



Faculty Development Program



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

Event Outcome

Title : Shakthi To Mahashakthi: Women Welfare in Workplace

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

Time : 10:00 - 17:30

Venue : SJT507

- Creating a momentum to start follow any relaxation practices to let out their stress.
- Shown as an initiative programme proof to various committee visit (NBA and other accreditation bodies) under the category of women empowerment and gender equality category.
- Paving a way to create a women welfare cell in our institution.
- Collaboration with other experts from various domain and organizations to promote women welfare.
- Empower female faculty and staff, enhancing their understanding of issues related to women. Helping them to make an inclusive environment that may include the other women associated with them.

	Resource Person 1 - Details Name : Geetha Manivasagam Designation : Professor Higher Academic Grade, School of Healthcare Science and Engineering University/ Company : VIT, Vellore Address : India, 632014.
	Resource Person 2 - Details Name : Nalini E Designation : Assistant Professor Grade 2, School of Bio Sciences and Technology University/ Company : VIT, Vellore Address : India, 632014.
	Resource Person 3 - Details Name : Mangayarkarasi Arun P Designation : Director, Department of Physical Education University/ Company : VIT, Vellore Address : India, 632014.
	Resource Person 4 - Details Name : Rahul Vashishth Designation : Assistant Professor Grade 2, School of Bio Sciences and Technology University/ Company : VIT, Vellore Address : India, 632014.
	Resource Person 5 - Details Name : Rita Rani Bhattacharjee Designation : Sr Students Counsellor Level III and Head, Students Welfare University/ Company : VIT, Vellore Address : India, 632014.
	Resource Person 6 - Details Name : Dhanalakshmi N Designation : Senior Students Counsellor Level II, Students Welfare University/ Company : VIT, Vellore Address : India, 632014.
	Resource Person 7 - Details Name : Mrs Subathra R Designation : Founder and CEO, PVR Foods University/ Company : PVR Foods, Coimbatore Address : India, 641045.
	Resource Person 8 - Details Name : Mr Yogesh V Designation : Zumba Trainer, YDC Dance and Fitness University/ Company : YDC Dance and Fitness, Vellore Address : India, 632006.

	<p>Resource Person 9 - Details Name : Manoharan M Designation : Associate Professor Grade 2, VIT Business School University/ Company : VIT, Vellore Address : India, 632014.</p>
	<p>Resource Person 10 - Details Name : Dr Emmanuel Angelo Designation : MD Sanctuary and Senior Consultant , MD Sanctuary and Senior Consultant University/ Company : NGO, Vellore Address : India, 632006.</p>
	<p>Resource Person 11 - Details Name : Dr Senthil Kumar R K Designation : senior cardiorespiratory physiotherapist, Sri Narayani Hospital and Research Centre University/ Company : Sri Narayani Hospital and Research Centre, Vellore Address : India, 632014.</p>
	<p>Resource Person 12 - Details Name : Sivakumar A Designation : Professor Grade 1, VIT Business School University/ Company : VIT, Vellore Address : India, 632014.</p>
	<p>Resource Person 13 - Details Name : Dr Devamani Pandian Designation : Consultant HOD of Reproductive Medicine and Surgery, Sri Narayani Hospital and Research Centre University/ Company : Sri Narayani Hospital and Research Centre, Vellore Address : India, 632014.</p>

Resource Person's Profile :

1. Profile of Geetha Manivasagam

Prof. Geetha Manivasagam currently serves as the director of the Center for Biomaterials, Cellular and Molecular Theranostics (CBCMT). She is a senior professor mentoring students and faculties from various interdisciplinary departments. She is also a part of various institutional committees like the Organization for Women in Science for Developing World (OWSD), Institutional Academic Program Advisory Committee (IAPAC), and Materials Program Curriculum Development Committee (MPCDC).

2. Profile of Nalini E

Dr. E NALINI is working as an Assistant Professor Grade 1, Integrative Biology Department, School of Bio Sciences and Technology. Her Areas of Specialization are Bacterial quorum sensing, biofilm formation and quorum quenching. Gut microbiome analysis with different prebiotic and probiotic combinations.

3. Profile of Mangayarkarasi Arun P

Dr. Mangayarkarasi Arun P is working as a Director, Department of Physical Education. Department of Physical Education feels concerned about the health and fitness of VIT students and employees and organizes a tournament for them every year.

4. Profile of Rahul Vashishth

Dr. Rahul Vashishth is working as Assistant Professor Grade 2, Biosciences Department, School of Bio Sciences and Technology. His areas of specialization are food processing and preservation, new product development, raw material analysis, modification of starches and eradication of heavy metal contamination.

5. Profile of Rita Rani Bhattacharjee

Dr. Rita Rani Bhattacharjee is working as Head of the Department, Counselling Division. She did her Ph.D. in Counselling Psychology. She supports the personal, academic, and social health development of students by providing a range of programs and services.

6. Profile of Dhanalakshmi N

Dr. Dhanalakshmi N is working as a Senior Students Counsellor, Counselling Division. She did her Ph.D. in Counselling Psychology. She supports the personal, academic, and social health development of students by providing a range of programs and services.

7. Profile of Mrs Subathra R

Mrs. R. Subathra is a Founder and CEO of PVR Foods, Coimbatore. She sought to address the growing health problems in society brought on by modern eating practises. She took the help of subject experts from Central Food Technological Research Institute, Mysuru and Indian Institute of Millets Research, Hyderabad towards formulating the products. They standardized various parameters to improve the palatability and retention of nutrients.

8. Profile of Mr Yogesh V

YOGESH V is a Zumba Trainer. He aims to inspire creativity and lifelong learning through engaging dance and fitness experiences, fostering community and personal growth.

9. Profile of Manoharan M

Dr. Manoharan M is an Associate professor in VIT Business School.

10. Profile of Dr Emmanuel Angelo

Dr Emmanuel Angelo is working as MD Sanctuary and Senior Consultant (PRISM).

11. Profile of Dr Senthil Kumar R K

Dr Senthil Kumar R K is a senior cardiorespiratory physiotherapist Sri Narayani Hospital and Research Centre

12. Profile of Sivakumar A

Dr. SIVAKUMAR A is working as a Professor in VIT Business School. He completed post-doctoral research at TU Delft Netherlands. He served as a Guest

Columnist in RetailBiz a specialist Economic Times magazine focusing on the retail sector. He has contributed to ACBSP accreditation. He has consulted organizations like CAMPCO, Mahyco and Corporation Bank.

13. Profile of Dr Devamani Pandian

Dr. Devamani Pandiyan is a Consultant and HOD, Reproductive Medicine and Surgery in Sri Narayani Hospital and Research Centre, Vellore.

Women are the striving force and play different roles such as mom, sister, daughter, deans, and heads of various departments. All women should have a work life balance with good physical and mental health in spite of their busy schedules. This FDP is planned to conduct only for the women faculty and staff. The main aim of the programme is to improve women faculty and staff mental and physical health by conducting sessions on Stress and Time management, Food and Nutrition, Health beyond 40, Entrepreneurship, Yoga, Zumba, Folk art sessions, Laughing and Music Therapy. It will be a rejuvenating programme to make them relax and face a new academic year with good energy.

Handson sessions, Video Presentations, Physical Activities, Role play

Coordinator's: Prof. BHUVANESWARI M 18866 - Assistant Professor Sr. Grade 2 - SCOPE
Prof. ANUSHA N 18867 - Associate Professor Grade 1 - SCOPE