



## **REPORT**

### **Faculty Development Programme on Exploring Wellness: A Research Based Workshop**

**Organised by**

**Department of Biomedical Engineering**

School of Bio-Engineering

Faculty of Engineering and Technology

**SRM Institute of Science and Technology**

**In collaboration with**

**Department of Anatomy,**

**SRM Medical College Hospital and Research Centre**

**12<sup>th</sup> to 13<sup>th</sup> February, 2025**

#### **CONVENERS**

**Dr. T. Jayanthi**, Associate Professor, Biomedical Engineering

**Dr. Rohit Gupta**, Assistant Professor, Biomedical Engineering

## **ABOUT THE WORKSHOP**

The department of Biomedical Engineering, since its inception has been organising various technical events every year to impart knowledge to the students and teaching fraternity about the emerging technologies in wellness. This workshop focuses on holistic health and wellness, covering topics such as joint health, mental well-being, and workplace physical activity. Hands-on sessions include strength and endurance testing, heart rate variability (HRV) analysis, and culinary innovation for healthy eating. The event features expert talks from orthopaedic surgeons, physiotherapists, biomedical engineers, and lifestyle medicine specialists.

## **TARGET PARTICIPANTS**

Faculty, students, professionals from all science and engineering disciplines

## **REGISTRATION**

Registration fee: Rs.200

**Link for registration:** <https://forms.gle/9ZgFUEbfugegD4PYA>

## **SPONSORSHIP**

**Workshop Sponsors:**

**Gentech - Rs.20,000**

**Jajal – Rs.15,000**

## PROGRAMME SCHEDULE

**Registration : 12th Feb From 9:00 am – 9:30 am**

**Inauguration of the Program : : 12th Feb 9:35 – 10:00 am**

**Venue: Demo Hall 2 (Next to Anatomy Museum) Dept of Anatomy, SRM Medical College Hospital and Research Centre**

<i>Date</i>	<i>Time</i>	<i>Speaker</i>	<i>Title</i>
12 <sup>th</sup> Feb	10:15 – 11:00 am	Dr. C. Prabakaran, M.S (Ortho) Consultant Orthopaedic Surgeon One Health Hospital	Optimizing Joint Health: Preventive Practices and Wellness Strategies
	11:00 – 11:15 am	<b>TEA BREAK</b>	
	11:15 am – 12:20	Dr.N. Pratheepa Sivasankari Professor, Department of Anatomy, SRM Medical College Hospital & Research Centre	Mental Wellness and Its Connection to Physical Health
	12:30 – 1:30 pm	<b>LUNCH BREAK</b>	
	1:30 – 2:30 pm	Dr. Harilingam Clinical Physiotherapist SRM College of Physiotherapy Kattankulathur	Activity based session on Strength and Endurance Testing and Balance & Stability Check
	2:30 – 2:45 pm	<b>TEA BREAK</b>	
	2:45 – 3:45	Dr. K. Baskaran Bio Medical Engineer & South Regional Manager, Gentech Marketing and Distribution Pvt. Ltd., South Region	Hands on session on HRV and its relation to exercise physiology
13 <sup>th</sup> Feb	10:00 am – 10:50 am	Dr.Rashmi Rithusha Venugopal Post graduate in Lifestyle Medicine, CMC Vellore	The Invisible Prescription
	10:50 – 11: 00 am	<b>TEA BREAK</b>	
	11:00 am – 12:30	Dr.Rashmi Rithusha Venugopal Post graduate in Lifestyle Medicine, CMC Vellore	Hands on - Culinary innovation - crafting delicious, healthy desserts
	12:30 – 1:30 pm	<b>LUNCH BREAK</b>	
	1:30 pm – 2:30	Prof. Saravana Hari Ganesh Professor, SRM College of Physiotherapy Kattankulathur	Are you active? - Physical activity in work place
	2:30 – 2:45 pm	<b>TEA BREAK</b>	
	After 2:30	Convenor	Valedictory and Certificate Distribution

### List of Participants

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*\* Department faculty – Hence registration fee was not collected*

## SAMPLE PHOTOGRAPHS







## WORKSHOP OVERVIEW

**Title: Exploring Wellness: A Research-Based Workshop**

**Venue:** New building / Annexure building, Demo hall – 2, Department of Anatomy, SRM Medical College Hospital & Research Centre

**Organized by:** Department of Biomedical Engineering, College of Engineering and Technology & Department of Anatomy, SRM Medical College Hospital & Research Centre

**In Collaboration with:** Gentech Inspiring Research & BioPac Systems

**Duration:** Two Days (12-13Feb, 2025)

**Total Participants Registered:** 40 (External 35)

**Faculty Participants:** 10

**Student Participants:** 30

The workshop commenced with a formal Inaugural Session, Welcome Address by Dr. T. Jayanti, Inaugural Address by Dr. S. Sundarapandian, Professor and Head, Department of Anatomy, SRM Medical College Hospital & Research Centre, and Felicitation of the Distinguished Speaker: Dr. Harilingam.

The first day covered fundamental aspects of orthopedic care, trauma management, mental wellness, and physiological assessments, providing participants with a holistic understanding of healthcare and research methodologies.

The 1<sup>st</sup> session was taken by Dr. C. Prabakaran on Orthopedics and Trauma Care. It provided an in-depth discussion on pediatric orthopedics, trauma care, and ultrasound-guided procedures. It highlighted emerging trends in orthopedic treatments and the role of technological advancements in patient care. The session shared real-world clinical experiences to help participants connect theory with practical applications.

The 2<sup>nd</sup> session was delivered by Dr. N. Pratheepa Sivasankari on Mental Wellness & Its Connection to Physical Health. It explored the impact of mental well-being on physical fitness and rehabilitation outcomes. The speaker also discussed stress management strategies, neurophysiological responses, and psychological interventions for overall health improvement.

The 3<sup>rd</sup> session was a more Interactive Session on Strength, Endurance, Balance, & Stability by Dr. Harilingam. The hands-on session focused on improving posture, flexibility, and movement coordination. The session demonstrated practical techniques for enhancing muscle endurance and stability, which is essential for rehabilitation and sports sciences.

The 4<sup>th</sup> session was taken by industry expert Dr. K. Baskaran on HRV & Exercise Physiology. The speaker introduces Heart Rate Variability (HRV) as a key marker of physiological health and explains how exercise physiology can be integrated into wellness programs to monitor cardiovascular health and stress resilience.

The second day delved into lifestyle medicine, workplace wellness strategies, and the physiological implications of sedentary behavior. The focus was on implementing research-based approaches to promote long-term health and well-being.

On 2<sup>nd</sup> day, 1<sup>st</sup> session was taken by Dr. Rashmi Rithusha Venugopal on The Invisible Prescription. Mam discussed lifestyle medicine approaches and how nutrition plays a crucial role in overall well-



being. Also, conducted an interactive demonstration on crafting healthy desserts, integrating the principles of culinary medicine into daily life.

Prof. M. Saravana Hari Ganesh conducted the next session on Physical Activity & Workplace Wellness. This session addressed the critical question: Are You Active? It explored WHO recommendations on physical activity and their relevance to bone health. It also analysed the impact of sedentary lifestyles on metabolic health and workplace productivity. The speaker discussed and provided practical strategies to incorporate movement into daily routines, improving long-term health outcomes.

The workshop fostered a collaborative learning environment with interactive Q&A sessions, case study discussions, and hands-on activities. Participants engaged in:

- Live demonstrations of diagnostic tools for health assessment.
- Discussions on the latest research trends in wellness and rehabilitation.
- Opportunities to network with experts and peers from different institutions.

### **ACKNOWLEDGEMENT**

First and foremost, our sincere thanks to the Dean, School of Engineering and Technology for granting us the necessary permissions and support to bring this event to life. A special note of appreciation to Dr. Sundarapandian, Head of the Department of Anatomy, SRM Medical College Hospital & Research Centre, for providing the space, facilities, and fostering valuable collaborations. We are also deeply grateful to Dr. Snehalatha, Head of the Department of Biomedical Engineering, for her unwavering support throughout the planning and execution of this event. A heartfelt thank you to Dr. Pratheepa, Professor, Department of Anatomy, for her instrumental role in inviting the distinguished speakers. We extend our deepest gratitude to our esteemed speakers for sharing their expertise and insights:

- Dr. C. Prabakaran, Dr. Harilingam, Dr. K. Baskaran, Dr. Rashmi Rithusha Venugopal, Prof. Saravana Hari Ganesh

A special acknowledgment to Dr. Rohit Gupta, Assistant Professor, for his invaluable assistance throughout the planning and execution of this event. Finally, a sincere thank you to all participants, students, and faculty members for your enthusiastic involvement—their engagement made this event truly meaningful.



Convenor



Co-Convenor