



Faculty Development Program



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

Event Outcome








Title : Building Mental Health Awareness in Academic Spaces: Tools for Educators and Administrators

Date : 2025-10-06 - 2025-10-10

Time : 10:00 - 17:30

Venue : TT 725

- Participating Faculty members develop a deeper understanding of the significance of mental health in both personal and professional life.
- Participants would understand the purpose of life and the importance of people relationship in life
- The programme will enhance the capacity of participants to create inclusive empathetic and supportive academic environments
- Ultimately the programme will contribute to building sustainable mentally healthy academic spaces that promote academic excellence alongside holistic well being
- Participants benefit from understanding the need of healthy life pattern

 <p>VIT[®] Vellore Institute of Technology <small>(Deemed to be University under section 3 of UGC Act, 1956)</small></p>	<p>Resource Person 1 - Details Name : MsJisha Devakumar Designation : Lecturer, Department of Psychiatry Christian Medical College Vellore University/ Company : Christian Medical College Vellore , Vellore Address : India, 632007.</p>
 <p>VIT[®] Vellore Institute of Technology <small>(Deemed to be University under section 3 of UGC Act, 1956)</small></p>	<p>Resource Person 2 - Details Name : Anne Vatsala Augustine Designation : Psychologist Project Development Officer, Schieffelin Institute of Health Research and Leprosy Centre University/ Company : Karigiri, Katpadi Address : India, 632014.</p>
 <p>VIT[®] Vellore Institute of Technology <small>(Deemed to be University under section 3 of UGC Act, 1956)</small></p>	<p>Resource Person 3 - Details Name : Prince Annadurai Designation : Associate Professor and Head, Department of Social Work Madras Christian College University/ Company : Department of Social Work Madras Christian College, Chennai Address : India, 600059.</p>
 <p>VIT[®] Vellore Institute of Technology <small>(Deemed to be University under section 3 of UGC Act, 1956)</small></p>	<p>Resource Person 4 - Details Name : RRohini Designation : Master Trainer Tamil Nadu Police wellbeing Programme and family Counsellor , SRM Institute of Science and Technology University/ Company : Kattankulathur, Chennai Address : India, 603203.</p>
 <p>VIT[®] Vellore Institute of Technology <small>(Deemed to be University under section 3 of UGC Act, 1956)</small></p>	<p>Resource Person 5 - Details Name : Johannes Samuel Designation : Assistant Professor, Department of Social Work University/ Company : Madras Christian College Chennai, Chennai Address : India, 600059.</p>
 <p>VIT[®] Vellore Institute of Technology <small>(Deemed to be University under section 3 of UGC Act, 1956)</small></p>	<p>Resource Person 6 - Details Name : Rachel Designation : Assistant Professor, Department of Social Work Madras Christian College University/ Company : Madras Christian College, Chennai Address : India, 600059.</p>
 <p>VIT[®] Vellore Institute of Technology <small>(Deemed to be University under section 3 of UGC Act, 1956)</small></p>	<p>Resource Person 7 - Details Name : Samu Designation : Secretary Tirupattur Kalaithai kalaikuzhu , Folk Arts Academy University/ Company : Tirupattur Kalaithai kalaikuzhu , Torupattur Address : India, 635601.</p>

**Resource Person 8 - Details****Name :** Sudheer C V**Designation :** Assistant Professor, School of Social Sciences & Languages**University/ Company :** VIT, Vellore**Address :** India, 632014.**Resource Person 9 - Details****Name :** Tanu Kukreja**Designation :** Associate Professor Grade 1, School of Social Sciences & Languages**University/ Company :** VIT, Vellore**Address :** India, 632014.**Resource Person 10 - Details****Name :** Poonam Sharma**Designation :** Associate Professor Grade 2, School of Social Sciences & Languages**University/ Company :** VIT, Vellore**Address :** India, 632014.**Resource Person 11 - Details****Name :** Clinton Joseph A**Designation :** Senior Students Counsellor Level II, Students Welfare**University/ Company :** VIT, Vellore**Address :** India, 632014.

Resource Person's Profile :**1. Profile of MsJisha Devakumar**

NA

2. Profile of Anne Vatsala Augustine

NA

3. Profile of Prince Annadurai

NA

4. Profile of RRohini

NA

5. Profile of Johannes Samuel

NA

6. Profile of Rachel

NA

7. Profile of Samu

NA

8. Profile of Sudheer C V

NA

9. Profile of Tanu Kukreja

NA

10. Profile of Poonam Sharma

NA

11. Profile of Clinton Joseph A

NA

Academic institutions are more than just places of teaching and learning, they are communities where both educators and students experience pressures, expectations, and personal struggles. In such environments, conversations about mental health often remain overlooked, despite their direct influence on performance, relationships, and overall well-being. This Faculty Development Programme (FDP) aims to open a dialogue on the importance of mental health awareness within academic spaces. Rather than treating mental health as a secondary concern, the programme positions it as a core element of effective teaching and leadership. Participants will be introduced to practical tools for recognizing early signs of stress, supporting colleagues and students in need, and building resilience in themselves. Through engaging sessions and shared reflections, the FDP encourages educators and administrators to cultivate compassionate practices and shape institutions where well-being is seen as integral to academic success.

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**Coordinator's: Prof. GEETHA R 12947 - Assistant Professor Sr. Grade 2 - SSL
Prof. RAJAMEENAKSHI J 21202 - Assistant Professor Sr. Grade 1 -
SSL**