



# VIVEKANANDHA COLLEGE OF EDUCATION FOR WOMEN

(Affiliated to Tamil Nadu Teacher's Education University, Chennai,  
Approved by NCTE, Accredited by NAAC )  
Elayampalayam - 637 205, Tiruchengode Tk.,  
Namakkal Dt., Tamil Nadu.

**NEWSLETTER**  
**( 2023 - 2024 )**







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 the Angammal Educational Trust in the year 2005. 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

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. It sounds strong to say that our B.Ed., & M.Ed., students gain University Rank and came out with above 100% results. The College is molding the future citizens of India. With the idea & qualities of simplicity, Service & Selfless Sacrifice.

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

“Our College of Education will be a world leader in the integration of teaching and learning. Advancement of the knowledge-base through research, scholarship and leadership, in service and outreach. Further, the college will be involved in preparing teachers who provide leadership and exemplary educational and related services to improve the lives of women in a changing complex global society”.

## MISSION

Vivekanandha College of Education for Women have 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 and
- \* 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**

## *School Internship Programme*

The 2nd year B.Ed. students of VCED went for their school internship programme for 16 weeks to the neighbouring schools from 1st August to 18th January 2024.



## *B.Ed. & M.Ed. Inauguration for the Academic Year 2023-2024*

### **Hands join together for good happenings :**

Inaugural function of B.Ed. 2023-2024 begins with eminent.

### **Light Enlightens :**

The Management, Staff, Student teachers and parents come together to light the kuthuvizhakku on the occasion of B.Ed. & M.Ed. first year 2023 - 2024 inaugurations on 27th October 2023.



## Bridge Course

One day bridge course was given to our B.Ed. & M.Ed. students on 2nd November 2023. Dr. J. Sasipriyaa, the Principal, Vivekanandha College of Education for Women conferred session to the students on the functioning of the college and the curriculum of the B.Ed. and M.Ed. programmes. This session gives an idea of the vision of this institution and what they are going to do in the forthcoming academic year.



## *Orientation Programme*

To enrich the prospective teacher's competency in various skills, we organized a orientation programme from 3rd to 8th November 2023 comprising of various topics like Psychology in Education, Health & Hygiene, Communicative English, “அச்சம் தவிர்”. We sincerely acknowledge the support of our Management, principal's, HOD'S, Professors, Assistant Professors and staff members of our institutions for conducting this programme successfully.



## Skill Development Courses

As per our chairman guidance skill development courses are introduced to our B.Ed and M,Ed Students. Our B.Ed. students are enrolled in Beautician, Aari work, MS and Tally, English for job aspirants and M.Ed Students are enrolled in SPSS course. Mrs. P. Malarvizhi has appointed as co-coordinator for Skill Development courses




 தமிழக அகாடமி

விவேகானந்தா கல்லூரியில் ஆரி  
எம்பிராய்டிங் ஆடை பயிற்சி முகாம்

U. 3353 பிற்பகல், 06 சூழிதல் 47 மீட்டர்கள்

[illegible]

தீர்ப்பாயிற்று (தூய்மைசிறப்பு). விழுந்தீரானால் கைது  
பெறாது. ஆரிசலவோராய்வுபயிற்றிப்போன கைவை  
கனிச்சு. ஆரிசலவோரானாயிற்றுக்கு ஆரிசலவோராய்வு  
தூய்மைசிறப்பு. தூய்மைசிறப்பு. தூய்மைசிறப்பு. தூய்மைசிறப்பு.

 **தேசியப் படிக்க வேண்டிய செய்தியைப் பதிவிடுங்களும்**



## Club Activities

New innovative club activities programme initiated from last academic year 2023-24. It is going on in this academic year also and it is a gateway to the student teachers to explore their talents. Every Friday afternoon we are conducting the club activities major wise.



### *Educational Field Trip*

One day Educational Field Trip to Gandhi Ashram for our B.Ed. on 28th Decembar 2023. The students visited the Ashram grasp the idealogy of Mahatma Gandhiji by photos and short documentary on the life of Mahatma Gandhi depicting his contribution in freedom struggle.



### *Special School Visit*

We arranged One day visit to Sivabakkiyam Special School for our First year B.Ed Students on 4th December 2023.



### *Practice: Micro Teaching Skills*

A demo and practice on various micro teaching skills were undergone from 5th January to 9th January 2024. The students were divided into small groups and they demonstrate the skills in small groups under the supervision of the Teacher Educators.



## *Pongal Festival*

We celebrated Pongal festival on 12th January 2024 which included the various cultural activities and fun games, which creates the social bonding among the students



## *Swayam - Orientation Programme*

SWAYAM Course - Orientation Programme organized for our first year B.ED/M.ED students on 22.01.2024



### *TNTEU - B.Ed. & M.Ed. Examination*

We conducted TNTEU, second year B.Ed. Practical Examination held on 3th & 4th March 2023 in our VCED for the academic year 2023-2024.



## *Women's Day*

Our College has celebrated Women's day on 8th March in a grand manner and we issued the certificates and medals to the winners.



## *Sports Activities*

College has conducted annual day celebration on 16th March and Sports day celebration on 15th March in a grand manner and we issued the certificates and medals to the winners..



## *Stem Park Visit*

We arranged One day visit to Stem Part, Erode for our First year B.Ed Students on 15 th April 2024.



## *Eye Donation Awareness Camp*

College has conducted Eye Donation Awareness Camp on 25th April.



## GENERAL TIPS FOR 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.

### 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 a total of at least 30 minutes throughout the day. For those on a second floor try running up 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.

### 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 overeat 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 sound 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 மதிப்பெண் பெற படிக்கும் வழிமுறைகள்

- ♦ முழு மதிப்பெண் எடுக்கும் நோக்கத்தை மனதில் பதியவைத்துக்கொள்ள வேண்டும்.
- ♦ வகுப்பில் நடத்திய பாடத்தை அன்றே படிக்க வேண்டும் இது புரிந்து படித்தலுக்கு பெரிதும் உதவும்.
- ♦ வகுப்பில் நடத்தும் படத்தினை தங்களுக்கு புரியும் வண்ணம் குறிப்பு எடுத்துக்கொள்ள வேண்டும்.
- ♦ அனைத்து தேர்வினையும் தவறாமல் அழுத்த வேண்டும் தவறான விடைகளை உடனே ஆசிரியரின் உதவியுடன் தெளிவு படுத்திக்கொள்ள வேண்டும்.
- ♦ தேர்வின் பொழுது வரும் பயத்தினை முற்றிலும் தவிர்த்துக்கொள்ளவேண்டும்.
- ♦ விடை எழுதும் பொது முக்கிய குறிப்புகளை அட்டவணையிடலோ அல்லது வேற வண்ணங்களின் மூலம் 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. அரூசு தேர்விற்கு செல்லும் முன்பு எழுது பொருட்களை கவனமாக தயார்படுத்திக்கொள்ளவேண்டும்.முடிந்தவரை கூடுதலாக வைத்துக்கொள்ளல் நன்மை பயக்கும்.
- ✦ வகுப்பில் நடத்தும் படத்தினை தங்களுக்கு புரியும் வண்ணம் குறிப்பு எடுத்துக்கொள்ள வேண்டும்.
- ✦ தேர்விற்கு அரைமணிநேரத்திற்கு முன்னரே படிப்பதை முடித்துக்கொள்ள மனதை தெளிவாகவும், அமைதியாகவும் வைத்துக்கொள்ள உதவும்.

#### தேர்வின் பொழுது உடல்நலத்தை பராமரிக்கும் முறைகள்

- ✦ தினமும் ஆறு மணி நேரம் தூங்க வேண்டும் ( இரவு 10 முதல் காலை 4 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.
- ✦ தேர்வின் பொழுது வரும் பயத்தினை முற்றிலும் தவிர்த்துக்கொள்ளவேண்டும்.
- ✦ 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 and Secretary

The Architect of VIVEKANANDHA  
EDUCATIONAL INSTITUTIONS., an  
Eminent Educationist with profound  
experience and unique vision.



## VIVEKANANDHA EDUCATIONAL INSTITUTIONS

### TIRUCHENGODE CAMPUS

- ★ SWAMY VIVEKANANDHA MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE
- ★ VIVEKANANDHA DENTAL COLLEGE FOR WOMEN
- ★ SWAMY VIVEKANANDHA COLLEGE OF PHARMACY
- ★ VIVEKANANDHA COLLEGE OF NURSING
- ★ VIVEKANANDHA SCHOOL OF ANM
- ★ SWAMY VIVEKANANDHA PHYSIOTHERAPY COLLEGE
- ★ VIVEKANANDHA ALLIED HEALTH SCIENCE COLLEGE (Co-Ed)
- ★ KRISHNA INSTITUTE OF OPTOMETRY AND RESEARCH
- ★ VIVEKANANDHA INSTITUTE OF HEALTH SCIENCE & RESEARCH (Boys)
- ★ KRISHNA INSTITUTE OF HEALTH SCIENCE (Boys)
- ★ VIVEKANANDHA COLLEGE OF ENGINEERING FOR WOMEN (AUTONOMOUS)
- ★ VIVEKANANDHA COLLEGE OF TECHNOLOGY FOR WOMEN
- ★ VIVEKANANDHA INSTITUTE OF INFORMATION AND MANAGEMENT STUDIES
- ★ 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 (VMCH)
- ★ THIRU BALAJI SCAN CENTER
- ★ ALLWIN GROUP OF COMPANIES
- ★ M.K.G. FOODS AND FEEDS
- ★ M.K.G. ENTERPRISES

### SANKAGIRI CAMPUS

- ★ SWAMY VIVEKANANDHA NATUROPATHY AND YOGA MEDICAL COLLEGE (Co-Ed)
- ★ VIVEKANANDHA PHARMACY COLLEGE FOR WOMEN
- ★ VIVEKANANDHA NURSING COLLEGE FOR WOMEN
- ★ VIVEKANANDHA ANM SCHOOL
- ★ VIVEKANANDHA INSTITUTE OF HEALTH SCIENCE (Boys)
- ★ VIVEKANANDHA ARTS AND SCIENCE COLLEGE FOR WOMEN
- ★ RABINDHARANATH TAGORE COLLEGE OF EDUCATION FOR WOMEN
- ★ VISWABHARATHI COLLEGE OF EDUCATION

\*\*\*

Tiruchengode - 637 205, Namakkal Dt., Tamil Nadu.

Sankagiri - 637 303, Salem Dt., Tamil Nadu.

Tel : 04288 - 234670 (4 Lines),

Mobile : 94437 34670, 99655 34670, 94425 34564, 97888 54417

Website : [www.vivekanandha.ac.in](http://www.vivekanandha.ac.in) email : [vivekaadmission@gmail.com](mailto:vivekaadmission@gmail.com)