



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

Ladies Hostel Annual Newsletter 2020-22



A home away from home

VIT - A place to learn; A chance to grow

Foreword



VIT[®]
UNIVERSITY
(Est. via 3 of UGC Act 1956)



Dr. G. VISWANATHAN
Founder & Chancellor
Former Member of Parliament
Former Minister, Govt. of Tamil Nadu
President, Education Promotion Society for India, New Delhi

MESSAGE

I am glad that the Ladies Hostel is bringing out the latest issue of the annual Newsletter. This issue of the Newsletter is significant because the hostel reopened, full-fledged, after the pandemic that gripped the world for almost two years. The students, like all others, were mostly confined to their homes during the pandemic, making life monotonous and dull for many of them. They would have missed their friends and the social atmosphere during this period. Most of them would have spent their time with gadgets because their education and socialization depended, to a large extent, on electronic devices. I am sure that our students would have made the best use of this disadvantaged situation to enrich themselves by learning something new and connecting with people for mutual benefit.

VIT is always conscious about the safety and wellbeing of its students, faculty and staff. Hence, when we reopened the hostels in full swing, we took utmost care to ensure that our hostels in particular and the campus in general adhered to the highest safety norms and excellent hygienic conditions. The hostel staff went the extra mile to ensure that the inmates had the highest standards of safety and hygiene.

I must commend the staff of the hostel for making the residents feel comfortable, especially after being confined to their homes for about two years. During the gloomy, pandemic period some students would have had bitter personal experiences that would haunt them for a long time. The hostel staff handled such students with sincere care and concern, for which they deserve appreciation. This newsletter showcases the activities of the hostel during such challenging times.

I am confident that the coming year will be more eventful and rewarding for our hostels.

I laud the efforts of the staff and the inmates of the Ladies' Hostel in bringing out this Newsletter, in the inimitable VIT style, in spite of the challenges faced in the previous year.

With best wishes,

Dr. G. Viswanathan,
Founder & Chancellor

29 July 2022

Vellore - 632 014, Tamil Nadu, India; Tel.: + 91 416 224 3100; E-mail: chancellor@vit.ac.in
Chennai Campus: Vandalur - Kelambakkam Road, Chennai - 600 127, Tamil Nadu, India; Tel.: + 91 44 3993 1555
VIT - AP University, Near AP Secretariat, Amaravati - 522 237, Andhra Pradesh, India; Tel.: + 91 863 237 0555
VIT - Bhopal University, Bhopal-Indore Highway, Kotrikalan, Sehore - 466 114, Madhya Pradesh, India; Tel.: + 91 7560 254545

www.vit.ac.in

Prologue

Under the benevolent administration of our Honorable Visionary Founder Chancellor, Dr. G. Viswanathan, Vellore Institute of Technology stands recognized as an Institution of Eminence (IoE) by Government of India, and the Institute has spread its wings across the Globe. With the blessings of our beloved Chancellor and continuous support and guidance of our Vice-Presidents, Vice Chancellor, Pro-Vice Chancellor and Registrar, we would like to present our 6th edition of the Annual Newsletter of the Ladies Hostel (2020-22) highlighting the glimpses of various activities carried out at the Hostel.

Ladies hostel at VIT hosts eight blocks viz., Indira Gandhi, Kalpana Chawla, Mother Teresa, Jhansi Rani, Ida Scudder, Suu Kyi, Marie Curie and Dr. Muthulakshmi Reddy in its Vellore Campus, with an accommodation capacity of around 6709. Ladies Hostel is governed by the Pro-Vice Chancellor through the Director, Chief Warden and Associate Chief Wardens. Manager, Assistant Managers and office staffs also aid in its efficient functioning.

A variety of cuisines catering to vegetarian, non-vegetarian and International palate are made available to cater students from diverse states and countries, within the hostel blocks. Wardens and supervisors are present around the clock to take care of students' concern in each block. Full time female and male security guards, student counselors and maintenance and housekeeping staffs complete the requirements at hostel.

VIT ladies hostel is one among the best in the country offering services including well equipped air conditioned gymnasium, indoor and outdoor sports facilities (Basket Ball, Table Tennis, Squash, Lawn Tennis etc.), study dormitories, first aid center, swimming pool, music classes, driving classes, mechanized laundry, pharmacy, Wi-Fi, general store, food outlets, photocopy facility and a beauty salon within the hostel premises.

Events organized during the academic years, 2020-22 is presented to the readers through this Annual Newsletter.

“Embrace the Journey”

Contents

- *Introduction*
- *Staff Event*
- *Science behind Yoga*
- *Self-awareness workshop*
- *Quaranshine*
- *Mental awareness workshop*
- *Pooja celebrations*
- *Holi celebrations*
- *Aerobics*
- *Movie Screening and DJ*
- *Meetings conducted at Hostel*

Introduction

VIT hostels stand by its caption “Home away from Home’.’ Hostels provide a healthy and safe environment. During the journey each and every hosteller develops a sense of responsibility, independence, and self-care.

Being at hostel one learns to develop a bond with fellow classmates and roommates which leads them to become best friends for life. Students get an élite atmosphere for holistic development along with their peers and a chance to cultivate socio-economic responsibility.

Students come to VIT to accomplish their dreams into reality. To help them achieve their visions, we at VIT hostels provide vast opportunities and platforms to shape them face future challenges.

“I’ll miss my family,” she said

While leaving home

“I’ll miss my family,” she said

As she walked out of the hostel for the last time.

Staff Event

Fun events were conducted to represent the quote 'Thank you for doing what you do; a day to laugh out loud' for the hostel staff consisting of the wardens, block supervisors, cleaning supervisors, hostel office staff and maintenance in charge on the 24th of November, 2020 as a form of gratitude for their relentless efforts and service. It was so nice to see all our staff dressed so well to enjoy the celebration. The event gave our women a platform to showcase their talent. The event commenced with pious prayer songs and was followed by various other fun filled activities. Hostel administrators thanked the staff for their active participation in the event and for the support extended by the team in handling their day to day work during pandemic situation so well. The staff also thanked the VIT management and hostel administrators for taking good care of them.



*“Appreciation is a wonderful thing;
It makes what is excellent in others belong to us as well”*

Science behind Yoga

Yoga is primarily a meditative practice premised on an incredibly subtle science that concentrates on delivering brain and soul into unison. It is both an art and a science to live a healthy lifestyle. Yoga comes from the Sanskrit root 'Yuj,' which means 'to join', 'to yoke', or 'to unite.' Yoga, widely regarded as an ageless cultural accomplishment of the Indus Saraswati Valley civilization, going all the way back to 2700 B.C., has proven to be beneficial to both the material and spiritual well-being of living beings.

Amidst the pandemic and the uncertainty surrounding our lives, the students of VIT were treated to a soulful session of yoga on the 8th of December, 2020. The online session was delivered by our respected faculty Dr. F Nalini, Ph.D., in Microbiology, MA in 'Yoga for Human Excellence', Assistant Professor, SBST, VIT. The main objective of the session was to ease, relax and open the mind and help the participants manage stress. The session helped alleviate a sense of isolation and provide a safe space for collective healing and support. Various investigations have shown that yoga can help with arthritis, osteopenia, balance issues, oncology, women's health, chronic pain, and other conditions. Indeed, Yoga is the journey of the self, for the self, through the self.

Science behind YOGA by Dr. Nalini (SBST)

39:02 | 11 of 25 | Take control | Leave

- ▶ The discharge causes glow due to the excitement of molecules in the surrounding hydrogen, and this glow is what is being measured by the biometric method based on GDV.
- ▶ The data obtained in the process of measuring of extremely weak "biophoton field" is the scientific information which may reveal the role of some electro-photon processes underlying the functional state of the body.

Figure: A: Diagram of a person in a yoga pose. B: Biometric heat map of a face. C, D, E: Biometric heat maps of a face. F, G: Biometric heat maps of a face. H: Bar chart showing biometric data. I: Biometric heat map of a torso.

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0006256>

Nalini E

+19 | KS | KG | SS | GM | JB | DP | SS | AI

Bondalapati, Jagathi | Deepa Sankar P | SAHELI SUR | ASHLEY SHAHIDHA I | Nalini E

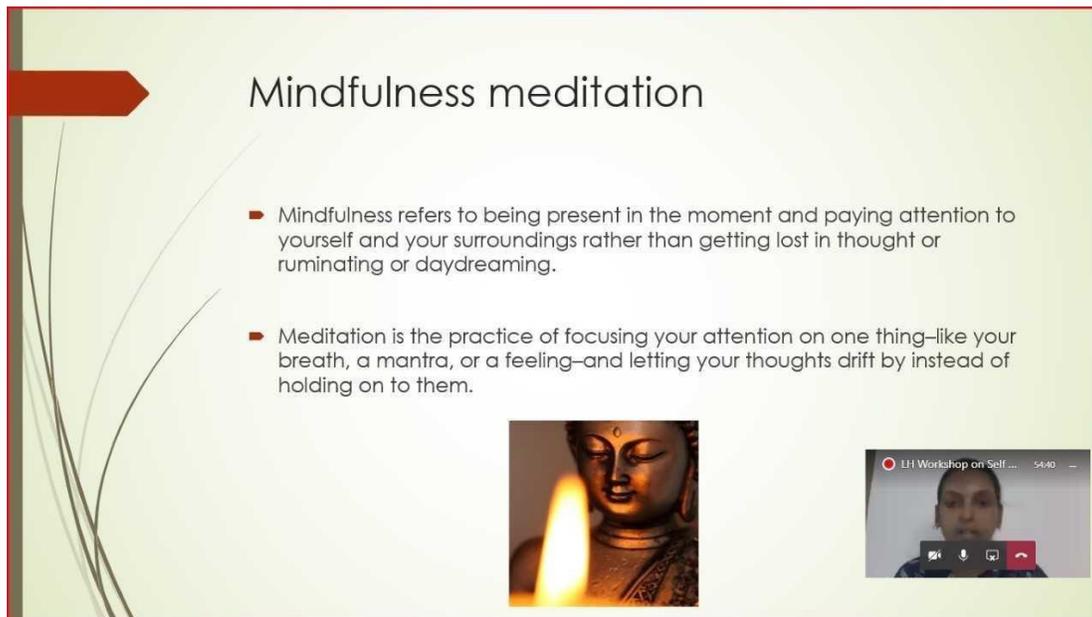
Type here to search | 11:28 | 09-12-2020

“YOGA is the perfect opportunity to be curious about whom you are”

Self-Awareness workshop

Self-awareness includes being conscious of various elements of oneself, such as attributes, behaviors and emotions. The session on self-awareness was conducted online on 16th December, 2020 by our guest speaker Dr. G. Poorani from NKP Psychiatric and De Addiction Clinic, Coimbatore.

An hour of insight helped our students to develop skills to concentrate on them and assess whether their behavior, opinions, or emotional states do or do not harmonize with their internal standards. Improving self-awareness is crucial since it enables us to evaluate our own development and effectiveness and, if needed, alters the course. The more we know about ourselves the better we get at accommodating changes in life. Once students understand themselves they can see their unique and distinct personality. This pushes oneself to make alterations and build on their strong points as well as introspect and work on areas where one would like to improve.



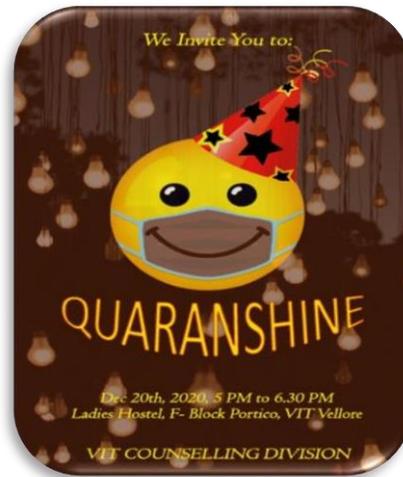
Mindfulness meditation

- Mindfulness refers to being present in the moment and paying attention to yourself and your surroundings rather than getting lost in thought or ruminating or daydreaming.
- Meditation is the practice of focusing your attention on one thing—like your breath, a mantra, or a feeling—and letting your thoughts drift by instead of holding on to them.



“Knowing yourself is the beginning of all wisdom.” ~ Aristotle

Quaranshine



“Quaranshine” was an initiative by the Counselling division and was whole heartedly encouraged by the hostel administrators. The Counsellors clubbed together on December, 20th, 2020 to roll out the message of relieving stress and having positivity among the research scholars and students under lockdown and spread the essence of hope. Various activities were carried out to ensure individual participation and encourage the students to have a good time during the pandemic times.



“Strength does not come from physical capacity, it comes from indomitable will” – Mahatma Gandhi

Sketch Comedy

The scholars were directed to sketch out their partner and later all had a jolly moment recognizing them. The game intended to focus on grabbing the attention of the students.



Fire Deport

Here the students had to do a physical task where they had to work in groups and fill the bucket from point A to point B. The game focused on fun team work and competitive spirit among the scholars in a fun way.



Freeze Dance

Dance is the joy of movement and the heart of life. All danced and paused with the rhythm of music. The students enjoyed this part of the program the most as they danced and fully got into the music keeping the objective in mind that they Dance first and Think later.



Bursting the Balloon

The student had a mirthful moment while they had to blow their balloon and had to burst other's balloon and meanwhile save their own, remaining within a confined area.



“Stress should be a powerful driving force, not an obstacle.”

—Bill Phillips

Mental Awareness workshop

The mental awareness session was conducted on 29th January, 2021 as a follow up to the novel training program that was conducted for the Hostel Supervisors and Wardens. This initiative was taken by Ms. Suman, Counselor on behalf of the Counselling Division and was further supported by Dr. Rita Rani Bhattacharjee, Head, Counselling Division and counselors Dr. Dhanalakshmi and Mr. Blessing Calvin.

In order to further assist the students, wardens were trained with few case examples and scenarios to help the students overcome their mental health. The team also shared few points on how one can be mindful in guiding the students by following three simple rules i.e. Acceptance, Assessment and Affection.

As continuation of the program, counselling team inculcated the importance of mental health of our hostel staffs. The main motive of this workshop was to rejuvenate and support the positivity of oneself towards handling pressure, stress and anxiety.

VIT Counseling Division thanked our hostel staffs for their extended support in recognizing the mental situation of students and referring them for further observations.



“All birds find shelter during a rain. But Eagle avoids rain by flying above the clouds.” – A P J Abdul Kalam

Pooja Celebrations

Ayudha Puja is also known as Astra Puja, which is translated as “worship of instruments”. It is celebrated as part of the Navratri festival across the Indian subcontinent. This festival was observed at the ladies hostel on October 18th, 2021 with lamps, flowers, and a beautiful rangoli by our staff and students. Respected Vice-President and Pro-Vice Chancellor graced the occasion. Hostel administrators lit the lamp and performed Pooja. Students sang devotional songs and hymns. The event ended with the distribution of Prasad to all students and staff. We wished all to have a healthy and bright future.



“Every positive thought is a silent prayer that will change your life” –

Bryant H Mcghee

Holi Celebrations

It is rightly said, ‘Spread the colors of boundless compassion, happiness, and kindness wherever you go in life and make every day a Holi’. Keeping these philosophical lines in mind, VIT Ladies Hostel was all set with enthusiasm, pomp, and splendor to celebrate it’s first-ever offline festival on 10th March, 2022 after a long gap of two years. Holi, the festival of spring, colours, love, and forgiveness is the most enjoyable event at hostels. The celebration was all about splendid colors, resonating music, lively dancing, unbreakable bonds and cherishable moments. The festival helped tremendously in destressing, unwinding, rejuvenating, and making VIT a home away from home.



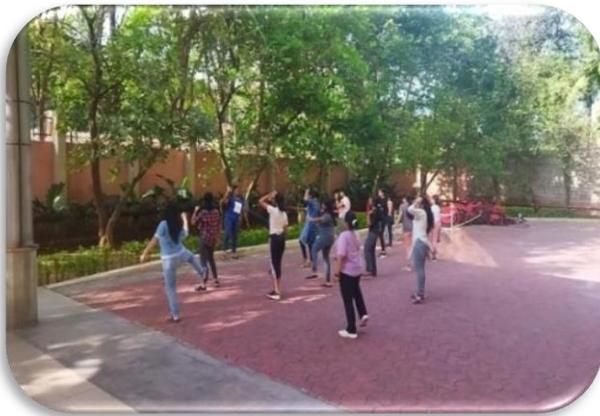
Let the colors of Holi spread the message of peace and happiness in the life of all.”

Aerobics

Aerobics is a type of physical exercise that combines rhythmic exercise with stretching and strength training routines to improve all aspects of fitness, including flexibility, muscular strength, and cardio-vascular fitness.

Dr. Saranya K, senior consultant physiotherapist, fitness trainer, and assistant manager at our Ladies Hostel, led an aerobic session on May 21st, 2022. It was an hour-long session that enlightened our students on how to improve their quality of life and physical function. This initiative can help our students in getting better sleep, balance anxiety and enhance muscular endurance to develop strength. During the training, our facilitator also assessed each student's flexibility and effective stretching exercises for all muscle groups were taught to reduce the risk of injury.

Students felt quite refreshed and energetic after the session because it helped them relax their muscles after their exams.



“The Hardest thing about exercise is to start doing it .Once you are doing exercise regularly, the hardest thing is to stop it.”- Erin Gray

Movie Screening and DJ

The events team organizes movie screenings during weekends and DJ nights after continuous assessment tests for students' mental refreshment, in the respective blocks. The event zones are filled with free-spirited emotions and positive vibes. Students unwind with their friends, enjoy dancing during DJ nights to their favorite tunes, and rejuvenate themselves for a new week full of challenges. Student representatives from the events club select the films to be screened, and the administrative team determines whether screening the films is appropriate for everyone.



“Finding ways to unwind and switch off is just as important as working very hard.” - Francesca Hayward

Meetings conducted at Hostel

Hostel Review Committee Meetings

A hostel review committee (HRC) is formed every academic year, comprising of student volunteers from each block to represent their requirements, suggestions and grievances to the hostel administrators on behalf of all the students residing at hostel. Hostel review committee meetings are conducted bi-monthly, presided by the Vice President and Pro-Vice Chancellor and organised by the hostel administrators. Hostel Administrators, HRC members, students of various blocks, Managers, Wardens, Block Supervisors, Students Welfare representative, Counseling Head, Student Counselors, Maintenance In-charge, Hostel office staff, Wi-Fi representative, Mess managers and Laundry representative participate in the meetings.

HRC meetings are conducted at different blocks every month in the presence of HRC members to understand student concerns. Hostel rules and guidelines pertaining to safety and security of students and their well-being are communicated for the benefit of students. Grievances (maintenance, mess, electrical, carpentry, etc.,) are recorded and actions are initiated to address at the earliest possible. Meeting minutes is recorded and circulated to the core group and action taken report is recorded.



Mess and Menu committee meetings

Providing wholesome nutritious food to its inmates is the primary motive of the hostels. Dining options including vegetarian, non-vegetarian, special mess (Indian and continental) and Food Park (order and dine) is made available to students through hygienic kitchens and dining halls meeting up to the standards. At the beginning of every academic year, a voluntary menu committee is formed comprising of student representatives from every block.

Monthly mess meetings are conducted by the Associate Chief Wardens (second or third week) at the dining halls of every mess in the presence of mess and menu committee members. Meeting minutes are recorded and circulated to the caterers for due action and action taken report is recorded. Concerns related to mess food, hygiene and quality is monitored regularly by residential wardens and hostel administrators. Grievances recorded in the suggestion note book available at the mess dining halls, through emails and in person are addressed with immediate attention by inspecting and communicating to the caterers. Based on the feedback received from mess and menu committee members and other diners, change in menu is incorporated and revised menu is prepared and communicated to the caterers every month. Monthly online mess change is facilitated during the last week of every month for students.



STAFF MEETINGS

Staff meeting is conducted on a monthly basis by the hostel administrators to keep the staff viz., Wardens, Block Supervisors, Cleaning Supervisors and Hostel Office staff well informed on the happenings at hostel and to update them on the forth coming requirements pertaining to inmates, events and accreditation visits. Monthly meetings are a great opportunity to motivate the team in achieving their performance goals. For the betterment of governance at Ladies Hostel, all the members are requested to give their feedback during the meeting on their experiences in handling students, staff, maintenance related queries, etc., for further discussions to find solutions. Staffs are advised to have a healthy professional relationship with their colleagues. The minutes are recorded and forwarded to Pro-Vice Chancellor and action taken reports are filed.



"Alone we can do so little; together we can do so much." – Helen Keller



Epilogue

During the academic years, 2020-22, in the pandemic times, Management, Professors and staffs collaborated together to ensure students' academic progress and wellbeing. Without the support and guidance of our Honorable Chancellor, Vice-Presidents, Vice-Chancellor, Pro-Vice Chancellor and Registrar, administration at Ladies Hostel would never have been possible and the hostel team would like to thank whole heartedly all the higher authorities.

We would like to place on record our appreciation to all the hostel support divisions viz., Finance, Software Development Centre, HR, Centre for Technical Support, Estates, Security, Physical Education, Public Relations Office, Registrar's office, Pro-Vice Chancellor's office, Students Welfare Office, International Relations Office, Event Coordinators and Student Counselors for their support.

Our homely hostel team includes Director, Chief Warden, Associate Chief Wardens, Manager, Assistant Managers, Office Staffs, Wardens, Block Supervisors, Cleaning Supervisors, Housekeeping Staffs, Electrical Supervisors and Staff. We would like to thank all who have helped us in day today activities at hostel. We hope that the team performs even better in the subsequent academic years and brings in contentment to its residents.





Conceptualized & Composed by

***Ladies Hostel Team
Vellore Institute of Technology***

***Prof. Sumathy, S., Director (till Nov, 2021)
Prof. Deepa Sankar, P., Director***

***Prof. Nirmala, G.S,
Chief Warden***

***Prof. Geetha, R. & Prof. Mythili, S.
Associate Chief Wardens***

***Also penned by
Ms. Sanjna Katoch (20BME0667) & Ms. P. Mallika (20BBA0086)***



"None of us, including me, ever do great things. But we can all do small things, with great love, and together we can do something wonderful." - Mother Teresa