultural performances. The celebration concluded with the Vote of Thanks and the National Anthem, making the event a memorable celebration of excellence, talent, and unity.





5.NATIONAL PULSE POLIO VACCINATION CAMPAIGN

On 29.06.2026, as part of the National Pulse Polio Vaccination Campaign – 2026, organized by the Department of Public Health (DPH), the I and II Year ANM students actively participated in the campaign conducted in the Tiruttani and Arakkonam areas. The programme at Arakkonam was inaugurated by Mr. S. Gandhiraj, MLA. Our students enthusiastically joined the vaccination activities and supported the healthcare team in reaching children in the community. Their active involvement reflected their commitment to community health, preventive healthcare, and social responsibility. The campaign provided valuable practical exposure to the students and contributed significantly to the successful implementation of this important public health initiative.



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	04.06.2026	08 Candidates
2	16.06.2026	16 Candidates



DEVELOPMENTAL ACTIVITIES

STUDENT DEVELOPMENTAL ACTIVITIES

1. PSYCHOLOGICAL FIRST AID TRAINING BY SCARF

Psychological First Aid and Counselling Skills was conducted for the III-Year students during June 2026 by a psychologist from SCARF (Schizophrenia Research Foundation).

The training was designed to equip students with essential knowledge and practical skills to understand emotional and psychological concerns, manage stress effectively, and provide appropriate initial support to individuals experiencing emotional distress.

The programme covered the following key areas:

- **Counselling Skills - 2 sessions:** Students were introduced to the basic principles of counselling, effective communication, active listening, empathy, and appropriate ways of responding to individuals seeking emotional support.
- **Psychological First Aid - 1 session:** The session focused on providing immediate, humane, and practical support to individuals experiencing distress following difficult or stressful situations.
- **Stress and Its Management Techniques - 2 sessions:** Students learned about common sources and effects of stress and were introduced to practical techniques for managing stress and maintaining psychological well-being.



- **Psychotherapies – Basics of Cognitive Behaviour Therapy – 2 sessions:** The sessions provided an introduction to the basic concepts of Cognitive Behaviour Therapy (CBT), including the relationship between thoughts, emotions, and behaviours, and how healthier thought patterns can contribute to emotional well-being.
 - **Emotional Intelligence - 1 session:** Students explored the importance of recognising and managing their own emotions, understanding others, developing empathy, and building positive interpersonal relationships.
- The programme provided an enriching learning experience and encouraged students to develop greater awareness of mental health and emotional well-being. The interactive sessions also helped students understand the importance of empathy, effective communication, and timely support in promoting a mentally healthy environment.



STAFF DEVELOPMENTAL ACTIVITIES

1.COMPETENCY BASED FACULTY DEVELOPMENT PROGRAMME BY EBKMED

On 03rd June 2026, EbekMed conducted a Faculty Development Program (FDP) Level 3 Training on Simulation Facilitation for the faculty members of GRT College of Nursing. The program was facilitated by Mr. Nandacumar, Mr. Arun, and Mr. Maria, who provided valuable insights into simulation-based education. Faculty members were trained in developing realistic simulation scenarios aligned with learning objectives and expected outcomes. The sessions also covered the preparation and guidance of standardized patients and effective debriefing techniques. Through interactive discussions, demonstrations, and hands-on activities, participants enhanced their knowledge, confidence, and skills in simulation facilitation, supporting improved nursing education and student learning outcomes.

2.EXTERNAL EVALUATOR AT THE 2ND STAR RESEARCH SUMMIT

Our Vice Principal Professor A.I Chitra had the privilege of serving as an External Evaluator at the 2nd STAR Research Summit organized by Saveetha College of Nursing. The event showcased innovative research ideas through poster presentations by undergraduate and postgraduate nursing students. Participants demonstrated excellent creativity, critical thinking, and scientific inquiry while addressing current healthcare challenges. The summit provided a valuable platform for sharing knowledge, exchanging ideas, and promoting evidence-based nursing practice. It also encouraged a strong research culture among future nursing professionals.



STAFF WELFARE PROGRAM

Our Principal Dr. Padmavathi.R, Professor Dr. Angel Shalini, Clinical Instructors Mrs Tiruveni, Ms Shakina and Senior Office Supt Mrs. Latha celebrated their Birthday this month.



PROFESSIONAL DEVELOPMENT CLUB:

S.No	Date	Topic	Resource person	Remarks
1	12.06.2026	"Maternal Near Miss: A Indicator for Maternal Health and Maternal care."	Mrs.Nirmala, Professor	20 faculty members actively participated
2	12.06.2026	" Review of Literature	Mrs. Shakila, Clinical Instructor	20 faculty members actively participated





BEYOND CLASSROOM

SNA ACTIVITIES

1. ANNUAL SPORTS MEET

The Student Nurse's Association (SNA) Annual Sports Events for the academic year 2025-2026 were successfully conducted from 22.06.2026 to 23.06.2026, followed by the Annual Sports Meet on 27.06.2026 at GRT College of Nursing. Students from the four houses-Blue, Red, Green, and Yellow-actively participated in a wide range of indoor and outdoor sports, demonstrating enthusiasm, teamwork, discipline, and sportsmanship. The competitions included 100 m and 200 m running, relay, throw ball, kho-kho, shot put, javelin throw, discus throw, long jump, tennikoit, badminton (singles and doubles), chess, and carrom. Throughout the events, participants displayed exceptional athletic skills and healthy competitive spirit. The Blue House emerged as the dominant performer by securing victories in several team events, including throw ball, kho-kho, badminton, tennikoit, chess, and carrom. Individual athletes also excelled in track and field events, earning recognition for their outstanding performances. The Annual Sports Meet concluded with the exciting 4 × 100 m relay race, where Green House secured the championship, followed by Blue and Red Houses. The entire programme was well organized, encouraging physical fitness, leadership, unity, confidence, and holistic development among the students while promoting the true spirit of sportsmanship.





2. ANNUAL CULTURAL MEET

The Cultural Committee of GRT College and School of Nursing successfully organized the Cultural Events for the Academic Year 2025–2026, featuring 21 competitions that celebrated creativity, talent, teamwork, and cultural excellence among students. Conducted under the four house teams-Red, Blue, Green, and Yellow-the events included fine arts, literary competitions, music, dance, personality contests, and group performances. Students enthusiastically showcased their artistic, musical, and performing skills through events such as Rangoli, Calligraphy, Vegetable Carving, Mehendi, Face Painting, Solo and Group Singing, Solo and Group Dance, Adapt Tune, Mono Acting, Comedy Time, and Personality Contest. The competitions promoted healthy rivalry, confidence, leadership, and collaboration while providing a vibrant platform for self-expression. Based on cumulative scores from all events, Green House emerged as the Overall Champion with 1,325 points, followed closely by Yellow House with 1,300 points. Red House secured the third position with 1,125 points, while Blue House earned the fourth position with 675 points.

The Cultural Events 2025–2026 concluded on a grand note, reflecting the students' exceptional talents, enthusiasm, discipline, and team spirit. The Cultural Committee congratulated all winners, participants, faculty coordinators, and house mentors for their wholehearted contribution to the remarkable success of the celebrations.





NSS ACTIVITIES

1. WORLD ENVIRONMENTAL DAY

On 5th June 2026, the NSS Unit of GRT College of Nursing, Tiruttani, observed World Environment Day 2026 with the theme "Inspired by Nature. For Climate. For Our Future." A pledge-taking program was conducted under the guidance of Mrs. S. Suganthi, Assistant Professor, with the participation of 59 III Semester B.Sc. Nursing students. The program aimed to create awareness about environmental conservation and sustainable living. Students pledged to plant and nurture trees, promote greenery, conserve natural resources, and follow the principles of Reduce, Reuse, Recycle, and Refuse Single-Use Plastic. The activity inspired students to become responsible environmental citizens committed to a greener and more sustainable future.



2. INTERNATIONAL YOGA DAY

The NSS Unit of GRT College of Nursing, Tiruttani, organized the 12th International Day of Yoga on 24th June 2026 in the College Auditorium under the theme "Yoga for Healthy Ageing." The session was conducted by Mr. Babu, Physical Director, GRT College of Education, with the enthusiastic participation of 50 B.Sc. Nursing students. The programme commenced with the chanting of a yoga mantra, creating a peaceful and positive environment. Mr. Babu explained the significance of International Day of Yoga and highlighted how regular yoga practice contributes to healthy ageing by improving flexibility, balance, mental wellness, stress management, and overall physical fitness. He then demonstrated a series of yoga asanas, pranayama, and relaxation techniques, encouraging students to actively participate and perform each practice with proper posture and breathing. The session concluded with the chanting of the yoga mantra, leaving the participants refreshed, motivated, and inspired to incorporate yoga into their daily routine for a healthier and more balanced lifestyle.





YOUTH RED CROSS

1. WORLD ENVIRONMENT DAY

The Youth Red Cross (YRC) organized a Hostel Cleaning Drive on 4th June 2026 at GRT Ladies Hostel in observance of World Environment Day under the theme “Inspired by Nature: For Climate, For Our Future.” A total of 59 III Year B.Sc. Nursing students actively participated in the programme. The students cleaned hostel premises, corridors, common areas, and surrounding areas to promote environmental cleanliness and hygiene. Waste materials were collected and disposed of properly. The activity created awareness about maintaining a clean and healthy environment while encouraging teamwork, responsibility, and environmental consciousness. The programme successfully emphasized the importance of nature conservation and adopting eco-friendly practices in daily life.



2. INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING

On the occasion of the International Day Against Drug Abuse and Illicit Trafficking, the Youth Red Cross organized an awareness programme on 29.06.2026 at Tiruttani Government Hospital and Beerakuppam PHC. A total of 45 ANM I and II Year students participated in the activity. Students presented informative posters explaining drug abuse, illicit trafficking, commonly abused substances, their harmful effects, and preventive measures. ANM II Year students also performed a thought-provoking skit emphasizing the physical, psychological, and social consequences of drug abuse, while promoting treatment and rehabilitation. Around 50 publics were benefitted. The programme successfully enhanced public awareness and encouraged a drug-free, healthy lifestyle among the community.





RED RIBBON CLUB WORLD BLOOD DONORS DAY

The Internal Quality Assurance Cell (IQAC) and Red Ribbon Club of GRT College of Nursing observed World Blood Donor Day 2026 on 15.06.2026 at Tiruttani Government Hospital under the theme “One Drop of Humanity: Give Blood, Save Lives.” A total of 25 participants, including first- and second-year ANM students, actively took part in the programme. The event commenced with an awareness skit performed by the students for outpatients and the general public, emphasizing the significance of voluntary blood donation. A human chain rally was subsequently organized within the hospital premises to promote awareness and encourage blood donation. The programme enhanced community awareness while providing valuable experiential learning opportunities for the students.



CITIZEN CONSUMER CLUB WORLD ENVIRONMENT DAY

On the occasion of World Environment Day, the Citizen Consumer Club (CCC) organized a Hostel Cleaning Drive on 4th June 2026 at GRT Ladies Hostel under the theme “Inspired by Nature: For Climate, For Our Future.” A total of 59 III Year B.Sc. Nursing students actively participated in the programme. The students cleaned hostel premises, corridors, common areas, and surrounding environments, promoting cleanliness and hygiene. Waste materials were collected and disposed of responsibly. The activity created awareness about environmental protection and the importance of maintaining a clean and healthy living space. The programme fostered teamwork, responsibility, and environmental consciousness, encouraging students to adopt eco-friendly practices in their daily lives.



LITERARY CLUB

POETRY WRITING COMPETITION

The Literary Club organized a Poetry Writing Competition on 13.06.2026 at the IV Floor Classroom of GRT College of Nursing. Around 50 III Year B.Sc. Nursing students actively participated in the event. The competition aimed to promote creativity, literary talent, and self-expression among students. Participants composed and presented poems on the theme “Nursing Empowerment,” showcasing their imagination, language proficiency, and understanding of the nursing profession. Faculty members evaluated the entries based on originality, content, and presentation. The event provided an inspiring platform for creative expression and was conducted successfully with enthusiastic participation..



ECO CLUB

WORLD ENVIRONMENT DAY

The Citizen Consumer Club (CCC) organized a Hostel Cleaning Drive on 4th June 2026 at GRT Ladies Hostel in observance of World Environment Day under the theme “Inspired by Nature: For Climate, For Our Future.” A total of 59 III Year B.Sc. Nursing students actively participated in the programme. The students cleaned the hostel premises, corridors, common areas, and surrounding environment, promoting cleanliness and hygiene. Waste materials were collected and disposed of appropriately. The activity created awareness about environmental protection and the importance of maintaining a healthy living environment. The programme fostered teamwork, responsibility, and environmental consciousness, encouraging students to adopt sustainable and eco-friendly practices in their daily lives.





Pursue your passion of becoming a nurse.



**GRT COLLEGE OF
NURSING
TIRUTTANI**

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The Tamil Nadu Nurses and Midwives Council
Affiliated to The Tamil Nadu Dr. M.G.R. Medical University,
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