



Faculty Development Program



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

Event Outcome




Title : Promoting Mental Health and Well-being: Psychological Insights for Educators and Academic Leaders





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

Time : 10:00 - 17:30

Venue : TT KAMARAJ AUDITORIUM

- Participants will gain foundational knowledge of mental health and psychological well-being relevant to educational contexts.
- Participants will learn evidence-based strategies for managing stress and preventing burnout.
- Educators will develop skills to foster emotional resilience in themselves and their students.
- The FDP will encourage the creation of inclusive, empathetic, and mentally supportive academic environments.
- Academic leaders will be empowered to implement mental health initiatives and promote institutional well-being policies.

	<p>Resource Person 1 - Details Name : Dainu R Kuruvilla Designation : Manager Learning and Development , NA University/ Company : Tata Elxsi, Trivandrum Address : India, 000.</p>
	<p>Resource Person 2 - Details Name : Anne Vatsala Augustine Designation : Psychologist Project Development officer, NA University/ Company : Schieffelin Institute of Health Research and Leprosy Centre, Vellore Address : INDIA, 000.</p>
	<p>Resource Person 3 - Details Name : Tanu Kukreja Designation : Assistant Professor Sr. Grade 2, School of Social Sciences & Languages University/ Company : VIT, Vellore Address : India, 632014.</p>
	<p>Resource Person 4 - Details Name : Dr Arun B Nair Designation : Professor of Psychiatry , na University/ Company : Medical College, Thiruvananthapuram Address : India, 000.</p>
	<p>Resource Person 5 - Details Name : Jitesh Mogli Designation : Leadership and Life Skills Facilitator , na University/ Company : NA, Hyderabad Address : India, 000.</p>
	<p>Resource Person 6 - Details Name : Lavanya Shankar Designation : Corporate Trainer and Soft Skills Coach, na University/ Company : Arete Training Solutions, Pune Address : India, 00.</p>
	<p>Resource Person 7 - Details Name : Dr Thirumoorthy A Designation : Professor, Department of Psychiatric Social Work University/ Company : NIMHANS, Bengaluru Address : India, 000.</p>
	<p>Resource Person 8 - Details Name : Dr Sampath Kumar Designation : Professor and Head, Department of Sociology and Population Studies University/ Company : Bharathiar University, Coimbatore Address : India, 000.</p>

	<p>Resource Person 9 - Details Name : Dr Monisha K Designation : Junior Resident, Department of Psychiatry University/ Company : NIMHANS, Bengaluru Address : India, 000.</p>
	<p>Resource Person 10 - Details Name : Preeti Tabitha Louis Designation : Senior Demonstrator, Psychology University/ Company : College of Nursing CMC, Vellore Address : India, 00.</p>
	<p>Resource Person 11 - Details Name : Jisha Devakumar Designation : Lecturer, Department of Psychiatry University/ Company : CMC, Vellore Address : India, 000.</p>
	<p>Resource Person 12 - Details Name : Dr Barani Kanth Designation : Professor, Department of Applied Psychology University/ Company : Pondicherry University, Puducherr Address : India, 000.</p>

Resource Person's Profile :

1. Profile of Dainu R Kuruvilla

Leadership and Life Skills Facilitator passionate about creating spaces for transformation. She designs and delivers impactful learning experiences that foster both personal and professional growth. Her work in Self-Empowerment focuses on building emotional intelligence, sharpening interpersonal skills, and crafting authentic personal brands that inspire trust and influence.

2. Profile of Anne Vatsala Augustine

She provides compassionate, holistic care for individuals affected by leprosy and other stigmatizing conditions such as vitiligo, psoriasis, and HIV AIDS. Her work includes counselling and psychological support, helping patients cope with emotional, social, and mental health challenges while fostering dignity and well-being.

3. Profile of Tanu Kukreja

Dr. Tanu Kukreja is an academic and researcher associated with educational psychology and behavioral studies. She is a faculty member associated with the Department of Social Sciences, SSL. She has published several research papers on topics such as mindfulness, self-esteem, spirituality in undergraduate students, social media behavior, and family dynamics

4. Profile of Dr Arun B Nair

Author of 29 books, including *The Miracle of Human Bonding* and *Live Learn Look Bright*, Dr. Arun B Nair is a distinguished psychiatrist, researcher, and public educator. His research covers substance use disorders, adolescent suicide, child abuse, psychosomatic disorders, and the role of Vitamin D in mental health.

5. Profile of Jitesh Mogli

He serves as a Human Excellence Coach, Chief Fitness Architect, Well-Being Transformer, Speaker, Writer, Spiritualist, and Mentor. He embraces a holistic approach to wellness, blending mind, body, and spirit in his work.

6. Profile of Lavanya Shankar

She is a seasoned Corporate Trainer and Soft Skills Coach. With a passion for empowering individuals and organizations, she specializes in developing essential workplace competencies such as communication, leadership, emotional intelligence, and team collaboration.

7. Profile of Dr Thirumoorthy A

Serves as psychiatric social worker consultant for the Geriatric Clinic and Services at NIMHANS, which addresses neuropsychiatric challenges among older adults, such as dementia, depression, psychosis, and chronic pain. He has made notable research contributions in geriatric mental health and psychosocial care. His involvement spans topics such as the efficacy of psychosocial care training for staff in old-age homes.

8. Profile of Dr Sampath Kumar

With over 25 years of teaching and research experience, Dr. S. Sampath Kumar specializes in Gender Studies, Sociology of Health, and Sociology of Disability. He has authored 24 international and 21 national journal papers, 7 books and chapters, and developed the Marital Satisfaction Scale for caregivers of children with autism. His leadership roles include Dean of the College Development Council and Coordinator of the Community College Consultancy Centre at Bharathiar University.

9. Profile of Dr Monisha K

Her clinical and research interests include mental health of women, behavioral addictions, and mood disorders. She is passionate about bringing mental health conversations into academic and youth spaces, aiming to make psychological wellbeing accessible, relatable, and practical for students and professionals alike.

10. Profile of Preeti Tabitha Louis

Serves as Lecturer of Psychology in the Department of Behavioural Sciences at the College of Nursing, Christian Medical College (CMC), Vellore. She focusses on adolescent adjustment, self-confidence development, effective early-intervention strategies, and broader psychosocial factors influencing behavior in educational settings.

11. Profile of Jisha Devakumar

A Clinical Psychologist and Lecturer at the Adult Psychiatry Unit, CMC Vellore, Ms. Jisha Devakumar has academic training from PSG College of Arts and Science, Mount Carmel College, and an M.Phil. in Clinical Psychology from NIEPMD, Chennai. She has experience working with individuals across the lifespan, addressing emotional, behavioural, and developmental concerns, with a focus on neurodiversity.

12. Profile of Dr Barani Kanth

Currently a Professor of Applied Psychology at Pondicherry University, India. He was the recipient of the UGC Raman fellowship to conduct post-doctoral research at the Department of Psychological Sciences, Kent State University, Ohio, USA. His primary research interest includes couple and family psychology and quantitative methods in psychology with a cross-cultural perspective.

The growing demands of academic life, coupled with rapidly changing educational environments, have significantly impacted the mental health and well-being of both educators and students. This Faculty Development Programme (FDP) aims to equip participants with a deep understanding of psychological principles and evidence-based practices that support mental wellness in academic settings. Through this programme we will explore key topics including stress management, emotional resilience, burnout prevention, positive psychology, and the creation of inclusive, supportive learning environments. Through expert-led sessions, interactive workshops, and reflective discussions, participants will gain practical strategies to foster their own well-being while also becoming proactive advocates for mental health within their institutions. Designed for educators and academic leaders, this FDP underscores the critical role of mental health literacy in enhancing educational outcomes and sustaining a healthy academic community.

NIL

**Coordinator's: Prof. RASHMI M 15973 - Assistant Professor Sr. Grade 1 - SSL
Prof. PRABAKAR S 12934 - Professor Grade 1 - SSL**