



Faculty Development Program



Title : One day FDP on TranScend - Work beyond limits

Date : 10-Jan-2024 - 10-Jan-2024

Time : 10:00 - 17:30

Venue : SJT G07

Discussion Points

- Relieve to Re-live
- Listen to your body
- Awareness musco-skeletal issues
- Ergonomic solutions for underlying issues
- Lifestyle changes for a stress free and painless life



Resource Person 1 - Details

Name : Dr Anupama M

Designation : physiotherapist, Medical

University/ Company : Renu's Physiotherapy Clinic, Vellore

Address : India, 632006.



Resource Person 2 - Details

Name : Siva Rama Krishnan S

Designation : Assistant Professor Sr. Grade 2, School of Computer Science Engineering and Information Systems

University/ Company : VIT, Vellore

Address : India, 632014.

Resource Person's Profile :

1. Profile of Dr Anupama M

Dr. M. Anupama (B.PT., MSC.,(Psy), DYT), a successful and licensed Physical Therapist with 21 years of expertise, has been instrumental in developing, instructing, and executing cutting-edge therapy regimens for patients hailing from diverse regions. She has setup a Physiotherapy center in Gandhi nagar Vellore treating several patients with different alignments. She has been involved in several social activities such as yoga.

2. Profile of Siva Rama Krishnan S

Dr. SOMAYAJI SIVA RAMA KRISHNAN is currently working in VIT as an Assistant Professor Senior. He has working experience in Centre for Development and Advance Computing (C-DAC) (Ministry of Science and Technology, Govt. of India), as a research intern in the area of data centre technologies. He is also certified by EMC corp. as a proven professional in Information Storage and Management. Currently an EMC academic alliance faculty and played a key role in establishing a MoU between VIT University

Musculoskeletal disorders (MSDs) are conditions that affect the muscles, bones, and joints of people. They can cause pain, disability, and reduced quality of life. MSDs are common and their prevalence is increasing with population ageing. However, many people are unaware of the causes, symptoms, and prevention of MSDs. This FDP aims to raise awareness of MSDs among the faculty members. It also provides practical tips and recommendations for maintaining musculoskeletal health and avoiding MSDs.

NA

**Coordinator's: Prof. SIVA RAMA KRISHNAN S 12305 - Assistant Professor Sr. Grade 2
- SCORE
Prof. MYTHILI N 10295 - Associate Professor Grade 2 - SCORE**