



## Faculty Development Program



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

### Discussion Points

**Title :** Invest in your health

**Date :** 2024-05-06 - 2024-05-10

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

**Venue :** TT247

- The Science of Movement: Insights from Physiotherapy
- Oral Health Matters: Tips for a Healthy Mouth
- Autoimmune Awareness: Insights and Strategies from Internal Medicine
- Eye Health Essentials: Tips and Techniques from an Ophthalmologist
- Nutrition and Wellness: Geriatric Medicine Perspectives on Healthy Aging
- Healthy Habits for Life: Integrating Nutrition, Fitness, and Yoga
- Self-Care Essentials: Prioritizing Wellness in Everyday Life
- Mental Health for Work Life Balance.
- Cancer Awareness and Life after Cancer

	<p><b>Resource Person 1 - Details</b>  <b>Name :</b> Dr Hema Kumar  <b>Designation :</b> PHYSIOTHERAPIST, Rehabilitation  <b>University/ Company :</b> KAUVERY HOSPITAL, Chennai  <b>Address :</b> India, 600018.</p>
	<p><b>Resource Person 2 - Details</b>  <b>Name :</b> Dr Sheela  <b>Designation :</b> Dental surgeon and consultant , Dental  <b>University/ Company :</b> Devaki Dental Care, Vellore  <b>Address :</b> India, 632001.</p>
	<p><b>Resource Person 3 - Details</b>  <b>Name :</b> Dr M Anitha  <b>Designation :</b> Assistant Professor , Medicine  <b>University/ Company :</b> Government Vellore Medical College and hospital , Vellore  <b>Address :</b> India, 632002.</p>
	<p><b>Resource Person 4 - Details</b>  <b>Name :</b> Dr D Kamalakannan  <b>Designation :</b> Senior Assistant professor, Department of ophthalmology  <b>University/ Company :</b> Government Vellore medical College, Vellore  <b>Address :</b> India, Vellore.</p>
	<p><b>Resource Person 5 - Details</b>  <b>Name :</b> Dr Bijin Oliver John  <b>Designation :</b> Assistant Professor, Geriatrics  <b>University/ Company :</b> Govt Vellore Medical College and Hospital, Vellore  <b>Address :</b> India, 632011.</p>
	<p><b>Resource Person 6 - Details</b>  <b>Name :</b> Dr J Philomema Austin  <b>Designation :</b> HOD , Dept of medicine  <b>University/ Company :</b> Scheffelin Institute of Leprosy and Research Centre, Karigiri  <b>Address :</b> ndia, 632009.</p>
	<p><b>Resource Person 7 - Details</b>  <b>Name :</b> Dr K Manjula  <b>Designation :</b> Consultant, Gynecologist  <b>University/ Company :</b> MAA Hospital, Katpadi  <b>Address :</b> India, 632007.</p>
	<p><b>Resource Person 8 - Details</b>  <b>Name :</b> Dr Bharani  <b>Designation :</b> Consultant physician and Diabetologist, Consultant physician and Diabetologist  <b>University/ Company :</b> Mothers care Diabetes centre, Vellore  <b>Address :</b> India, 632009.</p>

	<p><b>Resource Person 9 - Details</b>  <b>Name :</b> Clinton Joseph A  <b>Designation :</b> Senior Students Counsellor Level I, Students Welfare  <b>University/ Company :</b> VIT, Vellore  <b>Address :</b> India, 632014.</p>
	<p><b>Resource Person 10 - 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>
	<p><b>Resource Person 11 - 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 12 - Details</b>  <b>Name :</b> Dhanalakshmi N  <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 13 - Details</b>  <b>Name :</b> Ms Geetha Rajendran  <b>Designation :</b> Entrepreneur, Health and Nutrition  <b>University/ Company :</b> Health and Wellness studio, Salem  <b>Address :</b> India, 636030.</p>
	<p><b>Resource Person 14 - Details</b>  <b>Name :</b> Mr R ARUNKUMAR  <b>Designation :</b> Health and WellnessCoach, Legal Consultant  <b>University/ Company :</b> Nutrician, Salem  <b>Address :</b> India, 636030.</p>
	<p><b>Resource Person 15 - Details</b>  <b>Name :</b> Dr Jackwin Sam Paul  <b>Designation :</b> Assistant Professor , Department of Community Health  <b>University/ Company :</b> Christian Medical College, Vellore  <b>Address :</b> India, 632002.</p>

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

### **1. Profile of Dr Hema Kumar**

As a physiotherapist, I would like to sincerely dedicate my service to the patients with high quality care. In this challenging field, I hope that my reassuring manner and excellent communication skills will put patients at their ease and also helpful in development of our center

### **2. Profile of Dr Sheela**

She has more than 20 years of experience. She has been working as a Dental surgeon and consultant (Periodontist) and successfully running the Devaki Dental Care in Vellore.

### **3. Profile of Dr M Anitha**

Assistant Professor of Medicine at Govt Vellore Medical College vellore,

MBBS-IRT Perundurai Medical college, Perundurai-2012.

MD(Internal Medicine)-Madras Medical college, Chennai -2017

She has published 3 original research Articles. She has Organized a Hugely Successful State level Conference TRAC 2020.

### **4. Profile of Dr D Kamalakannan**

Dr D Kamalakannan

MS(Ophthalmology), DA

He has 10 years of experience. He has published many research articles.

### **5. Profile of Dr Bijin Oliver John**

Post Graduation (M.D) in Geriatric Medicine at Madras Medical College. At present, he is working as Assistant Professor of Geriatric Medicine in Govt. Vellore Medical College. He is a Joint secretary of Indian Academy of Geriatrics (IAG). He is a State trainer on elderly and palliative care under the National Health Systems Resource Centre (NHSRC)

Certified Integrated Care for Older People (ICOPE) trainer

### **6. Profile of Dr J Philomema Austin**

Dr.J.Philomema Austin. She is a former HoD of the Department of Medicine at the government Vellore Medical College. She has more than 40 years of experience

### **7. Profile of Dr K Manjula**

Dr K Manjula, Consultant. Highly motivated and passionate board-certified OB-GYN with experience in all spectrum of obstetrics and gynecology. Expert in high-risk laparoscopic surgeries. Proven expertise in managing high-risk pregnancies, performing sections, and assisting patients through the entire childbirth process.

### **8. Profile of Dr Bharani**

Dr Bharani is a retired professor and HOD Medicine.

Practicing diabetes for 30 years, At present, she is consulting at Mothers Care Diabetes Center a satellite center.

### **9. Profile of Clinton Joseph A**

Mr. Clinton Joseph A

Senior Students Counsellor Level I, VIT Vellore

### **10. Profile of Hariharan C**

Mr. Hariharan C

Senior Students Counsellor Level I

VIT, Vellore

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

Mr Blessing Calvin G S  
Senior Students Counsellor Level II  
VIT, Vellore

### **12. Profile of Dhanalakshmi N**

Ms Dhanalakshmi N  
Senior Students Counsellor Level II  
VIT, Vellore

### **13. Profile of Ms Geetha Rajendran**

Ms Geetha is an entrepreneur in the field of Health and Nutrition. Having 16 yrs of work experience in the field of Nutrition. Currently running a Health and Wellness studio. Taking Yoga classes and weight loss sessions with personalized programs. Since teaching is her passion, actively involved both at the school and higher education levels as well as in College since 2013 teaching students of Nutrition Studies.

### **14. Profile of Mr R ARUNKUMAR**

Mr. ArunKumar completed his M.Sc in Yoga and Human Excellence. B.A, B.L, He completed a Post Graduate Diploma in Administration, Fitness Management, and Yoga. Owing a Wellness Studio named VJ PRANA. Designing Personnel Wellness Program for Weight Loss or Gain and all types of Physical Problems, Handling sessions on Stress Management, and Yoga Classes for all age groups. ( both Online and Offline Sessions). Conducting Life skill Development Programs in Schools, Colleges, and Companies

### **15. Profile of Dr Jackwin Sam Paul**

Dr Jackwin Sam Paul G. M.B.B.S., MD. He is working as an Assistant Professor in the Department of Community Health at CMC Hospital, Vellore. He has received the following awards

1. Dr Rangarajan award for the Best outgoing post graduate student in Community Medicine (2016-2019) from the Christian Medical College, Vellore.
2. Best Paper award in the 12th National Conference on Medical Research organized by the Kerala University of Health Sciences in 2018.

In an era marked by increasingly hectic lifestyles and mounting health challenges, the importance of investing in personal health has never been more pronounced. This Faculty Development Program (FDP) aims to equip educators and professionals with the knowledge and tools necessary to promote a culture of health and wellness within academic institutions and beyond. Participants will gain insights into the economic, social, and personal benefits of prioritizing health, underscoring the rationale for integrating health promotion initiatives into academic and professional settings.

Participants will gain insights into the economic, social, and personal benefits of prioritizing health, underscoring the rationale for integrating health promotion initiatives into academic and professional settings. By investing in personal health and fostering supportive environments, participants can pave the way for healthier, happier, and more resilient communities.

NA

**Coordinator's: Prof. PRIYA M 12362 - Associate Professor Grade 2 - SCORE**  
**Prof. CHARANYA R 12366 - Assistant Professor Sr. Grade 2 - SCORE**