

CURRICULUM VITAE

Name : **Dr. Shilpa Datar**
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Educational Qualifications:

- 2017** : Executive Education Program at Indian Institute of Management, Bangalore
- Aug. 2012** : Awarded Doctorate in Psychology, from the University of Mysore
- July 2011** : Submitted Ph.D. Thesis entitled “**Development of a tool to assess personality based on *Tridosha* and *Triguna* concepts**” to Mysore University
- October 2010** : Patent application (India) pending for software development on tests to assess personality based on *Panchamahabhutas*, *Tridoshas* and *Trigunas*. **Patent Application No: 3096/CHE/2010**
- June 2010** : Participated in workshop on Occupational Testing and Assessments organized by Central Test International and National Academy of Psychology (NAoP) India at Hyderabad and received Level 1 & 2 Competency Certification for the same
- 2009- 2010** : Completed a one year Certificate course in Sanskrit language for beginners from IGNOU and Chinmaya International Foundation
- 2009- 2010** : Completed one year Certificate course in Advanced *Advaita* Philosophy from Chinmaya International Foundation
- 2008-2009** : Completed one year Certificate course in Basic *Advaita* Philosophy from Chinmaya International Foundation
- 2008-2009** : Completed one year Certificate course on Indian Psychology, from Indian Psychology Institute, Puducherry
- Nov. 2008** : Completed a short-term course in Indian Psychology and Philosophy under Prof. Anand C. Paranjpe, Prof. Emeritus, Simon Fraser University, Canada, at SVYASA University, Bangalore
- 2008—Mysore University** : Registered for Ph.D. In Indian Psychology at RIE, Mysore, with title of

thesis being: “Development of a tool to assess personality based on *Tridosha* and *Triguna* concepts”

- 2004—2005** : Diploma in Counseling Skills, Banjara Academy
- 2003—2005** : Certificate in Special Education, Mind Matters & Deepika
- 2001—2003** : Master of Arts in Psychology, Annamalai University
- 1994—1995** : Diploma in Interior Design, Exteriors & Interiors
- 1988—1991** : Bachelor of Arts in *Psychology, Journalism & English Literature*, from NMKRV College, Bangalore

Awards/ Recognitions:

- Sept. 2017** : “Innovative Entrepreneur of the year 2017” award from eMERG, Bangalore.
- July 2017** : “Recognition of excellence and services to society in the field of Education” from Rotary Metro Bangalore.
- March 2015** : “Outstanding Woman Entrepreneur Award” from National Foundation of Entrepreneurship Development, Coimbatore
- Nov. 2014** : “Senior Woman Entrepreneur Award” from National Foundation of Entrepreneurship Development, Coimbatore
- Aug. 2012** : “Veda Brahma Award for Excellence in Innovation” from AAPNA, USA

Research Publications:

1. Shilpa S., & Murthy, C.G.V. (2010). Indian Psychology: Retrospect and Future Challenges. (pp. 123-132). In, Ojha, Sandhya; Srivastava, Urmila & Joshi, Sobhna. (Editors). *Health and well-being. Emerging trends*. New Delhi: Global Vision Publishing House. (This paper was presented at The National Seminar on Psychology held at Annamalai University, October 2005). (ISBN: 978-81-8220-284-9)
2. Shilpa S., & Murthy, C.G.V. (Jan—March 2011). *Understanding Personality from Ayurvedic Perspective for psychological assessment: A Case*. *AYU—An International Quarterly Journal of Research in Ayurveda*. Vol. 32, issue 1; pg. 12-19. (This paper was presented at National conference of Psychology held by NAOP and ICPR at IIT Guwahati in Dec. 2008). (ISSN: 0974-8520)
<http://www.ayujournal.org/text.asp?2011/32/1/12/85716>
3. Shilpa S., & Murthy, C.G.V. (March 2011). Conceptualizing Personality dynamics from the Indian thought. *Indian Social and Psychological Studies (ISPS)*: Vol. 4, No. 1: pp. 6-19. (ISSN: 0974-634X)

4. Shilpa S., & Murthy, C.G.V. (July-Sept. 2011). Development and standardization of Mysore Tridosha Scale. *AYU—An International Quarterly Journal of Research in Ayurveda*; Vol. 32, Issue 3. pg. 308-314. (ISSN : 0974-8520)
<http://www.ayujournal.org/text.asp?2011/32/3/308/93905>
5. Shilpa S., & Murthy, C.G.V. (2012). Development and standardization of Mysore *Triguna* Scale. *Sage Open*. Published 8 Feb. 2012. DOI: 10.1177/2158244012436564
<http://sgo.sagepub.com/content/early/2012/02/01/2158244012436564.full.pdf+html>
6. Shilpa S., & Murthy, C.G.V. (March, 2012). Interrelatedness of *Tridoshas* and *Trigunas* in personality. An Empirical investigation. *Indian Social and Psychological Studies (ISPS)*: Vol. 5, No. 1. pp: 32-40. (ISSN: 0974-634X)
7. Shilpa S., & Murthy, C.G.V. (2012). Combination of *Trigunas* in different groups of people. *Journal of the Indian Academy of Applied Psychology*. (Golden Jubilee Special Issue). Vol. 38, No. 3, pp: 214-219. (ISSN: 0019-4247)
8. Shilpa S., & Murthy, C.G.V. (2012). Understanding Personality dynamics from Ayurveda. *Indian Journal of health and Wellbeing*. Vol. 3(2), pp. 57-59
9. Shilpa S., & Murthy, C.G.V. (Jan 2013). Combination of *Tridoshas* in different groups of people. *Periyar University Journal of Psychology*. Vol. 1 (1), p. 88-92
10. Shilpa S., & Murthy, C.G.V. (2013). Development and standardization of Mysore *Triguna* Scale—Part B. *Humanities and Social Science Studies*. Vol. 2, No. 3, p. 82-97. ISSN: 2319-829X
11. Shilpa S., & Murthy, C.G.V. (Jan. 2014). Assessment of traits and types in personality: An Indian psychological perspective. *Indian Journal of Psychology*. pp. 41-57. ISSN-0019-5553
12. Datar, S & Murthy, C.G.V. (Oct.-Dec. 2015). Validation of psychological terminologies of *Tridoshas* and *Trigunas*. *The International Journal of Indian Psychology*, Vol. 3, Issue 1, No. 7. <http://www.ijip.in> ISSN 2348-5396(e); ISSN: 2349-3429(p); **DIP: C03118V3I12015**
13. Datar, Shilpa. (2015). *Personality and Puranas*. In, Ranganath, S. (Ed.). (2016). *Message of Mahapuranas*. A unique five-day National conference on the Message of Mahapuranas, June 23rd – 27th, 2015. Conference proceedings. Bengaluru: Bharatiya Vidya Bhavan.
14. Datar, S. & Murthy, C.G.V. (July-Dec. 2019). Development of Mysore *Triguna* Scale—Short. *Journal of Psychosocial Research*. Vol. 14, No. 2. Pg. 311-318. DOI

No. : <https://doi.org/10.32381/JPR.2019.14.02.8> . ISSN: 0973-5410. E-ISSN: 0976-3937.

15. Datar, S. (July-Dec. 2020). Integrated understanding of Personality based on *Prakriti*: Evidence-based analysis towards a wellness philosophy. *Journal of Psychosocial Research*. Vol. 15, No. 2. Pg. 447-459. ISSN: 0973-5410. E-ISSN: 0976-3937.
16. Shilpa S., & Murthy, C.G.V. (*In press*). Application of personality studies from Indian perspective.
17. Datar, S. & Murthy, C.G.V. (*In press*). *Development of Mysore Tridosha Scale—Short*. Submitted to AYU.
18. Datar, S. (*In press*). *Understanding personality from Indian psychological perspective: practical applications and implications*.

Papers presented at National Conferences:

1. Indian Psychology: Retrospect and future challenges. (2005). *National Conference on Psychology in the Global Context*. Annamalai University, India
2. Understanding Personality from Ayurvedic Perspective for psychological assessment: A Case. (2008). NAOP Conference, held at Guwahati, India
3. Datar, S. (2015). *Personality and Puranas*. BVB. Paper presented at the National Conference on “Mahapuranas” jointly organized by Bharatiya Vidya Bhavan, Bangalore, and ISCKON Bangalore, 23rd to 27th June, 2015
4. *Understanding Prakriti—Global applications*. Paper presented at the National Arogya Fair; An International Conference on Conglomeration of Health Traditions in Bharatavarsha, on 9th Dec., 2018.

Conferences/ events attended:

- May 2013** : Invited to London by Cherie Blair Foundation for Women (CBFW) and Bank of America Merrill Lynch to talk about Swayam and women entrepreneurship in India
- Feb. 2012** : Attended a National Workshop on the Theory of Multiple Intelligences, Emotions, Emotion Management and its applications based on *Natyasastra* held at Centre for Indian Psychology, Jain University, Bangalore
- Jan. 2012** : Attended international interdisciplinary conference on Consciousness—

“Looking Within” conducted by NIAS, Bangalore

- Aug. 2011** : Attended ICPR sponsored consultation seminar on Indian Psychology at Jain University Bangalore
- Dec. 2008** : Attended Workshop on “Indian Psychology” conducted by NAOP, at IIT Guwahati
- Aug. 2007** : Attended Workshop on “Learning Disability: Identification and Intervention”, conducted by Dept. of Clinical Psychology, Sri Ramachandra University, Chennai

Institutional affiliations:

AAPNA; AWAKE; ASSOCHAM; BNI; CBFW; COWE; CWE; Dun & Bradstreet; Emerg; FKCCI; NSIC; NASSCOM; MSME; WEConnect International;

Professional affiliations:

- July, 2020** : Member, Committee for Accreditation of Psychometric Testing (CAPT) IIBP, India
- Feb. 2013** : Associate Life Member of Karnataka Association of Clinical Psychologists (KACP)
- Nov. 2008** : Member of National Academy of Psychology (NAoP India), Membership no.: 20130054

Work Experience:

- Feb. 2019 to Feb 2020 : Faculty at Bishop Cottons Women’s Christians college, Bangalore for MSc. Psychology students.
- Feb. 2017 to date : Sitting member, part of interview board for Police Recruitment, Karnataka State Police Department.
- March 2016 : **Adjunct Professor**, teaching “Personality Assessment from Indian Tradition” at Hindu University of America (Orlando, Florida, USA)
- 2013 onwards : **Reviewer** for “Yoga Mimamsa”, yoga journal brought out by Kaivalyadhama Yoga Institute, Lonavla, Pune, India
- Nov. 2012—
Aug. 2013 : **Research Consultant** at The Teacher Foundation, Bangalore
- 2010—to date : **Psychologist** at Swayam Personality Assessment®: Behaviour analysis; personality analysis, tabulation and reporting
- 2010—2011 : Developed software to assess Personality from Indian concepts.
Patent application pending

- 2007 June –
2008 March : Conducted a Pilot Research Project on Children with Learning Disabilities, From an Indian Psychological Perspective; under Dr. Joe Rozzario, formerly at NIMHANS
- 2004—2005
Helping Hands : **Counselor:**
Counseling people with various problems from all walks of life
- 2003—
Pragathi
Foundation : **Counseling Psychologist:** Administering Psychometric tests and tabulating their results to draw up profiles; counseling, career & vocational guidance, etc.
- 2003 onwards : **Psychologist:** Identifying children with special needs & their remediation at Deepika School, Chamaraipet
- Language Proficiency** : English, Kannada, Hindi, and basic Sanskrit, Tamil and Telugu

Mentions in the media:

1. **Outlook magazine:** October 3, 2011 issue: pg. 58/60:
<http://www.outlookindia.com/article.aspx?278426>
2. **Blog:** July 2, 2012: posted by Cherie Blair Foundation for Women (CBFW):
<http://www.businessfightspoverty.org/profiles/blogs/my-journey-as-a-woman-entrepreneur-in-india-succeeding-with-some>
3. **Eenaadu Telugu magazine:** November 24, 2013 Sunday special issue: pg. 9:
<http://archives.eenadu.net/11-24-2013/Magzines/SundaySpecialInner.aspx?qry=weekpanel1>
4. **The New Indian Express:** December 14, 2013: Saturday supplement edition: pg. 3:
<http://www.newindianexpress.com/cities/bangalore/When-Tridoshas-Met-Technology/2013/12/14/article1945021.ece>
5. **Brummel** (European magazine): December 2013 issue: pg. 93-95:
http://issuu.com/showmedia/docs/vip4-brum_dec13_single-197559#
6. **The Daily Mail, London:** February 16, 2014
<http://www.dailymail.co.uk/news/article-2560400/CHERIE-BLAIR-Tony-BlackBerry-addict-I-want-woman-world-high-tech-too.html>
7. **Yourstory.com,** online, February 06, 2016
<http://yourstory.com/2016/02/photosparks-invest-karnataka/>