



# 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**  
**( 2022 - 2023 )**







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

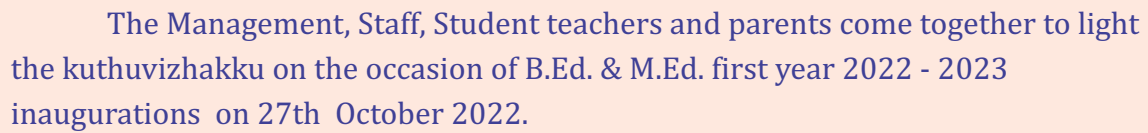
### PG COURSE

**M.Ed., Education**  
2 Years



**Education**





## *One Day Bridge Course*

One day bridge course was given to our B.Ed. & M.Ed. students on 2nd November 2022. Dr. J. Sasipriyaa, Principal, Vivekanandha College of Education for Women presented session to the students, functioning of the college and the curriculum of the B.Ed. and M.Ed. programmes.



## *Orientation Programme*

To enrich the prospective teacher's competency in various skills, we organized orientation programme from 3rd to 8th November 2022 comprising of various topics





### *Skill Development Courses*

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 (Statistical Package for Social Sciences) course





## *Club Activities Programme For Social Science Club*

Department of Tamil and history, organized “social science Club” function was held on 25th of November 2022. Social science club is an organization to promoting historical literacy and to facilitating interaction between students and faculties. This club is recommended for students pursuing careers in Education or public history.



### *Our New And Renovated College*

Our new and renovated College office, digital library and well equipped laboratories opened by our Honorable chairman and secretary sir and Vice Chairman sir on 14.12.2022



## Awareness Programme

As per the instruction of our Namakkal collector we screened the Movie 'NAM AASIRIAYR' for our B.Ed and M.Ed students which create the awareness about Education for Children.





## Science Club

Department of Physical Science and Bio-Science organized the “Science Club” function on 17th of December 2022. The students motivate them to get scientific knowledge. Activities are designed primarily to introduce students to undertake interesting/exciting science and technology projects



## *Skill Development*

Our B.Ed Students attended the c-cube technology skill development workshop on 19.12.2022 organised by Skill Development department.





## *Educational Field Trip To Mettur Dam*

We arranged One day Educational field trip to Mettur Dam for our First year B.Ed Students on 20th December 2022





## *Ramanujam Day Celebration*

Our student teachers celebrated Ramanujam Day on 22.12.2022 organised by Mathematics department students.



### *Educational Field Trip*

One day Educational Field Trip to Gandhi Ashram for our B.Ed. on 28th December 2022. The Ashram visit helps the students to grasp the ideology of Mahatma Gandhiji . In the Ashram students saw the rare photos and short documentary on the life of Mahatma Gandhi depicting his contribution in freedom struggle.



## *Personality Development Programme*

Personality development programme , SWOT Analysis , Ice Breaking Session, soft skills and life Skill technique are given by Dr. J. Sasipriyaa, the Principal, Vivekanandha College of Education for Women.





## *Pongal Festival*

We celebrated Pongal festival on 13th January 2023 which included the various cultural activities and fun games, which creates the social bonding among the students.



## *Swayam Course Orientation Programme*

SWAYAM Course orientation programme organized for our first year B.Ed/M.Ed students on 21.01.2023.





## *Intelligentsia Club*

Our VCED, KCED and KCSED Colleges Department of English “Intelligentsia Club” organized club function on 09.2.2023. The students actively participated in this event. Literary club activities enable the students to articulate their ideas in a better way





## *Mathematics And Computer Science Department Function*

Mathematics and computer science Department Forum Function was held on 15.2.2023. The Mathematics and computer science students actively participated in this event.



## *Two-days Art And Craft Training*

VCED, KCED and KSCED colleges organized Two-Days Art and Craft Training Programme for our B.Ed. first and second year students on 17.02.2023. Mr.Palanivel, PG Assistant, Namakkal, served as a resource person and students get benefited related to their teaching practice. Our students were well trained in it and it was very useful and worthy for this B.Ed. Programme. Indeed the function was meaningful and well-organized.



## *Women's Day Celebration*

Women's day celebrated on 08th March 2023. Vidhya Rathna Prof. Dr. M.Karunanithi, Chairman and Secretary, Vivekanandha Educational Institutions and Hospitals, Tiruchengode and Sankari, presided over the function.

## *Biological Science Department Activists*

Our B.Ed. I year Biological Science Students from VCED, KCED and KSCED colleges arranged one day department visit to VICAS on 15th March 2023. Our students visited Zoological Museum, Botanical Garden and vermicompost unit.

Our First year B.Ed Biological science department 'ECO BOND' club conducted Fireless Cooking Competition on 20.03.2023 to enhance the creativity and cooking skills among the students.





### *Placement*

We opened placement cell from this year and Proper training given for the students to get a job. At present 4 VCED, KCED & KSCED students placed in our Vivekanandha Vidhya Bhavan Matric Higher Secondary school. We thank our honorable chairman sir, Dr. K. Sreeraaghanidhi Arthanareeswaran, Joint Secretary, Dr. Moula Devi, Principal Vivekanandha Vidhya Bhavan Matric Higher Secondary school for recruiting the students and many of our students are placed in various institutions.

### *Sports Activities And Cultural Activities*

From the last week of March onwards various sports activities and cultural activities were conducted and we selected the winners for annual day celebration.



## Cultural Activities

From the last week of March onwards various sports activities and cultural activities were conducted and we selected the winners for annual day celebration.



## 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. அரசு 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.

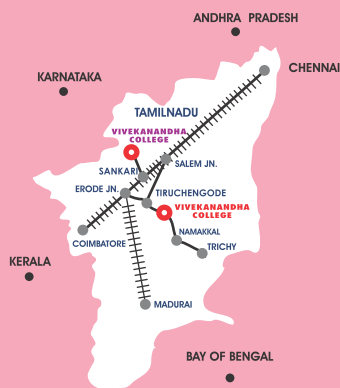
#### தேர்வின் பொழுது உடல்நலத்தை பராமரிக்கும் முறைகள்

- ✦ 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 FOR WOMEN

★★★

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