



Staff Development Program



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

Title : Yoga for Holistic Well-Being: Enhancing Mental and Physical Fitness

Event Outcome

- Practice basic yogic techniques

Date : 2026-02-10 - 2026-02-10

Time : 16:00 - 17:30

Venue : ERA SEZHIYAN AUDITORIUM, MG BLOCK



Resource Person 1 - Details

Name : Mangayarkarasi Arun P

Designation : Director, Department of Physical Education

University/ Company : VIT, Vellore

Address : India, 632014.

Resource Person's Profile :

1. Profile of Mangayarkarasi Arun P

Dr. Mangayarkarasi Arun P is the Physical Education Director at VIT Vellore.

The Staff Development Programme on Yoga for Holistic Well-Being: Enhancing Mental and Physical Fitness is designed to promote comprehensive health and wellness among staff members by integrating the time-tested principles of yoga into everyday life and work culture. Present fast paced professional environment, individuals often experience heightened levels of stress, physical inactivity, and mental fatigue, which can negatively impact efficiency, well-being, and quality of life.

This programme emphasizes both the theoretical and practical aspects of yoga, including yogic philosophy, asanas, pranayama, meditation, and relaxation techniques. The sessions aim to improve physical strength, flexibility, and endurance while fostering mental clarity, emotional stability, and stress resilience. Special focus is given to mindfulness practices and lifestyle modifications that support sustainable well-being.

By encouraging a balanced mind body approach, this program seeks to enhance productivity, concentration, and interpersonal effectiveness among staff members. The programme ultimately aims to cultivate a culture of wellness, enabling participants to maintain optimal mental and physical health and contribute positively to both their personal and professional environments.

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Coordinator: Teaching Learning Centre of Excellence, VIT, Vellore