



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



OFFICE OF STUDENTS' WELFARE

WHAT'S NEW

Hercules

Friendship Day 2021- Yours Lovingly

200+ events conducted by Clubs and Chapters

Student Achievements

Talent Forage

JULY '21

The month of July is where the Nature breathes through its lush green leaves, with the sprinkles of rain drops giving the sunlight a rise to a rainbow. Thereby, giving it a pristine touch!

This pandemic staying at home and enjoying this lush green environment has filled our lives with all the happy colors just like the rainbow.

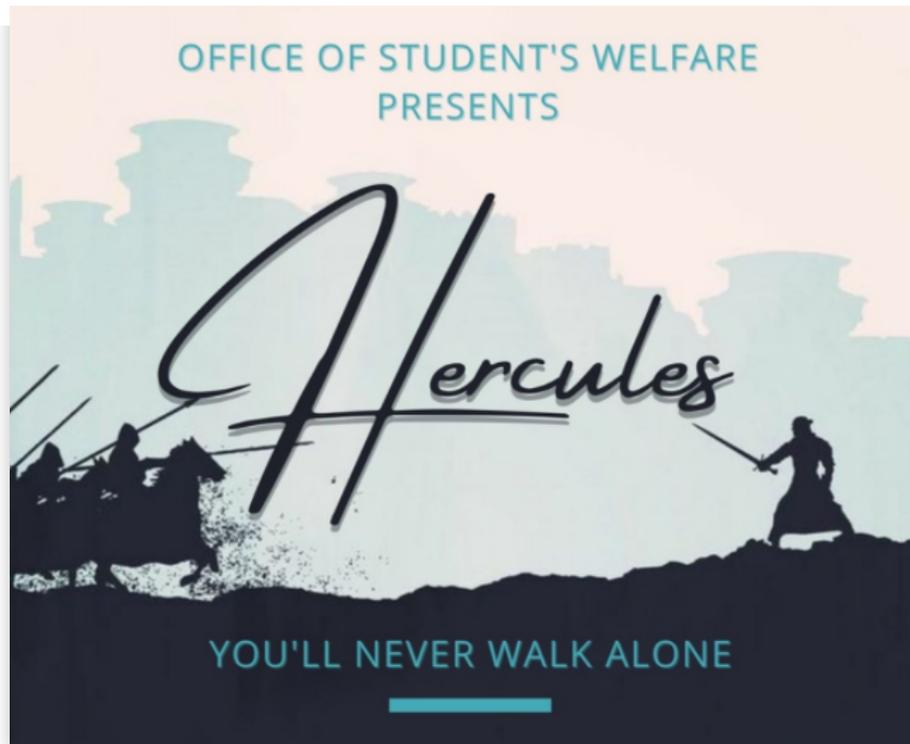
Hereby, we bring to you the fifth Edition of **DSW's Newsletter: InVIT**

Hercules

by VIT Counselling Division

11th - 18th July, 2021

“Loneliness is not being alone, it’s the feeling that no one cares”



The Pandemic has affected our mental health just as severely as our physical health. This event was not just to promote physical health but to show that people care for each other and will stand up for each other when the situation arises. All one has to do is reach out.

The objective behind the event was to show solidarity with people struggling in silence. This is definitely not a solution to the problems, but it reflects that people care for others, and are willing to go the distance even if they're just a stranger.

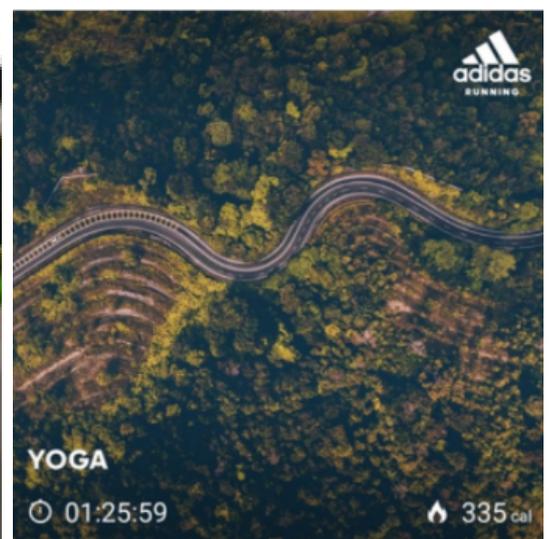
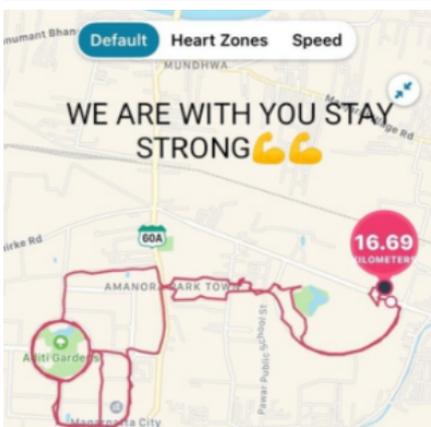
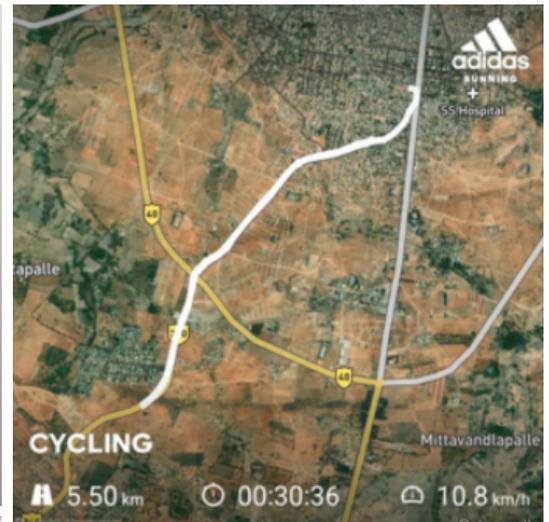
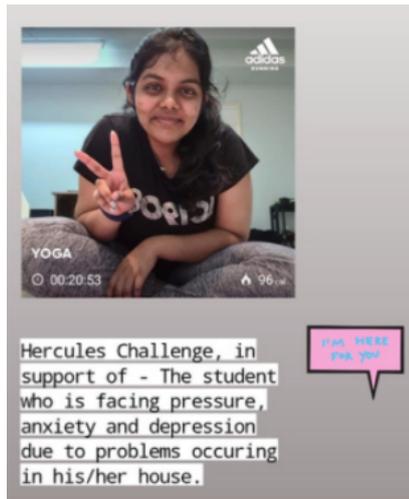
Volunteers were called out, who were willing to participate and do the activities (about 30 members had volunteered). A Google form was sent out asking students to open up about their issues in life which they felt that they were going through alone. Confidentiality was promised in addressing the issues .

Hercules

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11th - 18th July, 2021

All the volunteers together performed skipping for a total of 1 hour and 8 minutes, yoga for 8 hours. The volunteers covered a distance of 45kms in running, 59 kms in cycling and 125 kms in walking, combined.



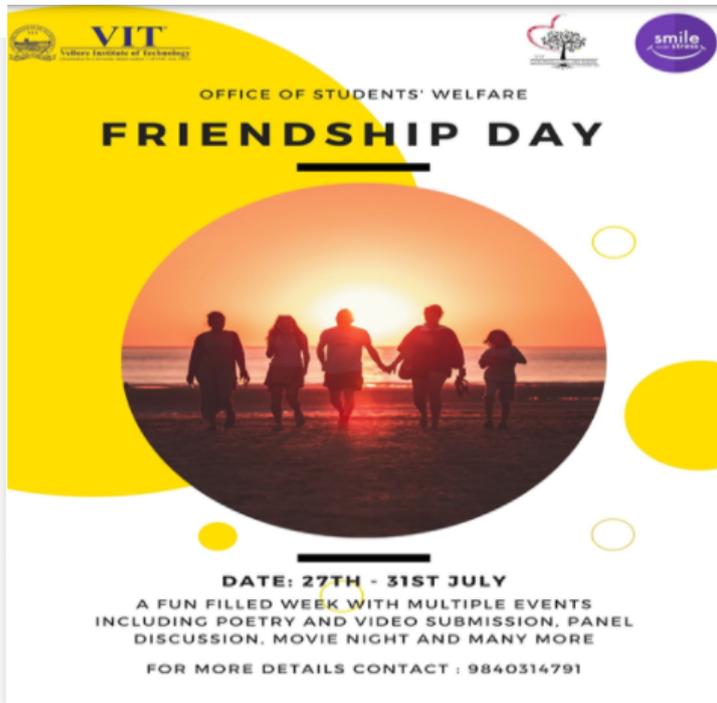
Once the event came to an end, individual certificates were made for all the students who had sent in their problems and encouraged them to reach out to the Counsellors in future if at all they felt that they were not able to deal with anything that they were going through.

Friendship Day 2021- Yours Lovingly

by VIT Counselling Division

27th - 31th July, 2021

"Anything is possible when you have the right people there to support you." - Misty Copeland



The friendship day is committed to the significance of coming together and how it shapes us as individuals. It is the most flawless type of human connections that isn't hung by blood however by affection. The day is celebrated to reflect the solid securities and commitment between friends regardless of differences.

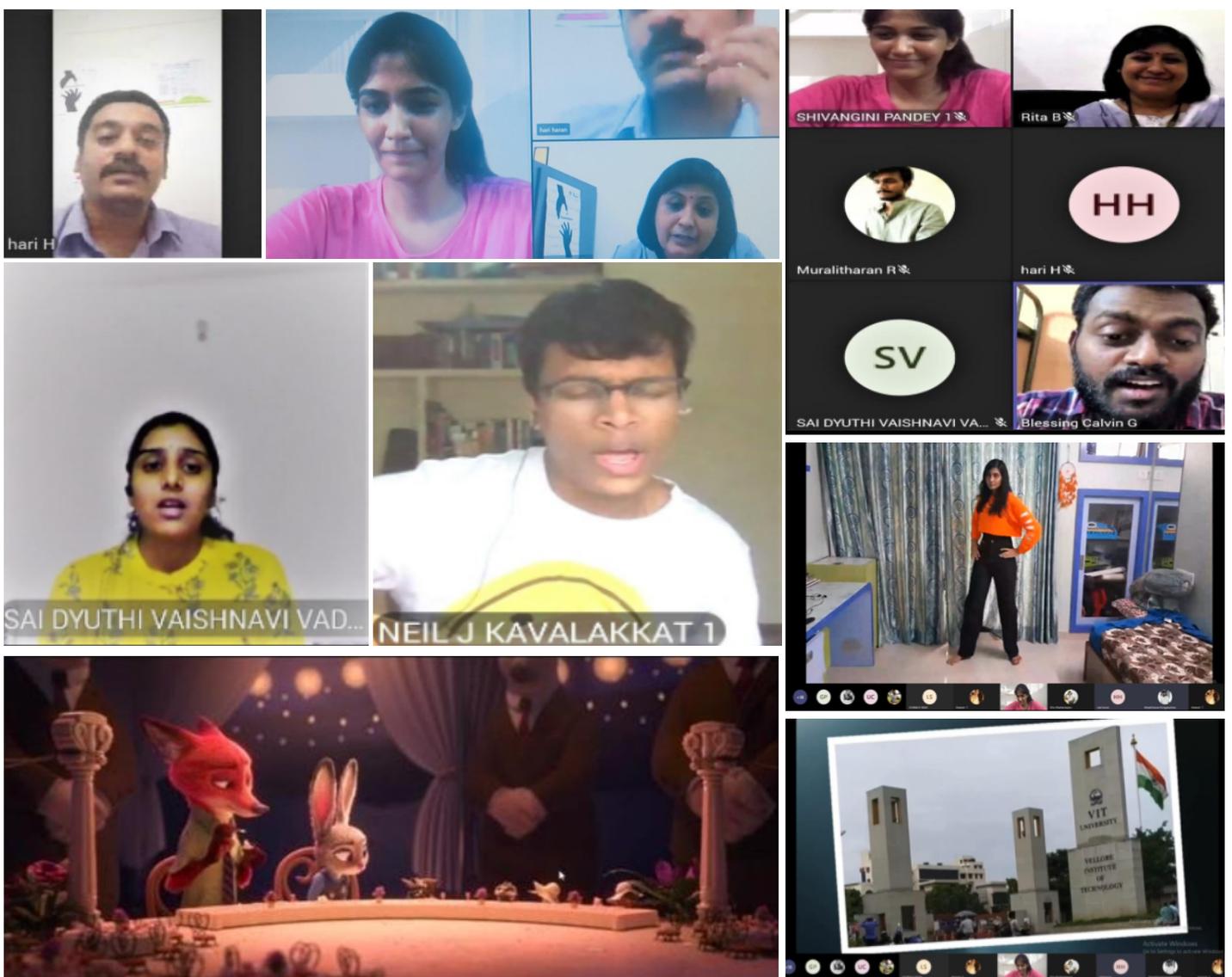
Counselling Division, VIT, Vellore along with Smile over stress celebrated the **International Friendship Day** during the last weekend of **July, 30 and 31, 2021** by organizing a variety of events to promote the value of true friendships, which actually helps people grow positively and mutually. During this challenging time of Covid 19 the purpose of this programme is to bring friends together, to appreciate our friends who have been a lifeline during isolation, a comfort during distress and a support in this fast moving competitive world.

Friendship Day 2021- Yours Lovingly

by VIT Counselling Division

27th - 31th July, 2021

The VIT counselling division has organized a two days of fun filled yet very informative sessions. On the 1st day of the celebration, cultural events by students, webinar headed by Dr. Rita Bhattacharjee, Ms. Hannah and team as well as a very credible and informative Speaker, Mr. Hariharan, who made it very interactive and interesting for students were organized. On the 2nd day, movie "Zootopia", a meaningful animation movie which gives hope that differences doesn't matter to make friends was screened.



"The more we try to understand one another, the more exceptional each of us will be" - Quote from the movie Zootopia

EVENTS CONDUCTED IN JULY'21

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 **230+ 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 **32+ 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 | 105 |
|  | Literature | 30 |
|  | Arts and Cultural | 39 |
|  | Health and Wellness | 15 |
|  | Social Outreach | 50 |

Guest Speaker Count



The events conducted were not only limited to domain experts or guest speakers sessions but also various competitions from poster designing and essay writing to coding battles, Instagram and Youtube live, discussions, debates and trivias were conducted across this month in all branches of technology, science, machines, social environment etc.

EVENTS CONDUCTED IN JULY'21

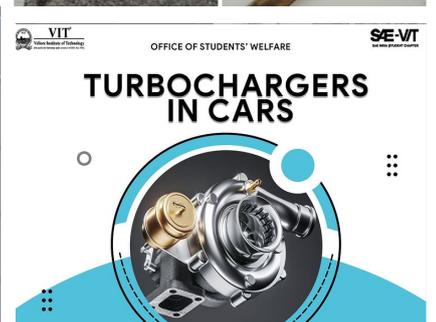
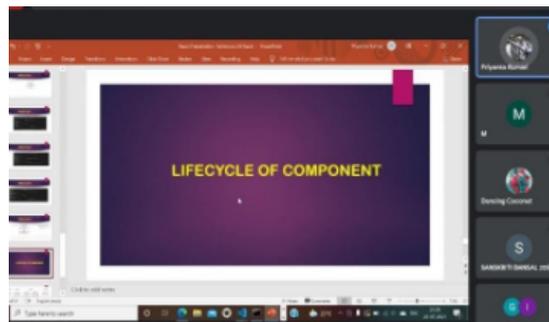
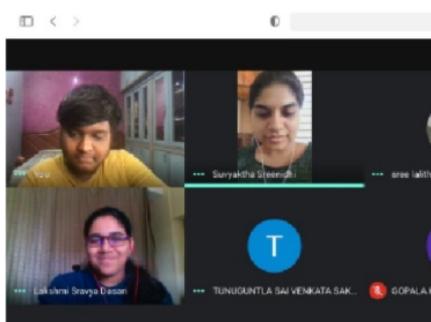
Key Events

1. HackX - IEEE SPS

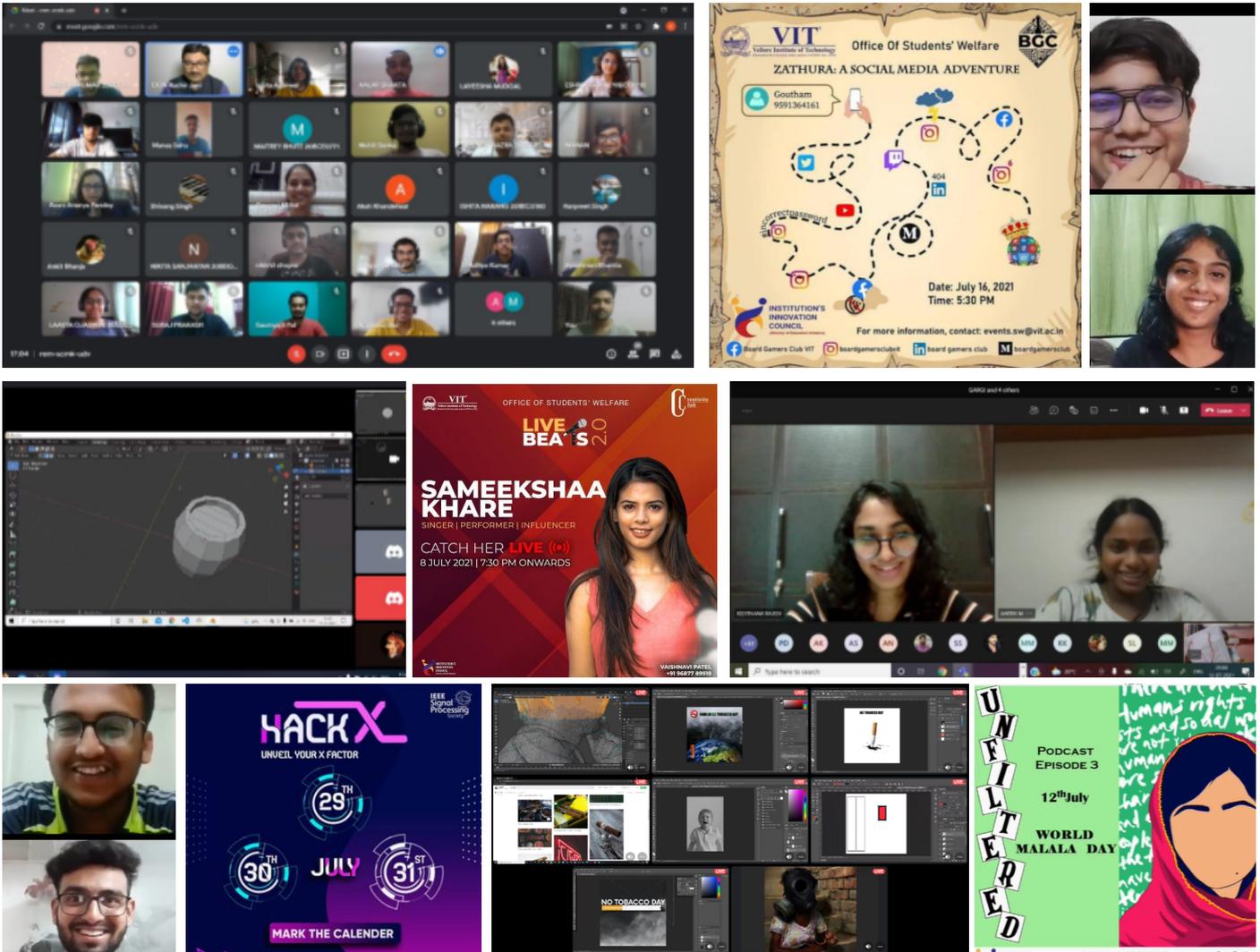
IEEE SPS conducted HackX, a thirty-six-hour hackathon spread across 29th, 30th and 31st of July 2021 in which the participants from in and around the nation took part under various domains like IoT, Wearable Technology etc. The hackathon also consisted of experts talks and sessions from leading Industry experts. There were attractive cash prizes for the winners and amazing goodies for the participants.

2. Radio Reunirse - Community Radio

RADIO REUNIRSE a collaborative event with the RJs of SOA UNIVERSITY COMMUNITY RADIO. The three day event spread across 1st - 3rd July 2021 consisted of the elements for the grooming of RJs and also a healthy interaction between the community radios of the both universities events consisting like RJing - Alfaaz-e-Jazba, Workshop - Vaagdhaati and the Closing Ceremony - Ciao to mark the end of the wonderful journey.



EVENTS CONDUCTED IN JULY'21



We would like to thank all the student Clubs & Chapters for taking the initiative to conduct the events to spread knowledge and encourage leadership during these difficult times.

STUDENT ACHEIVEMENTS

We are happy to inform that **Mr. CHINMAY KAPRUAN** of 2nd Year B.Tech Mechanical has been awarded the **"INDIA PRIME EDUCATION AWARD 2021"** for his Educational Social Work.

FoxClues is renowned as one of the top Marketing & Research Organizations of India. The organization uses its market research and complex algorithms for providing statistical approaches to clientele. FoxClues ranking is valid and relied upon by various corporate companies and public organizations.



FoxClues was recently in the news for its admirable gesture to honor the top educationists of India with its **'India Prime Quality Education Awards'**. The organization was not taken aback by the pandemic, instead the management thought that it would be a befitting time to show appreciation and encourage many hard workers who deserve the applause, and that they consider it'd be a valuable moment in the organization's history.

TALENT FORAGE

I remember everything

I still remember everything, My friend
From sharing assignments
To sharing food
From one minute whatsapp
conversations
To whole night talks
From scared of asking a favor
To ordering me as a slayer
The boundaries between us, got erased
in no time
Words fell short to express you the
gratitude of mine
I would not be the same person as I am
now, without you

~Gopi Ealuri
18BMA0047

The Wondrous Pal

Not just a sis, but a comrade great are you
Not just a comrade, but a mentor unique are you,
Not just a mentor, but a confidant superb are
you..

You are everything to me, beloved 'MINU' !!
Your wisdom, your sacrifices, your advice, your
surrenders

Your love, your knowledge have made my life
colorful,

Knitting life's lessons in deeper friendship whew..

You are everything to me, beloved 'MINU' !!
All through my thicks and thins, you held me tight
In all struggles of life, you showed the path right,
A pal, the most endearing and trustworthy as you
You are everything to me, beloved 'MINU' !!

A unique role model, your love shields me
A bouquet of priceless worth you are to me,
Honesty, compassion, righteousness beautify
you

You are everything to me, beloved 'MINU' !!
I have done nothing, you have always gifted a
bounty

Selflessly you molded my life,
If my life were a poetry, each stanza is you -
You are everything to me, beloved 'MINU' !!

The dictionary is full , but words fall short
To describe a complete YOU,
Not merely my life, my soul-mate are you
You are everything to me, most beloved 'MINU' !!

~Ms. Suja Panicker
Ph.D. Research Scholar (SCOPE)

OUR LIFE TOGETHER

Amidst all the chaos , there is always one voice
that's heard, The voice of a friend, as melodious
as a bird.

A friend is someone you can always count on,
Someone whose presence never lets you yawn.

Someone u can confide in,

And stays by your side through the thick and
thin. Countless memories, amazing experiences
and loads of fun, They motivate you to shine
brighter than the sun.

From having bizarre nights,

And whining about each others plights.

To those time consuming yet satisfying long
calls,

And laughing when the other falls.

Playing games and shouting for no particular
reason, And at times accusing them for treason.

Posing for random pictures,

And keenly looking at them as though they are
scriptures.

Dining in fancy places,

And after embarrassing ourselves, covering our
faces.

Celebrating occasions with gifts and sweets,

Impromptu meets and acting crazy on the
streets

Last minute discussions before an event,

Being there for the other if they ever needed to
vent We've done it all

As far as I can recall

A peer is someone who is always willing to lend
a helping hand, Someone with whom u always
thought of starting a band. Honesty and loyalty
are the key features,

Friends are the best teachers

They bring out the best in you,

I am eternally thankful and love my peers both
old and new!

~**Vaishnavi**

20MIC0014

YOGA

Yoga will make you happy.

The sun is rising up in the sky,

The moon is all set to say goodbye.

It's time to eat coffee and pie,

Are you ready to fly high.

Join your hands and bend your back,

Yes you are on the right track.

With the gratitude in your heart,

Yes it's a good start.

Inhale the happiness,

Exahale the sorrows.

Inhale the calmness,

Exhale the tensions.

Inhale the fresh air,

Exhale the despair.

The asanas will make you happy,

Surya namaskar will stretch your body.

The nature will heal your wound,

Everything will slowly come around.

Yoga will not making anything shabby,

Trust me yoga will make you happy.

~**Arshi Verma**

19BCE2340

Lotus in a Black Pearl

“When was the last time you did something for the first time?” “Don’t remember... maybe a few years back? Why?”

“Isn’t it time to pull up your socks and come out of your comfort zone?”

“But I have a lot of responsibilities... towards family, my close friend, EMIs. I don’t have time to experiment now!”

“Let me share my current life story. I work for around 13–15 hours daily with an income that doesn’t help me pay all my bills. Hence, I’ve side jobs to make my ends meet. I lost my family when I was supposed to start a new journey. I broke up with my long-term boyfriend a few months before our engagement. I lost my close friend to a brain aneurysm hardly one or two days before I was supposed to meet her after six long years. And guess what?”

“What...?”

“Each of these days, I’ve done something new. Some days, as big as paragliding. Other days, as small as reading not more than a page of a novel.”

“How did you cope up with the emotional turmoil? Whom did you seek emotional assistance from?”

“I’ve been emotionally void. I stopped trusting. I stopped caring. I cried. But never at the expense of destroying self. I’ve come alone, I’ll leave alone. I remember, people used to taunt me saying how I must have always used them and never been close to or cared for them.”

“Is it really necessary to follow the rules set by us? Is it really necessary to show how remorseful I am, after every mishap?”

This was my conversation with a person I had met recently. I didn’t receive any text from the other side until...

“Hey, I ordered a new pair of shoes today! Haven’t spent a dime on me since the day I graduated. I’m sorry, was busy introspecting these days.”

I can’t be happier today!

~**Amrita Bose**

18BCB0054

ANNOUNCEMENT!

Entries Invited!

We invite all our students to showcase their masterpiece with talent and skills.

Submit your entries - be it designs / articles / artworks or poems - based on the Theme of **Independence Day** or **Tokyo Olympics** .

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

SCAN QR



Thank you!



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

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Sushant Srivastav



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