

# Prof. (Dr.) Shailaja Shastri

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For the last 30 years, Dr. Shailaja Shastri has been a teacher, trainer, researcher, counsellor and an advocate for the cause of mental health and education. Dr. Shailaja holds a Masters, M. Phil and Ph.D. degree in Psychology. From 2016 to 20, she was the Director of Training and Research Initiatives (TRI) – a psychological solutions company and mental health resource hub at Bengaluru. Earlier to that, she was a Professor and the Head of the Department of Psychology at Jain University and was also the Dean of Psychology at the International Academy for Creative Teaching.

Actively engaged in research, she has successfully guided 9 PhD and 17 M.Phil scholars. Dr. Shailaja holds more than 25 publications in refereed research journals.

A certified Cambridge University facilitator and Dale Carnegie Trainer, Dr Shailaja had conducted over 800 workshops, involving more than 10000 participants, for leading corporate houses, college faculty, school teachers, parents and young learners. She has a broad spectrum of experience in the field of training having trained employees of Government Undertakings as well as companies like Kaypee Electronics, Karle Infra and WIPRO among others. She was also a consultant to WIPRO's prestigious Mission10X and has conducted workshops for Engineering College faculty across the country. She has been invited by corporates like



Triveni Turbines Limited and Cognizant to be a consultant in their research projects.

Dr. Shailaja was invited to be a part of the Future of Learning organized by the Harvard Graduate School of Education. She was part of the core group that participated in the design thinking experiment and to discuss how class rooms need to change in future.

One of her special interest is 'Parenting' and she has conducted several workshops in collaboration with schools and corporate houses. She has partnered with Open Face Media House and has brought out a series of six video interviews on the 'Art of Parenting Millennials' which is now available on YouTube.

Another of her significant achievement has been the development of an innovative `Life Skills` program for students which is now being implemented in several schools/colleges across the country.

During the covid times she has been actively involved in conducting webinars on topics like psychological wellbeing, new normal parenting and learning crisis.

Dr. Shailaja continues to be an inspiring teacher and trainer, working towards the development of mental health and education at the grassroots level.