



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



OFFICE OF STUDENTS' WELFARE

WHAT'S NEW

The Fresher's Orientation

Creating hope through actions

Student's Achievements

Talent Forage

SEPTEMBER '21

The month of September marks the beginning of the Autumn season. A season famous for its harvest times, turning leaves, cooling temperatures and darkening nights.

While autumn is loved for the changing colors of leaves. Trees that were once green explode into beautiful hues of gold, red, and orange, It also marks the beginning of various festive seasons.

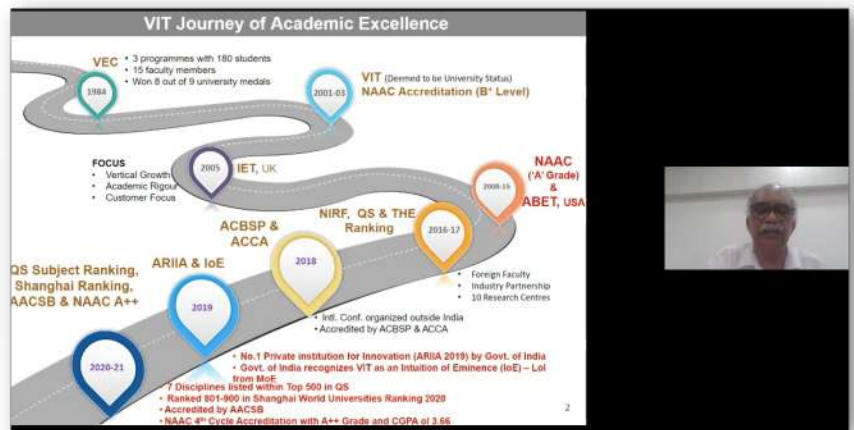
This Autumn, we bring to you the seventh Edition of DSW's Newsletter: InVIT

The Fresher's Orientation

This makes us happy knowing that in the midst of the COVID pandemic, VIT has organized a series of exciting, informative, and holistic Students Induction Program part of AICTE through the Office of Students' Welfare and Fresher's Affair, which not only allows students to sample VIT life but also empowers them to navigate through the social and academic rigors!

Many events were conducted on September 6th, 2021 to know more about VIT academics and VTOP, an innovative program developed by VIT that provided a clear picture of the students' goals.

~The respected heads discussed VIT, academics at VIT, and VIT placements.



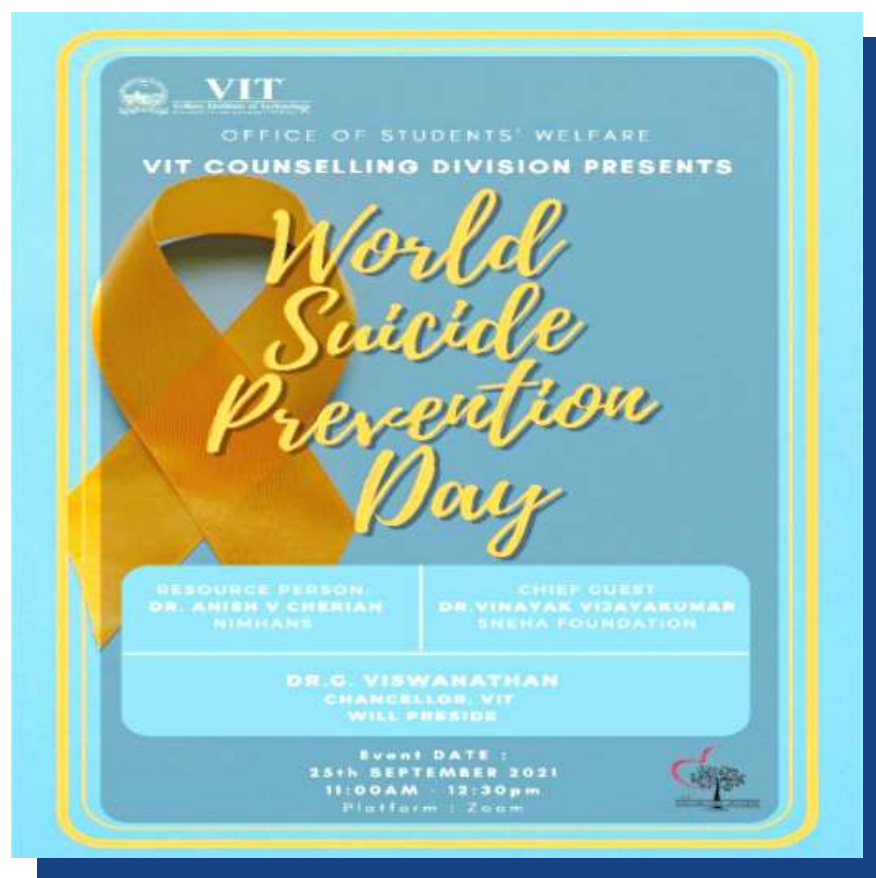
US orientation - Microsoft PowerPoint

Slide 2 of 11: Faculty Profiles

- Dr. S. Narayanan**
Pro-Vice Chancellor
Room: MB-G07
- Dr. Rambabu Kodali**
Vice-Chancellor
Room: MB-G02
- Dr. K. Sathyanarayanan**
Registrar
Room: MB-G03

Creating hope through actions

Suicide is one of the way that people choose to escape from their problems without actually knowing how to solve or without knowing where to get help from. To stop this in our society the counselling division of VIT has worked hard to spread the message to the VIT family stating that there is always a way to stop the problem and always people to help, thus empowering the theme for this **World Suicide Prevention Day 2021** of **Creating Hope through Action**.



Counselling division in association with few clubs of VIT had run the show on 2 days with different fields (professional & cultural) but delivering the same message.

Creating hope through actions

Day 1

25th September'21

The program began with a welcome address by Dr. Rita and a dance event by VIT Dance Club.

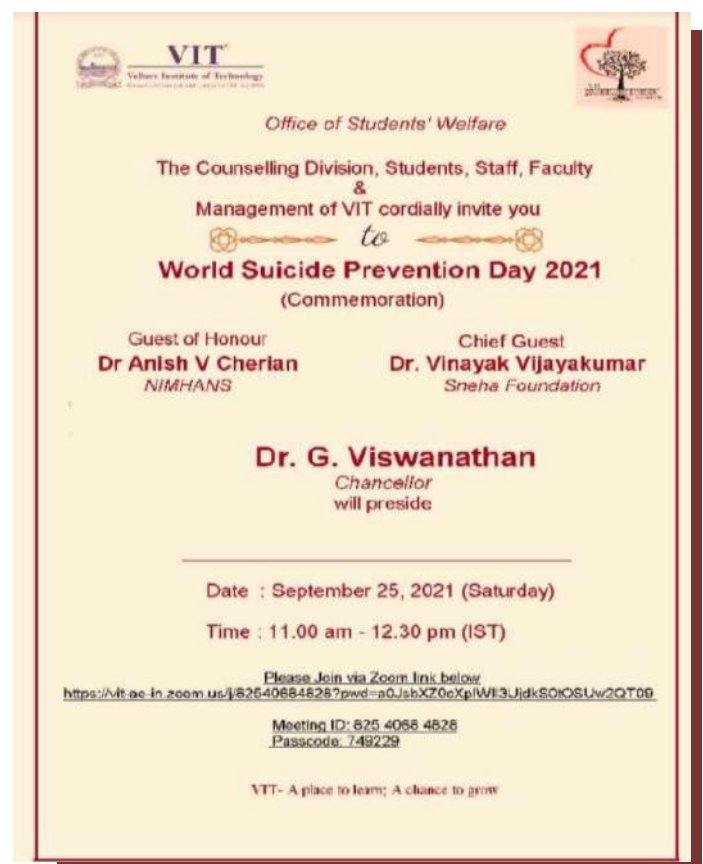
Dr Anish V Cherian, the Guest of Honor from NIMHANS, Bengaluru shared the positive message "ASK-LISTEN-REFER" supporting it with Research evidence. He also stressed on the importance of moving towards a hopeful future.

Oath-taking is a culture in practice and Mr Calvin, student Counsellor led the participants to join in this ceremonial act.

The **Founder and Chancellor Dr. G. Viswanathan** also graced the event by giving the Presidential address.

After this there was a wonderful song by Smriti Bose, a student of VIT emphasizing for being a warrior always.

The **Chief Guest of the day Dr. Vinayak Vijayakumar from Sneha Foundation, Chennai** also delivered the core facts on suicide and suicide prevention with case examples and statistics and give successful ways to prevent suicide.



Creating hope through actions

Day 2

27th September'21

Students from 5 clubs participated together under the guidance of counselling division delivered the message of the day through cultural event.

Clubs participated -

- Smile Over Stress
- Health club
- Ayuda Club
- Music Club
- VIT Anchoring club



Dr. Rita, Head of counselling division, gave the welcome address. three songs by students of Music club and two skits by Health club & Ayuda club delivering a beautiful message on the importance of life especially highlighting “suicide is not the way”.

With the message from all these, a poll was conducted on the event with few questions to the students and two counsellors Mr. Muralidharan & Mr. Hariharan answering as field experts. Two students from the anchoring club did their role mindfully ensuring that the event was on track.

Creating hope through actions

Events like poetry and poster making competition were also conducted where students were requested to submit their work on the World Suicide Prevention Day'21 under the same theme of Creating hope through actions.



The winners were declared on first day of the event ie 25th September'21 and the awards were rewarded by our honorable guests present in the event.



Events in September

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 **275+ 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 **30+ 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

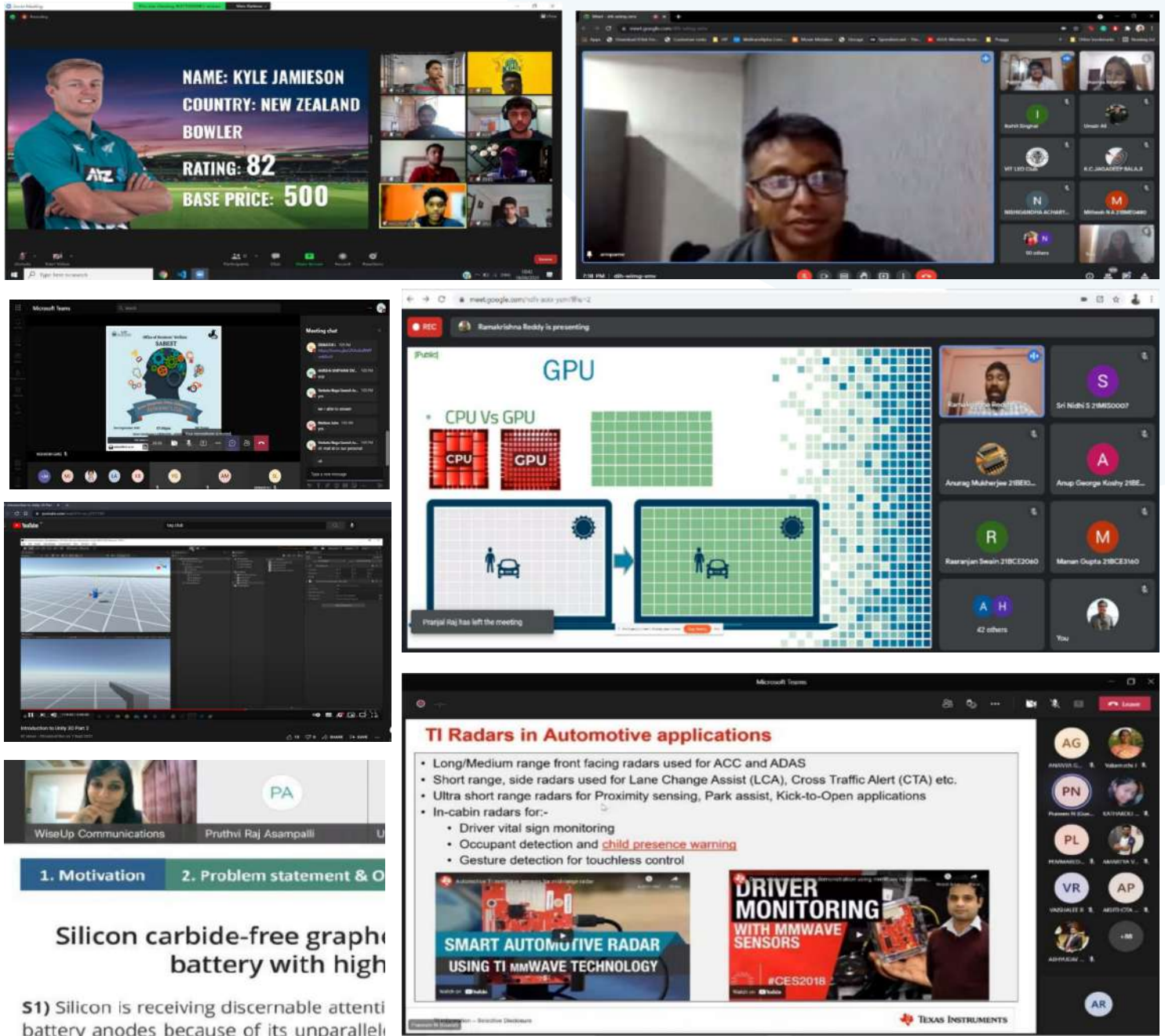
	Technical	134
	Literature	22
	Arts and Cultural	29
	Health and Wellness	33
	Social Outreach	57

Guest Speaker Count

 Technical	 Arts and Cultural	 Health and Wellness	 Literature	 Social Outreach
15	3	1	2	13

The events conducted were of various types like - Skill Development, Technical knowledge, innovation, arts, career guidance, knowledge development, competitions, trivias, debates, discussions, social awareness, community development, personal growth and many more.

Events in September



S1) Silicon is receiving discernable attention because of its unparalleled

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.

Students Achievements

Team RoverX

Represented VIT in
International Rover Design Challenge
Organized by Mars Society South Asia



Talent Forage

Tender

What would you tell me
 if I asked you suddenly,
 "What do you hide?
 What's there behind your smile?"
 Won't you tell me that you cried last
 night,
 Or let me see the scars that you hide
 Or the poisonous words you scream in
 your mind?
 Won't you show me your sleepless eyes?
 Or would you give me another smile
 saying that you are fine?
 Would you tell me again that you are
 alright?
 You do know that I choose not to believe
 you when you say that you always speak
 the truth.
 I know that you lie too many times.
 I know that you can heal only if you try.
 So I'll be your pillar to hold if you ever call
 for me.
 And I'll listen, I promise and
 I'll be kind every time
 I'm by your side.
 And I'll listen, I promise and
 I'll be kind to every living being
 I pass by.

Ayushi Sinha
 21BCI0221

Intrinsic Worth

Keeping yourself aside,
 From the spotlights and crowd of the world
 You've shut yourself up
 And decided to end your life.

Why? For failing to face the brunt?
 Or for the tribulations all around?
 Oh, my dear! Please try to see.
 This is the test of life.

Just pause yourself for sometime
 And recall those moments in past
 You, lying sick on bed,
 Your parent besides, only praying for your
 health,
 Leaving no stones unturned
 To bring a beautiful smile on your face,
 Today for this transient predicament time,
 You're ready to bring endless grief to their
 lives?

My dear, the world is full of pessimism
 So, ignore other's sordid attitudes and
 Love the praises you receive.

These trial will exist just for sometime
 Trust yourself,
 You can end these bad times.

Alorika Modak
 21BCM0086

Teachers

When the moment you've been waiting
for finally arrives,
It sure is reassuring to know, you can take
people on amazing drives.
The smile on your face so bright,
It truly is an amazing sight.

Your first paycheck laying on a desk right
in front of you,
And that's when you knew.
The reason behind it at all,
Was the teacher who would lift you up
every time you were going to fall.

From A to Z,
Learning to buzz like a bee,
Numbers, colors, shapes and songs
Correcting you if you're wrong.

All those super long classes,
Helping out students with glasses,
Shouting and repeating instructions
every single day
So that they get good jobs and find their
way.

Ain't no other soul as patient as a teacher,
They are the key features.
They are like friends with wisdom,
And they teach children irrespective of
whether they are deaf, blind or dumb.

Punishments, projects and homework,
And if you behave well, they might even
give you a perk,
They'll make you a better person you will
no longer be a jerk.

A teacher is a well wisher, it can be
anyone,

A friend, cousin, parent or literally
anyone who helps you reach your goals
and is super fun.

Behind every achievement is a reason,
The teacher who taught every day
irrespective of the season.
To all my teachers I'm eternally grateful,
and super glad,
I'm sure you did accept our apologies
every time we misbehaved, hopefully we
weren't all that bad.

Vaishnavi
20MIC0014

Talent Forage

Benevolence

On a solitary evening walk,
 The same as the last eighty days,
 A gentleman smiled at me and said,
 "Enjoy the last of the rays".
 That made my day, it did.
 I trodded to the Sunday market,
 On a day the sun didn't yet appear.
 A stallholder saw me waiting and said,
 "Have a free pot of jam, my dear".
 That made my day, it did.
 On a solitary evening walk,
 I passed a man sitting in the cold.
 I handed him a hot chocolate with
 marshmallows,
 Something warm to drink and hold.
 That made his day, I hope.
 A little light on a cloudy day,
 A warm touch on a winter's night,
 Kindness forms a ripple,
 A feeling not visible by sight.
 So throw a little kindness out,
 That stranger may be struggling, a soul
 in strife.
 Your kindness could make all the
 difference,
 Make their day. their week, or even save
 their life.

Antardeep Majumdar
 21BCE0822

Be Benign

In wilderness of thoughts
 You may meander,
 you go astray
 Need a hand to hold on
 When you gasp in dismay
 My arms may feel short
 But the compassion will hold you along.
 I am doing no talking but being the
 listening ears I may confront,
 so you call out your tears
 You are momentarily weak
 To stand by your own
 A smile, a gesture, a tight hug
 Win certainly cotton on
 Leaping away forever
 Vida rob me of your memories.
 Leaving me in grief you rest in ease?
 Break the silence
 Narrate your whine
 Let's sad together
 Let's be the lifeboat to one another
 Take the leap of faith
 lust one at a time
 Holding one another
 Be benign.

Ar. Zahra Yasmoon
 Assistant Prof. Sr. Gr 1
 VSPARC

Create Hope Through Action

How often do we realize the value of something,
 only after it takes to its wings?
 Life is a precious, divine gift-
 not something that can be bought for thrift.
 Create hope through action.
 Everyone has a battle to face.
 Everyone has a dark side they don't want
 to embrace.
 If a soul suffers from mental inanition,
 it would mean the world to them if
 someone would just listen. Create hope
 when you listen.
 Even the loveliest of flowers cannot
 blossom in gloom,
 without the sun and the rain, no flower
 would bloom.
 Soft words are like the bright sun and
 gentle rain,
 one can always count on them to ease
 hidden pain.
 Create hope when you speak life.
 Even the strongest boulders cannot stand
 forever.
 There is a reason why we accomplish more
 together.
 When someone you trust is there to
 support you,
 there are few things in life that can
 overwhelm you.

Create hope when you are there for
 someone.
 It is true that the light of knowledge is the
 brightest.
 its flame is so clear, it can never be
 extinguished.
 Too long has the word suffered from the
 darkness of ignorance, spread light where
 ever you go,
 combat the indifference.
 Create hope when you spread awareness.
 There are few things in the world as strong
 as love,
 tis no surprise then that we consider it a
 gift from above.
 Love is patient and kind, love supports the
 rest above all,
 it cares for others best.
 Create hope when you love others.
 There is a time for love and a time for
 reproof.
 A time to press on alone, and a time to
 refuse;
 a timely alerted and able helper,
 if met-can often save a soul from eternal
 regret.
 Create hope when you alert those
 equipped.

Ashish Abraham Mathew
 21BCT0213

Lean on Me

Are you okay?
Your silence seems to have found its way
To paths that one must never take.
But here you are.
Inches away from death that's staring
straight at face.
What is it that makes you sad?
The one that keeps you awake in bed
Tell me about that raging storm;
The one you carrying in your head.
Please tell me what's on your mind?
All that suffering and hurting
That you have been hiding inside.
Sounds like you having a really bad day
Months or years or as long as you say;
But please remember you are not alone
Even I have felt this way before.
So tell me you plan to the
Cause all I want is to save a life;
Of a best friend that we can be
Only if you choose to survive.
I wish the knife,

You hold so tight;
Cut the ribbon of your fright,
Instead of the thread of life.
If you ever feel alone ,
Just hold my hand.
When you feel the thoughts are too much
to stand,
I'll carry your thoughts until you can hold
them again.
When you feel the thoughts are too much
to stand,
I'll carry your thoughts until u can hold
them again.
I know how you feel
Alone in the dark sublime
Trying to find a way
Out of the endless night
But through the struggle
That you fail I'll always stay.
Though today might seem dark and pale
Tomorrow will be a better day.

Shubhi Paul
21BCT0011

Broken But Fighting

Down with the weight of expectations

Yet brimming with aspiration

She walks and walks

In the boulevard of trepidation

Eyes twinkle Smiles wrinkle

Dream high Can she fly?

Leaden wings She tries to swing

She free falls And bawls and howls

Night passes Laughing masses

You can't stop yet

Her thoughts constant

There's more to loss

Less to gain

All she feels is pain

No A word foreign

To let down is abhorrent

Darkness and despair

Surround her hair Distant voices

In the air Shattered faith

And beyond tired

Is it meant to be?

She questions time and again

All this suffering

Is it all in vain?

Knocking on doors

Pleading on the floors

Crying out loud

Wishing for an out

Peace is now a notion

She has a huge commotion

Is it really worth it?

By Thames she sits

She frets And throws a fit Ponders

abstracted

All she does is lose Her wit

Black nights

A nightmare now

She fights

An endless row

White comes soon

Hold to that moon

Blooming flowers

Colorful hours

Rays of light

Penetrating in sight

A hand to help

And to hold

All she needs Is her own soul

Spiders crawl

A thousand times

Despite of losing A million miles

Hope Smiles through the shadow

She moves

And finds her meadow

Shatakshi Mohan
21BEC2168

H. A. L. O.

I am a sinner,
 Yet I am afraid
 I fear death but he intrigues me.
 He taunts me with his cold gaze,
 Beckons me to follow him,
 Smiles at me promisingly.

I am greedy,
 But I don't know how to feed it.
 And so I follow him;
 My enigmatic Death.
 Because I am lacerated by guilt;
 Tortured by emptiness;
 Scarred by failures.
 It hurts, it burns, it bleeds-
 The pain is suffocating,
 And he alone can numb it all away.

I am numb
 And so we waltzed around taking our
 sweet time;
 His dark robe flowing around like beauty
 mist.

But then, he pushed me away!
 Baffled and lost as I was,
 I heard his voice,
 "Not yet"
 Warmth flooded on my skin
 as rays of light binded me,

Pulling me away.
 I fought until my bones hurt,
 until my breath caught,
 Until I lost consciousness

I am a fool.
 I woke up to warm hands pulling a blade
 away from my sweaty palm.
 I woke up to a hug
 I woke up to a promise, "I am still here",
 it breathed.
 I woke up to life I woke up to a halo,
 it seemed.

Kasturi Bhattacharya
 18BEM0076

Maybe Alone, But Not Lonely

Even when shrouded by clouds,
 Dark and full of dreary rain.
 Life can be very beautiful.
 A tinkling laugh with a hint of pain.
 Because life is not a stream,
 That you row down alone.
 Rather its a road teeming with cars.
 With souls known and unknown.
 In a crowd when ways are lost.
 And it gets hard to breathe,
 A genial smile on a gentle face.
 Can be a comforting sheath.
 Or when the world is in cold pieces.
 Consequences of a passing storm.
 A helping hand on a shoulder.
 Can make hearts feel warm.
 When a path is too frightening,
 Less flower and more thorn.
 Steps mirroring one's own,
 Help courage be born.
 There is not much that soothes.
 A soul on the precipice of the end.
 But a lot can be changed.
 With the support of a clasped hand.
 Because hope blooms when dread wilts.
 It does sound easier to just say.

But all of us holding each other up.
 Really can bring about a braver day.
 Life is a two-step journey.
 With a path still too long.
 But quitting shan't be made an option.
 Because we can together be strong.
 So feel with every person you see.
 Try to turn their frowns upside down.
 Look into everyone's eyes.
 And convey with actions that you're
 around.

Medha Tripathi
 19BCE2486

Self Love and Smile

Trapped in a long dark night,
the stars whispering many old tales. They
open our way into tomorrow,
they remind us to get back up every time
we fail.

Time passing faster than light,
often leaving us in the dark.
Smile and self-love are the small actions
in life,
they are the stars that ignite a tiny spark.
Making the sky more riveting, a more
beautiful piece of art.

The sky symbolises our life, and the stars,
they are an endeavour for a new start.
Self-love is a necessity not just a trend, to
build a wall against the agonizing
feelings.

The hopes that fell like cascading
dominoes, they are all once again
rebuilding.

You can be a complete mess yet a
creative masterpiece at the same time,
even when others try to throw you in the
dark,

Strive to be your own sunshine.
Everything will fall into place,
try taking you to you tonight,
don't let self-love be unrequited,
being your own happiness is a real
delight.

Lips like parched earth,
lips like rose petals blown apart,
not every smile is an epitome of bliss,
some are the boulevard towards a new
start.

Smile to hide the words you may regret,
smile to hide the voice that is cracked,
the hope one smile can bring is
magnificent,
It's a confident way to bounce back
intact.

Nidhi Gupta
21BBT0263

Twig of Hope

Yeah, I see you hanging in there through
a twig of hope

Trying to hold on with fists clenched;
not letting go Pressure, darkness, anxiety
want to take over you

But that ship will sail with a beautiful
scenery on the way to view.

Yes, I know its easier said than done
But do you want to be #somebody or just
a mere someone?

How would you know you are truly happy
if you've never been sad?

And get a chance to look back at all your
memories and special moments you've
had?

There are about 10 million colors,
then why to live black and white
Know that there rainbows and tones of
dark and bright

So do our lives, each color;
each shade will come by
Just hold on to the twig of hope,
don't let it die.

It's been years and we are still fighting on
this battle ground

In the end,
the world is going to ask you what you
did during the lockdown
You can use it as an excuse to explain
why you couldn't grow
Or as an opportunity to expound your
achievements and your glow.
Being scared doesn't mean you aren't
brave;

it's okay to shed tears
But you are weak when you don't even try
to overcome your fears

Life is an examiner who is going to test
you in so many ways

The only way to pass is to not leave the
classroom even if you make mistakes.

The choice is yours mate,
who do you want to be in a world of
misfits

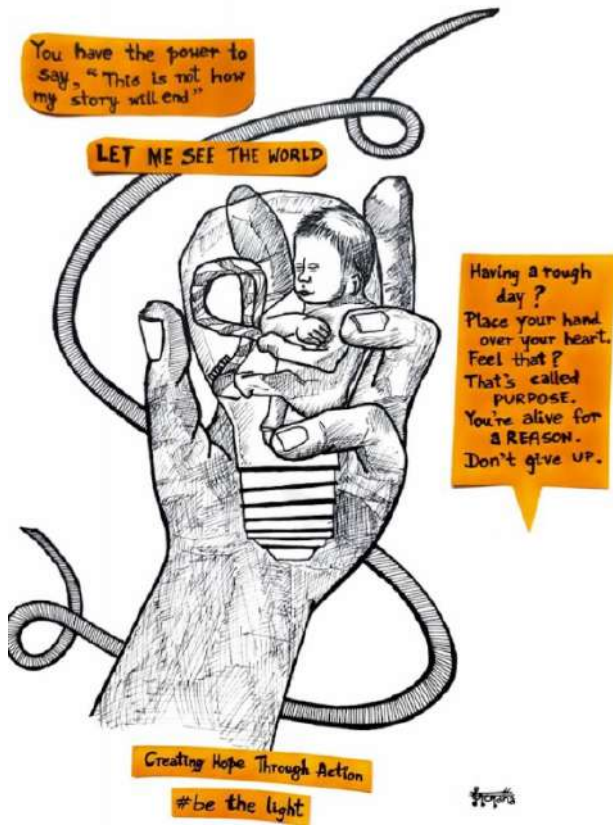
A coward who gave up or a hero who
never quit

Everything will be fine in the end,
you can bet

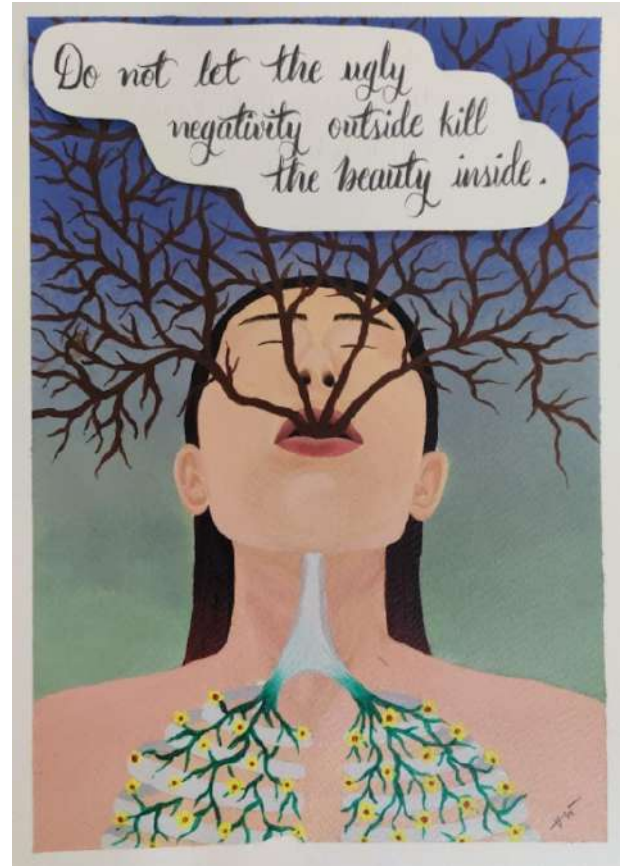
Because if it isn't then it's not the end
yet...

Rashi Maru

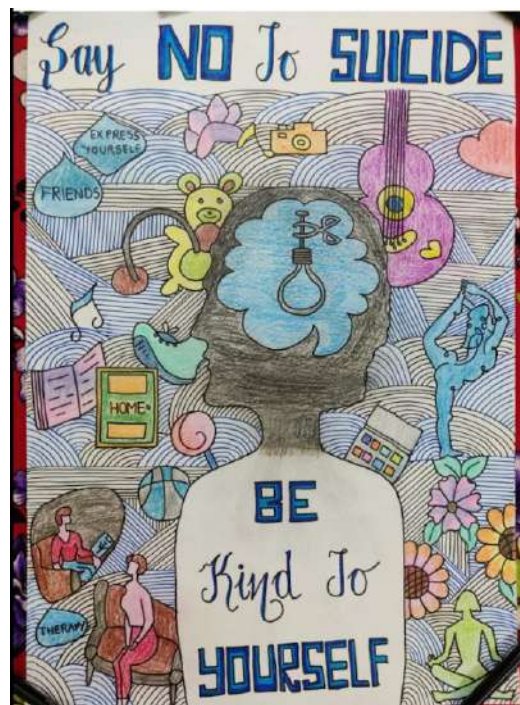
Talent Forage



Prerana Sulibhavi
21MDT0136



Vidhi Wadhwa
21BBT0209



Khushi Kauntia
21BCT0096

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 *Mental Health*

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

SCAN QR



Thank you!



VIT[®]

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

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