

# Shruti Jindal

Research Fellow  
School of Public Health,  
The University of Sydney, Australia

[LinkedIn Profile](#) | [Email](#)  
Mobile : +91 9818313014

## EDUCATION

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- **Jamia Millia Islamia University (JMI)** New Delhi, India  
*M.A. in Applied Psychology* 2020 – 2022  
Major: Organizational Behavior  
Cumm. GPA: **8.96/10**  
-Ranked in the **top 1%** among cohort of 50 students in the Organizational Specialization
  - **Jamia Millia Islamia University** New Delhi, India  
*B.A.(Honors) in Psychology* 2016 – 2019  
Cumm. GPA: **8.75/10**  
-Twice awarded (Merit and Central) scholarship by JMI (Class Rank 2)  
- Ranked in the **top 3%** of my cohort consisting of around 50 students

## RESEARCH EXPERIENCE

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- **The University of Sydney** Sydney, Australia  
*Research Fellow, School of Public Health* March 2022 - Present
    - Working with [Dr. Sabrina Pit](#) on investigating how can ageism manifest in the workplace during and after the COVID-19 pandemic, and what can be the *specific challenges faced by older adults, and identify potential strategies to mitigate its effects*.
    - Conducted an extensive literature review, analyzing existing systematic reviews, rapid reviews, and primary studies. Through this process, we identified key themes and gaps in the literature, including the psychological, social, and physical effects of ageism on older workers during the pandemic.
    - Outlined potential research gaps that need to be addressed in future studies for our next steps that involve designing and implementing a meta-analysis to quantitatively examine the relationships between ageism, COVID-19, and its impact on older adults in the workplace.
  - **Indian Institute of Management Kashipur** Kashipur, UK, India  
*Research Fellow, Department of OBHRM* Sept 2021 - Dec 2021
    - Worked with [Dr. Devjani Chatterjee](#) on investigating the factors that affect *the career aspirations of a women after motherhood*.
    - Worked on a quantitative study on how the cultural assumptions about gender, parenthood, and family care shape the career aspirations of middle- and upper-class young women who are married but do not have children versus those who are married and have children.
  - **Tata Institute of Fundamental Research** Mumbai, India  
*Research Asso., Learning Sciences Research Group, Homi Bhabha Centre for Science Education* May 2020 - Present
    - Worked with [Prof. Sanjay Chandrasekharan](#) and his team to investigate the *role of attention in reading Academic language (AL) using the Navon task* with [Psytoolkit](#).
    - Constructed a system simulation under the guidance of [Dr. Mukesh Makwana](#), Brown University to test an analytical framework, based on the simulation model of language and a related interactive system, to understand the way AL mediates the transition to scientific thinking.

- **University of California Los Angeles**  
*Independent Project, Bjork Learning and Forgetting Lab, UCLA*

LA, United States  
Mar 2018 - Till Date

- Working with [Professor Robert Bjork](#) to execute a research design of a pocket friendly *method of effective learning that eliminates the Serial Position Effect on the words at intermediate positions of a list in free recall*.
- Collected a data of 400 students across different experimental conditions to understand the cognitive processes that aimed at increasing the retrieval of words by 70% without any extra efforts, visual cues, expenditure on the process of learning these words by simple presentation.

## PUBLICATIONS and PRESENTATIONS:

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### *Poster Presentation:*

Salve, J., Khosla, K., Jindal, S., Chandroth, A.S., Chandrasekharan, S. (2023). **Attention in the mind's eye: using the Navon attention task to track the way the grammatical structure of text passages modulate the mental simulation of perspective** [Poster presentation]. CogSci 2023, Sydney, AU.

### *Manuscript in Preparation:*

1. Jindal, S., & Bjork, R. A. (2023). **Enhancing Memory Encoding for Improved Retrieval: Investigating the Effects of Series and Simultaneous Presentations on Recall Performance**. Manuscript in preparation.
2. Jindal, S., & Pit, S. (2024). **Fostering Age-Inclusive Cultures in the Workplace: Supporting the Re-entry and Retention of Older Workers in the Context of Dementia After the COVID-19 Pandemic**. Manuscript in preparation.

### *Editorial Contributions:*

Book Title: **Mind & Music: Demystifying Thumri Maestros**  
MLBD Publications

\*Professionally contributed to book development through transcription of interviews, qualitative thematic analysis, content organization, extensive literature review, and comprehensive editing, including proofreading, copy-editing, and enhancing manuscript clarity.

### *Media Coverage:*

1. Jindal, S. (2022, Oct 8). **Mummy, My Phone is Not a Cause of My Anxiety**. *Rising Kashmir*. [Link to Article](#).
2. Jindal, S. (2022, Oct 15). **Eliminating Ageism-Based Mental Health Concerns Among Older Workers in an Organizational Setting**. *Rising Kashmir*. [Link to Article](#).

## PROJECTS RELATED TO COURSEWORK

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1. Master's thesis: **"Stereotype-based challenges faced by young managers while supervising Elderly Workforce during COVID-19"** under the guidance of Professor Sushma Suri, Dept. of Psychology, JMI.
2. Bachelor's thesis: **"Education and Criminality: Dropouts of Tihar Jail Number 5"** under the guidance of Professor Sushma Suri, Dept. of Psychology, JMI.

## PROFESSIONAL EXPERIENCE

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- **EduMentor Educational Pvt. Ltd., New Delhi** | *Visiting Faculty, Psychology* *April 2023 - June 2023*
  - Prepared students for CUET (Central Universities Common Entrance Test) for undergraduate exams by creating study materials, delivering engaging lectures, providing doubt resolution, and offering exam strategies.
- **RUFA Educational Services, New Delhi** | *Visiting Lecturer, Psychology* *Jan 2023 - May 2023*
  - Prepared students for CUET for Master's exams, responsibilities include delivering lectures, conducting seminars, and further assessing student progress.

- Provided instruction and guidance to senior school students in various aspects of psychology, including theories, concepts, research methods, and practical applications for their senior secondary board exams.

## ACCOMPLISHMENTS

### *Competitive Exams and Entrances:*

- Secured an **All India Rank 3** (\*without reservations) in the PGAT entrance exam for the admission in M. Sc. Psychology at University of Allahabad, one of India's best universities that offers courses in Cognitive and Behavioral Sciences.
- Secured an **All India Rank 27** in the entrance exam for the admission in M.A. Applied Psychology at **Jamia Millia Islamia University**, ranked **3rd among all universities** in the country in rankings released by the NIRF, Ministry of Education of India 2023.

### *International Forums like MUN:*

- Selected as a Good Health & Well-Being and Quality Education Delegate at the **22nd Session of The Youth Assembly Conference, New York City** in July 2018.
- Selected as a Health and Social Policy Delegate at **The Harvard Project for Asian and International Relations 2018 Conference at Harvard University, USA** in February 2018.

### *Others:*

- Qualified **GATE** (Graduate Aptitude Test in Engineering) **2023 XH C5** (Subject: Psychology)
- Ranked **2nd** in the **German Language Learning Advanced Level** course at Y.W.C.A. of Delhi in 2016.
- Conferred with **All Rounder of the Session 2012-14 Award** by Trinity Institute for excellent academic performance and co-curricular participation.

## SERVICES

- **Sponsorship Committee Member TEDxJMI 2017:** Scouted for sponsors and raised a few million (INR) for the event that held in October 2017 in Jamia Millia Islamia, New Delhi
- **Campus Ambassador:** Art of Living (2016-17): Organized career counseling programs in the colleges of South Campus (University of Delhi), Jawaharlal Nehru University, Jamia Millia Islamia, New Delhi
- **Event Manager:** EL-VEDA (Annual Fest of Trinity Group of Institutions in 2014): Planned, organized and executed various events and competitions for the undergraduates of Delhi NCR region at Trinity Institute Professional Studies, New Delhi, India.

## OTHER EXPERIENCE

- **Art of Living, International Association for Human Value, WHO** New Delhi, India  
*Social Work and Community Development Intern* *Jan 2017 - July 2017*
  - Scouted for investors and raised a couple millions (INR) for the holistic development of Okhla Slum, New Delhi, IN.
  - Organized various programs and campaigns on Skill training, Child Abuse, Marital rape awareness that aimed at benefiting almost 500 children and women of the slum. Taught Science, Arts and Mathematics to the underprivileged children (of age group 10-15years) through innovative teaching methods and techniques.
- **Tihar Prisons, Mental health Foundation India, AIIMS Delhi** New Delhi, India  
*Medical Intern* *Apr. 2018 - July 2018*
  - Developed a module under the supervision of [Prof. Dr. Nand Kumar](#) on self-regulation based on cognitive and behavioral paradigm for inmates of jail no. 5,6, and 8 which exhibited improvement in 65% of the inmates with respect to their mental health and behavior.
  - Identified and reported almost 250 cases of depression and other mental health issues using well established procedures and Psychological first aid approved by World Health Organisation (WHO).

## OTHER CERTIFICATIONS

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- Advanced Diploma in **Early Childhood Care and Education**
- Advanced Diploma in **German** Language (A2 Level)