

Newsletter

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Chief Editor: Dr. R.Arunadevi, Principal
Editor : Dr. K.Nithya, Asst. Professor








Capacity Building Programme – A Digital Leap Forward

On June 16th and 17th, 2025, Vidhya Sagar Women's College conducted a Capacity Building Program under the dynamic leadership of the VSWC. The programme focused on enhancing Digital Literacy and Information & Communication Technology (ICT) Skills, aimed at equipping students with 21st-century competencies to thrive in a technology-driven world.

The training benefitted II and III-year UG students and II-year PG students, providing them with both theoretical insights and practical exposure to crucial digital tools and platforms.


Digital Skills in Focus

Students explored essential digital tools including:

-  **Digital Documentation:** Handling DigiLocker, Aadhar, and Voter ID services
-  **Online Navigation:** Using Google Maps effectively
-  **Email Communication:** Creating and managing email IDs professionally
-  **Online Transactions:** Booking tickets and accessing services online
-  **E-Governance Utilities:** Understanding Post Office and Banking digital services

Employability & Productivity Enhancement

To bolster career-readiness, sessions also covered:

-  **Competitive Exam Preparation:** Focused training for TNPSC, SSC, and IBPS

Office Productivity Skills:

Crafting formal letters, emails, and professional documents



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WOMEN'S COLLEGE
(Affiliated to University of Madras)
Reaccredited by NAAC
Chengalpattu - 603 111

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Issue: 20th June, 2025 Page 2



Chief Editor: Dr. R.Arunadevi, Principal
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Guest of Honour: Shweta Agarwal, Art of Living

We were honored to welcome Ms. Shweta Agarwal from the Art of Living Foundation as our Chief Guest. She delivered an inspiring address on the importance of integrating yoga into our daily lives, emphasizing its ability to cultivate balance, harmony, and overall well-being. Her words motivated students to embrace yoga not just as a practice, but as a way of life.

VidhyaSagar Women's College Celebrates International Yoga Day with Enthusiasm

Date: June 20th, 2025 at 10:00 AM

Venue: Bhagawan Mahaveer Swami Auditorium

VidhyaSagar Women's College marked International Yoga Day with great enthusiasm and energy. The college campus came alive as over 300 students gathered at the Bhagawan Mahaveer Swami Auditorium to participate in the celebration of yoga and wellness.

The event began promptly at 10 AM, featuring a dynamic yoga session that incorporated asanas (postures), pranayama (breathing techniques), and meditation. The atmosphere was filled with focus, calm, and collective spirit as students actively engaged in the session.

A Resounding Success

The celebration was a tremendous success, made possible by the enthusiastic participation of students, faculty, and our esteemed guest. It served as a meaningful reminder of the vital role yoga plays in promoting both physical fitness and mental peace.

We extend our heartfelt thanks to everyone who contributed to making this event memorable. Let us continue to carry the spirit of yoga forward in our everyday lives!

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Chief Editor: Dr. R.Arunadevi, Principal
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Univariety: Career Paths & Success Stories

The Univariety Programme titled “Career Paths and Success Stories” was successfully conducted at Vidhya Sagar Women’s College on 24th June 2025, offering an inspiring and engaging experience for students. The event was thoughtfully organized by the Univariety team, aiming to provide valuable career insights and alumni interaction.

The programme was honoured by the gracious presence of our Correspondent, Shri Vikas Surana Ji, and our Principal, Dr. R. Aruna Devi Ma’am, whose continued support plays a vital role in student development and alumni relations.

Alumni Insights: Real Journeys, Real Inspiration

The highlight of the event was the heartfelt and motivational sharing by alumni R.K. Divya Krishna and Bharani Sri Kasinathan. Drawing from their academic and professional journeys, they provided practical career guidance to current students. Both alumni expressed sincere gratitude towards the college management and faculty for the unwavering support and mentorship they received during their time at the institution.

A Resounding Success Building a Community of Mentorship

The session served as a vibrant platform for knowledge-sharing, mentorship, and meaningful alumni engagement.

It successfully fostered a spirit of community and empowerment, encouraging students to chart their own paths with confidence and clarity.