

# Report on

## Report on Faculty Wellness Programme (FDP)-2025



*Organized by*

**College of Allied Health Sciences**

Faculty of Medicine & Health Sciences  
SRM Institute of Science and Technology  
Tiruchirappalli Campus



## **SRM INSTITUTE OF SCIENCE AND TECHNOLOGY**

**Tiruchirappalli**

### **COLLEGE OF ALLIED HEALTH SCIENCES**

We Faculties of Clinical Psychology Department invite you to

## **Faculty Wellness Program - (FDP) Recharge, because you matter: A Mindful break**

**Venue: IST 6th floor**

**Room No 611**

**Date:14/10/2025**

**Timing: 10:00 A.M to 01:00 P.M**

**Dr. R. Shivakumar**

Chairman

SRM Group of Institutions  
Chennai-Ramapuram & Tiruchirappalli

**Shri. S. Niranjan**

President-SRMIST & Co-Chairman

SRM Group of Institution  
Chennai-Ramapuram & Tiruchirappalli

**Will Preside**

**Prof.(Dr.) Md. Sameeruddin Khan**

Pro-Vice Chancellor

SRM Institute of Science and Technology, Tiruchirappalli

**Prof. Dr. V. P. R. Sivakumar**

Assistant Director-FMHS

Dean, College of Physiotherapy

SRMIST, Tiruchirappalli

**Will Felicitate**

**Chief Guest**

**Dr.Sandhiya**

Assistant Professor

Department of Psychiatry

SRM MCHRC-TRC

**ORGANIZERS**

**Dr.K.Kumar Ebenezar**

Professor and Principal of CAHS

SRMIST, Tiruchirappalli

**&**

**Ms. Thamaraiselvi K**

Lecturers CAHS



E Certificates will be provided

**Ms. Janice Arul I**

**Ms .Shalini S**

**Mrs.Vasavi R**

**Ms. Gayathrie J**

**About the program:**

The Department of Clinical Psychology, College of Allied Health Sciences, SRM Institute of Science and Technology, Tiruchirappalli, successfully organized a rejuvenating Faculty Wellness Program (FDP) titled ***“Recharge, because you matter: A Mindful Break”*** on 14th October 2025. The initiative was designed to promote mindfulness, self-care, and stress management among faculty members, creating a space for reflection, emotional balance, and overall well-being. The session also aimed to empower educators to incorporate these principles into their teaching practices and interactions with students.

**Program Highlights:**

The FDP commenced with a **welcome address** by **Dr.K. Kumar Ebenezar, Professor & Principal**, College of Allied Health Sciences. He warmly welcomed all dignitaries, resource persons, and participants, highlighting the importance of faculty wellness and mindful living.

The session was presided over by **Prof. (Dr.) Md. Sameeruddin Khan**, Pro-Vice Chancellor, SRMIST, Tiruchirappalli. The gathering was felicitated by **Prof. (Dr.) V. P. R. Sivakumar**, Assistant Director-FMHS & Dean, College of Physiotherapy, SRMIST, Tiruchirappalli.

The **Chief Guest, Dr. Sandhiya**, Assistant Professor, Department of Psychiatry, SRM MCHRC-TRC, led the session with an engaging and reflective presentation on Mindfulness, Emotional Intelligence, and Work-Life Balance. She shared valuable insights into recognizing stress triggers, maintaining emotional balance, and integrating mindfulness techniques into everyday life.

The session further emphasized the development of **Emotional Intelligence and Resilience** among faculty members and discussed strategies to foster these qualities in students. Participants were guided through mindfulness exercises and self-reflective activities that encouraged self-awareness, empathy, and stress management.

**Activity Sessions**

The program featured a series of experiential and therapeutic activities designed to foster reflection, creativity, and mindfulness among faculty members. These activities helped 25 participants connect with their emotions and explore healthy ways of managing stress and improving well-being.

1. **Scenario Card Activity:** Participants engaged with real-life scenario cards depicting common stress or work-related challenges. They reflected on emotional responses, coping styles, and adaptive strategies, promoting self-awareness and empathy in handling similar situations.

2. **Art Therapy Session:** Through expressive drawing and color-based exercises, participants visualized their emotions, stressors, and sources of motivation. This non-verbal approach encouraged emotional release, creativity, and self-reflection, enhancing psychological relaxation.
3. **Guided Imagery Practice:** Faculty members were led through a guided imagery meditation designed to induce calmness and mental clarity. This practice allowed participants to visualize peaceful environments and reframe stressful thoughts, fostering relaxation and emotional balance.
4. **Movement Therapy:** The session concluded with a short movement-based mindfulness activity. Gentle stretching and rhythmic movement were used to reconnect the mind and body, reduce tension, and promote a sense of vitality and energy among participants.

These engaging activities created a safe and supportive environment where faculty could reflect, share, and recharge both mentally and physically.





