



Faculty Development Program



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

Event Outcome

Title : From Stress to Strength: Mental health and resilience in academia

Date : 2026-01-27 - 2026-01-31

Time : 10:00 - 17:30

Venue : TT707

- Learn the techniques and tricks to balance work and life to improve professional performance and personal life.
- Awareness on the topic and techniques on identification and handling at serious situations.
- Measures on mental health first aid during mental break downs, mental fatigues, burnouts and stress overwhelmed
- Improvement in managing stress and overcoming mentally tiring situations.
- Developing resilience on academic demands with evidence based techniques and practices.

**Resource Person 1 - Details****Name :** Jetson Satya Gospel**Designation :** Senior Students Counsellor Level III, Centre for VIT Happiness and Wellbeing**University/ Company :** VIT, Vellore**Address :** India, 632014.**Resource Person 2 - Details****Name :** Dr Dhandapani N**Designation :** Asst Professor, Medicine**University/ Company :** Indira Medical college, Thiruvallur**Address :** India, 602001.**Resource Person 3 - Details****Name :** Dr Manoranjtham**Designation :** Retired Professor, Nursing**University/ Company :** CMC, Vellore**Address :** India, 632006.**Resource Person 4 - Details****Name :** Dr Janarthanan**Designation :** Faculty, Psychiatric nursing**University/ Company :** JIPMER, Pondicherry**Address :** India, 605006.**Resource Person 5 - Details****Name :** Dr Rithika Chandy**Designation :** Psychiatrist, Department of Psychiatry**University/ Company :** CMC, Vellore**Address :** India, 632004.**Resource Person 6 - Details****Name :** Parthiban D**Designation :** Senior Students Counsellor Level II, Centre for VIT Happiness and Wellbeing**University/ Company :** VIT, Vellore**Address :** India, 632014.**Resource Person 7 - Details****Name :** Felix Emmanuel J N**Designation :** Senior Students Counsellor Level II, Centre for VIT Happiness and Wellbeing**University/ Company :** VIT, Vellore**Address :** India, 632014.**Resource Person 8 - Details****Name :** Clinton Josph A**Designation :** Senior Students Counsellor Level II, Centre for VIT Happiness and Wellbeing**University/ Company :** VIT, Vellore**Address :** India, 632014.

	<p>Resource Person 9 - Details Name : Dhanalakshmi N Designation : Senior Students Counsellor Level II, Centre for VIT Happiness and Wellbeing University/ Company : VIT, Vellore Address : India, 632014.</p>
	<p>Resource Person 10 - Details Name : Muralitharan Renganathan Designation : Senior Students Counsellor Level I, Centre for VIT Happiness and Wellbeing University/ Company : VIT, Vellore Address : India, 632014.</p>
	<p>Resource Person 11 - Details Name : Jessica Jesudassan Designation : Residential Student Counsellor, Centre for VIT Happiness and Wellbeing University/ Company : VIT, Vellore Address : India, 632014.</p>
	<p>Resource Person 12 - Details Name : Lakshmi A Designation : Student Counsellor, Centre for VIT Happiness and Wellbeing University/ Company : VIT, Vellore Address : India, 632014.</p>
	<p>Resource Person 13 - Details Name : Reshma Kp Designation : Student Counsellor, Centre for VIT Happiness and Wellbeing University/ Company : VIT, Vellore Address : India, 632014.</p>
	<p>Resource Person 14 - Details Name : Beulah Valarmathi C Designation : Student Counsellor, Centre for VIT Happiness and Wellbeing University/ Company : VIT, Vellore Address : India, 632014.</p>

Resource Person's Profile :

1. Profile of Jetson Satya Gospel

Dr. Jetson Satya Gospel is a senior students' counsellor working in VIT university for the past 8 years expertised in dealing with depression, anxiety, PTSD and relationship cases.

2. Profile of Dr Dhandapani N

Dr. Dhandapani, Asst professor in Indira medical college, thiruvallur expertised in working with young youths and spreading awareness on mental health.

3. Profile of Dr Manoranjtham

Dr. Manoranjitham, reired professor from CMC vellore, has great experience on lecturing on the importance of work life balance and is experienced in spreading mental health awareness.

4. Profile of Dr Janarthanam

Dr Janarthanam, faculty in psychiatric nursing, JIPMER, has good experience in teaching on mental health and lecturing on the importance of mental health and resilience building.

5. Profile of Dr Rithika Chandy

Dr Ritika Chandy, Psychiatrist, CMC Vellore, is known for her work in the field of mental health and her experience in lecturing in stress management

6. Profile of Parthiban D

Mr. Parthiban, Sr. Student counsellor, has 9 years of experience in the field of counselling students with mental health issues and experienced in lecturing on the awareness on the same

7. Profile of Felix Emmanuel J N

Mr. Felix, Sr Student Counsellor, experienced in counselling students over 10 years in VIT university experienced in counselling related to relationship, PTSD, Depression and anxiety disorder.

8. Profile of Clinton Joseph A

Mr. Clinton Joseph A, Sr Student Counsellor, with past 9 years of experience in VIT in counselling students especially in various mental health issues and experienced in handling relationship issues of various age

9. Profile of Dhanalakshmi N

Dr. Dhanalakshmi, Sr Student counsellor with the past experience of working in mental health hospitals and lecturing on the mental wellbeing

10. Profile of Muralitharan Renganathan

Mr. Muralidharan, Sr Student Counsellor, experienced in the field of counselling and especially lecturing in safeguarding mental health in accordance with the current generation

11. Profile of Jessica Jesudassan

Ms. Jessica, Student Counsellor, experienced in working with adolescents kids in handling their mental health.

12. Profile of Lakshmi A

Ms. Lakshmi, Sr Student Counsellor, experienced in helping students in upgrading, maintaining and safeguarding the mental health of students of various ages.

13. Profile of Reshma Kp

Ms. Reshma, Sr Student counsellor, experienced in the assisting students, parents and various other group ages and in lecturing in the importance of mental wellbeing

14. Profile of Beulah Valarmathi C

Ms. Beulah, Sr Student Counsellor, experienced in handling mental welling of all age groups with various institutions and in lecturing the importance of mental safety

Managing stress is about calming your body, clearing your mind, and changing small habits that pile pressure on you. This is a 5 day FDP which would benefit the participants to have an overview on various topics such as Stress management, work life balance, resilience building and so on. The program will provide an overview on evidence-based strategies, with a focus on preventive and promotive mental health approaches. This will include structured relaxation techniques and self-care practices that support emotional regulation and reduce physiological arousal. Mindfulness-based interventions will be discussed as tools for enhancing attentional control, emotional awareness, and adaptive coping.

No Specific Tools are required

**Coordinator's: Prof. PERI KAMESWARA KAMESWARAN 14454 - Associate Professor
Grade 2 - SAS
Prof. THUNDIL KARUPPA RAJ R 12449 - Professor Higher Academic
Grade - SMEC**