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Dr. Upasana Shukla is an Assistant Professor at IBS, the ICFAI University, Dehradun, with over 6 years of academic and industry experience. She holds a PhD in Management from Bundelkhand University, Jhansi, specializing in Emotional Intelligence and its impact in academic settings. Her expertise spans Emotional Intelligence, Organizational Behavior, Psychology, and Human Resource Management, complemented by strong analytical skills. She is deeply engaged in research-driven teaching and evidence-based academic practices. Dr. Shukla has published research papers in reputed journals, including Scopus-indexed publications, contributed book chapters, and presented her work at national and international conferences. She is also a patent holder in HRM practices and brand advertising design. She has contributed to academia through recorded video lectures for the HRM curriculum at CSJM University, Kanpur, and as a reviewer for online courses at GLA University, Mathura. With multiple FDPs, NPTEL certifications with top scores, and training from premier institutions such as IIT Kanpur, IIT Kharagpur, and IIM Bangalore, she is committed to fostering a research-driven, innovative learning environment that promotes student growth and academic excellence.