



Faculty Development Program



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

Discussion Points

- **Identify Key Traits:** Understand the characteristics and habits that distinguish super achievers from others.
- **Goal Setting and Achievement:** Learn techniques for setting clear, ambitious goals and creating actionable plans to achieve them.
- **Enhance Cognitive Skills:** Develop strategies to improve memory, focus, and problem-solving abilities.
- **Cultivate a Growth Mindset:** Embrace continuous learning and resilience in the face of challenges.
- **Time Management:** Master effective time management and productivity techniques.
- **Mindfulness Practices:** Incorporate mindfulness and stress management practices to enhance mental clarity and well-being.
- **Build a Supportive Network:** Foster connections with like-minded individuals for mutual support and inspiration.
- **Personalized Action Plan:** Create a customized plan to implement the learned strategies and achieve personal and professional growth.
- **Growth Mindset:** Super achievers often embrace challenges, persist in the face of setbacks, and see effort as the path to mastery. Cultivating a growth mindset can help unlock hidden cognitive intelligence by encouraging continuous learning and resilience.
- **Goal Setting:** Clear, specific, and challenging goals can motivate individuals to perform at their best. Super achievers often set both short-term and long-term goals, breaking down large tasks into manageable steps.
- **Focused Practice:** Deliberate practice, which involves concentrated effort and immediate feedback, helps improve skills more effectively than regular practice. Super achievers dedicate significant time to honing their craft with focused, intentional practice.
- **Emotional Intelligence:** Understanding and managing one's emotions, as well as empathizing with others are crucial for building strong

relationships and effective communication. High emotional intelligence can amplify cognitive intelligence by enabling better decision-making and problem-solving.

- Time Management and Networking: Prioritizing tasks and managing time efficiently allows super achievers to maximize productivity. Building a strong network of mentors and peers can provide support, knowledge, and opportunities for growth. Super achievers often surround themselves with individuals who inspire and challenge them.

	<p>Resource Person 1 - Details Name : Abdul Aleem H Designation : Senior Software Engineer and Trainer, Software Development University/ Company : IQVIA, Bengaluru Address : India, 560103.</p>
	<p>Resource Person 2 - Details Name : Mohammed Mubashir Meddekar Designation : Senior iOS Software Developer and Trainer, iOS Development University/ Company : Zoho Corporation, Chennai Address : India, 600086.</p>
	<p>Resource Person 3 - Details Name : Dr Yayathee S Designation : Senior Consultant Psychotherapist and Counsellor, Psychiatrist Department University/ Company : Rela Institute of Medical Centre, Chennai Address : India, 600044.</p>
	<p>Resource Person 4 - Details Name : Dr Manoranjitham S D Designation : Professor in Psychiatric Nursing, Psychiatric department University/ Company : Christian Medical College, Vellore Address : India, 632002.</p>
	<p>Resource Person 5 - Details Name : Dr Rathika P Designation : Senior Assistant Professor, Psychiatry Department University/ Company : Government Vellore Medical College, Vellore Address : India, 632006.</p>
	<p>Resource Person 6 - Details Name : Rita Rani Bhattacharjee Designation : Sr Students Counsellor Level III and Head, Students Welfare University/ Company : VIT, Vellore Address : India, 632014.</p>
	<p>Resource Person 7 - Details Name : Beulah Valarmathi C Designation : Student Counsellor, Students Welfare University/ Company : VIT, Vellore Address : India, 632014.</p>
	<p>Resource Person 8 - Details Name : Dr Aruna G Designation : Psychiatric Nursing, Psychiatric Nursing University/ Company : Christian Medical College , Vellore Address : India, 632002.</p>

	<p>Resource Person 9 - Details Name : Dhanalakshmi N Designation : Senior Students Counsellor Level II, Students Welfare University/ Company : VIT, Vellore Address : India, 632014.</p>
	<p>Resource Person 10 - Details Name : Jetson Satya Gospel Designation : Senior Students Counsellor Level III, Students Welfare University/ Company : VIT, Vellore Address : India, 632014.</p>
	<p>Resource Person 11 - Details Name : Reshma Kp Designation : Student Counsellor, Students Welfare University/ Company : VIT, Vellore Address : India, 632014.</p>
	<p>Resource Person 12 - Details Name : Nalini E Designation : Assistant Professor Grade 2, School of Bio Sciences and Technology University/ Company : VIT, Vellore Address : India, 632014.</p>
	<p>Resource Person 13 - Details Name : Tony P Jose Designation : Associate Professor Grade 1, School of Social Sciences & Languages University/ Company : VIT, Vellore Address : India, 632014.</p>

Resource Person's Profile :

1. 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.

2. Profile of Mohammed Mubashir Meddekar

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.

3. Profile of Dr Yayathee S

Completed his PhD in Community Health Nursing. 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 towards JCI and NABH accreditation. Have completed NABH Nursing Excellence Certification.

4. 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.

5. 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.

6. 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.

7. 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.

8. Profile of Dr Aruna G

Completed UG and PG in Christian Medical College at Vellore. Specialty in Psychiatric nursing. Having 16 plus years of experience in this Psychiatric Nursing. Currently working as a Professor in the department of Children Adolescent Psychiatric Nursing. She has published her articles in many reputed journals.

9. Profile of Dhanalakshmi N

Dr Dhanalakshmi Student Counsellor in VIT, Did her Nursing Graduate in CMC, Vellore and PG in Psychological Counselling from Christian Counselling Centre Vellore and MSc in Psychology from Madras University. She completed her PhD in Nursing in 2019. Having started her career teaching at a nursing college. She played various teaching and administrative roles for 22 years. She has guided UG and PG research projects and dissertations. Published many papers in reputed journals.

10. 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.

11. Profile of Reshma Kp

Reshma is working as Student Counsellor in VIT Vellore, She did her UG in Calicut University, PG in Bharathidasan University. She has 15 years of experience in counselling and also she has received Best Counsellor award. She is highly passionate on motivating the people to bring success in their career.

12. 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.

13. Profile of Tony P Jose

Dr. 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 has tremendous knowledge on Psychology. An active speaker and very much passionate on mentoring and motivating the young minds.

In the world where success stories abound, Super Achievers stand out as individuals who consistently reach extraordinary heights in their respective fields. Their accomplishments often leave us wondering what sets them apart and how we too, can tap into our potential for greatness. The journey to unlock the secrets of Super Achievers involves exploring the Cognitive and Behavioral traits that fuel their success. This exploration begins with understanding that Super Achievers possess more than just innate talent they harness a unique blend of Motivation, Discipline, and Cognitive strategies that drive them forward. By examining these attributes, we can uncover valuable insights into enhancing our own Cognitive Intelligence. This involves cultivating a growth mindset, setting purposeful goals, and practicing focused discipline. Moreover, Super Achievers excel in managing their emotions and building strong networks, which amplify their cognitive abilities and open doors to new opportunities. By adopting and adapting these practices, anyone can begin to unlock their hidden potential, paving the way for personal and professional achievements beyond their current imagination.

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