



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



OFFICE OF STUDENTS' WELFARE

WHAT'S NEW

NAAC'21 Accreditation

75th Independence Day Celebration

Proctoring and Counselling

Not my cup of Anxie-Tea

Student's Achievements

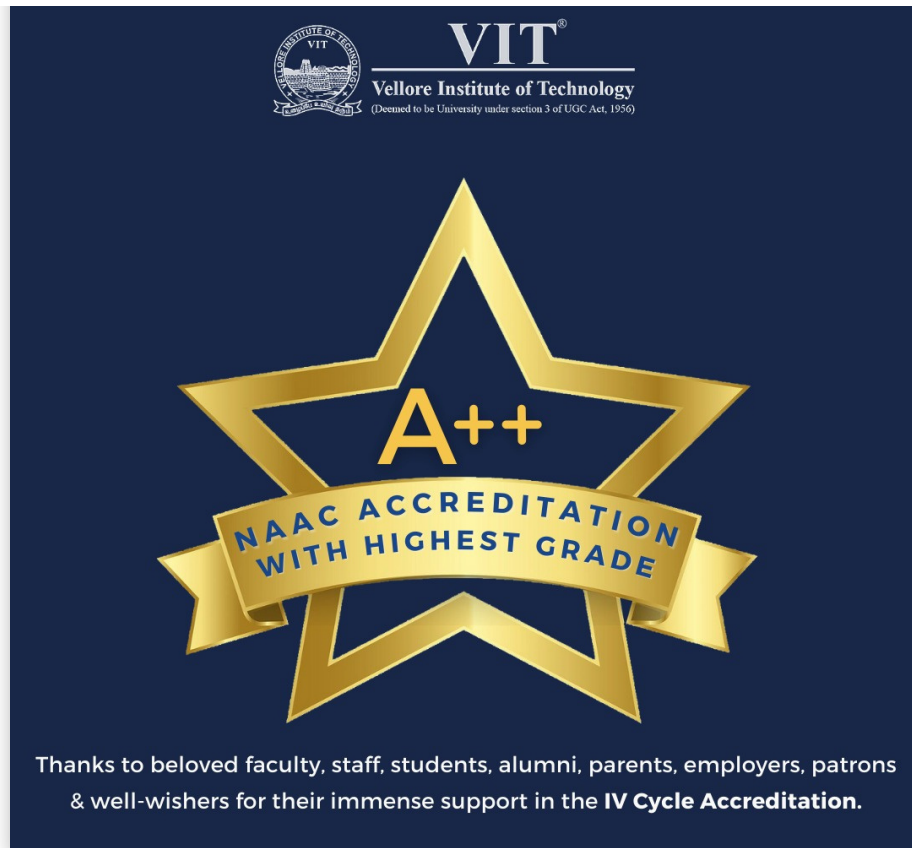
Talent Forage

AUGUST '21

The month of August 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 sixth Edition of **DSW's Newsletter: InVIT**



VIT has got accredited with the **highest grade - A++**, by **National Assessment & Accreditation Council (NAAC)** in the 4th Cycle in August, 2021.

We take an immense pleasure in announcing that the cumulative effort of students, faculties, staff, administration, alumni, patrons, all clubs and chapters and the whole Office of Students' Welfare team that has led VIT to an A++ grade accreditation, issued by NAAC. We would like to heartily congratulate all the VITians for their constant support and dedication which helped VIT to achieve such an honor.

75th Independence Day Celebration & Inauguration of Photo Exhibition

This 15th August we are celebrating **Azadi Ka Amrit Mahotsav**, an initiative of the Government of India to celebrate and commemorate 75 years of progressive India and the glorious history of its people, culture and achievements. Our Honourable Chancellor Dr. G. Viswanathan hoisted the National Flag and addressed the gathering.



We also honoured **Mr. Marimuthu** from Erode who provided timely support and commitment. He was travelling from Chennai to Erode in train on 3rd August 2021. He noticed a smoke near our hostel building. With care and concern he searched the contact no. and conveyed. Immediately we checked and big mishap was avoided. We are very grateful for his effort and understanding.

75th Independence Day Celebration & Inauguration of Photo Exhibition

Later Dr. G. Viswanathan inaugurated a photo exhibition organized jointly by VIT and **Desiya Chinthanai Kazhagam** commemorating 75th year of Indian Independence, 125th Birth Anniversary of Netaji Subhas Chandra Bose and Mahakavi Bharathiyar's Memorial Centenary year.

Delivering his special address through video conferencing, **Dr. L. Murugan, Union Minister of State for Information and Broadcasting, Fisheries, Animal Husbandry and Dairying** said that youngsters can learn a lot from the life of Mahakavi Bharathiyar like how they should be courageous. The union minister also recalled the contributions made by several leaders and freedom fighters from Tamil Nadu including Veerapandia Kattabomman, Poolithevan, Tiruppur Kumaran and Mahakavi Bharathiyar in the Indian freedom struggle.

VIT Vice President Mr. G.V. Selvam, Vice Chancellor Dr. Rambabu Kodali, Pro-Vice Chancellor Dr. S. Narayanan and Registrar Dr. K. Sathiyarayanan were also present during the function.

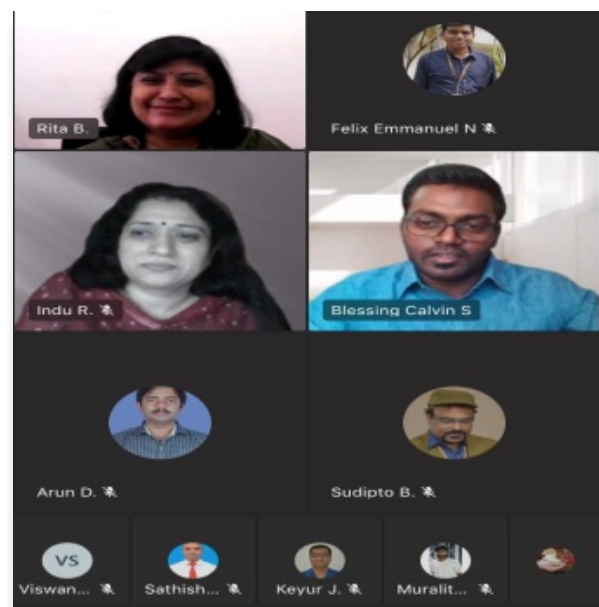




Proctoring and Counselling

by VIT Counselling Division

08th August, 2021

The Resource Persons from Counselling Team have provided an awareness of Counselling Services in our campus among the faculty members and have explained effective Proctorship along with the cooperation of the Counsellors in VIT, Vellore. The faculty were also explained the process to identify vulnerable students and ways to encourage and approach the Counsellors whenever needed. It was an informative session for all.





Academic Staff College(ASC)
In association with Counselling Division
Cordially invites you to
Weekend Series - Dialogue with Experts
Online


Proctoring and Counselling



08 August 2021
(Sunday)
10:00am – 11:30am

Discussion Points :

- Awareness of Professional Counsellors and Counselling Service in VIT, Vellore
- Identifying students for Counselling and how to address them as a faculty
- Role of Proctors in encouraging the students to approach Counsellors
- Mental health issues faced by students and approaches to help them
- Listening skills for Proctors

Resource Persons:
Dr. Rita Bhattacharjee, Counselling Psychologist, Head Counselling Division, VIT
Mr. Muralitharan, Students Counsellor, VIT
Mr. Blessing Calvin G S, Students Counsellor, VIT
Mr. Felix Emmanuel J N, Students Counsellor, VIT
Mr. Hariharan, Students Counsellor, VIT





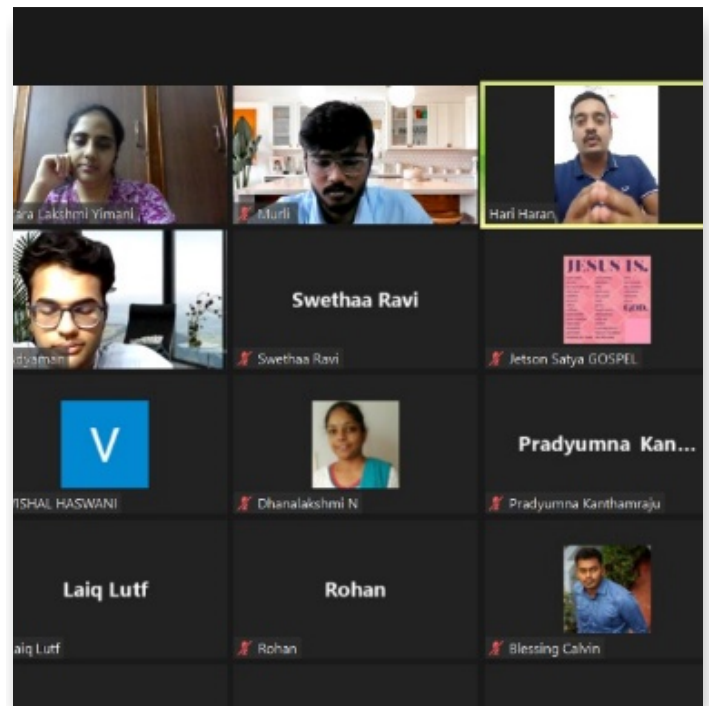
Please register through your vtop login at - <https://vtop.vit.ac.in/vtop/initialProcess>

Not my cup of Anxie-Tea

by VIT Counselling Division

21st August, 2021

Ms. Hannah & Mr. Hariharan from Counselling team, were the resource persons for the panel discussion conducted on 'Not my cup of Anxie-Tea' with the collaboration of Ayuda (NGO) and Smile Over Stress. It was a Group Discussion on the topic "Ways to overcome Anxiety and Overthinking" with an interactive session for participants along with polls and queries. The students have asked their doubts and questions related to anxiety and its effects in their daily lives and steps to overcome them.



The experienced Mental Health Professionals helped the students to overcome anxiety issues on the many grounds like academics, decisions, anxiety, toxic relationships, depression and other mental health issues among the students. Some of the queries taken by the professionals were -

- Is anxiety equivalent to fear?
- How to deal with toxic family?
- If someone suddenly withdraws themselves, like getting extremely sad or might even feel like crying for no particular reason, what should they do to stop this?

STUDENT ACHIEVEMENTS



Team Ojas SAE Student Chapter

Represented VIT in
5th Annual FSEV Concept Challenge (FSEV 2021)
conducted by Formula Bharat

Prizes won -

- 11th place - Overall : FSEV 2021
- 4th place - Engineering Design
- 10th place - FMEA
- 8th place - Team Management
- 21st place - Procurement



Chinmay Kapruan 19BME0514

Represented VIT in
Harvard Taipei Asia Conference 2021
conducted by Harvard College Project for
Asian and International Relations.

**Represented India as Gold Tier delegate
in the conference.**

TALENT FORAGE

Independence Day

India celebrates Independence Day on 15th of August, every year. We gained freedom from British rule on this day, 1947. The Tricolour of India is raised at the Red Fort in Delhi on this day. The Prime Minister delivers a speech to the nation, followed by a military parade that is televised live across the country. The Indian Independence Movement was led by Mohandas Karamchand Gandhi and began during World War I. India gained independence on August 15, 1947, after nearly 200 years of British rule. The significance of India's Independence Day is that it serves as a reminder of the sacrifices made by numerous freedom fighters in order to achieve independence from British control. It is a national holiday that is traditionally marked with the raising of the Tricolour, parades, and cultural events across the country.

India's independence was a chance encounter with fate, as the struggle for independence was long and arduous, involving the sacrifices of many freedom fighters who put their lives on the line. President's Message. My 1st parade as a cadet. I can never forget those days of practice under the scorching sun. I discovered my physical limits. The sun burnt skin, shoe bites, back pains are something that made me proud of myself for the first time. I can not forget the patience our seniors had while teaching us, the motivation to keep moving forward, that little pat on my back to keep running when I was about to give up. Those small words and gestures were touching, can't thank them enough for that. My comrades became my best friends, we shared the same pain & feeling. We are bonded by sweat, ground and motto. And will never forget what our officer told us - This will all be WORTHY! And yes it was, standing in front of the flag, on this day, gave us a feeling of patriotism that we'll cherish lifelong! That rush of adrenaline, the broadness of chest out of pride, it's UNPARALLELED! And I might not be very physically fit but I became mentally strong enough to strive through upcoming adventures.

Jai Hind!

~Ms. Adya Dadhich
19MISO223

Independence Day- The History Behind The Historic Date

A day celebrated all over India as a national holiday, Independence Day marks the day when India was finally free from the British, after more than 200 years of being ruled by them. The country had gone through so much to achieve this long-overdue independence - losing thousands, if not millions, of people to famines (the Bengal famine), to unjust killings at the hands of the British forces (Jallianwala Bagh massacre), to peaceful protests turned violent, to violent attempts at upstaging the British Raj, and even to the World Wars, where Indian soldiers were usually forcibly recruited into the British army. This day also marks when the country was established as a self-governing, autonomous nation.

There is a pretty interesting story that links Independence Day and Republic Day, which doubted, not many people know of. At the 1929 Indian National Congress (INC) session, the declaration for Purna Swaraj, or complete independence, was made, and 26 January was declared to be celebrated as the Independence Day in 1930. It was decided that by 26 January 1948, India would achieve Purna Swaraj, a dream of the millions of Indians at that time. But after World War 2, the British government; it's treasury exhausted owing to the constant wars it fought in, the costs of suppressing rebellions in its conquered territories like India and other regions, and lacking not only international support but also the support of many of its own countrymen and women, and lack of reliability on the native forces that govern such territories on its behalf; decided to give up power and let India become a self-governing nation by June 1948 at the latest. The then viceroy Lord Mountbatten fastened this process, and thus the Dominion of India was declared independent on 15 August 1947. But the constitution for this newly established dominion was yet to be declared. So lawmakers and other knowledgeable people, like the then Prime Minister Jawaharlal Nehru, Sardar Vallabhai Patel, Dr. Bhimrao Ambedkar, etc., all came together to formulate the constitution. This magnanimous task was completed by 26 November 1949, but to honor the previously decided Independence Day date, the Government of India declared 26 January 1950 to be the Republic Day via a gazette notification. The 'original' date is now celebrated as the Constitution Day in India.

~Ms. Sriyashree Padhy
19BCE2356

Olympics

There comes a time in everyone's life,
To either claim the prize or be drawn into the internal strife
An opportunity to showcase your talent,
To emerge the victor you better be gallant.
No better place to outshine the rest, than the Olympic games,
Every one playing to make their country proud and
bring home plaques and frames.
Archery, Athletics, Badminton, Hockey, Rowing, Javelin and
Basketball,
And to Participants arriving from every nook and cranny of the
world , Tokyo welcomes y'all.
Golf, rugby, surfing and Boxing,
To top it all, we have amazing artists who compose and sing.
206 countries participating in the contest,
Praying and hoping that the prizes will be claimed by the best.
Champions rising like a phoenix from the ashes,
The whole experience will keep reappearing in flashes.
Years of hard work and determination,
Every single battle fought for one's nation.
Olympics is not just any other game,
Where people try to earn fame
Its an emotion ,
A way of showing your devotion .
A million thoughts swimming in your mind ,
The only one lingering is having to be worthy of your kind
Happiness, anger, anxiety, disappointment, jealousy and pride,
The image of your country's flag reminds you
that loosing is fine as long as u tried.
I am proud of my nation for participating and winning in various
events, The participants definitely gave their 100 percent .
Olympics sure are fun, I for one love them a ton!

~Ms. Vaishnavi
20MICO014

Tokyo Olympics 2020

Sept 1, Vellore. The 2020 Olympic games officially called the XXXII Olympiad was an international multisport event held from 23rd July 2021 to 8th August 2021 in Tokyo, Japan with some preliminary events for qualifying held starting 21st July. Tokyo was finalized as the host city after an IOC session held in Buenos Aires, Argentina. The event was previously set to be held during the 2020 24th July to 9th August due to the covid-19 pandemic. This act of postponement of the event was the first in its history as it used to be cancelled rather than being rescheduled. The event did not host any spectators due to social distancing clause required due to the pandemic. This was the fourth Olympic game to have been held in the East Asia.

The medal count ended up with a total of 39 gold medals going toward the United States followed by China finishing second with 38 gold medals and the third being the host nation Japan with 27.

Due to covid-19 multiple qualifying events were held in other nations to prevent athletes from having to travel excessively. The medals created for the event was made through electronic recycling program which was the first of its kind for the Olympic games. The medals were made using old chips that contained silicon, bronze and other precious metals.



~Mr. Riwaz Udas
19BCE2532

Arena at Tokyo Olympics

A medal may fade in value, but an athlete's sporting immortality is unbreakable, such is the fascination of Olympic victories. Even if a competitor does not have any titles, he or she is referred to as an Olympian, and it is a status symbol that athletes cling to. After a year's delay caused by the pandemic's shadow, the quadrennial gathering of the world's best athletes is poised to commence. The latest edition of the Olympics, dubbed "Tokyo 2020," will begin on Friday in Japan's capital, with COVID-19 protocols in place.

Tokyo and Fukushima will hold events without spectators, but stadiums in the Miyagi and Shizuoka regions may accept a small number. Local acceptance ratings for the Games have already reached half-way, a significant increase from the 83 percent opposition shown in May. Tokyo's second attempt at hosting the Olympics, after hosting the Games in 1964, has proved extraordinarily difficult. There were rumblings of cancellation even two days ago, when the coronavirus graph related to the Games and Japan showed an increased trend. Around 70 athletes, coaches, officials, and volunteers in the Olympic Village have tested positive for COVID-19. However, the Olympics, which date back to 1896 in Athens, are likely to remain stable until August 8.

The United States of America, Russia, China, European nations, and Australia have all won medals at the Olympics. Despite competing since 1900, India only has 28 medals to show for it. India's early contribution came from hockey, but even that has dried up since the 1980 Olympics in Moscow. India's Olympic appearances have frequently been tinged with tragedy. Milkha Singh and P.T. Usha, who missed out on bronze medals in 1960 and 1984, respectively, still make die-hard admirers cry. India has won a few medals over the years in a variety of sports including shooting, tennis, badminton, wrestling, boxing, and weightlifting. The quest to beat the best-ever tally of six, set in London in 2012, continues this time around.

India aims to push its Olympic envelope further, led by P.V. Sindhu and Mary Kom, as well as skill in shooting, weightlifting, and wrestling, but the desire for success in hockey lingers.. The demographic dividend of being the second most populous nation does not necessarily translate into a higher yield in multi-event jousts, which is a sobering reality. It's a reminder of the need to upgrade sports infrastructure, as India's Olympic preparations are still in the works. Even tennis legend Novak Djokovic, of Serbia, has fallen victim to the allure of an Olympic gold.

~Mr. T Sethu
19BCE0066

Victorious Olympic

Tokyo Olympics started on the Friday of July 23rd with a massive and grand opening where the Olympic Cauldron was lit by Naomi Osaka and the games were officially declared open by Emperor Naruhito. The ceremony took place in Tokyo on the 23rd, at 4:30 pm IST. Out of the 206 countries that participated in the Olympics, India went in in the 21st position during the “Parade Of Nations” according to the Japanese alphabetical order. A total of 26 members had attended the opening ceremony from the Indian Contingent. The Olympic events commences at 5:30 am and was spread across 42 venues in the country.

There were 339 events conducted overall from the 33 sports like artistic swimming, water polo, badminton, boxing etc. with a whopping 11,656 participants out of which 127 were Indian participants. The Olympics started with a great zest for India with a silver in Weightlifting (49 kg women) by Mirabai Chanu on the first day itself. India was in a celebration mode when Neeraj Chopra bagged the first Gold medal for the country in Javelin Throw with his best throw record of 88.1 m. Giving their best shots, the participants went ahead and had a tough competition and India won the following:

Gold- Neeraj Chopra in Javelin Throw

Silver – Mirabai Chanu in Weightlifting (49 kg women)

Silver- Ravi Kumar Dahiya in Wrestling (57 Kg)

Bronze- PV Sindhu in Women’s singles badminton

Bronze- Indian Hockey team

Bronze- Lovlina Borgohain in Women’s Welterweight

Bronze- Bajrang Punia in Wrestling (65 kg)

With US grabbing the maximum medals, total 113, the Olympics ended on the 8th of August. All the participants, exhausted and tired but at the same time with a smile on their face for giving their best shot and trying left the country on the following days. With Olympics over on 8th August, Tokyo hosted Paralympic games on the 24th of August with 163 nations participating in 9 International sporting events. A total of 4,537 participants have participated out of which 54 participants represent India. With the games still going on in full zest, participants competing against each other, trying to bring a proud moment for their country, everyone is waiting for the upcoming games and cheering for the participants. India, as of 31st August, 2021 has won 2 gold, 4 silver and 2 bronze, awaiting and expecting for medals yet to come. The games will officially end on the 5th of September with participants returning to their countries with happy faces.

~Ms. Sunaina Narayan
19MISO170

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 **Suicide Prevention** or **Teacher's Day**.

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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Designed By:



Pranjal Gupta



Sushant Srivastav



Abhishek S Chaudhary

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