



Faculty Development Program



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

Title : Lab, Life, and Balance

Date : 2026-01-23 - 2026-01-23

Time : 10:00 - 11:30

Venue : TT 728

Event Outcome

- How to balance academic demands with a healthy social life
- How to overcome the common challenges



Resource Person 1 - Details

Name : Muralitharan Renganathan

Designation : Senior Students Counsellor Level I, Centre for VIT Happiness and Wellbeing

University/ Company : VIT, Vellore

Address : India, 632014.

Resource Person's Profile :

1. Profile of Muralitharan Renganathan

He is a Senior Students Counsellor

This session explores how research scholars can balance academic demands with a healthy social life. It highlights common challenges such as isolation, burnout, and time pressure, while offering practical strategies to maintain relationships, wellbeing, and productivity during the research journey.

No tools required

Coordinator: Teaching Learning Centre of Excellence, VIT, Vellore