



## Faculty Development Program



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

### Discussion Points









**Title :** Power of the Subconscious Mind in Professional Success

**Date :** 2024-05-20 - 2024-05-24

**Time :** 10:00 - 17:30

**Venue :** TT312

- Discusses how subconscious patterns can either support or hinder professional success and well-being.
- Administer Personal Task Prioritization and career growth.
- Cultivating a growth mindset can foster adaptability, creativity, and perseverance in the face of professional challenges.
- Highlight the importance of self-awareness and self-care practices in managing the subconscious mind and promoting mental health.
- Yoga therapy can help individuals cultivate a deeper understanding of their subconscious patterns and prioritize their well-being in their profession.
- Create a culture that supports employees' mental health and harnesses the power of the subconscious mind for collective success.

	<p><b>Resource Person 1 - Details</b>  <b>Name :</b> Rita Rani Bhattacharjee  <b>Designation :</b> Sr Students Counsellor Level II and Head, Students Welfare  <b>University/ Company :</b> VIT, Vellore  <b>Address :</b> India, 632014.</p>
	<p><b>Resource Person 2 - Details</b>  <b>Name :</b> Blessing Calvin G S  <b>Designation :</b> Senior Students Counsellor Level II, Students Welfare  <b>University/ Company :</b> VIT, Vellore  <b>Address :</b> India, 632014.</p>
	<p><b>Resource Person 3 - Details</b>  <b>Name :</b> Jetson Satya Gospel  <b>Designation :</b> Senior Students Counsellor Level II, Students Welfare  <b>University/ Company :</b> VIT, Vellore  <b>Address :</b> India, 632014.</p>
	<p><b>Resource Person 4 - Details</b>  <b>Name :</b> Beulah Valarmathi C  <b>Designation :</b> Student Counsellor, Students Welfare  <b>University/ Company :</b> VIT, Vellore  <b>Address :</b> India, 632014.</p>
	<p><b>Resource Person 5 - Details</b>  <b>Name :</b> Nalini E  <b>Designation :</b> Assistant Professor Grade 1, School of Bio Sciences and Technology  <b>University/ Company :</b> VIT, Vellore  <b>Address :</b> India, 632014.</p>
	<p><b>Resource Person 6 - Details</b>  <b>Name :</b> Pradeep Balasubramani  <b>Designation :</b> Associate Director, Software Development and Delivery Management  <b>University/ Company :</b> Moodys Analytics, Brussels  <b>Address :</b> Belgium, 1000.</p>
	<p><b>Resource Person 7 - Details</b>  <b>Name :</b> Abdul Aleem H  <b>Designation :</b> Senior Software Engineer and Trainer, Software Development and Trainer  <b>University/ Company :</b> IQVIA, Bangalore  <b>Address :</b> India, 560103.</p>
	<p><b>Resource Person 8 - Details</b>  <b>Name :</b> Md Mubashir  <b>Designation :</b> Senior iOS Software Developer, Software Development  <b>University/ Company :</b> Zoho, Chennai  <b>Address :</b> India, 603202.</p>

	<p><b>Resource Person 9 - Details</b>  <b>Name :</b> DR YAYATHEE S  <b>Designation :</b> Consultant Psychotherapist , Psychiatrist department  <b>University/ Company :</b> Rela Institute of Medical Centre , Chennai  <b>Address :</b> India, 600044.</p>
	<p><b>Resource Person 10 - Details</b>  <b>Name :</b> Dr Manoranjitham S D  <b>Designation :</b> Professor in Psychiatric Nursing , Psychiatric department  <b>University/ Company :</b> Christian Medical College , Vellore  <b>Address :</b> India, 632002.</p>
	<p><b>Resource Person 11 - Details</b>  <b>Name :</b> Dr Rathika P  <b>Designation :</b> Senior Assistant Professor , Psychiatry department  <b>University/ Company :</b> Government Vellore Medical College , Vellore  <b>Address :</b> India, 632006.</p>
	<p><b>Resource Person 12 - Details</b>  <b>Name :</b> Tony P Jose  <b>Designation :</b> Associate Professor Grade 1, School of Social Sciences &amp; Languages  <b>University/ Company :</b> VIT, Vellore  <b>Address :</b> India, 632014.</p>
	<p><b>Resource Person 13 - Details</b>  <b>Name :</b> Hariharan C  <b>Designation :</b> Senior Students Counsellor Level I, Students Welfare  <b>University/ Company :</b> VIT, Vellore  <b>Address :</b> India, 632014.</p>

## **Resource Person's Profile :**

### **1. Profile of Rita Rani Bhattacharjee**

Dr. Rita is currently working as the HoD in the Counselling Division, VIT, Vellore. She has an experience of almost two decades helping and guiding students with academic, personal, and psychological issues. She has the membership of APA, TNCCA, TNCPA, Indian Public Health Association, etc. Also experience in treating clients suffering from anxiety, depression, OCD, and Bipolar disorder. She has been a guest lecturer at various esteemed institutions in Hyderabad, Bangalore, and many places.

### **2. Profile of Blessing Calvin G S**

Blessing Calvin is a young psychologist with an immense set of skillset and experience under his belt. He began his Counselling services at the age of 23 and in 9 years has already completed over 7000 Counselling Sessions. He has been a sort-after motivational speaker at esteemed institutions and on foreign waters. His ability to use words to heal people and to allow them to tap into new perspectives has been his unique skill set.

### **3. Profile of Jetson Satya Gospel**

Dr Jetson Satya GOSPEL, an Associate of the American Psychological Association is a well trained Professional Counsellor. He has also a decade of teaching psychology-based lessons at premier institutions including Loyola College and Madras Christian College. His doctorate studies were targeted at human security policy proposals. He has been guiding students to grow inside out.

### **4. Profile of Beulah Valarmathi C**

Mental health counselor and counseling Psychologist with over a decade of experience in child and adolescent behavior issues. Specialized in anxiety and depression disorders OCD. Substance abuse and addiction behavioral issues, eating disorders as well as suicide attempts. To help and educate more than 900 school children, 200 Psychiatric patients, and 1100 young adults based on mental health needs.

### **5. Profile of Nalini E**

A microbiologist by profession (Ph.D in Microbiology) and a strong Passionate yoga teacher with ten plus year of experience in teaching Yoga. She enjoy teaching young minds and enlightening them with science and yoga. She adore Science and Yoga strongly and find both are so interrelated that we can attain peace of mind by understanding and applying them in our everyday routines. Yoga offers a holistic approach to mental health that addresses the connection of mind, body, and spirit.

### **6. Profile of Pradeep Balasubramani**

Pradeep Balasubramani is a seasoned Associate Director with over 18 years of experience in the IT industry. He has spearheaded Agile transformations in multiple companies, witnessing firsthand the transformative power of embracing change. Throughout his career, he has utilized techniques such as visualization and positive affirmations to drive personal and team success. By fostering a positive mindset and leveraging the power of the subconscious mind.

### **7. Profile of Abdul Aleem H**

Senior Software Engineer with 14 years of experience in IT and as an eminent trainer. He completed the certification as an International Certified Trainer, Life Coach, NLP Coach, and Career Guidance with a strong background in Soft Skills, Personality Development, Leadership Development, and Stress Management. Completed 50 plus Batches of Online Training, Overall he has done 100 plus formal training programs and around 50 Volunteer Programs.

### **8. Profile of Md Mubashir**

As a Senior iOS Developer at Zoho Corporation Chennai with 10 plus years of work experience. Alongside crafting innovative mobile solutions, he is passionate about mentoring. As a sought-after resource person, he has done many training programs and volunteer programs, motivating students in various Educational Institutions. He believes in leveraging technology for positive change and empowering the next generation to excel in their studies and careers.

### **9. Profile of DR YAYATHEE S**

A nursing administrator with more than fourteen years of experience in nursing has been in various positions from being a staff nurse to chief nursing officer. Established nursing departments at the hospital from startup. They led the team toward JCI and NABH accreditation. Also completed NABH Nursing Excellence Certification within a year.

### **10. Profile of Dr Manoranjitham S D**

Associated with Christian Medical College Vellore for more than twenty plus years. Having wide experience in the field of psychiatric nursing. Her research areas include community studies to investigate risk factors for psychiatric patients and wellness.

### **11. Profile of Dr Rathika P**

Experience in the psychiatry field for the past eight years. Currently working as Senior Assistant Professor of Psychiatry in Government Vellore Medical College. Owned subham clinic in Gandhinagar. Also consultant in Siva Kumar Hospital Sathuvachari, consultant in Sankari Hospital Vellore.

### **12. Profile of Tony P Jose**

Working as an Associate Professor in the School of Social Sciences and Languages. He had published SCI-indexed journals, conferences, and book chapters. He had tremendous knowledge of Psychology. An active speaker is an individual who is currently addressing the group during a meeting or conference call.

### **13. Profile of Hariharan C**

A seasoned Psychologist with seven years of experience, specializing in mental health interventions in educational settings to enhance student wellness and academic success. Renowned for conducting dynamic workshops and seminars and developing innovative mental health programs. Recognition and Publications. Recognized as a resource person for UGC-sponsored programs and recipient of the best paper award at an international conference.

Exploring the power of the subconscious mind and its impact on mental health in the context of professional success provides valuable insights for maintaining balanced harmony. This FDP explores the intricate relationship between the subconscious mind, mental health, and achievement in the professional realm. Drawing from psychological theories, neuroscience research, and practical examples, it elucidates how the subconscious mind is a powerful force in shaping beliefs, attitudes, and behaviors that either propel individuals toward success or hinder their progress. Central to this discussion is the concept of neuroplasticity, which highlights the brain's ability to rewire itself based on experiences and mental activities. Understanding the mechanisms through which the subconscious mind processes information and forms patterns. Individuals can harness their power to cultivate positive thought patterns, enhance self-confidence, and foster resilience in facing challenges.

Nothing Specific

**Coordinator's: Prof. GAYATHRI A 15951 - Assistant Professor Sr. Grade 1 - SCORE  
Prof. ASHA N 10967 - Assistant Professor Sr. Grade 2 - SCORE**