



Faculty Development Program



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

Title : PATHWAYS TO HOLISTIC WELLBEING AND PROFESSIONAL DEVELOPMENT

Date : 2025-05-05 - 2025-05-09





Time : 10:00 - 17:30

Venue : PRP 765 B BLOCK

Event Outcome

- Understand the core dimensions of holistic wellbeing physical, emotional, mental, and social and their impact on personal and professional life.
- Apply mindfulness, emotional intelligence, and stress management techniques to enhance personal resilience and workplace productivity.
- Demonstrate self-awareness and goal-setting skills to align individual strengths with career development paths.
- Cultivate interpersonal and communication skills for effective collaboration, leadership, and relationship-building in diverse environments.
- Integrate lifelong learning and wellbeing strategies to create a sustainable, purpose-driven approach to personal and professional growth.

	Resource Person 1 - Details Name : MUNEER T K Designation : DIRECTOR, NIL University/ Company : KANNUR UNIVERSITY INNOVTION AND INCUBATION, THALASERRY Address : THALASERRY, 670107.
	Resource Person 2 - Details Name : ANWAR SADAD Designation : FOUNDER , NIL University/ Company : DELTA AND OLIVERIDLEY, BENGALURU Address : INDIA, 560034.
	Resource Person 3 - Details Name : CA SUMIT KEDIA Designation : CHARTERED ACCOUNTANT AND TRAINER ON GST, NILL University/ Company : TAX CONSULTANT, VELLORE Address : INDIA, 632014.
	Resource Person 4 - Details Name : RAKASUDHAN R Designation : Senior Corporate Trainer, NILL University/ Company : Six Phrase, VELLORE Address : INDIA, 632014.
	Resource Person 5 - Details Name : SANTHANALAKSHMI Designation : CHIEF MEDICAL OFFICER, NIL University/ Company : SWASAM NATURE CURE HOSPITAL, VELLORE Address : INDIA, 632006.
	Resource Person 6 - Details Name : DR KUMARAN S Designation : CO FOUNDER, NIL University/ Company : SWASAM NATURCURE AND YOGA HOSPITAL , VELLORE Address : INDIA, 632006.
	Resource Person 7 - Details Name : DR BEULAH EMMANUEL Designation : SENIOR PROFESSOR OF SOCIAL WORK AND TRAINER, NIL University/ Company : ACADEMY OF PRISONS AND CORRECTIONAL ADMINISTRATION, VELLORE Address : INDIA, 632002.
	Resource Person 8 - Details Name : KRISHNA KUMAR N Designation : FOUNDER AND CMO, NIL University/ Company : STORY TELLING CORP, CHENNAI Address : INDIA, 600004.

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	<p>Resource Person 9 - Details Name : Subashini R Designation : Associate Professor Grade 2, VIT Business School University/ Company : VIT, Vellore Address : India, 632014.</p>
	<p>Resource Person 10 - Details Name : Naiju C D Designation : Professor Higher Academic Grade, School of Mechanical Engineering University/ Company : VIT, Vellore Address : India, 632014.</p>
	<p>Resource Person 11 - Details Name : Rita Rani Bhattacharjee Designation : Sr Students Counsellor Level III and Head, Students Welfare University/ Company : VIT, Vellore Address : India, 632014.</p>

Resource Person's Profile :

1. Profile of MUNEEER T K

Dr.Muneer is a distinguished academician with an illustrious career to foster innovation and nurturing entrepreneurial ecosystems. He served as Principal at CCMY under the Ministry of Minority welfare, Kerala. He has interest in dealing with Mental well-being of employees across verticals.

2. Profile of ANWAR SADAD

Anwar Sadad is the founder of the company DELTA and co-founder of the company OLIVERIDLEY. He is interested in delivering sessions to budding entrepreneurs and professionals on creating an effective personal branding image and good social networking.

3. Profile of CA SUMIT KEDIA

Sumit Kedia is a practicing Chartered Accountant is a Partner at A K Lunawath Associates specialising in finance, investments and indirect taxes. He is presently advising a portfolio of clients from Automotive Auto Ancillaries ITAND ITES, Construction Infrastructure, Education and Entertainment Sectors. He is an advisor for various Listed entities and corporates. With the recent listing of Shree Karni Fabcom Ltd, he has facilitated and nurtured various companies towards the path of IPO.

4. Profile of RAKASUDHAN R

Mr.Rakasudhan holds Electronics and Communication Engineering with MBA. He is an Enthusiastic person with best Interpersonal Skills also an Aptitude, Reasoning and Personality Development Trainer, willing to transform the learners to be the best individual in life and business skills.

5. Profile of SANTHANALAKSHMI

Dr. Santhanalakshmi is a Doctor by profession specialised in the field of Naturopathy and Yogic-sciences. She is a very successful Doctor in her field where she is Running her own full-fledged 10 bed Residential Hospital. She gives treatment to various types of Life style diseases, life threatening diseases successfully just by implementing Natural principles and drugless therapy. She is in this Holistic healing service for more than 15 years and has been conducting various Awareness Camps. She

6. Profile of DR KUMARAN S

He is a Co-founder of Swasam Naturcure and Yoga Hospital. He is a dedicated Naturopathic Doctor with a passion for promoting holistic health and wellness. He have been privileged to embark on a journey of healing and empowerment. Over the years, He has conducted numerous awareness programs, nature cure camps, and life coaching sessions, with a special focus on educating individuals about the benefits of natural living and healthy eating.

7. Profile of DR BEULAH EMMANUEL

Dr.Beulah holds PhD in Criminology and Social Work. She serves as a Professor and trainer at Academy of Prisons and Correctional Administration, Vellore which is a pioneering Academy in the Field of Prisons and Correctional Administration in India. She is a trainer with more than 25 years of experience inspiring and altering the cognition of the people towards self-actualization

8. Profile of KRISHNA KUMAR N

Mr Krishna holds BE Mechanical and MBA and is a passionate marketing communication professional with demonstrated success in marketing, branding and communication He believes in a well crafted strategic narrative will create greater impact in positioning of the brand and business growth Has 20 years of experience across IT Telecom HRTech SaaS industries as Head of Marketing. He was selected as part of Indias first LinkedIn Creator Accelerator Program 2022 a select group of 200 creators

9. Profile of Subashini R

Dr.Subashini R is currently working as a Faculty of HRM and as Head OB, HRM, GM Division at VITBS Director ic VITCR, VIT, Vellore. Have 15 years of industry and academic experience, has 52 Journal Publications, 26 Books and Book Chapters, Presenter and chairperson for Conferences held in India, Australia, China, Dubai, Malaysia, Singapore, Spain, Srilanka, UK. Principal Investigator of 12 GOI Projects, organized 135 events 64 Invited Talks and has won many awards.

10. Profile of Naiju C D

Naiju is presently the Director of Students Welfare, VIT Vellore and Professor in SMEC, VIT, Vellore. He has three years of industrial experience and 22 years of teaching AND research experience. He has carried out many research projects and consultancy work and has published more than ninety research papers in International journals and conferences. He is a member of Institution of Engineers and Society of Automotive Engineers India and the recipient of Ralf Teetor Educational Award 2011.

11. Profile of Rita Rani Bhattacharjee

Dr. Rita Rani Bhattacharjee is an experienced counseling psychologist with over 20 years in academia and student mental health. She is the Head of Counselling Division at VIT Vellore at present since 2018. Dr. Rita holds a Ph.D. in Counseling Psychology from Avinashilingam University for Women, Coimbatore and has completed her MBA with a specialization in HRM.

Pathways to Holistic Wellbeing and Professional Development explores the interconnected dimensions of physical, mental, emotional, and social wellbeing as essential foundations for personal and professional growth. The paper highlights strategies for fostering balance through mindfulness, emotional intelligence, resilience training, and lifelong learning. It emphasizes the role of self-awareness, goal-setting, and continuous skill development in achieving career excellence while maintaining inner harmony. By integrating wellness practices with professional development frameworks, individuals can enhance productivity, creativity, and fulfillment. This approach encourages a sustainable, purpose-driven lifestyle that aligns personal values with professional aspirations, promoting overall success and long-term wellbeing.

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**Coordinator's: Prof. SUBASHINI R 10531 - Associate Professor Grade 2 - VITBS
Prof. SURAJ KUSHE SHEKHAR 14431 - Associate Professor Sr. - VITBS**