



VIT Vellore

OFFICE OF STUDENTS' WELFARE

Official Newsletter



DECEMBER'21

The month of the year which everyone is excited for and why shouldn't we, after all the world gears up to welcome the New year. The month of December upsizes the winter vibes of snow and the rays of sun spread its warmth through the cold and icy weather.

Various events were conducted throughout the month, to spread warm happiness and joy!

WHAT'S NEW

Student Council 2021-22

**Mental Health Awareness for Ladies
Hostel Wardens**

Eminent Talks of December

Student achievements

Talent Forage

STUDENT COUNCIL 2021-22

The Office of Students' Welfare would heartily like to congratulate all the Student Council members for the academic year 2021-22. We are excited to work together with you all.

Cultural Secretary



Ms. Urjani Chakravarti
18BEC0629, SENSE



Mr. T R Anirudh
18BMA0063, SMEC



Ms. Vrushali Deshmukh
19BCE0033, SCOPE



Mr. Neil J Kavalakkat
19BCE2077, SCOPE

NRI/ Foreign Representatives



Ms. Riya Jaiswal
18BCL0270, SCE



Mr. Akash Bhakat
18BCE2320, SCOPE



Mr. Atul Kumar Karn
19BCE2638, SCOPE

Sports Representatives



Ms. Ananya Pranay Chouhan
18BME0892, SMEC



Mr. Chaitanya Dev Chauhan
18BCE2187, SCOPE

Executive Members



Mr. Abhishek S Chaudhary
18BCM0077, SCHEME



Ms. Athira Suresh
17BAR0001, VSPARC



Mr. Kartik Nadiger
21MCS0048, SCOPE



Ms. Maulishri Bhandari
18BIS0143, SENSE



Mr. Aditya Raj
18BIT0412, SITE



Mr. Abhishek Kumar Singh
18BCE2509, SCOPE



Ms. Pratishtha Acharya
21MCA0285, SITE



Mr. Harsh Vardhan Singh
18BME0030, SMEC

Executive Members

Mr. Shriram
21MMT0001, SMEC



Mr. Manan Modi
18BEE0014, SELECT



Ms. S Sahitya
21MAC0011, SELECT



Mr. Vishnuvarthan T
17MSI0104, SBST



Ms. Aradhana S
21MBT0044, SBST



Mr. Arjun Bikram Singh
18BCL0086, SCE



Mr. Het Joshi
21MCT0011, SCE



Ms. M Sandhiya
19BCC0035, SSL



Ms. Rihazunnisha
21MTW0001, SSL



Mr. Rahul Jindal
19BBA0013, VITBS



Ms. Adlene Jenitta
21MBA0099, VITBS



Ms. Nikkila C G
21MNT0010, SENSE



Mr. Abhishek Kamthe
21MDN0004, V-SIGN



Ms. Ishika Nandrajog
19BAM0046, V-SIGN



Mr. Thota Sai Venkata
19BHM0022, HOT



Ms. Alla Manisha
21MSP0005, SAS

Member Secretary**Ms. Srishti Lodha**
19BCE0508, SCOPE**Mr. Phadke Anshuman Adarsh**
19BEC0428, SENSE**Mr. Mitul David**
18MIS0187, SITE**Ms. Divyanshi Shukla**
19BME0652, SMEC**Ms. Tejaswini G Desai**
19BEI0010, SELECT**Ms. Nandini Shrikant**
19BBT0038, SBST**Mr. Sai Hariharan**
19BCM0030, SCHEME**Ms. Naik Rishikesh**
19BCL0015, SCE**Ms. Deepthi A S**
20BCC0216, SSL**Mr. Kevin J Mathew**
20BAM0002, V-SIGN**Mr. Chetmani Singh**
20BHM0014, HOT**Ms. Sowmya R P**
18BAG0001, VAIAL

Primarily responsible for bringing forth the concerns of the students, the student council has various duties across academics and extra-curricular domains. It also attempts to bridge the gap between the students and the authorities.

MENTAL HEALTH AWARENESS FOR LADIES HOSTEL WARDENS

A mental health awareness program was organized for ladies' hostel wardens. The session was conducted on 12th December 2021 as a follow-up to the Novel training program. A total of sixteen wardens under the leadership of Dr. Mythili, Associate Chief Warden participated in the session. Dr. Rita Rani Bhattacharjee, Head, Counselling Division.



Dr. Dhanalakshmi and Student Counselor Mr. Blessing Calvin and Miss. Suman were the resource persons for the sessions. The main objective of the session was on how one can be mindful in helping the students by following three simple rules - Acceptance, Assessment, and Affection.

EMINENT TALKS OF DECEMBER



Mr. Ashok Ramachandran, CEO & President - the youngest country head of Schindler Group India Limited, is a living example of how far indomitable fighting spirit can take someone. He featured in the third episode of CSED-VIT's 'Xtrapreneur', a talk show where he motivated the upcoming generation of thinkers and doers about his journey and encouraged them thus developing an army of leaders.

Mr. Aleksandr Kartashov is an IT professional with vast experience in IT Infrastructure and Management, currently works as the IT Infrastructure Operations Manager at Electronic Government Authority, Ras al Khaimah, UAE. In IEEE Circuits And Systems CloudIT', he talked about how IoT and Cloud services are interdependent and can be used to profit from innovation and hence, gain a competitive advantage.



Dr. Jyoti Bala, currently a Senior Scientist at Rapture Biotech International Pvt Ltd received her PhD in RNA Aptamer Technology and Cancer Biology from JNU. She featured in the second episode of Sigma Xi's 'Rendezvous: The Research Stream', a talk show series structured to inspire and guide the listeners to kick start their own journey with research, where she discussed her day-to-day experiences that one needs to navigate the field of research.

Mr. Rajhesh Vaidhya, an Indian veena player who has performed with musicians like A.R. Rahman etc. and composers with the likes of Sir Elton John. He was also the winner of the 2010 Kalaimamani award for Veena. In the latest episode of TLA's Kadhaipoma series, he shared his jubilant journey with the audience and played some melodies that left the audience mesmerized and enthralled.



Ms. Janani Krishnamurthy is a Proprietor for All Seasons JH Landscaping which is a firm for landscaping projects in Kodaikanal. She is the Honorary Animal Welfare Officer (HAWO), Member of State Board for Wildlife (Tamilnadu), Managing Trustee of KSPCA, and a member of many Conservation Councils. In Rotaract VIT's latest episode of 'Spreading Pawsitivity', she shared her journey with the animal welfare and conservation enthusiast, as she takes us through her experience with multiple conservation programs around the country.

STUDENT ACHIEVEMENTS

20BHM0016 - PRAVEEN P

**3rd state-level Karate tournament at
38th Tamil Nadu State Karate Championship 2021
for Under 21 and Male Kumite - 84 Kg**

21BCC0279 - DEVADHARSHINI U

**Bronze Medal in Boxing(48 to 51 kg category)
Tamil Nadu State Honorable Chief Minister's Trophy**

21BCS0159 - POORNA SRI Y

**Gold Medal (71 kg category)
24th Tamil Nadu Senior State Weight Lifting Championship**

Team Pravega Racing

**2nd in Business Plan Presentation Event , 3rd in Dynamics Event,
4th in Design Highlight Event and Overall 3rd Position
International Formula Student Online 2021 Competition**

EVENTS OF THE MONTH

World AIDS Day : 1st December

AID TO AIDS - YRC

A short quiz event to test the about this deadly disease whilst also spreading awareness about it through a series of posts on Instagram.

STOP INEQUALITIES, STOP AIDS - RED RIBBON CLUB, 5TH PILLAR NGO, AYUDA NGO

An event that engages us to show solidarity to people living with HIV and interact with well-known comedians and presenters in this field and make a difference by supporting the Red Ribbon Campaign on the occasion of World AIDS Day.

Human Rights Day : 10th December

HUMAN RIGHTS: HUMANITY BEFORE INSANITY- YRC

An Instagram informative series highlighting the importance of human rights, as well as a quiz to test your knowledge on the subject.

International Day of Persons with Disabilities : 3rd December

DISABLE ZONE - IICHE-VIT

A fascinating crossword puzzle related to the chemicals which cause disabilities on the occasion of International Day of Persons with Disabilities

International Volunteer Day: 5th December

BIF DAASTAN - IICHE-VIT

An event to honor volunteers in non-governmental organizations (NGOs) such as BIF for their services and dedication. At this event, we will invite anyone who has volunteered for an NGO to share their experiences and favorite memory.

Anti-Corruption Day : 9th December

OF SCAMS AND CHARGES - 5TH PILLAR NGO

The event aims to raise awareness about the issue and work for a world free of corruption. This is an event where participants can fill out a google form to recommend improvements they would like to see in specific government departments.

NESTER-GRANGER - IICHE-VIT

The event is a writing competition on the theme of increasing soil fertility in a sustainable way on Kisan Diwas.

THE FARMER'S TALE- SOLAI

The aim of the event is to highlight the importance of students in improving farmer welfare and the future development of agriculture.

National Farmers' Day: 23rd December

Kisan Diwas or National Farmers' Day is observed on December 23, the birth anniversary of Chaudhary Charan Singh, the fifth prime minister of India.

APPEAL TO REAP(EAL) - 5TH PILLAR NGO

An event where participants get together and discuss various issues related to farmers and the concerning laws.

THE FARMER'S TALE- SOLAI

The aim of the event is to highlight the importance of students in improving farmer welfare and the future development of agriculture.

TALENT FORAGE

A Little to Much Light

The skyline. The brand of the city. That which inspires terror and awe in the hearts of all viewers. Well, not this viewer!

I can almost hear your shock. What, are they crazy? Who doesn't love the look of city lights in every colour under the sun? Oh, I agree, the city looks spectacular, but I also find the multicolored myriad of buildings rather annoying. Why? Simple. I'm a sky gazer. I gaze at the sky for fun. To me, it's like Nature's TV. And all your lights and streetlamps are blocking out my stars! Have you seen a semi-cloudy night sky before? How am I ever going to see a star like Tabit under a sky like that?

So went my woe for weeks. I felt inconvenienced for having to drive out of the city to be able to properly adore the sky. One day, out of a need for validation from fellow sky gazers, I looked up 'light pollution' on the internet. I fully expected to see discussion forums teeming with complaints like mine. Instead, I saw an overwhelming number of articles that made me feel like a pouty child. It turns out excess light is more harmful than I had believed.

In the beginning, there were no light bulbs or LEDs. There was the sun, there was the moon, and there were the stars (There were planets too, but that's besides the point). Each and every organism could use the same kind of light. So plants developed mini solar cookers into their very being. Animals figured out the patterns of the lights, and formed sleep schedules, hibernation schedules, even navigation tactics. And there it was! Life figured out a way to make more bang for it's buck by letting the light guide it's way. So it remained... till the light bulb. Fast-forward to the 2020's, and our flamboyant lifestyle has wreaked havoc on nature. Plants and animals have become extremely sensitive to the amount of light in the sky. They use it as a cue to mate, pollinate, search for food, even navigate.

Disrupting plant photoperiods can affect their rates of respiration and photosynthesis, causing a disbalance in their metabolism. Animals can't find other animals because they can barely see their own homes. Sea turtles hatch on beaches and rely on bright horizons over oceans to guide them back to their underwater homes. Artificial lighting on coasts interferes with this key process. Light pollution literally throws entire ecosystems in disarray, and here I am complaining about my sky glazing.

Even humans are affected by light pollution. Light levels influence our circadian rhythms, which are basically our sleep-cycles. Nocturnal light lowers melatonin production in the night, leading to sleep deprivation, fatigue and headaches. Is this why nobody sleeps before 3am?

This experience taught me a lot about the woes of light pollution, but it taught me even more about the bigger picture. Literally every creature under the sun is grappling with the effects of light pollution. Issues are more than just my experiences with them. There is more to the world than what I perceive. There are often different angles and perspectives to any situation, and we must consider all of them before forming conclusions. I hope to remember this experience and carry these lessons with me for the rest of my life.

**~APARAJITA BHATTACHARJEE
21BBT0387**

Human Right and Right to Environment

"Though no one can go back and make a brand-new start, anyone can start from now and make a brand-new ending"

Life is just like a beautiful garden where the flowers and the weeds grow together in harmony. Both are intertwined not always physically but exist rather peacefully. The weeds may take away the nutrients from the soil and food from the flowers. but the flowers never tend to become the weeds themselves. They synthesize more in order to spend peacefully the days it got in hand, and bloom effortlessly. The question of choosing between pollution and human rights is illogical. Nature and the human body are intertwined just like the molecules of our DNA. This nature is our DNA. Without nature, no humans could exist to claim their rights.

In today's world where nature constantly blooms and changes itself, humans act just like weeds. They take up what isn't theirs and forget their share of responsibilities. Why do you think the gardener has to always pluck out the weeds? Weeds aren't always ugly. Some are more beautiful than the flowers. but this beauty may be totally superficial. The weeds want every right to be given to them whether it be the nutrients, nourishment or the precious molecules of water but they forget the responsibilities that come with it. On the other hand. the flowers or nature in general want rights as well as the knowledge of the responsibilities and duties that come with it.

Every year on 10 December. the arena celebrates Human Rights Day. the day. when in 1948, The United countries' well-known assembly adopted the ordinary statement of human rights. This year's Human Rights Day pertained to 'equality' and article 1 of the UNHCR – 'all humans are born free and equal in dignity and rights.' With the standards of equality and non-discrimination as the aorta of human rights.

This years' topic aimed to address and discover answers for deep-rooted varieties of discrimination which have affected the maximum prone human beings in our societies. This means lowering inequality via advancing all human rights for all. It's a method of building higher. fairer and greener societies that uplift and empower the maximum vulnerable.

Money today can buy us all our utopia, happiness and even a smile. But what should we live for when we're so broken inside? The desire to change the World without actually keeping the patience needed. The illusions may be comfortable but the reality of ours is a sour fruit. The leisure of all human rights is intently related to the environmental issue. Most effective rights to lifestyles and fitness withstand the first place, however additionally different social, economic, cultural, in addition to political and civil rights, may be completely loved most effectively in valid surroundings. To visit an extreme, they can't be loved in any respect if the surroundings become impaired past a positive importance. The complete mankind wants to be in this type of case perish collectively with all its civilization, inclusive of human rights.

The worse the surroundings will become, the greater impaired are human rights. and vice versa. So, when all of us run after the rights, the responsibilities follow. A person who could digest this simple but the complex bitterness will always live in peace and make a difference in this world.

~ALI ZOYA SYED
19BE10092

A Missive for Human Rights

Just a 17 year old girl,
more into self love than being in heed over heels;

Flexing her curls,
giving an apathetic attitude.

Looking at the sky,
and passing by
I promise to thee,
I will change myself.

Being pear shaped,
I wait, I observe
I make up my mind,
You want me to be
the way you expect me to be.

You create such aura
Run away,
I used to neglect all of these,
But, it broke me from inside!

What's my fault?
I was born here,
Not expecting you to
criticize me suffering from pain.
Carving for affection.

I took resolution this year,
to achieve thy self
unfortunate deaths;
Creature showing its real 'Creature'.

You say it's the End?
I knew,
The worst is yet to come
more like 'death bed hero'.

seven colors in the sky changed,
People did more
fighting for my dignity;
lead to a missive on modesty.

~KANISHKAA PRIYADARSHI
21BEC0423

To Protect Dignity and Identity of Human Being

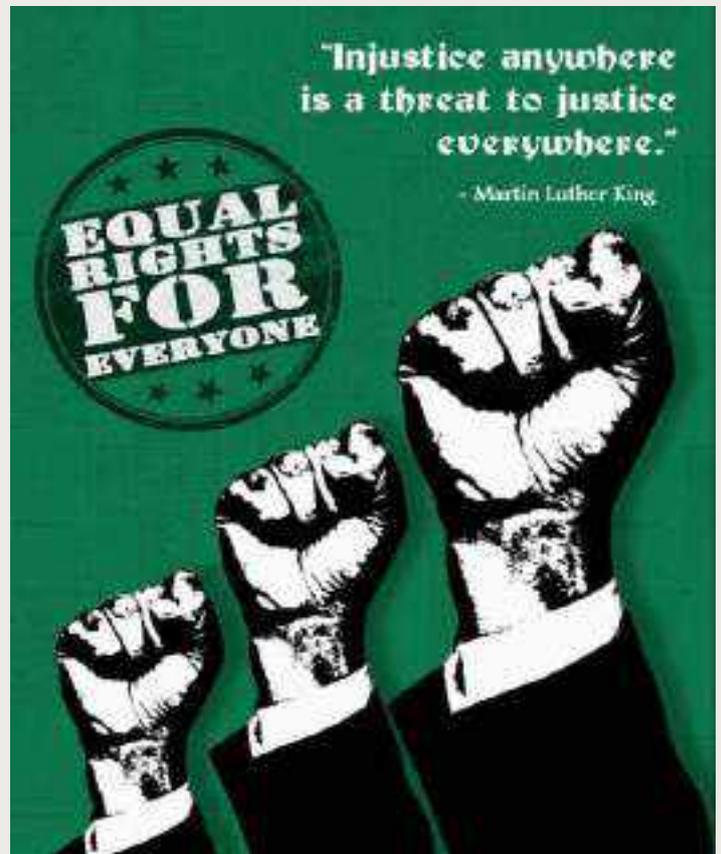
When we are born as human being
Certain rights are inherent for us
They are the basic rights and universal in nature
No government, no organization and no individual
Discrimination, inequality and poverty
Something or the other is seen
Some where or even every where.
Violence, crimes or wars in new forms
Right to life, liberty, personal security
Freedom from torture and degrading treatment
Right to recognition as a person before the law.

Let us be very clear
No blame game here
Let us not forget that we deal with human beings
They have life, flesh and blood
They have hopes and aspirations
They are part and parcel of this society.
Whom to ask for justice
We all, today or tomorrow
Have to give answer
Really, we have to go a long way
In the rightful way
To give meaningful human rights.

~ANUSKA BOSE
21BCT0002



~INDUJA S
1BEC0316



~MUKUNTH B S
19BCE0625

Pollution

A conventional definition would refer to pollution as the introduction of harmful materials into the environment. Ironically, pollution is a measure of both how developed we are as men and underdeveloped as human-beings. While man's progression in the field of science and technology has initiated industrialization and ultimately a materialistic development of our daily lives, it comes at the cost of our true livelihood, mother earth.

Pollution is a serious concern. It has manifested itself in all domains of the biosphere. Land, water or air, pollution is equally prevalent everywhere. We notice land pollution in the form of previously clayey soils that have been deprived of their top soil for use by humans for making cups commonly called "kulhads" in India or by potters for making beautiful sculptures that beautify our homes while depriving the soil of its beauty. Water pollution manifests itself in the form of dirtier water, that is, a dirtier international ocean, a dirtier national river and a dirtier local pond. Estimates tell us that by 2050 there may be more plastic in the ocean than fish. A more pessimistic conclusion would tell that only plastic would be left in the ocean which is a great cause for concern considering the fact that marine life was the first form of life on Mother Earth. Air pollution manifests itself everywhere around us. One wouldn't exaggerate if they had to say that staying a single day in New Delhi is equivalent to smoking 33.5 cigarettes a day.

Our houses of industrialization often referred to as factories smelt molten iron to sculpt the metal frames while de-sculpting our atmosphere. Our favorite wrapping materials often referred to as plastics allow us to cover our garbage for better waste management but ironically contribute the most to land pollution. Understandably, pollution is a by-product of industrialization, a by-product which has been growing even faster than the latter,

so much so that very soon our measure of development would shift to how effectively has our new discovery countered pollution because soon our measure of comfort won't be how luxurious a car is, but rather how little pollutants our car emits. Evidently, this shift will and is ushering in the era of electric vehicles and eco-friendly technology along with a slight hope of protecting our environment.

It is necessary for us to take a stand against pollution. At a personal level we can start by first being grateful, grateful to mother Earth. Electrical Vehicles and clean energy sources will help clean our environment only if we contribute to their growth, either as consumers or as developers. Our education empowers us to bring changes, however small they may be and however little they may be. We can start by applying our knowledge for solving real-world problems like countering pollution, reducing the impact of pollution or analysis of pollution data to approach an optimal solution. Investing in NGOs that plant trees and conserve the wildlife makes a great difference in the bigger picture. While solutions like planting a tree is cliché, one solution that requires minimal effect is ensuring our garbage is disposed-off correctly, it isn't very tough to refrain from throwing that can of coke out of our window just like sorting our waste into biodegradable and recyclable does not require us to be a millionaire or an astrophysicist. The Earth is a gift to us and we must ensure that we are meant to live in it which will be possible only if we allow all other forms of life to live undisturbed.

~DIBYAN GOSWAMI
20BEE0059

En-viral-ment

What if trees provided Internet?

Will the quota to plant be met?

Will we protect our forests aggressively?

So you could watch Netflix continuously?

Do we have to have situations so absurd?

For the plea of the environment to be heard

Do we have to wait until its too late?

Before we reach a catastrophe that is great

Many wouldn't care about the environment

They wouldn't until its time for judgement

All these destruction for the sake of earning

It wouldn't matter unless

its their money that's burning

Churning out waste after waste

Even if the ecosystem is erased

To continue the evil operation

They'll just move on to an another location

Hundreds doing their part won't be enough

Convincing the other millions will be tough.

We only have a couple of years to reduce pollution

Otherwise wed be left in an inconvenient situation

I hope our voices will reach to where it counts

So wed make changes, bit by bit, Ounce by ounce

Spread the word and raise the needed awareness

So we can defeat this dirty menace

~PASUMARTHI AASHISH BABU

18BME0756



~RITESH NAYAK

21BCE3549



~MUGUNTHAN N

21MIS0196

The Last Minute

4,600,000,000 years.

This is the age of earth.

An inconceivable span of time

If this earth were to be a person of 46 years of age -

Her life story would read something like,

First 7 years of her life - shrouded in mystery,

The next 35 years - only vague information

available,

At the age of 42 years - the first flower blossomed,

By the age of 44 years - huge reptiles like dinosaurs

appeared,

Just 8 months ago - mammals started walking,

Last week - human started evolving from Apes,

4 hours back - modern human came,

An hour back - she invented agriculture,

Just a minute ago - industrial revolution started.

In these 60 seconds, this paradise has turned into a

"TRASH – PILE "

With the destruction of forests and the wounds of

mines,

It was "POLLUTION" all around.

She started choking. And suffocating.

Thousands of species are on the path of extinction.

In the name of development,

In the name of growth,

Humans unbridled desire and greed Has brought

this planet to the "BRINK"

~SREERAM DIVYA SRI

19MIS0129

ANNOUNCEMENT!

Entries Invited!

We invite all our students to showcase their masterpiece with talent and skills. Submit your entries by the **February 1st** - be it *designs / articles / artworks* or *poems* - based on the Theme of **Republic India, Voters Responsibility**

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

SCAN QR



Thank you!



VIT[®]

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

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Designed By:



Pranjal Gupta



Sushant Srivastav



Abhishek S Chaudhary

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