



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
(2025 - 2026)





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

Independence Day

Independence Day Was celebrated on 15.08.2025 in a grand manner



Teachers day

On September 6th 2025 Teachers day was celebrated in a unique and respectful manner.



M.Ed Practical

Tamil Nadu Teachers Education University M.Ed Practical held on 27.09.2025 and students successfully completed their Practical.



Bus Day

The campus was filled with excitement and smiles during the lively Bus Day celebrations on 29.9.2025.



Inauguration of the Academic Year 2025- 2026

The academic year 2025- 2026 began on 10th November 2025 for Vivekanandha College of Education for Women (VCED), **VidhyaRathna Prof. Dr. M. Karunanithi, Chairman and Secretary**, Vivekanandha Educational Institutions and Hospitals, Tiruchengode and Sankari, delivered the inaugural address.



School Internship Programme

The 2nd year B.Ed. Student Teachers of VCED went for their school internship programme for 16 weeks to the neighbouring schools from 17th September 2025 to 29th January 2026. B.Ed Second Year Students went to Internship Training. Various Schools are allotted in Namakkal District. During the training period our college Professors visit the schools of the trainee students.



Orientation for the First year B.Ed. Students

To enrich the prospective teachers' competency in various skills, we organized orientation programme from 13th November to 18th November 2025 comprising of various topics.



Ice breaking session: Dr.J.Sasipriya (Principal/VCED) on 13/11/2025.



Effective Communication the heart of language teaching : Mr. M. Tamil Selvan (Assistant Professor /VICAS) on 14/11/2025.



Anti-Drugs Program:Dr.S.K.Rajkumar (Principal /BPT/SVPC/) on 17/11/2025.



Health and Hygiene :Mrs. R. Saranya, (ASSOCIATE PROFESSOR/SVCP) ON 18.11.2025



Spiritual Programme-By Iskcon

Spiritual Programme was conducted by ISKCON on 21.11.2025. They taught about Bhagavad Gita. Students learnt the "Truth of Human Life".



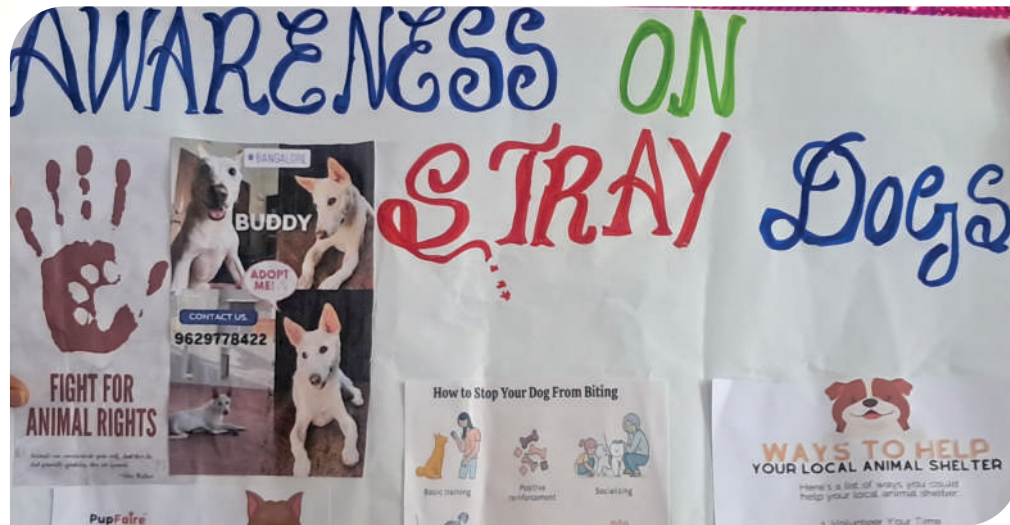
Election Oath Taking

Election Oath Taking was organized by our B.Ed / M.Ed Student Teachers and class incharges on 15.12.2025



Stray Dog Awareness Programme

As per Tamil Nadu Teachers Education University instruction STRAY DOGS AWARENESS PROGRAMME was conducted on 15/12/2025. Our Principal Dr. J. Sasipriyaa & Nodal officer Dr. P. Malarvizhi Ass.Prof /CS coordinate the Programme. Our B.Ed & M.Ed Students were actively participated and also presented the Charts, Posters, etc..



Ramanujam Day 22.12.2025

Our College celebrated the Srinivasa Ramanujan birth day (National Mathematics day) on 22/12/2025. B.ED Maths department students conducted the Quiz Programme, Maths Game & speech about Srinivasa Ramanujan. All B.ED students were actively participated.



Christmas & New Year Celebration

We celebrated Christmas & New Year Celebration in our College on 31.12.2025. Our Student Teachers cherished the both celebration at our campus.



National Youth Day

Our college conducted the National Youth day Programme on 12/01/2026. Our Principal delivered the speech on National youth day. In her speech, she highlighted the ideals and teachings of Swami Vivekanandha, emphasizing that the youth are the real strength and hope of the nation. Students displayed posters featuring inspirational quotes and images of Swami Vivekanandha.



Pongal Celebration

We celebrated Pongal festival on 13th January 2026. Student Teachers eagerly participated in this Celebration with joy. Student Teachers engaged in various cultural activities and fun games which created the social bonding among them.



Army Day

The primary aim of sensitizing the students about the Army Day dedicated to honoring the courage, discipline and sacrifice of our brave soldier and every 19th January reminds of army day. Our college Principal, delivered an inspiring and thought-provoking address on the occasion of Army Day. This program was successfully conducted by our students and gave a great honour to our army soldiers and profound sacrifices.



Republic Day celebration

77th Republic Day was celebrated on 26th January 2026 at the college ground. Our respected **Vice Chairman Dr. K. Krupanidhi**, hoisted the Indian National Flag and delivered the presidential address. A Republic Day holds great significance for India, as it unites the people across the nation and ignites a sense of patriotism in every Indian. Student Teachers participated in this Celebration which creates the National Unity and Integrity among the students.



Martyrs Day

Martrys' Day dedicated to reminding us to uphold peace unity and the values for which they sacrificed their lives. Every 30th January remains of Martrys' day. Our Principal highlighted to remember Mahatma Gandhi's contribution to India and his sacrifices during the freedom struggle. Students displayed posters featuring inspirational quotes and images of Soldiers. The Programme was effectively compered by Students and Staffs.



Kanchi Peetathipathi Sri Sankara Vijayendra Saraswathi Swamigal Daršana

Kanchi Peetathipathi Sri Sankara Vijayendra Saraswathi Swamigal graced our institution with his presence on 30/01/2026. All our management, students, staffmembers wereblessed by Kanchi Peetathipathi Sri Sankara Vijayendra Saraswathi Swamigal.



B.Ed. Practical Examination

The TNTEU, second year B.Ed. Practical Examination held on 24th & 25th February 2026 in our VCED College for the academic year 2024-2026.



Sports Day

Our VCED College celebrated Sports Day on March 3rd in a grand manner. The event was graced by our esteemed chief guests, Thiru P. Krishnan, Deputy Superintendent of Police, Thiruchengode and Tmt. R. Nagalakshmi Inspector of Police, Rural Police Station, Thiruchengode. They presented certificates and medals to the winners in recognition of their outstanding achievements.



Culturals Day

Our VCED College celebrated Culturals Day from March 4th to 6th in grand manner. The culturals provided the wonderful opportunity for students to showcase their talents, leaving them with a deep sense of satisfaction, appreciation for diversity, and cherished moments.



Annual Day

Our VCED College is celebrating its Annual Day on March 7th in a grand manner.



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.
- ◆ The first open heart surgery was performed by Dr.Daniel Hall Williams in 1893.
- ◆ In 1967 the first successful heart transplantation was performed in Cape Town South Africa.

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 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 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 அட்டவணைமிட்டு 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

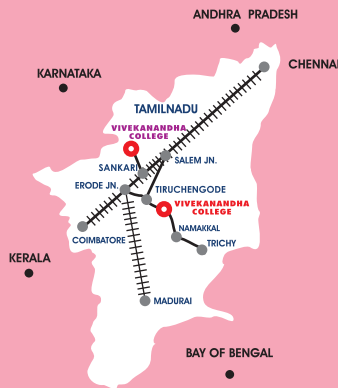
- ✦ தினமும் ஆறு மணி நேரம் தூங்க வேண்டும் (இரவு 10 முதல் காலை 4 வரை).
- ✦ பழம், காய்கறிகள் மற்றும் கீரைகளை தினமும் உணவில் சேர்த்துக்கொள்ளல் வேண்டும் .
- ✦ துரித வகை உணவுகள் மற்றும் இறைச்சியை முற்றிலும் தவிர்த்தல் நல்லது .
- ✦ யோகா மற்றும் உடல் பயிற்சியை தினமும் செய்வதன் மூலம் மனம் மற்றும் உடல் நலம் பெரும்.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

VIVEKANANDHA EDUCATIONAL INSTITUTIONS



'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.



TIRUCHENGODE CAMPUS

- ★ SWAMY VIVEKANANDHA MEDICAL COLLEGE HOSPITAL AND RESEARCH INSTITUTE
- ★ VIVEKANANDHA DENTAL COLLEGE FOR WOMEN
- ★ SWAMY VIVEKANANDHA COLLEGE OF PHARMACY
- ★ VIVEKANANDHA COLLEGE OF NURSING
- ★ SWAMY VIVEKANANDHA PHYSIOTHERAPY COLLEGE
- ★ VIVEKANANDHA ALLIED HEALTH SCIENCE COLLEGE
- ★ KRISHNA INSTITUTE OF OPTOMETRY & RESEARCH
- ★ 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
- ★ VIVEKANANDHA VIDHYA BHAVAN MATRIC HIGHER SECONDARY SCHOOL
- ★ VIDYAA VIKAS MATRIC HIGHER SECONDARY SCHOOL (MOREPALAYAM)
- ★ VIVEKANANDHA MEDICAL CARE HOSPITAL (VMCH)

SANKAGIRI CAMPUS

- ★ SWAMY VIVEKANANDHA NATUROPATHY AND YOGA MEDICAL COLLEGE
- ★ VIVEKANANDHA PHARMACY COLLEGE
- ★ VIVEKANANDHA NURSING COLLEGE FOR WOMEN
- ★ VIVEKANANDHA ARTS AND SCIENCE COLLEGE
- ★ RABINDHARANATH TAGORE COLLEGE OF EDUCATION FOR WOMEN
- ★ VISWABHARATHI COLLEGE OF EDUCATION FOR WOMEN



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