

**Dr. Amrita Deb**  
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**Bio**

Dr. Amrita Deb is currently an Associate Professor of Psychology in the Department of Liberal Arts, Indian Institute of Technology Hyderabad. She is interested in clinical psychology and positive psychology research specifically in the domains of mental health and resilience. Dr. Amrita's work primarily revolves around the ability of individuals to adapt to life transitions and the challenges that they bring. This involves the identification of risk and protective factors and resilience processes that eventually lead to resilient outcomes through quantitative and qualitative methods. In some of her recent work, Dr. Amrita looked at resilience among adults with a background of childhood adversity and devised a resilience program for students. Her undergraduate and postgraduate teaching covers courses including resilience, well-being, psychopathology and mental health.

## **Keynote Address on:**

### **Resilience in the Indian context: Findings from recent work**

#### **Abstract**

In the last couple of decades, resilience research has expanded to various domains such as education, mental health, and physical health covering a range of adverse conditions pertinent to these areas. In the case of India, the multicultural aspect of this society makes it a fascinating but complex area for research. Individuals and environments are shaped by unique regional subcultures, as well as global, traditional and contemporary influences. As a result of the existence of myriad sociocultural elements, researchers have reported a variety of risk and protective factors and resilience factors across samples. This presentation attempts to highlight some significant results from recent work on resilience. Findings from field studies largely pertaining to the domain of mental health will be presented first including specific factors that contribute to resilience. Next, the process of development of a resilience program for students in higher education in India will be described. Besides findings pertaining to risk and protective factors, the importance of resilience in practice, and challenges faced in developing such programs in the Indian context will also be highlighted. This discussion is expected to help in generating ideas for resilience work and also for researchers who are interested in studying the topic in future.