



Faculty Development Program



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

Event Outcome

Title : Mindful Productivity: The Art of Doing Less But Achieving More

Date : 2025-08-18 - 2025-08-22

Time : 10:00 - 17:30

Venue : SJT G07

- Mindfulness helps train the brain to stay in the present moment, minimizing distractions and promoting sustained attention
- Mindfulness practices can help manage stress and prevent burnout, leading to a more balanced and sustainable work life
- Mindful productivity can unlock creative potential by clearing mental clutter and promoting innovative thinking
- Mindfulness can help individuals prioritize tasks effectively, ensuring that time and energy are focused on the most important responsibilities
- Mindfulness enhances self-awareness, allowing individuals to better understand and manage their emotions

**Resource Person 1 - Details****Name :** Abdul Aleem H**Designation :** Senior Software Engineer and Trainer, Software Development and Professional Training**University/ Company :** IQVIA, Bengaluru**Address :** India, 560103.**Resource Person 2 - Details****Name :** Nalini E**Designation :** Assistant Professor Grade 2, School of Bio Sciences and Technology**University/ Company :** VIT, Vellore**Address :** India, 632014.**Resource Person 3 - Details****Name :** Mohammed Mubashir Meddekar**Designation :** Senior iOS Software Developer and Trainer, iOS Development and Professional Training**University/ Company :** Zoho Corporation, Chennai**Address :** India, 600086.**Resource Person 4 - Details****Name :** Tony P Jose**Designation :** Associate Professor Grade 1, School of Social Sciences & Languages**University/ Company :** VIT, Vellore**Address :** India, 632014.**Resource Person 5 - Details****Name :** Dr Yayathe S**Designation :** Senior Consultant Psychotherapist and Counsellor, Psychiatrist Department**University/ Company :** Rela Institute of Medical Centre, Chennai**Address :** India, 600044.**Resource Person 6 - Details****Name :** Karthickeyan Subramanian**Designation :** Project Manager, Software Development and Mentoring**University/ Company :** Cognizant Solutions, Chennai**Address :** India, 600119.**Resource Person 7 - Details****Name :** Somashakar Kannan**Designation :** Senior Technical Architect, Software Development and Mentoring**University/ Company :** HCL, Bangalore**Address :** India, 560105.

**Resource Person 8 - Details****Name :** Gayathri A**Designation :** Assistant Professor Sr. Grade 2, School of Computer Science Engineering and Information Systems**University/ Company :** VIT, Vellore**Address :** India, 632014.**Resource Person 9 - Details****Name :** Prabu Christopher B**Designation :** Associate Professor Grade 1, VIT Business School**University/ Company :** VIT, Vellore**Address :** India, 632014.**Resource Person 10 - Details****Name :** Asha N**Designation :** Associate Professor Grade 1, School of Computer Science Engineering and Information Systems**University/ Company :** VIT, Vellore**Address :** India, 632014.

Resource Person's Profile :

1. Profile of Abdul Aleem H

Mr. Abdul Aleem is a highly accomplished professional with a multidisciplinary background and over a decade of expertise in the fields. He is a Senior Software Engineer at a leading IT company in Bengaluru, he brings strong industry experience and he is complemented by international certifications as a trainer and mindset coach. His training style integrates technical knowledge with psychological insights and pedagogical strategies, empowering the professionals.

2. 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.

3. Profile of Mohammed Mubashir Meddekar

Mubashir is currently a Senior iOS Developer at Zoho Corporation, Chennai, with over 10 years of experience in developing innovative, user-centric mobile applications. In addition to his technical expertise, he is a passionate Motivational Speaker, Problem-Solving Coach, and mentor. He has conducted engaging sessions on Mindset Mastery, Cognitive Mastery, and Smarter Thinking, aimed at empowering professionals to unlock their full potential.

4. 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.

5. 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.

6. Profile of Karthickeyan Subramanian

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7. Profile of Somashakar Kannan

Somashakar Kannan is a Senior Technical Architect with over 20 years of experience driving excellence in software development. He has a proven track record in leading cross-functional teams, enhancing product reliability, and streamlining the processes. With a strong foundation and advanced training in software systems from BITS Pilani. Somashakar blends technical acumen with leadership to deliver high-impact quality outcomes in dynamic development environments.

8. Profile of Gayathri A

Dr. Gayathri A, professor in School of Computer Science Engineering and Information Systems (SCORE), VIT, Vellore. She has 18 years of teaching experience in her profession. She had completed her Ph.D. in Anna University, Chennai, a dedicated academic professor with experience in curriculum development and a commitment to diversity and inclusion.

9. Profile of Prabu Christopher B

Dr. Prabu Christopher is an Associate Professor at the VIT Business School, VIT University, Vellore, with over 23 years of experience in academic research and teaching. He holds a Ph.D. in Conflict Management with a specialization in subcultural diversity. He is a Certified and trained psychological counselor, conducting regular counseling sessions to support the emotional and mental well-being of students, professionals, and members of the wider community.

10. Profile of Asha N

Dr. Asha N is a professor in School of Computer Science Engineering and Information Systems (SCORE), VIT, Vellore. She has 19 years of teaching experience in her profession. She is a dedicated, resourceful and goal-driven professional educator with a solid commitment to the social and academic growth.

Mindful productivity is about achieving more by doing less, but with heightened awareness and focus. By prioritizing meaningful work, working with your body's natural rhythms, setting boundaries, and practicing mindfulness, you can reduce stress, increase creativity, improve focus, and maintain a better work-life balance. This approach helps you work smarter, not harder, and find a balance that nourishes both body and mind, leading to a more fulfilling life. By incorporating mindful productivity into your daily routine, you can enjoy the benefits of increased productivity while avoiding burnout and cultivating a sense of well-being.

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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**