

CHIEF PATRONS Shri. G RAJENDIRAN Chairman **GRT Group of Educational Institutions**

Shri, G R ANANDHAPADMANABAN Managing Director **GRT Group of Educational Institutions**

Shri. G R RADHAKRISHNAN

Managing Director **GRT Group of Educational Institutions**

Dr. S ARUMUGAM Dean i/c

GRT Group of Educational Institutions

Dr. N LAKSHMI NARASIMHAN Vice President (Industry Institute Partnership) **GRT Group of Institutions**

Dr. R PADMAVATHI

Principal **GRT College of Nursing**

EDITOR IN CHIEF Dr. R PADMAVATHI Principal

GRT College of Nursing

CO-EDITORS Dr. W ANGEL SHALINI Professor

Mrs. S SIVARANJANI Asst. Professor

Mrs. A JOYCE Asst. Professor **GRT College of Nursing**

SNA EDITORIAL OFFICE BEARERS Ms. BHARATHI R

Chairperson Ms.KEERTHANA B Asst. Chairperson

Issue-10, Monthly, November 2024

MESSAGE FROM PRINCIPAL'S DESK

I feel it as a great honor to write this message for the release of 10th issue of GRT CON News letter Upacharika Suchana which is released on 01.12.2024. 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.

Leadership is essential for nursing students as it fosters confidence, collaboration, and effective decision-making in healthcare settings. Strong leadership qualities such as communication, empathy, accountability, and problem-solving are crucial for providing quality patient care and working effectively within teams. These traits enable nursing students to manage critical situations, guide others, and take initiative. By developing leadership skills, students not only enhance their academic and clinical performance but also compassionate, competent, and capable healthcare providers.

Our institution encourages students to actively participate in organizations like the Student Nurses' Association (SNA), National Service Scheme (NSS), Youth Red Cross (YRC), Red Ribbon Club (RRC), Consumer Citizen Club (CCC) and the Institutions Innovation Council (IIC), These platforms provide students with valuable opportunities to build leadership skills while engaging in community service, health awareness programs, and social initiatives. Through these activities, students develop a sense of responsibility, enhance their problem-solving abilities, and gain real-world experience in leadership roles. By nurturing leadership qualities in every aspect of their education, we are empowering our students to become effective healthcare leaders, capable of making a significant impact in the nursing field and beyond.

Let's continue to inspire and lead by example.



MESSAGE FROM PRINCIPAL'S DESK

NEWS AND EVENTS

DEVELOPMENTAL ACTIVITIES

O STUDENTS

O FACULTY MEMBERS

BEYOND CLASSROOM

UPCOMING EVENTS

- ♦ Lamp Lighting Ceremony ◆ Farmer's day
- ♦ World AIDS Day
- ♦ World disabled day
- ♦ Pulse polio day
- ♦ Human's Rights Day
- ♦ National Consumer Day
- ♦ Christmas Celebration
- ♦ Idea to impact -Expert Talk
- ♦ Institutions Innovation Council Activities

Contact us

Mail: grtcon@grt.edu.in Website:www.grtnursing.com Tel:044-270880749



G "BE A VOICE NOT AN ECHO"



NEWS AND EVENTS

1. NOVATO FIESTA - FRESHERS DAY

The Freshers' Day at GRT College of Nursing was celebrated with great enthusiasm and excitement on 29.11.2024. The event began with the introduction of individual first-year students, where they introduced themselves, shared their backgrounds, and showcased their unique talents. This created a warm and welcoming atmosphere, allowing the new students to bond with their peers. Following this, a vibrant dance performance was presented by both freshers and second-year students. The performances featured various dance styles, adding energy and joy to the event. The highlight of the day was an inspiring speech delivered by our Principal, Dr. Padmavathi. She emphasized the importance of cultivating positive daily habits, such as reading newspapers to stay informed, and dedicating time to nurturing personal hobbies and talents. Dr. Padmavathi encouraged students to focus on holistic growth during their academic journey. The event concluded with excitement, motivation, and camaraderie, leaving everyone eager to make the most of their time at the college.











2. FIRST AID TRAIING:

Tamilnadu Apex Skill Development Centre for Health care:

As a district training centre of FRT for TNASDCH GRTCON is organizing FRT training monthly twice.

S.No.	DATE NO OF CANDIDATES TRAIN		
1	06.11.2024	40 Candidates	
2	14.11.2024	35 Candidates	
3	21.11.2024	17 Candidates	

STUDENT DEVELOPMENTAL ACTIVITES

1.SCARF – Workshop on Therapeutic Nurse Patient Relationship

On November 11, 2024, GRTCON in coordination with SCARF India organized Therapeutic Nurse-Patient Relationship workshop for 43 third-year BSc Nursing students and also went for an observational visit to SCARF India. The session focused on the Therapeutic Nurse-Patient Relationship, with emphasis on effective communication techniques for interacting with psychiatric patients. The students learned how to ask open-ended questions and avoid closed-ended ones to encourage better dialogue. The entire day was highly beneficial for both students and staff, with engaging, interactive classes that enhanced understanding of psychiatric nursing care and communication strategies.





2. Speak UP – A series of classes on communication and critical thinking for nursing students.

Our B.Sc (N) final year students are attending a series of classes on communication and critical thinking every Thursday (7th, 14th and 28th of November) organized by Rela Multi speciality hospital

S.No.	DATE	TOPIC COVERED	NO OF STUDENTS ATTENDED
1	07.11.2024	Punctuation Matters	48
2	14.11.2024	Prepositions, Degree of comparison, Be strong in the basics- Part III	64
3	28.11.2024	Prepositions part II, Degree of comparison Part II,Be strong in the basics part IV	58

3. Student Advocacy and Leadership Training (SALT) programme:

On 14th November 2024, the Trained Nurses Association of India (TNAI), Tamil Nadu branch, organized a Student Advocacy and Leadership Training (SALT) program at Adhiparasakthi College of Nursing, Chengalpattu. Mrs. Saranya, SNA Advisor and Ms. Keerthana Vice president and Ms. Priyanka, Secretary, attended the enriching event. The inauguration was done by Dr. Sudha, the State SNA Advisor. The program covered crucial topics such as the roles of SNAI and TNAI, the importance of human connection, effective teamwork, and fostering a positive mindset. The sessions offered valuable insights into leadership, advocacy, and personal growth for nursing students.







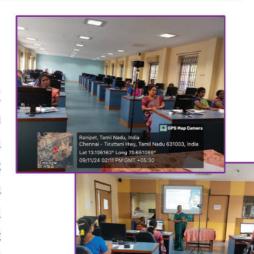
4. ADD ON COURSE ON ECG INTERPRETATION SKILLS

On 13.11.2024, an Electrocardiograph (ECG) training program was held for second-year B.Sc Nursing students at GRT College of Nursing, Tiruttani in coordination with impetus health care skills. The program consisted of 20% theory and 80% hands-on skill training, with 60 students attending. A pretest was conducted for all participants, followed by an ECG workshop and a post-test to assess the students ECG interpretation skills. The students showed great interest and actively engaged in learning the ECG concepts. The training significantly enhanced their knowledge and skills in ECG interpretation, with notable improvement observed after the session.

STAFF DEVELOPMENTAL ACTIVITIES

1. Professional Development club activity:

On November 09, 2024 The Professional Development Club organized a Scientific Topic Presentation where Mrs. Premila presented on "Anhydramnios," a condition of very low or absent amniotic fluid, which can be life-threatening for a fetus, especially early in pregnancy. She focused on the etiology, diagnostic evaluation, and management of this condition. Following her, Mrs. Thilagavathi discussed "Recent Innovations in Healthcare Delivery Systems," highlighting various health apps Ayushman Bhava, Aarogya Setu, such e-Raktkosh, e-Sanjeevani, online registration systems, MTM, Vazhvoli Thittam, and Transgender Clinics. A total of 21 faculty members attended the presentations, both online and offline.







2. NATIONAL CONFERENCE ATTENDANCE

Mrs. Saranya Assistant Professor and Ms. Shakina Clinical Instructor of GRTCON participated in the National Conferenceon "Evidence Matters: Forensic Nursing Essentials" held at Apollo College of Nursing, Vanagaram on 08-11-2024. They had an oppurtunity to attend the insightful sessions on Healing and Hope, Legal Custody, Human Rights, and a panel discussion on various topics related to Forensic Nursing.

3. LEADERSHIP WORKSHOP BY TNNMC

Dr. Angel Shalini W Professor, attended a one-day leadership workshop On November 12, 2024, which was organized by the Tamil Nadu Nurses and Midwives Council (TNNMC), in collaboration with Champion Woman, Led by Dr. Ranjini Manian and Mrs. Lakshmi Subramanian. The session covered key leadership topics, including mindfulness, building relationships, and overcoming the Superwoman Syndrome. Interactive activities and discussions helped participants reflect on leadership challenges, work-life balance, and personal growth.







4. "Five-Day Faculty Development Programme on High Impact Publication and Funding Opportunities"

GRT College of Nursing, in collaboration with the Centre for Data Analytics and Research (CEDAAR), successfully organized a Five-Day Faculty Development Programme (FDP) on High Impact Publication and Funding Opportunities from November 25 to November 29, 2024. The programme was designed to empower faculty members with advanced knowledge and practical skills to enhance their research and publication efforts, focusing on high-impact journals and funding opportunities.

Day 1 (25.11.2024) Focused the topic on Writing for Top-Tier Journals: Converting Research Ideas into Publication and led by Dr. Antony Paulraj, Professor, NEOMA Business School, Paris, France

Day 2 (26.11.2024) Focused the topic on Plagiarism Check & Tools: Integrity of the Research and Credibility of the Researcher and delivered by Dr. Akanksha Jaiswal, Assistant Professor, Human Resources, Loyola Institute of Business Administration, Chennai











Day 3 (27.11.2024) Focused the topic on Research Referencing: Referencing Styles, Avoiding Plagiarism, and Citation Management. It was presented by Dr. Ramesh Krishnan, Assistant Professor, Indian Institute of Management, Kozhikode

Day 4 (28.11.2024) Focused the topic on Publishing in Peer-Reviewed Journals: Strategies for Success & Avoiding Pitfalls and addressed by Dr. Rupashree Baral, Professor, Department of Management Studies, IIT Madras

Day 5 (29.11.2024) Focused the topic on Research Proposal Writing: Structuring & Presenting Ideas for National & International Grants & Fellowships with Budget. It was led by Dr. R. Ramanathan, Professor, CoBA, University of Sharjah, UAE & Former Professor, Essex Business School, University of Essex,UK

STAFF WELFARE PROGRAMME

- 1. Our staffs Mrs. Asha, Mrs. Switha and Mrs. Tamizhselvi celebrated their birthday this month.
- 2. Our staff Mrs. Jayanthi Associate Professor delivered female baby on 22.11.2024.



BEYOND CLASSROOM

I SNA ACTIVITIES:

1. WORLD PNEUMONIA DAY:

On November 11, 2024, the Student Nurses Association (SNA) unit of GRT College of Nursing, representing the Medical-Surgical Department, observed World Pneumonia Day with an awareness program at Tiruttani Government Hospital. The event began with an informative talk on pneumonia, highlighting its causes, symptoms, prevention, and management strategies. The speakers emphasized the importance of vaccination, good hygiene practices, and early medical intervention to reduce the risk of pneumonia, particularly in vulnerable groups such as children and the elderly. Following the talk, a pranayama session was conducted, focusing on breathing exercises to promote respiratory health and overall wellness. The session aimed to educate attendees on techniques to improve lung function, reduce stress, and enhance overall respiratory well-being. The program was well-received, with active participation from hospital staff and patients, helping to raise awareness about pneumonia prevention and the importance of maintaining respiratory health







2. WORLD DIABETIC DAY

On November 13th, GRT CON's SNA unit observed World Diabetes Day 2024 by organizing a nutritional exhibition on the theme 'Diabetes Well-Being'. BSc (N) III-year students highlighted the importance of cereals and dietary management in diabetes. The event aimed to raise awareness about diabetes, promote healthy eating habits, and demonstrate how cereals can help control blood sugar. Mrs. Swetha, a clinical instructor at GRT CON, delivered a speech on the Do's and Don'ts of diabetes management. The exhibition provided practical tips for healthy living, leaving participants with a better understanding of how diet impacts health. Thirty public members benefitted from the event.



3. SNA ELECTION:

The SNA Election 2024 was successfully conducted on November 15, 2024. Voting began at 10:15 am and was carried out smoothly with active participation from students across B.Sc Nursing (1st, 3rd, and 5th semesters), 3rd-year students, and ANM (1st and 2nd year). Final year students polled their voting through E-Voting. The election was overseen by appointed election officers Ms. Shakila and Ms.Annal Precilla to ensure fairness and transparency. The event concluded at 4:15 pm, with enthusiastic involvement from the student body, marking a successful democratic process for the SNA elections.









4. NATIONAL EPILEPSY DAY

On November 20, 2024, GRT CON, in collaboration with the SNA unit, organized a National Epilepsy Day. The theme for this year's event was "Milestones on My Epilepsy Journey," aimed at raising awareness about epilepsy among students. V semester nursing students Ms. Thanusya, Ms. Vishnu Priya, and Ms. Kanimozhi took the initiative to deliver informative speeches and present posters, sharing valuable insights about the condition. They discussed the various challenges faced by individuals with epilepsy and the milestones they encounter on their journey toward managing the disorder. Through the speeches and visual presentations, the students educated their peers about the medical, social, and psychological aspects of epilepsy, promoting understanding and empathy. The event was successful in fostering awareness, encouraging discussions, and providing important knowledge that will aid nursing students in their future healthcare roles.



II YRC ACTIVITIES 1. NATIONAL CANCER AWARENESS DAY:

On November 7, 2024, the YRC Unit organized a National Cancer Awareness Day at GRTCON, focusing on raising awareness about breast and cervical cancer among the housekeeping staff. With the theme "Closing the Care Gap," the event aimed to educate 35 women workers. The program began with an introductory speech by YRC Program Officer Mrs. Vinodhini. This was followed by a detailed PPT presentation on the risk factors, symptoms, screening methods, and treatment options for breast and cervical cancer, along with available government schemes. YRC Organizing Secretary Mrs. Kamali demonstrated breast self-examination, and participants actively engaged in a Q&A session.







2. INTERNATIONAL DAY FOR DISASTER REDUCTION:

On November 9, 2024, the GRT Con YRC Unit observed International Day for Disaster Reduction at St. Charles Hr. Sec. School, K.G. Kandigai, with the theme "Empowering the Next Generation for a Resilient Future." The event included a presentation by YRC Program Secretary Mrs. Meenakshi and Ms. Shakthi Priya on disaster management, covering its introduction, types, principles, and phases, along with CPR and Triage systems. Third-year students demonstrated CPR and emergency triage procedures. The session was appreciated by Dr. Charles David Immanuel, Correspondent, and Mrs. Amali, Headmistress. A total of 50 eighth-grade students participated, benefiting from the interactive session.



3. NATIONAL FILARIASIS DAY 2024

On November 13, 2024, the GRT College of Nursing YRC Unit observed National Filariasis Day 2024 at D.V. Puram, with an awareness program focused on the theme "Against Lymphatic Filariasis: Community Togetherness." Ms. Swetha, Clinical Instructor, delivered an informative speech to educate the community. Third-year BSc Nursing students actively participated by creating informative posters on various aspects of filariasis, including its causes, symptoms, prevention methods, and mosquito control measures. Their efforts effectively raised awareness about lymphatic filariasis and emphasized the importance of community participation in its prevention. The program was well-received by the local community.









4. WORLD DIABETES DAY

On November 13, 2024, the GRT College of Nursing YRC Unit, in coordination with MV Diabetes Center and the Community Health Nursing Department, organized a World Diabetes Day event at D.V. Puram. The highlight of the program was a Diabetes Screening Camp, aimed at raising awareness and promoting early detection of diabetes. A total of 75 community members participated in the screening, benefiting from the opportunity to check their blood sugar levels and receive valuable health advice. The event was well-received, offering an important step toward diabetes prevention and management in the local community.









III NSS ACTIVITIES 1. NATIONAL CONSTITUTION DAY:

GRT College of Nursing, in collaboration with the Akhila Bharatha Vazhakkarignargal Sangam - North Tamil Nadu, commemorated the 75th Constitution Day on November 26, 2024, at the GRT CON Auditorium. The event began with a welcome address by Dr. Angel Shalini W, NSS Programme Officer, followed by an introduction of the chief guest by Dr. Padmavathi R, NSS President. Shri A.R. Poovannan, Senior Advocate, highlighted enshrined the Constitution. the rights in Dr. Sree Kiran delivered the chief guest address, and Smt. R. Latha conducted an interactive session. The event concluded with a vote of thanks by Smt. Jeevitha ML. A Constitution Day oath was led by Mrs. Suganthi S on November 25, 2024, with 300 students and faculty members participating.

IV RED RIBBON CLUB ACTIVITIES 1. ORIENTATION TRAINING PROGRAMME TO RRC VOLUNTEERS

The Internal Quality Assurance Cell and Red Ribbon Club at GRT College of Nursing organized an orientation training for RRC volunteers on November 15th, 22nd 24th, 28th of 2024. B.Sc. Nursing first year student attend the sessions, led by third pear leaders. The orientation session regarding HIV and AIDS was led by Ms.Prabhavathi.S, Ms.Auxillne Jose,Ms. Santhiya.T, and Ms.Durga.V, who highlighted several significant facets of the topic.





V CCC ACTIVITIES 1. WORLD DIABETES DAY

On November 13, 2024, GRT College of Nursing's Citizen Consumer Club observed World Diabetes Day at the First Year BSc Nursing classroom. Mrs. Asha K., Clinical Instructor, delivered an insightful health talk on diabetes awareness, focusing on the theme "Breaking Barriers and Bridging Gaps." She explained the types of diabetes mellitus, its management, and emphasized the impact of processed foods, prediabetic packages, misleading drug advertisements targeting diabetics in the market. The session aimed to raise awareness about diabetes prevention and healthy lifestyle choices. A total of 56 students actively participated in the program, engaging in the discussion and learning valuable insights.





VI LTERARY CLUB ACTIVITIES 1. VOCABULARY CONTEST

To enhance the Vocabulary Learning Skill a Vocabulary Contest was conducted for the BSc (N) students on 25.11.2024 at GRTCON. The contest was conducted through the Google form and nearly 177 were actively participated. Based on the quickest completion of the words and the highest score the students secured the first three positions were

1. Ms. Durga. V -23/25 (III Year Non-Semester)

2. Ms. Bharathi -22/25(III Year Non-Semester)

3. Ms. Thirisha & Damp; Ms. Aruna .M -21/25 (III Year Non-Semester)



VII INSITITUIONS INNOVATION COUNCIL 1.NATIONAL EDUCATION DAY

On November 11, 2024, in observance of National Education Day, an online webinar on "Emotional Intelligence for Nursing Professionals" organized, attracting nearly 150 participants from nursing colleges and colleges of education. The event began with a formal welcome address introduction of the guest speaker, Dr. Prabhu Shankar, Associate Professor and CEO of the Institute of Advanced Study in Education, by Prof. Chitra AI, the IIC Convenor. The webinar focused on the critical role of emotional intelligence (EI) in nursing, providing practical insights into emotional awareness, effective communication, and stress management. Dr. Shankar emphasized strategies to help nursing professionals better manage their emotions, improve patient interactions, and foster teamwork in challenging healthcare environments. The session concluded with valuable feedback from Dr. Padmavathi, President of IIC, and the organizing team, who expressed appreciation for the insightful discussions and engagement. The webinar was a success, helping participants enhance their emotional intelligence skills for professional growth and better patient care.







2. ENTREPRENEURSHIP AND INNOVATION AS CAREER OPPORTUNITIES.

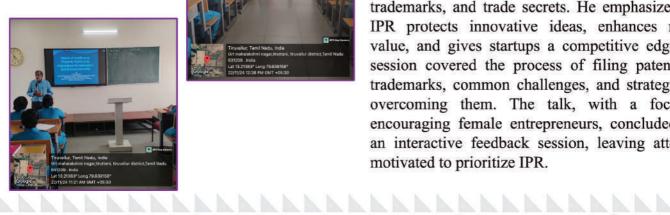
On November 18, 2024, Dr. Lakshmi Narasimhan, Vice President of Industry-Institute Partnership at GRT Group of Institutions, delivered an insightful talk on Entrepreneurship and Innovation as career opportunities. The session, introduced Prof. Sivagami, focused on key entrepreneurial components like opportunity recognition, resource management, risk-taking, and innovation, with a specific emphasis on the healthcare and nursing sectors. Dr. Narasimhan shared real-life examples of successful healthcare entrepreneurs and highlighted diverse career paths such as starting private clinics, healthcare tech startups, and medical product development. He also stressed the importance of industry-academia partnerships and networking for innovation.



3.PROBLEM SOLVING AND **IDEATION**

On November 20, 2024, GRTCON IIC organized a workshop on problem-solving and ideation for third-year BSc Nursing students, led by Lakshmi Vice Dr. Narasimhan. President. Dr. Narasimhan began by dividing the students into seven groups, each tasked with identifying a healthcare nursing-related problem or brainstorming potential solutions. The activity-based approach fostered critical thinking and creativity, encouraging active participation. Students actively engaged in discussions, and the feedback was overwhelmingly positive. The session successfully achieved its objective of enhancing problem-solving skills and preparing students for real-world challenges in their future nursing careers.













4.BASICS ON INTELLECTUAL PROPERTY RIGHTS AND ITS IMPORTANCE FOR INNOVATION AND ENTERPRENEURSHIP

On November 22, 2024, the Institution's Innovation Council of GRTCON organized an expert talk on "Intellectual Property Rights (IPR) and Its Importance in Innovation and Entrepreneurship." Mr. S. Muralidharan, the expert speaker, discussed various aspects of IPR, including patents, copyrights, trademarks, and trade secrets. He emphasized how IPR protects innovative ideas, enhances market value, and gives startups a competitive edge. The session covered the process of filing patents and trademarks, common challenges, and strategies for overcoming them. The talk, with a focus on encouraging female entrepreneurs, concluded with an interactive feedback session, leaving attendees motivated to prioritize IPR.



5. MY STORY-MOTIVATIONAL SESSION BY SUCCESSFUL INNOVATORS

On November 25, 2024, GRT College of Nursing hosted a motivational session titled "My Story" with Dr. Lakshmi Narasimhan, Vice President of Industry-Institution Partnership at GRT Group of Institutions, as the resource speaker. The session aimed to inspire students and faculty by sharing the entrepreneurial journey of Dr. Narasimhan, focusing on his challenges, strategies, and insights into the start-up ecosystem. Prof. Umamaheswari P. welcomed the audience and introduced engaging session speaker. The emphasized innovation, perseverance, and the importance of entrepreneurship, motivating students to pursue their own ventures. The event concluded with a further enriching participants Q&A session, understanding.











Convenor Co-ordinator President
Prof. Chitra A I Dr. Angel Shalini W Dr. PADMAVATHI. R

Vice Princip

GRT COLLEGE & SCHOOL OF NURSING

GRT COLLEGE OF NURSING

INSTITUTION'S INNOVATION COUNCIL Celebrates

EDÜCĂTÎŌN

of Maulana Abul Kalam Azad

INSTITUTION'S INNOVATION COUNCIL

Organizing Expert Talk on

> Basies of IPR and tol sometrequal att Innovation and Entrepreneurshing

BY ORGANIZING WEBINAR ON "EMOTIONAL INTELLIGENCE FOR NURSING PROFESSIONALS



Dr. PRABHU SHANKAR S Associate Professor,
Dept. of Education & Controller of Examinations
ditute of Advanced Study in Education (Autonomo-

: 11.11.2024 Time : 2.00pm to 3.00pm Mode : Google Link

Prof. Chitra A I Dr. Angel Shalini W Dr.Padmavathi R

Guest Speaker

Mr.S. MURALIDHARAN

Horticulture Produce Management Institute & Advisor, India Millet Initiative, New Delhi.

"INNOVATION IS SEEING WHAT EVERYBODY HAS SEEN AND THINKING WHAT NOBODY HAS THOUGHT"

Prof. Chitra A I Dr. Angel Shalini W Dr. PADMAVATHI, R



Date: 25II.2024 Time: Ham to Ipm

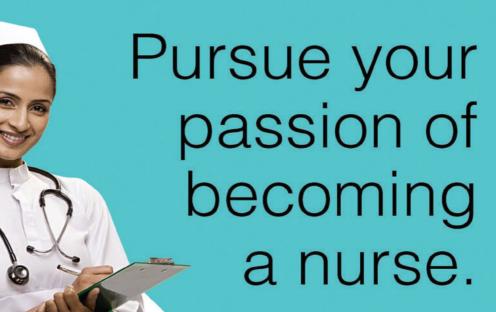
"Don't sit Down and wait for the Opportunities to come. Get up and make them

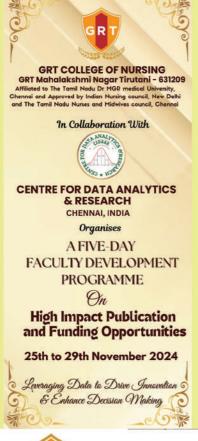
Prof. Chitra A I Dr. Angel Shalini W Dr. PADMAVATHI. I



Dr. Angel Shalini W

Mrs. Suganthi











GRT COLLEGE OF NURSING TIRUTTANI

Approved by: Government of Tamilnadu 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

GRT GROUP OF EDUCATIONAL INSTITUTIONS

GRT Institute of Engineering and Technology | GRT College of Education
GRT Institute of Health Inspector Training | GRT Institute of Pharmaceutical Education and Research