



## Faculty Development Program



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

## Discussion Points

**Title :** Investing in Yourself: An Employee Wellness FDP for Professional Excellence

**Date :** 01-Apr-2024 - 05-Apr-2024

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

**Venue :** MGB 108

- Day1- Physical Wellbeing
- Slot1- Pillars of Physical Well Being (Dr Jose)
- Slot2 -Finding your Sustainable fitness routine (Dr Jose)
- Slot3- Workshop on Physical Wellbeing (Dr kumaran)
- Slot4- Workshop on Workouts, Exercises for daily life (Dr kumaran)
- Day2 - Emotional Wellbeing
- Slot1- Understanding Stress Friend or Foe (Dr Syed)
- Slot2- Developing healthy stress coping mechanism (Dr Ragani)
- Slot3- Workshop on cultivating resilience and inner peace (Dr Santhanalakshmi)
- Slot4- Workshop on nourishing the mind, body and spirit (Dr Santhanalakshmi)
- Day3- Financial Wellbeing
- Slot1- Building wealth and financial investments (Mr Rohanraj K)
- Slot2- Workshop on e-filing of Tax returns, savings scheme etc. (Mr Rohanraj K)
- Slot3- ShareMarket Foundations (Mr Aravind S)
- Slot4- Workshop on Sharemarket investment (Mr Aravind S)
- Day4- Intellectual Wellbeing
- Slot1- Teaching, learning and research excellence (Dr Renukadevi)
- Slot2- Decoding Education 4.0 (Dr Renukadevi)
- Slot3- Authoring Research Articles for Top-Tier Journals (Dr Saji)
- Slot4- Research proposal writing for research work, funding agencies, patent filing (Dr Saji)
- Day5 - Holistic Wellbeing
- Slot1- Personal Branding for professors in workplace (Dr Sivakumar A)
- Slot2- Conflict management at workplace (Dr Prabu)
- Slot3- Worklife balance (Dr Subashini)
- Slot4- Q&A, Open dialogue, interactive session to clarify specific challenges and receive personalized advice on employee wellness (Dr Ragani)

	<p><b>Resource Person 1 - Details</b>  <b>Name :</b> Syed Khalid Perwez  <b>Designation :</b> Professor Grade 2, VIT Business School  <b>University/ Company :</b> VIT, Vellore  <b>Address :</b> India, 632014.</p>
	<p><b>Resource Person 2 - Details</b>  <b>Name :</b> Ragini  <b>Designation :</b> Assistant Professor Sr. Grade 1, VIT Business School  <b>University/ Company :</b> VIT, Vellore  <b>Address :</b> India, 632014.</p>
	<p><b>Resource Person 3 - Details</b>  <b>Name :</b> Subashini R  <b>Designation :</b> Associate Professor Grade 2, VIT Business School  <b>University/ Company :</b> VIT, Vellore  <b>Address :</b> India, 632014.</p>
	<p><b>Resource Person 4 - Details</b>  <b>Name :</b> Sivakumar A  <b>Designation :</b> Professor Grade 1, VIT Business School  <b>University/ Company :</b> VIT, Vellore  <b>Address :</b> India, 632014.</p>
	<p><b>Resource Person 5 - Details</b>  <b>Name :</b> Prabu Christopher B  <b>Designation :</b> Assistant Professor Sr. Grade 2, VIT Business School  <b>University/ Company :</b> VIT, Vellore  <b>Address :</b> India, 632014.</p>
	<p><b>Resource Person 6 - Details</b>  <b>Name :</b> S ASANSI JOSE  <b>Designation :</b> Doctor, Dhinesh Speciality Hospital  <b>University/ Company :</b> Dhinesh Speciality Hospital, vellore  <b>Address :</b> India, 632001.</p>
	<p><b>Resource Person 7 - Details</b>  <b>Name :</b> Dr S Renukadevi  <b>Designation :</b> Professor, NITTTR Department of Education  <b>University/ Company :</b> National Institute of Technical Teachers Training Research, Chennai  <b>Address :</b> India, 560001.</p>
	<p><b>Resource Person 8 - Details</b>  <b>Name :</b> Dr Saji K Mathew  <b>Designation :</b> Professor, IITM Department of Management Studies  <b>University/ Company :</b> Indian Institute of Technology Madras , Chennai  <b>Address :</b> India, 600036.</p>

	<p><b>Resource Person 9 - Details</b>  <b>Name :</b> Rohanraj K  <b>Designation :</b> Additional Commissioner Income tax, Government of India  <b>University/ Company :</b> Government of India, Chennai  <b>Address :</b> India, 600034.</p>
	<p><b>Resource Person 10 - Details</b>  <b>Name :</b> Aravind S  <b>Designation :</b> Chief Manager, State Bank of India  <b>University/ Company :</b> State Bank of India , Chennai  <b>Address :</b> India, 600034.</p>
	<p><b>Resource Person 11 - Details</b>  <b>Name :</b> Dr Santhanalakshmi  <b>Designation :</b> Doctor, Naturopathy and Yogic sciences  <b>University/ Company :</b> Swasam Naturopathy Hospital, Vellore  <b>Address :</b> India, 632006.</p>
	<p><b>Resource Person 12 - Details</b>  <b>Name :</b> Dr S kumaran  <b>Designation :</b> Naturopathic Doctor, Swasam Naturcure and Yoga Hospital  <b>University/ Company :</b> Swasam Naturcure and Yoga Hospital, Vellore  <b>Address :</b> India, 632006.</p>

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

### **1. Profile of Syed Khalid Perwez**

Professor, VIT Business School. He has more than 5 years of industry experience in reputed pharmaceutical company like Cipla Ltd, and Nicholas Piramal India Ltd, as a Middle level Manager.

### **2. Profile of Ragini**

Dr. Ragini Chauhan is having rich experience in teaching and research of around 10 years. She has completed doctorate from NIT Allahabad in subject Management after receiving Junior Research Fellowship from UGC. She has done MBA with specialisation in HR. Her Areas of interest include training and development, employee engagement, and sustainable HR practices. She has published 11 research papers in journals of national and international repute. She is also reviewer of many reputed nation

### **3. Profile of Subashini R**

She has more than fifteen years of industry and academic experience. Have 61 Journal Publications 25 Books, Book Chapters, Proceedings and Patents Published Writes articles at a regular phase to The Hindu Newspaper. Currently has 6 Research Scholars.

### **4. Profile of Sivakumar A**

Dr Sivakumar is a Professor in the Marketing Area. He has more than 25 years of experience in academics. He completed a 2-year post-doctoral research at TU Delft Netherlands. He has published a book on Retailing and for 4 years served as a Guest Columnist in RetailBiz a retail magazine. His cases have won prizes at the ISB-Ivey Global Case Competitions and are listed in prestigious Case Clearing houses like Harvard, Ivey. He is an editorial board member of 2 Scopus indexed Case journals.

### **5. Profile of Prabu Christopher B**

A dynamic Professional with nearly twenty years of experience in Academic research and teaching, administration, corporate branch administration, banking operations, recruitment and resourcing, performance review, and team management. He teaches at VIT University Vellores Business School, where he did his PhD in conflict management and subcultural diversity. He was heading, University Academic Staff College at VIT University 2017 to 2020.MBA Division Placement, Event, Accreditation, Timetable.

### **6. Profile of S ASANSI JOSE**

MBBS in Medical College of Nanchang University . From 2012 to 2017

Topped the University exam in The Subject of Pediatrics, securing Gold medal. Followed by 1 year fellowship in National University Singapore .From 2018 to 2021 worked as Emergency Physician in Apollo Hospitals Trichy .2021 to 2023 as Emergency Physician in Jayashree Hospital, Bangalore .2023 to Till as the same in Dhinesh Speciality Hospital, vellore

### **7. Profile of Dr S Renukadevi**

Engineering Pedagogy and Psychology, Training Technology, KBCS, Instruction Design and Delivery System (IDDS), Educational Psychology, Soft Skills, Gender Studies, Guidance and Counselling, Transactional Analysis, Emotional Intelligence, Neuro-Linguistic Programming (Certified NLP Trainer

### **8. Profile of Dr Saji K Mathew**

Dr. Saji K Mathew is a Professor in IIT Madras. He also completed a Post Doctoral Research at Goizueta Business School, Emory University (USA) with a Fulbright Senior Research Fellowship. He holds a PhD from IITM, Gwalior and BTech from University of Kerala.

### **9. Profile of Rohanraj K**

He is an ex- banker with an experience of 10 years in Canara bank and IDBI Bank. While working in the bank, with his unquenched thirst, he has cracked the UPSC in 2010 and joined as Assistant Commissioner in Income Tax. He has experience in various fields like International Taxation, Corporate taxation, Investigation wing, Transfer pricing, Vigilance etc

### **10. Profile of Aravind S**

He is working as the Chief Manager, Consultancy Services Cell at State Bank of India for 12 years, Chennai.

He completed his Bachelor's degree in Electrical and Electronics Engineering at Bharathiyar University and MBA at Bharathidasan Institute of Management, Trichy.

He supports viability of high value, complex , technical credit proposals and facilitates for the growth of Renewable Energy by completing Irradiation Study etc.

He has developed interest in Personal Finance, Wealth Managemen

### **11. Profile of Dr Santhanalakshmi**

Dr. Santhanalakshmi is a Doctor by a profession Specialised in the field of Naturopathy and Yogic sciences. Graduated From SDM College of Naturopathy and Yogic sciences ,Ujire,Karnataka . She has been in the service of Holistic healing almost 14 yrs plus very successfully. She has conducted various Awareness Camps ,online and offline . She has got "Vairapenmani 'Award from JCI 'Sadhanaipenmani'award from Ajantha Arts .

### **12. Profile of Dr S kumaran**

Dr.S.kumaran Bsc.MD(AM),MD(Acu),AAT

He is a Co-founder of Swasam Naturcure and Yoga Hospital. He is a dedicated Naturopathic Doctor with a passion for promoting holistic health and wellness. He have been privileged to embark on a journey of healing and empowerment. Over the years, He has conducted numerous awareness programs, nature cure camps, and life coaching sessions, with a special focus on educating individuals about the benefits of natural living and healthy eating.

Elevate your wellbeing, expertise, and career trajectory with this comprehensive Faculty Development Program (FDP). Cultivate physical fitness, master stress management techniques, and secure your financial future with workshops on wealth building, investment strategies, and tax planning. Hone your research skills through sessions on interdisciplinary excellence, Article publishing, and proposal writing. Gain an edge in your professional sphere with workshops on personal branding, conflict management, work-life balance, and career advancement. Empower yourself to excel in all aspects of your life through this enriching FDP designed to invest in your success!

Not Applicable

**Coordinator's: Prof. ANIL VERMA 16341 - Assistant Professor Grade 1 - VITBS  
Prof. RAGINI 19548 - Assistant Professor Sr. Grade 1 - VITBS**