



OFFICE OF STUDENTS' WELFARE



MAY '21

May - named after the Greek goddess Maia, the month of warm weather and the beautiful May flowers. The warmth and buzz in this month was definitely witnessed by plenteous events by various clubs and chapters which in a way was enough for all VITians to have an upbeat knock to the ongoing pandemic and make the best use of their time.

WHAT'S NEW ?

- 01 Scaling heights
- 02 Vitality Space
- 03 Be Positive
- 04 320+ events by different clubs and chapters
- 05 Talent Forage

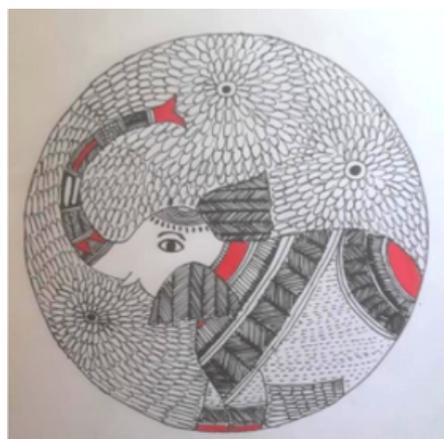
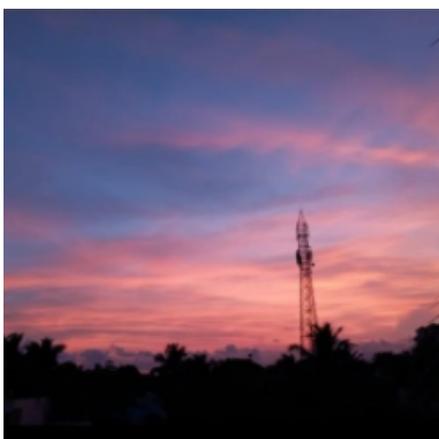
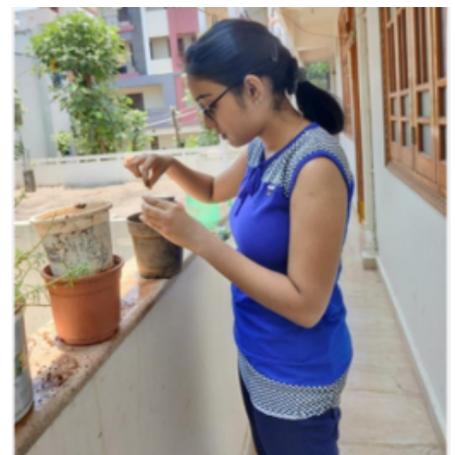
VIT- A place to learn, A chance to grow

SCALING HEIGHTS

May 5-15, 2021

Counselling division has been working with their full potential for the welfare of the students and all other VITians and especially during this pandemic situation through various online medium. The core moto is to keep the mind healthy and spread positivity.

The Counselling division decided to do a series of events for about 10 days to make sure that the students are engaged positively and build a strong and hopeful mindset during these devastating times. Every day a set of tasks were sent to students, designed by the counselling division. Students had to complete the tasks and update in their specific group.





All the 10 days were successfully accomplished and to complete the event successfully, a concluding event was conducted on 15th May 2021 at 5:00 pm via ZOOM.

The event started at 5:00 pm by Mr. Blessing Calvin and followed by Mrs. Pallavi giving the welcome note for the participants. Dr. Dhanalakshmi spoke few words on the experience of a counsellor about “Scaling Heights Positively”.

There were students namely Tushar, Saranya, Swati Punitha, Darsh Gupta and Akansha sharing their testimony on the event. Followed by which a video presenting the activities and a message to take away was played by Mr. Clinton.

The message on staying Positive for a better outcome was the moto followed by counselling division while conducting the event.

VITALITY SPACE

May 7-8, 2021

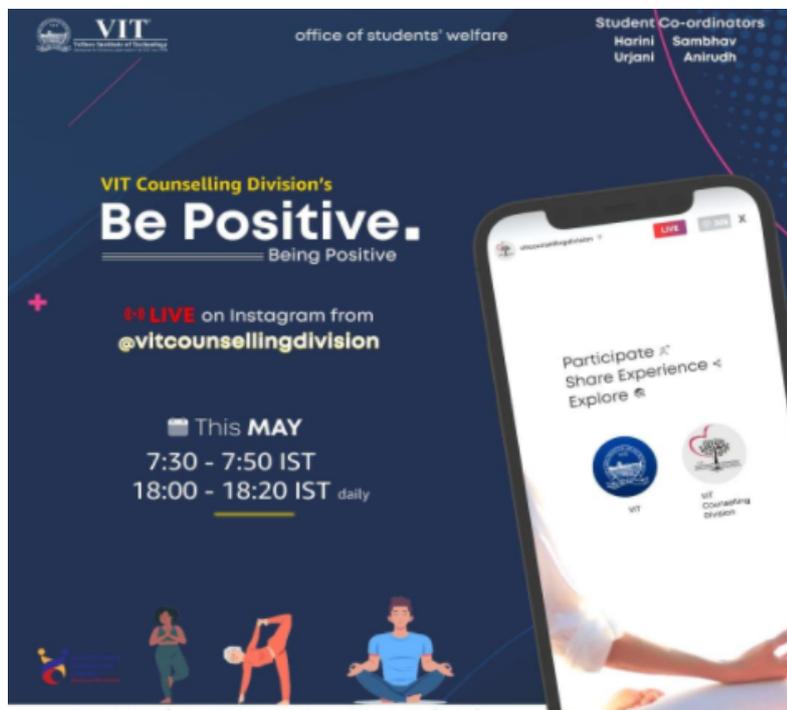
VIT Counselling Division along with the Smile Over Stress, conducted Vitality Space (Yoga Session) for the students based on the circumstances in this pandemic, with Mrs. Anju Sakthivel, Director of Cosmic Yoga Studios, Vellore as the guest and instructor of the session.

Our guest speaker **Mrs. Anju Sakthivel** a well-known and experienced yoga therapist guided the students in an interactive session on how to overcome the problems faced and discuss various solutions for the issues with the help of yoga and spirituality. Mrs. Sakthivel demonstrated to the participants, various pranayama techniques, yoga asanas, and kriyas in order to strengthen one's inner self and vitalize our body. There was active participation from the participants.

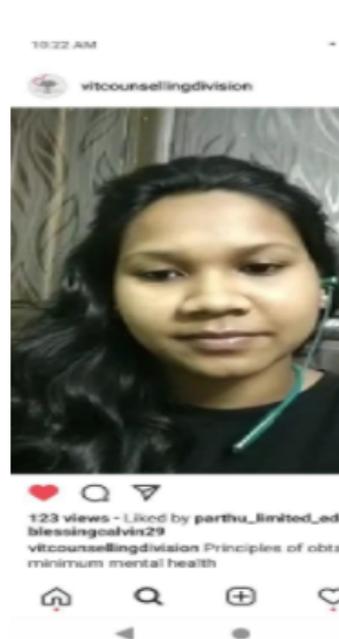


BE POSITIVE

One-month continuous program with series of pandemic-focused events was conducted by the counselling division. The session was decided that at a particular time (i.e.) 6.00 p.m. to 7.p.m, every day, counselling division was available live on Instagram or in some other platform for students to log in, listen to the daily mental health talk and discuss any issues in their life or academics.



Every counsellor took charge for 3 days and came live with various mental health concepts particularly useful in the pandemic, which is mentioned below. The talks were kept short, ranging from 15minutes to 30 minutes. After the talk, it was subsequently posted so that even if a student misses a session, he can access it anytime. One main purpose of the sessions were to make students aware that there is support for them every day from VIT.



Satisfying the purpose, the program received good viewership. Some posted videos on Instagram received more than 500 and 700 views. One main purpose of the session was to make students aware that there is support for them every day from VIT which was fulfilled.

MAY'21 EVENTS

VIT - a place to learn, a chance to grow; a major role in this is played by various student Clubs & Chapters in VIT. A total of **320+ events** conducted in the past month ranged not only from technical but to cultural and literature as well. We had about **85+ guest speakers** - experts in their domains, who took sessions on various topics from all the domains and spread their knowledge to the participants.

Categories with Events

	Technical	163
	Literature	36
	Arts and Cultural	40
	Health and Wellness	27
	Social Outreach	59

Guest Speaker Count

 Technical	 Arts and Cultural	 Health and Wellness	 Literature	 Social Outreach
42	7	16	2	22

We would like to thank all the student Clubs & Chapters for taking the initiative to conduct the events to spread knowledge and encourage leadership during these difficult times.

TALENT *FORAGE*

The Magnificent Eminence

The soaring sky, the roaring winds,
The peaceful lake and the greenery endless
Magnetize me to VIT -

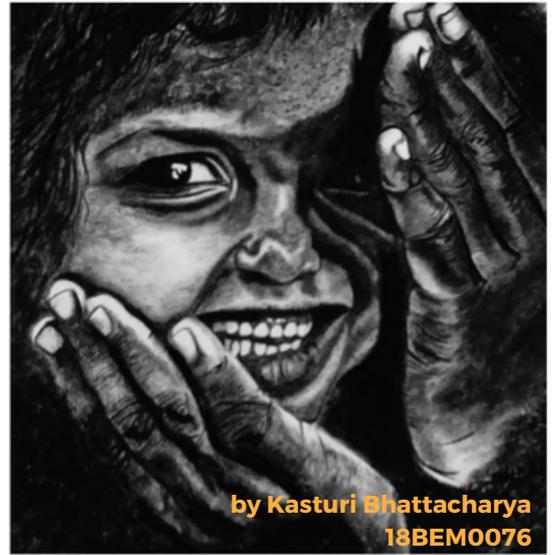
The leader of technology mighty,
Studded with Research, Innovations
As also, with enthusiasm and gaiety !
Courses, professional and others, a variety
Name it, and you have it at VIT,
Co-curriculars and extra curriculars, a
plethora

All contributing to its wonderful aura.
Miles and miles of evergreen opportunity
With faculty's expertise and affinity,
Successfully weave a bright future
Also, an awesome and victorious career.

Our fortunes we polish
And the learnings we relish,
Not a single stone lays untouched,
And your presence does embellish.
Its hard to describe you fully
But let me try heartfully,
Determination, commitment, passion and
more

You imbibe qualities galore..
The soaring sky, the roaring winds,
The peaceful lake and the greenery endless
Magnetize me to VIT -
The embodiment of high quality,
With its unparalleled presence
And magnificent eminence.

Suja Sreejith
17PHD0114



by Kasturi Bhattacharya
18BEM0076

FORSAKEN

Locked in the four walls of her room,
watching those flowers in her garden
bloom, She misses the days when she was
in a crowd, Though she wasn't heard even
after screaming aloud She didn't change
but people did notice the change, She was
behaving more weird and strange. She
misses the faces she met,
& was engulfed with pain and regret.
As she failed to make deep long-lasting bonds,
for which, now she terribly desponds.

She ran behind power and fame
and lately realized how entangled is life's
game. She controls and holds back her words,
& feels like those caged birds.
Unable to speak, unable to fly,
being in a state where one can neither live nor
die. She just wishes everything is back to
normal soon, In an effort to get out of her
cocoon.

Lakshmi K Sathyan
20BEE0045

Plead.

She squandered the crucial time which
dictates her destiny,
recast herself and submitted her
individuality;
It was not an offhand entity to be
relinquished,
But the one she was earlier is what they
asserted;
She thinks about her reputation the
parent's expectation,
She thinks about her reputation the
parent's expectation,
Remorse was no immediate aid, Yet the
thing is now she's afraid;
She forthwith ends up pleading God, To
give her inexhaustible courage so that one
day all applaud.

A Kajal Patro
20BCE0736



Rishideep Singh Rathore
20BIT0203

Rights That Escape

For all the rights we wanted
You told us we had it all wrong
I wish to dedicate us all a song
Love felt as a punishment, but for what sin?
For we chose ourselves our own kin?
What's wrong in that?
Maybe you feared we had a heart pure
and right We were told to hold our tongue
Where is freedom? To love we clung
You wanted to help humanity
Or was it just one of your show of charity
We all have our reasons
Me existing the way I do has no answer in
no seasons I have heard your love that is
normal
Sometimes still fails
Then when my heart loves, what's so
immoral? In a world so questioning
Wanted to find answers in my sweet tales.
Now to my sweetheart,
The world is a bitter heart
Maybe the ultimate abode will be good
at heart. So up there, shall we meet?
To find answers and complete us
Where they won't be worldly rush
I will be forever waiting
My veins now leak
My world here is now bleak
So let the stream of red reach you

Trisha Bhattacharya
19BBT0091

THE UNSHACKLED WOMAN

Tum Mujhe Khoon Toh ,Mai Tumhe Azadi Dunga. The slogan still echoes and fills us with the courage to achieve the dauntless tasks. You might have heard of Sarojini Naidu, Vijaylakshmi Pandit, Indira Gandhi, and many other fearless women. But have you heard about Captain Lakshmi Sehgal ? To know more about her let us see her memoir which was lying inside some rusty trunks covered in a vermilion case tied intricately, reminding about the complexities which India possessed. Let us dive into that unrevealed Señors and see INA from the antipode. I was born as the most rebellious kid which this world can witness. I did whatever came to my mind without giving a single thought to what this society contemplates. This philosophy of self belief helped me to achieve the captainship of the Rani Lakshmi Bai contingent. This story of INA has deep roots embedded in the year 1940. I packed my luggage and went to Singapore to study medicine. But who knew life would take such a meandering turn. As I stepped ,my first foot on foreign soil, my 26 years movie started reeling in front of my mind. Scared yet courageous, I went further and started doing my education overseas. But serving the nation was always at the back of my head.

I have a vivid memory of Indian Nationalists like S.C. Guha and N Raghvan, and how Japanese troops and forces were adamant about not sending Indian National Army to fight in Burma. But when Netaji came this philosophy became banished .He was the person who sent the troops to fight in foreign land. My meeting with such a unique and enthusiastic personality was worth remembering. Netaji always instilled the Josh in us to achieve the freedom of our country. He saw women and men as the wheels of the same car. The vision of Netaji for INA was extraordinary: He wanted to create an all-women contingent in INA who can serve tirelessly. The harsh training is one of the vivid memories of INA. This unforgettable training got tested in the year 1944 December, when we strenuously needed to go to Burma. There we fought dauntlessly and freed some parts of North East India from the hands of Britishers. After tremendous success, March became the most horrifying year. The weather conditions of Burma became gallows for all of us.

There we fought dauntlessly and freed some parts of North East India from the hands of Britishers. After tremendous success, March became the most horrifying year. The weather conditions of Burma became gallows for all of us. It started raining like cats and dogs. The food supplies became less, malaria protracted the area, and Britishers started doing airstrikes. Thankfully no casualties happened, but there was a surprise wrapped in the form of golden handcuffs. Yes, my fellow troops got under house arrest for one year. So what happened next? Are we alive or getting buried in the sands of Burma?

We were alive behind the bars and after several trials and speculations, we achieved liberation. I wanted to die for the soil that helped me reach the indomitable heights. But faith is more powerful than one can ever imagine. My story would become as dead as a dodo if I were to die that day. Just a reminder to all the young and fired blood that the freedom which came in the year 1947 was not because of one person or rather however it was due to the entire efforts of humongous people whose name would be unnoticed, it will remain just like pieces of paper whirling in the dusty rucksacks.

And here ended my journey from Dr. Lakshmi to Captain Lakshmi.

I hope it instills a ray of hope for the youth who bogged down with traumas .The spirit to join and serve in armed service is not a child's play. Some names might get no recognition, but patriotism is something that weaves our country in a single thread. Those who believe in daring and challenging kinds of stuff, this is for you. Serve the nation and make the country proud. History always repeats, and I hope there are more Netaji's who serve the nation. JAI HIND, JAI BHARAT!

Sanjana Katoch
20BME0667

ANNOUNCEMENT!



*"When passion and skill work together,
expect a masterpiece"*

We invite all our students to showcase their masterpiece with talent and skills.

Submit your entries - be it designs / articles / artworks or poems - by scanning the QR given below and get a chance to be featured in the DSW Newsletter.



Thank you!



VIT[®]

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(Deemed to be University under section 3 of UGC Act, 1956)

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