

VIT Vellore



OFFICE OF STUDENTS' WELFARE

Official Newsletter



OCTOBER'21

The month of October witnessed a cultural bloom of various festivals where people spread joy and laughed out all their worries by meeting one another.

Various events were conducted throughout the month, to spread knowledge and happiness.

WHAT'S NEW

World Mental Health Day

Outreach Event

Guest Speakers

Student Achievements

Talent Forage

WORLD MENTAL HEALTH DAY

World Mental Health Day is observed on the 10th of October every year, with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health. World Mental Health Day was observed on 11th October by the Counselling division along with Anchoring Club, Music Club and Dramatics Club performed to spread the message on Mental health to all. The theme for the event was “Mental Health in an Unequal World”.

Dr. B. J. Prashanatham, Director, Christian Counselling Centre was the Chief Guest and the event was presided over by the Honourable Chancellor, Dr. G. Viswanathan.

The Chief Guest for the day, Dr. B. J. Prashantham gave a wonderful talk on how mental health awareness has risen over the years and yet there is a vast need for more professionals in the field. He also highlighted the need for counsellors, to promote the idea of talking out loud about the problems and encourage people to reach out for help. Dr. Rita Rani, the Head of the Counselling Division addressed the gathering and gave the welcome note.

Our Honourable Chancellor, Dr. G Viswanathan appreciated the efforts of the Counselling Division in spreading the message of hope and he also shared his vision of promoting the right mental health for all. He encouraged everyone to stand together to make a change.



Dr. G. Viswanathan.



Dr. Rita Rani



Dr.B.J.Prashantham

NOVEL TRAINING PROGRAM

The NOVEL training program is an initiative of the VIT Counselling Division under the guidance of the Students' Welfare office to promote the importance of Mental Health in VIT and to make sure that no VITian is left out in this process. This two day training program was organized in association with the VIT Hostels and Christian Counselling Centre. The Training Programme "NOVEL" is an engaging and interactive workshop for various sectors in VIT to enhance every participant's knowledge on Mental Health and help them explore their operations in campus with a mental health perspective.

The training programme also had the presence of the directors of mens and ladies hostel, Dr. Prabhakaran and Dr. Sumathi; the Chief warden and Associate Chief warden of Mens and Ladies hostel, Dr. Sivashankar and Dr. Nirmala; Assistant Directors of Student Welfare, Dr. Sudhakar, Dr. Sharmila and Dr. Priti Talwar and Hostel Manager, Ravichandran.



WORLD MENTAL HEALTH DAY events by Clubs and Chapters

- **Healthy Minds – HEALTH CLUB** : A space to talk and know more about mental health and its importance.
- **World Mental health day quiz – LEO CLUB**: An Instagram Story Quiz filled with stimulating questions, thought-provoking trivia and more!
- **World Mental Health Day – FEPSI** : To contribute to spreading awareness about the importance of mental health through Instagram , a set of stories were posted on the official Instagram handle of FEPSI, regarding the experiences of some volunteers among VIT students and how they overcame it.

World Mental Health Awareness Week was organized by Health Club and the following events were a part of it:

- **Rhythm – HEALTH CLUB (11-October-2021)** : An online event where the participants had to guess the songs and movie names.
- **Balancing Heart and Mind – HEALTH CLUB (12-October-2021)** : A meditation session with Dr. I. Srinivasa Rao, to reduce such burden and make the students feel relaxed.
- **What your mind needs? – HEALTH CLUB (13-October-2021)** : An online session where students queries regarding mental health were answered by an expert, Dr. Dhanalakshmi N.
- **Artify – HEALTH CLUB (14-October-2021)** : An opportunity to express ideas in the form of photography, digital posters, handmade posters, dance, hand painting, etc. The works were later displayed for everyone.
- **Minute to win it – HEALTH CLUB (15-October-2021)**: A quiz event where the questions had to be answered within a minute making all contests to think out of the box and have an interactive session.
- **Music therapy – HEALTH CLUB (16-October-2021)** : An interactive and therapeutic session with Ms. Anubhuti Kakoty Goswami, to help the participants know how the properties of music work wonder in lifting up the mood and improving mental health.

02-OCTOBER-2021 : GANDHI JAYANTI EVENTS

October 2 also marks the International Day of Non-Violence by the United Nations. This year marked the 152nd birth anniversary of Gandhi, when the entire world observes Gandhi Jayanti. Without the legendary leader, India's freedom would have probably been impossible. It was his philosophies and methods that led to civil rights movements and brought about many significant changes in the world. He is respected all over the world!

Office of Students' Welfare organized a number of events through the various Clubs and Chapters as a respect to the Father of the Nation.

- **Blog publication-When Dawn Breaks – LEO CLUB** : An event to look at how Mahatma Gandhi's simple moral virtues led and fueled the fight for independence.
- **Gandhiyam – Tamil Literary Association (TLA)** : Quotes said by Mahatma Gandhi were given with a missing word or phrase and the participants had to complete the same.
- **Quizzical – FEPSI** : A picture-based QUIZ event on Instagram to acknowledge the effort by freedom fighters who were there with Gandhiji during the non-violence movement.
- **Gaandhiya Naandhi – Kannada Literary Association (KLA)** : A quiz event for participants to increase their knowledge in Kannada and understand the ideologies, struggles, and kindness of Gandhiji which took India forward in its march towards independence and about Lal Bahadur Shastri with the help of Kannada literature.

02-08TH OCTOBER, 2021 : WORLD WILDLIFE WEEK

Wildlife Week is annually celebrated across India between 2nd to 8th October with an aim to protect and preserve the flora and fauna of India. The first Wildlife Week was observed in 1957. The Wildlife Week 2021 is celebrated from 2nd October to 8th October 2021. Wildlife Week 2021 marks the 67th Wildlife Week is celebrated under the theme Forests and Livelihoods: Sustaining People and Planet.

Office of Students' Welfare conducted the following events in association with the World Wildlife Week:

- **WILDLIFE TRIVIA – NATURE CLUB (02-October-2021):** A quiz to test the participants' knowledge of wildlife on the 02nd of October, 2021.
- **Wildlife Fiesta - SOLAI CLUB and BIOSPHERE (02ND-08TH October - 2021) :** Events to create awareness on Wildlife.
- **SNAPSHOT – NATURE CLUB (03-October-2021) :** Wildlife photography event where the participants had to send in pictures related to wildlife captured by them and the best ones were displayed on Instagram.
- **Help me Hooman – FEPSI (14-October-2021) :** An online session with Ms. Rashmi Choudhury, from Street Animal Welfare, who enlightened the participants about animal protection and mutual well-being.
- **WILD CALL – NATURE CLUB (04-October-2021) :** A fun quiz, in which the participants had to guess the animal by listening to their sounds!

- **Fauna Alchemy – IChE-VIT (04-October-2021)** : An article writing contest on the topic "Chemical Evolution and Fauna go hand in hand".
- **ART OUT OF WASTE – NATURE CLUB (05-October-2021)** : The participants were asked to make origami and small DIY nests using waste/scrap material.
- **SHOTS – NATURE CLUB (07-October-2021)** : A one-minute film event in which participants had to submit a 1-minute long short film on the theme "Nature and Wildlife".
- **ADOPT A TREE – NATURE CLUB (08-October-2021)** : Participants were asked to plant one/more saplings in their surroundings and they had to send pictures of the saplings they planted.

05TH-11TH OCTOBER, 2021 : ENTREPRENEURSHIP AWARENESS SERIES

Entrepreneurship Awareness Series was conducted by Entrepreneurship Cell, to promote and encourage students to take up a career in entrepreneurship. The series also aimed to create awareness about the possibilities of the same.

08TH-OCTOBER, 2021 : INDIAN AIR FORCE DAY

India observes Indian Air Force Day every year on October 8 because, on this day, the Air Force in India was officially raised as the supporting force of the Royal Air Force of the United Kingdom in 1932. Office of Students' Welfare conducted various events in connection with the same.

- **LEO Talks- Lt Cdr Bidisha Pandey – Leo Club** : An online session with Lt Cdr Bidisha Pandey, ex-Indian Naval Officer and a Commonwealth Scholar.
- **Landing in our Heart – FEPSI** : Informative Instagram reels were posted as respect and gratitude towards the Air Force Army and educating others through social media platforms.
- **Desh ki shan, Indian Air Force – VIT Community Radio** : A video series to educate the citizens of our country to know more about the Indian Air force.

08TH-14TH OCTOBER, 2021 : NAVARATRI EVENTS

This Navratri, **GLA - the Gujarati Community of VIT**, conducted an online **Garba Fest** - a competition to celebrate. Participants are allowed to add submissions in two categories Video and Photo. Video submissions were judged on their graceful Garba steps, whereas Photo on their glorious Traditional wear.

16TH OCTOBER, 2021 : WORLD FOOD DAY

United Nations' Food and Agriculture Organisation (FAO) marked October 16 of every year as World Food Day in the year 1979. In order to mark the anniversary of the founding of the Food and Agriculture Organisation (FAO) of the United Nations, every year, World Food Day is celebrated across the globe on October 16. Office of Students' Welfare conducted various events in connection with the same.

- **Chemi-nator – IICHe-VIT** : An exciting quiz to test the participants' depth of knowledge about food preservatives.
- **undi koduthor uyir koduthore – Tamil Literary Association (TLA)** : A quiz show related to food and tastes.
- **Photography competition on World Food Day – HEARTS-UHET** : An instagram event where participants could share homemade recipes pictures, present it well and the best ones where featured on the social media.
- **Food-Check - AICHe-VIT** : Role play where participants had to find solutions to problems and give justification for various process in a Milk Processing Factory.
- **Leftovers – Zero Waste Management Club** : A quiz event to sensitize the participants on the wastage of food and how to efficiently manage the same.

17TH OCTOBER, 2021 : INTERNATIONAL DAY FOR THE ERADICATION OF POVERTY

October 17th presents an opportunity to acknowledge the effort and struggle of people living in poverty, a chance for them to make their concerns heard, and a moment to recognize that poor people are the first ones to fight against poverty. Office of Students' Welfare conducted various events in connection with the same.

- **Social Awareness Program on Poverty – LEO CLUB** : An awareness campaign through social media accounts of Leo Club, in which the audience is invited to submit their thoughts and opinions on poverty eradication in India.
- **Essay Writing Competition on International day for the eradication of Poverty – HEARTS-UHET** : An essay writing competition to sensitize the participants on the menace of poverty prevailing around the world.
- **The Lost Childhood – ANOKHA NGO** : An informative session on Child Labour and the way in which it is deeply intertwined with that of poverty around the world.

24TH OCTOBER, 2021 : UNITED NATIONS DAY

24th October has been celebrated as United Nations Day since 1948. In 1971, the United Nations General Assembly recommended that the day be observed by the Member States as a public holiday. With the ratification of this founding document by the majority of its signatories, including the five permanent members of the Security Council, the United Nations officially came into being. Office of Students' Welfare conducted the following event in connection with the same.

- **Know The UN – YOUTH RED CROSS** : A short quiz to test the knowledge on UN.

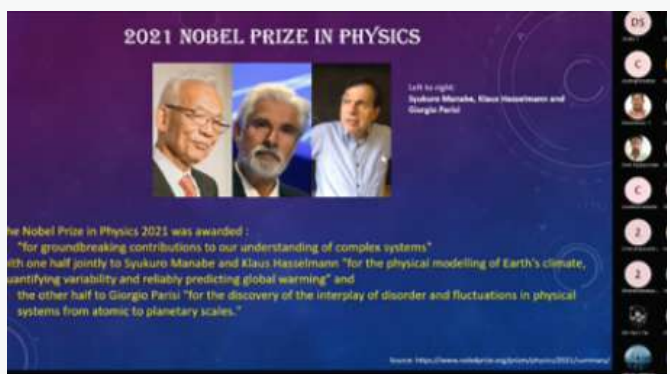
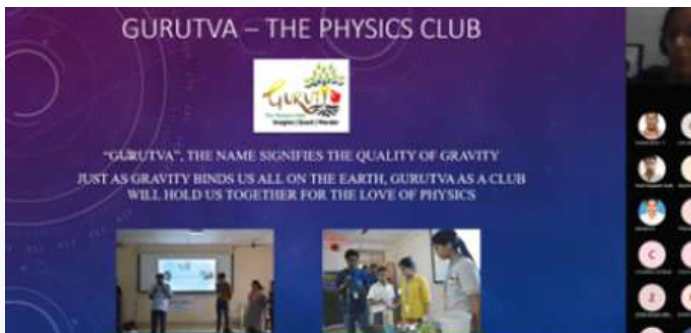
31ST OCTOBER, 2021 : NATIONAL UNITY DAY

National Unity Day is celebrated in India on 31st October. It was introduced by the Government of India in 2014. The day is celebrated to mark the birth anniversary of Sardar Vallabh Bhai Patel. This year marks the 145th birth anniversary of Sardar Vallabhbhai Patel. Office of Students' Welfare conducted the following event in connection with the same.

- **United Writings – ANOKHA NGO** : A two-day essay writing competition called "United Writings" on the theme of Unity and the Importance of Unity.

OUTREACH EVENT: CENTRIPETAL

GURUTVA – The Physics club of VIT organized an online outreach event, CENTRIPETAL on October 23, 2021 through MS Teams. Students of studying 7th and 8th standards in Shrishti Vidyashram Sr. Sec. School and Shrishti Matriculation School, Vellore participated. This event was arranged to commemorate the centenary year of Einstein's Nobel prize in physics. As a part of the event, simple experiments were conducted and students were keen on observing and were excited to try it at home. Riddles and quiz rounds kindled their minds and made them wonder for answers. The response from the students in the debate round on climate changes was very inspiring. The objective of increasing the interest in the field of science was fulfilled and the students enjoyed the event to the full extent. The event was graced by the presence of Mrs. Hephzibha, Vice-principal of Shrishti Vidyashram Sr. Sec. School, Vellore.



EVENTS IN VIT

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 **245+ events** conducted in the past month ranged not only from technical but to cultural, literature, social outreach and health and wellness as well. We had about **10+ 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	110
	Literature	22
	Arts and Cultural	33
	Health and Wellness	24
	Social Outreach	54

These events conducted by clubs and chapters of VIT were segregated under various development categories like - **Skill Development, Technical knowledge, innovation, arts, career guidance, knowledge development, competitions, trivias, debates, discussions, social awareness, community development,** personal growth and many more.

GUEST SPEAKERS AT VIT

Mr. Sabyasachi Mukhopadya Assistant Professor of Business Analytics at BIMS Kolkata, was the guest speaker for the event **Reinforcement Learning** held on 19th October by **Innovator's Quest, VIT**. He is a TEDX Speaker and former Data Scientist at Intel and Google. The event covered the breakthroughs, innovations and all the quantum leaps in the field of Machine Learning after its inception.



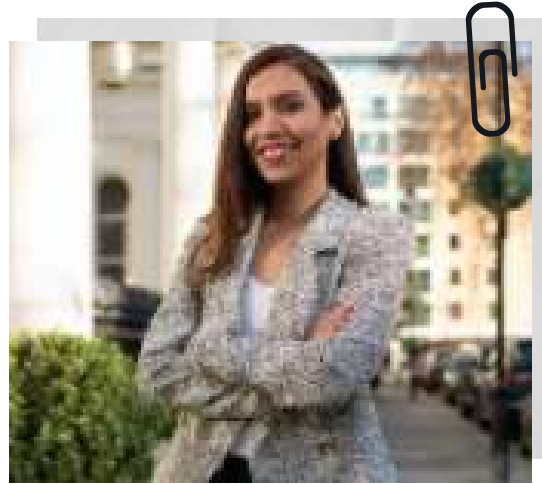
Jai Santhoshi, 20-year-old author of novel "Carnival", was one of the guest speakers for the event **TNC-Author Talks** held on 15th October by **The Book Club VIT**, which was about looking at the world from an author's perspective, and in retrospect learn how to be a good writer.

Mr. Manish Soni - DevOps expert, 2x AWS and terraform certified, Cloud and DevOps engineer at the Presidio, took session on 22nd October at **Introduction to DevOps** by **IEI VIT**. The session started with the discussion of DevOps culture that is having streamlined, frequent, and high-quality software releases. He gave a detailed explanation of the principles, tools, methodology, followed in DevOps which also included all the benefits and challenges for adoption of such culture.



GUEST SPEAKERS AT VIT

Ms. Mehar Sindhu Batra, career coach, YouTuber and founder of MSB vision, was present at the speaker session, **Entrepreneurship Mystic**, held on 19th October by **Dream Merchants VIT**, to answer all the questions and clarify all the doubts regarding the mindset of college students, if they want to start their journey in the field of entrepreneurship.



Ms. Khyati Shah, a popular Transformation Coach was our special guest at **Let Her Fly**, held on 11th October by **FEPSI**. She shared her views and experience on what women empowerment actually means at the event which was planned in accordance with International Girl Child Day.

Dr. Sundaraj Manikandan - Research Assistant Professor at SRM Chennai and BHAVAN awardee, presented a webinar on **“Advances in Solar Photovoltaic Energy Conversion System”** on 21st October with **Association of Energy Engineers (AEE)**. It referred to the steps governments can take to reduce the need for the production of electricity, cut emissions of pollutants gases and reduce costs at the same time.



GUEST SPEAKERS AT VIT

Dr. Sunaina Singh - Army Officer, PhD in Organization Behavior lead the evening on 17th October with an inspiring session of **Leo Talks** , **LEO Club VIT** for the participating students where they joined her on her journey from becoming an army officer to doing her PhD. The participants got to learn a lot from hearing her valuable point of view and personal experiences.



Mr. Dinesh Mohan - prominent supermodel, actor and inspirational speaker, shared his experiences on 10th October with a session of **Leo Talks (LEO Club VIT)** highlighting the importance of one's physical well-being and emphasized on how mental and physical well-being go hand in hand.

Captain Yashika Hatwal Tyagi is a Short service commissioned lady Officer from the initial batches of Women entry into Indian Armed Forces. She passed out with a Silver medal from the prestigious (OTA) Officers Training Academy, Chennai in the year 1994. During her Army tenure, she has served in intense counter insurgency / terrorist infested areas of Assam during "Operation Rhino".



We would like to thank all the student Clubs & Chapters for taking the initiative to conduct these events with the domain experts to spread their knowledge and open more real world scenarios and opportunities for the students of VIT.

STUDENT ACHIEVEMENTS

DEVADHARSHINI
21BCC0279

Won Gold under 48-50 kg
at 4th South Zone Divisional
level Boxing Competition
Organized by Coimbatore
District Boxing Association



P NITHIKA
21BCC0275

Won Gold- Archery (11-17 yrs)
at 5th Pykka National Games
Organized by Panchayat Yuva
Krida Khel Abhiyan, Affiliated
Ministry of Youth Affairs and Sport

STUDENT ACHIEVEMENTS



Faculty - Dr. Vignesh Rajkumar L

Winning Team

**Flood Resilience in India
Organized by University of Queensland
Design Challenges 2021**



**SAHARSH AGRAWAL
18BCE2456**

**Achieved 8th position in the
Nations Cup**

**at Dubai Kartdrome Endurance
Championship
Organized by Dubai Autodrome**

TALENT FORAGE

At Death's Door

Desolate, hopeless and out of moves I stepped at his front porch. Unwillingly, I trot towards it. I hear 'my lonesome shoes, its solitude exemplified by the silence of the night that never wakes. I trod 'carefully to avoid the tender petunias who lay in a beautiful trance waiting for a morning to be appreciated. The silence would be comforting if it weren't for whose door I am at. 'The knocker lay silver, cold and bare. Much like the man himself: He is a ghost that wakes 'you up at night. He gets you to doubt those around you and with you. He corrupts your mind 'and consumes your heart, He drinks your blood and the tears of those around you. Yet here I am, waiting at his porch. Invitingly. Some say he doesn't have feet so people can hear him sneak by. Some say he doesn't breathe because if he did the air leaving him would turn the realms of living earth to crumbs. Some say he carries a stick, some say he is nothing but bone. Death, He usually visits you, so you don't know what to bring him, 'The door steers clear and out comes a ghoul accompanied by a hellish flash of cold. A silhouette of darkness, darker than the darkness he feeds off of, Look down and I see my heart racing faster than ever, like it is about to explode. My ribs dilate, I feel a pulling force on my breast. Not a word has been uttered, but either man understands the nature of the transaction You feel the warm blood oozing through, bone piercing against skin. Arteries exploding, veins twisting, There isn't a scream, not even a eackle, There is no pain With the visits you pay him, the pain isn't physical Tam reminded so harrowingly the reason I found myself begging for a meeting with the devourer of souls. Glimpses, of your failures , of broken lusts, of smothered belief, of tampered friendship, of soiled brotherhood, of tattered love and of illness. Sorrow stands as a diamond knight, sparkling with blood in the moonlight. His horses neigh the anthem of death as he dismounts. Now I see the knight beneath the armor, the one who had slain me lay down his sword next to me and his head hung low and honor me as he 'watches me bleed to an honourable death, But death is a fair judge, especially to those who seek him first. He shows me the light, Everytime I have been loved, everytime I had been cared for,

every laugh, every congregation, every ceremony, every child, every beginning and every anticipation. He shows me everytime I waited outside someone's door with a bottle of wine and a box of chocolate. Everytime we toasted in honor of the good lord who gave us our bread and wine. Everytime I found someone worth finding. Someone worth living for. I realize that I am much more than myself. I am those around me. I am but a leaf in an 'orchard but what if every leaf thought that way? I am a lone rock at the bed of a beautiful 'brook of time and life. Letting it wash over me. I erode with time and my sands make for a beautiful beach. I am a brush stroke in the master artists painting. I am small but significant. Aren't we all?

Miracles do come a dime a dozen! Just in ways we tend to look past. Oh what I have missed out on those miracles! What if I had missed out on signs for better times! Is it too late? "I must go home" I whisper under my breath and try not to offend him for waking him at this hour. He understands. I pick up a couple petunias on my way out.

Varun Krishna
(21BCE0955)

TALENT FORAGE

Dear Diary

Dear Diary,

Today in college we had a discussion on mental health in an unequal world. Mental health is close to me and I have personally wanted to explore different perspectives on it. With whom could I share my views and thoughts better than you!

Inequality usually denotes social and economic differences among people. But from the point of view of mental health, I feel different parameters dominate inequality.

Firstly, when someone shares their problem, we try to judge and measure the depth of their problem. We invalidate their feelings by comparing their situation to someone who is facing seemingly a bigger problem. At the end of the day, "Pain is pain irrespective of how big or small the problem/situation is". So, let's try to listen to a person without judgment and make them feel heard. Most of the time you don't have to be the solution but just listen so they can release their burden and regain their strength to face their situation. So just be a non-judgmental listener!

Secondly, our maturity and tolerance capacities. We see a person crying over a friend zone while another facing the world with a smile amidst their tragedies. As stated before, no tragedy is big or small but I feel what determines the capacity to handle one's situation comes from acceptance. When we accept our situation and let go of all the what-ifs and why me we get the strength from the rawness to face the reality. We stop pretending to be someone else and begin to direct our energy into what has to be done. So, accept and not expect for a happier life!

Thirdly, the above point brings me to vulnerability. Being vulnerable means putting down your armor of safety and letting yourself feel your emotions. All your emotions ranging from lows to highs. This gives us the ability to accept our situation in its truest form. They say being vulnerable is being weak but it is being strong. It is not easy to let your guard down and let someone in that space. It takes a lot of strength and trust to enter that space.

Sometimes all you have got is you but still, you decide to enter the arena of vulnerability. You feel your truest emotions and you decide to rebound on life maybe with a smile or even a big move, but this space gives one the strength to face the reality. Not everyone can be vulnerable when they want to nor can they be vulnerable around anyone. You need that one trustworthy person in your life whom you can trust and fall back on. Life seems to be unfair in this, as not everyone is gifted with such a person but for sure I have you to fall back on my dear diary. You give me strength and have been my guiding voice through my problems. When I just turn pages, I find my own words of wisdom help me cope with situations. So, thank you for being my non-judgmental listener and my locker who safeguards all my secrets!

Fourthly and finally, I feel there is something that we can do to safeguard our mental health in this unequal world. I love the analogy of comparing our emotional or inner self to a child and our inner voice to that of a mother. When I'm in distress and cry out for help, my mother will never hurl at me harsh words or scold me or tell me she is ashamed of me. Rather she will bring me closer, give me a tight hug, console, and pacify me. When our inner child is anxious or worried let us try to pacify her and give her words of encouragement. Assure her we are by her side and make her feel protected. Give her a big self-hug and shower her with love and encouragement. This compassion and kindness towards ourselves are what we all need. This is self-love, compassion, and kindness.

Thank you for listening to me, You always have my back, Hoping to be kinder to me and others

Anupama GR
(21MDT0080)

TALENT FORAGE

Matters of the Mind

The matter in my mind which actually matters is muddled up. It stimulates me as well as irks me. It excites as well as depresses me; it makes me morose or manic on its uncontrollable whim. All this prevails whether I care or not. All this in an unequal world, where sometimes I blame my origins for my failures but then I do see a rich brat turning prodigal, haywire, unhappy and lost. How I struggle to discover a fine line between the well and unwell, between the right and wrong, between happy and unhappy and above all the good and the bad. Am I the only one wading in the dark waters searching for a lost horizon? Why this struggle for me and me alone? Sometimes they, the people who apparently care for me, say I have everything. I need to be calm, focused and be happy to steer ahead well in life. Done. I say but then I trigger again. I shout or I remain shut. I fear and they who care, fear too that I might hurt myself. Until then I continue to wade in the dark waters.'

The above lines truly portray a picture of mental aberration not to the extent where people actually need admission to a mental asylum but that large chunk of the iceberg hidden under the visible surface who suffer and struggle daily with their demons without acknowledging the damage done to a beautiful life born into this world for a purpose.

The world is not the same for all and this is a universal truth. A human life born has to anyway steer forward as it grows and mature. Moreover, no man is an island and during his or her journey does get affected by innumerable factors playing around and innumerable people influencing lives.

Its estimated that a billion people suffer from mental disorders, and sadly the data points to one suicide every forty seconds, so this has become a serious public health issue. The rat race begins early in life as soon as a child is put in school or to say truly on the kind of school itself. The peer pressure begins to build up, whether it is to excel in academics or extracurriculars or simply possessing a particular dress, gadget, or any damn thing. The way a child is nurtured too plays the part.

His or her environs, the principles inculcated, not by just precept but by example and the deluge of uncensored information fed to the formative young mind, all inundate the fabric of mind.

With every breath one ages, the inevitable metamorphosis continues, and one drifts along the tides of education, marriage, employment, childbirth, retirement and age. Every event is scaled on a bar of best to worst and this competitiveness takes a toll on the sensitive mind which feels duped in the vast sea of relationships, responsibilities, suffering insecurities and feeling left out. Over and above, the society is flooded with social media and the constant rush to keep oneself upmarket and trending.

There's only a flicker of hope in the fast-paced world. A lot of good Samaritans and organizations are coming forward that extend support to the holistic well-being of mind as well as of body. Counsellors are spreading messages across and talking it out so that we realize the actual meaning of life and shun running the rat race. Role models are no good, as many times equate their commercial success to a life well lived, although they themselves are deeply sunk in the quagmire of mental agony. Celebrate life, make friends who matter, talk it out. channelize your energies to create good. Live, laugh and let live. No wonder we shall create a world of values, happiness and growth which is inclusive for all to make the world a better and brighter place to live in.

Shikhar Saxena
(19BCE0172)

TALENT FORAGE

The World has always been fast paced with no intention to stop

The world has always been fast paced with no intention to stop. People were merely existing and hustling trying to reach a destination which was nowhere to be found. But then the pandemic hit and the mystery virus paused the world in its tracks. The covid outbreak forced people to take a breath and look around to introspect and ponder upon the things which truly matter. Humankind as a collective came to a conclusion that when the world is collapsing all around you it isn't the kind of car you drive or the designer dress you wear that matter instead it all boils down to how healthy you are. Now, health doesn't just include physical wellbeing but also mental and social contentment. And as an aftermath of the pandemic, it wasn't just individuals' physical health which took a toll but also their frame of mind that took a far greater hit.

In countries like India, discussion about mental wellbeing is often accompanied with stigma and a sense of shame. People often like to bury their issues deep down instead of asking and getting proper help. The most common misconception that people have is that mental sickness is a thing of the modern world. It is often observed that parents tend to neglect their child's needs and deem it as them being influenced by the west. This is where everyone's wrong, mental sickness has always been there; before people kept it to themselves hence hampering the quality of their lives. But now especially teenagers and young adults have taken it upon themselves to create an awareness and safe space for people to open up and live their lives with head held high. What the new generation has achieved is what can only be called 'acceptance' in simplest terms. Now, it's not an unusual sight to see a boy with beautiful nail art, or a transgender man living a fairytale love story. This acceptance had eased and helped a lot of people of different race, gender identity and sexual orientation to find peace.

The world sounds beautiful, doesn't it? But it's far from it. Another aftermath of the pandemic has been the ever-increasing gap between the 'haves' and 'have nots'. The acceptance mentioned is easily available for the 'haves', as they should. They have access to the resources required in maintaining a balanced life. But it's the 'have not' who still live in the burden of the world. Because when the world crumbled, they not only lost their livelihood, but also their lives. This acceptance did not reach down to the end of the food chain. These people do not have the resources or awareness to understand that the pit in their stomach is actually anxiety, or the gloomy days is actually depression. This is what cements the fact that yes, the situation has improved but there's still a long way to go because there's still a 13-year-old girl out there who still wonders what is wrong with her; why her moods change drastically from happy like a dog with two tails to sad as a sunless sea. If given the resources and awareness she would realize that she isn't alone, there are around 46 million people out there who are riddled with the same illness. Hence there is a dire need to minimize the socioeconomic gap so that a 40-year-old farmer doesn't have to hide the fact that there are days when he just can't get out of the bed.

The issues faced by the mankind are same everywhere what differs is the help that is offered. It would be a good day when basic necessities such as good mental support system is available for people from all walks of life. I urge people to spread the word but not just to the big fishes in the sea but also to the little, often neglected fishes because every life matters.

Arushi Bawa
(21BCE3370)

TALENT FORAGE

Your Health is Your Choice

The world we live in, this polychromatic kaleidoscope that we call home- known to be the only planet to inhabit life in the solar system, has various attributes. The human civilization has built many wonders, from the massive pyramids to the intricate carvings of the Ajanta and Ellora caves. We are gifted with countless alluring aesthetics like, the windring brooks, the bounteous forests and the mighty Sahara desert, but when we focus our attention to the intelligent creatures that wander these plains- us humans, we often find ourselves lost in the materialistic world that we have given birth to. Many souls are riddled with copious amount of struggles, physical and emotional. The physical ones can be overcome throughout the course of your life, but the true enemy is the abyss, the void threatening to swallow you, the emotional sufferings that we frequently ignore.

I've often heard it said that life isn't fair, and I stand by this statement. Life is a journey with numerous destinations, not everyone is meant to achieve the same goal. Hence, not everyone will have a similar path to walk on. We compare our lives with someone else's and sadden ourselves. But remember,

"If you compare yourself with others, you may become vain and bitter; for always there will be greater and lesser persons than yourself. Enjoy your achievements as well as your plans."

-Max Erhmann

Not knowing how to maintain your mental health in this unequal world, you seldom find yourself spiraling out of control, plummeting to insanity in the jaws of oblivion, of despondency and isolation. It is a necessity for us to understand that your greatest asset in life is your mindset. The numbness that we try to rid ourselves of has a simple cure, faith, faith in one's self. Many might ask, "Can it be so simple?" but the real question is "Why must it be complicated?"

When the day gets rough, focus on the little things in life. When those small pieces don't make sense, step back and try to see the whole picture. One mishap doesn't define your capability,

Don't let the small failures dismantle your self-worth. Learn to embrace your passion to rekindle your zest for life. It's okay if you're not okay today, tomorrow is a new day, so start a new. Your responsibilities are like a train, it will take you towards your destination. When you feel lost and surrounded by gloom, take a moment to cherish your achievements — celebrate your endeavors, Even a train must take a halt once in a while. Life wasn't fair then, nor is it fair now; always remember that you aren't the only one fighting against your self-doubt; a train has many compartments, visit the others during your leisure and you will discover that you were never alone.

Live your life at your own pace. Don't follow the flickering light bulbs on the street, inspire yourself from the constant twinkling stars in the sky. Constructive criticism of is a quality but self-deprecating is a crime against yourself. While hanging from a bar, it is easy to let go when the tension in your arms intensify, but it takes herculean effort and determination to stay a little longer and pull yourself up. Be patient, you will get there.

Obstacles are necessary for your growth, don't resist or drown in them. A diamond too must undergo pressure for a definite period of time to sparkle brightly. Similarly, don't let the inequalities of the world keep your potential locked up out of fear. It will always be your choice, whether to be a glass that reflects others, or bear valiantly and be a shimmering gemstone that is treasured.

Rhydhy Gurmuras
(21BBT0268)

TALENT FORAGE

Mental Health in an Unequal World - I

'Sometimes,' said Pooh, 'the smallest things take up the most room in your heart.' Winnie The Pooh is my favourite cartoon. The cute little bear taught me a lot of grammar when I was small, but now teaches me the basic life lessons. It's all the small things that matter in this big world. The human body is considered negligible when viewed from the scope of this massive universe, and the hatred and ego we all carry in our hearts is microscopic from this perspective. The mental health crisis occurs from this microscopic element that takes up the most space in our lives. Today each one of us lives a life that was once lived by some other that became an example. There're times we hardly listen to what we want but walk towards the things everyone wants. The ones who get there a little earlier become the subject of our hatred and comparison. But do these comparisons, gestures, things and thoughts really matter?

We as humans tend to forget how limited our time on this planet is. We think and build our worlds around immortality. But don't you think immortality is purely subjective and fictional as of now. The branded clothes, massive empires and lavish lifestyles intrigue us in the worst ways possible. We look at them not as inspirations or aspirations but more as examples and comparisons. The things that should give us a hope to become an asset make as a liability in no time. The golden rule of business 'STATUS ANXIETY SELLS' works around this anomaly of ours. Greed and pride eat us inside out leaving us with nothing but lack of self-confidence. I've seen death from the nearest angle possible that made me realize how unfortunate we're to be compared to someone when the grave is the place, we all have to go eventually. The soil and the nature favours no one. Nothing in this world is permanent, but only the self-worth makes us not so temporary. The cost of our dreams maybe in the shape of something else that may not matter initially but it leaves a mark as the time passes. The poor people we think of mayn't be economically happy but trust me they may be happy in some other ways.

Newton's law of action and reaction is true in our lives. We mayn't have everything we desire but we've everything we need to live. This may sound philosophical but let me share a theoretical example. A youtuber I came across shared his experience of dream branding through one of his videos. He walked into a Gucci store to buy a jacket that was priced at 3,000\$. He went back home and researched a little and suddenly planned a trip to France. In France, he hired a designer, lived for three days and got himself the exact same jacket and all this costed around 2200\$. To many this mayn't seem like a big amount but a trip to France, enjoying a cuisine and getting a jacket with even some savings shows how much the brand value takes up the mental health of people who can't afford them but just want them to satisfy the world they live in. The face value is becoming such a trend in today's era. But can a plastic surgery manipulate our genes? Can we transfer this chemical beauty to the future generations naturally? I guess no right. Then why do we want to fit in? Why do we all want a similar face that is not even natural? Do differences not make us happy anymore? If not, let's just have one geometrical figure around us that can be used anywhere and ban all the rest. In conclusion, grief is growing - as inequality undermines our mental and emotional health, good social relationships, and an active social life that is so important to our well-being. Inequality, in general, strikes right into the heart of what a good society should be. Comparisons may seem like a joke to someone but is a curse to some other. We live in a place of dissatisfaction that is lethal already. Thus, let's live a life we want to live. Let's enjoy the pleasure of differences for even the shrubs are beautiful as the trees. But these shrubs mayn't benefit us and even lose their beauty if they become trees too.

Ali Zoya Syed
(19BEI0092)

TALENT FORAGE

Mental Health in an Unequal World - II

When was the last time you asked one of your not-so-close friends, how are you doing? What's up with you lately? I know it's been a while that we've poured our hearts to each other. Be honest. Did you think this? If the answer is no, welcome to this world my friend. Well, if you feel discouraged, go do it the moment you stop reading this. It's alarming to me that we want to be something else to this world than what we actually feel. Many of us might have been through many heartbreaks, not necessarily romantic ones. But do we ever talk about it aloud? At least to people close to us? No, we don't. We feel that this world will never understand our need of space and expectations. Well. Maybe if we share what we feel with someone, we might be able to comfort our chaotic minds. Our saddened souls and paining hearts. What this world needs to know and respect about themselves, is that WE ALL ARE DIFFERENT. Yet we all deserve to be loved in ways, we want to be. A person to tell all our feelings to, how we feel after depressing or hurtful time is something every human deserves to get.

Well, it is scientifically proven that the brain perceives emotional pain in the same way as physical ones. So, why shouldn't we try to heal such kinds of pains? Why shouldn't we listen to our hearts when it cries silently? Many of us might be allergic to dust. Many of us might feel very anxious in stressful situations. We treat the former as a generic thing and the latter as a 'this person is mad' thing. Why? Why does it seem bad for people to discuss that they feel emotionally uncomfortable but seems fine to tell that you're allergic? Why don't we respect ourselves and our fellow humans and understand this basic need? Why do we always get lectured on how you SHOULDN'T feel like this? Well, all the questions I asked will remain mere questions if we don't answer them soon. I'm not here to complain. I'm here to contribute.

Firstly, talking about us. We can't CHANGE how we feel. What we can do is ACKNOWLEDGE it. Trust me, it does half the work. Secondly, we need to find people who love AND respect us. We all might have someone like this. But it might seem just too hard for us to believe. Thirdly, we need to learn behaviors concerning our mental health. We need to understand our behaviors, our patterns, our mood. Some things might trigger us or make us flinch a bit. This might seem too much on the work plate. But this is a part of respecting ourselves. Always, the only person who can understand us the best is, US. Fourth, we need to normalize feeling overwhelmed by emotions and analyze HOW and WHAT we feel more than WHY do we feel that? Fifth, it's important to acknowledge that WE ARE UNIQUE. That we all feel things differently. For some people, heartbreaks are flukes. But, for some it feels life-threatening. We need to understand that BOTH aren't wrong. The way we like different kinds of music, food or clothes, we feel differently too. And we don't need to fix that.

For people who feel they are mentally strong, I really would like to share something with you. You might have fought these battles in early stages of your lives. But, all you became was more strong. I really want you to acknowledge that just because someone is complaining about something, it doesn't make them less of a human. Their emotions are just more overwhelming than yours. Lastly, I would like to conclude this writeup with a saying:

"WHAT WE NEED IN THIS NOT-SO-EQUAL WORLD IS EQUITY, NOT EQUALITY"

Abhyudoy Chaki
(21BCE0884)

TALENT FORAGE

Mental Health in an Unequal World - III

Given the topic, I should probably write about the underpaid, overworked lower class man who possesses an insatiable greed and hunger for money, which he rigorously strives for in an unfair and unequal world. This is the cause of his miserable mental health as well as other unhealthy thoughts and habits. Then I should maybe draw a parallel to the overpaid, top of the pyramid upper class man who has so, so much whether it be in terms of money, land, gold or any luxury that he simply has no idea what to do with it all, or himself for that matter. Hence he falls into a blank state of apathy and emotional detachment, which leads to a poor mental state and terrible habits. But I'd like to dissect this matter a little deeper. What is mental health? According to science, mental health is something that 'includes our emotional, psychological, and social well-being. It affects how we think, feel, and act mental health is but more than just a state of being. It's your way of living. Since you live with this mental self, day in and day out, the person you're with the most is in fact, yourself. If you do not value yourself, value your psychological state of mind, it's presence and of course it's health then how can equality or inequality influence you?

Mental health isn't just a mental factor but something which is influenced by emotional state, physical being and social environment. A poor boy in a small village with limited resources may still be happy because of his loving, supportive family and social environment but a rich girl with immeasurable resources who lives in surplus may still hate even breathing because of her disastrous and toxic family life. You could argue one child is more grateful than the other but sauce for the goose is not sauce for the gander. Three simple meals and a kiss on the forehead may be enough for one, but not for another. Mental health is not something with a standard measure. If that is the case then what is inequality? To answer that we should look at what equality is. Does equality mean everything being the exact same for everyone?

No. That would be communism. Does that mean it is everything being the exact same for everyone at the same level of living? May be. So would that imply that inequality is actually just unequal distribution of equal opportunities? Is there actually a way to account for this inequality with a quantifiable scale? Is it a reliable method to sort out and distribute equality to all? And would such a method actually be a cure all-fix all for mental health everywhere?

Saying all this, of course it's not possible. In this current world it's not only impossible but also highly impractical. But we can actually play our own small part in this. Just by saying 'Hello!' or 'How are you?' , by taking that crucial step into another person's space just to check up on them, letting them know that they are not in fact alone and do not have to face this unequal, cruel world alone could be the small hands up they always needed. Every little action taken by someone to be there for another human, is still an action taken to battle something which can't really be seen but whose affects are everlasting. All this being said, I wish to ask you, reader, how are you?

Medha Mahindra
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