



Office of Students' Welfare

Vellore Institute of Technology, Vellore

Newsletter April' 22



What we owe future generations is the subject of growing debate by economists, philosophers, ethicists, public policymakers, and academics of all stripes. But for me as a mother, the moral implications are very clear. We owe them clean air and fresh water and a healthy planet. - Leonor Varela

5:30PM, Near Darling Food Court

You can't
live a
healthy life
on a sick
planet.

John Replogle



Highlights

- New Years' Celebrations
- Student Council Inauguration
- International Dance Day Celebration
- Chancellor's Dinner
- ThanksGiving Event

New Years' Celebrations!!



8 April, UGADI CELEBRATION (Navyaarambham)



9 April, BENGALI NEW YEAR CELEBRATION



12 April, VAISAKHI CELEBRATION

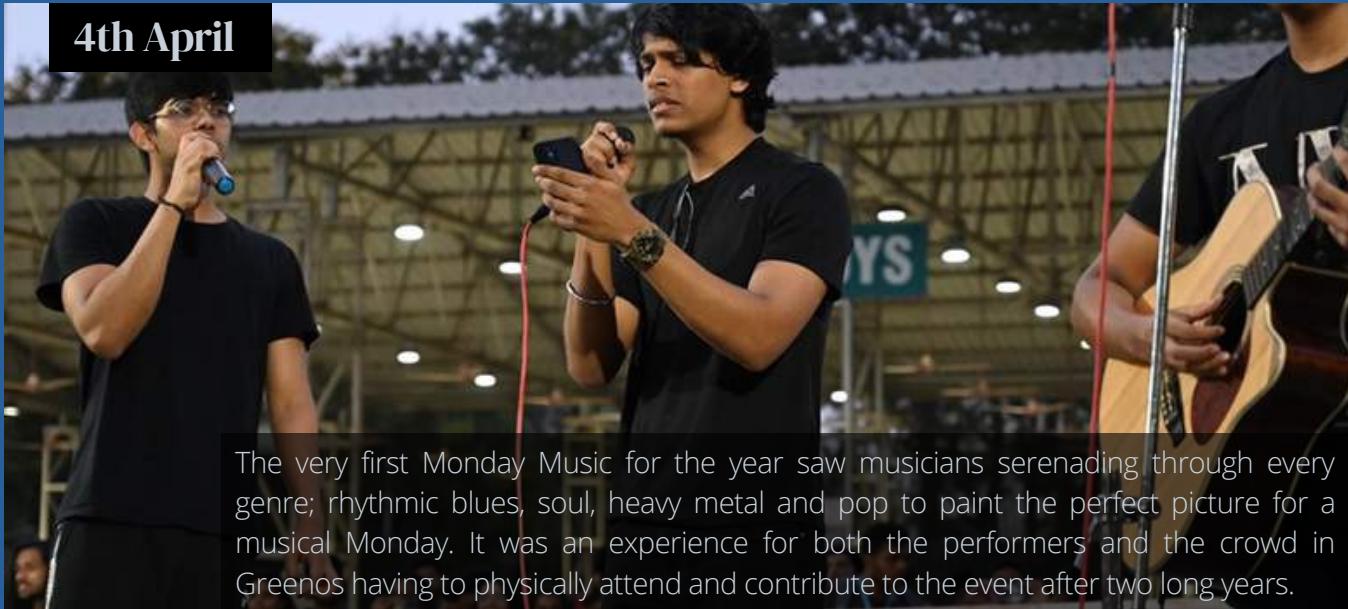


21 April, TAMIL NEW YEAR



24 April, GUDHI PADWA CELEBRATION

4th April



The very first Monday Music for the year saw musicians serenading through every genre; rhythmic blues, soul, heavy metal and pop to paint the perfect picture for a musical Monday. It was an experience for both the performers and the crowd in Greenos having to physically attend and contribute to the event after two long years.

11th April



18th April



The second episode of Monday Music on April 11 in Greenos saw very talented Eastern vocalists show-casing their broad plethora of technicality. The event was helpful in breaking the monotone.

The third episode of Monday music conducted by the Malayalam Literary Association and Music Club on April 18th in Greenos. Fusions and Malayali rap performances were the highlights of the event.

Monday Music





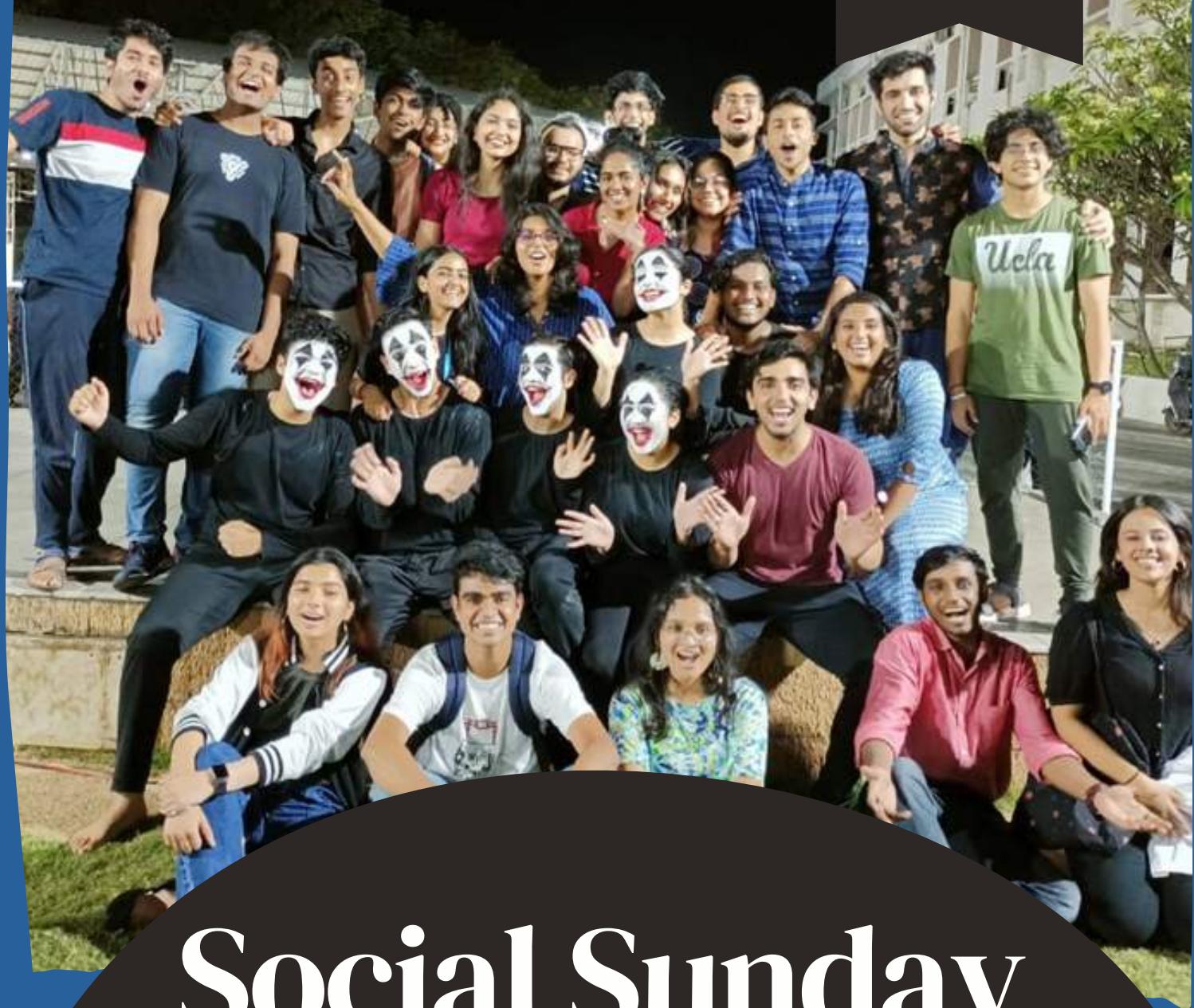
Women have to work twice as hard to succeed in this world. Ms. Charmi Pabari, Director and Chief Operations Officer at Punar Rehab Solutions joined us on April 6th through video conferencing in Kamaraj Audi,TT for this event where she shared her struggle as a female entrepreneur. It was an enlightening session about the journey of women in entrepreneurship and gave insights to the audience as to the ways of establishing ourselves in the entrepreneurial ecosystem.

Women's Wednesday



Women empowerment is the need of the hour. Changes are needed to aid education, awareness, literacy, and training for women. Poetry is one of the most powerful ways to spark a change. The Office of Students' Welfare conducted an exciting session of Slam Poetry and empowerment on 6th April in Greenos where all the literary clubs of VIT presented poems in the languages they promote. We not only celebrated the diversity that VIT offers but also some really inspiring poems written and narrated by women.

10th
April



Social Sunday

10th of April saw the students of VIT celebrating 'Social Sunday' at Greenos. The event was organized by VIT Dramatics Club. Students of the club performed two monologues, a mime and a play on stage. Ranging from the themes such as caste discrimination and dowry to unfulfilled expectations of society and the innocence of children, the performances left the audience spellbound. The acts truly made an impact on the audience. These performances were followed by a dance performance by Team Chargers.

World Health Day



On the occasion of World Health Day, Health Club organized "Walk at Greenos" on April 7th in Greenos where the main motive was to make the audience exercise. It signified the inculcation of healthy habits and how important it is to stay healthy. Around 200 people actively participated in the event grooving to the songs played in the background. This was followed by "Minute To Win It"- a riddle session where the participants had to guess the fruit/ vegetables. The event was fun and motivating for all the attendees.

In the series of events conducted by the Health Club, they also conducted "Yoga for All" on April 8th in CS Hall where members from Sky Yoga taught Yoga poses to the participants and explained their significance. Over 100 participants took part in the event, where simple yoga to keep our body healthy was demonstrated. It was very refreshing and knowledgeable.



As the closing event in the series of events on the World Health Day, Health Club and Culinary Club conducted "Cooking without Fire" on April-9th in CS Hall. A total of 160 members participated and brought fantabulous dishes cooked without the use of fire. Dean and the Senior Chef from the department of Hotel and Tourism Management were invited as special guests and judges. The event was enjoyed by all the participants and everyone learned about easy to cook dishes. Winners were declared based on taste presentation and health factor.

Student Council Inauguration

April 22



The Student Council Inauguration Ceremony was conducted on April 22 at the Ambedkar Auditorium, in the presence of the Chancellor Dr. G. Viswanathan, Vice Chancellor Dr. Rambabu Kodali and the Director of Students' Welfare Prof. CD Naiju. The honorable Chief Guest - P Kumaravel, IAS Vellore and the Guest of Honour- C Damodaran, IRS graced the gathering with their words of wisdom. Overall, the event motivated all the student council members to work harder and serve VIT with utmost dedication.

International Dance Day Celebration



International Dance Day Celebration was held on 23rd April, on the occasion of International Dance Day (29 April). It was the first event in Anna Audi after two years with a tremendous turnout. In fact, it was jam-packed. All the seven teams of dance club performed in the event and captivated the audience with their moves. All the teams performed their respective styles and gave very graceful and powerful performances. There were also a few individual performances by the members of Dance Club to showcase their talents.

Chancellor's Dinner

April 27



The Office of Students' Welfare conducted the Chancellor's Dinner Farewell for the PG students of 2023 Graduate Batch on April 27th to celebrate their journey in VIT. From the enthralling cultural performances to the invigorating music and dance performances, from dressing up for the occasion to eating the mouth-watering delicacies served in the dinner, the students enjoyed their last event in VIT. With various learnings and special memories in our hearts, we bid them farewell and wished them good luck for their future endeavours.



STARS(2018 Batch) final year celebrated a thanksgiving moment on 30.04.22 which is intended to experience the festival of philanthropy. This wonderful moment was not so much about the food and fun but about the reasons to celebrate, counting the blessings upon them, having their family members and expressed their deep sense of gratitude to our honorable Chancellor Dr.G.Viswanathan.

Amidst pandemic challenges we feel very happy to share that 54 STAR final year students got placed out of 58.

One of the STARS parents honored our beloved Chancellor with a shawl. The Final year batch presented a STAR shaped memento with the quote of Chancellor's mission on STARS. To make the event more memorable, saplings like Red sandal wood, Teak wood, Illipai have been chosen with the help of Dr.Sai sarawathi SAS and all the 58 STARS donated these saplings to our Chancellor sir to enhance the green cover project.

Finally our honorable Chancellor sir gave his valuable address and encouraged the students to translate their aspirations into actions. He added that discipline, speed of decision making and velocity of action are the necessary attributes for a healthy and better life. He advised the younger generation to take care of the parents ever. He congratulated everyone and wished them to be successful in their life too. The event came to a close with a National Anthem.

Director Students Welfare Dr.Naiju and the STARS Coordinator Dr.S.Meenakshi helped and guided the STARS to make the moment graceful and memorable.

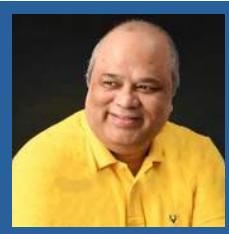


Eminent Talks



Mr. Suraaj Hasija, a pioneer in the field of Data Science and ML graced VIT's very own IEEE-SSIT at 'Demystifying Machine Learning' with their presence and their extensive Wisdom on the subject guiding our curious learners through the first steps of many in the field. The audience were curious and inquisitive as ever.

Mr. Raktim Singh as a learned observer of the phenomenon of The Metaverse with a portfolio second to none, shared their vast expertise with



Demystifying the Metaverse as he joins with the inquisitive IEEE-SSIT to engage in a fascinating discourse about the future of the Metaverse and it was met with piqued interest by the members of the esteemed chapter.



Shambavi Thakur engaged in a curious discourse with the intrigued minds of the Creative Clubs sharing her expertise in composing some of India's unofficial

household Anthems like the famed Medimix Jingle. A match of creative inspiration was stricken in the minds of our innovative and industrious club members by the guest.

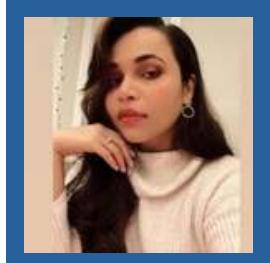
Dr. VM Divakaran

joined the Malayalam Literary Association on the 26th of April to celebrate the culture and the language of the great State of Kerala. A multi-hyphenate, their words enriched the



minds of our attendees and reinvigorated their passion.

Twinkle Sharon, a health and wellness coach currently practicing in Sweden joined the Fitness and Beyond club to share her valuable insights on the wellness industry which was followed by a very light-hearted session which was greeted with an equal amount of excitement and interaction by the audience. We received great feedback from everyone who attended the session!



Dr. Sunil Appu, a revered veteran of the Indian Army and a doctor with many years serving our proud soldiers both on and off battle moved the Health Club with stories of his days behind front lines defending our homeland and his experiences of being a doctor on the Army. The Attendees heard first hand about the pains and pleasures of serving your nation as a doctor and responded with unrelenting curiosity.



Dr. Hemanth Sharma, accomplished doctor and now an informative YouTuber met with the members of the Health Club sharing their expertise in the field of post pandemic health care, indulging the club members in curious discourse on the intricacies of recovering from a global epidemic and how the New normal might look like. Thunderous applause and smiling faces all around, the event was both informative and exciting.

Events Of The Month

1 April Prevention of Blindness Week

Prevention of Blindness Week campaign is planned by the Government of India for raising awareness about blind people. On this occasion, **Students' Welfare** conducted a **Poster Design Competition**.

2 April World Autism Awareness Day

World Autism Awareness Day is observed annually on April 2 by the member states of the United Nations to raise awareness about people with Autism Spectrum Disorder. **Students' Welfare** organised an **Essay Writing Competition** on **Education for Students with Autism**.

3 April The First Mobile Phone Call

The first mobile phone call was made today 48 years ago. The call was made on April 3, 1973, by a Motorola employee. On this day, **Students' Welfare** hosted a Technical Report Writing Competition on the Topic: **Evolution of Cellular Telephones**.

5 April Tech Tuesday Students' Welfare

Event - "Future of Engineering" at Ambedkar Auditorium where Dr. Karthikeyan S, Deputy Director, CDC talked about the scope of engineering in real life.

7 April World Health Day

Bone Strength Nutrition Club

An awareness event about the bone strength and the nutrition required to get it.

10 April World Homoeopathy Day

Article writing competition Hearts-UHET

Hearts-UHET conducted an article writing competition on World Homeopathy day on the topic:- "Homeopathy: Now and Then", through a Google form.

13 April Jallianwala Bagh Massacre Day

Quizify- The Jallianwala Bagh Massacre Ayuda

To learn more about this grim, yet revolutionary time, Ayuda NGO hosted a quiz.

15 April World Art Day

Art on canvas

Hearts-UHET

On an occasion to shine a light on arts education to pave the way for inclusive and equitable education, an event for people of all ages to showcase their art.

24 April National Panchayati Raj Day

Panchayat

FEPSI

An event to spread awareness about panchayat. Every participant was given a scenario and they performed like a panchayat.

28 April World Day for Safety and Health at Work Day

Harmony FEPSI

To thank all the laborers around us, , participants were asked to send in their submissions about health & safety in the workplace.

Events Of The Month

April Events



- **Health & Wellness**
- **Literature**
- **Technical**
- **Social Outreach**
- **Art & Cultural**

VIT Vellore boasts a total of 150 clubs and chapters, as part of the Office of Students' Welfare, led by the student and faculty community that organizes a wide array of events daily.

A total of 207 events, that were conducted by Clubs & Chapters in the month of April, ranged not only from technical but to art & cultural, literature, social outreach and health & wellness. There were numerous guest speakers - experts in their domains, who took sessions on various topics from all the domains and spread their knowledge to the participants.

We would like to thank all the student Clubs & Chapters for taking the initiative to conduct the events to spread knowledge, awareness and encourage leadership.

Talent Forage

Stay Healthy

Everyone likes to stay fit and healthy but not everyone is. Therefore, it is important to take care of ourselves and avoid bad habits like smoking and other factors which damages our health and immune system. Staying happy is a healthy way of living life and we should not worry or act stressful as diseases can attack you. In addition to this, many people are suffering from diseases caused due to overweight and being unhealthy. There are many tips to stay healthy. First tip is obviously to eat healthy food at the right time. This prevents you from getting deadly diseases like BP, Cancer, Diabetes etc. Sources say that Junk food contain high amount of fat and cholesterol, so these type of foods must be avoided. Your diet should consist of healthy food like fruits, leafy vegetables, milk etc.



Another way of staying fit and healthy is by doing exercise. We can practice and perform simple methods like walking and then slowly we can convert it to running and then fast running. We should try to at least devote 30 minutes of our time to exercise and Cycling. However, exercise .

also helps us keep mentally fit and increases our memory power. Apart from all these, we should also try to manage our stress levels as there are many people who go to office for doing their job and work for almost 7-8 hours which is very exhausting. Always make sure you get enough amount of sleep (6-7 hours). Sleep is important for being mentally fit and emotional happiness.

" Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship." - Buddha

Having a sport as your hobby is a good thing like cricket, football, badminton etc as they can help you in achieving your goals in the field of sports and athletics.

~ Kota Shashank
21BEC0061

Stay Healthy : Health is Wealth

Last evening, I saw two young gentlemen strolling around,
Both of them seemed to be in their mid-twenties,
One was a billionaire, yet in his last days,
The other, lived a decent life with his children and his wife,
The wealthy billionaire's words to his companion seemed ironic,
"Alas! Cancer, I shall lose all my wealth in a few days from now."

I pondered over the conversation,
Who was wealthier?

~ Garima Srivastava
21BCE0513

Talent Forage

Draw the Line

In 1956, the government of India passed the States Reorganisation Act, which divided the states in India based on the language spoken in the region. It was a move that wasn't initially welcomed, because it was thought that linguistic boundaries would further divide between the various communities. However, as we can see today, we are united in our diversity. The very act of normalising a boundary didn't simply strengthen the integrity of each state, it created space for the cultural flavours of the state to shine within the border.

The act of setting boundaries in our own lives, however, has always been challenging, to say the least. Often times, it involves being honest about our discomfort with the people around us, and it's often quite scary, because everyone fears rejection. Yet, because so few of us manage to successfully create boundaries, we often don't realise that boundaries are essential to our mental health. They empower us to reclaim our time and space, and that's something that's sorely needed in a world that tends to ask too much of us.

So how do we set boundaries? They're not a physical thing, so people can't just see them out of nowhere. And what's the point of setting boundaries if nobody observes them? The first step is to be clear with yourself. It sounds redundant, I know, but too often, a lack of will leads any well-intentioned plan to disaster. Constantly second-guessing oneself is not the way to go. Step number two? Communicate. I know it's awkward, but really, five minutes

of discomfort for permanent ease? Not a bad trade-off, in my opinion.

The final step, the one that requires most patience, is enforcement. Once everybody is aware of their respective limits, be aware of them yourself. If someone steps over the line, gently remind them. It's likely that this is new to them, since boundaries aren't too seriously addressed in everyday life. Most probably, they'll rectify their behaviour.

Now, there are those special people who simply refuse to acknowledge others' boundaries. Whether that's out of a self-aggrandizing worldview or a genuine obliviousness is not for us to determine. If you've identified such a person, the important thing, for the preservation of your sanity, is to put some distance between you and this person. If you can't rid yourself of their behaviour, your safest bet is to minimise interactions with them. If they value your company, they'll come round. Until then prioritise yourself.

I suppose I rambled on for a bit, but this really is important to me. Boundary-setting is supremely undervalued. Especially in a culture like ours, which demands ultimate drive and ambition and perfectionism, without allowing for time to recharge. Often times, employees are forced to stay in the Work Mindset long after their 8-hour shift. If we want to change this, and be kinder to ourselves, we must treat ourselves, not as machines that can indefinitely be left with power on, but as the humans that we are. This may require us to stick to our boundaries to people in power. If enough of us try, I believe we can bring about a more human-friendly environment.

~ Aparajita D B
21BBT0387

Student Achievements

Congratulations!!



MS. POORNA SRI. Y (21BCS0159) has brought laurels to VIT by Winning Silver Medal in Weightlifting (71 kg category) in the Khelo India University Games held at Bangalore from 22nd to 25th April 2022.



MS. KRINA PANCHAL (20BIT0051) has been selected as a scholarship recipient of 2022 APAC Generation Google Scholarship: for women in Computer Science, receiving a scholarship amount of USD \$2500, one among the only 55 recipients.



MR. AZAM ALI and his team representing Pebbl.life a brand by Unlearners Tech Pvt Ltd, incubated in VIT TBI has received the First Place and won a sum of Rs.20,000 in the Business Ideation Challenge held during the E-Summit at Mahindra University, Hyderabad on 28th and 29th April.



Entries Invited!!



**Scan the QR given below and
get a chance to be featured in
the SW Newsletter.**

We invite all our students to showcase their masterpiece with talent and skills. Submit your entries by 31st May: designs /articles / photos/ artworks or poems- based on the themes :
Mother's Love or Tribute to Workers



6:30PM, Sitting area near MH Q-Block

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