



Dr. Ashok H S

Dr. Ashok H S Professor of Psychology Department of Psychology, Bangalore University

Ph.D. in the area of occupational stress

- Started the career as a faculty from 1979 at APS College, Tutor at Jyothinivas college, served as a lecturer at Regional Institute of Correctional Administration Vellore 1982 - 84
- Joined the department of Psychology Bangalore University in 1984.
- Guided successfully eight candidates for doctoral research
- Undertaken a project on call centers on the behavioural aspects sabbatical project
- Guiding eight candidates for their doctoral research.
- Served as a member of core committee in the development and delivery of training for college students government of Karnataka
- Served as a resource person for the projects undertaken by Karnataka knowledge commission.
- Published books on cross cultural psychology

Areas of interest, research and extension activities

- Teaching at Post-Graduate level since 1984
- Guided and guiding M.Phil. and Ph.D. research work in the area of
 - Organizational Behaviour – stress among police personnel, stress in IT, Indian and multinational organizations, six sigma methodology, work-life balance of women employees
 - Cross-cultural adjustment
 - Internet addiction
 - Indian Psychology
- Associated with research activities in the area of management and entrepreneurial activities
- Associated with assessment centres such as Karnataka Skill Commission and Merittrac Services Pvt. Ltd. for development of psychometric tests
- Involved in several research projects sponsored by NASCOM, Department of Science and Technology
- Participated in and presented papers at various National and International Conferences; Was Organizing Secretary of the 19th Annual Conference of the National Academy of Psychology (NAOP) at the Department of Psychology, Bangalore University 2010
- Published several theoretical and empirical research papers in national and international journals.
- Trainer in human dynamics and behavioural aspects of men at work place for soft skills training in communication skills, team building, motivation, stress management etc. for both public and private sector organizations



- Associated with assessment and Organizational Development programmes for both public and private sector organizations
- Conducted workshops for student groups in study skills and personality development
- Conducted workshops for teachers on enhancing classroom behaviour and effectiveness.
- Resource person at the Refresher Courses and Orientation Programmes organized by Academic Staff College, Bangalore University
- Member of the core team in the development and delivery of training modules for Department of Education and Health, Government of Karnataka
- Developed modules for MDP program for the Education Department Govt. of Karnataka and also served as a facilitator in the training program.
- Served in the committee to bring about modules in written format for the above mentioned program
- Developed modules and served as a resource person in the project Swasthya Karnataka Department of Health Government of Karnataka.
- Member of Board of Studies, Board of Examination of several universities within and outside Karnataka