GRT COLLEGE & SCHOOL OF NURSING

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

NEWS LETTER
UPACHAARIKA SUCHANA



Issue-33, Monthly, October 2026

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MESSAGE FROM PRINCIPAL'S DESK

It gives me immense pleasure to share this message on the release of the 33rd issue of GRT College of Nursing Newsletter, Upacharika Suchana, on 01.11.2026. I extend my heartfelt appreciation to the editorial team for their dedicated efforts in bringing together the achievements, activities and memorable experiences of our students and faculty members, reflecting the vibrant academic and cultural journey of our institution.

The month of October was filled with devotion, joy and cultural enthusiasm through the celebrations of Navarathri and Vijayadasami. These auspicious festivals symbolize the victory of good over evil, knowledge over ignorance and righteousness over negativity. They remind us of the importance of courage, wisdom, perseverance and positive values in our everyday lives. Such celebrations also provide an opportunity to cherish our rich cultural heritage, strengthen unity and promote mutual respect among individuals.

Navarathri, celebrated with devotion and enthusiasm, reminds us of the strength, courage and wisdom embodied by Goddess Durga. Vijayadasami signifies new beginnings, the pursuit of knowledge and the determination to overcome challenges. These values hold special significance in nursing education, where dedication, compassion, patience and continuous learning form the foundation of professional excellence.

At GRT College of Nursing, we strongly believe that education extends beyond classrooms and clinical learning. Cultural celebrations and extracurricular activities play an important role in nurturing creativity, confidence, leadership, teamwork and social responsibility among students.

As future nursing professionals, our students must develop not only clinical competence but also empathy, integrity and respect for human values. As we move forward, let us continue to uphold the values of discipline, dedication, teamwork and excellence in all our endeavours. May the spirit of Vijayadasami inspire us to overcome challenges, pursue knowledge and achieve greater milestones in our academic and professional journey.

I congratulate all our students and faculty members for their continued enthusiasm and commitment towards the growth and development of our institution. Let us work together towards creating a learning environment that nurtures knowledge, character, creativity and compassionate service to society.

"Let the light of knowledge guide our path, the strength of values shape our character, and the spirit of dedication lead us towards excellence."



SPOTLIGHTS

MESSAGE FROM PRINCIPAL'S DESK
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• STUDENTS
• FACULTY MEMBERS
BEYOND CLASSROOM

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- DIWALI CELEBRATION - SNA
- WORLD PNEUMONIA DAY- SNA
- NATIONAL DIABETES DAY - SNA, YRC
- WORLD EPILEPSY DAY- SNA
- NATIONAL INTEGRATION DAY - NSS
- CONSTITUTION DAY - NSS
- ORIENTATION TRAINING TO RRC VOLUNTARIES
- NATIONAL CANCER AWARENESS DAY - YRC
- NATIONAL FILARIA DAY- YRC
- UNIVERSITY EXAMINATION

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"BE A VOICE NOT AN ECHO"

NEWS AND EVENTS

1. "Au Revoir" FAREWELL PARTY

The III Year B.Sc. Nursing students of GRT College of Nursing organized a Farewell Programme for the outgoing IV Year B.Sc. Nursing students on 07.10.2026 at the GRTCON Auditorium. The programme was filled with joy and nostalgia, featuring entertaining dance performances and fun games for the final-year students. The outgoing students fondly shared their memorable experiences and cherished moments from their college life. A special address was delivered by the Principal, Dr. Padmavathi R., who extended her wishes and guidance for their future endeavours. Around 160 students and faculty members actively participated, making the occasion memorable.











2. CM TROPHY 2026

Ms. Kavitha V, IV Year B.Sc. Nursing student of GRT College of Nursing, proudly secured the Silver Medal in High jump event conducted in Thiruvallur District-level CM Trophy on 11.09.2026. Her achievement reflects her dedication, hard work, talent and commitment to excellence in sports. The institution congratulates her on this remarkable accomplishment and wishes her continued success in her future endeavours.

3. WORLD MENTAL HEALTH DAY

The Community Outreach Programme was successfully conducted on 10.10.2026 on the occasion of World Mental Health Day, featuring mindfulness training and interactive games. The session was led by Dr. Angel Shalini, Professor, Dept of Psychiatric Nursing, GRT College of Nursing. A total of 92 faculty members from the GRT Group of Educational Institutions actively participated in the programme. The activities focused on promoting mental well-being, stress management, relaxation techniques and team bonding. The programme provided an opportunity for participants to understand the importance of maintaining good mental health and incorporating mindfulness practices into their daily lives.









4. NAVARATHRI - ARAKKONAM ROTARY CULTURAL PROGRAM

On 11.10.2026, 21 First Year B.Sc. Nursing students of GRT College of Nursing participated in the Navarathri Celebration organized by the Rotary Club of Tiruvallur under Rotary International District 3231 at Tiruvallur. The students showcased a vibrant thematic dance performance, portraying the nine forms of Goddess Navadurga, Lord Shiva and Raktabeeja, while 10 students performed as Goddess Kali, symbolizing the victory of good over evil. Their colourful costumes, coordinated movements and enthusiastic performances added grandeur to the celebration. Around 700 members of the public, Rotarians and their families attended the event, which promoted cultural heritage, fellowship and community engagement..

5. 9TH BATCH ANM INDUCTION PROGRAM

GRT School of Nursing organized an Inaugural and Orientation Programme for ANM students on 14.10.2026, with the active participation of faculty members, students and dignitaries. The programme commenced with a prayer song by the college choir, followed by the welcome address delivered by Dr. Sivagami P., Professor, GRT College of Nursing. The dignitaries inaugurated the programme by lighting the traditional kuthuvilakku. Dr. Padmavathi R., Principal, presented an overview of GRT School of Nursing, followed by the introduction of faculty members by Prof. Umamaheswari P. An orientation on college rules and regulations was provided by Dr. Padmavathi R. Ms. Jerina G., Alumna and Village Health Nurse (VHN), shared her professional experiences and motivated the students. The Chief Guest, Dr. Pradeep Reddy C. H., Chief Operating Officer, GRT Group of Educational Institutions, delivered the special address and encouraged the students to pursue their nursing education with dedication and commitment. The programme concluded with the vote of thanks proposed by Mrs. Vinodhini, Clinical Instructor, followed by the National Anthem.









6. THANKSGIVING CELEBRATION

The final-year B.Sc. Nursing students of GRT College of Nursing organized a Thanksgiving Celebration on 21.10.2026 at the GRT College of Nursing Auditorium, with the participation of 100 students and faculty members. The programme provided an opportunity for students to express their heartfelt gratitude to the management, principal, and faculty members for their guidance, support, and encouragement throughout their academic journey. The faculty members conveyed their best wishes for the students' bright future and professional success. Principal Dr. Padmavathi R. delivered a motivating speech, inspiring students to pursue their nursing careers with dedication, confidence, compassion, and commitment.













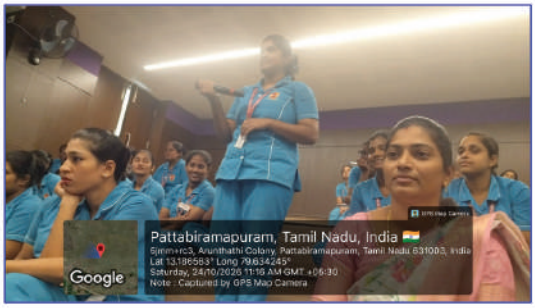
7. REPRODUCTIVE CANCER SCREENING

A Reproductive Cancer Screening Camp was successfully conducted on 24.10.2026 at the GRT College of Nursing campus in collaboration with Pennalam Hospital. Nearly 46 female faculty members from GRT College of Nursing, GRT Institute of Engineering and Technology (GRTIET), GRT College of Education and GRT College of Pharmacy benefited from the camp. The screening services included mammography, Pap smear screening, Random Blood Sugar (RBS), Blood Pressure (BP) and Haemoglobin (Hb) assessments. The programme aimed to promote early detection of reproductive cancers, create awareness about women's health and encourage preventive healthcare practices among the staff and beneficiaries.

8.THE INSIGHT PROGRAMME

The Insight Programme was conducted at the GRT Mahalakshmi Vidyalaya School Auditorium on 24.10.2026. Our final-year 100 students attended the programme.The morning session was conducted by Dr. Madhu Kartheesh on the topics "Know Your Body" and "Health Is Wealth."The afternoon session was conducted by Dr. Parveen Sulthana on the topic "Marks Matter, But You Matter More." The session was informative and useful for our students.













9. 18th BATCH BSc NURSING INDUCTION PROGRAM

GRT College of Nursing organized 18th Induction Day Programme on 30.10.2026 at GRT Mahalakshmi Vidyalaya School Auditorium to welcome newly admitted B.Sc Nursing students. The programme commenced with an invocation and traditional Kuthuvilakku lighting, followed by the welcome address by Prof. Jayanthi.L. Dr. Sivagami presented the institutional profile, and Prof. A.I. Chitra introduced the faculty members. Principal Dr. Padmavathi R. briefed students on college rules and regulations. The Presidential Address was delivered by Dr. Pradeep Reddy, C H while Chief Guest Dr. Yayathee Subarayalu shared insights on nursing professionalism and compassionate care. The programme concluded with a vote of thanks and National Anthem.

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	06.10.2026	16 Candidates
2	22.10.2026	33 Candidates
3	23.10.2026	25 Candidates











DEVELOPMENTAL ACTIVITIES

STUDENT DEVELOPMENTAL ACTIVITIES

1. RAMACHANDRA HOSPITAL VISIT

The First Year B.Sc. Nursing students of GRT College of Nursing undertook an educational visit to Sri Ramachandra Medical Centre, Chennai, on 09.10.2026 as part of their Nursing Informatics learning activity. A total of 58 students participated in the visit. The programme aimed to provide practical exposure to the integration of information technology and digital systems in hospital settings. The visit offered valuable learning opportunities to understand the role of digital technologies in healthcare delivery and nursing practice. It enhanced the students' awareness of technological advancements in healthcare and highlighted the importance of nursing informatics in improving efficiency, accuracy and quality of patient care.















2. PLACEMENT DRIVE

Placement Drive of GRTCON organized placement interview for Final Year Bsc Nursing Students on the following dates from the reputed institutions.

S.NO	DATE	NAME OF THE HOSPITAL
1	12.10.2026	PUBLIC HEALTH CENTRE (PHC)
2	13.10.2026	GERICARE HOSPITAL CHENNAI
3	15.10.2023	SRI RAMACHANDRA MEDICAL COLLEGE AND RESEARCH CENTRE CHENNAI
4	22.10.2026	BHARATHIRAJA HOSPITAL AND RESEARCH CENTRE CHENNAI
5	23.10.2026	APOLLO MAIN HOSPITAL CHENNAI

STAFF DEVELOPMENTAL ACTIVITIES

1. BLS TRAINING PROGRAMME

Assistant Professor Mrs. Kerith Evanjelin and Clinical Instructor Ms. Rajeshwari attended BELS/BLS Training Programme on 12.10.26 conducted at the Tamil Nadu Apex Skill Development Centre for Healthcare, Guindy, Chennai. The programme was an enriching learning experience that enhanced their theoretical knowledge, practical competencies and confidence in managing life-threatening emergencies. The training covered Basic Life Support for adult, paediatric and pregnant patients, providing valuable insights into emergency preparedness and evidence-based resuscitation practices. The hands-on learning experience strengthened their ability to respond effectively during critical situations and reinforced their commitment to delivering safe, competent and quality nursing care.





2. SEMINAR ON NATURAL BIRTHING PROCESS

On 14.10.2026 our Clinical Instructor Mrs.Tiruveni attended a seminar on the Natural Birthing Process at the Madras Medical College of Nursing, Chennai. The seminar mainly focused on the importance of natural childbirth, ways to create awareness among the public and society, and the registration process of SOMI (Society of Midwives of India). It was a valuable learning experience that enhanced knowledge and understanding of natural birthing practices and the role of midwives in promoting maternal and newborn health.

3. FIVE-DAY CAPACITY BUILDING PROGRAMME FOR MIDWIVES THROUGH SIMULATION TRAINING



Professor AI Chitra Vice Principal of GRTCON attended five-day Capacity Building Programme for Midwives through Simulation Training was conducted from 13.10.2026 to 17.10.2026 at the National Reference Simulation Centre, Bagalkote, Karnataka. The training provided valuable exposure to simulation-based teaching and learning, including checklists for various obstetric, gynaecological, and newborn procedures. The sessions enhanced understanding of briefing, debriefing, and their application in OSCE and competency-based nursing education. A one-hour virtual interaction with Dr. Dileep Kumar Sir, INC President was also held, providing further insights.The knowledge and skills gained will be implemented to enhance clinical competencies and improve the standards of nursing education and practice.

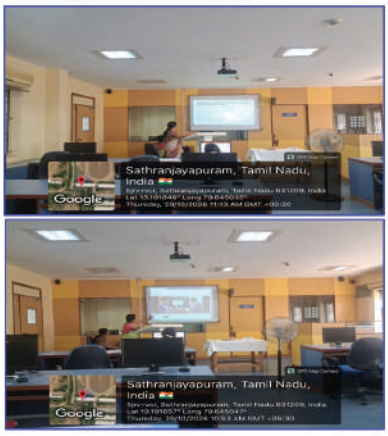
STAFF WELFARE PROGRAM

Our Assistant Professor Mrs Gracy, Clinical Instructors Mrs Gowri and Ms Sandhiya celebrated their Birthday this month.



PROFESSIONAL DEVELOPMENT CLUB

S.No	Date	Topic	Resource person	Remarks
1	29.10.2026	Mobile application in Health care: a Meta Analysis	Mrs.Sulochana Assistant Professor	26 faculty members actively participated
2	29.10.2026	E-Nose	Mrs.Meenakshi Clinical Instructor	26 faculty members actively participated



BEYOND CLASSROOM

SNA ACTIVITIES

1. SNA ELECTION

The Student Nurses Association (SNA) Election for the academic year 2026–2027 was conducted on 06.10.2026 at the Students Cell, GRT College of Nursing. The election was inaugurated by the Principal, Dr. Padmavathi R. Nominations were invited for various executive positions, including Vice President, Secretary, Treasurer and Chairpersons and Assistant Chairpersons of different committees. The voting process was conducted in a fair and transparent manner under the supervision of the Election Officer, Prof. Chitra A. I., Vice Principal, GRTCON. A total of 310 B.Sc. Nursing and ANM students participated enthusiastically, promoting democratic values, leadership and responsibility.








2. SARASWATHI POOJA CELEBRATION

The Student Nurses Association (SNA) of GRT College of Nursing organized the Saraswathi Pooja Celebration on 16.10.2026 in the GRTCON Library. The programme commenced with devotional songs rendered by faculty members and students, followed by traditional Aarathi. B.Sc. Nursing and ANM students actively participated in the celebration. A total of 315 students and 15 faculty members attended the programme. Prasadam, including sweet pongal, sundal and white puffed rice, was distributed to all participants. The celebration was conducted successfully, promoting devotion, unity, cultural values and respect for knowledge and learning.

3. WORLD OSTEOPOROSIS DAY

The Student Nurses Association (SNA) of GRT College of Nursing organized a World Osteoporosis Day awareness campaign on 24.10.2026 at RSRM, Chennai, based on the theme, "Build, Protect, Strengthen Your Bones for Life." ANM II Year students actively participated in the health education programme and created awareness among the general public about osteoporosis prevention. The session emphasized the importance of calcium-rich foods, adequate nutrition, and healthy dietary habits for maintaining strong bones. A total of 15 participants benefited from the programme, which encouraged preventive practices and promoted awareness about lifelong bone health.











4. SWEARING-IN CEREMONY

The Student Nurses Association (SNA) of GRT College of Nursing organized the SNA Swearing-In Ceremony on 26.10.2026 at GRT School Auditorium, with 316 B.Sc. Nursing and ANM students. The programme was graced by Mrs. M. Kala, Inspector, ACTU, ThiruvallurDistrict, and In-charge, Tiruttani AWPS, along with police personnel. The Chief Guest and Singapengal Team created awareness about cybercrime, responsible social media usage, women's safety, and preventive measures. Informative pamphlets were distributed. The ceremony included the announcement of election results, oath-taking, and handing over of responsibilities to newly elected office bearers. The programme promoted leadership, responsibility, and safety awareness among student nurses.

NSS ACTIVITIES

1.GANDHI JAYANTHI PLEDGE

GRT College of Nursing NSS Unit observed Gandhi Jayanthi by organizing a pledge programme on 06.10.2026 with the participation of the I Year 18 ANM students. The programme was organized to create awareness among the students about the life, principles, and values of Mahatma Gandhi, including truth, non-violence, peace, cleanliness, and social responsibility. As part of the programme, the students actively participated in the Gandhi Jayanthi pledge and reaffirmed their commitment to follow Gandhian values in their daily lives. The programme encouraged the students to develop a sense of discipline, unity, and responsibility towards society.





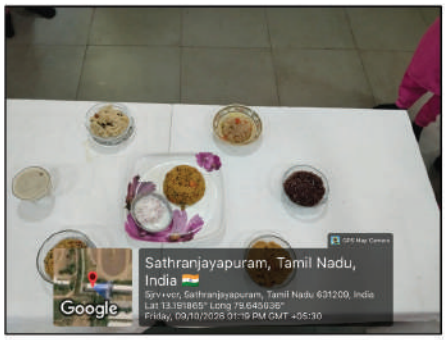


2.SOCIAL MEDIA AWARENESS CAMPAIGN ON NUTRITION AND HEALTHY LIVING

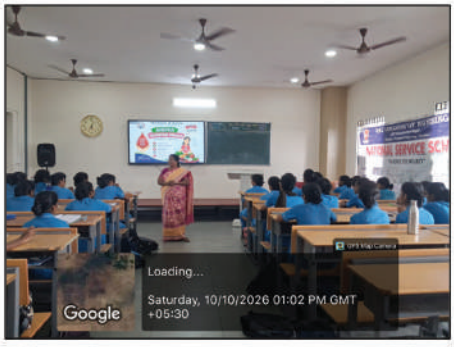
GRT College of Nursing NSS Unit organized a social media awareness campaign on 08.10.2026 to promote awareness about nutrition and healthy living with the participation of 59 II Year B.Sc. Nursing students. The campaign aimed to educate the public about the importance of balanced nutrition, healthy food choices, adequate hydration, and healthy lifestyle practices. The students used social media platforms to share informative messages and awareness content on nutrition and healthy living. Through this initiative, the students actively contributed to spreading health-related information and encouraging individuals to adopt healthy habits in their daily lives.

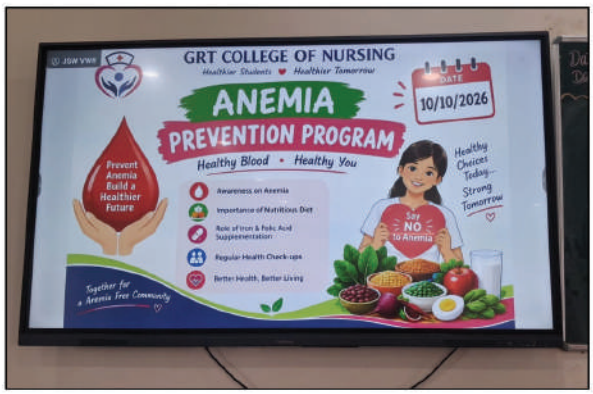
3.MILLET AND TRADITIONAL FOOD AWARENESS PROGRAMME

The NSS Unit of GRT College of Nursing organized a Millet and Traditional Food Awareness Programme on 09.10.2026 for first-year ANM students. The programme focused on creating awareness about the nutritional importance of millets and traditional foods. Students were educated about different types of millets, their health benefits, and their role in preventing nutritional deficiencies. The importance of including traditional foods in daily meals, maintaining a balanced diet, and avoiding unhealthy food habits was emphasized. The programme encouraged students to promote healthy eating practices among families and the community.









4.RASHTRIYA POSHAN MAAH – ANEMIA PREVENTION AWARENESS PROGRAMME

GRT College of Nursing NSS Unit organized an anemia prevention awareness programme on 10.10.2026 as part of Rashtriya Poshan Maah, with the participation of the I Year students. The programme aimed to create awareness about the causes, signs and symptoms, prevention, and management of anemia. The students were educated about the importance of consuming iron-rich foods, maintaining a balanced diet, and following healthy nutritional practices. The programme highlighted the significance of early identification and prevention of anemia, especially among women and children. The initiative helped the students understand the importance of nutrition education in promoting community health.

5.AWARENESS TALKS ON NUTRITION AND HEALTHY LIFESTYLES

GRT College of Nursing NSS Unit organized awareness talks on nutrition, anemia prevention, healthy lifestyles, and maternal and child nutrition on 15.10.2026 with the participation of the II Year ANM students. The programme aimed to improve students' knowledge about the importance of balanced nutrition throughout different stages of life. The talks highlighted the prevention of anemia through iron-rich foods and healthy dietary practices, the benefits of maintaining a healthy lifestyle, and the nutritional needs of mothers and children. The students gained awareness about the role of proper nutrition in preventing nutritional deficiencies and promoting maternal and child health. The programme encouraged the students to share nutrition-related health messages with families and the community.











RED RIBBON CLUB

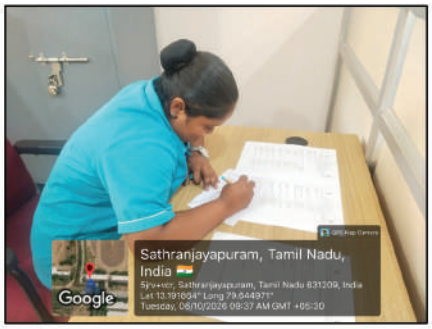
1. BLOOD DONATION CAMP

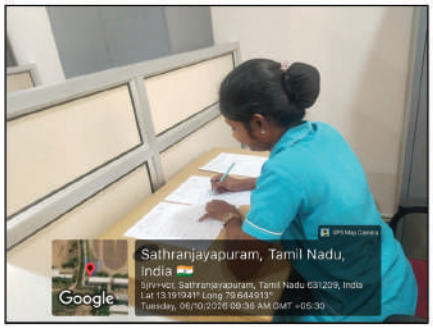
GRT College of Nursing, Tiruttani, organized a Blood Donation Camp on 27.10.2026 through the RRC, NSS, and YRC units in collaboration with District Headquarters Government Hospital, Tiruttani. The camp was inaugurated by Dr. Meenambigai and her medical team in the presence of Principal Dr. Padmavathi R. and the respective coordinators. Donors underwent necessary screening to ensure safe blood donation. Students and staff of the GRT Group of Educational Institutions participated enthusiastically. A total of 60 donors registered, and 42 units of blood were collected. The programme highlighted the importance of voluntary blood donation and community service in saving lives.

YOUTH RED CROSS

1. YRC ELECTION

The election was inaugurated by our Principal, Dr. Padmavathi R. Nominations were invited for key positions, including YRC Vice President and YRC secretary. The voting process was conducted in an organized, fair, and transparent manner under the supervision of the Election Officer, Prof. Chitra A. I., Vice Principal, GRTCON. Students exercised their voting rights with great interest and enthusiasm, reflecting their commitment to the democratic principles and objectives of the YRC unit. The election provided an opportunity for students to develop leadership qualities, democratic values, and a sense of responsibility in organizing and participating in YRC activities.











2. WORLD DISASTER DAY

The YRC Unit organized a World Disaster Day awareness programme at the Casualty Department of RSRM Hospital. ANM II Year students actively participated by presenting informative posters on disaster preparedness and management. The presentations highlighted the importance of emergency response, preventive measures, and safety practices during disasters. Students educated patients on the significance of disaster awareness and preparedness. The programme enhanced public awareness and provided students with valuable health education experience. A total of 22 outpatients benefited from the programme.

3.YRC SWEARING-IN CEREMONY

The youth red cross unit of GRT College of Nursing organized the YRC Swearing-In Ceremony – 2026 on 26.10.2026 at the GRT School Auditorium, with the participation of 316 B.Sc. Nursing and ANM students. Mrs. M. Kala, Inspector, ACTU, Thiruvallur District, and In-charge of Tiruttani All Women Police Station (AWPS), delivered an informative address on responsible social media use, women's safety, and the prevention of offences against women. She emphasized the importance of exercising caution while sharing personal information and photographs online, being aware of personal safety measures, and approaching the appropriate police authorities in cases of harassment or other safety-related concerns. The Singapengal Team also addressed the students on cybercrime, women's safety, and preventive measures. Informative pamphlets were distributed to enhance awareness among students. The programme promoted responsible social media use, cyber safety, women's protection, and leadership qualities among student nurses. The event was successfully conducted and received positive feedback from the participants











LITERARY CLUB

1. JUST A MINUTE COMPETITION

The Literary Club of GRT College of Nursing organized a Just a Minute (JAM) Competition on 14.10.2026 at the Final Year Classroom, with 95 IV Year B.Sc. Nursing students participating. The competition was evaluated by Mr. Steve, M.A. (English), M.Ed. The event provided a platform for students to demonstrate their spontaneous speaking skills, vocabulary, fluency, creativity, and confidence within the 60-second time limit. The winners were Ms. Harsha (First Place), Ms. Ashna (Second Place), and Ms. Komatha (Third Place). The programme enhanced students' communication skills and encouraged effective English language expression.

IIC ACTIVITIES

1.EXPERT TALK ON ARTIFICIAL INTELLIGENCE (AI) IN NURSING EDUCATION

The GRT College of Nursing IIC Unit organized an expert talk on "Artificial Intelligence (AI) in Nursing Education" on 15.10.2026 at the GRT College of Nursing Auditorium. The session was delivered by Mr. Ayushman Ghosh, Analyst at KPMG, Hyderabad, for the faculty members and students.The expert highlighted the emerging role of Artificial Intelligence in nursing education and its applications in teaching and learning. He provided practical demonstrations on how to frame effective AI prompts to generate nursing care plans and prepare nursing process documentation. He also explained how AI tools can be used to develop NCLEX-style questions for practice, assessment, and enhancement of critical-thinking and clinical reasoning skills among nursing students.The session also emphasized the effective use of AI tools, technology-driven learning, and the integration of digital innovations into nursing education. The programme enhanced the knowledge of faculty members and students regarding the practical applications of AI and encouraged them to explore innovative approaches to improve teaching, learning, and academic development.







EXCURSION TO WONDERLA

The students of B.Sc. Nursing 5th Semester (2023-2027 batch), comprising 59 students and 5 faculty members, went on a one-day excursion tour to Wonder la Theme Park, Illalur, Chennai, on 31.10.2026 .The students and faculty members enjoyed various amusement rides, water rides and recreational activities. The excursion provided relaxation, refreshment and an opportunity to enhance peer interaction and team spirit beyond academics. It was a joyful and memorable experience.





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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