



VIVEKANANDHA COLLEGE OF EDUCATION FOR WOMEN

(Affiliated to Tamil Nadu Teachers Education University, Chennai,
Approved by NCTE)
Elayampalayam - 637 205, Tiruchengode (Tk).,
Namakkal (Dt)., Tamil Nadu.

NEWSLETTER

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Vidhya Rathna, Rashtriya Ratan, Hind Rattan

கொங்குநாட்டுச் சாதனையாளர்

Prof. Dr. M. KARUNANITHI, B.Pharm, M.S., Ph.D., D.Litt.,
Chairman & Secretary

**Angammal Educational Trust
Krishna Educational Charitable Trust
Rabindharanath Tagore Educational Charitable Trust
Tiruchengode and Sankari.**

VIVEKANANDHA EDUCATIONAL INSTITUTIONS FOR WOMEN

His vision has sculpted a fascinating sprawling campus radiating the spirit of knowledge and wisdom. He is an educationist with intense passion for serving the cause of women's upliftment. His profound compassion impels him to serve the poor and underprivileged sections of society. His philanthropic qualities, generous gestures and humane approach constitute the core of his personality.

Our Founder's Vision

" The hand that rocks the cradle should rule the world "



ABOUT OUR INSTITUTIONS

Vivekanandha Educational Institutions was established by Angammal Educational Trust in the year 1987. Vidhya Rathna, **Prof. Dr. M. KARUNANITHI, B. Pharm., M.S., Ph.D., D.Litt.**, formed the trust with the objective to impart quality education to the rural women students. Spanning across 250 acres Vivekanandha Educational Institutions provides technical and professional education in the areas including arts and science, education, engineering, management, pharmacy, dental and nursing. Students all over India from rural areas pursue their education at all disciplines. Today the institution caters to the needs of 23,000 women students under one roof. Vivekanandha Educational Institutions stand out as one amidst the elite largest women institution in the whole of Asia.

ABOUT OUR COLLEGE

Vivekanandha College of Education for Women was Established by the Angammal Educational Trust in the year 2005. This trust is a renowned, benevolent, charitable, educational trust was founded by Prof. Dr. M. Karunanithi, B.Pharm, M.S. Ph.D., D.Litt, a powerful eminent Educationist. Vivekanandha College of Education for Women was established with the motive to impart exceptionally superior teacher education. V.C.Ed., approved by NCTE, New Delhi and affiliated to TamilNadu Teachers Education University, Chennai. The college bestows an erudite atmosphere crafted with ethics, to adorn the education of the girl students. The college is geared up with excellent facilities and state-of-the-art infrastructure. It inculcates research attitude and aptitude among the students. The V.C.Ed., has a team of highly qualified, eminent and dedicated faculty with vast experience. The college has conducted various Guest lectures, Educational tours and continuous interaction with schools right from its inception. In addition to its conventional academic teaching, the management has conducted Seminars, Conferences, Assignments, Case analysis and College Union Activities and Ward system.

VISION

Vivekanandha College of Education for Women aspires to be an universally recognized premier institution that offers to the society, globally competent teachers who are humane, collaborative and multicultural in their outlook, the integration of teaching and learning, advancement of knowledge base through research and scholarship, leadership in service and outreach programmes, education to students to develop multidisciplinary skills that facilitate them to mould the pillars of the nation who are grown with values, aptitude and right attitude towards themselves and to the world community and encourage students for the lifelong learning.

MISSION

Vivekanandha College of Education for Women has the mission for striving.....

- ◆ To prepare outstanding Educators, Scholars and Researchers in Teacher Education Programme.
- ◆ To effective use of Technology in Teaching and Learning and Research Process.
- ◆ To develop Teachers with understanding the Principles of Pedagogy and its application in the Curriculum Transaction and Evaluation.
- ◆ To provide Educational Facilities to the Rural and Socio Economically Backward Women Students without charging Donation and Heavy Fees.
- ◆ To develop True Spirit of Democracy and prepare the Teachers to be Responsible Citizens of India.
- ◆ To develop Creativity among Teachers to Nurture the Creativity among the Younger Generations.

UG COURSES

★ B.Ed., Tamil	2 Years	★ B.Ed., Botany	2 Years
★ B.Ed., English	2 Years	★ B.Ed., Zoology	2 Years
★ B.Ed., Mathematics	2 Years	★ B.Ed., Commerce	2 Years
★ B.Ed., Physics	2 Years	★ B.Ed., History	2 Years
★ B.Ed., Chemistry	2 Years	★ B.Ed., Computer Science	2 Years

PG COURSE

M.Ed., Education
2 Years



Education



UNIVERSITY LEVEL FIRST IN ENGLISH

Achievement of Vivekanandha College of Education

Our student named **A. Yasodha** of vivekanandha college of education for women has received two gold medals from hon'ble governer of Tamil Nadu state government, for achieving state first in english subject through the exam conducted by Tamil Nadu Teachers education universtiy in academic year 2015 - 2017.

Our Chairman "Vidhya Rathna" **Prof .Dr. M. Karunanithi, B.Pharm, M.S., Ph.D., D.Litt.**, Our Chief Executive **Mr . M. Chokalingam, M.Sc., B.Ed.**, Principal **Dr.S.Indira** and all the other Assistant Professors of VCED have blessed the student.



VIVEKANANDHA COLLEGE OF EDUCATION FOR WOMEN

INTERNATIONAL CONFERENCE

An International conference has held in Tiruchengode at Elayampalayam Vivekanandha college of education for women on 25.01.2018. The title is making use of modern technology in improving the status of teacher education based on new trend. The chairman of Vivekanandha Educational Institutions "Vidhya Rathna" **Prof .Dr. M. Karunanithi, B.Pharm, M.S., Ph.D., D.Litt.**, has inaugurated the function. The Principal of Vivekanandha college of education for women **Dr. S. Indira** have given the welcome address.



DISTRICT LEVEL SPORTS AND CULTURAL MEET

ACHIEVEMENT OF VIVEKANANDHA COLLEGE OF EDUCATION FOR WOMEN

Sports and cultural competition was held in-between the various education colleges of Namakkal district, which is conducted through Tamil Nadu Teachers Education University.

Our Vivekanandha college of Education for women students named **K. Revathi** has won the first prize in singing competition and **M. Saranya** has won the first place and **S.Ragavi** has won the third place in long jump. Student named **S. Ragavi, M. Saranya, M.Ellakiya** and **R. Vijayalakshmi** has won the first place in relay and they have also selected for zonal level competition. The Chairman of Vivekanandha Educational Institutions "Vidhya Rathna" **Prof .Dr. M. Karunanithi, B.Pharm, M.S., Ph.D., D.Litt.,** has blessed all the winners.



National Workshop on Preparation of Research Tool and Pilot Study

A **National Level Workshop** has held in Thiruchengode at Elayampalayam Vivekanandha College of Education For Women on 25.11.2017. It is Inaugurated by Our Chairman Vidhya Rathna" **Prof .Dr. M. Karunanithi, B.Pharm, M.S., Ph.D., D.Litt.,** and Our Principal **Dr. S.Indira** given the welcome address. The chief guest named **Prof. R.D.Padmavathi** of Tejpur University and **Prof.R.Rajalakshmi** of Tamil Nadu teachers Education University have presented Research paper on advanced education and also have explained how to make tools for it. The Principals, Research scholars, Assistant Professors of various educational universities, students of all Vivekanandha Educational Institution has participated in it.

Inauguration of the B.Ed. for the Academic Year 2017 - 18



Hands join together for good happenings: Inaugural function of B.Ed. 2017 – 2018 begins with eminent.



Inspiration makes integration: B.Ed. 2017 –18 Batch was key addressed by Dr. K. Sreeraaghanidhi Arthanareeswaran, Joint Secretary, Vivekanandha Educational Institutions for Women.



Light Enlightens : The Management, Staff, Pre-service teachers and Parents come together to light the Kuthuvizhaku on the occasion of B.Ed. first year 2017 – 2018 Inauguration on 2nd August 2017.

Teachers Day Celebration



We were celebrated the Teachers Day on 5th of September 2017.

Tree Planting



VCED Staff and Students put their hands together to plant the saplings by having Mr. M. Chokkalingam, Chief Executive, Vivekanandha Educational Institutions as Chief Guest on 14 September, 2017.

Value added Programme



Value added programme conducted to our B.Ed students on the entitle 'Recent Trends in Multimedia and tally' on 10.08.2017.

Yoga and Meditation Programme



Were conducted by Swami Acharya Amritaksharanandha Avadhut, Yoga trainer for south india from anadha marga mission, kokata for three days from 25.09.2017 to 27.09.2017

PLACED STUDENTS OF VIVEKANANDHA COLLEGE OF EDUCATION FOR WOMEN



INDUJA . P
G.V.N MATRIC



KANAGA . S
G.V.N MATRIC



GOWSHALYA DEVI . R
G.V.N MATRIC



SRIKOWSALYA.P
G.V.N MATRIC



SANGEETHA.V
G.V.N MATRIC



SANGEETHA . K
G.V.N MATRIC



BRINDHA . V
G.V.N MATRIC



NANDHINI . J
VIDHYA BHARATHI



KAVI PRIYA . J
G.V.N MATRIC



CHARUMATHI.E
G.V.N MATRIC



SOWNDHARAYA.R
G.V.N MATRIC



SUJITHRA . T
G.V.N MATRIC



MARUTHIVIDHYA . S
G.V.N MATRIC



PRIYA . M
G.V.N MATRIC



BRAVTHA . A
G.V.N MATRIC



THAVAMANI
G.V.N MATRIC



ROOBA . M
VIDHYA BHARATHI



RAMYA.J.K
VIDHYA BHARATHI



PAVITHIRA.M
VIDHYA BHARATHI



RAMYA.M
VIDHYA BHARATHI



INDUMATHI . C
CHANDRA SELLAPPAN



RAMYA.K
CHANDRA SELLAPPAN



DIVYAPRIYA . S
CHANDRA SELLAPPAN



UMASHANKARI. G
CHANDRA SELLAPPAN



RAMYA . V
CHANDRA SELLAPPAN



RAMYA . B
CHANDRA SELLAPPAN



CHITRA . S
CHANDRA SELLAPPAN



ANANDHI . P
CHANDRA SELLAPPAN



MONISHA M . S
CHANDRA SELLAPPAN



KEERTHANATHANGAM . P
CHANDRA SELLAPPAN



KAVIBHARATHI . A
CHANDRA SELLAPPAN



HARANI PRIYA . R
CHANDRA SELLAPPAN



VIJAYA BHARATHI . S
CHANDRA SELLAPPAN



NITHYA . K
CHANDRA SELLAPPAN



NANDHINI . S
S.R.MATRIC



SOWMIYA . S
S.R.MATRIC



SANGEETHA . K
S.R.MATRIC



KAVITHA . P
S.R.MATRIC



MEENA . G
S.R.MATRIC



SUKILA.P
S.R.MATRIC

STUDENT WERE PARTICIPATED IN VARIOUS PROGRAMMES

BOOK EXHIBITION



Our Vivekanandha Educational Institutions had arranged Mega Book Exhibitions, at Vivekanandha central Auditorium, many book publishers were exhibit their books, our students and staff visited on 11th of September 2017 and purchased many books in different titles.



Reading is feeding: Our student-teachers along with faculties visited the the Book Fair conducted by VEI on 12 September, 2017.

Educational Tour



Educational Tour Our First year B.Ed students went to an educational tour to Munnar & Wonderla on 19th & 20th of November 2017. Our second year students went to an educational tour to Cochin & Wonderla on 21st & 22nd of March 2017.

Blood Donation awareness Programme



Blood donation awareness programme held on 12.10.2017 in the VIIMS seminar hall, Dr.Samual from Vivekanandha Medical Care Hospital, conducted this awareness programme

SPECIAL SCHOOL VISIT



Our students were visited Sivabakkiam Home for Differently Abled Children on 13th of October 2017 for Educational Psychology.

ONE DAY EDUCATIONAL FIELD TRIP TO GANDHI ASHRAM



Students were taken into an Educational field trip which has been suggested in the course of study to Gandhi Ashram, Namakkal Dt. On 16.03.2018.

SPEECH COMPETITION



Students were participated in Speech Competition and won the prizes.

Food Day



Food day had celebrated by our B.Ed first and second year students on 9th of April 2018.

68th Republic Day Celebration



VCED B.Ed Student-teachers Marching on the occasion of 68th Republic Day celebration celebrated on 26 January, 2018 with flag hoisting.

MEHENTHI COMPETITION



Students were participated in Mehenthli Competition and won the prizes.

LARGEST ANEMIA SCREENING CAMP FOR WOMEN



VCED B.Ed Student-teachers attended Largest Anemia Screening Camp for Women on 17.04.2018.

CULTURAL DAY CELEBRATIONS



On the occasion of Pongal Celebration, all the Principals, Staff & Students of vced workshipped the nature God on 20 January, 2018. The celebration presided over by 'Vidhya Rathna' Prof. Dr. M. Karunanithi, Chairman&Secretary, Vivekanandha Educational Institutions for Women along with the Management staff.

SPORTS COMPETITION



TamilNadu Teachers Education University conducted the District level sports Competition 2017-2018.

GOVERNMENT JOB

Our passed out B.Ed Students are Eligible for TET Exam, and Students those who have completed PG with B.Ed , are eligible for PG TRB Exam.

EDUCATIONAL TECHNOLOGY

The study and ethical practice of facilitating learning and improving performance by creating, using, and managing appropriate technological processes and resources"



Both physical hardware and educational theoretic. It encompasses several domains including learning theory, computer-based training, online learning, and where mobile technologies are used, m-learnin.



Theory and practice of educational approaches to learning.

- ◆ Technological tools and media
- ◆ Massive online courses,
- ◆ Educational technology for learning management systems (LMS)
- ◆ Curriculum management, and education management information systems (EMIS).
- ◆ Back-office management, such as training management systems
- ◆ Learning Record Store (LRS) for learning data storage and analysis.
- ◆ Educational technology itself as an educational subject; such courses may be called "Computer Studies" or "Information and communications

STRESS

- ◆ Take a break by doing jumping jacks, or running in place in a dorm room; predetermine a number of sets and rounds before starting.
- ◆ Take a walk with friends, classmates, or alone (e.g., walk up and down your street in well lit safe areas).
- ◆ Jump rope – having a jump rope handy is a very simple way to reduce stress, strengthen bones, and obtain cardio exercise; set a timer and aim for at least 10 minutes at a time and total of at least 30 minutes throughout the day. For those on a second floor try running and down the stairs.
- ◆ Listen to recorded script for deep breathing exercises or guided imagery (if need audio recording or can self-guide); set a timer and aim for 5-10 minutes.
- ◆ If have the tendency to stress eat, replace high sugar and high-fat content food with fruits and vegetables. Keep the healthy snacks in sight within arm's reach.
- ◆ Make it a rule no snacking after dinner-instead drink herbal tea or ask for a carbonated water machine then flavor with fruit juice accents.
- ◆ Go to your student library and request a yoga DVD or check out a video on YouTube.

TIPS FOR COLLEGE STUDENTS

- ◆ Entering college is a pivotal transitional period for most young adults. It is also a key age to prevent obesity and chronic disease by developing healthy eating and exercise habits.
- ◆ College students are prone to practicing unhealthy eating and lifestyle habits, such as pulling all-nighters to finish assignments and study for exams, relying heavily on caffeine, energy drinks, sugar to stay awake and eating foods that are high in fat and sugar for comfort.
- ◆ In addition, the periods of the most rapid weight gain for adults is in their twenties, which may result in excess weight gain and body fat throughout life.

SOCIAL SITUATION

- ◆ Meet friends for hike dates or walks in parks instead of at sit-down cafes and restaurants.
- ◆ If going to a party, eat a healthy and filling snack before so you don't over eat calorically dense snacks. Also, avoid the snack area altogether by dancing or talking to people in other rooms. Standing right next to the snack table makes it hard to resist eating all of the yummy options.
- ◆ If planning to drink alcohol, steer clear of flavored, sweetened, and/or mixed drinks. These options are particularly high in added sugars and calories. Keep in mind that 1 gram of alcohol has seven calories, so even if you choose lower - calorie options, the empty calories can still add up quickly. Alcohol also inhibits your ability to make sounds choices –and you may find yourself eating foods that don't serve your body well all while taking in excessive liquid calories.
- ◆ Watch out for mindless eating! Eating while standing, chatting or out of boredom. Try to practice these mindful eating practices
- ◆ Alternate alcoholic drinks with water to stay hydrated and reduce caloric intake. Find a friend who also wants to cut down on alcohol intake for moral support.

WHAT COLLEGES CAN DO TO HELP EMPOWER STUDENTS TO BE HEALTHIER?

- ◆ Nutrition educators on campus can help provide guidance for students when making cafeteria food choices and other self-regulatory skills, such as planning, time-managing, and self-monitoring, to maintain healthful behaviors in a college setting.
- ◆ Campus Health Centers can offer weekly or bi-weekly nutrition-related workshops to help students set goals on getting more exercise and/or improving their diet. These workshops can also provide social support, particularly to students who are leaving home for the first time, and establish outcome expectations.
- ◆ Universities can provide cooking courses for students to enroll and learn how to prepare and cook to strengthen students' self-efficacy.
- ◆ Campus dining hall managers can work closely with nutrition educators to provide labeling on healthier food items that are, including 500 calories or less, no added sugar, and low sodium. Food preference labels can also be provided, such as gluten-free, vegetarian, or vegan.

மாணவர்கள் அதிக மதிப்பெண்பெற படிக்கும் வழிமுறைகள்

- ◆ முழு மதிப்பெண் எடுக்கும் நோக்கத்தை மனதில் பதியவைத்துக்கொள்ள வேண்டும்
- ◆ வகுப்பில் நடத்திய பாடத்தை அன்றே படிக்க வேண்டும், இது புரிந்து படித்தலுக்கு பெரிதும் உதவும்
- ◆ வகுப்பில் நடத்தும் பாடத்தினை தங்களுக்கு புரியும் வண்ணம் குறிப்பு எடுத்துக்கொள்ள வேண்டும்
- ◆ அனைத்து தேர்வினையும் தவறாமல் எழுத்த வேண்டும், தவறான விடைகளை உடனே ஆசிரியரின் உதவியுடன் தெளிவு படுத்திக்கொள்ள வேண்டும்
- ◆ தேர்வின் பொழுது வரும் பயத்தினை முற்றிலும் தவிர்த்துக்கொள்ளவேண்டும்
- ◆ விடை எழுதும் பொழுது முக்கிய குறிப்புகளை அட்டவணையிட்டோ அல்லது வேற வண்ணங்களில் வேறுபடுத்திக் காட்டுவதன் மூலம் மதிப்பெண் அதிகரிக்கும்.
- ◆ அரசு தேர்விற்கு சில நாட்கள் அல்லது மாதத்திற்கு முன்பே அனைத்து பாடத்தையும் படித்து முடித்துவிட வேண்டும்.
- ◆ அதன் பிறகு கால அட்டவணையிட்டு திரும்ப அனைத்து பாடத்தையும் திருப்பிப்பார்க்க வேண்டும்.
- ◆ மறக்கும் விடைகளை திரும்ப திரும்ப படித்து, எழுதி பார்க்க வேண்டும். அரசு தேர்விற்கு செல்லும் முன்பு எழுது பொருட்களை கவனமாக தயார்படுத்திக்கொள்ளவேண்டும்.முடிந்தவரை கூடுதலாக வைத்துக்கொள்ளல் நன்மை பயக்கும்.
- ◆ தேர்விற்கு அரைமணிநேரத்திற்கு முன்னரே படிப்பதை முடித்துக்கொள்ள வேண்டும். இது மனதை தெளிவாகவும், அமைதியாகவும் வைத்துக்கொள்ள உதவும்.

தேர்வின் பொழுது உடல்நலத்தை பராமரிக்கும் முறைகள்

- ◆ தினமும் ஆறு மணி நேரம் தூங்க வேண்டும் (இரவு 10 மணி முதல் காலை 4 மணி வரை)
- ◆ பழம், காய்கறிகள் மற்றும் கீரைகளை தினமும் உணவில் சேர்த்துக்கொள்ளல் வேண்டும்
- ◆ துரித வகை உணவுகள் மற்றும் இறைச்சியை முற்றிலும் தவிர்த்தல் நல்லது .
- ◆ யோகா மற்றும் உடல் பயிற்சியை தினமும் செய்வதன் மூலம் மனம் மற்றும் உடல் நலம் பெரும்.
- ◆ அமைதியான சூழல், இயற்கை காற்றுள்ள பகுதியை படிப்பதற்கு தேர்வு செய்துகொள்ளல் நன்மை பயக்கும்.





Vidhya Rathna,

Prof. Dr. M. KARUNANITHI, B.Pharm., M.S., Ph.D., D.Litt.,
Chairman & Secretary.

VIVEKANANDHA EDUCATIONAL INSTITUTIONS

TIRUCHENGODE CAMPUS

- ★ VIVEKANANDHA COLLEGE OF ENGINEERING FOR WOMEN (AUTONOMOUS)
- ★ VIVEKANANDHA COLLEGE OF TECHNOLOGY FOR WOMEN
- ★ VIVEKANANDHA COLLEGE OF ARCHITECTURE FOR WOMEN
- ★ VIVEKANANDHA INSTITUTE OF INFORMATION AND MANAGEMENT STUDIES
- ★ VIVEKANANDHA DENTAL COLLEGE FOR WOMEN
- ★ VIVEKANANDHA COLLEGE OF NURSING
- ★ SWAMY VIVEKANANDHA COLLEGE OF PHARMACY (Girls only)
- ★ VIVEKANANDHA INSTITUTE OF HEALTH SCIENCE & RESEARCH
- ★ KRISHNA INSTITUTE OF HEALTH SCIENCE
- ★ VIVEKANANDHA SCHOOL OF ANM
- ★ VIVEKANANDHA COLLEGE OF ARTS AND SCIENCES FOR WOMEN (AUTONOMOUS)
- ★ VIVEKANANDHA COLLEGE FOR WOMEN
- ★ VIVEKANANDHA COLLEGE OF EDUCATION FOR WOMEN
- ★ KRISHNA COLLEGE OF EDUCATION FOR WOMEN
- ★ KRISHNASHREE COLLEGE OF EDUCATION FOR WOMEN
- ★ VIVEKANANDHA VIDHYA BHAVAN MATRIC HIGHER SECONDARY SCHOOL
- ★ VIVEKANANDHA MEDICAL CARE HOSPITAL
- ★ ALLWIN GROUP OF COMPANIES
- ★ M.K.G. FOODS AND FEEDS
- ★ M.K.G. ENTERPRISES

SANKARI CAMPUS

- ★ VIVEKANANDHA ARTS AND SCIENCE COLLEGE FOR WOMEN
- ★ VIVEKANANDHA NURSING COLLEGE FOR WOMEN
- ★ VIVEKANANDHA PHARMACY COLLEGE FOR WOMEN
- ★ VIVEKANANDHA INSTITUTE OF HEALTH SCIENCE
- ★ RABINDHARANATH TAGORE COLLEGE OF EDUCATION FOR WOMEN
- ★ VISWABHARATHI COLLEGE OF EDUCATION FOR WOMEN
- ★ RABINDHARANATH TAGORE COLLEGE OF PHYSICAL EDUCATION FOR WOMEN
- ★ VIVEKANANDHA ANM SCHOOL

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