

V SHANKAR KUMARAN

Corporate Trainer | Keynote Speaker

| HumanSystems Strategist

Founder-WAYAM - Life Education Institute-Designer,

Self OS(Self Operating System)



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PROFILE

Adynamic Corporate Trainer, Keynote Speaker, and Human Systems Strategist with 17+ years of experience designing and delivering high-impact learning interventions for MNCs, universities, and leadership teams.

Brings a rare synthesis of Indian Knowledge Systems, Yoga Psychology, and modern organisational science into programs in mindset mastery, leadership behaviour, emotional intelligence, and performance psychology.

Creator of the Self Operating System (Self OS) a structured internal-operating-system framework for clarity in thinking, emotional stability, disciplined execution, and relationship intelligence, rooted in Indian Knowledge Systems and behavioural pattern analysis.

KEY METRICS

Training Hours: 15,000+

Individuals Reached

(Offline): 22,000+

Online Viewership: 2.5

Crore+ (across platforms)

Google Rating: 4.8 ★ | 735 Reviews

TEDx Talks: Speaker

ACADEMIC FOUNDATION

Indological Studies — Veda Vijnana Gurukulam, Bangalore, Karnataka

Six-year residential Sanskrit-medium programme (2003 – 2009)

- Years 1–3: Veda (KrishnaYajurveda–TaittiriyaShaka and select Suktas from the Rigveda), Samskritam, Vyakaranam, Kavyas, Tarka Sangraha, Yoga
- Years 4–6: Ten Major Upanishads, Bhagavad Gita, Brahma Sutra, Yoga Sutra

B.Sc Yoga Science — S-VYASA University, Bangalore, Karnataka

2004–2008 · FirstClass, 75%

- Yoga, Anatomy,Pranayama,Indian Psychology, Bhagavad Gita, Yoga Sutra; specialisationin Science &Consciousness, and Psychology

M.Sc Yoga Science — S-VYASA University, Bangalore, Karnataka

2007–2010 · Distinction, 84%

- Specialisationin Yoga Sutra& Bhagavad Gita; Science and Consciousness, Indian Psychology

M.A. Sanskrit — Karnataka State Open University (Mysore Open University)

2011–2014 · Distinction, State9thRank

TEACHING & ACADEMIC EXPERIENCE

VisitingProfessor — Amrita VishwaVidyapeetham, Coimbatore

June 2019 – Present

- Teaching Indian Psychology, Yoga, Meditation, and Bhagavad Gita-based Mind Management to undergraduate and postgraduate students

Resource Person & Teacher Trainer — Oxford University Press, India

2023 – Present

- Trained 5,000+ school teachers nationally under the Oxford University Teacher Training Programme

Corporate Trainer — MNCs — Coimbatore & Kolkata, India

2023 – Present

- Designed and delivered mindset, wellness, and leadership programmes for corporate teams (e.g., MANAS Mental Meditation / Yoga Nidra Workshop, Rently Software, April 2026)

Assistant Professor, Cultural Education Department — Amrita Vishwa Vidyapeetham, Amrita School of Engineering, Bengaluru

June 2009 – July 2018

- Taught Indian Psychology, Indian Culture, Yoga, Meditation, and Bhagavad Gita-based Mind Management to B.Tech, M.Tech, M.S. and MBA students
- 8,000+ teaching hours across 10,000+ students; developed and applied diverse pedagogical strategies forlarge, multidisciplinary cohorts

Other Academic & International Engagements

CORE EXPERTISE

- Mindset & Performance Psychology
Leadership Behaviour & Development
- Emotional Intelligence & Resilience
- Workplace Relationships & Communication
Yoga Psychology in Organisational Contexts
- Indian Knowledge Systems (Vedas, Upanishads, Bhagavad Gita)
- Self OS Framework Design & Facilitation

SOCIAL PRESENCE

Instagram: 60,000+ Followers
Facebook: 35,000+ Followers
LinkedIn: 4,000+ Followers
YouTube: Positive Satsang (Tamil)

CERTIFICATIONS

- Suicide Prevention – NIMHANS, Bangalore (2016)
- Hypnotism – Anthony Jacquin, UK (2015)
- Indian Psychology – Indian Psychology Institute, Pondicherry (2010)
- Mind Mapping & Cognitive Structuring – Tony Buzan Institute, USA (2017)
- Creative Thinking & Speed Reading – Brainival (2017)

KNOWN LANGUAGES

Tamil: Read · Write · Speak
Sanskrit: Read · Write · Speak
Kannada: Read · Write · Speak
English: Read · Write · Speak
Hindi: Read · Speak
Telugu: Speak

AUDIENCE SERVED

MNCs · Universities · Leadership Teams · Educators · Oxford University Press · Corporate HR Teams · Government Institutions

- Conducted sessions on Indian Culture / Hinduism as an elective-credit course for graduation students, St. Olaf College, USA (one-time engagement)
- Offered an elective course on Yoga Psychology at Mount Carmel College, Bengaluru (one-time engagement)
- Mentor, Yogic Philosophy, Nithya Sadhana Yoga, China (Since 2020) — mentoring international students on Yogic Philosophy and Indian Knowledge Systems

RESEARCH PROJECTS & PUBLICATIONS

- Published Paper — “Influence of Early Rising on Performance in Tasks Requiring Attention and Memory,” Indian Journal of Physiology and Pharmacology, 2012
- Experimental Research (M.Sc dissertation) — “The Influence of Brahma-Muhurtha on the Ability to Remember and Focus Attention in Healthy Male Volunteers,” S-VYASA University, 2010
- Literary Research — “Significance of Brahma-Muhurtha regarding Ancient Indian Scriptures,” M.Sc Yoga Science, 2010
- Literary Research — “The Concept of Motivation, regarding Mahabharata,” 2007
- Literary Research — “Revelation of Education through Adhyatma Yoga,” B.Sc Yoga Science, 2006
- Curriculum Design — Neo Grihastha Model: a structured course for bachelors and newly married couples on sustainable family life, 2020
- International Course Delivery — Integrated Course on Yogic Philosophy, Nithya Sadhana, China, 2019

PAPERS PRESENTED

Topic	Organiser & Venue	Year
How to Teach Indian Psychology	Indian Psychology Institute, Bangalore	Dec 2007
Interpersonal Conflict Management using Upanishadic Insights	Mahabharata & Management for Global Effectiveness, IBA Bangalore	Feb 2010
Yoga Psychology	World Association for Vedic Studies, University of Massachusetts, USA	Jul 2012
Life Education in Engineering College	DISHA & Maharani Lakshmi Ammani College, Bangalore	Feb 2014
Vedanta for Daily Life	International Conference on Vedanta, Yoga & Ayurveda, Karnataka University, Bangalore	Mar 2015
Conflict of Choices	International Seminar on Bhagavad Gita: Holistic Life Management and World Harmony, Kurukshetra	Dec 2016
Connecting with Confidence: 3 Secrets to Better Social Harmony	TEDx, Amrita University, Coimbatore	Oct 2024

SIGNATURE PROGRAMS & FRAMEWORKS

SelfOS(SelfOperating System)—FlagshipFramework

A structured “inner operating system” model addressing why capable, well-informed people still struggle with decision confusion, emotional inconsistency, distraction, and unstable relationships. Builds clarity in thinking, emotional stability, disciplined execution, and relationship intelligence — rooted in Indian Knowledge Systems, Yoga Psychology, and behavioural pattern analysis. Delivered through workshops and self-inquiry

facilitation tools such as the IJK Model, based on the three Shaktis (Ichchā, Kriyā, Jñāna).

RISE — Re-Inventing Self Everyday

A corporate wellness and self-mastery workshop series grounded in Yoga Psychology and the Self Dating framework, focused on self-awareness, emotional regulation, and sustainable personal growth.

M.A.N.A.S. — Mental Meditation / Yoga Nidra

A corporate wellness programme using Yoga Nidra and meditation practices for stress management, mental recovery, and sustained workplace performance.

S.O.F.T

A proprietary framework for workplace relationships, communication, and human dynamics — building soft-skill capability and interpersonal effectiveness in teams.

Couple Board Game

A designed and self-published board game tool for fostering sustainable relationships among newly married couples, used within the Neo Grihastha Model programme.

NOTABLE ENGAGEMENTS

Corporate & Institutional

- Delivered leadership, mindset, and wellness programmes for MNCs, universities, and educators
- Designed and led Residential Leadership Camps & Corporate Retreats
- Conducted RISE workshop sessions for corporate teams — Kolkata
- Conducted Yoga Psychology & Mindset sessions internationally — China

Academic & Speaker Roles

- TEDx Speaker — Amrita University, Coimbatore (Oct 2024): “Connecting with Confidence: 3 Secrets to Better Social Harmony”
- Teacher Trainer — Oxford University Press (Since 2023); 5,000+ teachers trained
- Speaker at National & International Conferences — India & USA
- Featured on Doordarshan (National Television), Aug 2011

ADDITIONAL EXPERIENCE & ACTIVITIES

- Addressed 22,000+ individuals across offline sessions and talks; online viewership of 2.5 Crore+ across platforms
- Founder, Positive Satsang — Tamil-language YouTube channel sharing Indian philosophy and transformation-oriented content
- Member, Organising Team — Gitamritam (Bhagavad Gita) Summer Camp for Bala (school students), Yuva (college students), Kalyan (married couples), and Nipunn (executives)
- Conducted Teacher Training Workshops and Student Enhancement Programmes across numerous educational institutions
- NIMHANS-certified Suicide Prevention Gatekeeper; conducted counselling programmes for school & college students
- Organised Summer Camps on Yoga, Spoken Sanskrit, and Value Education
- Participated in Seva (relief) activities — Tsunami relief and Chennai Flood Relief, 2015

