



Faculty Development Program



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

Title : Well-being and Resilience

Event Outcome

- To Identify practical strategies to manage stress

Date : 2026-03-02 - 2026-03-02

Time : 11:45 - 13:15

Venue : TT 728



Resource Person 1 - Details

Name : Dhanalakshmi N

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

University/ Company : VIT, Vellore

Address : India, 632014.

Resource Person's Profile :

1. Profile of Dhanalakshmi N

Mrs. DHANALAKSHMI N is the senior Student Counselor at VIT Vellore.

The activity-based session focused on Well-being and resilience, which are interconnected, dynamic processes essential for navigating life's challenges. Well-being represents a state of positive mental, emotional, and physical health, while resilience is the ability to adapt, bounce back, and grow from adversity, rather than just coping with it. Research highlights that higher resilience directly correlates with better mental health, lower burnout, and higher life satisfaction by enabling flexible, positive responses to stress.

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Coordinator: Teaching Learning Centre of Excellence, VIT, Vellore