



Office of Students' Welfare

Vellore Institute of Technology, Vellore

Newsletter June' 22



"Music is the great uniter. An incredible force. Something that people who differ on everything and anything else can have in common"

- Sarah Dessen, *Just Listen*

4:00PM, Vellore Lake

**Yoga is the
journey of
the self
through the
self to the
self.**

- Bhagavat Gita



Highlights

- **Eminent Talks**
- **145+ Events**
- **Achievements**

Eminent Talks



Ms. Priyanka Tomar is a renowned expert in the fields of cyber security and forensics. She is a guest faculty at CBI Academy, Ghaziabad, and provides

specialised cyber security training programmes. She joined IEEE-SSIT on June 5 for Cybershield for a conversation about cyber security, and the plethora of career opportunities it presents today. The audience was intrigued to hear from her about the interesting subject.



Ms. Jyoti M. Hebbar engaged in an important dialogue with VIT'S Anokha NGO on safe eating methods on June 7. A dietician and counsellor, Ms. Hebbar

is passionate about creating awareness about nutrition and mental wellbeing and enlightened the listeners on the kinds of diet one must follow. Her talk encouraged club members to adopt healthier lifestyles and food habits.

Mr. Chandrashekhar Pandey had an inspiring discourse on the societal ill of child labour, and empowering those children, with members



of YRC-VIT on June 25. As Program Director for ChildFund India, he has been involved in providing leadership in program quality and resource mobilisation. He elucidated on the importance of child empowerment, and the various outreach initiatives aimed at that goal. The conversation moved the audience and illuminated them on this topic.

Mr. Nishanth Govindarajan

is an automobile engineer and enthusiast and is an expert in product strategy and planning. He has worked at esteemed companies such as Ford and had an exciting discussion on the upcoming trends in the automobile industry, on June 27. He graciously shared his views and conversed with the audience about transitions in the industry. Members of SAE-VIT were enthralled to know more about the dynamic automobile industry.



Mr. Hunny Bhagchandani joined VIT LEO Club to talk about his work as a social innovator. He is the founder of TorchIt, a startup which aims at

empowering blind people through their products. A compassionate man, he talked in the event, on June 4, of his work and startup, which featured on Shark Tank India. Members of the club were moved by his compassion and had an enriching experience.

Mr. Yatin Mangwani, an emerging cricketer and a member of India's Under-19 team, had an inspiring conversation on 29 June with LEO Club.



A rising star who plays for multiple teams, he was perseverant and did not get dejected after being replace in the U-19 Asia Cup due to an injury and rose like the proverbial phoenix to reach his goals. He shared stories of his inspiring journey, and teachings from his life motivated the audience.

Events Of The Month

1 June Global Day of Parent's

Parenting

FEPSI

An event to provide an opportunity to appreciate all parents for their "selfless commitment to children and their lifelong sacrifice towards nurturing this relationship" by putting ourselves in their shoes.

World Milk day

Milky

Nutrition Club

An event where participants were asked to prepare a drink or some item which was made using milk and its nutritious benefits and its picture they made.

Lactofied

IChE-VIT

A quiz where questions regarding the processes and various technologies used in the dairy industry for the processing and safe preparation of milk.

4 June International Day of Innocent Children Victims of Aggression

Victims of Aggression

FEPSI

An event where participants were given time and they had to come up with a presentation, case study or stories regarding child abuse, its effects and what we can do to stop it.

5 June World Environment Day

Ecophilia

Alpha Bio Cel

An ideation to solve real-life environmental issues

Environment Near Me

E2PC VIT

An event where participants were given a fun opportunity to capture the life and joy of any scenery through your lens

Arcadia

Nature Lover's Club

A Digital painting / Poster Making event on the theme "Earth of Your Dreams".

Bhoomiyil Nammal

Malayalam Literary Association

An event where a topic will be given relevant to the environment and the participants had to talk for or against the topic for 2 minutes.

World Environment Day

ASHRAE VIT

An Instagram quiz to spread awareness about environment.

Earth

FEPSI

A group discussion to focus on various aspects of mother earth like the importance of mother earth in our ancient civilizations, the challenges it faces in present scenarios and the futuristic solutions

Go Green, Breathe Clean

Youth Red Cross Association

An event where we give ourselves an opportunity to pause, reflect and take responsible steps to save the environment.

Eco-Logical

IChE-VIT

An event where participants will be required to identify the harmful processes taking place, and their effects and present creative solutions to combat them.

Events Of The Month

7 June

World Food Safety Day

Food Safety First

Anokha NGO

A live session on Instagram with Jyoti M Hebbar about the significance of the day and the importance of having a nutritious diet in our lives and to guide us about safe eating methods and the type of diet we need to follow.

Mis-Taste

IICHe-VIT

An event where participants have to use their technical knowledge and analytical skills to find out the best food combination out of the given one's. A riddle round regarding unsafe and toxic food items.

8 June

World Oceans Day

Oceanic

IICHe-VIT

An event where participants are required to make posters consisting of drawings of harmful man-made phenomena affecting the oceans and their effects on sea life with brief descriptions for each drawing.

21 June

The International Day of Yoga

Guess The Pose

Health Club

A quiz session on Microsoft teams where students guessed the asana based on the image displayed and guess what benefit the asana has.

World Music Day

Strumento

The Fine Arts Club VIT

Three songs were given to participants and they were supposed to choose one song and make a piece of art on it.

23 June

International Olympic Day

International Olympic Day

FEPSI

Instagram Quiz to spread awareness about Olympic day and the importance of sports.

26 June

International Day Against Drug Abuse and Illicit Trafficking

In A Blue Moon (Campaign Against Substance Abuse)

English Literary Association (ELA)

An event that involved screening the movie, followed by an in-depth analysis of the same.

Poster Making Competition

Punjabi Literary Association

An event where participants were to show their enthusiasm and creativity in the form of a poster (digital or hand-drawn).

Remedope

IICHe-VIT

An exciting quiz on the use, production, and processing of drugs that lead to health issues.

International Day in Support of Victims of Torture

Victims of Torture

FEPSI

An Instagram Quiz to spread awareness about this day among the youth.

27 June

Micro-, Small, and Medium-sized Enterprises Day

Up and Coming Trends in the Indian Auto-Industry

SAE-VIT

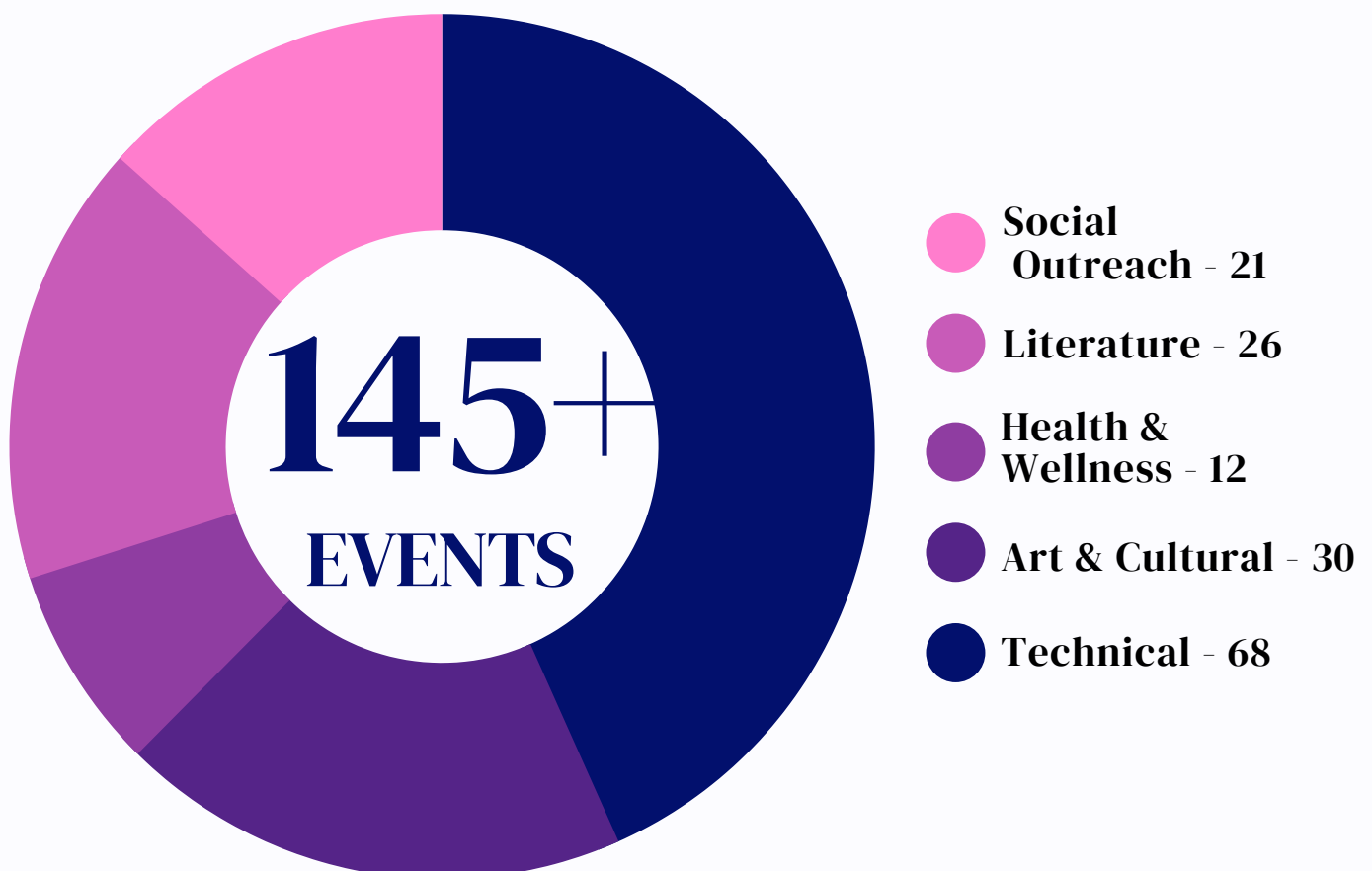
A Guest Lecture by Mr. Nishant Govind who is a Customs Analyst over at the Ford Motor Company on the topic "Upcoming Trends in Automobile Industry"

June Events

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 147 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

The Power of Music

Music is my friend as it helps see me
through the highs and lows,

It has many sides to its nature every genre
has a face, it lovingly shows,

It's always there when I need it and gets me
over or above and beyond,

Music holds many answers and much
guidance as in it my heart responds,

Like people songs have a story to tell and
can attract you to them,

You'll rejoice at your good fortune when
you excitedly find a rare gem,

Celebrate or commiserate you can go from
one extreme to the other,

Enjoyed by all perhaps be it your friends
and strangers or grandmother,

For music is a way of upliftment, a mood
changer that has much power,

You can play it all day, while the hours away
and enjoy every precious hour,

So, here's to the Power of music and how it
plays such a beautiful part,

Filling me up with its wonderful company
and soothing my needy heart.

**- Pasumarthi Aashish Babu
(18BME0756)**

The Immeasurable benefits of Music

The earliest music introduced to almost everyone globally, is the sweet lullaby sung by one's beloved mother. And all would unanimously agree to its unique spell!! It soothed, it calmed, it made us smile, it made us feel good and happy, and ultimately made us sleep peacefully.. The benefits were enormous and have been time tested for ages.

As an individual grows, music continues to be an integral part - be it the music lessons at school, the cherished drums and music at Annual Gatherings, the cheery music in car, the rocking music at weddings or the peaceful music back home....The list is endless and why not..? The power of music is undisputed and also supported by scientific research. Research demonstrates that music supports us at all of the three vital levels of health - physical, mental and emotional. It helps regulate our emotions, enhances productivity, gives better sleep and so on...The benefits are immeasurable and tremendous.

So, how does this miraculous process happen? Listening to music releases endorphins in our brain. These endorphins give a heightened feeling of excitement, thereby reducing one's stress, anxiety, pain and also enhancing the immunity. Different types of music affect us differently. Soothing music, especially instrumental and Hindustani Classical are known to spread an unique aura and influence us quite positively, while loud ear deafening

Talent Forage

music is eventually harmful.

So guys, the next time you tune in to your favorite radio station, let's be aware of the wonderful powers of music that is impacting us emotionally, mentally and physically.

Stay tuned, Stay happy...

- Suja Sreejith Panicker (17PHD0114)

Power of Music

Humans have always built narrow walls to separate themselves from each other, and it stands true to this day. Division is entrenched in the world; everything from the faith we adhere to, the language we speak and the nations we come from continue to draw borders between us. However, there is one thing which knows no borders; art. Art has the power to connect billions of people across the world, and what better form of art to do this job than music. The harmonious symphony of instruments and voices is a form of expression that knows no limits.

India's one billion people speak different languages, worship different gods and live different lifestyles; but the country is tied together with the thread of music. In today's India, it is not uncommon to find a Hindi speaker who enjoys Telugu music or Gujarati who grooves to Bengali songs; music shatters these shallow barriers, and this has also occurred on a global scale, with musical notes traversing vast oceans and expansive continents to reach new people, eager to listen to them. In a world

of disunity and discord, music stands as a powerful unifying force.

Music is known to play an essential role in preserving one's heritage. The classical and folk music of a region hold the key to the history of the land and its people. They are the tunes which one's grandmother sang to them in your childhood, the songs which reverberated in the streets during festivities; they link one's today with the yester years. Every folk song carries timeless tales of a myriad of things; from the brave exploits of kings and emperors, to the tragic tales of star-crossed lovers. They stand the test of time, as they continue to resonate through the air, strong as testaments to the past, even as majestic monuments of the past crumble to dust.

Music is also a strong form of expression. It has been used for centuries to stir emotions and move people towards a common goal. Several revolutions and rebellions across the world could only garner the popular support they had because of music; a peasant or a laborer may not know how to read and write, may not understand complex sociopolitical mechanisms, but will understand songs written on the tribulations they face. Music played an important role in independence and resistance movements across the globe, and continues to do so today.

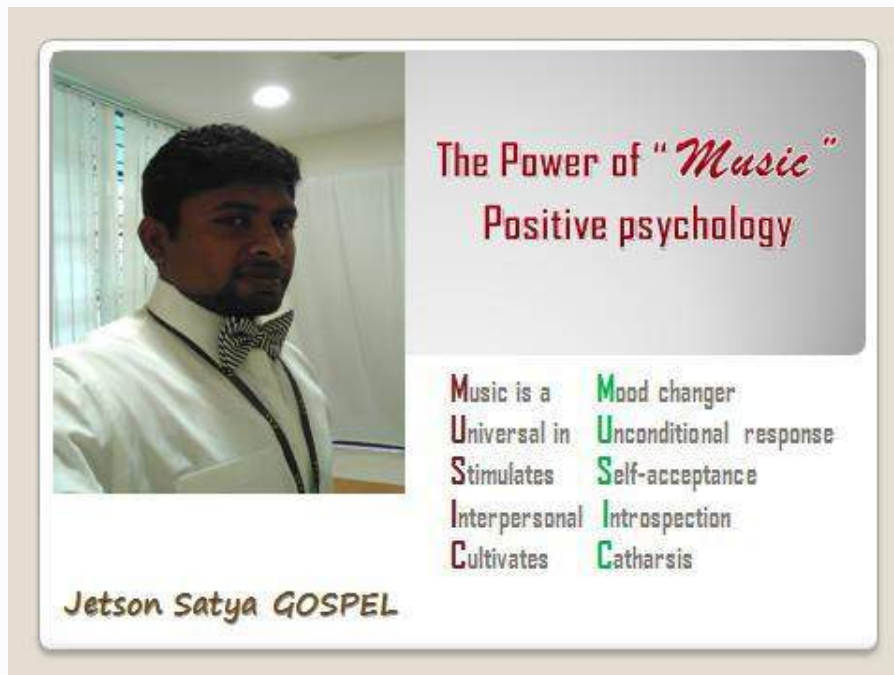
Even on a smaller, more personal scale, music's significance remains undiminished. Music has the strength to help one steer away from sadness and stress, and to help one celebrate at times of celebration and

Talent Forage

jubilation. It helps one calm the mind and mend the heart in tough times. Music continues to remain an important component of mental wellbeing even to this day, in a world full of promising advances in medicine. Music is also a way to channel one's emotions, to let out feelings and convey one's message for the world to listen to.

Therefore, music continues to be an essential part of human life, as it has for centuries. As the world continues to become a smaller place, as we connect faster than ever before with technological advances every day, the songs we hear may sound different, the lyrics we listen might be from other languages, the instruments we use to produce melodious sounds might be alien to us, but what remains a surety is the fact that whatever the future of humanity, as long as humanity survives, music will not only survive, but thrive.

- Vatsavayi Karthik Varma (21BCE0990)



-Dr Jetson Satya GOSPEL
Student Counsellor-VIT

For any suggestions, queries related to newsletter or
problem in submissions, contact:
Students' Welfare Newsletter Department
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Student Achievements

Congratulations!!



Ashikka Gupta (19BCE2022) a CSI Chapter student has recently **won the first-runner up position prize money worth Rs 1.5 Lakhs in Netapp's Women Innovathon 2021-22 Hackathon event**. This event celebrates the spirit of innovation and diversity among students and saw a footfall of 3500 participants and 900 teams from over 74 colleges across pan India.



Ms. Shivangini Pandey (18BCL0231) has been declared 'Winner'(category -II) in **FIT India Challenge** organized by AICTE.



Ms. Pooorna Sri. Y (21BCS0159) has represented Tamil Nadu and won the Gold Medal (71 kg category) in the **Khelo India Youth National Games** held at Haryana from 31.05.22 to 08.06.22.

Student Achievements

Congratulations!!

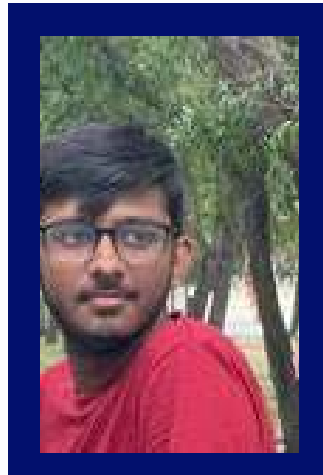


20BCM0128 - Mr. Jayyant Kakkar



19BCM0087 - Mr. Jaydev Zaveri

Students of AIChE represented VIT at an international level in **Global International Awards**. **Jayyant Kakkar** won the Freshman Recognition Award whereas **Jaydev Zaveri** won Donald F. Othmer Sophomore Academic Excellence Award.



Meenakshi MS (21BCM0054), **Aditi Sridhar** (21BCM0035) who is a core member of AIChE-VIT and **Sarvesvaron A** (21BCM0015) Core Member of IChE - VIT, have secured the BRONZE AWARD in the **Innovation and Invention Competition (IIC)**



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 30th July: designs/articles /photos/artworks or poems- based on the themes :

Kargil Vijay Diwas or Chess Day





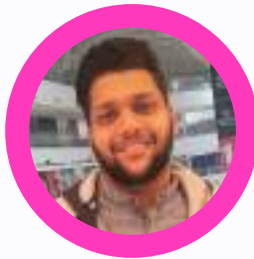
Welcome!!

**Warmly wishes Prof. M. Senthil Kumar
for starting his new tenure as the
Assistant Director of Students' Welfare.**

SW Newsletter Team



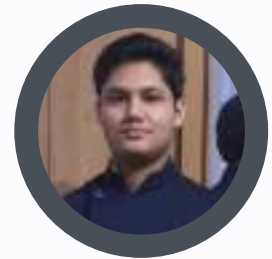
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