



**VIT**<sup>®</sup>  
Vellore Institute of Technology  
(Deemed to be University under section 3 of UGC Act, 1956)

THE  
LADIES HOSTEL  
ANNUAL  
NEWSLETTER



**2022 - 2023**

VIT - A place to learn;  
A chance to grow

# Chancellor's Note



**VIT**<sup>®</sup>  
UNIVERSITY  
(Estd. u/s. 3 of UGC Act 1956)



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

## MESSAGE

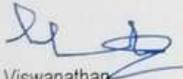
I am glad that the Ladies Hostel is bringing out the annual Newsletter for the current year. The VIT Ladies' Hostel has been providing facilities to address the needs of students from different social and cultural backgrounds. Hostels are indispensable in the Indian environment, to provide a safe, healthy and hygienic atmosphere for the students to study well. VIT hostels are manned by responsible and caring staff, and are equipped with the best possible facilities to make life comfortable for the residents.

The Newsletter portrays the activities and achievements of the ladies hostels, highlighting the contributions of the inmates towards social and economic causes and their participation in extracurricular activities. I extend my best wishes and appreciations to the students for such initiatives in spite of their rigorous academic schedules. I am sure that these experiences will have a lasting effect on the lives of the students. Hostel life is a game changer because it teaches the inmates to be responsible for themselves and to care for fellow residents. It nurtures a sense of sharing and caring.

At this juncture, I applaud the sincere efforts of the Director, the wardens and the hostel staff for providing tender loving care to the students who come from different cultural backgrounds.

I congratulate the members of the editorial board on meticulously publishing the Newsletter, which will serve as a record of activities, and as a reference document for future.

With best wishes,

  
Dr. G. Viswanathan  
Founder & Chancellor

August 3, 2023

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# Prologue

*“The hostel is not a home but a journey of several young minds who embellish their youth with the persona of the memories, the memories which bring contentment on the faces when looked down the lane .”*

Under the benevolent administration of our Visionary Founder Chancellor, Dr. G. Viswanathan, Vellore Institute of Technology stands recognized across the Globe. With the blessings of our beloved Chancellor and the continuous support as well as the guidance of our Vice-Presidents, Vice Chancellor, Pro-Vice Chancellor, and Registrar we are elated to present the seventh edition of the newsletter "**The Wing**". **It makes us immensely proud that for the first time, the newsletter is written and designed by the Ladies Hostel Students Committee (LHSC) covering its knicks and knacks and edited by the hostel administrative team.** As the bird spreads its golden wing and is ready to touch indomitable heights so is the vision of the newsletter which instills dauntless spirits in the readers drawing curtains down, in the life of the ladies hostel which builds powerful, independent, and lion-hearted leaders who are transforming the world.

The editorial team hopes that this newsletter helps readers to get the gist of what makes a hostel a home away from home, and the hostel is not about mere living but about moments that are created, lived, and cherished till eternity....

We hope that our readers relish the year 2022-2023 with memories covered in the newsletter...

# Introduction

*Crying she came*

*Crying she goes*

*Leaving behind the memories*

*That will be cherished till centuries*

**VIT** is one of the most eminent institutes that stands true to its name by providing a world-class education as well as a high standard of living and that is well depicted by the hostel in which one resides. The Ladies' Hostel is not a hostel but a place where the students spend their youthful years with grace, enjoying tons of events and embracing the color of hostel life.

The Ladies' hostel consists of nine blocks: Indira Gandhi, Kalpana Chawla, Mother Teresa, Jhansi Rani, Ida Scudder, Suu Kyi, Marie Curie, Dr. Muthulakshmi Reddy and Guest House Annex in its Vellore Campus, with an accommodation capacity of around seven thousand. The Pro-Vice-Chancellor governs The Ladies' Hostel through the Director, Chief Warden, Associate Chief Warden, Deputy Wardens, Managers, and office staff who also aid in its efficient functioning.

The hostel not only provides a safe environment but also caters to the needs of an individual by providing various cuisines to suit vegetarian, non-vegetarian, and International palates. Each block is assisted by the block supervisors who are present around the clock to take care of the students' concerns.

Safety is the need of the hour, therefore hostels are taken care by full-time female and male security guards. Student counsellors, cleaning supervisors, and housekeeping staff see that they leave no stone unturned to meet the students requirements. The hostel provides the best of amenities to the students *viz.*, well-equipped air-conditioned gymnasium, indoor and outdoor sports facilities (Basket Ball, Table Tennis, Squash, Lawn Tennis, etc.), study dormitories, first aid center, swimming pool, music classes, driving classes, mechanized laundry, pharmacy, Wi-fi, general stores, food outlets, photocopy facilities and a beauty salon within the hostel premises.

**Vision:** To provide a comfortable, safe, inclusive, and secure living for students in addition to providing opportunities to form lasting friendships.

**Mission:** Encourage students to connect with a diverse population from across the globe, develop strong interpersonal skills and motivate social responsibility.

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# Events!

*'It comes and goes in waves .. joy .. sorrow.. and no two tides or days are ever the same'*

Life at the Ladies Hostel, ebbs and flows and proves to be a myriad of experiences for all its residents, from the splashes of Holi to blessings of Ayudha Pooja, the fervor of DJ Nights, and never-ending *joie de vivre*, to its residents. From Inter-Hostel Competitions to Garba night the flavors of all walks of life are full on display here as the residents put their best foot forward for all that comes their way. No days are the same here and the people you share your days with, make these moments even better!





# PCOS

## THE WAY OF YOGA



*Yoga is the dance of every cell with the music of every breath that creates inner serenity and harmony.*

With this vision in mind, Ladies Hostel was ecstatic to organize its first event a Yoga workshop on 18th September 2022 for the residents of the Ladies' hostel dealing with PCOS.

It was instructed by Ms. Anju Sakthivel, the director and co-founder of Cosmic Yoga Studios. The Yoga session was truly a revitalizing journey where the instructor with the tactic of meditation calmed the mind, relaxed the nerves, and imparted the knowledge of asanas as well as warmup exercises that can help in curing PCOS.



The event witnessed a huge turnout; all the ladies were enthusiastic and elated. It is right to say that the instructor left no words to illuminate the students with a children's story that instantly felt like a prospecting trip down memory lane.



# ✦ AYUDHA POOJA ✦



THE DEVOTIONAL MOOD



The pooja, the promise of hope and love, was celebrated on 3rd October 2022 with much pomp and splendor in the Ladies' Hostel. This precious occasion was witnessed by the Vice Presidents, Pro-Vice Chancellor, Registrar, and the hostel administrators. The ceremony began with Goddess Lakshmi's blessing and witnessed devotional dance and classical music.



The residents of The Ladies Hostel sought the blessings of the Goddess for wealth and success. This pooja was a spiritual journey inspiring oneself to achieve and conquer new heights.





# Garba Night

✦ LET'S CELEBRATE ✦

## ***Feast and have fun—the dandiya raas has begun!***

Keeping this motto in mind coruscating and energetic Garba Night was organized on 3rd October 2022 for the residents of The Ladies Hostel. The festive vibes of Navratri were witnessed, with a Garba ground well festooned with fairy lights, aesthetic photo booths, and picturesque rangoli. The Theme for the Garba night was "Dress up Traditional" and keeping this in mind our beautiful divas of The Ladies Hostel were well embellished in mind-boggling colorful attire giving a message of unity and diversity.

This Garba Night was an event that was memorable and cherished for the coming future. Memories of getting dressed up, shouting to the music at the top of their voices, and doing the Garba with knowns as well as unknowns is what makes college life worth remembering. It is not about the place but about the memories, and these memories which we have created will be relished ever.



# FRESHERS PARTY



With tremendous enthusiasm, VIT Ladies Hostel arranged a freshers' party on 18th October 2022 for the residents of the Ladies' hostel to heartily welcome the newbies to this recent chapter of their academic lives.

The key event commenced with the Tamil thazhvu followed by the inaugural ceremony.

Then the highlights of the event started with various outstanding performances like classical as well as western dances, duets, solo singing, lucky draw contest, and the fashion show.

Amid the dreary times, the Freshers' Party was like a much-needed breath of fresh air for the newcomers that created a shared spirit of oneness and joy in this new world of theirs.



# ZUMBA WORKSHOP



**Energetic, exuberant, and enthusiastic** are the three Es, one could use for the Zumba Workshop which was organized on 15th November 2022 for the Ladies Hostel under the able direction of Licensed Zumba Trainer, Platinie and his team.



**Zumba** as a dance style is high spirited , lively, and pumped up. The instructors made sure to charge up the atmosphere by belting out one chartbuster over another.



The event ended on a high note with everyone showcasing their moves on their favorite songs. With the culmination of all this, the night was surely one to rejoice for the future!





# DJ NIGHT

FUN-FILLED FIESTA

**Life**

is a rhythm,

**Dance**

to its beat.

A DJ night in a girl's hostel can be a fun and exciting way for residents to socialize and dance. The atmosphere of these events can be lively and energetic, with the music and lighting creating an ecstatic environment.

It was an unforgettable night with music, dancing, and fun, where lots of unwinding with friends occurred. Our talented students took it upon themselves to be the DJs of the night with an electrifying mix of the latest and greatest hits, that got everyone on their feet.

All the girls let their hair down and danced the night away. A safe and enjoyable experience where everyone had fun in a relaxed and welcoming environment.





# AWARENESS ON MENSTRUATION



*"Wherever there is a woman, by God, there is magic.."*



Menstruation doesn't always have meaningful dialogue around it, but this session which was organised on 19th November 2022 by Dr. Pavithra R. changed the perspective of menstruation. From discussing on personal hygiene to enlightening the audience about the appropriate disposal of various sanitary products, the speaker covered all bases. She encouraged the residents of the ladies hostel to spread awareness about steps they can take, to care better for themselves in this period by not using chemical products and switching over to biodegradable options.





# DENGUE AWARENESS CAMP

***'Knowledge in itself may not be an antidote but it's application surely is..'***

VIT, Vellore played host to the Dengue awareness camp on 8th December 2022 in a bid to throw light on the grave nature of the disease. With its outbreak being particularly high in recent days, this camp comes at the right time to better educate individuals on how best to look after themselves and others around them by taking active steps to better maintain hygiene around them. Staying alert and hygienic is all we can do in this scenario and that's what the camp further stressed upon all in all.





# SELF DEFENSE WORKSHOP



***" Self-Defense Is Not Only Our Right; It Is Our Duty." -  
Ronald Reagan***

With the rising crime rates and physical assault cases, self-defense has become the need of the hour. Self-defense training not only helps you protect yourself but others too. All of these are the principles and core values of the team Krav-Maga, a martial arts group led by Mr. Mithun Mylesh R, Senior Instructor Survival Defense Workshop of India that has an expertise in the Israeli art form made for the defense forces.

Therefore Self-defense training workshop was organized on 8th January 2023 by the Ladies Hostel to create awareness among the girl students by informing them about the various possible physical attacks that they could face and how to tackle them with or without weapons. The workshop helped to realize the inner power which is inbuilt in every girl.





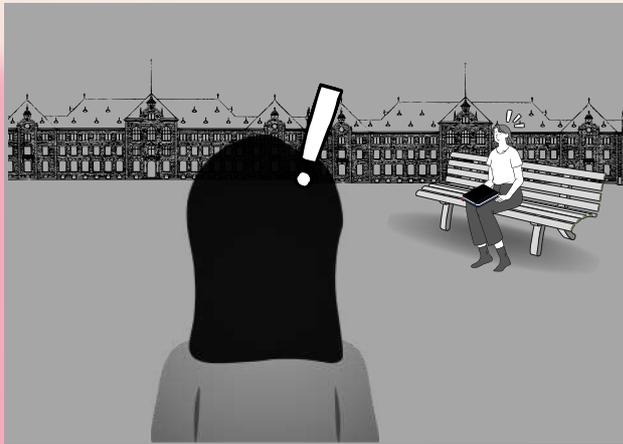
# Holi Celebration



*SPLASHES OF COLOR IN THE MUNDANE LIFE.*



- Janani 21bam0051



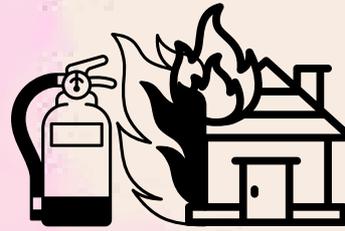
# HOLI

Festival



Holi, the Festival of Colors, was an exhilarating and magical celebration that took place on 8th March 2023. The hostel comes alive with vibrant hues, as students and staff gather to immerse themselves in the joyous festivities. Laughter and excitement fill the air as friends chase each other, splashing water and smearing gulal on one another's faces. Holi at the Ladies Hostel is a time for students and staff to let loose, embrace their creativity, and create unforgettable memories that will be cherished for years to come.





# FIRE SAFETY DRILL

***‘Prevention is better than cure’.***

The best way to deal with any catastrophe is to avoid it. Keeping this motto in mind, The Ladies Hostel along with the Centre for Disaster Management and Mitigation successfully conducted the Fire Safety Sensitization and Hand-on Exercise for the hostel mess workers, hostel supervisors, and staff on 8th February 2023 under the guidance of Professor Dr. G. Ganapathy, Centre For Disaster Mitigation And Management

The workshop created awareness about the necessity of fire safety and how to stay calm and handle the risks in case of an emergency. The training focused on improving quick thinking and effective communication skills among the staff members. Apart from this, the participants were also given practice in using the fire extinguishers, and a doubt-clearing session was also carried out.





# ORPHANAGE VISIT

*Giving is not altruistic, for how can it be?  
When the giver gets so much more joy  
out it ...*

The Ladies Hostels across the campus of VIT Vellore were brought together by magic and meaning on 11th March 2023 as they visited an orphanage in the city and spent time amongst 72 children.. bringing a smile to all their faces. Not just the volunteers but several other girls from the hostel, even if they couldn't be present in person, shared the joy of giving as they donated clothes, toys, eatables, stationary and books to those children in large numbers. The event spoke volumes about how empathy and kindness shine on from within, brightening everything that it touches in its path.





# SAY NO TO DRUGS

***“If we are facing in the right direction, all we have to do is keep on walking.”***

The office of the Ladies' Hostel organized a signature drive against "DRUG ABUSE" on 6th May 2023 at C block Portico. The objective of the campaign was to raise awareness on the increasing prevalence of substance abuse victims and drug addicts across the country especially among college students. Students and residents of the hostels were invited to express their thoughts and promote anti-drug slogans and write them on notice boards which were kept for display in front of the hostel block. The event became a great success as a lot of students were motivated to promote the campaign and share their opinions on it.





# Hostel review committee meeting

**In** order to ensure a comfortable stay for hostel residents, administrators convene hostel review committee meetings that occur once in every two weeks on Wednesday evenings. These meetings include student committee members, residents, and staff to discuss student queries and requirements. It also lays emphasis on informing the attendees about upcoming events, and update them on any improvements or upgrades to hostel services.



Our respected vice president chairs the meeting, which is overseen by the Pro-vice chancellor, Director, Chief Warden and Associate Chief Warden. These discussions attempt to improve students' hostel living experiences by addressing their concerns and giving pertinent information.



# STAFF PICNIC



The Ladies Hostel staff underlined the importance of a day out with the significance of collaboration and community. The event recognized and complemented LH Staffs while also offering an opportunity for them to bond and unwind. Through exciting activities, music, and refreshments, the event promoted workplace camaraderie and happiness. Overall, the picnic was a huge success that demonstrated the power of a community coming together to accomplish great things.



# PONGAL CELEBRATION



Pongal is the harvest festival of Tamil Nadu, celebrated on the first day of 'Thai' (Tamil month). A festival to thank God for all his goodness and mercies and to look forward to a prosperous year. It usually falls on the 14th or 15th of January in the English calendar. The Ladies Hostel Office arranged a celebration for its staff members. The entrances of each LH Hostel blocks were decorated with colorful Rangoli. The atmosphere was filled with celebration, music, and dance, and everyone's faces were filled with big smiles.



# Mess Meeting

*"Food is not just eating energy. It's an experience." - Guy Fieri*



A hostel's mess meeting serves as a discussion forum for solving issues related to mess hygiene & menu. It involves the hosteller and mess representatives discussing issues including menu planning, food quality, and sanitation. The committee makes sure that residents have a pleasant dining experience by holding frequent meetings. Meetings promote a sense of belonging and give everyone a chance to work together towards a common objective.





# COMPETITIONS

**"Whatever the human mind can believe and conceive,  
it can achieve."**

Competitions create challenges. These challenges push the limits for an individual and can turn even the seemingly impossible into an easy task. The Office of The Ladies Hostel and LHSC have come together to conduct various competitions for the hostel residents throughout the term. These competitions include all categories ranging from arts to sports so that all the students can showcase their true potential and bring out the achiever in them.





# Infinito

## Inter Hostel Competiton

A sound body leads to a sound mind



**Winners : A & B Block**



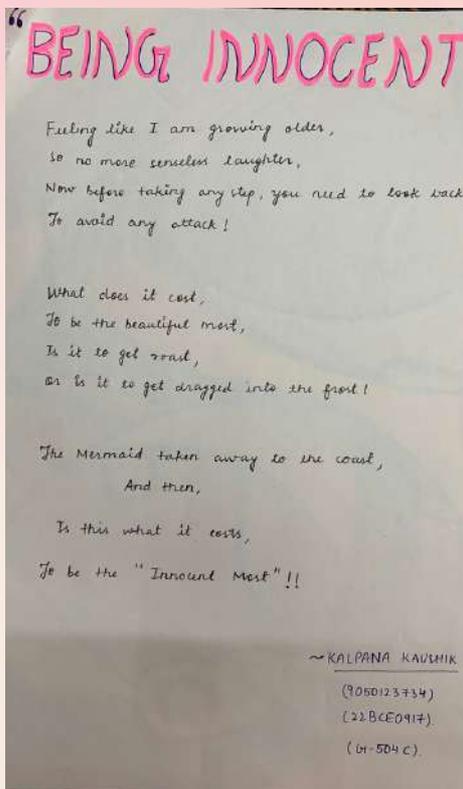
The Office of the Ladies Hostel and the LHSC organized the inter-hostel competition at VIT Ladies Hostel over the month of March. Many hostel residents took part in competitive games including kabaddi, badminton, cricket, athletics, chess, and basketball in good spirits and with boundless energy. Numerous sporting activities attracted fervent involvement. The competition demonstrated that taking a vacation from academics can be amusing as well as beneficial, with A and B blocks winning the Cup of Glory.

# CLEAN ROOM CONTEST ✨👉



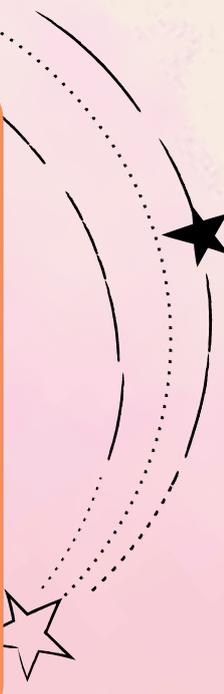
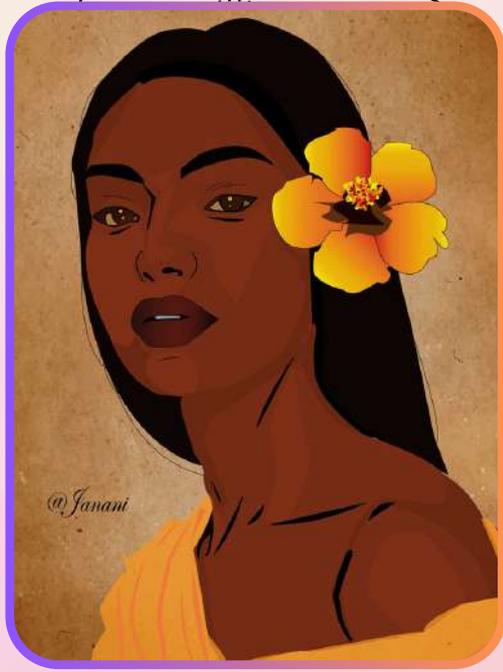
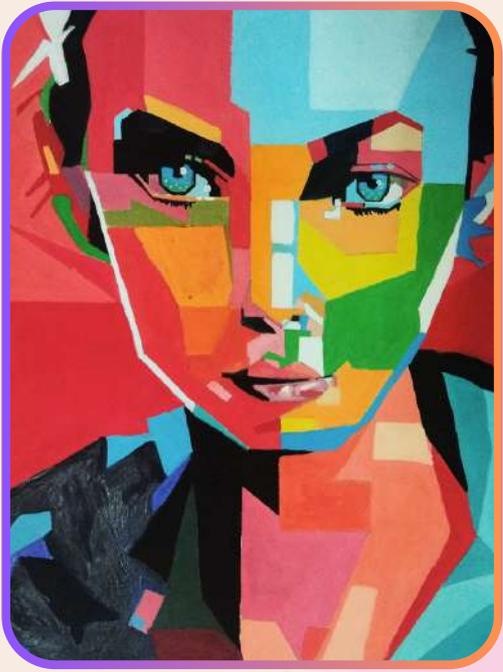
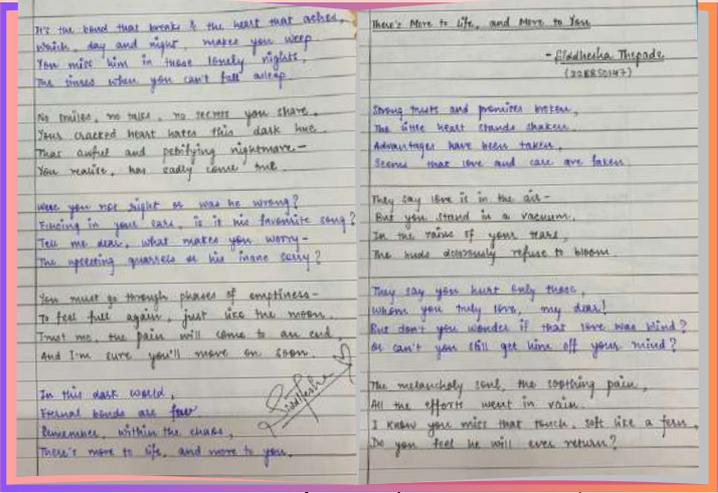
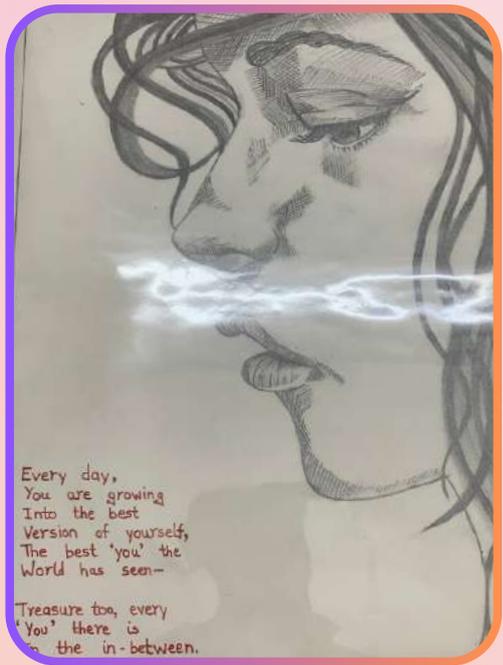
A clean room at the hostel is crucial for maintaining a hygienic and comfortable living environment. In the Ladies hostel, a clean room competition was organized, which was a fun and practical technique to encourage students to keep their living areas clean and tidy.

## CANVAS CHRONICLES 🎨



The canvas chronicles fostered a sense of community and camaraderie among the girls as they shared their pieces of art and poetry. It was a creative and exciting event that allowed its residents to show off their abilities. The competition featured a variety of poetry subjects as well as art styles. Overall, the competition encouraged creativity and an appreciation for the arts among hostel residents.







# ★ VOICE OF LADIES ★



The experience of living in a hostel is a near tangible feeling that can't be expressed barely in words and experiences.

Still, we asked a few students some questions about their life in hostel and their answers were interesting with a dash of relatability. Here's what Cinderella, Elsa and Anna had to say during a mundane hostel night.



## HOW WAS THE TRANSITION FROM COVID TO HOSTEL LIFE?

**Cinderella:** As someone with anxiety, staying at home all the time and then coming out has made it all the much worse to constantly meet new people. Covid was a hard time for everyone. When you first come here, there's a new found freedom and then a few weeks pass and then you miss it.

**Elsa:** it was quite refreshing, quite needed after covid, and it saved my life.

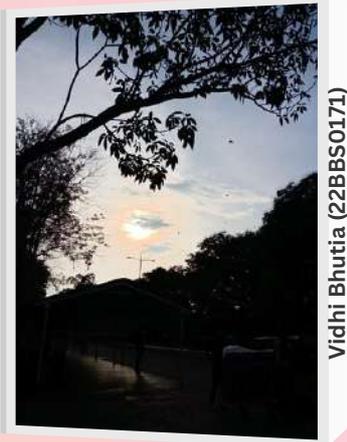
**Anna:** I was totally focused on my studies and getting marks back when covid started, but I wanted free time, so I just used to go out once a month. Now, you rarely stay in your room and are out all the time. I don't even feel like sitting in my room. I've never seen the sky before, when I stayed in an apartment, but now it's a nice change.

## WHAT HAVE YOU LEARNED HERE?

**Elsa:** To take care of your own self, eating at proper times and not depending on your parents.

**Anna:** Human interactions and being with people. When you're in a sheltered environment, in your home, with your parents, you don't learn a lot. Everything is already protected and provided. But here, you have to deal with people.

**Cinderella:** To be honest, I didn't used to do much work at home. My mum used to do things for me, but now that I stay here, when I see my friends not folding their blankets, I get reminded of my mum. I got into that habit of folding stuff, keeping things clean and now I do my own work



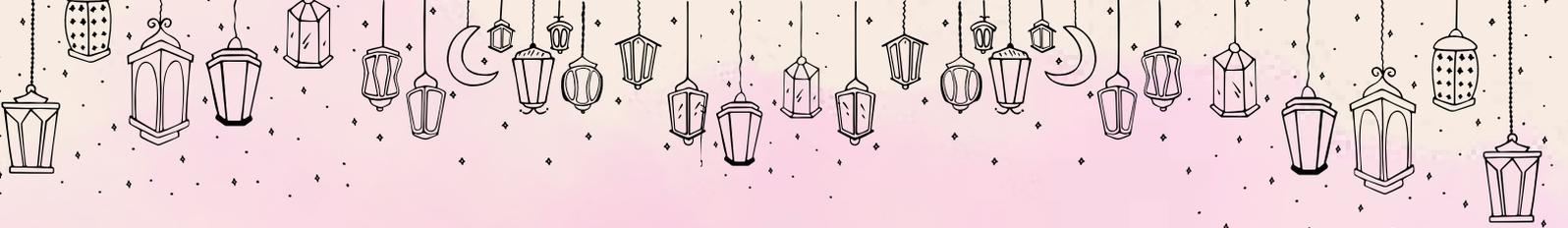
### ***WHAT'S YOUR FAVORITE MEMORY THAT YOU'VE MADE HERE?***

**Anna:** My birthday. My friends organized it with the midnight birthday cake cutting and all that. It was in the middle of FATs but it was a Saturday. They made it the best day of the year.

**Cinderella:** In my previous six-bedded room, all my roomies were from a different state. We used to watch horror movies in the night. We used to turn out the lights, make a tent with bedsheets and we watched horror movies, it's a core memory.

**Elsa:** There was a fresher's day last year, in Anna Auditorium and we were responsible for managing the crowd and making them sit. After finishing, we sat in the front row and there was a feeling like we did something, that we were a part of this. We were happy when the event was a success and we learned that the mess changed its timing and served special food for this day. That was the best memory.

**“The context may be the same for all in life, yet the characters differ. We all go through ups and downs, what's in our control though is the people we choose to go through everything with. It's always the people we choose. And we, hope that these individuals, like several others before them, find their people, and make memories to last an entire lifetime...So go ahead choose your people and choose wisely!”**



## *Ladies Hostel Student Committee*



**The best stories for women - written for them and about them always involve women supporting other women, there isn't any other way but to cheer each one another that comes along .. since she paves the way for others to follow..'** - we at LHSC give a realistic glimpse of such stories happening in and around VIT, for all residents of Ladies' hostels. Ladies let's be the wing beneath each other's wings for it doesn't get better than that!



# Creative Corner



***"Everybody is talented because everybody who is human has something to express" – Brenda Ueland***

*The VIT Ladies Hostel houses a plethora of talents among the residents. Here is a little sneak peak of the amazing works of the hostel students.*



Shaiba Rizwan\_21bam0073



Janani\_21bam0051



## The Chronicles of Hostel Life

Amidst the hustle and bustle of college life,  
Lies a world of its own away from strife,  
Where students from all corners of the  
earth,  
Gather to live, laugh, and learn from each  
other's worth  
Within the crowded hostel halls,  
We formed a sanctuary, far from home's  
calls  
With stacked bunks and lockers, and  
shared baths  
Our hostel life commenced its unique  
paths.  
However, as time marched on, we met  
trials,  
With deadlines and tests that caused us  
denials,  
Yet we united and supported one another  
Strengthening our hostel bonds, unlike any  
other.  
And as we bid goodbye to our hostel days,  
The memories and friendships forever  
stay,  
The hostel life chronicles written in our  
hearts,  
A treasure trove of moments that shall  
never depart.

**ANUSKA BOSE**



## Bittersweet Memories

The guests of the soul,  
Memories in parts or whole,  
Welcomed or unwelcomed,  
Yet they come and go.

Like twinkling trinkets, they  
Adorn the unforgettable past,  
Some rusted, lost their sheen  
Make the bright ones brighter.

Sad ones stay far beyond  
the mortal life, immortal soul,  
Chain us to the Past  
Reign the Present, Future,  
for forever and more.....

On the undefined journey  
Of life and after, unaware  
We mislay a few, here and there  
As the sand of time, gently,  
Slips away.....

**Prathna**



## There's is more to life, and more to you

Strong trusts and promises broken,  
The little heart stands shaken,  
Advantages have been taken,  
Seems that Love and care are taken.  
They say love is in the air-  
But you stand in a vacuum.

In the rains of your tears,  
The buds dolorously refuse to bloom.  
They say you hurt only those, But  
don't you wonder if that whom you  
truly love, my dear!  
but don't you wonder if that love was  
blind? or can't you still get him off  
your mind?

The melancholy soul, the soothing  
pain,  
All the efforts went in vain.  
I know you miss that touch, soft like a  
fern  
,Do you feel he will ever return?  
It's the bond that breaks & the heart  
that aches,

which, day and night, makes you weep  
You miss him on those lonely nights,  
The times when you can't fall asleep.  
No smiles, no talks, no secrets you  
share,

Your cracked heart hates this dark hue  
That awful and petrifying nightmare-  
You realize, has sadly come true .  
Were you not right or was he wrong?  
Echoing in your ears, is it his favorite  
song?

Tell me dear, what makes you worry-  
The upsetting quarrels of his inane  
sorry?

You must go through phases of  
emptiness-  
To feel full again, just like the moon.  
Trust me, the pain will come to an end,  
And I'm sure you'll move on soon.  
In this dark world,  
Eternal bonds are few.  
Remember, within the chaos,  
There's more to life and more to you.

**SIDDHESHA THEPADE**





# Epilogue



*The woods are lovely dark and deep  
But I have promises to keep  
And miles to go before I sleep  
And miles to go before I sleep.  
- Robert Frost*

The journey of a thousand miles comes to an end and so this newsletter. The Wing has given the bittersweet memories that we will relish for a lifetime. The idea of this newsletter which is run thoroughly by students, could not have taken shape without the able guidance of the Ladies Hostel. We extend our heartfelt gratitude to everyone who helped us to make this dream into reality.

It is said that it is not the beauty of the destination but the expedition that matters and as a team we believe that this newsletter inspires our readers and motivates them to inculcate the quality of writing, enthusiasm, and leadership as well as giving the motto ***yes we are the women and women who think they can do it are the ones who conquer indomitable heights.***

As we look ahead to the future, we hope and pray that the legacy of THE WING continues because it is always the passion that drives us to explore the unknown.

**Sanjna Katoch**  
**20BME0667**  
**Editor**



# Newsletter Credits

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