

CURRICULUM VITAE (CV)

Dr. Shirish K. Shitole

Associate Professor and Head

Department of Psychology (UG and PG-Counselling Psychology)

Mahavir Mahavidyalaya (Shivaji University),

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Kolhapur City, Maharashtra,

India - 416003

Educational Qualification:

- Doctorate in Educational Psychology (2019) (**See details in 'F')
- M.A. in Clinical Psychology (2006)
- M.A. in Industrial Psychology (1997)
- SET Examination (1997, before completing M.A.)
- Electrical Engineer (1991) (4 Yrs. Working Experience)

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WORK EXPERIENCE AND PROFESSIONAL CONTRIBUTION

A) Speaker and Resource Person at various State, National and International Programmes, Initiatives and Events

Shirish Sir has delivered **more than 1500 lectures**.

The major fields and themes covered are:

a) Mental Health and Psychology:

- Physical-Menta-Spiritual Well Being
- Personality Development
- Relationship Happiness
- Parenting
- Communication Skills
- Stress Management
- Emotional Intelligence
- Intelligence, Aptitude Development
- Self-regulation skills

b) Career Development

- Process of Career building
- Intelligence and Aptitude Building
- Mid-life Crisis
- Work-Life balance
- Skill upgradation processes
- Leadership and Team building

c) Preparation for Competitive Examinations (UPSC/MPSC/SSB/SET/NET/MBA/IIT University etc.)

- Self-regulated Study and Learning strategies
- Ethics, Integrity and Aptitude for Public Civil Services
- Contemporary Socio-Economic Issues
- Indian Constitution and Public Administration
- International Relations
- Current Cultural-Sports Issues
- Optional subjects teaching: Psychology, Public Administration and Marathi Literature

B) Professional Mental Health Counsellor:

- Mental Health issues
- Mood Disorders, Anxiety Disorders, Suicidal tendency, Phobia
- Bipolar Disorder (Mania and Depression)
- Post-traumatic Stress Disorder
- Obsessive-Compulsive Disorder
- Schizophrenia
- Pre-marital, Marital Counselling
- Relationship problems, Divorcee counselling
- Sexual health
- Old age adjustment
- ADHD
- Mobile and Internet Addiction
- Career Identity Crisis intervention
- Counselling for Mentally Challenged

C) Television and Radio Talks:

- ***Tomato FM Weekly PHONE-IN Counselling Programme 'DIL SE' (Since March 2020 till the date)***

Free Counselling on Mental Health Development and Issues (More than 200 Episodes are broadcasted on Air)

- ***Doordarshan - Jai Maharashtra Programme:***

One hour interview on Preparation dynamics for Civil Service competitive examinations.

- ***Ail India Radio, Pune:***

Preparation for Civil Service Class-I officers' examination

- ***B-Channel, Kolhapur:***

Careers after S.S.C./H.S.C.

Careers after Arts, Commerce and Science graduation

Careers through Competitive examinations

Managing stress during examination period

- ***AIR, Kolhapur:***

D) Consultancy Work

1. Resource Psychologist for Daily, Sakal 'Newspaper in Education (NIE) Project' on VISION 2020:

Hon. Dr. A.P.J. Abdul Kalam and his associates have given us a dream of developed India: VISION 2020. Sakal paper, through NIE, spread this vision among 25000 children from schools across Maharashtra every year since 2005.

For this noble cause, Shirish Sir has designed Trainer's training, the focus of which is to understand India's current reality and dreaming of careers in consonance with VISION 2020.

The response was so overwhelming that Sakal paper had sent the experience of students to Dr. A.P.J. Kalam who was then the President of India. Kalamji hailed this effort and had given 50 minutes to NIE team during his visit to Pune.

2. Designer of Teaching and Learning Module for UPSC Mains General Studies Paper No. IV- 'Ethics, Integrity and Aptitude' for Jnana Prabodhini, Pune

UPSC has made drastic changes in Civil Services Examination System in 2012 (*MPSC has recently decided to adopt the same syllabus from 2023*). During selection process, apart from knowledge, it has now emphasized on attitudes, aptitudes and motivations of aspirants. A new paper titled 'Ethics, Integrity and Aptitude' has been now introduced which relates to foundational aptitudes for civil services, integrity, professionalism, social and political attitudes and behaviours, emotional intelligence, leadership, teamwork, management of change, work-life balance, decision making dynamics etc. in public service. In this unique paper, questions asked are open-ended and partly based on case studies. They don't demand information and facts but self- reflection. It helps to understand the psychic make-up of candidate.

Shirish Sir has designed the learning modules, case studies and delivered lectures and workshops in collaboration with efficient and effective Class-I officers serving India today.

3. Resource Psychologist on 'Child and Youth Personality Development Programme', Jnana Prabodhini Institute of Psychology (Pune):

Shirish Sir has taken different personality development exercises and made various observations to prepare integrated profiles of children. The data collected was used for counseling, research and giving further inputs for growth of children. The duration of project was of Two Years.

4. Resource Psychologist for Young Inspirators Network (YIN), Daily Sakal:

Shirish Sir has taken workshops on career development and personality development for young inspirators. The workshops were aimed at challenging one's abilities and come out of comfort zone to achieve the peaks.

5. Resource Psychologist on Panel set up by Collectorate Office, Kolhapur and S.S.C. board to prohibit suicide among school children:

This panel was set up to prohibit suicide among students appearing for S.S.C. examinations. Shirish Sir has taken Teachers' training on 'Effective handling of the month before final examination' and 'stress management during final examination'.

6. Psychologist for development of Ahmednagar Education Society's CBSE Model School at Ahmednagar:

As a Resource Psychologist, Shirish Sir has designed competency-based evaluation system coupled with curriculum design for children.

Shirish Sir has also played a key role in selection and training of principal and the faculty, in sensitizing parents about the joy of learning and growth aspects of children.

7. Resource Psychologist for ANANDDAYI SHIKSHAN Project, UNICEF executed by Solapur Municipal Corporation:

Shirish Sir has taken trainers/teachers' training on understanding aptitudes of students and executing competency based evaluation system.

8. Designer of Teaching and Learning Module for MPSC Mains Psychology Optional Paper for Jnana Prabodhini, Pune

MPSC Mains Psychology Optional paper was based on fundamental principles and application of Psychology (MPSC has introduced similar pattern again from 2023 examination). Shirish Sir has developed a learning module and taught them to aspirants. He has also prepared study material in Psychology.

After Sir's guidance, hundreds of students from all over Maharashtra have joined Jnana Prabodhini. Out of them significant number of aspirants have got Class-I posts in Civil Services by scoring high in Psychology.

9. Design for 'Effective Classroom Handling' for Nandrekar school, Jaysingpur

Shirish Sir has carried in-depth analysis of teachers' classroom experiences through customized tools and training in communication skills, team work and emotional intelligence is given.

10. Resource psychologist for Zilla Parishad, Kolhapur

Shirish Sir has delivered training on Leadership skills to legislative members of local government for effective public delivery.

11. Trainer for Effective Writing Skills for Journalists in Daily Prabhat, Pune

Shirish Sir has designed various activities based on customized '5C' Mantra (i.e. concept, content, context, creativity and critique) and taken workshops for skills in newspaper writing.

12. Head of Pilot Team for development of Adiwasis

Bhartiy Agro Industries Foundation (BAIF), Pune and European Economic Commission's joint Project for sustainable economic development of AADIWAASIS was aimed at uplifting 33000 Adiwasi families in five states in Maharashtra 'Above Poverty Line Sustainably' and extending the initiative in other part of India.

Shirish Sir has worked as the head of Pilot Team. He has developed Integrated Survey Design for the project. He has stayed in Adiwasi areas of Jawhar, Thane and observed and interacted with Adiwasis and made Participatory Rural Appraisal to gather socio-eco-psycho-cultural data through cluster sampling. After data analysis, he has selected potential entrepreneurial and employment activities, the economic feasibility of which is decided through forward and backward market linkages. This project is a huge success and replicated in many districts of India in later years.

E) Articles Published:

More than 100 articles of Shirish Sir are published till the date in **Daily Sakal (Series), Daily Maharashtra Times (Series), Daily Pudhari and in Magazines**

The themes/subjects include following:

- Preparing for competitive examinations (Series of Articles)
- Effective study strategies
- Career counseling and development
- Personality development
- Habits of Highly Effective People

- Stress management
- Consumer behavior
- Psychological analysis of general election strategies by parties of India and their impact
- Terrorism in Jammu Kashmir

F) Book Publications:

मराठी

- 'समाज कार्यकर्त्यांसाठी आधुनिक कौशल्य (Modern Skills for Social Workers)' (२०२२), एज्युकेशनल पब्लिशर्स अँड डिस्ट्रिब्युटर्स, नागपूर, पहिली आवृत्ती
अल्बर्ट एलिस यांची तर्क-भाव-वर्तनोपचार/विवेकोपचार पद्धती यावर सविस्तर प्रकरण
- 'MPSC-मित्र' (२०००), ज्ञान प्रबोधिनी, पुणे, पहिली आवृत्ती
स्पर्धा-परीक्षेसाठीच्या अभ्यास प्रक्रिया आणि स्व-व्यवस्थापन कौशल्ये यावर सविस्तर प्रकरण

English

- **Personality Development (2019)**, Shivaji University, Kolhapur, First Edition
Written topics on Hard v/s Soft Skills, Team building and Personality
- '**General Psychology**' (2014), Shivaji University, Kolhapur, First Edition
Written topic on intelligence

F) Research Work

- **Ph.D. Awarded by Pune University in 2019**

Thesis Title: Development and Evaluation of Self-regulated Learning Skills Facilitation

Programme for Class I Civil Service Competitive Examination (MPSC/UPSC) students.

- **10 Research Papers published in Peer-Reviewed** National and International Journals
- **7 Research Papers presented** in National and International Conferences

G) Contribution in Conferences, Seminars, Workshops, Summits etc.

a) Convenor:

1. XXVIIth Marathi Manasshatra Parishad Conference of Psycho-Socio-Cultural Health in 21st Century (Organizer: Mahavir Mahavidyalaya, Kolhapur) (2012)

b) Co-Convenor:

1. National Conference on Minority Community in India: Problems and Prospects (Organizer: Mahavir Mahavidyalaya, Kolhapur) (2015)

c) Member of Steering Committee for Major Events:

1. National Conference on Challenges in Teacher Education, Physical Education and Sports (Organizer: Mahavir Mahavidyalaya, Kolhapur) (2012)
2. Leadership Training Camp (Organizer: Pai Foundation and Rotary Club, Kolhapur) (2014)
3. State level Conference on New Trends in Psychology (Organizer: Shivaji College, Satara) (2016)
4. National Conference on Make in India – Emerging Trends in Trade and Innovations for Effective Entrepreneurship (Organizer: Mahavir Mahavidyalaya, Kolhapur) (2016)

H) University Level Contribution (Syllabus and Examination):

a) New Education Policy (2022)

- **Member of Humanity Faculty for NEP 2.0 - Shivaji University, Maharashtra, India. Designed Standardized Format for Structure of Humanities rolled out from 2023-24 (PG) and 2024025 (UG) as per NEP guidelines.**
- **Member of E-Content and MOOC development (Faculty of Humanities) for NEP 2.0 - Shivaji University, Maharashtra, India.**
- **Member of Academic Council, Mahavir Mahavidyalaya, Shivaji University, Maharashtra, India.**
- **Member of Board of Studies in Psychology,**
 - For Shivaji University, Maharashtra, India (2023-2028)
 - For Abeda Inamdar College, Pune (Autonomous), S.P. Pune University, Maharashtra, India
 - For T.C. Chaturchand College, Baramati, Pune (Autonomous), S.P. Pune University, Maharashtra, India
 - For Khemraj College, Sawantwadi (Autonomous), Mumbai University, Maharashtra, India

b) Syllabus Making:

- Worked as a Board of Studies (BOS) as well as sub-committee member and **designed syllabi for UG and PG courses for University and Autonomous Colleges.** The main focus was on contemporary and applied aspects of Psychology.
- Designed syllabus for **Certificate course in English Communication and Personality Development**

c) Resource Person for Orientation Workshop on Revised Syllabus in Psychology:

Shirish Sir has delivered orientation sessions for **UG and PG Teachers** on New and revised syllabus (**Annual, Semester and CBCS Pattern**)

d) Examination related work

- **Under Graduation in Psychology**

Worked as a Paper Setter, Examiner (including practicals), Moderator and Senior Supervisor.

- **Post-Graduation in Psychology**

Worked as a Paper Setter, Examiner (including practicum work) and Moderator.