



Name: Dr. Uma Warriier

Designation: Professor and Chief Counselor

Specialization : HRM & Industrial Psychology

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Education

- Ph.D. (Emotional Intelligence)
- UGC NET (Management)
- Mphil (Management)
- M.A. (Industrial Psychology)
- MBA (HRM)
- PGD in Guidance & Counseling
- BSc (Agriculture)

Work Experience

20+ years in academics & Research

- Professor (OB & HR) and Area Coordinator – HR
- CMS Bschoool, Jain University.
- Baldwins Women’s Methodist College

5+ years of corporate experience

- Analyst H.R. constancy
- First computers

9+ years of consulting

- Harman Connected Services
- Symphony Teleca
- Aditi Technologies

Career Summary

An academican and psychological counselor with over 25 years of experience in the field of education and I.T. industry, she is presently a Professor in HRM and Industrial Psychology at CMS Bschoool, Jain (Deemed to be) University, Bangalore. Also, she holds the post of Chief Counselor for the Jain Group of Institutions. Her rich experience spans across multiple areas in the value chain: Teaching, Research, Counseling, Training, and Consulting. She has presented and published numerous research papers in national and international journals. Organizational Behavior is her core area of teaching, and she has authored books in Human Resource Management and Organizational psychology. She is a UGC NET professor. Her doctoral research was in Emotional Intelligence, and she has a double master's in HRM and Industrial Psychology. She is an SHRM Senior certified professional and a certified psychometrician for 15 FQ+.

She has served Jain Group of Institutions since past 17 years. She has conceived and institutionalized “Vishwas”, Jain university’s student guidance and counseling center, consisting of a group of psychologists that cater to the mental well-being of the needy. She is also a consulting counselor for Harman connected services and uses her well-rounded domain expertise and interpersonal skills to improve employee efficiency at work to create a balanced ecosystem by addressing and mitigating personal and organizational stressors. She conducts psycho educative sessions on a need basis for students, parents, corporate employees, and teachers.

She has been an active participant in several panel discussions organized by national T.V. channels (*TV 9, News 9, India Today*) in mental health areas. She has also been a panelist for the symposium on youth mental health conducted by NIMHANS (National Institute of Mental Health and NueroSciences)

Her research interests include Emotional Intelligence Mindfulness, Learning style preferences, Employer branding and motivation, Turnover intention analysis, Body image dissatisfaction, Brainwriting, and Organizational role stress

.Her life mantra is “Live and Let live “

Research Interest

- Emotional Intelligence
- Mindfulness
- Learning style preferences
- Employer branding
- Employee motivation
- Turnover intention analysis
- Body image dissatisfaction
- Brainwriting
- Organizational role stress

Ph.D. research guide of Jain University for six research scholars in management and two research scholars in Psychology

Government Service

- Gazetted officer for one year at VHSC Trivandrum

Courses Facilitated

- Organizational Behavior
- Human Resource Management
- Strategic HRM
- International HRM
- HRD
- Learning & Development
- Employee Reward Management
- Emotional Intelligence for Effectiveness
- Performance management
- Labour Law
- Industrial relations
- Research methodology

Member on Committees / Editorial Boards

BOS member of

- VTU
- Jain university

Reviewer of :

- International Journal of School & Educational Psychology
- Ushus Journal of Business Management

Professional Memberships

Society of Human Resource Management (USA)

Association of International Business & Professional Management (Indonesia)

Research Publications

- Warriar, U (August 2005). Correlation between emotional Intelligence and stress at workplace-A study conducted at Aditi Technologies and Accenture, Pariprashna, Volume 1, Issue 1, PP 88-91, KARENG/2005/20378.
- Warriar, U. (January 2007). Significance of E.Q. in stress reduction and coping, Ushus Journal of Business Management, Volume 6, No 1, PP 33-47, KARENG/2002/8343.
- Warriar, U. (2007). Can Employee engagement be a predicting factor for organizational Success? Pariprashna, Volume 2, PP 82-86, KARENG/2005/20378.
- Warriar, U. (February 2008). Significance of Emotional Intelligence for academicians, Published in Pariprashna, Volume 3, Issue 2, PP 82-86, KARENG/2005/20378.
- Warriar, U. (2008). Tracing management roots in our land, ERGO, Volume 5.
- Warriar, U. (April 2009). India Imperatives in the financial sector to combat the global economic meltdown, National Conference: Business Potential of India in a Global Recession Scenario.
- Warriar, U. (October 2009). Role of Emotional Intelligence in academic success, International conference: Innovative pedagogy in business and management education, PP 293-301, ISBN -978-81-84885217.
- Warriar, U. (2009). Role of B School faculty in grooming students as Entrepreneurs, Pariprashna, Volume 4, Issue 1, PP 87-95, RNI-KARENG/2005/20378.
- Warriar, U., Nagesh, P & Sheriff, M (2011). Importance of Emotional Intelligence in the organizational context, Elixir Management, Volume 31, PP 1950-1956, ISSN-2229,712X.
- Warriar, U. (July, 2013). A study on Work-life balance as a function of demographic variables at an I.T. company in Bangalore, Indexed: Business Source Complete, Ulrich's Web, Cabell's Directory of Publishing Opportunities, Journal of Organization and Human Behaviour, Volume 2, Issue 3, PP 40-48, ISSN: 2277-3274.
- Warriar, U. (February 2014). A Study on Work-Life Balance as a Function of Demographic Variables at an I.T. Company in Bangalore, Elixir International Journal, 67, ISSN: 21258-21263, Impact Factor: 6.86.
- Warriar, U & SriNidhi, V.R. (December 2, 2014). An Exploratory Research on the Effect of Demographic Variables on Expatriate Tenure in India with Specific Reference to Bangalore SDMIMD, 3rd International Conference on Managing Human Resources at the Workplace, ISBN-978-93-83302-01-7, <http://dx.doi.org/10.2139/ssrn.2697946>.
- Bharati, R & Warriar, U. (January 2015). Impact of emotional Intelligence on work life balance in Indian I.T. sector, International Journal of Business and Administration Research Review, Volume 3, Issue 9, P.P. 85, E- ISSN -2347-856X, ISSN -2348-0653.
- Bharati, R & Warriar, U. (July 2015). Work-Life Balance: Focus on Women at Middle Management, International Journal of Management Research and Business Strategy, Volume 4, No.3, ISSN:2319-345X, Impact Factor: 0.9.
- Thammaiah, N & Warriar, U. (December 2015). Mindfulness-based stress reduction for college lecturers, IOSR Journal of Business and Management, Volume 17, Issue 12. Ver.II PP 15-19, e-ISSN: 2278-487X, p-ISSN: 2319-7668, Impact Factor: 3.83.
- Warriar, U. (December 2015). The Relationship between Emotional Intelligence, Personality, and Academic Performance of Net Generation Students, IV International Conference on Managing Human Resources at the Workplace, SDM Institute for Management Development, Mysore, ISBN-978-93-83302-07-9.
- Venkateshwar, A & Warriar, U. (March 2016). The Relationship between Emotional Intelligence, Personality, and Academic Performance of Net Generation Students, IOSR Journal Of Business and Management, Volume 18, Issue 3, Ver. II, e-ISSN: 2278-487X, p- ISSN: 2319-7668, Impact Factor: 3.83.
- Bekal, S & Warriar, U. (May 2016). Impact of Perceived Equity of Contractual Employees on Productivity in the Workplace, IOSR Journal Of Business and Management, Volume 18, Issue 5, Ver. I, e-ISSN: 2278-487X, p- ISSN: 2319-7668.
- Chandrasekhar, G & Warriar, U. (August 2017). A Study on the Possible reasons for Attrition of Junior doctors In India, International Journal of Health System and Disaster Management, Volume 5, Issue 2, PP 31-35, doi:

Certifications

- SHRM – Senior certified professional
- 15FQ+
- Emotionally Intelligent leader certification from ISB

Key Strengths

- Ability to balance teaching, Research, consulting and counseling.
- Compassionate leader
- Ability to leverage industry exposure to update the curriculum on regular basis
- Passionate teacher
- Successful research guide for PhD scholars
- Expertise in psychometric analysis

10.4103/ijhsdm.ijhsdm_11_17.

- Venkateshwar, A & Warriar, U. (August 2017). The Relationship between Academic Performance and Gender of Net Generation Students, International Journal of Innovative Research in Science, Engineering and Technology, Volume 6, Issue 8, ISSN Online: 2319-8753 ISSN Print: 2347-6710.
- Bekal, S & Warriar, U. (September 2017). A study on the influence of perception of equity by contractual employees on their job satisfaction in the workplace, International Journal of Applied Research, p-ISSN: 2394-7500, e-ISSN: 2394-5869.
- Krishnan, N.V.H & Warriar, U. (September 2017). Economic Empowerment of Women Through Increase in Asset Ownership and Financial Inclusion of Beneficiaries, Researchers World – Journal of Arts, Science & Commerce, Volume 8(4), P.P. 96–102, ISSN 2310-9173, Impact Factor: 0.765.
- Krishnan, N.V.H., Sivramkrishna S & Warriar, U. (September 2017). Women empowerment through enhancement of income generation and decisionmaking abilities, Indian Journal of Commerce & Management Studies, Volume VIII, Special Issue, ISSN: 2249-0310 EISSN: 2229-5674.
- Krishnan, N.V.H & Warriar, U. (October 2017). Entrepreneurial Capacity Creation through Occupational Shift and Sustenance Orientation of Women Micro-Entrepreneurs, International Journal of Management Studies, Volume 4(3), P.P. 23–34, ISSN: 2249-0302, e-ISSN: 2231-2528.
- Venkateshwar, A & Warriar, U. (November 2017). The Role of Gender in the Emotional Intelligence of Net Generation Students, International Journal of Current Research, Volume 9, issue 11, ISSN: 0975-833X.
- Asha, S & Warriar, U. (November 2017). A Study on the effect of Intrinsic and Extrinsic Employee Motivation on organizational Commitment with respect to I.T. Sector, IOSR Journal of Business and Management, Volume 19, Issue 11(III) PP 01-05, e-ISSN: 2278-487X, p-ISSN: 2319-7668. Impact Factor: 3.52
- Venkateshwar, A & Warriar, U. (December 2017). The Effect of Birth order in the Emotional Intelligence of net generation students, International Journal of Management, Volume 8, issue 6, P.P. 69–75, Article ID: IJM_08_06_008, <http://www.iaeme.com/ijm/issues.asp>, ISSN Print: 0976-6502 and ISSN Online: 0976-6510, Impact Factor: 8.19, SCOPUS Indexed Journal ID: 2010-0101 11.
- Venkateshwar, A & Warriar, U. (2017). The relationship between emotional Intelligence and academic performance of net generation students, International Journal of Applied Research; 3(4): 782-787, ISSN Print: 2394-7500 ISSN Online: 2394-5869, Impact Factor: 5.2.
- Venkateshwar, A & Warriar, U. (2017). The Role of Gender in the Emotional Intelligence of Net Generation Students, International Journal of Current Research, ISSN Online:2319-8753, ISSN Print:2347-6710, Impact Factor: 7.76.
- Warriar, U. (2017). Mindfulness-based stress reduction for academicians, International journal of academic Research, Volume 4, Issue 2 (4), Impact factor: 6.023.
- Bekal, S & Warriar, U. (2017). A study on the influence of perception of equity by contractual employees on their job satisfaction in the workplace, International Journal of Applied Research, Volume, 3(9), pp 604-611, ISSN Print: 2394-7500, ISSN Online: 2394-5869, CODEN: IJARPF. Impact Factor: 5.2.
- Warriar, U. (February 2018). Effect of Mindfulness on Organizational role stress level of Academician, Asia Pacific Journal of Research, Volume 1, Issue 6, ISSN - 2320-5504, e-ISSN - 2347-4793. Impact Factor: 6.58.
- Warriar, U. (February 2018). The Effect of Birth order in the Academic Performance of net generation students, Asia Pacific Journal of Research, Volume 1, Issue 6, ISSN - 2320-5504, e-ISSN - 2347-4793. Impact Factor: 6.58.
- Venkateshwar, A & Warriar, U. (February 2018). The Impact of Family Type on The Emotional Intelligence of Net Generation Students, International Journal in Management And Social Science, Volume 6, Issue 7, ISSN Online:2321-1784, Impact Factor: 6.17.
- Virgin., L, R & Warriar, U (March 2018). Emotional Labour and Occupational Stress, Recent Advances in Psychology, Volume 5, Issue 2, PP 77-83 ISSN Print: 2395-5465,
- Warriar, U. (April 2018). Drivers of entrepreneurial decision making among women pursuing business management, Prabodh, ISSN - 0976 – 7150.
- Venkateshwar, A & Warriar, U. (July 2018). The Impact of family type on the

		<p>emotional Intelligence of net generation students, International journals in management and social science, Volume 6, Issue 7, PP 247-256, ISSN Online:2321-1784, Impact Factor: 6.17.</p> <ul style="list-style-type: none"> • Warriar, U. (January 2019). Moderating Effect of Gender Of Experience Of Motivation And Organizational Commitment Of Faculty In Education Sector, International Journal Of Advance And Innovative Research, Volume 6, Issue 1 (XXIII), Part – 1, ISSN Online:2394-7780, Impact Factor: 3.117. • Venkateshwar, A & Warriar, U. (January 2019). The Influence of Family Type On The Academic Performance Of net Generation Students, International Journal Of Advance And Innovative Research, Volume 6, Issue 1 (XXIII), Part – 1, ISSN Online:2394-7780, Impact Factor: 3.117. • Venkateshwar, A & Warriar, U. (February 2019). The effect of family type on the academic performance of engineering students in India, International Journal in Management and Social Science, ISSN: 2321-1784, Impact Factor: 3.42. • Warriar, U. (December 2019). Emotional intelligence strategies to achieve subjective career success: implications for learning and development in knowledge industry, Emerald Insight, Volume 5, Issue 2, ISSN:1477-7282, Impact Factor: 0.32. • Thammaiah, N & Warriar, U. (March 2020). Role of Mindfulness on Organizational Role Stress of Assembly Line Workers, Studies in Indian Place Names (SIPN), PP 77-83, ISSN 2394-3114, Impact Factor: 6.3. • Warriar, U (May 2020). An Analysis of the Effect of Demographics on Herzberg’s two factor theory applied to various industries, Print ISSN: 2395-5465, ISSN NO: 2249-7455, Impact Factor: 6.3. • Venkateshwar, A & Warriar, U. (May 2020). Gender as a catalyst in the Emotional Intelligence of BBA Students, Purakala, Volume 31, No. 21, ISSN 0971-2143, Impact Factor: 5.3.
	<p>Media Presence</p>	<ul style="list-style-type: none"> • In the capacity of Chief counselor, she has given ten press releases to newspaper dailies like TOI, Deccan Herald, Indian express, Prajavani and DNA and Mathrubhoomi. Was a panelist in many mental health discussion forums on TV 9, News 9 and India Today channel
	<p>Consultancy / Projects</p>	<p>Consulting psychological for Harman connected services on an ongoing basis since the past 9 years.</p> <ul style="list-style-type: none"> • Harman Connected Services • Symphony Teleca • Aditi Technologies <p>Role: As a consultant, I undertake the following :</p> <p>At Aditi Technologies</p> <ul style="list-style-type: none"> • Personal counseling for the employees • Counseling the referred employees by HR on various mental health challenges <p>At Symphony Teleca & Harman connected services</p> <ul style="list-style-type: none"> • Counseling employees who are on Performance improvement program(PIP) • Conducting need-based psycho-educative sessions and group counseling • Conducting research for helping the management to update HR policies . Need-based Employee referrals to mental health specialists • Documentation of personal counseling sittings and report generation, maintaining the confidentiality of cases handled

Books / Chapters	<ul style="list-style-type: none"> • Warriar, U. (2008). Compiled and published the H.R. policy handbook, JU-CMS, Bangalore. • Warriar, U. (2010). The business potential of India in A Global Recession Scenario, Jain University, Bangalore. • Warriar, U. (2010). Innovative Pedagogy in Business and Management Education, Himalaya publishing house Pvt Ltd, Mumbai, ISBN: 978-81-84885217. • Warriar, U. (2011). Human Resource Management -1, Himalaya publishing house Pvt Ltd, Mumbai, ISBN: 978-983-5024-894-2. • Warriar, U. (2013). An introduction to organizational psychology, Himalaya publishing house Pvt Ltd, Mumbai, ISBN: 978-93-5142-008-8. • Warriar, U. (July 2018). Understanding and Managing People, Himalaya publishing house Pvt Ltd, Mumbai, ISBN: 978-93-5273-653-9.
Altruistic Activities	<p>Contribution to society</p> <ul style="list-style-type: none"> • Serving as university counselor since 2009 till date catering to the psychological needs of all the stakeholders • Took active participation in serving flood-affected areas of Kerala in 2018 – Sourced and distributed essentials to the flood affected areas. • Eco-friendly campus promotion 11th April 2019 • Floated a Digital mental health platform “Manasa” for reaching out to the needy which has presence on different social media handles. Manasa conducts “Mental health Saturdays with Vishwas” webinar series for the needy keeping in mind the need of such services during the times of physical distancing .
Recognition / Awards	<ul style="list-style-type: none"> • Presidents guides award in the year 1983 • Winner of KAU merit scholarship from 1986-90 • Winner of JGI award for contribution towards research publication in the year 2016 • Winner of JGI award for book publication in business management in the year 2017
<ul style="list-style-type: none"> • Seminar Conferences Attended 	<ul style="list-style-type: none"> • Participated In 3-day state level workshop on "Research methodology in commerce and management", conducted by Mangalore University, Mangalore Gangotri Campus on 18th, 19th & 20th Jan 2007 • Attended a Management Development program at City Cass Business school, London On " Mergers & Acquisitions" and " Trends in Global Marketing " On 23rd, 24th & 25th February 2008 • Attended an international seminar by John Philip Jones conducted by SBMJC-CMS in August 2008 at Bangalore. • Participated in India Times Strategic summit on Emotional Quotient by Jerome Bonnifay on 26th September -2008 at Hotel Atria, Bangalore. • FDP by Ian Faria in 2008,2009,2010,2011,2012 conducted by CMS • FDP by Rahul Kapoor in 2008,2009 conducted by CMS • National level conference on “Business potential of India in a global recession scenario “conducted by CMS on 4th April 2009. • Two day work shop on research methodology, conducted by VTU at M.S. Ramiah College on 28th and 29th June, 2009. • National conference conducted by Jain University on Role of educators in developing Entrepreneurial strengths and competencies among students for micro, small and medium enterprises October 2009 • International conference on “Innovative teaching pedagogy in Business & Management education” on October 10th 2009 by Jain University, Bangalore. • Seminar on U.S. full bright fellowships organised by Jain University and FAA Bangalore chapter on 17th November 2009. • FDP conducted by Christ University Institute of Management on “Building success for management students” on 12th March 2010. • Two day FDP conducted by Mount Carmel Institute of Management on “Road map for effective implementation and management of core competencies” on 23rd and 24th August 2010. • National Level FDP on “Work- Life Balance” on 18th Sept 2010 conducted by

		<p>JU-CMS</p> <ul style="list-style-type: none"> Completed “Management teachers’ foundation program” on Strategic management at IIMB, from 27th December to 31st December 2010 Participated in a two day work shop on “Data Analysis for decision making using SPSS-19” conducted at VIT B School, Chennai, on 27th and 28th January 2011. FDP by IIM Professor –L.S.Murthy – 2011 conducted by CMS FDP by Dr.SandeepShastri in June 2012 conducted by CMS One day workshop on Alpha Power Mediation and Self hypnosis by The mind workshop at Bangalore on 24th November 2012. Workshop on ‘How to say NO to Drugs’ by NIMHANS Center for Well Being, 2nd May 2012, Workshop on ‘internet & cell phone use: problem or an asset’ NIMHANS center for well being, 15th May 2012 Interactive workshop for Counselors on ‘issues and challenges in COUNSELING’ dated 26th September 2012. One day workshop on “ Emotional Intelligence” conducted by U.S. consulate General, Chennai on May 26, 2013. Two day symposium conducted by Department of clinical psychology, NIMHANS on “ Walking the line-Ethical issues in Psychotherapy practice” on 26th& 27th November , 2013. Three day training program conducted by National Institute of veterinary epidemiology and disease informatics (NIVEDI) on “ Research methodology, epidemiology and Biostatistics” from17th to 19th January 2014. Attended “Creativity and innovation as inseparable twins”, a masterclass by the institute of inspiration and innovation on 22nd of june 2018 at Bengaluru. Case writing analysis workshop at CMS Bschoool on 27th & 28th November 2018 SHRM Round table conference in association with Facebook on 9th May 2019 at Tipu’s chamber, Taj Gateway hotel, Bangalore. Workshop on “ Introduction to Structural equation modeling" at CMS Bschoool on 16th November 2019
	<ul style="list-style-type: none"> Invited sessions outside Jain university 	<ul style="list-style-type: none"> Conducted a workshop on Leveraging Emotional Intelligence- Challenging your negative self-talk for personal improvement “on 28-10-2011 at Aditi technologies, embassy tech park. Conducted a workshop on Work-life balance for women employees on 09-03-2012 at Aditi technologies, embassy tech park. Held a seminar on Leveraging teamwork for improved project management on 24-04-2013 at International competence center for organic agriculture (ICCOA) Conducted a workshop on “The management training module” for “Yuva Spandana” initiative of NIMHANS was developed by Dr. Uma Warriier and was presented to the target group comprising of 14 change leaders and trained them on project management and crisis management skills to effectively initiate mental health promotion services for youth at Kolar and Chikkaballapur on 31-10-2014 at Vishwas in collaboration with NIMHANS Held a seminar on Youth – The way forward” in the symposium conducted On “Youth Mental Health In India: A Public Health Perspective “on 03-12-2014 at Department Of Epidemiology, Centre For Public Health, NIMHANS Presented As a part of the “Yuva Spandana” initiative of NIMHANS -The management training module" to a target group of 8 districts of Karnataka comprising of 34 change leaders and trained them on the project management and crisis management skills in order to effectively initiate mental health promotion services for youth in their respective district empowerment centers on 04-12-2014 at Vishwas in collaboration with NIMHANS Conducted a seminar on Youth – The Way Forward an outreach program where the students learned about the current issues faced by youth and

- how they could overcome the same on 04-02-2015 at Acharya Institute
- Held a workshop on Train Your Brain to a team of youngsters as a part of the initiative – “Pravvesha” on 08-03-2015 at the NGO campus
- Conducted a seminar on Train Your Brain – Leveraging interview taking skills and time management to increase employability” on 09-03-2015 at Acharya Institute
- Held a seminar on Youth – The way forward presented “The management training module” to a target group of 8 districts of Karnataka comprising of 28 change leaders and trained them on the project management and crisis management skills in order to effectively initiate mental health promotion services for youth in their respective district empowerment centers on 25-03-2015 to 27-03-2015 at Yuva Spandana” initiative of NIMHANS
- Conducted a Workshop on "Management skills for mental health professionals" on 07-10-2015 at Government of Karnataka funded project- Yuva Spandana
- Presented Outreach program on "Leverage your Emotional Intelligence to become better managers" on 14-12-2015 at Herman connected services
- Conducted a workshop on Outreach program on "Leveraging your self-esteem, self-confidence and body language for informed decisionmaking" on 29-01-2016 at Government College of Commercial practices
- Held a workshop on Mind your mind- An interactive session on mindfulness on 16-11-2016 at Eco space campus of Harman
- Conducted a workshop on emotional intelligence on Leveraging your emotional Intelligence to become better managers on 23-11-2016 at Harman connected services
- Presented a Guest session on " How to improve emotional Intelligence to become effective managers on 18-01-2017 at Harman connected services
- Conducted a session on ‘Make stress your friend!’ on 23-11-2016 at Harman connected services, SEZ campus
- Held a session on Women empowerment program “ Women- Its time to lean in on 06-03-2017 at Harman Manyata facility
- Conducted a session on “ Converting adversities to opportunities” – guest session on 15-11-2017 for Harman auto engineers
- Motivational speech on “ How to convert adversity to opportunity “ for students at BMS college of engineering was conducted on 23-11-2017
- Held a guest session “Adversity to Opportunity “at Harman Auto division, Bangalore on 23-11-2017
- Held a lecture on Lean In at Aditi Technologies on 27-11-2017
- Hosted a Guest session for Women’s day celebration “Press for progress- Catapult yourself to success” at New horizon college of engineering, Bangalore on 08-03-2018
- Conducted a session on Demystifying mindfulness – Guest session at Harman connected services on 26-06-2018
- Administered a Psychometric Assessment Test at CMS Business School on 31-07-2018
- Held a Counseling Orientation at School of Engineering & Technology on 31-07-2018
- An orientation to the world of work” at for the post graduate students of School of humanities and Social sciences was held on 01-09-2018
- Emotional Intelligence for psychological resilience- Guest session at Harman connected services on 05-09-2018
- Movie Screening at Vishwas on 20-09-2018
- Invited session " Pathanveshi- Mentoring program for SET professors" at SET, Jain University on 22-09-2018
- Demystifying Mindfulness- Guest session at Harman connected services was conducted on 26-09-2018
- Invited session on "Leveraging E.I. for Orchestrating winning performance” at ISBR, on 28-09-2018
- One Day National Employability Conclave On "Future Ready Employable Talent Role Of Industry-Academia on 19-01-2019
- Guest session on Life skills training at SGS campus for the nonteaching staff

- of Jain university on 31-01-2019
- Conducted an Emotional Intelligence for Personal and Professional effectiveness at Krupanidhi college of pharmacy on 26-02-2019
 - Presented on Women'S Day Celebration at At Amazon India Office, Bangalore on 08-03-2019
 - A session on Emotional Intelligence For Professional And Personal Excellence For Engineering Students at Jss Engineering Technology University, Mysore, Teqip-iii on 16-03-2019
 - Invited sessions on “Effective Parenting “ at for PUC students parents of JGI on 25-05-2019
 - Invited session on Grooming at for BCA students at Jayanagar 9th block on 14-06-2019
 - Guest session on "How to become a Good to a Better teacher ?- Effective classroom handling techniques at SGS campus of Jain university on 29-06-2019
 - Held a session on Transaction Analysis – Issues and Implications (senior scientists of Gas and Turbine Research Establishment) by Institute of Technology Management (ITM) at GTRE DRDO campus on 17-07-2019
 - Held a session on "Transaction analysis – Issues and Implications (Midlevel scientists of Aeronautical Development Establishment) by Institute of Technology Management (ITM) at GTREDRDO campus on 22-07-2019
 - Report on the guest session “Turning Adversity to Opportunity “ a Motivational Session at Aeronautical Development Establishment- DRDO campus on 23-07-2019
 - Half-day session on "Transactional Analysis as a mental fitness first aid tool" for the leadership team at Harman Facility, Whitefield, Bangalore on 31-07-2019