



Centre for Research & Development

Research Supervisor (Guide) Profiles

Discipline of Supervision: **Psychology**



Dr. Lokesh L

Assistant Professor
Department of Psychology
School of Humanities and Social Sciences

Areas of Specialisation:

Counselling and Psychotherapy, Emotional Intelligence,
Applied Behavior Analysis,

Dr. Lokesh L has a multidisciplinary academic background with an M.A. in Criminology and Forensic Science, an M.Sc. in Psychology, and a Ph.D. His areas of specialization include Counselling Psychology, Emotional Intelligence, and Psychotherapy. He has contributed extensively through research publications in reputed national and international journals and presentations at academic conferences. A member of the American Psychological Association, the Australian & New Zealand Mental Health Association, and a Life Member of the Indian School Psychology Association (InSPA), he also serves on Boards of Studies for various universities. Dr. Lokesh has delivered invited talks at the Karnataka Police Academy and conducted international lectures in Guyana on psychological interventions and Cognitive Behavioral Therapy (CBT).

Selected Publications:

1. Bhatt, R. K., Babu, N. C. K., **Lokesh, L.**, Mathew, A. M., Sukumar, V., and Babu, S. (2024). Hardiness, Emotional Intelligence and Occupational Stress Among Technocrats. Springer Nature Switzerland. https://doi.org/10.1007/978-3-031-55911-2_12
2. Sivaraman, S., **Lokesh, L.**, Vimala, M., & Fathima, N. (2024). Birth Trauma Among Working Women: An Exploratory Study. In Studies in Systems, Decision and Control (pp. 187–196). Springer Nature Switzerland. https://doi.org/10.1007/978-3-031-50939-1_15
3. Chandwani, D. R., Banerjee, D., Dolma, D., Aswin, K. P., and **Lokesh, L.** (2024). Impact of Rumination on Emotional Intelligence and Quality of Life Among Young Adults. In Studies in Systems, Decision and Control (pp. 53–61). Springer Nature Switzerland. https://doi.org/10.1007/978-3-031-71526-6_5