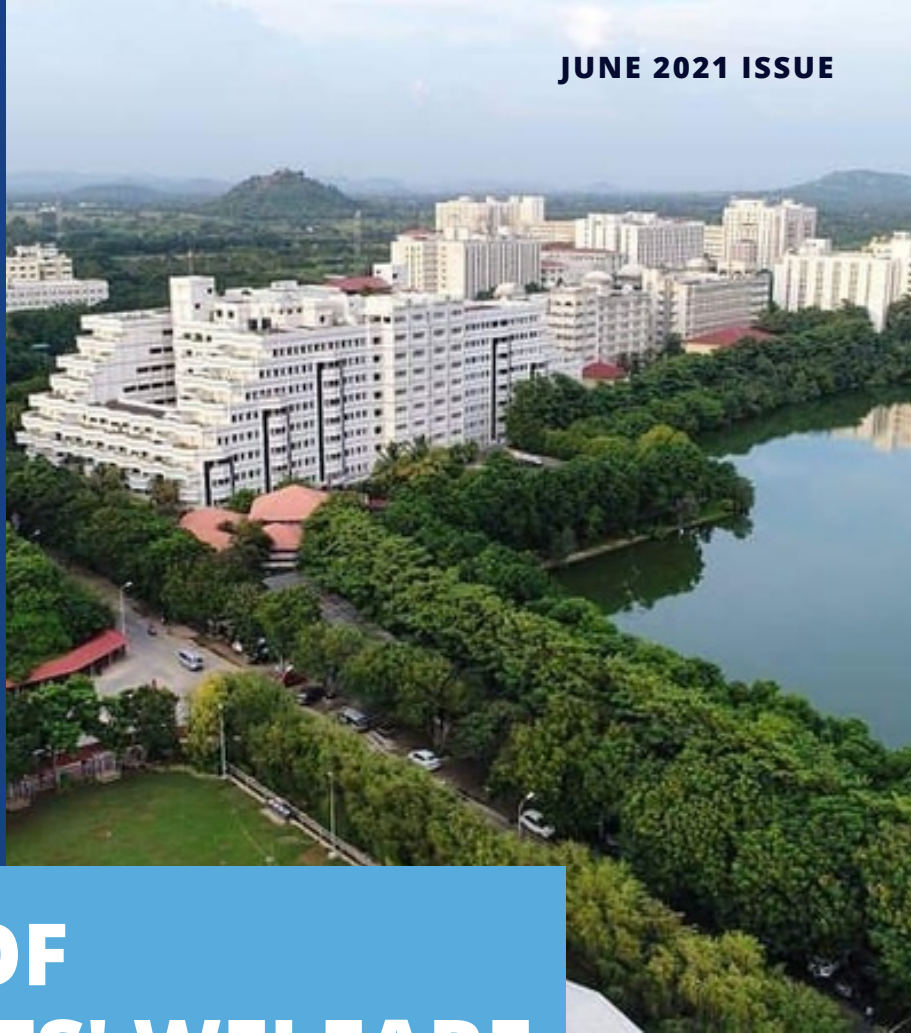




VIT[®]
Vellore Institute of Technology
(Deemed to be University under section 3 of UGC Act, 1956)



OFFICE OF STUDENTS' WELFARE

WHAT'S NEW

**The Impact and complexity of
Loneliness**

Self - Sabotaging : STOP it now!

Stigma towards Mental Health

Long term motivation

Building your Resilience

A-Z Techniques for Relaxation

**125+ events conducted by Clubs
and Chapters**

Talent Forage

JUNE'21

The month of June is "just" one special month as it marks the end of the Summer Season and brings in charm for the Monsoon. The season where the first drop of rain smoothly slides down through your cheeks leaving you revitalized and energized.

This pandemic staying at home and enjoying the first showers together with family has made this "just special" month even more special.

We bring to you the fourth Edition of DSW's Newsletter: InVIT

THE IMPACT AND COMPLEXITY OF LONELINESS

by VIT Counselling Division

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

As psychologists worry that the coronavirus pandemic is triggering a loneliness epidemic, new researches suggest feelings of social isolation are on the rise and that those hardest hit are older teens and young adults. Hence to overcome this feeling of loneliness and have a strong mental health to help other out a talk on the topic of Loneliness and its impacts and advices was done by VIT Counselling Division.

Some of the points, tips and topics discussed in the session were -

1. Being aware of your Loneliness
2. Identify your Triggers
3. Confront your self-doubts
4. Altruism: Reach out to help people.
5. Work on your Self-esteem.
6. Try to initiate friendship at least with one person at a time.
7. Having a person who can listen to you with compassion.



SELF-SABOTAGING: STOP IT NOW!

by VIT Counselling Division

“Self-sabotaging is something when we say we want something and then goes about making sure it doesn't happen”

As the COVID-19 pandemic wears on, reports of depression, anxiety, and chronic stress symptoms are at an all-time high. Students often become demotivated, less productive, and experience negative shifts in their mood, poor concentration and focus, tenuous emotion regulation, and a decline in physical health. Hence to overcome this feeling and have a strong mental health to help other out a talk on the topic of Self-sabotaging was done by VIT Counselling Division.

Some of the points, tips and topics discussed in the session were -

1. Self-sabotaging needs therapeutic help.
2. Affirmations: Positive Self talk.
3. Be Kind, fair and responsible to your inner child.
4. Appreciate the efforts and not the results.

Self-Sabotage is when one deliberately destroy, damage or destruct from reaching a goal. This behaviour can affect every aspect of life be it a relationship, a career goal or a personal goal such a weight loss. It can be a very frustrating Cycle of behaviour that lowers our self-confidence.

Why do we Self Sabotage?



STIGMA TOWARDS MENTAL HEALTH

by VIT Counselling Division

Stigma is when someone sees you in a negative way because of a particular characteristic or attribute (such as skin color, cultural background, a disability or a mental illness). When someone treats you in a negative way because of your mental illness, this is discrimination. A session on this topic was done by Counselling Division to help students be aware of the Mental Health issues and how to overcome them especially during this time of pandemic.

Few advices from the session on what to say when you see someone who needs help?

- "Do you want to talk about it? I'm always here for you."
- "What can I do to help?"
- "That sounds really difficult. How are you coping?"
- "Let's go somewhere quiet or take a walk"
- "I'm really sorry you're going through this. I'm here for you if you need me."
- "Are you looking for my perspective or would you rather I listen?"

i want to talk about my mental health, but...

crazyheadcomics

"i'm scared i'll be judged"

the people around me won't be supportive or understanding

it could hurt my career

i don't want people to pity me

i'm scared it will define me

MENTAL ILLNESS

what NOT to say

"you look fine so what's wrong?" "There are people far worse off than you"

"Smile"

"You don't need pills"

"You're just bored" "you're mad"

"Get a job" "You don't look ill"

"Stop feeling sorry for yourself"

"You have money, why are you depressed?"

"You have a loving family, so what's the problem?"

"you're just attention seeking"

"GET a GRIP!"

"Stop being so lazy"

Facebook.com/JoysMentalHealthMission

LONG TERM MOTIVATION

by VIT Counselling Division

“You cannot fail as long as you just keep going”

A talk by Mr. Hariharan on long term motivation which covered problem like procrastination, motivation and getting out of comfort zone. Rather than theory, practical ways in how can one avoid comfort zone was presented. The relationship between living in comfort zone and passivity, negativity and lack of motivation in life was elaborated. The talk revolved around comfort zone as the main problem for lack of motivation in life.

Long term goals take the most time, dedication, patience, and motivation in order to achieve. Even though these can be difficult but they're an important asset to achieving your goals in life. Having a long-term goal in mind will help to push through the tough times and shorter milestones.



BUILDING YOUR RESILIENCE

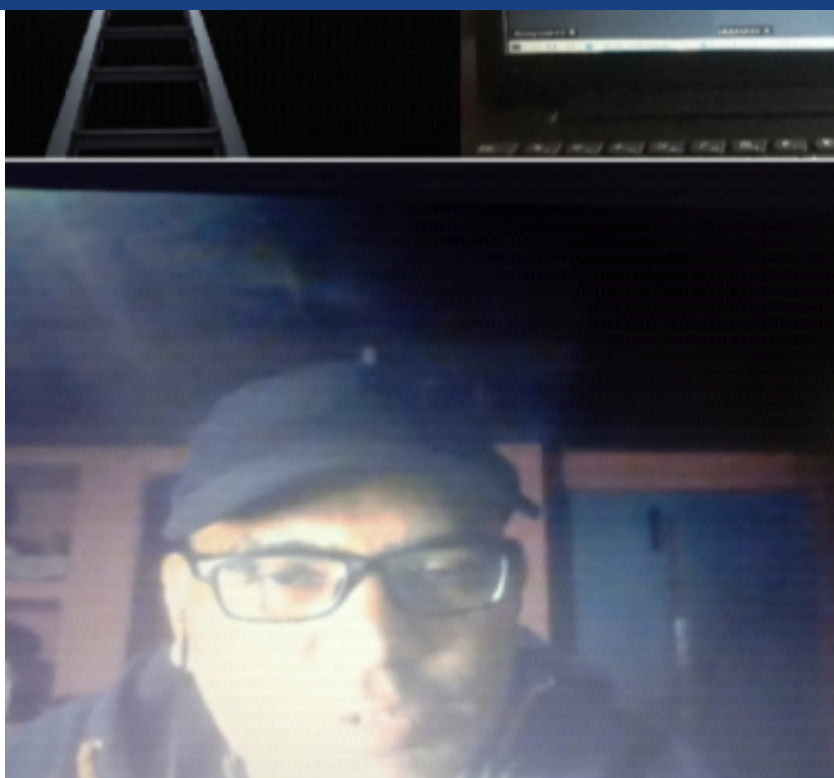
by VIT Counselling Division

“You cannot fail as long as you just keep going”.

A talk by Mr. Felix Emmanuel. Life may not come with a map, but everyone will experience twists and turns, from everyday challenges to traumatic events with more lasting impact, like the death of a loved one, a life-altering accident, or a serious illness. Each change affects people differently, bringing a unique flood of thoughts, strong emotions and uncertainty.

Strategies to increase capacity for resilience to weather and grow from the difficulties are :-

- Build your connections
- Prioritize relationships.
- Join a group.
- Foster wellness
- Take care of your body.
- Practice mindfulness.
- Avoid negative outlets
- Help others
- Be proactive.



A-Z TECHNIQUES FOR RELAXATION

by VIT Counselling Division

A 45 minutes session talk by Mrs. Pallavi took place in which a few tips were given on how to relax and enjoy doing things.

Focused on A to Z techniques for relaxation. Some of them are like:

- A for activity: that is how to be active by doing activities we like
- B for Breath: how breathing helps to relax
- C for creative: how to be creative and do things creatively and so on.

Few tips were given on how to overcome from the loss like

- Remembering the positive and happy memories spent with deceased one's
- Talking positively about the deceased one's
- Taking care of yourself and family
- Reach out and help others dealing with loss.

Tips on how to overcome from Inner Conflict:

- Acknowledgment.
- Gain Clarity.
- Calm your mind down.
- Find out the advantages and disadvantages of choices you make.



EVENTS CONDUCTED IN JUNE'21

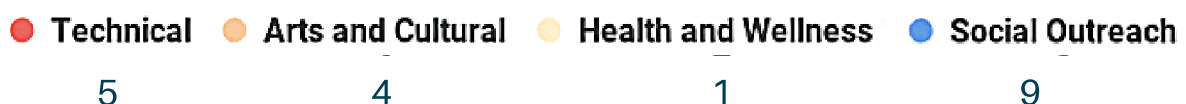
VIT - a place to learn, a chance to grow; a major role in this is played by various student Clubs & Chapters in VIT. A total of **120+ events** conducted in the past month ranged not only from technical but to cultural, literature, social outreach and health and wellness as well.

We had about **20+ 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	55
	Literature	15
	Arts and Cultural	15
	Health and Wellness	10
	Social Outreach	30

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 JUNE'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.

TALENT FORAGE

Rumination

Life's a conundrum of wills -
Riddled with the strife of tirades,
An endeavor against odds that instills
A trait of persistence that never fades.
Stark realities that question our grit -
Hurdles that weaken our fortitude,
A conscience that solicits to admit
That miracles can be wrought by the
right attitude.

Life's a labyrinth of enigmas -
Waiting to be inquisitively explored,
As it clamors to let go of stigmas,
Many victories to be scored.
This spirit warrants a celebration -
Of human endurance and zest
Which propel the wheels of
dedication, 'Cuz that's when we're at
our best.

~Priyanshu Mohanty
19BCE0700



~Aabirbhab Naik
19BDS0043



~Aabirbhab Naik
19BDS0043

A RHYTHMIC CADENCE

A star takes to the air as the earth
recites,
It's melodious song that awakens all life.
No matter big or small, it answers the
call,
It's a reason to live & soar through the
fall.
A new day with a different meaning,
Salt and pepper for some seasoning.
Even the food is bland without spice,
Life's no exception, shouldn't be precise.

Was before a diverged road as time flew,
A hasty decision was made out of the
blue.

My verdict of life was indeed not guilty,
The coin flipped and it was smooth and
silky.

Lost lest losses along the lawn of life,
Gained great gains aftermath a write.
My willed writing in the books of time,
Will reward me with a rhyme of mine.

~Chinmay Hajarnis
20BME0057

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 - by scanning 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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