



Faculty Development Program



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

Title : FDP on Holistic Wellness Program for Healthy Lifestyle and Work Life Balance

Date : 2026-03-12 - 2026-03-12

Time : 10:00 - 13:15

Venue : KAMARAJ AUDITORIUM,
TECHNOLOGY TOWER

Event Outcome

- Participants will gain practical knowledge of ergonomics



Resource Person 1 - Details

Name : Anupama M

Designation : Chief Physiotherapist, Renus Physiotherapy

University/ Company : Renus Physiotherapy, VELLORE

Address : India, 632006.

Resource Person's Profile :

1. Profile of Anupama M

A highly successful licensed Physical Therapist with 9 years of experience in designing, teaching and implementing state-of-the-art therapy programs for patients from various parts of the state. Proven skills in running and managing own physiotherapy clinic - recognized by leading doctors from reputed medical centres. Possessing strong experience in Physiotherapy by treating over 1000 patients in a period of 3 years and conducting lectures at one of the leading paramedical college.

The wellness program aims to promote healthy lifestyle practices and ergonomic awareness among faculty members. Through expert physiotherapy guidance and interactive demonstrations, the session will equip participants with practical techniques to improve posture, prevent musculoskeletal issues, manage stress, and maintain a sustainable work life balance.

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Coordinator's: Prof. ARJUN SINGH K 20094 - Assistant Professor Sr. Grade 1 - TIFAC
Prof. SILAMBARASAN R 13155 - Development Engineer - TIFAC