GRT COLLEGE & SCHOOL OF NURSING

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

NEWS LETTER
UPACHAARIKA SUCHANA



Issue-32, Monthly, September 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 32nd issue of GRTCON News letter Upacharika Suchana which is released on 01.10.2026. 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 Heart Day reminds us that a healthy heart is the foundation of a healthy and fulfilling life. The heart works continuously, sustaining every moment of our lives, yet cardiovascular health is often overlooked until a problem arises. This day provides an opportunity to create awareness about heart health and encourage individuals, families and communities to adopt healthier lifestyles.

As nursing professionals and future healthcare providers, our responsibility extends beyond caring for patients during illness. We have an important role in promoting cardiovascular health through health education, early identification of risk factors, lifestyle counselling and community-based preventive care. Encouraging regular physical activity, balanced nutrition, adequate sleep, stress management, avoidance of tobacco and other harmful habits, and regular health check-ups can make a meaningful difference in preventing heart disease.

At GRT College of Nursing, let us use this occasion to strengthen our commitment to health promotion and disease prevention. Let us empower our students to become compassionate health educators and advocates for heart health, carrying the message of prevention from the classroom to families and communities.

On this World Heart Day, let us remember that caring for the heart is not merely a medical responsibility it is a shared responsibility. Let every heartbeat inspire us to choose healthier lives, care for one another and build healthier communities.

"A HEALTHY HEART IS THE RHYTHM OF A HEALTHY LIFE"



SPOTLIGHTS

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

UPCOMING EVENTS

- Blood Donation Camp
- Reproductive Cancer Screening
- Induction day (BSc (N) & ANM)
- SNA Election
- SNA Swearing in ceremony
- Farewell party
- Thanks Giving Party
- World Food Day (CCC)
- National Voluntary Blood Donation Day (NSS, RRC)
- Breast Cancer Awareness Month (SNA)
- Pooja Celebration (SNA)
- World Mental Health Day (SNA, YRC)
- World Osteoporosis Day (SNA)
- National Blood Donors Day (YRC)
- National Disaster Day (YRC)
- Gandhi Jayanti (NSS)
- Rastriya Poshan Maah(NSS)
- ViskitBharat Quiz Competition (NSS)

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"BE A VOICE NOT AN ECHO"

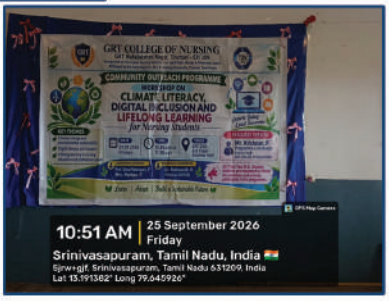
NEWS AND EVENTS

1.OBSERVATIONAL VISIT

An observational visit was organized for 84 III Year B.Sc. Nursing students of Indira College of Nursing on 25.08.2026 at GRT College of Nursing, Tiruttani. The group comprised 24 boys and 60 girls, accompanied by faculty members. The programme began with a welcome session introducing the Vision, Mission, and Philosophy of GRT College of Nursing. The students participated in a guided tour of the institution, including the Nursing Foundation, Maternal and Child Health Nursing, Community Health Nursing, Nutrition, and Computer Laboratories. They also visited the library and other academic facilities supporting learning and skill development. The students toured the Boys' and Girls' Hostels and learned about the residential amenities and student support services. The visit provided valuable exposure to the academic environment, infrastructure, and learning resources. The programme concluded with feedback from students and faculty, followed by lunch.







2. OUTREACH PROGRAM - CLIMATE LITERACY

The Community Outreach Programme of GRT College of Nursing organized a workshop on "Climate Literacy, Digital Inclusion and Lifelong Learning for Nursing Students" on 25.09.2026 at GRT COE, 3rd Floor, Seminar Hall. Mr. Krishnan. P, Programme Coordinator, ECHO Club, GRT College of Education, served as the resource person. The session focused on environmental sustainability, digital inclusion, and the importance of lifelong learning in nursing practice. Guided by the motto "Learn Adapt Build a Sustainable Future," the speaker emphasized climate awareness, digital proficiency, and continuous professional development. The workshop was benefited by 60 III Year B.Sc. Nursing students with valuable insights into sustainable practices and technology-enabled, patient-centered healthcare.

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	07.09.2026	16 Candidates
2	09.09.2026	13 Candidates
3	10.09.2026	4 Candidates
4	22.09.2026	11 Candidates







DEVELOPMENTAL ACTIVITIES

STUDENT DEVELOPMENTAL ACTIVITIES

1. PRACTICAL DEMONSTRATION ON THERAPEUTIC DIETS

On 16.09.26 and 18.09.26 as a part of the curriculum requirement, the First-Year B.Sc. Nursing 59 students of the 2025–2029 batch showcased their culinary skills by preparing various therapeutic diets under the guidance of our Nutrition Faculty, Mrs.Pavithra. The students were divided into 10 batches and performed their exhibition. All the students actively participated in the activity and prepared different food items based on their assigned topics. The event was judged by our respected Principal Dr.Padmavathi R, Vice Principal Professor A I Chitra and Professor Dr Sivagami who interacted with the students and asked questions related to their topics. The students were appreciated for their creativity, presentation, and practical application of nutritional knowledge.



STAFF WELFARE PROGRAM

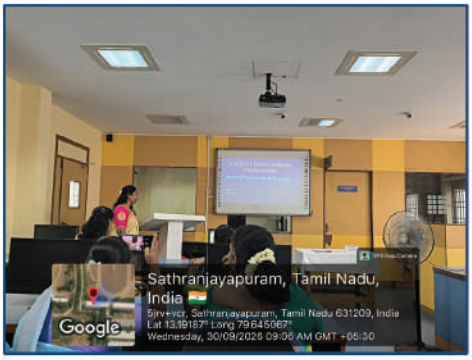
Our Professors Dr Sivagami, Mrs. Jayanthy, Clinical Instructor Mrs. Vinothini celebrated their Birthday this month.

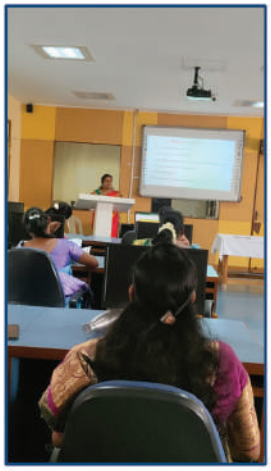




PROFESSIONAL DEVELOPMENT CLUB

S.No	Date	Topic	Resource person	Remarks
1	30.09.2026	"Journal Publication in Nursing"	Mrs.Premila Associate Professor	33 faculty members actively participated
2	30.09.2026	"JADA System"	Mrs. Gowri Clinical Instructor	33 faculty members actively participated





BEYOND CLASSROOM

SNA ACTIVITIES

1.WORLD ALZHEIMER'S DAY

The Student Nurses Association (SNA) organized a World Alzheimer's Day 2026 awareness programme on 21.09.2026 at GRT College of Nursing. The theme was "The Earlier You Know, the More You Can Do : A Dementia Diagnosis Matters." Mrs. Lavanya, Assistant Professor, Department of Mental Health Nursing, GRTCON, served as the resource person. The session focused on early recognition and diagnosis of dementia, reducing stigma, educating caregivers, and improving the quality of life of affected individuals. Sixty III Year B.Sc. Nursing students participated actively.



















2. TEACHERS DAY CELEBRATION

The Teachers Day 2026 celebration was organized by the SNA Unit of GRT College of Nursing on 30.09.2026 at the GRTCON Auditorium, with 34 faculty members and B.Sc. Nursing and ANM 295 students participated enthusiastically. The programme included a welcome address, prayer song, welcome dance, group dance, teachers' video presentation and felicitation, student speech, cake cutting, presidential address by Dr. Padmavathi R., Principal, and entertaining games. The celebration provided a meaningful opportunity for students to express gratitude and respect towards their teachers.

3. ONAM CELEBRATION

The Onam Celebration–2026 was organized by the Student Nurses Association (SNA) on 30.09.2026 at GRTCON Auditorium. The programme included a welcome address, solo song, speech on the significance of Onam, Thiruvathirai dance, group dance, presidential address by Dr. Padmavathi R., Principal, and fun games. The beautiful Athapookolam prepared by students added traditional charm to the celebration. A total of 340 participants, including faculty members, B.Sc. Nursing and ANM students, participated enthusiastically. The celebration created a joyful atmosphere and promoted unity, cultural values and togetherness. The programme concluded successfully with refreshments and distribution of Ada Pradhaman to all participants.





4.GENERAL BODY MEETING

A General Body Meeting was conducted on 30.09.2026 for all B.Sc. Nursing and ANM students of GRT College of Nursing. A total of 295 students and 30 faculty members and Club Incharges participated in the meeting under the guidance of Principal Dr. Padmavathi R., Vice Principal Prof. Chitra A.I., and SNA Advisor Mrs. Saranya, Assistant Professor. The meeting provided an opportunity for students from all batches to openly share their suggestions, concerns, and feedback regarding academic and co-curricular activities. Around 10 suggestions were received from the students. The Principal addressed the suggestions and provided appropriate guidance and clarification.

NSS ACTIVITIES

1.INTERNATIONAL LITERACY DAY

The NSS Unit of GRT College of Nursing organized a Poster Presentation on the occasion of International Literacy Day on 09.09.2026, based on the theme "Literacy for People, the Planet and Prosperity." III Year B.Sc. Nursing 60 students actively participated in the programme by preparing and presenting informative posters highlighting the importance of literacy, lifelong learning, equal access to education, and community development. The activity aimed to create awareness about the role of literacy in improving health, well-being, and quality of life. Students demonstrated creativity, communication skills, and social responsibility.









2. VBYLD QUIZ COMPETITION

The GRT College of Nursing actively participated in the VBYLD Quiz Competition, organized under the Viksit Bharat Challenge Track as part of the Viksit Bharat Young Leaders Dialogue (VBYLD) on 11.09.2026. A total of 119 students from I and II Year B.Sc. Nursing participated enthusiastically in the quiz. The competition aimed to enhance students' awareness and understanding of India's development journey, national priorities, achievements, and the significant role of youth in nation-building. The quiz provided an engaging platform for students to expand their knowledge, strengthen critical thinking skills, and develop greater awareness of contemporary national issues while encouraging them to actively contribute towards the vision of Viksit Bharat.

3. NUTRITION AWARENESS AND PLEDGE

As part of Rashtriya Poshan Maah, the NSS Unit of GRT College of Nursing organized a Nutrition Awareness and Pledge on "Balanced Diet and Healthy Food Habits" on 15.09.2026 for I Year B.Sc. Nursing 59 students. Mrs. Lavanya, Assistant Professor, conducted the session and led the nutrition pledge. The programme highlighted the importance of balanced diets, essential nutrients, major food groups, healthy food choices, meal planning, adequate hydration, and prevention of malnutrition. Students were encouraged to avoid unhealthy food habits, consume locally available nutritious foods, and promote healthy dietary practices in the community.









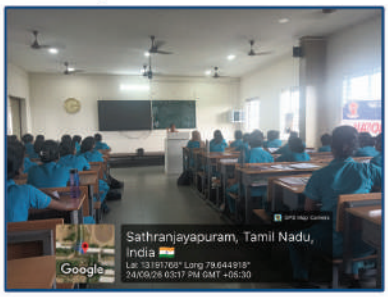
4. INTERNATIONAL DAY OF PEACE

The NSS Unit of GRT College of Nursing observed the International Day of Peace on 21.09.2026 by organizing a Peace Pledge for III Year B.Sc. Nursing 60 students based on the theme "Invest in Peace - For Everyone, Everywhere, Every Day." The pledge was pronounced by Mrs. Suganthi, emphasizing peace, harmony, tolerance, mutual respect, and non-violence. Students actively participated and reaffirmed their commitment to maintaining peaceful relationships and respecting the dignity and rights of others. The activity highlighted the importance of unity, understanding, compassion, and social harmony among young people.

5. NSS DAY

On the occasion of NSS Day, the NSS Unit of GRT College of Nursing organized an Orientation Programme on NSS on 24.09.2026 for III Year B.Sc. 60 Nursing students. The session was presented by Mrs. Lavanya, Assistant Professor, with the objective of familiarizing students with the purpose, goals, objectives, motto, and activities of NSS. Students were oriented about the motto "Not Me But You" and its significance in promoting selfless service and social responsibility. The session highlighted the role of NSS in developing leadership, community participation, and service-mindedness. Various activities such as health awareness, cleanliness drives, environmental programmes, health camps, literacy programmes, social campaigns, and special camps were explained.









6.SWACHH SAGAR SURAKSHIT SAGAR

As part of the Swachh Sagar Surakshit Sagar initiative, the NSS Unit of GRT College of Nursing organized a Hostel Cleaning on 25.09.2026 for I Year B.Sc. Nursing 59 students. NSS volunteers actively participated in cleaning and maintaining the hostel premises, including corridors, common areas, surroundings, and other shared spaces. The activity aimed to create awareness among students about the importance of cleanliness, personal hygiene, proper waste disposal, environmental protection, and responsible community participation. The volunteers worked together with enthusiasm and teamwork, demonstrating their commitment to maintaining a clean, safe, and healthy living environment.

7. WORLD TOURISM DAY – AWARENESS PROGRAMME

The NSS Unit of GRT College of Nursing organized a World Tourism Day Awareness Programme on 28.09.2026 at GRT Mahalakshmi Vidhyalaya School to create awareness among school students about safe and healthy travel practices. The awareness talk was delivered by Mrs. Suganthi, Assistant Professor, GRT College of Nursing.During the programme, the students were educated on the importance of consuming safe and hygienic food, drinking clean and safe water, carrying essential personal items, maintaining personal hygiene, and keeping basic necessities readily available while travelling from one place to another. They were also advised to carry necessary medications and a first-aid kit, follow safety precautions, and maintain cleanliness at tourist destinations.







8. SOCIAL JUSTICE PLEDGE

As part of promoting the values of social justice, equality, dignity, and inclusiveness, the NSS Unit of GRT College of Nursing organized a Social Justice Pledge on 29.09.2026 for all the BSc (N) and ANM I year students. NSS volunteers actively participated in the programme and collectively took the pledge. The pledge emphasized treating every individual with equality, respect, fairness, and dignity, irrespective of social or economic differences. The activity aimed to create awareness among students about their responsibilities in building an inclusive, peaceful, and harmonious society. The volunteers reaffirmed their commitment to uphold justice, equality, human rights, dignity, and social responsibility in their personal and professional lives.

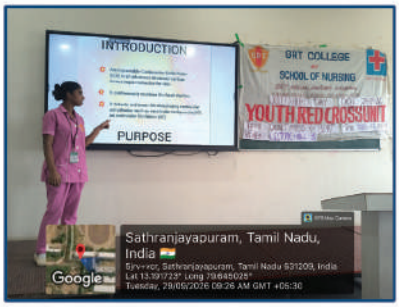
RED RIBBON CLUB
HIV AWARENESS SESSION

The Red Ribbon Club of GRT College of Nursing organized an HIV Awareness Session on 17.09.2026 in the III Year B.Sc. Nursing classroom. Sixty students actively participated in the informative lecture-cum-discussion. Mr. Ramzan, Project Manager, TANSACS, Tiruttani, and Mrs. Kavitha, RRC Volunteer, served as resource persons. The session focused on HIV, including its modes of transmission, prevention, safe sexual practices, and measures to reduce the risk of transmission. An interactive question-and-answer session was conducted, where students actively responded to questions and clarified their doubts. Tokens of appreciation were distributed to students for their active participation. The programme was informative and interactive, enhancing students' knowledge and awareness of HIV prevention and safe practices.









YOUTH RED CROSS
WORLD HEART DAY

The Youth Red Cross (YRC) organized a World Heart Day–2026 awareness programme on 29.09.2026 at Lecture Hall 3, based on the theme "Don't Miss a Beat." Ms. Kerith Evanjelin, Assistant Professor, conducted the session for 57 Second Year B.Sc. Nursing students. Ms. Varshini R. and Ms. Dhiniksha presented informative content on advanced cardiac equipment, including Intra-Aortic Balloon Pump (IABP), Implantable Cardioverter Defibrillator (ICD), and 3D Electrophysiology Mapping. The session enhanced students' knowledge of cardiac health, equipment functions, and clinical applications.

LITERARY CLUB

1.ESSAY WRITING COMPETITION

The Literary Club organized an Essay Writing Competition on 16.09.2026 at Royapuram Hostel. Fifty-five III Year B.Sc. Nursing students actively participated in the competition. The programme aimed to develop students' English proficiency, creative thinking, original expression, and effective writing skills. Participants were encouraged to present their ideas with clear structure, logical arguments, relevant evidence, and appropriate language. The winners were Ms. Sowmiya N.H (II Year) who secured the 1st place, Ms. Asina F (II Year) the 2nd place, and Ms. Parkavi S (II Year) the 3rd place.









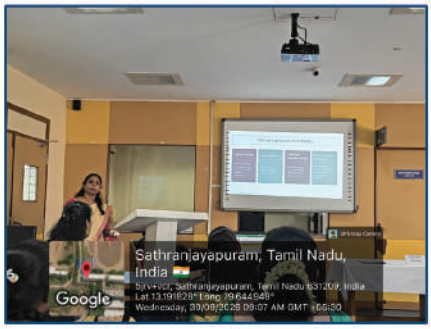
IIC ACTIVITIES

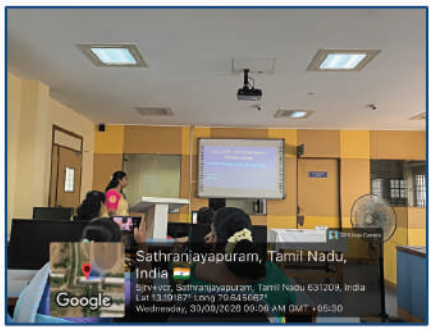
1.ANGEL INVESTMENT/ VC FUNDING OPPORTUNITIES FOR EARLY-STAGE ENTREPRENEURS

The GRT College of Nursing IIC Unit organized a session on "Angel Investment/VC Funding Opportunities for Early-Stage Entrepreneurs" on 15.09.2026 for II Year B.Sc. Nursing 60 students. Dr. Sivagami P., Professor, conducted the session and introduced students to entrepreneurship financing, Angel Investment and Venture Capital funding. The session covered funding sources, stages, eligibility, investor requirements, business planning, and effective pitching. Students learned how innovative ideas can be transformed into viable and sustainable ventures. The speaker highlighted innovation, market potential, scalability, and sustainability as key factors considered by investors.

2. RESEARCH PAPER WRITING AND JOURNAL PUBLICATION SUPPORT WORKSHOP

GRT College of Nursing IIC Unit organized a "Research Paper Writing and Journal Publication Support Workshop" for 33 faculty members on 30.09.2026. The session was facilitated by Mrs. Premila, Associate Professor, to strengthen faculty competencies in scientific writing and academic publication. The workshop covered key components of research papers, including title, abstract, introduction, methodology, results, discussion, conclusion, and referencing. Faculty members were oriented on journal selection, scope, author guidelines, and publication opportunities. The session emphasized research ethics, plagiarism prevention, proper citation, and academic integrity. Practical guidance helped improve manuscript clarity and scientific quality. The workshop motivated faculty to publish research findings in reputed peer-reviewed journals.







3. SOCIAL JUSTICE PLEDGE

GRT College of Nursing organized a Social Justice Pledge as a self-driven activity on 29.09.2026 for all 271 B.Sc. Nursing and 16 ANM students. The activity aimed to create awareness about equality, dignity, fairness, inclusion, and respect for the rights of every individual. Students actively participated in taking the pledge and reaffirmed their commitment to promoting social justice in their personal, academic, and professional lives. The activity emphasized the responsibility of nursing professionals to provide equitable and compassionate care without discrimination. Students were encouraged to respect diversity, uphold human dignity, oppose discrimination, and contribute positively to society. The programme strengthened social responsibility, ethical values, and commitment to justice and equality.

ECO CLUB

1. WORLD OZONE DAY

The Eco Club organized a World Ozone Day Essay Competition on 16.09.2026 at GRT Ladies Hostel. The theme of the programme was "Global Action for a Cooler Planet." 10 I Year B.Sc. Nursing students actively participated in the competition. The programme aimed to create awareness about the importance of the ozone layer, environmental protection, and the need for collective climate action. Students enthusiastically expressed their ideas through essays, demonstrating their knowledge and concern for environmental conservation. E. Priyadharshini secured the 1st Prize, S. Prema the 2nd Prize, and E. Rajalakshmi the 3rd Prize. The programme concluded successfully with appreciation to all participants and winners.



NUTRITION & FOOD EXHIBITION

Food Displays • Healthy Recipes • Student Activities



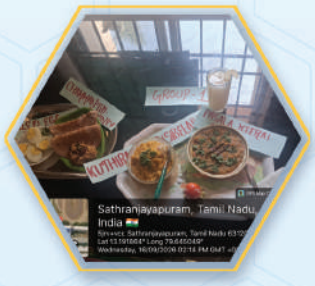












HEALTHY FOOD • CREATIVE PRESENTATION



Pursue your passion of becoming a nurse.



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