GRT COLLEGE & SCHOOL OF NURSING

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

NEWS LETTER
UPACHAARIKA SUCHANA



Issue-31, Monthly, August 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 31st issue of GRT CON News letter Upacharika Suchana which is released on 01.09.2026. 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.

Geneva Convention Day reminds us of the enduring values of humanity, dignity, compassion, and respect for human rights, particularly during times of armed conflict. The Geneva Conventions established fundamental principles for the protection of wounded and sick soldiers, prisoners of war, and civilians, reflecting the shared responsibility of nations to uphold human values even in the most difficult circumstances.

For us as educators and students, this day provides an opportunity to reflect on values that extend far beyond the battlefield-respect for human dignity, empathy for others, peaceful coexistence, ethical responsibility, and service to humanity. Education has a vital role in nurturing these qualities and preparing young people to become responsible citizens who contribute to a more just, compassionate, and peaceful society.

As future healthcare professionals, our nursing students have a unique responsibility to uphold these values. Through the Youth Red Cross (YRC) Unit, our students are provided with meaningful opportunities to develop a spirit of service, empathy, humanitarian responsibility, and social commitment. Such experiences help them understand that nursing extends beyond clinical knowledge and technical skills; it is a profound commitment to humanity, dignity, and the well-being of every individual.

On this Geneva Convention Day, I encourage our students to carry these principles into their classrooms, clinical settings, communities, and wherever their profession calls them to serve.

"Wherever there is humanity, there is an opportunity to care."

Let us embrace the spirit of the Geneva Conventions and make compassion, dignity, and service the guiding principles of our journey in nursing and in life.



GRT College & School of Nursing
GRT
AUGUST 2026

SPOTLIGHTS

MESSAGE FROM PRINCIPAL'S DESK
NEWS AND EVENTS
DEVELOPMENTAL ACTIVITIES
• STUDENTS
• FACULTY MEMBERS
BEYOND CLASSROOM

UPCOMING EVENTS

- Teachers Day (SNA, YRC)
- World Alzhimer's Day (SNA)
- Literacy Day (NSS,YRC,CCC)
- International Peace Day (NSS)
- NSS Day (NSS)
- World Tourism Day (NSS)
- World Heart Day (YRC)

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"BE A VOICE NOT AN ECHO"

GRT College & school of Nursing
AUGUST 2026

NEWS AND EVENTS

1.WORLD BREAST FEEDING WEEK-2026

World Breastfeeding Week was celebrated from 1st to 7th August 2026 with great enthusiasm and active participation of our students at various healthcare institutions, including RSRM Hospital, KKCTH, Tiruttani Government Hospital, Tiruttani UPHC, and Public Health Centre, Mambalam. Our students actively participated in skits, mime, dance, rangoli, poster presentation, poetry recitation, group singing, speeches, and food exhibitions, effectively conveying the importance of breastfeeding, exclusive breastfeeding, proper breastfeeding techniques, correct breastfeeding positions, and maternal and child health. At KKCTH, 6 B.Sc. Nursing third-year and 4 final-year students participated and presented 5 posters among 52 posters and the students were appreciated with participation medals.

Our ANM second-year students actively participated in programmes at Tiruttani Government Hospital and UPHC, presenting educational skits, posters, and a balanced postnatal diet food expo, showcasing nutritious foods recommended for postnatal mothers.The celebrations also brought remarkable achievements. Our B.Sc. Nursing third-year students secured First Prizes in Best Role - Ms. Jethisha, Rangoli - Ms. Chandralekha, Poetry Recitation - Ms. Gopika, and Poster Presentation - Ms. Mahalakshmi at RSRM Hospital. At PHC Mambalam, final-year B.Sc. Nursing students presented mime, solo dance, group singing, and an awareness speech. The programmes successfully enhanced community awareness and demonstrated the students' creativity, teamwork, communication skills, and commitment to promoting breastfeeding and maternal-child health.



















2.12TH BATCH GRADUATION CEREMONY

GRT College of Nursing organized the 12th Batch Graduation Ceremony for 91 graduates on 14.08.2026 at the GRT College of Nursing Auditorium. The formal programme commenced with a prayer song, followed by the welcome address delivered by Dr. (Prof.) Arumugam, Principal-cum-Dean i/c, GRT Group of Educational Institutions. The Chief Guest and Managing Trustee were introduced by Prof. Jayanthy. L, GRT College of Nursing. The College Report was presented by Dr. Padmavathi. R, Principal, GRT College of Nursing. The Graduation Certificates were conferred upon the graduating students by the Chief Guest, Dr. Portchelvi, MBBS, DO, Joint Director of Health Services, Thiruvallur District, in the presence of the Managing Trustee. The Graduation Pledge was administered by Dr. Padmavathi. R, Principal, GRT College of Nursing. The Meritorious Awards were presented to outstanding graduates: Ms. Saritha. A – Best Academic Excellence; Ms. Thirisha. B – Best Clinical Performance; and Ms. Kalaiselvi. T – Best Outgoing Student. The Presidential Address was delivered by Dr. V. Jayashree Rajesh, Managing Trustee, followed by the Special Address by Dr. Pradeep Reddy C.H., Ph.D., Chief Operating Officer, GRT Group of Educational Institutions. The Chief Guest, Dr. Portchelvi, delivered an inspiring address and shared valuable insights and words of encouragement with the graduating students. The Alumnae Bulletin was released by the Chief Guest, Dr. Portchelvi, and the first copy was received by Dr. V. Jayashree Rajesh, Managing Trustee. The programme concluded with the Vote of Thanks delivered by Prof. Sivagami. P, GRT College of Nursing, expressing gratitude to the dignitaries, management, faculty members, graduating students, parents, and all those who contributed to the successful conduct of the ceremony.













AUGUST 2026

3. 6TH ANNUAL ALUMNAE HOME COMING MEET

GRT College and School of Nursing organized the 6th Annual Alumnae Home Coming Meet on 14.08.2026 at the GRT College of Nursing Auditorium with 137 alumnae participating. The programme commenced with a prayer song, followed by the welcome address by Prof. Uma Maheswari. P, GRT CON. As an introduction to the programme, a graceful welcome classical dance was performed by Ms. Lakshmi, B.Sc. (N) I Year student. The Alumnae Report highlighting the activities and achievements of the Alumnae Association was presented by Mrs. Nirmala. M, Professor. This was followed by the presentation of the Recent Development Report of GRT College and School of Nursing by our respected Principal, Dr. Padmavathi. R. The Inspirational Speech was delivered by the Chief Guest, Dr. Chandrakumar, MBBS, MD (Paed), Chief Medical Officer. He motivated the alumnae and students and highlighted the various career and professional opportunities available for nursing graduates. The ANM Meritorious Awards were presented to deserving ANM alumnae students in recognition of their outstanding academic performance, dedication, and achievements in the nursing profession. The alumnae actively shared their experiences, achievements and memories, making the occasion meaningful and memorable. The programme continued with a series of recreational and cultural events, including cultural dances and songs, which created a joyful and nostalgic atmosphere. The programme concluded with the Vote of Thanks delivered by Mrs. Gowri. K, Clinical Instructor, expressing gratitude to all those who contributed to the success of the event.









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	18.08.2026	13 Candidates







DEVELOPMENTAL ACTIVITIES

STUDENT DEVELOPMENTAL ACTIVITIES

1.EDUCATIONAL EXCURSION TO QUEENS LAND AMUSEMENT PARK

Our I and II Year ANM students (33 students), accompanied by four faculty members, embarked on an educational excursion to Queens Land Amusement Park on 01.08.2026. The visit provided students with an opportunity to relax, interact, and strengthen their bonds beyond the classroom environment. The students enthusiastically participated in various recreational activities and enjoyed the park's attractions and rides. The excursion promoted team spirit, friendship, cooperation, and stress relief, while providing a refreshing break from their academic and clinical responsibilities. The students thoroughly enjoyed the memorable experience, creating joyful moments and strengthening their interpersonal relationships.







2. SCHOOL HEALTH PROGRAMME

A School Health Programme was organized by Tiruttani Government Headquarters Hospital on 17.08.2026 at Tiruttani Government Higher Secondary School, focusing on menstrual hygiene and handwashing practices. The programme aimed to create awareness among school students about maintaining personal hygiene, preventing infections, and adopting healthy habits. Our first-year B.Sc. Nursing 29 students actively participated in the programme and contributed through an informative skit and energetic dance performance. The programme provided valuable health education to the students and encouraged them to follow proper hygiene practices, promoting better health and well-being.





STAFF DEVELOPMENTAL ACTIVITIES

1. STATE LEVEL CONFERENCE

On 01.08.2026, Mrs. Tiruveni and Ms. Sneha, Clinical Instructors from GRT College of Nursing, attended a state-level conference organized by Panimalar College of Nursing on "Excellence in Palliative Nursing Across the Care Continuum: Empowering Practice, Enhancing Lives." The conference covered therapeutic communication, principles and scope of palliative care, evidence-based pain management, holistic management of common symptoms, essential nursing procedures, quality of life, end-of-life care, and ethical and legal aspects of palliative nursing. The programme concluded with a valedictory ceremony, where participants shared their reflections. The conference enhanced their knowledge, skills, and confidence in providing holistic palliative nursing care.

2. ACADEMIC ENRICHMENT PROGRAM ON QUALITATIVE RESEARCH

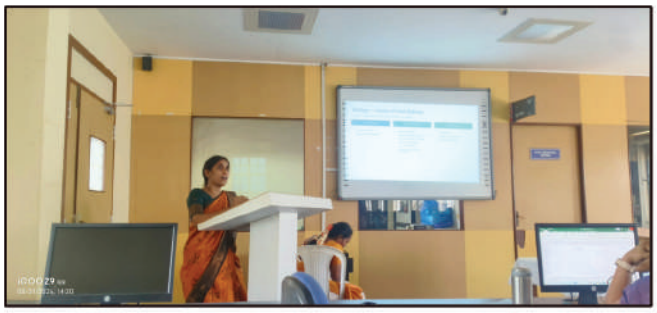
Mrs. Pramila, Associate Professor, and Mrs. Kerith, Assistant Professor, attended a conference on 13.08.26 at Anna Adarsh College for Women on "Qualitative Research: Thematic Analysis, Methods and Applications." The conference provided valuable insights into qualitative research methodology, thematic analysis, coding, and theme development. Dr. Niraimathi explained various thematic analysis methods, coding techniques, theme identification, refinement, and the preparation of theme maps. Ms. Evangilin provided practical guidance on code and theme development. Participants were also introduced to MAXQDA software for coding, categorizing, and analysing qualitative data. Overall, the conference was informative and strengthened their knowledge and skills in qualitative research and supported their ongoing research activities.

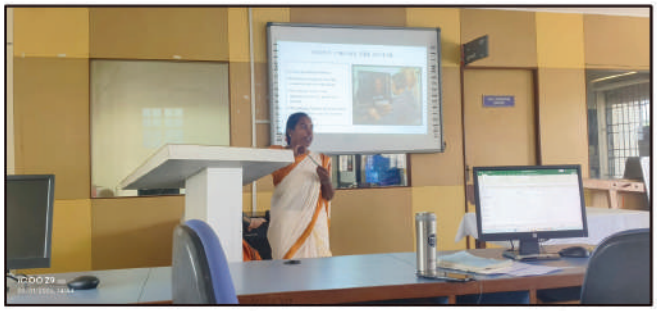
STAFF WELFARE PROGRAM

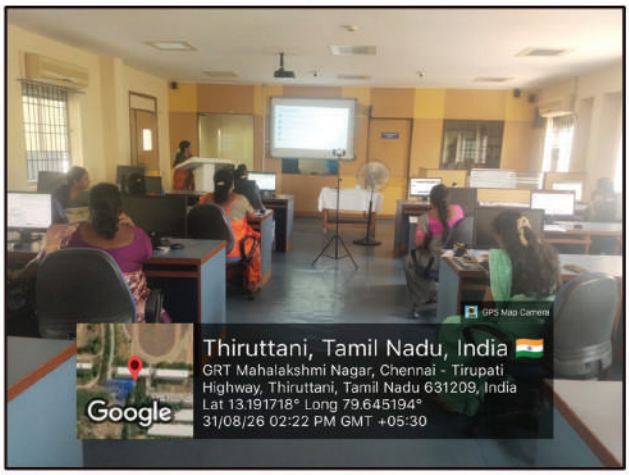
Our Assistant Professors Mrs. Saranya L & Mrs. Sivaranjani ,Clinical Instructors Mrs. Kamali, Ms.Swetha and Ms. Sneha celebrated their Birthday this month.

PROFESSIONAL DEVELOPMENT CLUB

S.No	Date	Topic	Resource person	Remarks
1	31.08.2026	"Avatar Treatment"	Mrs. Suganthi S, Assistant Professor	28 faculty members actively participated
2	31.08.2026	" Mirror Syndrome"	Mrs.Swathi, Clinical Instructor	28 faculty members actively participated







AUGUST 2026

BEYOND CLASSROOM

SNA ACTIVITIES

1. INDEPENDENCE DAY CELEBRATION

The 80th Independence Day Celebration 2026 was organized by the Student Nurses Association (SNA) on 15.08.2026 at GRT College Campus, based on the theme "Naya Bharat, Sashakt Bharat – Building a Stronger Tomorrow." The programme included Welcome Address, Tamilthai Vazhthu, Flag Hoisting, Flag Song, Pledge, Chief Guest Address, Vote of Thanks, National Anthem and Sweet Distribution. 59 First-year B.Sc. Nursing students actively participated along with faculties and staffs. Chairman Shri. G. Rajendran Ayya, Dr. Arumugam Principal of GRTIET& Dean GRT group of educational institutions and Dr. Pradeep Reddy C.H., Ph.D. Chief Operating Officer, GRT Group of Educational Institutions graced the occasion. The celebration fostered patriotism, unity and responsible citizenship.









NSS ACTIVITIES

1.INTERNATIONAL YOUTH DAY

GRT College of Nursing NSS Unit observed National Youth Day on 13.08.2026 at the Institute of Mental Health with the participation of the III Year B.Sc. Nursing students. As part of the programme, Mrs. Lavanya, Assistant Professor, GRT College of Nursing, conducted an informative lecture-cum-demonstration on "Mindfulness." The session focused on the importance of mindfulness in promoting mental well-being, emotional balance, concentration, and stress management among young individuals. Through an interactive lecture and practical demonstration, the students were introduced to simple mindfulness techniques that can be incorporated into their daily lives and professional practice. The programme provided the students with an opportunity to understand the significance of maintaining positive mental health and developing mindful awareness.

2.ANTI-DRUG PLEDGE AND AWARENESS PROGRAMME

As per the communication received from The Tamil Nadu Dr. M.G.R. Medical University regarding the conduct of awareness activities and administration of the Anti-Drug Pledge, GRT College of Nursing actively participated in the programme on 11.08.26. The programme was organized in various clinical areas to create awareness among students, faculty members, healthcare professionals, patients, attenders and the public regarding the harmful effects of drug abuse and the importance of maintaining a drug-free society.

GOVERNMENT HOSPITAL, TIRUTTANI

A total of 59 I Year B.Sc. Nursing students, 9 faculty members, and 1 doctor participated in the Anti-Drug Pledge and awareness programme. The participants took the pledge against drug abuse and were sensitized about the harmful physical, psychological and social consequences of drug addiction.

PEACOCK HOSPITAL, TIRUTTANI

At Peacock Hospital, 15 I Year B.Sc. (N) students and 1 staff member participated in the Anti-Drug Pledge programme. The students actively participated in creating awareness regarding drug-abuse prevention and the importance of adopting a healthy and drug-free lifestyle.

INSTITUTE OF MENTAL HEALTH (IMH)

A large-scale Anti-Drug Pledge and awareness programme was conducted at the Institute of Mental Health (IMH) with the participation III Year B.Sc. (N) students of GRT College of Nursing, along with students from Omayal Achi College of Nursing and MAC College of Nursing. PG Diploma students also actively participated in the programme.As part of the awareness programme, the students performed various educational and cultural activities, including Villu Pattu, role play and awareness songs.









These activities effectively conveyed messages about the dangers of drug abuse, its impact on mental health and the importance of prevention, treatment and rehabilitation.

STANLEY MEDICAL COLLEGE AND HOSPITAL

At Stanley Medical College and Hospital, 60 II Year B.Sc. (N) students students and 6 faculty members participated in the Anti-Drug Pledge and awareness programme. The participants actively took part in the pledge and awareness activities, emphasizing the role of healthcare professionals in preventing substance abuse and promoting a drug-free community.The programme provided an opportunity for the nursing students to actively participate in community-oriented health education and drug-abuse prevention activities. The awareness sessions and cultural programmes helped to communicate the harmful effects of drug abuse in an understandable and effective manner.

"Say No to Drugs – Choose a Healthy and Drug-Free Life."

3.INDEPENDENCE DAY

The NSS Unit celebrated Independence Day on 15.08.2026 at the Institute of Mental Health with great enthusiasm and patriotic spirit. The celebration commenced with an impressive march past by the students, demonstrating discipline, unity, and national pride. This was followed by a vibrant welcome dance and a soulful patriotic song, which added colour and spirit to the occasion. NSS students actively participated in all the programmes and displayed remarkable energy and enthusiasm, making the celebration memorable. The event concluded with students proudly capturing the spirit of patriotism through selfies with the Tiranga. The programme strengthened feelings of unity, patriotism, and national responsibility among the participants.







4.SADBHAVANA DIWAS DAY

GRT College of Nursing NSS Unit observed Sadbhavana Diwas on 20.08.2026 at the Institute of Mental Health with the participation of the III Year B.Sc. Nursing students. The programme was organized to promote the values of national integration, communal harmony, peace, and mutual understanding among the students. As part of the observance, Ms. Swetha, Clinical Instructor, GRT College of Nursing, administered the Sadbhavana Pledge to the students. The students actively participated in the pledge and reaffirmed their commitment to promoting harmony, unity, and peaceful coexistence in society. The programme served as a meaningful initiative to create awareness among young nursing students about the importance of respecting diversity and fostering a spirit of brotherhood.

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YOUTH RED CROSS

1.GENEVA CONVENTION DAY 2026

The Youth Red Cross of GRT College of Nursing, Tiruttani, observed Geneva Convention Day 2026 on 14.08.2026 at the GRT Hostel. The programme was conducted online through a Google Forms quiz for 59 I Year B.Sc. Nursing students. The quiz focused on the Geneva Conventions, international humanitarian principles, human rights, protection of civilians, and humanitarian action during armed conflicts. Students participated enthusiastically and demonstrated keen interest in learning about the importance of respecting human dignity, compassion, and humanitarian values during times of conflict. The programme successfully enhanced awareness and encouraged students to uphold humanity and peace.



2.WORLD MISSING PERSON DAY



The Youth Red Cross of GRT College of Nursing organized World Missing Person Day on 31.08.2026 for 59 first-year B.Sc. Nursing students. The lecture session focused on the theme "Victim First, Action Now." Students were sensitized to the causes and concerns associated with missing-person cases and the importance of immediate and appropriate action. The session emphasized timely reporting to authorities, providing accurate information, and extending emotional and social support to affected families. Students actively participated and gained valuable awareness about their social responsibility towards missing persons. The programme successfully promoted compassion, vigilance, responsible citizenship, and community awareness among the participants.

LITERARY CLUB

1.SCRAMBLE THE WORDS

The Literary Club organized a "Scramble the Words" Competition on 13.08.2026 at the IMH Seminar Hall, Ayanavaram. The activity was conducted by III Year B.Sc. Nursing students, with 60 students participating. The competition aimed to enhance vocabulary, critical thinking, quick-thinking ability, teamwork, and language proficiency. Students enthusiastically participated in rearranging jumbled words within a limited time. The activity created a healthy competitive spirit and encouraged collaboration among students. Overall, the programme was engaging, informative, and successful in promoting learning through an enjoyable and interactive approach. Ms. Devu.S secured 1st place, Ms. Sharon secured 2nd place, and Ms. Yuvasree.J secured 3rd place.





Pursue your passion of becoming a nurse.



GRT COLLEGE OF NURSING
TIRUTTANI

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Recognised by Indian Nursing Council &
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