

Dr. Nidhi Maheshwari

Scientist- Defence Institute of Psychological Research (DIPR),

**Defence Research and Development Organisation (DRDO), Ministry of Defence,
Government of India, Delhi**

Bio

Dr. Nidhi Maheshwari is Scientist at the Defence Institute of Psychological Research (DIPR), Defence Research and Development Organisation (DRDO), Ministry of Defence, Government of India, Delhi. She is a certified life coach and hypnotherapist having hands-on experience in Neuro linguistic programming. She specializes in the area of Strategic Behaviour Analysis, Assessment and Management of Combat Stress Behaviours, Special Forces Profiling, Combat Motivation and Morale, Rumour and Propaganda Management (Psychological Operations). Besides accomplishing several research projects and papers in various journals of repute, she has published two reference books on Military Psychology, one in Hindi and other in English to popularize the subject. Recently, awarded and acknowledged at various forums for designing three different apps for Operational Stress Management of Armed Forces with over 15k active users. Currently working on futuristic systems for psycho-education and wellness enhancement of Armed Forces.

Keynote address on:

Positive Technology for Psychological Well Being: Use Case Approach

Abstract

Positive technology refers to the scientific and applied approach to using technology for enhancing human experience based on the principles of positive psychology. Technology assisted tools and modalities may encourage users to soak in the immersive experience, pay attention, be in the present moment with purpose and connectedness. This leads to flourishing, growth and flow without much exertion and awareness of the user. Multitude of modalities and researches are sprawling recently with the accelerated use of positive technology. Present talk put forth the emerging dimensions of positive technology while mapping various modalities based on the use cases prevalent at the global level. Important derivatives can be harnessed for target groups by using the Positive Technology map for optimization of their growth and performance.