



Faculty Development Program



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

Title : Yoga and Positive Psychology for Managing Career and Life

Date : 2026-02-11 - 2026-02-11

Time : 16:00 - 17:30

Venue : ERA SEZHIYAN AUDITORIUM, MG BLOCK

Event Outcome

- Understand the core principles of Yoga and Positive Psychology and their relevance to personal



Resource Person 1 - Details

Name : Thiyagachanthan N V

Designation : Deputy Director, Department of Physical Education

University/ Company : VIT, Vellore

Address : India, 632014.

Resource Person's Profile :

1. Profile of Thiyagachanthan N V

Dr. Thiyagachandan is the former Director of the Physical Education Department, VIT Vellore.

In the contemporary professional landscape, individuals face increasing levels of stress, role overload, and challenges in balancing career demands with personal well-being. This Faculty Development Programme (FDP) titled Yoga and Positive Psychology for Managing Career and Life explores an integrative approach to enhancing holistic well-being, resilience, and sustainable performance. Yoga, rooted in ancient wisdom, offers scientifically validated practices such as asanas, pranayama, and meditation that promote physical health, emotional regulation, and mental clarity. Complementing this, Positive Psychology focuses on strengths, positive emotions, optimism, mindfulness, and meaning, enabling individuals to thrive rather than merely cope.

The FDP aims to provide participants with theoretical insights and practical tools to manage stress, improve emotional intelligence, enhance work life balance, and foster a positive outlook toward career and life challenges. Through experiential yoga sessions, reflective exercises, and evidence based positive psychology interventions, participants will develop self-awareness, resilience, and adaptive coping strategies. The programme emphasizes the application of these practices in academic and professional contexts to improve productivity, interpersonal relationships, and overall quality of life. By integrating Yoga and Positive Psychology, this FDP seeks to empower educators and professionals to cultivate wellbeing, purpose, and excellence in both career and life

YOGA MAT is required

Coordinator: Teaching Learning Centre of Excellence, VIT, Vellore