



Staff Development Program



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

Title : Staff Development Programme on Stress Management - Batch 3

Date : 2025-09-04 - 2025-09-04

Time : 16:00 - 17:30

Venue : KAMARAJ AUDITORIUM

Event Outcome

- Participants will effectively apply stress reduction techniques in the daily work life.



Resource Person 1 - Details

Name : Albert Alexander S

Designation : Associate Professor Sr., School of Electrical Engineering

University/ Company : VIT, Vellore

Address : India, 632014.

Resource Person's Profile :

1. Profile of Albert Alexander S

Dr.S. Albert Alexander is the recipient of prestigious Raman Research Fellowship from the University Grants Commission (Government of India). He was a Postdoctoral Research Fellow from Northeastern University, Boston, Massachusetts, USA. His current research focuses on fault diagnostic systems for solar energy conversion systems and smart grids. He has 19 years of academic and research experience. His Ph.D. work on power quality earned him a National Award from ISTE.

The Staff Development Programme on Stress Management aims to equip participants with practical strategies to identify, manage, and reduce workplace stress, enhancing overall well-being and productivity. Through interactive sessions, relaxation techniques, and real-life case discussions, participants will learn effective coping mechanisms, mindfulness practices, and positive communication skills. The programme fosters self-awareness, resilience, and work-life balance, enabling staff to handle challenging situations with composure. By integrating theory with experiential learning, it promotes a healthier work environment and sustained motivation. The initiative aligns with organizational goals of improving employee satisfaction, reducing burnout, and enhancing performance.

nil

Coordinator's: Prof. THENMOZHI M 13314 - Assistant Professor Sr. Grade 2 - SSL
Prof. ALBERT ALEXANDER S 19693 - Associate Professor Sr. -
SELECT