

Dr. Sudharshan H L

Associate Professor & HOD

RCI – CRR No. A50463

Department of Psychology, PG Centre

Email id: hod.mscpsychology@suranacollege.edu.in



Sudharshan is an RCI recognized psychotherapist who is practicing since 2011. He has worked for more than 5000 hours with clients who have faced issues in their interpersonal relationship issues, work-life issues, mild and moderate mental health issues, adolescent issues and family issues.

He is a recognized resource person at Fiscal Policy Institute, a training centre for KSA&AD audit officers from the department of Finance, Govt. of Karnataka. He trains officers on topics such as stress management, time management and such other Organization Behaviour.

He has also worked as a research fellow in two major research projects at St. John's research institute on Alcoholism and domestic violence. The research work opened the gateways for intervention studies and qualitative methodologies. He has also worked on a minor research project funded by MHRD on theorizing resilience based on Indian scriptures mostly focused on Mahabharata.

His thrust area has been in the field of rehabilitation psychology with an attempt to incorporate Indian Knowledge System in psychotherapeutic procedures. He is also intrigued by qualitative research methods that can assist quantitative approach. He is also venturing on AI assisted interventions in the field of Psychology and mental health.