

# *Ladies Hostel Annual Newsletter 2017-18*

*A home away from home*



# VIT<sup>®</sup>

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

*November, 2018*

# Foreword



*The Ladies' Hostel Newsletter 2017-18 presents a vivid account of the activities and achievements of the hostel during the academic year. We take utmost care in providing the best possible amenities to ensure the health and safety of the inmates. The conducive ambience in the hostels helps the residents excel in their academics and co-curricular activities. The VIT Ladies' Hostel provides a multi-cultural living and learning experience, which leads to holistic development of the students.*

*The inmates of the Ladies Hostel have been responsive to the needs of the society by participating in fulfilling activities such as visits to old age homes and children's homes to extend their support and care for the residents there. The Ladies' Hostel team has been doing an exemplary job of instilling a healthy value system among the students.*

*I extend my best wishes to the inmates and the members of the Ladies' Hostel team for their painstaking efforts in compiling and publishing the report of activities, which will help in the planning and execution of future events in the hostel.*

*With best wishes,*

***Dr. G. Viswanathan***

***Founder & Chancellor***



# Prologue



Under the benevolent administration of our Honorable Visionary Founder Chancellor, Dr. G. Viswanathan, Vellore Institute of Technology stands tall as a highly recognized University not only in India but in all parts of the World. According to the Ministry of Human Resource Development, Govt. of India's National Institutional Ranking Framework (NIRF) has ranked VIT 13<sup>th</sup> among all Engineering Institutions and 17<sup>th</sup> among all Management Institutions of India in 2016 and 2017 and 14<sup>th</sup> among all Universities of India in 2017. These accreditations are considered as a stepping stone to achieve the dream of becoming one of the top ranked University in the World. VIT Hostels live up to the University's Standards and are truly a home away from home.

Ladies Hostel hosts around 4600 students in its six blocks *viz.*, Indira Gandhi, Kalpana Chawla, Mother Teresa, Jhansi Rani, Ida Scudder and Suu Kyi. The Pro-Vice Chancellor heads the hostels and administers through the Deputy Director, Chief Warden and Deputy Wardens. Hostel Manager and Staffs assist in the day to day routine. Blocks are assigned with 24 x 7 Wardens and Female Security guards. Facilities include First aid centre, Pharmacy, Multi-cuisine messes, Study dormitories, Gymnasium, Swimming Pool, In house Sports facilities, Wi-Fi, Mechanized Laundry, Beauty Salon, Photocopier shops, General stores etc., Residential Counselors are present across the blocks to counsel students whenever required.

This '**Ladies Hostel Annual Newsletter, 2017-18**' presents the calendar of events and happenings prepared in guidance and support of our Vice-Presidents, Vice-Chancellor and Pro-Vice chancellor.

Wish you all an informative and entertaining reading experience.



# *Contents*

<i>* Self Defence Workshop</i>	<i>01</i>
<i>* Pooja Celebrations</i>	<i>04</i>
<i>* Yoga For Students</i>	<i>05</i>
<i>* Swachhta Pakhwada</i>	<i>06</i>
<i>* Zumba</i>	<i>07</i>
<i>* Fresher's Day</i>	<i>08</i>
<i>* Deepavali</i>	<i>10</i>
<i>* Ladies Hostel Staff Training Program</i>	<i>11</i>
<i>* Inter Block Tournament</i>	<i>12</i>
<i>* Old Age Home Visit</i>	<i>13</i>
<i>* Stress Management</i>	<i>14</i>
<i>* Holi</i>	<i>15</i>
<i>* International Women's Day Celebration Dinner</i>	<i>16</i>
<i>* Cultural &amp; Fun Events</i>	<i>17</i>
<i>* Interactive Session For Hostel Staff</i>	<i>18</i>
<i>* Staff Event</i>	<i>22</i>
<i>* Staff Training program on Language Skill Development</i>	<i>23</i>
<i>* Hostel Review Committee Meeting</i>	<i>24</i>
<i>* Mess and Menu Committee Meeting</i>	<i>25</i>
<i>* Movie Screening &amp; Djs</i>	<i>26</i>
<i>* Articles by Staff &amp; Students</i>	<i>27</i>



## *Self Defence Workshop*

Self-protection skills are becoming a necessity for better survival of individuals. Self-defence techniques help to develop physical and mental health in general. Considering the essentiality of training the students at VIT, a Self Defence Workshop is organized for the fresher's every year. The workshop for the fifth consecutive year was organized by the Ladies Hostel team on the 29<sup>th</sup> of July, 2017. The event attracted around 900 first year Under Graduate students.

The workshop aims at introducing them to the art of “KravMaga”, a self-defense system developed for the Israel Defense forces that consists of a wide combination of techniques sourced from aikido, judo, boxing, wrestling, along with realistic fight training. Mr. Sreeram, KravMaga instructor and his team efficiently trained the students.

**The training program covered the following objectives.**

- ☞ How NOT to get into dangerous situations?
- ☞ How to handle if one finds them in a dangerous situation?
- ☞ Information to combat sexual harassment

***Be proactive***





## Sample Feedback

### Feedback on Self Defense Workshop

Dear students, kindly submit your response on self defense workshop to carryover for the forthcoming batch of first years.  
Chief Warden and Deputy Director

Email address \*

samiksha.nair17@gmail.com

What does a self defence workshop for women mean to you? \*

- Essential
- Optional
- Not required

Do you think this training programme will help you prepare to face an unexpected situation? \*

- Yes
- No
- Maybe

Can the tips taught be practically applied in real life situations? \*

- Definitely
- Possible with practice
- Impossible

Define your trainer \*

- Attentive and skilled
- Skilled
- Detached

Will you proceed towards learning the martial art "Krav Maga" to its fullest potential? \*

- Yes
- No
- Maybe

Was sufficient information about the workshop disseminated? \*

- Sufficient
- Satisfactory
- Insufficient



Will you advice your peers to learn the defence art? \*

- Yes
- No
- Maybe

Will you teach the learnt defence skills to your friends and family? \*

- Yes
- No
- Maybe

Do you want this training to be continued for your juniors joining in the next academic year? \*

- Yes optionally
- No
- Ofcourse mandatorily

Were the sessions enjoyable? \*

- Awesome
- Mediocre
- Boring



*“Self-defence is Nature’s eldest law” – John Dryden*

## *Pooja Celebrations*

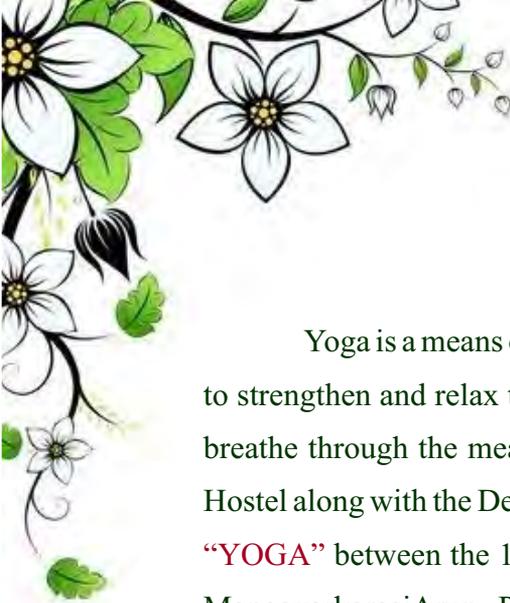
Festivals and Celebrations bring bonding and cultural significance. Pooja is an integral part of Navratri festival and is performed every year at Ladies Hostels. This year it was celebrated on the 28<sup>th</sup> of September, 2017. Students and staff voluntarily arranged and decorated the venue with lamps, flowers and rangoli. The auspicious prayer ritual started with the lighting of the lamp by the authorities followed by aarti. Core group members graced the occasion. Devotional songs were sung melodiously by our students till the entire pooja was completed. The event was followed by distribution of prasad to all.

*Resplendent photography by Rutvi*



*“Prayer is the key of the morning and the bolt of the evening”*

*– Mahatma Gandhi*



## *Yoga for Students*

Yoga is a means of experiencing everything as a part of oneself. Yoga poses are great to strengthen and relax the body and is all about harmonizing the body with the mind and breathe through the means of various breathing exercises, asanas and meditation. Ladies Hostel along with the Department of Physical Education conducted a preliminary session on “**YOGA**” between the 12<sup>th</sup> and 13<sup>th</sup> of August and the 9<sup>th</sup> and 10<sup>th</sup> of December, 2017. Ms. Mangayarkarasi Arun, P. Deputy Director, Physical Education trained the participants. Students attended and learnt the asanas divinely.



*Asanas*



*“Tell your body that it is strong, tell your mind that it is strong, and have unbound faith and hope in yourself” – Swami Vivekananda*



## *Swachhta Pakhwada*

To spread the message of hygiene and cleanliness among the students' as advised by the Ministry of Human Resource Development, Government of India, students were invited to participate in

- ☞ **"Clean Hostel Day" on the 2<sup>nd</sup> of September, 2017**
- ☞ **"Clean Mess Day" on the 3<sup>rd</sup> of September, 2017**
- ☞ **"Cleanest Hostel Room Contest" on the 13<sup>th</sup> of September, 2017**

Students registered and participated in the events with great enthusiasm. Block wise, best three clean rooms were selected and awarded.

### *Am I neat and tidy?*



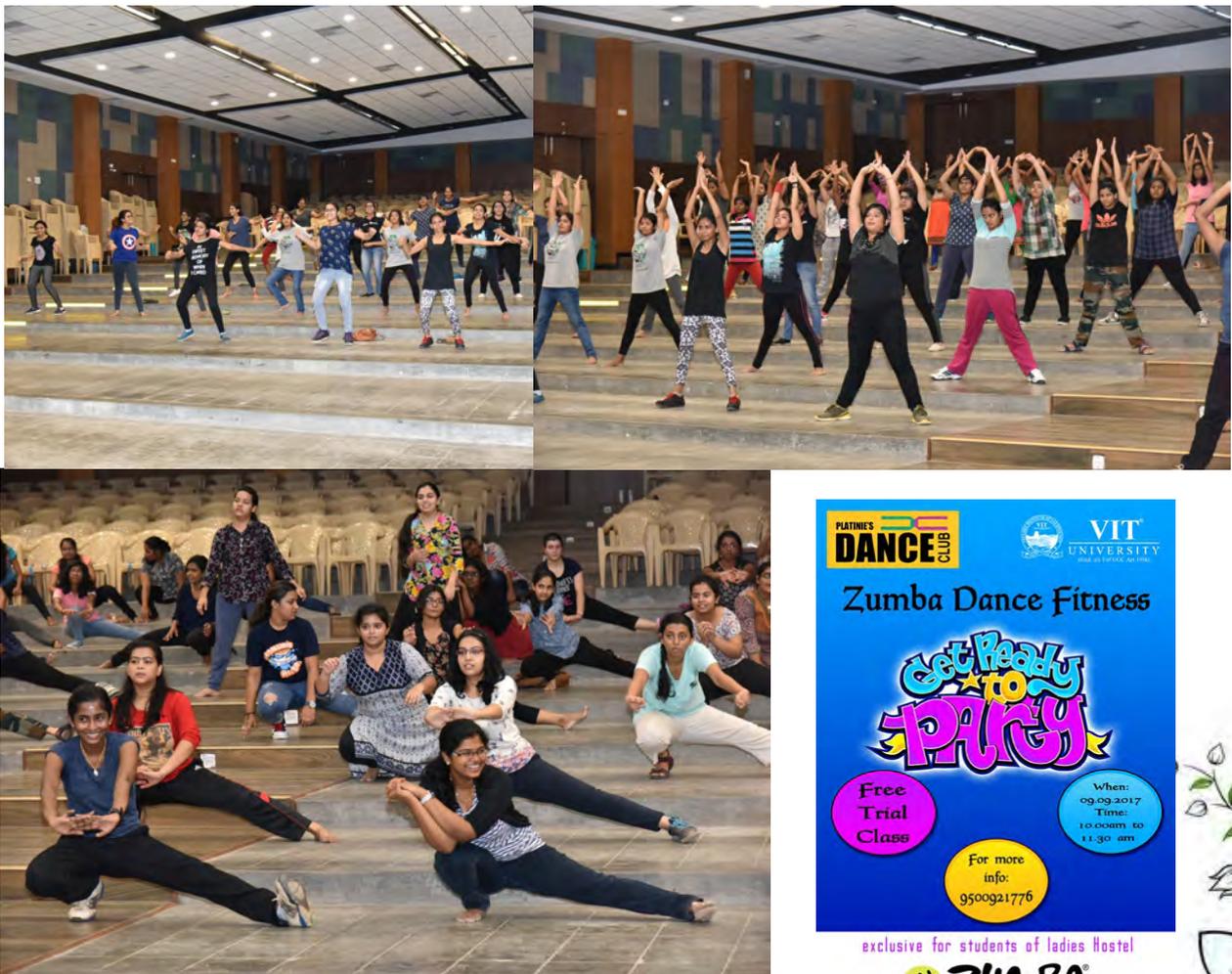
*"Better keep yourself clean and bright; you are the wire through which you must see the world"- George B*

## Zumba

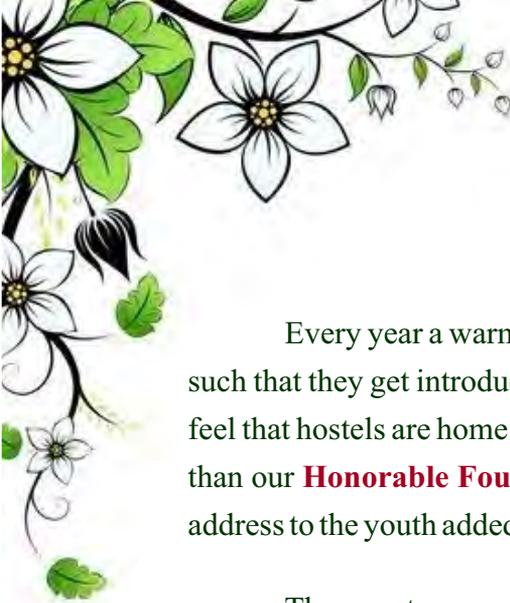
Zumba is an exercise fitness program created by Alberto “Beto” Perez during the 1990's which involves dance and aerobic movements to energetic music. Ladies Hostel team along with certified trainers from **“Platinies Dance Club”**, Vellore organized an **“Introductory Session on Zumba”** on the 9<sup>th</sup> of September, 2017 as per the call for given below.

Many interested students participated in this workout program. Based on the feedback received from the participants who attended the session regular sessions of Zumba were offered during Saturdays and Sundays during the Fall Semester (2017-18).

### *Dance to the tune baby*



*“A star can never die. It just turns into a smile and melts back into the cosmic music, the dance of life” – Michael Jackson*



## Fresher's Day

Every year a warm welcome party for newly joined students to the Institute is planned such that they get introduced with their seniors in a friendly manner and also to give them the feel that hostels are home away from home. This year the gala event was graced by none other than our **Honorable Founder Chancellor, Dr. G. Viswanathan** and his thought provoking address to the youth added extra glow to the party.

The event ceremoniously started with the **lighting of the lamp** by our **Honorable Founder Chancellor, followed by Pro-Vice chancellor** and the hostel authorities. **Vice-Chancellor** joined the event amidst cheers and addressed the gathering highlighting the essentiality of education at VIT. Hostel authorities greeted the dignitaries with a **petite and a pretty bouquet** and invited them to witness the various performances to be delivered by both the seniors and freshers. The performances started with the **Invocation Dance** followed by a **short video presentation** of all the events and happenings at hostels during the last academic year.

In the midst of the performances, various fun events were conducted to choose the **best dressed, highest heeled, prettiest mehandi designed hand and the most multilingual participant** and were appreciated with small gifts. The event was jam packed with various performances as detailed below.

- \* *Seniors performance by Maya Team was picture perfect.*
- \* *Instrumental Western Group (Key Board) and song by Nepali and Indian students was mesmerising.*
- \* *Platinies Zumba Performance by certified tutors was really a fitness exercise.*
- \* *Contemporary Dance, Free Style Dance, Garba, Bollywood Group Dance, Western Group Dance, Duet Dance, Folk Group Dance were all a treat to the eyes.*
- \* *Punjabi Group Song, Whistling, Bollywood Song, Duet Song were well received.*
- \* *Instrumental Tamil Solo (Key Board) and Instrumental Song (Guitar) was melodious.*
- \* *Tamil Poetry Recital was thought provoking.*
- \* *Chinese students' song performance was sweet and entertaining.*
- \* *Malaysian Internship students' song and dance performance was rejoiced by all.*

Event ended up with a joyous DJ with utmost enjoyment. **Saloni and Anjali hosted** the event beautifully. It was a very memorable day for all.

*Let's Party*



*“The youth of today are the leaders of tomorrow” –Nelson Mandela*

## *Deepavali*

Deepavali, the festival of lights was celebrated on the 19<sup>th</sup> of October, 2017. The festival signifies the victory of light over darkness. Students and staff invariable of their ethnic differences grouped together and greeted each other a very happy Deepavali and celebrated the festival by lighting lamps and bursting crackers in the venue identified inside the hostel premises. Special safety measures were undertaken by the team to ensure a secure and happy celebration.

### *Patakas*



*“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that” – Martin Luther King, Jr*

## *Staff Training Program*

A training session on "Effective Communication" for the hostel office Staff, Wardens, Supervisors and Maintenance in-charge was conducted on the 24<sup>th</sup> of November, 2017 by the Ladies Hostel Team in coordination with the Counseling Division of Students Welfare office. Counselors took special efforts in conveying their messages through effective role plays and orations. Participants' queries on how to address and handle students under specific situations was well answered using analogy. The whole exercise was very productive and would help the hostel staff in effectively addressing students' issues. The event was welcomed by all the participants.

### *Lecture and Role Play*



*“Kindness is the language which the deaf can hear and the blind can see”*

*– Mark Twain*

## *Inter Block Tournament*

Ladies Hostel team along with the Department of Physical Education organized an Inter Block Tournament on the 16<sup>th</sup> of December, 2017. Students were invited to enroll for competing in the sports events viz., Shuttle Badminton (Doubles), Tennikoit and Kho-Kho. There was a good turnout for the events especially for Shuttle Badminton. The students played with good team spirit. Winners and runner ups were awarded with prizes.

*Ready, steady, serve*



*“If I being a mother of two can win a medal, so can you all.  
Take me as an example and don’t give up” – Mary Kom*

## *Old Age Home Visit*

An old age home visit was organized on the 6<sup>th</sup> of January, 2018 for the benefit of our hostel students to St. Ann's Home located at Gudiyatham. To bring in social awareness among the students on the causes leading to poor, destitute, orphaned and displaced senior citizens ending up in old age homes, we took them on a half day trip to the home located around 30 Km from the campus with the help of transport services rendered through our management. The exercise proved to be very fruitful.

The home's manager first introduced us to the inmates and narrated on the homes ideologies and functionalities. Most of the inmates were females and few men were also present. Students split among themselves and took turns in interacting with them emotionally and listened patiently to their whereabouts and needs. Voluntary donations were made as a token of love and respect. Later the students entertained them and made the senior citizens participate and express their talents such as singing. Finally all of us bid farewell to them with promises to take care of our elderly at home.

### *Some heartwarming gestures*



*“Love begins by taking care of the closest ones – the ones at home” – Mother Teresa*

## *Stress Management*

Ladies Hostel Team along with the organization, Sneha, Chennai conducted a session on "Stress Management" on the 3<sup>rd</sup> of February, 2018 for the students of the hostel and especially invited slow learners and students who required counseling services to participate. Two voluntary counselors from the organization enlightened the students on how to overcome exam pressure, peer pressure, tackle depression, overcome suicidal thoughts, etc., and patiently answered to the participants queries. Students also had a one to one session with the counselors to clarify their thoughts. The feedback given by the students on attending the session was very positive. Students were advised to continue their counseling sessions with the VIT student counselors whenever the need arises to overcome stress and to focus on their academic career and personal life.

### **Interactive snapshots**



*"The world we have created is a product of our thinking; it cannot be changed without changing our thinking" - Albert Einstein*

# HOLI

Holi was celebrated on the 2<sup>nd</sup> of March, 2018 with love, colours and delicious treats. Arrangements were made in coordination with the facility team for students to enjoy playing with colors and water fountain in the basketball court behind D block and in A block. This year for the benefit of students' special stalls offering sweets, juice & chat items were arranged. Students', faculty and staff enjoyed the event to the fullest with zeal.

*Colourful Moments of the joyous occasion*



*“Colors, like features, follow the changes of the emotions” - Pablo Picasso*

## *International Women's Day Celebration Dinner*

On the 8<sup>th</sup> of March, 2018, a common grand vegetarian and non-vegetarian special mess menu was served by the mess caterers during dinner to commemorate women on the occasion of women's day. The students were very appreciative and thanked the management and the caterers profusely for taking extraordinary efforts in making the day special.

*Don't envy us*



*"Small cheer and great welcome makes a merry feast"- William Shakespeare*

## Cultural & Fun Events

To encourage and uplift students' creative talents and to give them an opportunity to exhibit, a Cultural and Fun event was organized on the 17<sup>th</sup> of March, 2018 by inviting them to participate as per the circular given below. The response was very good.

Students demonstrated their individual talents in the form of face painting, drawing, singing and so on. Unique talents were recognized with mementos. The event turned out to be so colorful and energetic which can be observed through the following photographs.

### Sparkling talents



VIT  
Vellore Institute of Technology  
Office of the Ladies Hostel

### CULTURAL & FUN EVENTS

Hurry Up! *Lets have fun*

Dear Students,  
Ladies Hostel Team is very much pleased in announcing on the Cultural and Fun events to be organised on the 17<sup>th</sup> of March, 2018 (Saturday) at F Block III floor Dormitory for its residents.

Students can enroll through the following link and reap the maximum benefits of joy by participating in the various talent and fun events listed below. Winners will be recognized with certificates and gift vouchers.

<https://goo.gl/forms/ESB7LeJicPP6a5bE3>

- Art and Craft
- Drawing & Painting
- Solo Singing & Solo Dance
- Express your Special Talent
- Tag of War (Maximum of 20 students in a group)

Deputy Wardens                      Chief Warden                      Deputy Director



***“All of us do not have equal talent. But, all of us have an equal opportunity to develop our talents.” – A.P.J. Abdul Kalam***



## *Interactive Session for Hostel Staff*

On the 8<sup>th</sup> of May, 2018 an interactive session, facilitated by the Ladies Hostel Manager, a certified coach and master trainer was conducted for the Wardens and Block Supervisors to encourage team building and instill problem-solving skills.

The session consisted of two rounds. In the first round, the participants with an average work experience of 8-10 years were asked to team up to identify and discuss on the various difficult situations they face in their day-to-day work life in the hostels. In the second round, the participants reorganized themselves into new teams and got engaged in brain storming sessions to come up with solutions to deal with the problems identified by other participants. These discussions proved to be extremely productive, and lead them to find out solutions. The participants were also advised on their role and usage of communication skills in the context of facing routine professional and personal situations as experienced by them.

The participants found the session to be very engaging, interactive, and practical. They expressed their gratitude towards the management for organizing such a helpful session, which strengthened their mutual understanding and team spirit, and served as a great tool to find their way forward in tackling various practical work situations in their day to day responsibilities.

### *Enlightened participants*



## Feedback

- 1.) It was interactive session on LH completely.
  - 2.) Was completely engaging people.
  - 3.) Was problem solving session
  - 4.) Most helpful to all.
  - 5.) Every one enjoyed & felt happy for mini gettogether.
  - 6.) Interesting session; those who had fear to talk in group also got chance to talk freely.
- Thank you

Jyothi.L  
01/05/2018

Preemarathu

08/05/18

1. As a new staff of VIT, I feel this session is quite useful for me. Especially in my daily activities
2. It also made me easy, how to solve the problem for hostel inmates
3. Got solution for many problems after discussion.

Preemarathu

Feed back. Mrs. P. Sarojini

i Yes. It was interactive. Most of the participants participated in all the events.

ii Yes. Everybody were Engaged and it was interesting.

iii Yes we learned. Through discussion  
\* we come to know the problems and also able to think for the solutions.

\* We got an opportunity to sit together and discuss about the problem and find solution. It also helped us in building the relationship among us.

\* The language and the way of presentation is very good and understandable.

\* in between the games and the story made up happy and live.

Date  
8/5/18

Respected Madam,

① It is interacted, Yes Very interact & i was total involved it

② whether, it is been Engaged, yes i listen and Engaged Very well

③ Decision was interact, Yes i Enjoyed and it was a time to interact with Everyone

④ Thanks for giving chance to Everyone to talk, and it was a time to helpful to Eradicate the stage fear, we can try to solve problems.

⑤ It was very useful to Everyone and i request to conduct often.

Thanking you.

Yours faithfully,  
ANITHA.B  
[Anitha]  
8/5/18  
5765



K.T. SANKAR

1. It's Very Interactive for me.
2. If We face Some problems, How to rectify, How to face and solve it easily.
3. I like Verymuch this meeting and I will feel free & enjoying Verymuch for longtime

Thanking you,

*Alaris*  
08/5/18.

***"Unity is strength... when there is teamwork and collaboration, wonderful things can be achieved" – Mattie Stepanek***

## *Staff Event*

A stress bursting staff event was organized on May 15, 2018, to let the members understand that they are an important part of the workplace family and that the management cares for them. Hostel office staff, wardens, blocks supervisors, housekeeping supervisors, maintenance in-charge and hostel student counselors participated in the program with full spirit.

There was an array of excellent cultural performances given by the staff members expressing their unique talents through multiple dance forms, songs and poetry recitals. Deputy Wardens and Manager took special efforts to arrange for the various fun games for the participants.

Some members also admired the way in which hostel was managed by its authorities through their brief speeches and thanked them for being good mentors and for their guidance and support throughout the year. They also expressed their gratitude towards the management for arranging such a riveting event.

### *Talent and fun all the way*



*“Women are the largest untapped reservoir of talent in the world” - Hillary Clinton*

## *Staff Training program on Language Skill Development*

The Mens and Ladies hostel team along with the Human Resource Department and the School of Social Sciences and Languages (SSL) conducted a 15 days training program during the month of June, 2018 on Language Skill Development which primarily focused on effectively conversing with the students and their parents on a day to day basis. Prof. Bhuvaneshwari and Anu Baisel coordinated the English Language Skill Development program and trained 14 of our Ladies Hostel staff along with 17 other faculty members from SSL. Prof. Jayalakshmi trained 16 of our staff members in basic Hindi. A final outbound training session for a day was conducted by taking the participants on a trip to Yelagiri hills. The outbound training program was a real stress buster and was well appreciated by the participants. A valedictory function graced by the Vice-President, Pro-Vice Chancellor, Dean, SSL and Assistant Director, HR was conducted to commemorate the success of the training program on June 29<sup>th</sup>. The event was compered and conducted by the participants and was filled with thought provoking speeches by the dignitaries and excellent feedbacks from the hostel staff members. Certificates were distributed to the participants by the Vice-President and the Pro-Vice Chancellor.

### *Accolades*



*“Before anything else, preparation is the key to success”  
–Alexander Graham Bell*

## *Hostel Review Committee Meeting*

Regular fortnightly hostel review committee meetings were held both in the fall and the winter semester on Wednesdays between 6.30 and 7.30 pm for the academic year 2017-18. The meeting is chaired by the Pro-Vice Chancellor and coordinated by the Deputy Director and Chief Warden through the Hostel Office. Deputy Director, Physical Education, Assistant Director, Students Welfare, Deputy Wardens, Maintenance In-charge, Student Counselors, Hostel Associates, Wardens, Block Supervisors, Wifi representative, Hostel review committee members and the hostel students are invited to attend the meeting.

The meeting serves as a platform to motivate students, address grievances, collect feedback, advise them on the rules and regulations to be followed pertaining to hostel, discuss on regular happenings and announce on the forthcoming events. Meticulous follow up activities of the meeting is ensured and the minutes of the meeting is sent to the administrative core group members.

### *Lively Discussions*



*“Alone we can do so little; together we can do so much” – Helen Keller*

## *Mess and Menu Committee Meeting*

Mess and Menu Committee meetings are aimed at bringing in healthy changes to the mess menu based on students' requests, to note the complaints recorded in the suggestion note books and listen to their grievances related to hygiene, quality, ambience etc., and to receive feedbacks for betterment. Student's have the option of choosing different mess options during the academic year viz., Vegetarian (South or North), Non-Vegetarian (South or North), Special Mess (a mix of Indian and Continental cuisines) and Food Park (similar to restaurant style). Students also have the facility of having a change in the choice of the mess on a monthly basis.

Based on the feedback received from the students, parents and caterers it has been decided to have only four different types of cuisines from the next academic year, 2018-19 onwards viz., Vegetarian, Non-Vegetarian, Special and Food Park. Menu for all the different types of cuisines are carefully made by the hostel authorities giving primary importance to nutrition, health and hygiene. Moreover, night canteens are also operative for supporting students late night academic preparations between 10.00 pm and 12.00 midnight.

### *Let's Dine*



***“Let thy food be thy medicine, and let thy medicine be thy food”  
– Hippocrates, father of medicine***



## *Movie Screening and DJs*

Every weekend, on Friday and Saturday night good entertaining movies are screened as a means of relaxation for the students in their respective blocks. Also, after the continuous assessment tests, a DJ event is conducted to unwind the students from their routine. On the 15<sup>th</sup> of August, 2017, movie screening for hostellers via Qube Cinema Technologies Pvt. Ltd. was held at the outdoor stadium on account of celebrating the 71<sup>st</sup> Independence Day. Students enjoyed the occasion with fun.

### *Lights, Camera and Action*



***“It’s not the years, honey. It’s the mileage”***  
***- Harrison Ford as Indiana Jones in Raiders of the Lost Ark.***

## Articles by Staff & Students



### POST CARD

Yehi dua karte Hai khuda se,  
Jab dobara hamari ankhen khule,  
Ankhon ke same khuda mile,  
Jeene ki wajah mile,  
Hasane ka bahana mile,  
Khushiyon ko samet kar ek saans mein Bhar lu,  
Be intehaan mohabatt ki talash karu,  
Khwabon ko apnein pura karu,  
Kismat ke bharose kon raha,  
Mehnat ka bhi Sahara lu,  
Kamyabi ke asmaan ko chu lu,  
Rishton ko ek dhage mein bandh lu....

– Veronica Premanand

YourQuote.in

*Veronica Premanand, 15BBT0206*



**Saileena Bose, 16BME0267**

### *A Piece of Me*

*A thoughtless rejection...  
An incomprehensible pain...  
A marred laughter...  
A disguised hope...  
An unforgettable reminiscence...  
A faded nostalgia...  
A shattered dream...  
A million and one pieces of broken trust...  
A cosmic longing...  
A hopeless expectation...  
An unanswered beckon...  
An unwrapped attachment...  
A futile investment...  
A boastful mistake...  
An embellished scar...  
An addictive torture...  
An unfathomable deep altogether...  
A piece of me ...  
That still breathes in you...  
Give that back...  
And down my path, I shall walk*

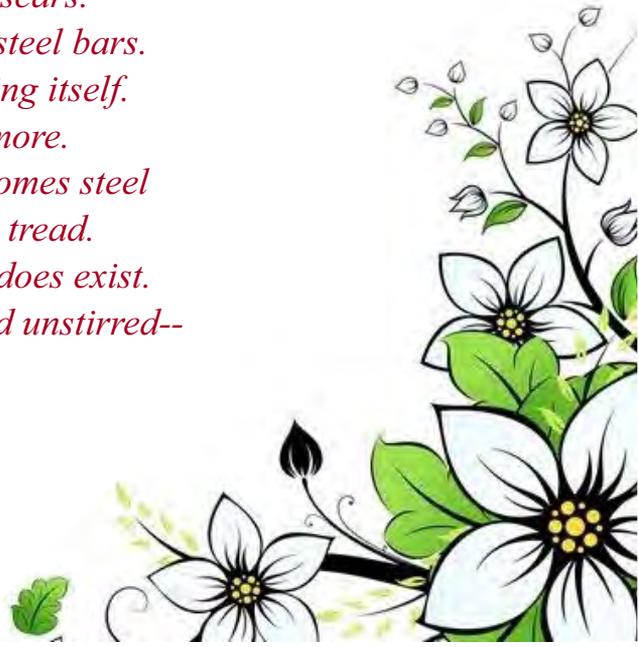


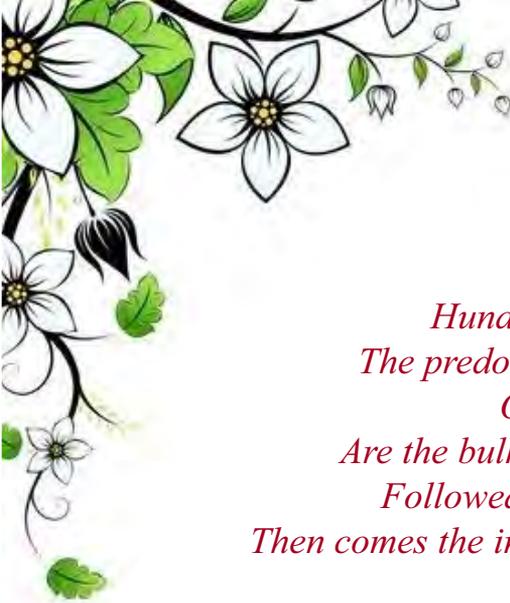
## *The Story of a Soft Heart*

*Everyone has a heart.  
Every heart has its own language.  
Every heart has something to speak.  
Every heart wants its listener.  
But the irony is dramatic--  
Every heart knows,  
Only its own fine language,  
And fails to interpret the rest.  
Every heart expects to be listened,  
And never chooses to play the listener.*

*There are hearts which are kind,  
And hearts which are ruthless.  
Hearts soft and tender, never do they find,  
Anything a crooked business.  
Hearts as merciful as the nature,  
Embrace one and all.  
Stones replace some hearts,  
And every little creature, they do apall.*

*And, above all, we all know  
The irony is dramatic  
That a soft heart is always destined  
To be trampled over by a stone!  
That, the softness remains no more...  
It gets too scared to expose it's scars.  
And it fortifies itself with high rise steel bars.  
It realises the necessity of protecting itself.  
It trains itself not to care anymore.  
It changes and changes until it becomes steel  
So the next time, no stone dares tread.  
And thus, apparently, no soft heart does exist.  
The rest do remain, though, proud and unstirred--  
Hard, stone and steel.*





## Only a Few People...

*Hundreds of millions of people share this planet,  
The predominant fraction is incognizant of your existence.*

*Of the handful of people that know you,  
Are the bulk fraction, who don't bother about your existence,  
Followed by the ones who are averse to your existence.*

*Then comes the insignificant count, for whom, what matters, is only your  
existence.*

*This insignificant count, makes your life really significant and worth living.*

*Don't you ever forget to make them feel special.*

*Don't you ever ignore their existence.*

## Fish Knows Water the Last

*Travelling since quite some time,  
Down the unfathomable yards of pain;  
Luggage packed on the back, so heavy,  
Of miserable disdain.*

*You are tired, your thirst reasons fine.*

*You survive on water, you drink it*

*And it takes you to cloud nine.*

*As dear as gold and meaningful unto life,*

*Serves you the nectar*

*When life and death do strife.*

*Fish swims, survives in water,*

*Takes it for granted, and knows it the last*

*Until hits the pitch-dry plank,*

*With a spine-fracturing thrust.*

*One nurtured, cared and loved,*

*Does not perceive love as love.*

*Until the day when love does relinquish,*

*Does he split with an unsettled soul,*

*That relentless forgery does vanquish*

*The truth and plainness of love.*

*He is that fish that knows water the last.*



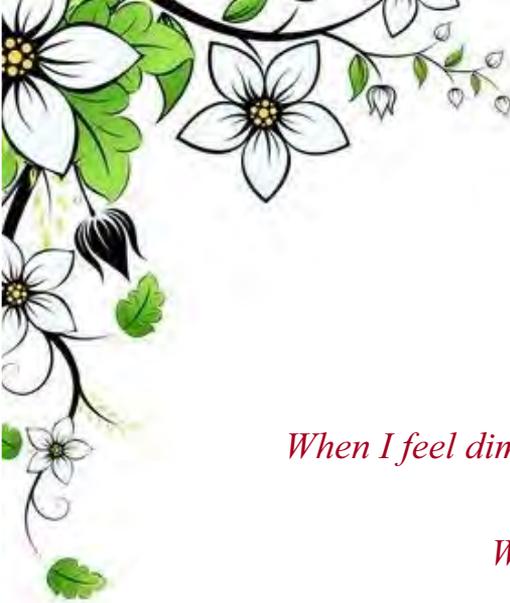
## *I miss u 'My Innocence'*

*Time taking its test,  
Wayward winds raising ghastly storms; Everytime, my innocence being  
challenged  
Amidst each turmoil.  
When I see faces unveil:  
All selfish, ruthless, condescending and sadistic,  
I grumble, I forge my heart to harden.  
I become scared and then, overly protective.  
I contemplate on fighting back.  
Vengefulness and jealousy start peeking  
Through the voids of doubts and uncertainties.  
My innocence gets smothered unnoticed.  
And that mirror, being no less cruel  
Mocks at me and asks:  
" Who are you?" everytime I face it.  
Horror and doubt, all unknown,  
Have a crunchy snack of my clueless mind.  
For an ounce of a moment, I stare blank.  
Inner voice of no help: a bleak and barren moor.  
I utter to myself, an impulsive reply:  
" I miss you my innocence, I miss u. "*

## *Emotional Hibernation*

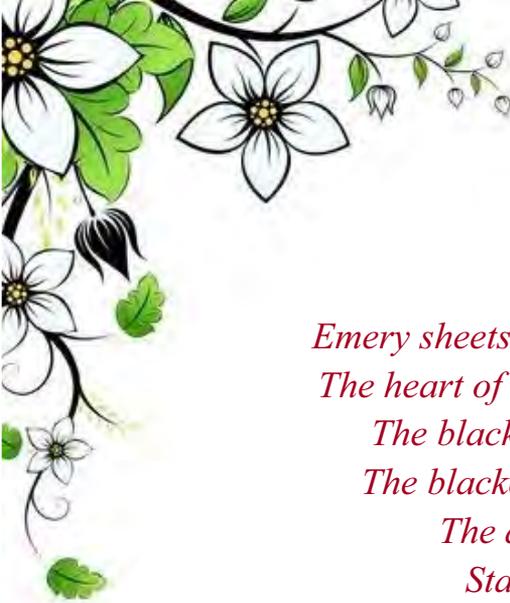
*This emotional hibernation-  
Comes in cyclic phases.  
As winter follows autumn,  
So does my pattern follows its traces.  
I merrily go through my happy summer days.  
Least could I surmise my emotional sabbath  
Unnoticed, follows the winter, that stays.  
And it is when life succumbs inside,  
To a satirical aftermath.  
Expectations creep in, furtively;  
What a havoc does it create, Oh lord!  
I deluge in the downpour of heft,  
My feelings lessening to nothingness  
I cannot but mourn at the theft.  
And then I know:  
Feeling sad is better than feeling nothing.  
Atleast, I am breathing, I know.*





## Never Regret Whatever

*When everything is visibly changing--  
On the outer and inner surfaces,  
When I feel dimensions expanding and contracting within my cosmic  
conscience,  
When I see situations and people change,  
When I witness the old flowers wither  
And new ones grow...  
I realise deep within--  
I am moving ahead,  
To embrace the ultimate,  
Leaving behind the transitoriness  
In the depths of my memory.  
As things seem moving on,  
I am assured that it's me sailing through.  
For, the viewer seated in the boat ,  
Interprets the world flying past  
And himself standing still.  
I have changed, they forgot to...  
They missed keeping their pace with me  
And are left behind.  
I emerge out the victor.  
Those pinpricks were vaccines.  
They immuned me against the bigger bitter  
Thanking each, and never regretting one,  
I move on. Never do I turn back.*



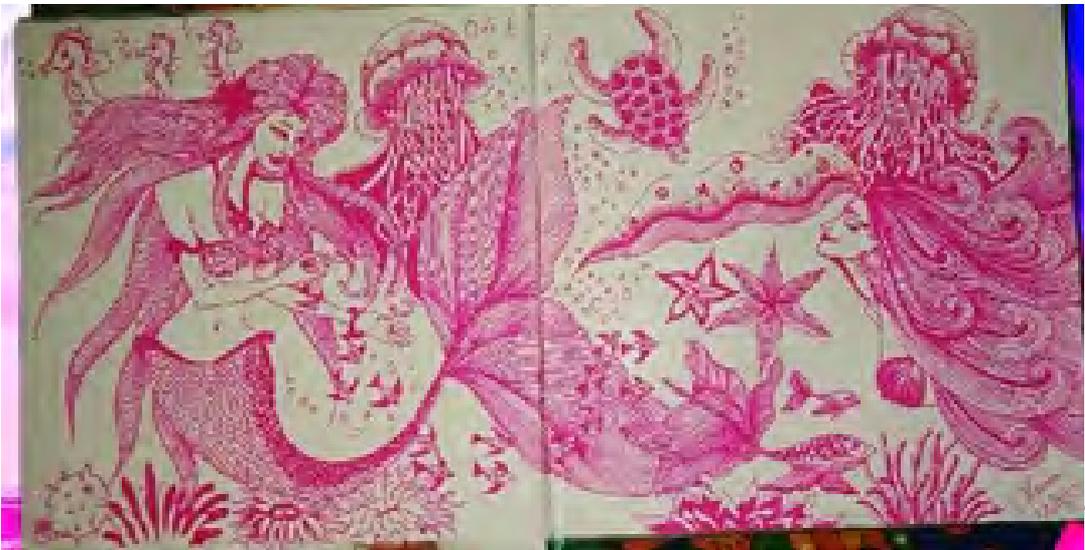
## 'Black' Psychology

*Emery sheets are black, and they give metals the glittery sheen.  
The heart of the lamp is black, with soot, that bears the gleam.  
The blackest clouds bring the farmers profound harvest.  
The blackest of graphite speaks the artist's ideas the best.  
The dense black sky is such a grand silhouette!  
Stars and galaxies love sticking to its chest.  
Despite of all its marvel, that black does flaunt,  
When it envelopes a human skin,  
The society ostracizes him,  
And even the self does daunt.*

## Tangled Tracks

*Tracks do cross and confuse, at times.  
Jumbled tracks make us go off-track.  
Mumbled laments within,  
Thrust a brutal smack!  
"It is the tangle of the tracks and no hint to solve!!"-  
I cried out loud.  
"Sit still and dive and dissolve.  
Breathe in and breathe out!  
Knot is in the head and  
The track isn't tricky.  
Tread down deep within.  
Solution is in silence and not in the disarray.  
Let the million voices succumb and the inner voice win.  
For every dark tunnel ends at the bright ray!"-  
My inner-voice guided me all the way.*

**Saileena Bose, 16BME0267**





**Saileena Bose, 16BME0267**





## Life

*Life is a race, which we all have to face.  
Either run fast or wait for God's grace.*

*Life is not always what you want.  
Sometimes happiness, at times it may haunt.*

*Life is like half-filled glass.  
Half perfection, half full of flaws.*

*Life is something one should admire.  
Sometimes complete satisfaction, at times urges out dreams on  
fire.*

*Life is not always fair.  
Sometimes we weep; at times we don't really care.*

*Life is like a jigsaw puzzle.  
Sometimes extremely easy, at times a dismal fizzle.*

*Life is not exactly what you thought.  
Few lessons already learned, few it always taught.*

*Life is where the uncertainty lies.  
Most of the time we rejoice, at times time just flies.*

*Life is all fun and fine.  
Sometimes we complain, at times we shine.*



## Why always a why?

*Why always a why?*

*Why for no reason we can't even wave a simple hi?  
Can't we just spread happiness instead of goodbye?*

*Why always a why?*

*Why for everything we do we need a reason and reaction?  
Can't we just do things without asking that one-word question?*

*Why should I? Why will I? Why can't I? Are the questions we put forth.  
Can't we just forget asking such questions while we help people  
henceforth?*

*Let's come together and decide to accept more and expect a little  
less.*

*Let's decide to do more and hope a little less.  
Let's decide to express more and say a little less.*

*Let's come together and bid a goodbye to this why.  
At least then, when we realize that the need is a real high.  
Let's limit our expectations and accept helping others.  
The world would definitely be a better place without any returns.*

खुशियातोहहरजगहहै, जरामूहउथाकरतोहदेखो।  
मुस्कानतोहचेहेरेकिचमकहै, जरामुस्कराकरतोहदेखो।

रोतेरोतेहिजीवनमेआयेहै, जराखुलकेजीकरतोहदेखो।  
जिन्दगीकातोहअलगहिमजाहै, जराएकबारनज्जर्याबदलकेतोहदेखो।

अपनीअपनीजिन्दगीकेकिस्सेतोहहरकोइसुनाताहै, उनपेजरागौरकरकेतोहदेखो।  
मुफ्तकिसलाहतोहसबदेतेहै, जराउनपेभरोसादिखाकेतोहदेखो।

यारियातोहबहोततूततीहै, जरारिश्तेनिभाकरतोहदेखो।



## English verse

*Khushiya to harjagahhai, jaraamoohuthaakar to dekho.  
Muskaan to cheharekichamakhai, jaraamuskurakar to dekho.*

*Rote rote hi jeevan me aayehai, jarakhulkejeeekar to dekho.  
Zindagika to alag hi mazaahai, jaraaekbaarnajjaryaabadalke to dekho.*

*Apniapnizindagikekisse to harkoi sonata hai, unpejaraa gaur karke to dekho.*

*Muftakisalaah to sab detehai, jaraaunpebharosadikhaketohdekho.*

*Yaariyaa to bahottutatihai, jaraarishtenibhaakar to dekho.  
Kehtehaisabbmohmaayaahai, jaraadilseekbaarlagaake to dekho.*

**Saloni Shah,16BEC0678**

## Walking Ahead

*Carrying my sanguine heart, I walk.  
I walk down the path ahead,  
walk by the past,  
and the stagnant puddles, and rocks,  
rocks of errors,  
and puddles of distant memories.*

*Strolling across the bridge of change,  
I glance, around me, at the infinite farms,  
farms of boundless growth,  
and at the incessant gardens,  
gardens of ever blooming grace.*

*I breathe in, the aroma of purity.  
I feel the amicable wind lift me up.  
I revel in the glory of my journey,  
awaiting its satisfying, self-assuring end.*



## Rebirth

*Rising in the midst of the foggy path,  
a dark silhouette, wielding a promising sword,  
I am but a scar, marked by my own wrath,  
awaiting and envisaging my transparent tomorrow.*

*Lowering my head, bowing to my trailing past,  
I kneel. I leave behind, the blood on my hands.  
Cleansing myself of horrors at last,  
I pray for a new beginning.*

*Absorbing every sign of light in my way,  
I vow to tread this darkened course,  
shining and glowing with a fiery aura, ablaze,  
imprinting a signature of my existence,  
on every corner of my journey.*

## Metamorphosis

*Bring me a shovel.  
Let me dig deep,  
into this burning soul of mine.  
Let me pour water  
into this fiery heart so fine.*

*Lend me a rake.  
Let me rake off  
the traces you left behind.  
Let me scrape off,  
that which cost my precious peace of mind.*

*Give me some soil.  
Let me replant  
a new seed to regrow my charm.  
Let me germinate  
a thorn to shield my heart from harm.*

---

*I kindly request you to not use my poems elsewhere without my knowledge. Thank you for the opportunity!*

*With Best Regards,  
**Nirali Bandaru, 15BEC0876***



## Wake up!

*Better you stand, better you wake  
Better you don't make your life at stake.  
Stand as a pillar  
Make your voice be more louder n' clear  
to the one who never listens  
or the one who suppresses you for no reasons.  
Better you stand, better you wake  
Better you don't make your life at stake.*



*My friend! You are the best ever creation  
so never treat yourself as a useless equation.  
Always think "You are the best!"  
Now who dares to suck your zest?  
Problems will always try to swallow  
but all in your hands for a better tomorrow.  
Never trust anyone more than yourself,  
be confident and build a strong faith within yourself.  
Better you stand, better you wake  
Better you don't make your life at stake.*

*Emotions are like an ever-swallowing black hole  
which easily get sucked in and make lose our control.  
Then ready to be get ruined for sure  
but the best solution is to never trust blindly and be secure.  
Use your emotions as a strong weapon  
Let them show, we can make something great happen  
People here are fond of wearing masks  
Beware to not get a bad influence in your tasks  
Better you stand, better you wake  
Better you don't make your life at stake.*

*Now take a pledge,  
that never allow anyone for making your life a mess.  
You the pillar, you the faith.  
You the success, now what more can I say.  
**You are the BEST with an up heaving guts**  
**Just show the world and make their mouth shut!!***

**Shachi Kaul, 16MCA0111**



*Message conveying posters prepared by students*





## வறுமை



இவன் அழையாவிருந்தாளி  
பசியின் முகம்காட்டி  
பட்டினியின் உச்சம் உடல் வாட்டி  
நலிந்த நரம்புகள் , குழைந்த எலும்புகள்  
குன்றிய குருதியுடன் - கையில்  
ஊன்றிய கோலுடன்  
நடைபயிலாகுழந்தையின் நடையாய்  
நடைபிணமாய் நடந்துவரும்  
“வயதானோரை” வறுமை அறிந்திருந்ததில்லை  
கருமைதாடியுடன்  
ஒட்டிய வயிறும் - கையில்  
படித்தபட்டமும் - பையில்  
காந்திகாகிதமின்றி திரியும்  
இளைஞனை வறுமை அறிந்திருந்ததில்லை  
கடற்கரைமணலோடு பறந்த படிபடிந்த பிளாஸ்டிக் கைசேகரித்து  
கயிலாங்கடையில் சிறுசில்லறைக்காக விற்கும்  
சிறுவனை வறுமை அறிந்திருந்ததில்லை - ஏனென்றால்  
வறுமையும் இக்காலத்தில்கண்ணினை மூடிய நீதி தேவதையாம்  
"முற்பகல் செய்யின்பிற்பகல் விளையுமாம்"  
இனியாமாவது விதை விதைப்போம்  
ஒருநாள் உண்ணும் உணவில் சிறு உறுத்தல் ஏற்பட்டால்  
எழுந்து வருவோம் ...  
உணவு , கல்வி, வேலை  
இது ஒன்றில் ஒருவருக்காவது, ஒருவரது வாழ்விலாவது இனிவழி  
வித்துடுவோம்

நான்

இந்திரபிரியதர்ஷினி, Asst.Prof.Jr, SBST

# Facilities Available at Ladies Hostel







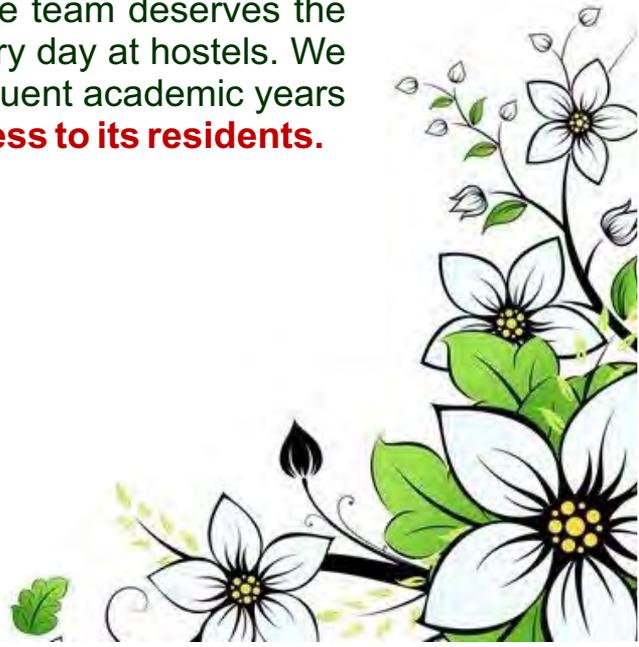
## *Epilogue*

The academic year, 2017-18 turned out to be a very fruitful year for the Ladies Hostel. Right from the day of freshers' arrival, several events were conducted for all the inmates of the hostel to showcase their talents, bring in social awareness and also to entertain them. The Staff of the Hostels were also periodically trained and entertained to serve better. The secret behind the success of all these events always lies in its **team work**.

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 whole heartedly thank all our **higher authorities**.

We would like to place on record our thankfulness to all the hostel **support divisions** viz., Finance, Software Development Centre, HR office, Centre for Technical Support, Facilities, Estates, Public Relations Office, Events Coordinator, Registrar's Office, Pro-Vice Chancellor's Office, Student's Welfare Office, International Relations Office, Student Counsellors and Security Team for their all time support.

**Hostel team members** include the Deputy Director, Chief Warden, Deputy wardens, Manager, Office Staff, Wardens, Maintenance In-charge, Block Supervisors, Housekeeping Staff and Supervisors and Hostel Associates. This entire team deserves the full credit behind the success of each and every day at hostels. We pray that the team performs well in the subsequent academic years and brings in **better service and more happiness to its residents**.



*Conceptualized & Composed by  
Ladies Hostel Team  
Vellore Institute of Technology*

*Prof. Sumathy, S*

*Deputy Director*

*Prof. Deepa Sankar, P.*

*Chief Warden*

*Prof. Harthy, S.L & Prof. Geetha, R.*

*Deputy Wardens*



VIT- A place to learn; A chance to grow