



**Name** : Dr. Sudha. R

**Designation** : HoD and Assistant Professor

**Department** : Psychology

**Qualification** : M. Phil , NET, Ph. D

**Experience** : Teaching -14 Years

**Research** : 3 Years

**Area of Specialization(s)** : Positive Psychology, Counselling, Psychopathology

**Email (Official ID)** : [r\\_sudha@psgrkcw.ac.in](mailto:r_sudha@psgrkcw.ac.in), hod\_psy@psgrkcw.ac.in

#### Academic Qualifications

Degree	Branch	Institution/ University Name	Year of Graduation
Ph.D.	Counselling Psychology	Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore	2024
M.Phil.	Psychology	Bharathiar University, Coimbatore	1997
M. A	Psychology	Bharathiar University, Coimbatore	1995
B.Sc.	Psychology	Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore	1993

#### Additional Qualifications

Diploma/ Vocational/ Certification	Area of Specialization	Institution/University/Agency Name	Year
Certification	Buddhism and Modern Psychology	Princeton University via Coursera	2018
Certification	Supporting Children with Reading and Writing Difficulties	University of London via Coursera	2018
Certification	Psychological First Aid	John Hopkins University via Coursera	2019
Certification	Introduction to Psychology	Yale University via Coursera	2019
Certification	Social Psychology	Wesleyan University via Coursera	2019
Certification	The Science of Well-Being	Yale University via Coursera	2019

<b>Certification</b>	Psychodiagnostics and Psychological Assessments	National Research Tomsk State University. Via Coursera	2020
<b>Certification</b>	Positive Psychology: Applications and Interventions: 5 course	University of Pennsylvania (Penn State University). Via Coursera	2020
<b>Certification</b>	Quantitative Methods	University of Amsterdam	2020

### Research Guidance

Programme	No. of Scholars			
	Completed			Pursuing
M.Phil.	1	1	1	-

### Research Publications (Indexed)

**International : 2 publications are SCOPUS indexed**

### Other Publications: International/National

**8 publications are UGC CARE indexed**

**1 publication is peer reviewed and PUBMED indexed**

### Copyright

S. No	Name of the Faculty	Title of the Invention	Application No.	Date of Filing	Publication Date
<b>1.</b>	Dr. Sudha. R	Development of C. A. R. E Inventory to measure positive psychology constructs	Copyright published and granted on		
<b>2.</b>	Dr. Sudha. R	Development of C. A. R. E Intervention Module			
<b>3.</b>	Dr. Sudha. R	Development of SAVE Inventory for Vulnerable Youth			

4.	Dr. Sudha. R	Development of SAVE Intervention for Vulnerable Youth			-
----	--------------	---	--	--	---

### **Book Published**

General Psychology for B. Sc Psychology (A Course Book for TNOU) 2023

<https://tnou.ac.in/eslm/UG/B.SC%20PSYCHOLOGY/SEM%20II/BSYS%2021%20EM.pdf>

Content Writer for Tamil Nadu Open University General Psychology II, Semester II, for B. Sc Psychology.

### **Book Chapter Published**

**9 Book Chapters published**

### **Short Term Course**

### **Letter of Appreciation**

### **Acted as a Resource Person**

Resource person in 45 sessions

### **Reviewer in journal**

Reviewer in 2 SCOPUS indexed journals

### **Paper Presentations in Conference**

**International : 5 conferences**

**National : 7 conferences**

### **Presentations in Seminar**

**12 seminars**

### **Participation in Conference**

### Participation in Seminars

### Participation in Workshop

### Participation in Faculty Development Programme

### Participation in Webinar

### Conference/Seminar/Workshop Organized

### Grants

1. Completed: “Development and Validation of a Scale to measure Karma Yoga among Young Adults” from Indian Knowledge Systems (IKS) Completion by August 2025. Fund: 8,43,000/- as Principal Investigator (PI)
2. Completed: Hope as a moderator in the relationship between Pain and Insomnia among cancer patients: A Structural Equation Modelling Approach. A UGC SEED Money In house Project, 2024, as Co-Investigator

### Membership in Professional Bodies

Name of the Professional Body	Nature of membership	Duration
Rehabilitation Council of India	Rehabilitation Psychologist	Up to 2027, Renewable
National Association of Psychologists	Life	
Indian Association of Clinical Psychology	Life	
American Psychiatric Association	Registered	

### Awards/Honors

Awards/Honors	Agency/Institute	Year of Award
Awarded Best Poster	International Forum for Anxiety and Mood	2021

	Disorders (IFMAD) 2021 at Budapest, Hungary on 24th July 2021	
Awarded Best paper	3 <sup>rd</sup> International Conference on Health and Well- being: Current Trends and Challenges held virtually on 30-31 October organized by Indian Mental Health and Research Centre at AMITY University, Lucknow and Noida.	2021
BEST INNOVATOR AWARD	Department of Psychology, PSG College of Arts & Science. 26th & 27th November, 2021	2021
Best Inventor Award	Department of Psychology, PSG College of Arts & Science. 26th & 27th November, 2021	2021

## Indexing and Citations

**H index: 1**

## Contribution

- Department Association In-charge and BOS member
- BoS member of CMS College of Science and Commerce