

SHAILAJA SHASTRI



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PROFILE

Founder Director, Training and Research Initiatives (TRI)

An accomplished trainer, empathetic counselor & an inspiring researcher

SPECIALIZATION

Corporate Training

Life Skills Training

Counseling

Teacher Training

DISTINCTIONS

Professional

Certified Trainer – Dale Carnegie
Certified Trainer – Cambridge Teacher
Education Programmes
Course on Future of Learning,
Harvard Graduate School of Education

Domain Specific

Consultant, Mission10x,
Wipro Technologies
Principal Investigator, Impact Study,
Mission10x.
Consultant, Employee Satisfaction Survey
Triveni Turbines Ltd

Academic

2nd Rank in M.Phil, M.A. and B.A
Guided 5 Ph.D. and 13 M.Phil Students
Undertaken independent Research
Presented papers at International
Conferences

EDUCATION

PhD in Psychology
Bangalore University, Bangalore, India 1995

M.Phil in Psychology
Bangalore University, Bangalore 2nd Rank 1990

Master of Arts: Psychology
Bangalore University, Bangalore – India 2nd Rank 1989

Bachelor of Arts
Mangalore University, Mangalore 2nd Rank 1987

RELEVANT EXPERIENCE

Professor and Head, Department of Psychology, Jain University
 Lead the Department in its research, teaching, training and consultancy programmes 2013-16

Founder Director, Training and Research Initiatives (TRI) 2016 onwards
 Designed, Developed and Implemented Range of Training Programmes for diverse stake holders from Corporate Houses to Educational Institutions

Dean - Psychology, International Academy for Creative Teaching, Jain Group of Institutions 2005-2011
 Designed, Developed and Implemented all training instruments related to Psychology, Counseling and Parenting for the teacher training academy

Faculty, International Academy for Creative Teaching 2002-05
 Designed and Taught the Course on Counseling Skills for students in the Diploma on Creative Teaching Course

Guest Faculty, Dept of Psychology, Bangalore University 1995-2002

TRAINING RECORD

Conducted over 500 workshops and trained over 15000 participants at multiple levels. The range includes Senior and Mid-Career Corporate executives, Entry level professionals, Faculty of Colleges and Schools. The training encompassed soft skills, counseling, pedagogical techniques and parenting strategies. As part of MISSION10X, have conducted over 200 workshops and trained over 6000 engineering college Faculty. Have also trained the Masters Trainers as part of the Programme

Research experience :

- Have been a Resource Person teaching courses in Research Methodology and Core Psychology in the Ph.D. Programme of Jain University since January 2010
- Has successfully guided 5 Ph.D and 13 M.Phil students as doctoral supervisor.

Details of Research projects (last five years)

- Developing activity based/ theme based learning material for the classrooms from Kindergarten to Grade 4 awarded taken up in 2009-11. Taken up through CERSSE
- Impact of Mission10X intervention on the Teaching Styles of Faculty: An Empirical Study. Released released by IIT Madras Director Prof Bhaskar Ramamurthi on May 2012 and published as a report
- Psychological Interventions for Parents of Adolescents Quality of Higher Education in India: Defining Parameters, Creating Resources and Evolving Models- Principal investigator. ICSSR Project awarded in 2013 worth 25 Lakhs
- Developing the Passion Test for Basket Options Pvt Limited in September 2013
- Training College students on select Life Skills in September/October 2013 at NMKRV College For Women, Bangalore

Details of Consultancy services

Shailaja Shastri has been a consultant to-

- ❖ Mission10x as the key content developer and Principal Trainer for the training Programmes for Engineering Faculty since 2007
- ❖ Invited to be a part of PINNACLE-Training Programme for newly recruited employees of Wipro

Educational Institutions : developed Training Programmes for the Faculty, Students and Parents

- ❖ Nitte Group of Institutions, Karkala and Mangalore
- ❖ New Horizon Group of Institutions, Bangalore
- ❖ Guru Nanak Institute of Technology, Bidar
- ❖ Poornaprajna Group of Institutions, Bangalore
- ❖ Little Daffodils School, Calicut

- ❖ KLE group of Institutions
- ❖ Vellore Institute of Technology
- ❖ BMS College of Engineering
- ❖ Sheshadripuram College

Dr. Shailaja Shastri has conducted training of Government Officers

- ❖ Assistant Engineers from KUWSDB, Bangalore 2013
- ❖ BMTC depot Managers, Bangalore, 2013
- ❖ Assistant Directors of Silk Board of India, 2012
- ❖ Newly recruited Agricultural Officers , October, 2012

Dr. Shailaja Shastri is in the BOS of

- ❖ M.Sc., Holistic Psychological Counselling, Roshni Nilaya, School of Social Work, Mangalore
- ❖ Department Post Graduate Studies in Psychology, CMR Group of Institutions, Bangalore

Industry experience:

- Consultant, Mission10x, Wipro Technologies
- Principal Investigator, Mission10x Impact Study, WIPRO Technologies
- Conducted Employee Perception Survey for Triveni Turbines limited, in 2012 and 2014. This involved developing a questionnaire based on the EFQM model, administering the same to around 400 employees and generating a report based on the same.
- Conducted Society Perception Survey for Triveni Turbines limited, in 2012 and 2014. The objective of this survey was to explore and chart the perceptions of stakeholders of the company. This involved developing a questionnaire, administering the same to the stakeholders and generating a report based on the same.

- Conducted need analysis, identified the areas of training required and executed the training for the employees of Kaypee Electronics & Associates Private Limited in 2013
- Performance appraisal of Managers and training: Career Competency Catalyst at SUCO Bank in 2014

International Invitations:

- Participated in the `Future of Learning` Dialogue at the Harvard Graduate School of Education from 30 July to 2 August 2013. Dr Howard Gardner and Dr. David Perkins led the Dialogue. The dialogue was along three stands: Globalization, Digitalization and New Frontiers of Mind.
- Participated in the Design Thinking Experiment held at Harvard Graduate School of Education
- Keynote speaker at the International Conference on Applied Psychology (ICAP) in Sri Lanka in 2014.
- Has delivered talks at Bolton University, UK twice-
 - In October, 2014 on 'Higher Education: Bringing Creativity To The Centre-Stage'
 - In April, 2015 on 'What can European Psychology can learn from Indian Psychology?' , 'Beyond the three Bs - Books, Blackboards and Boring lectures: Emerging trends in India' and 'Professional Women in India- The Way Forward'.

Specialized training areas

- Has been trained in 'Gender Sensitivity in Workplace' By Deloitte, India, 2011
- Trained on Dale Carnegie "High Impact Teaching Skills" conducted by Dale Carnegie and associates, Inc, Trainer. November 2008 and in December 2009 advanced course. Is a certified trainer for the same.
- Has been certified by Cambridge International Certificate for teachers and trainers- Master trainer Programme, conducted by Cambridge University and organized by Wipro, Talent Transformation center, Bangalore. 2008.

List of publications (during last five years)

- Madhavi, R, Iyer, E & Shastri, S (2016). Challenges of gauging Productivity in Teaching in Higher Education – A Study. *International Journal of Research in Commerce and Management* (Accepted for Publication)
- Madhavi, R, Iyer, E & Shastri, S (2016). Relationship Of Spirituality, Emotional Intelligence And Productivity Among Academicians In Higher Education – A Socio-Demographic Analysis. *GE-International Journal of Management Research*. 4 (12). 196-219.
- Muralidhar, M and Shastri, S (2016). Parental Supervision Practices and Aggressive Behaviours in Children: a Correlational Study. *Indian Journal of Allied Psychology*
- Muralidhar, M and Shastri, S (2016). Aggressive Behaviour among Elementary School Children in Bangalore: A Study on Gender and Grade Differences. *International Journal of Indian Psychology*
- Vasudev, S and Shastri, S. (2016) .Effect of Hands on Reiki on Perceived stress among software professionals in Bangalore. *International Journal of Recent Scientific Research*
- Vasudev, S and Shastri, S. (2016). Effect of Distance Reiki on Perceived Stress among software professionals in Bangalore. *International Journal of Indian Psychology*. July-September 2016
- Shree Krishna P V & Shastri, S (2016). A Correlational Study on Stress and Dimensions of Parenting. Paripex- Indian Journal of Research, Vol. 5. Issue, 09, pp. 148-154. ISSN No. 2250-1991.
- Krishna, S and Shastri, S (2015). Communication Patterns and Dimensions of Parenting: A Correlational Study, *International Journal of Current Research (IJCR)*, 7 (4), 15127-15134, Impact Factor SJIF: 5.349. ISSN: 0975-833X
- Murthy, MN & Shastri, S (2015). Job Satisfaction Experienced By Employees: A Comparative Study. *The International Journal Of Humanities & Social Studies*. 3(7). 292-299.
- Murthy, MN & Shastri, S (2015). Gender Difference in Job Satisfaction of Employees Working in Private and Public Sector. *International Journal of Innovative Research & Development*. 4(8). 250-257.
- Murthy, MN & Shastri, S (2015). A Qualitative Study on Work-Life-Balance of Employees Working in Private Sector. *International Journal of Recent Scientific Research Research*. 6(7). 5160-5167.
- Shastri, S (2014). Higher Education: Bringing Creativity to the Centre State, *Journal of Social Discourse*. 2, ISSN 2348 – 6378

- Swamy, D & Shastri, S (2014). Comparison of Student Achievers across Two Cities of Karnataka through Focus Group Discussions, *International Journal of Recent Scientific Research*, 5, (5), ISSN: 0976-3031
- Swamy, D & Shastri, S (2014). Psychological Factors Influencing Academic Achievement: A Review of Studies, *Journal of Research, Extension and Development*, 3 (3), ISSN: 2319-1899, Impact Factor: 3.9
- Puttaraju, S& Shastri, S (2014). Education: Empowering minds selectively? *Indian Journal of Psychological Sciences*
- Kannagara, C.S. & Shastri, S (2014). Exploring Creativity: Creativity, Cognitive Styles and Learning Styles among Engineering and Computing Students .*SAARC Journal of Educational Research*, 11, ISSN: 1391-1880
- Shastri, S & Joseph, J (2013).The Turnover Intention and Turnover In Indian IT Industry – HR Personnel Perspective *International Journal of Innovative Research & Development*, 2 (7), ISSN: 2278 – 0211
- Shastri, S & Joseph, J (2013). Turnover Intention and Turnover in Indian IT Industry – Perspective of Employees who Shifted Jobs. *International Journal of Scientific Research*. 2 (9), 386-391. ISSN: 2277 – 8179
- Shastri, S & Nagaraj, V (2013). Achievement motivation of students. *Paripex-Indian journal of research*, 2 (8). .19-22. 2250-1991
- Shastri, S &Nagaraj, V (2013). Learning Preferences among Students. *IOSR Journal Of Humanities And Social Science*, 15 (6), 26-32. 2279-0845
- Shastri, S & Burman, S (2013), Occupational Stress and Organizational Commitment of Employees in Virtual and Traditional Teams: A Comparative Study. *Indian Journal of Scientific Research*. 2 (10), 2319-64. IF 0.3317
- Shastri, S (2012). Study of Employee Perception for Triveni Turbines Limited. Published by the company
- Shastri, S (2011). Impact Study of Mission 10x for WIPRO. Published by the company

Books Published

- Shastri, Shailaja with Nayanatara Kurpad (2014), Exploring Creativity and Creative Individuals, LAP Lambert Academic Publishing. ISBN-13: 978-3659538285
- Raju, R & Shastri, S (2014). *Impact of Competitive and Cooperative Learning Environment on Students*.LAP Lambert Academic Publishing. ISBN-13:978-3659608124