



V SHANKAR KUMARAN

Educator, Keynote Speaker, and Human Systems Strategist

Founder, WAYAM | Creator of Self OS | Author of *Self Dating*

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INTRODUCTION · FOR READING ALOUD AT PROGRAMS AND EVENTS

V Shankar Kumaran is an educator, keynote speaker, and human systems strategist with over seventeen years of experience shaping minds across schools, colleges, universities, and corporate institutions. A six-year Gurukulam-trained scholar with Master's degrees in Yoga Science and Sanskrit, he brings the depth of Indian Knowledge Systems together with modern psychology to build clarity, focus, and self-mastery in students and teachers alike. He is the creator of Self OS, the author of the book *Self Dating*, a TEDx speaker, and the founder of WAYAM. He has delivered more than 15,000 hours of training, guided over 22,000 individuals and 5,000 teachers, and reached more than 2.5 crore viewers online. Through his programs on self-awareness, concentration, career direction, digital detox, and de-addiction, he helps students find purpose and helps teachers work with less strain and greater impact. It is our privilege to welcome him.

17+

YEARS

15,000+

TRAINING HOURS

22,000+

INDIVIDUALS
TRAINED

5,000+

TEACHERS
TRAINED

4.8★

GOOGLE, 735
REVIEWS

TEDx

SPEAKER, 2024

2.5 Cr+

ONLINE REACH

PROGRAMS FOR EDUCATIONAL INSTITUTIONS

Designed for student orientation, career guidance, faculty development, and staff wellbeing.

FOR STUDENTS

- **Student Orientation:** focus, direction, and self-awareness for new batches.
- **Career Guidance and Direction:** helping students choose with clarity instead of confusion.
- **Concentration and Memory:** attention-building methods, grounded in published research on early rising, attention, and performance.
- **Digital Detox:** reclaiming attention from screens and rebuilding deep focus.
- **De-addiction and Self-Regulation:** breaking compulsive patterns through structured self-inquiry; NIMHANS-certified in student counselling.
- **Confidence and Social Harmony:** the TEDx theme, connecting with confidence.

FOR TEACHERS AND FACULTY

- **Faculty Development:** pedagogy, mindset, and classroom effectiveness; 5,000+ teachers trained with Oxford University Press.
- **Less Strain, Greater Impact:** systems that reduce teacher workload while raising teaching effectiveness.
- **Stress Management and Wellness:** Yoga Nidra and guided meditation for mental rest and recovery.
- **Team Building for Staff:** activities that build trust, communication, and collaboration.
- **Community-focused Staff Culture:** designing a supportive, connected lifestyle for the teaching community.
- **Emotional Intelligence and Resilience:** sustainable growth for educators.

SIGNATURE FRAMEWORK

Self OS (Self Operating System) is the master framework: an inner operating system that builds clarity in thinking, emotional stability, disciplined execution, and relationship intelligence, grounded in Indian Knowledge Systems and behavioural pattern analysis. It is delivered through the following modules, always as part of the system.

M.A.N.A.S.

Mental rest and stress recovery through Yoga Nidra and meditation.

RISE

Self-awareness, emotional regulation, and sustainable personal growth.

S.O.F.T.

Communication, relationships, and human dynamics for teams and staff.

TEACHING AND INSTITUTIONAL EXPERIENCE

Visiting Professor, Amrita Vishwa Vidyapeetham, Coimbatore (2019 to present).

Assistant Professor, Amrita Vishwa Vidyapeetham, Bengaluru (2009 to 2018): 8,000+ teaching hours across 10,000+ students.

Resource Person and Teacher Trainer, Oxford University Press India (2023 to present): 5,000+ teachers trained nationally.

International Mentor, Nithya Sadhana Yoga, China (since 2020).

ACADEMIC FOUNDATION

Six-year residential Indological studies, Veda Vijnana Gurukulam, Bangalore (2003 to 2009).

M.Sc Yoga Science, S-VYASA University (Distinction, 84%).

M.A. Sanskrit, Karnataka State Open University (Distinction, State 9th Rank).

B.Sc Yoga Science, S-VYASA University (First Class).

SPEAKING, AUTHOR, AND RECOGNITION

- **TEDx Speaker**, Amrita University, Coimbatore (2024): Connecting with Confidence, 3 Secrets to Better Social Harmony.
- **Author**, *Self Dating*.
- **Speaker** at national and international conferences across India and the USA, including the World Association for Vedic Studies, University of Massachusetts.
- **Featured on Doordarshan**, national television (2011).
- **Founder**, Positive Satsang, Tamil YouTube channel on the psychology of living.

WHAT INSTITUTIONS CAN EXPECT

- Sharper focus, concentration, and memory in students.
- Reduced screen dependence and healthier daily habits.
- Clearer career direction and stronger motivation.

SESSION FORMATS

- Keynote or school assembly talk.
- Half-day and full-day workshops.
- Student orientation programs.
- Faculty development programs.
- Residential camps and retreats.
- Ongoing mentoring engagements.

RESEARCH AND CERTIFICATIONS

- **Published research**, Indian Journal of Physiology and Pharmacology (2012), on early rising, attention, and memory.
- **Suicide Prevention Gatekeeper**, NIMHANS, Bangalore.
- **Mind Mapping and Cognitive Structuring**, Tony Buzan Institute.
- **Indian Psychology**, Indian Psychology Institute, Pondicherry.
- **Languages**: Tamil, English, Sanskrit, Kannada, Hindi, Telugu.

AUDIENCES AND INSTITUTIONS SERVED

- School and higher secondary students.
- Colleges and universities.
- Teachers, faculty, and academic staff.
- Teacher training programs, including Oxford University Press.
- Corporate leadership teams and MNCs.
- Government institutions.

IN ACTION



Sessions across schools, colleges, universities, teacher training, and leadership programs.