



CHAIRMAN & SECRETARY



KRISHNA COLLEGE OF EDUCATION FOR WOMEN

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

IQAC NEWSLETTER

August 2017 - August 2018





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

Krishna College of Education for Women was established by the Krishna Educational and Charitable Trust in the year 2006. This trust is a renowned, benevolent, charitable, educational trust was founded by Prof. Dr. M. KARUNANITHI, B.Pharm., M.S., Ph.D., D.Litt. He is an Educationist, a Philanthropist, a Chemist and an Industrialist.

Krishna College of Education for Women was established with the motive to impart exceptionally superior teacher education. The college is approved by NCTE, New Delhi, accredited with NAAC and affiliated to Tamil Nadu Teachers Education University, Chennai. The college bestow 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.

VISION

Krishna 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 multi-cultural in their outlook, the integration of teaching and learning, advancement of knowledge base through research and scholarship, leadership in service and out reach programmes, education to students, to develop multi disciplinary 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

Krishna 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

ACADEMIC ACTIVITIES

Inauguration of the B.Ed. for the Academic Year 2017 - 2018



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 Kuthuvizhakku on the occasion of B.Ed. first year 2017 – 2018 Inauguration on 2nd August 2017.

E- Logic and Multimedia Presentation



Technology Speaks: On 21st August 2017, pre-service teachers are given innovative teaching methodologies through E-Logic & Multimedia Presentation by Mr. K. Arun, Manager & Mr. Jegadeesh, Co-ordinator, E-Logic system, Knowledge center, Vivekanandha Educational Institutions for Women.



When I hear I forget; But when I do I remember: The innovative technology oriented teaching strategies were demonstrated by the Principals and staff.

One Day Seminar on Yoga in Modern Age



Education demands all round development : Yoga is being concentrated by the entire world as stress buster. One day Seminar on Yoga in Modern Age was inaugurated by the Principals having Mr. T. Ramesh, Yoga Master, Ulaga Samuthaya Seeva Sangam, Namakkal on 22nd August 2017.



A Sound Mind in a Sound Body: The learned Professors and all the fellow students actively participated in the yoga seminar led by Mr. T. Ramesh, Yoga Master, Ulaga Samuthaya Seeva Sangam, Namakkal on 22nd August, 2017.

Dengue Awareness Programme



Awareness reduces unnecessary burden: Dengue Awareness Programme conducted on 24th August, 2017. The Chief Guest Dr. Karunakaran, Physician, Government Hospital, Manikkampalayam, Namakkal who gave the key address was honoured by Dr. S. Arockiasamy, Principal, KSCED.



Dengue Awareness Programme conducted on 24th August, 2017. Dr. Karunakaran, Physician, Government Hospital, Manikkampalayam, Namakkal and his Team was honoured by Dr. D. Chitra, Principal, KCED.

Stress Coping Strategies



Integration depends on copeup: Stress Coping Strategies conducted on 30th August, 2017 having Dr. Samuel Agustina Lata Jeyaraj, as Chief Guest from Department of MBA, Vivekanandha College of Arts & Sciences for Women.

Teacher's Day Celebration



Dr. D. Chitra, Principal, KCED was honoured by the Student-teacher on the occasion of Teacher's Day Celebration on 05th September, 2017.



Student-teachers presented their cultural programme as thanks giving to their teacher-educators on the occasion of Teacher's Day Celebration on 05th September, 2017.

Book Fair



Reading is feeding: Our student-teachers along with faculties visited the Book Fair conducted by VEI on 11th September, 2017.

Tree Plantation



Trees are the soul of our Earth: Saplings were planted in and around the Vivekanandha Campus on 14th September, 2017 by the staff and students. It was inaugurated by Mr. M.Chokkalingam, Chief Executive, Vivekanandha Educational Institutions.



KCED & KSCED 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 14th September, 2017.

HIV / AIDS Awareness Programme



HIV/AIDS Awareness Programme conducted on 23rd September, 2017 in our KCED & KSCED. The Chief Guest Mr. N. R. Vaideeswaran, External Faculty at Petroleum Conservation Research Association (PCRA), Chennai was honoured by Dr. S. Arockiasamy, Principal, KSCED in the forenoon session.

Awareness on Energy Conservation Programme



Awareness on Energy Conservation Programme conducted in the Afternoon Session on 23rd September, 2017 in KCED & KSCED. The Chief Guest Mr. N. R. Vaideeswaran, External Faculty at Petroleum Conservation Research Association (PCRA) on the dias.

Eye Check-up Camp



Inauguration of Two-day Eye Check-up Camp on 5th & 6th October, 2017 organized by KCED & KSCED. Mrs. G. Vijayalakshmi, Ophthalmologist, in-charge and Co-ordinator of Vivekanandha Eye Care Hospital Examined the Students.



Two-day Eye Check-up Camp on 5th & 6th October, 2017 organized by KCED & KSCED. Mrs. G. Vijayalakshmi, Ophthalmologist, in-charge and Co-ordinator of Vivekanandha Eye Care Hospital Examined the Students

Dental Check-up Camp



A Dental Checkup cum Awareness Programme organized by KCED & KSCED on 6th October, 2017. Mrs. G. Vijayalakshmi, Ophthalmologist, in-charge and Co-ordinator of Vivekanandha Eye Care Hospital and her team Examined the Students under the supervision of Dr. S. Arockiasamy, Principal, KSCED.

Inauguration of YRC cum Blood Donation Camp



Youth Red Cross (YRC) established and Inaugurated by KCED & KSCED on 11th October, 2017. Dr. K. S. Loganathan, Head, Dept. of Economics & YRC Co-ordinator, Thiruvalluvar Govt. Arts College was the Chief Guest. Dr. S. K. Rajkumar, Executive Officer, Vivekanandha Medical Care Hospitals who presided over the camp was honoured by Dr. D. Chitra & Dr. S. Arockiasamy, Principals of KCED & KSCED.



Blood Donation Camp organized by KCED & KSCED on 11th October, 2017. Voluntary students donated blood in the presence of Dr. S. K. Rajkumar, Executive Officer, Vivekanandha Medical Care Hospital under the guidance of Dr. D. Chitra & Dr. S. Arockiasamy, Principals of KCED & KSCED.

Visit to Special School



B.Ed. Student-teachers were had an opportunity to visit 'Sivabakkiam Special School for the Mentally Challenged and Old Age Home' at Elanagar under the guidance of Principals and Staff of KCED & KSCED on 24th, October 2017.

Educational Tour for B.Ed. First Year



A two-day Educational Tour organized by KCED & KSCED for the first year B.Ed. students on 16th & 17th November, 2017 to Cochin Chottanikkarei Temple, Hill Palace which helped the students to acquire direct field experience.

Srinivasa Ramanujan's Birthday Celebration



Srinivasa Ramanujan's 130th Birthday celebrated through Ramanujan's Mathematics Club on 22nd December, 2017. Dr. D. Chitra & Dr. S. Arockiasamy, Principals and Staff of KCED & KSCED inaugurated the function.

National Conference on Impact of Social Media on Education in the Present Scenario



One Day National Conference on "Impact of Social Media on Education in the Present Scenario" was inaugurated by Prof. Dr. K. Nachimuthu, Head, Dept. of Education, Periyar University and Dr. V. P. Joshith, Asst. Prof. in Education, Central University of Kerala on 06th January, 2018. The Chief Guests lighting the lamp along with Principals & Staff of VCED, KCED, KSCED, RTCED & VBCED.



One Day National Conference on "Impact of Social Media on Education in the Present Scenario" was inaugurated by Prof. Dr. K. Nachimuthu, Head, Dept. of Education, Periyar University and Dr. V. P. Joshith, Asst. Prof. in Education, Central University of Kerala on 06th January, 2018. The Chief Guests, the Principals of VCED, KCED, KSCED, RTCED & VBCED launched the conference monograph with ISBN: 978-81-923575-5-3.

Pongal Celebration



On the occasion of Pongal Celebration, all the Principals, Staff & Students of KCED & KSCED worshiped the nature God on 20th 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.

TNTEU Zonal & District Level Sports Achievement



Tamil Nadu Teachers Education University (TNTEU) Zonal Level Sports Meet 2017 – 2018 conducted Inter-Collegiate Sports and Cultural Meet on 8th & 9th February, 2018. The Gold and Silver Medalists were recognized and appreciated by 'Vidhya Rathna' Prof. Dr. M. Karunanithi, Chairman & Secretary, Vivekanandha Educational Institutions for Women.

HEARTY CONGRATULATIONS FOR PRIZE WINNERS
Inter-Collegiate Sports and Cultural Meet 2017-2018
 Organized by
Tamil Nadu Teachers Education University, Chennai - 97

Zonal Level Prize Winners	District Level Prize Winners		 PRIZE WINNERS WITH HONORABLE CHAIRMAN SIR GROUP PHOTO 08/02/2018
 Selvi. M. Malathi 13/12/2017 13/12/2017	 Selvi. T. Valarmathi 13/12/2017 13/12/2017	 Selvi. S. Niveetha 13/12/2017 13/12/2017	
 Selvi. R. Gowsalya 13/12/2017 13/12/2017	 Selvi. S. Saranya 13/12/2017 13/12/2017	 Selvi. C. Sindhuja 13/12/2017 13/12/2017	 Selvi. M. Jasmuna 13/12/2017 13/12/2017

Tamil Nadu Teachers Education University (TNTEU) Zonal Level Sports Meet 2017 – 2018 conducted Inter-Collegiate Sports and Cultural Meet on 8th & 9th February, 2018. The Gold and Silver Medalists were recognized and appreciated by 'Vidhya Rathna' Prof. Dr. M. Karunanithi, Chairman & Secretary, Vivekanandha Educational Institutions for Women.

68th Republic Day Celebration



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

Art and Craft Training Programme



One-day Art & Craft Training Programme conducted by KCED & KSCED to the student - teachers on 06th February, 2018. Mr. S. Stalin, Art & Craft Instructor, St. Xavier's College of Education (Autonomous), Palayamkottai acted as resource person.

Innovative School Visit



KCED & KSCED first year B.Ed. Student-teachers were visited to different types of schools as curricular activity under 'Visit to Innovative Schools' for the academic year 2017 – 2018. The visited schools are VivekanandhaVidhya Bhavan Matric Hr. Sec. School, Elayampalayam, Sri Vidha Bharati Matric Hr. Sec. School, Sakkarampalayam and Mahendra Matric Hr. Sec. School, Kumaramangalam from 12th to 17th February, 2018.

Educational Tour for B.Ed. Second Year



A two-day Educational Tour organized by KCED & KSCED for the Second Year B.Ed. Students on 13th and 14th February, 2018 to Ooty and Black Thunder. Students enjoyed visiting Rose Garden, Botanical Garden and other sight-seeing places.



A two-day Educational Tour organized by KCED & KSCED for the Second Year B.Ed. Students on 13th and 14th February, 2018 to Ooty and Black Thunder. Students enjoyed visiting Black Thunder by playing water games.

One Day Educational Field Trip to Gandhi Ashram



One day Educational Field Trip arranged for the Second Year B.Ed Students of KCED & KSCED to Gandhi Ashram at Puthupalayam on 27th March 2018. The Ashram in-charge was honoured by Prof. K. Chandra Prakash who was the field trip in-charge.

Sports Day



13th Sports Day celebrated in KCED & KSCED on 10th & 11th April 2018. Dr. S. Arockiasamy, Principal, Krishasree College of Education inaugurated the Sports Day.

Awareness Programme on Polycystic Ovarian Disease (PCOD)



Awareness Programme on Polycystic Ovarian Disease (PCOD) organized by KCED & KSCED on 13th April, 2018. Dr. M. Saranya, MBBS., M.D(OG), Gynecologist and Obstetrician, Vivekanandha Medical Care Hospital acted as resource person. The Chief Guest honored by Dr. S. Arockiasamy, Principal, Krishnasree College of Education.

Academic Achievement

KCED COLLEGE TOPPER'S				KSCED COLLEGE TOPPER'S			
FIRST YEAR				FIRST YEAR			
FIRST RANK Selvi. S. SARANYA TAMIL (96/950)	SECOND RANK Selvi. P. KAVITHA MATHEMATICS (92/950)	THIRD RANK Selvi. T. SATHYA TAMIL (92/950)		FIRST RANK Selvi. P. PRITHIKA PHYSICAL SCIENCE (57/650)	SECOND RANK Mrs. B. NANDHINI PHYSICAL SCIENCE (56/650)	THIRD RANK Selvi. S. JINDILJA MATHEMATICS (58/650)	THIRD RANK Selvi. S. SOUNDARYA PHYSICAL SCIENCE (56/650)
THIRD RANK Selvi. R. KARTHIKA PHYSICAL SCIENCE (56/650)	THIRD RANK Selvi. S. SOWMIYA PHYSICAL SCIENCE (56/650)	CENTURION IN MATHEMATICS Selvi. K. THANGABANU MATHEMATICS (59/50)		SECOND YEAR			
FIRST RANK Selvi. S. THILAKARASHI MATHEMATICS (57/650)	SECOND RANK Selvi. V. VASUMATHI PHYSICAL SCIENCE (56/650)	THIRD RANK Selvi. A. THILAGAVATHI MATHEMATICS (55/650)	THIRD RANK Selvi. D. KARTHIKA TAMIL (55/650)	FIRST RANK Selvi. S. THARANYA PHYSICAL SCIENCE (66/650)	SECOND RANK Selvi. P. KAVITHA MATHEMATICS (56/650)	THIRD RANK Mrs. K. M. ABHIRAMI ENGLISH (50/650)	
				CENTURION MARKS IN MATHEMATICS Selvi. P. KAVITHA MATHEMATICS (50/50)	 Selvi. K. MALATHY MATHEMATICS (50/50)	 Selvi. A. NAGEERA BANU MATHEMATICS (50/50)	

Hearty Congratulations for our B.Ed. Students

“Success is delivered only to the deserving”

Congratulations to our young achievers and also special wishes to staff and students for department of Mathematics.

Krishna & Krishnasree Colleges of Education for Women are two among the Vivekanandha Educational Institutions which have been supporting our Nation by creating efficient and humanistic teachers for the past one decade. The Colleges of Education are affiliated with *Tamil Nadu Teachers Education University*, Chennai. For the Academic Year of 2017 – 2018 the University conducted Examinations in the month of **May/June** 2018 and the results were declared in the month of September 2018. **“The Art of Education is to make the students to get good scholastic achievement as per their capabilities”**. Our student-teachers brought excellent output by their remarkable hardwork under the serious guidance of the teacher-educators with the proper guidance of the enlightened principles by the blessings of the distinguished personality of Women's Empowerment in the Asian Continent **'Vidhya Rathna'** Prof. Dr. M. Karunanithi, Chairman & Secretary, Vivekanandha Educational Institutions for women. The above portrait depicts the achievers sketch and their level of academic achievement for the academic year 2017 – 2018.

GENERAL TIPS FOR STUDENTS

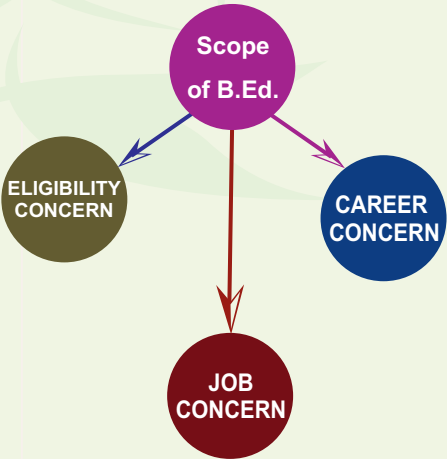
The Facts about the Human Heart

- ◆ Women hearts beat faster than men.
- ◆ For humans the normal pulse is two heart beats per minute.
- ◆ In one day your heart beats 1,00,000 times.
- ◆ The human heart beat roughly 35 million times of year.
- ◆ During a typical human life span, the human heart will beat approximately 2.5 billion times.
- ◆ In life time the heart pumps about one million barrels of blood.
- ◆ Every day 2,700 people die of heart disease.
- ◆ Most heart attacks occur between the hours of 8 am and 9 am.
- ◆ 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.

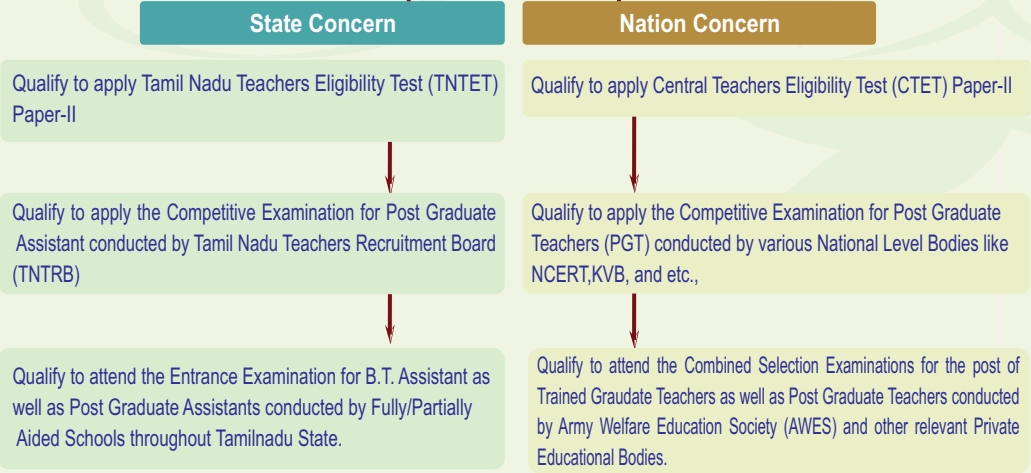
My Caretaker

- ◆ One who able to score what he could score is a good learner. You are a good learner too. All are having certain volume but only the capacity we differ.
- ◆ If you want to be the best, you need a better one. Likewise good one for the better, which means no one, is ideal. Try to study others, it will teach who you are.
- ◆ Always face the nurture according to your nature. You will never face disappointment.
- ◆ Never let your mind to conclude I am grown up, matured, learned and superior. Let others conclude it.
- ◆ The no cost but high cost thing we do is analyzing. Analyze but never judge.
- ◆ Unless you identify the knot, you won't release it.
- ◆ Live today, Think about yesterday, Plan for tomorrow.
- ◆ You are not the sole responsibility who leads your own life.
- ◆ Be conscious; Allow your emotions to occupy you but never let it to change your character.
- ◆ Unless you come down, you never rise up.
- ◆ You did nothing wrong because no single person is exempted to do so at this stage.
- ◆ There is atleast one person who understands you.
- ◆ If you fail at a level, find a route; go up; and change the system. Never blame.
- ◆ Always keep an invisible mirror in front of you. It makes you smile.
- ◆ The world is always ready to receive and accept you as what you are. No need to change yourself according to it.

Scope of Bachelor of Education



Eligibility Concern



Job Concern



Career Concern

Bachelor of Education enable you to become a qualified teacher.

Bachelor of Education pave ways to persue Master of Education.

Bachelor of Education directs to persue Post Graduate Degree called M.A. Education which is equivelant to Master of Education.

Bachelor of Education opens the gate of educational opportunities to become an educationist.

Bachelor of Education gives clear cut idea to choose your right discipline.

Bachelor of Education motivates to do educational research.

Bachelor of Education leads to achieve your lifetime aims.

Bachelor of Education gives financial support for your happy life.

அதிக மதிப்பெண்கள் பெற மாணவர்களுக்கான கற்றல் வழிமுறைகள்

- ◆ சாதிக்கவேண்டும் என்ற வெறு கனல்போல் மனதில் கொண்டு படிக்கத் தொடங்க வேண்டும்.
- ◆ அன்றைய பாடங்களை அன்றே படித்து விட வேண்டும்.
- ◆ கால அட்டவணைப்படி படிக்க வேண்டும்.
- ◆ மாணவர்கள் அனைத்துத் தேர்வுகளையும் தவறாமல் எழுதவேண்டும்.
- ◆ முக்கியமான கருத்துகளை தனியாக ஒரு குறிப்போட்டில் குறித்துக் கொள்ள வேண்டும்.
- ◆ எந்தப் பாடத்தையும் பிறகு படித்துக் கொள்ளலாம் என்று ஒத்திப் போடக்கூடாது.
- ◆ கடினமானப் பகுதிகளை எழுதிப் பார்க்க வேண்டும்.
- ◆ சில பாடங்களில் வரும் வரைபடங்களை வரைந்து பார்க்க வேண்டும்.
- ◆ சில பாடங்களில் வரும் கணக்குகளை (Problems) எழுதிப் பார்க்க வேண்டும்.
- ◆ எதையும் புரிந்து படித்தல் நலம் மனப்பாடம் செய்து படித்தால் மறதிக்கு வழிவகுக்கும்.
- ◆ திரும்பத் திரும்பப் படித்தல், படித்தவற்றை மீண்டும் நினைவு சுவீர்தல், பதற்றமின்றிப் படித்தல் போன்றவற்றை கடைபித்தால் நிறைய மதிப்பெண்கள் எடுக்கலாம்.
- ◆ படிக்கும்போது ஐயப்பாடுகள் ஏற்பட்டால் உடனே ஆசிரியரிடம் கேட்டுத் தெளிவுபடுத்திக் கொண்டு படித்தல் வேண்டும்.
- ◆ தன்னம்பிக்கை, விடாமுயற்சி போன்றவை வெற்றிக்கு வழிவகுக்கும்.

தேர்வுக்குப் படிக்கும் போது மாணவர்களின் உடல்நலம் பராமரிப்பு முறைகள்

- ◆ தினமும் 5 மணி நேரம் தூக்கம் அவசியம்.
- ◆ குறைந்த பட்சம் 2லிட்டர் முதல் அதிபட்சம் 5 லிட்டர் வரை தண்ணீர் குடிக்க வேண்டும்.
- ◆ தொடர்ச்சியாக படித்துக்கொண்டு இருப்பதால் உடற்சோர்வு ஏற்படும். நல்ல சத்தான நார்ச்சத்து மிக்க உணவுகளை உண்ண வேண்டும்.
- ◆ நல்ல காற்றோட்டம் மிகுந்த இடத்தல் படித்தல் வேண்டும்.
- ◆ அதிகாலை எழுந்து படித்தால் மனதில் நன்றாகப் பதியும்.
- ◆ மூச்சுப்பயிற்சி, யோகா போன்றவற்றைச் செய்தால் உடல் ஆரோக்கியம் அடைவதுடன் நீண்ட நேரம் படிக்க ஏதுவாகும்.
- ◆ மாதம் ஒரு முறை நோன்பு (விரதம்) இருந்தால் வயிற்று உபாதைகள் இருக்காது.
- ◆ Fast Food உணவுகளைத் தவித்து காய்கறிகளை உணவில் அதிகம் சேர்த்துக் கொண்டால் ஞாபகசக்தி மேலோங்கும்.
- ◆ தினமும் ஒரு டம்ளர் பால், ஒரு முட்டை, கீரை போன்றவற்றை உண்பதால் நமக்கு கால்சியம் மற்றும் இரும்புச் சத்து கிடைக்கும்.
- ◆ இரவு 11.00 மணி வரையும் காலை 4.00 மணிக்கும் எழுந்து படிந்தால் உடல்நலம் மற்றும் மனநலம் சீராக அமையும்.

‘நோயற்ற வாழ்வே குறைவற்ற செல்வம்’



Vidhya Rathna,

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

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