2nd INTERNATIONAL CONFERENCE ON POSITIVE PSYCHOLOGY

BY

NATIONAL POSITIVE PSYCHOLOGY ASSOCIATION (NPPA)

Theme: Positive Psychology in Action

19th- 20th | APRIL 2024

BOOK OF ABSTRACTS

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PREFACE

From the President's Desk

This book of abstracts is based on the various papers received for presentation at the international conference, entitled "Positive psychology in action", organised by the National Positive Psychology Association in April 2024. A large number of papers have been received under the different themes which have been clubbed on the basis of similar theme papers. The striking aspects of these presentations is that in almost all papers the focus is on the successful implementation of positive psychology interventions in cases manifesting socio-psychological problems or cases suffering from mental disorders such as anxiety and depression.

Positive psychology interventions are conducted by both practitioners and researchers. In the workshops, presented by expert academicians practicing positive psychology, Prof. Gaggioli in his keynote delves into the psychological mechanisms underpinning the efficacy of virtual transformative experiences, highlighting how these technologies can evoke emotional responses, challenge perspectives, and prompt introspection. Prof. Knoop argues that there are dimensions of well-being, and that sources of well-being are universal, and humans as a whole have a common, united interest in well-being, it is crucial to understand this aspect for both promoting well-being and preventing ill-being. Prof. Wong discusses Existential Positive Psychology and its application such as self-transcendence that could help overcome suffering. Prof. Habib on the other hand, focuses on combining concepts such as PP, EI, and Mindfulness, leading to self-regulation and self-management of one's well-being. Quite a few have innovated PP interventions such that it can be applied to a diverse population from different cultures and backgrounds. Prof. Hendriks advocates for interdisciplinary collaborations and exploration of innovative methodologies and offers a comprehensive perspective on the evolution of positive psychology interventions. The keynote on happiness by Prof. Mandal addresses challenges in understanding happiness as a construct, and considering it as a trans-disciplinary field of study. Interesting research findings of the inculcation of gratitude in adolescents leading to effect both mind and body positively is a clear evidence of positive psychology intervention.

The current trends in positive psychology research have focused on integrating both positive and negative aspects of human functioning and developing more evidence-based successful interventions.

While a few abstracts do deal with Indian psychological intervention methods, these are very few, indicating a lot more needs to be researched in this area to arrive at reliable and valid results.

With an increasing number of mental health issues arising in the present day, tension and stress filled environment at schools, higher education institutions, home and work life, the role of positive psychology and practitioners of positive psychology becomes all the more crucial to both overcoming suffering and prevent suffering.

Recent trends reflect a growing awareness of the intricate relationship between the mind, technology, culture, and the environment. As positive psychology continues to evolve, it promises to provide deeper insights into human behavior and improved methods for enhancing mental well-being. Researchers interested in this area will get many ideas from this book of abstracts, for taking up those areas of positive psychology which need replication or further research in unexplored areas.

The book of abstracts compiled by Ms. Nitika Nagpal & Ms. Saniya Bhutani is indeed admirable and of great value to all interested in positive psychology interventions. It is hoped it would help practitioners and researchers to innovate many more effective positive psychology interventions which could bring succour to persons suffering from socio psychological problems as well as relatively serious mental disorders such as depression and anxiety.

Dr. Vimala Veeraraghavan

Professor Emeritus

President, NPPA

About National Positive Psychology Association

From the Secretary's Desk

Namaste!

National Positive Psychology Association (NPPA) came into existence when Positive Psychology was a relatively new field of inquiry in India. It has captured the attention of thousands of researchers, practitioners and students globally as well as in India. Positive Psychology is the scientific study of positive human functioning and flourishing on multiple levels including the biological, personal, relational, institutional, cultural and global dimensions of life. In 2013, NPPA was established with the aim to bring together Indian academicians, researchers, practitioners and students who are interested in the field of Positive Psychology. The vision of NPPA is to explore the fields of positive psychology constructs globally (West & East especially India) with respect to teaching and research and integrate the positive psychology activities in the country. NPPA's mission is:

- To provide a platform of interaction among researchers, teachers, students, and practitioners of positive psychology in India.
- To provide, psychological tests which have been developed , translated and adapted in India.
- To share the findings of positive psychology with the a larger segment of people in India.

We also feel privileged to be recognised by the Positive Psychology Centre, University of Pennsylvania as the Indian Association of Positive Psychology.

Over the years, NPPA has conducted a series of webinars. The speakers of these webinars have made renowned contributions in the field of psychology. Additionally, the NPPA releases monthly newsletter/bulletin that aims to update the members regarding the ongoing developments and updates in the field of positive psychology. In 2023, NPPA proudly organised its First International conference of Positive Psychology in India and with this success, we are excited to have our Second International Conference on Positive Psychology. It gives me immense pleasure to bring to you eminent speakers and contributors in the field of Psychology. We are grateful to the community for their continuous support in organising and making the NPPA conference a success.

NPPA wishes to support scientific research on positive psychology in India and create an open dialogue between researchers, teachers and practitioners working in the field of positive psychology. We invite all psychology scholars, social scientists and practitioners to join us. We would also like to invite other non-governmental organizations, professionals and researchers who are contributing through their research and extension work (outreach programs) to enhance the quality of life of individuals and communities.

Kamlesh Singh, PhD
Professor (Psychology), Dept. of HuSS, IIT Delhi
Secretary & Treasurer, NPPA

Conference Schedule

Time	19th APRIL, 2024					
	INAUGURATION					
9:00-9:30	**Presidential Address: Prof. Vimala Veeraraghavan,** President, NPPA **Welcome note: Prof. Kamlesh Singh,** Secretary, NPPA					
9:30-10:30	**Inaugural Keynote Speaker:** **Prof. Manas Kumar Mandal,** Indian Institute of Technology Kharagpur **Chair: Prof. Rajbir Singh,** Maharshi Dayanand University, Rohtak					
10:30-11:30	**Keynote Speaker:** **Prof. Ashish Pandey,** Indian Institute of Technology Bombay **Chair: Prof. Sonia Malik,** Maharshi Dayanand University, Rohtak					
11:30-11:45	**Break**					
11:45-12:30	**Keynote Speaker:** **Dr. Mandeep Mahendru,** Széchenyi István University, Győr, Hungary **Discussant: Dr. Shalini Duggal,** Accenture, Gurugram					
12:30- 1:30	**Keynote Speaker:** **Prof. Hans Henrik Knoop,** Aarhus University, Denmark **Chair: Prof. Senhlata Jaswal,** Sikkim University					
1:30-2:00	**Lunch**					
2:00-2:30	**Keynote Speaker:** **Dr Nidhi Maheshwari,** Defence Institute of Psychological Research (DIPR), DRDO, Delhi **Discussant: Sneha John,** Indian Institute of Technology Delhi					
2:30-3:30	**Keynote Speaker:** **Prof. Andrea Gaggioli,** Università Cattolica del Sacro Cuore, Milan **Chair: Prof. G. Padmaja,** Centre for Health Psychology, Unversity of Hyderabad					
3:30-4:45	**Oral Session 1** **Chair: Prof. Nov Rattan Sharma** Amity Institute of Behavioural and Allied Sciences Amity University Madhya Pradesh	**Oral Session 2** **Chair: Prof. Keerti Shukla** Symbiosis Institute of Management Studies Pune	**Oral Session 3** **Chair: Prof. Ritu Sharma** Department of Psychology Indira Gandhi National Open University	**Oral Session 4** **Chair: Prof. Neelam Rathee** Department of Psychology P.G. Govt. College for Girls Chandigarh	**Oral Session 5** **Chair: Prof. Anindita Ghosh** Department of Liberal Arts IIT Bhilai Bhilai	**Oral Session 6** **Chair: Prof. Prerna Puri** Department of Psychology University of Rajasthan, Jaipur
4:45-5:00	**Break**					
5:00-6:00	**Keynote Speaker:** **Prof. Paul T. P. Wong,** Professor (Emeritus) Trent University, Canada **Chair: Prof. Pulkit Khanna,** Jindal Institute of Behavioural Sciences, O.P.Jindal Global University, Sonipat					
6:00- 7:00	**Keynote Speaker:** **Mr. Ronen Habib,** EQ schools, USA **Chair: Dr. Shalini Duggal,** Accenture, Gurugram					

Time	20th APRIL, 2024					
8:00-9:00	**Keynote Speaker:** **Prof. Nansook Park,** University of Michigan, USA **Chair: Prof. Amrita Deb,** Indian Institute of Technology Hyderabad					
9:00-10:15	**Oral Session 7** **Chair: Prof. Parwinder Singh** Department of Humanities and Social Sciences, IIT Ropar	**Oral Session 8** **Chair: Prof. Keerti Shukla** Symbiosis Institute of Management Studies Pune	**Oral Session 9** **Chair: Prof. Sushila Pareek** Department of Psychology University of Rajasthan, Jaipur	**Oral Session 10** **Chair: Prof. Dinesh Chhabra** Department of Psychology University of Delhi, New Delhi	**Oral Session 11** **Chair: Prof. Swati Patra** School of Social Sciences Indira Gandhi National Open University	**Oral Session 12** **Chair: Prof. Suhas Shetgovekari** Discipline of Psychology Indira Gandhi National Open University
10:15- 11:00	**Keynote Speaker:** **Prof. Navin Kumar,** Delhi University **Discussant: Dr. Shilpa Bandyopadhyay,** Jindal Institute of Behavioural Sciences, O.P.Jindal Global University, Sonipat					
11:00-12:00	**Keynote Speaker:** **Prof. Girishwar Misra,** Professor (Emeritus) Delhi University **Chair: Prof. Shalini Singh,** Maharishi Dayanand University, Rohtak					
12:00-1:00	**Oral Session 13** **Chair: Prof. Juhi Deshmukh** Department of Psychology Savitribai Phule Pune University, Pune	**Oral Session 14** **Chair: Prof. Deepti Hooda** Department of Psychology Maharshi Dayanand University, Rohtak	**Oral Session 15** **Chair: Prof. Sushma Suri** Department of Psychology Jamia Millia Islamia, New Delhi	**Oral Session 16** **Chair: Prof. Samina** Department of Psychology Jamia Millia Islamia, New Delhi	**Oral Session 17** **Chair: Prof. Mohammad Ghazi Shahnawaz** Department of Psychology Jamia Millia Islamia, New Delhi	**Oral Session 18** **Chair: Prof. Zokaitluangi** Department of Psychology Mizoram University Mizoram
1:00-1:30	Lunch					
1:30-2:30	**Poster session 1** **Chair: Dr. Jasleen Kaur** Psychologist/Marriage Counsellor Gurugram	**Poster session 2** **Chair: Dr. Garima Rajan** Department of Psychological Sciences FLAME University, Pune	**Poster session 3** **Chair: Dr. Geetika Tankha** Department of Psychology Manipal University Jaipur, Jaipur	**Poster session 4** **Chair: Dr. Vishva Chaudhary** Department of Psychology University of Rajasthan, Jaipur	**Poster session 5** **Chair: Dr. Shilpa Bandyopadhyay** Jindal Institute of Behavioural Sciences O.P.Jindal Global University, Sonipat	**Poster session 6** **Chair: Dr. Pooja Sahni** Delhi Technological University New Delhi
2:30-3:30	**Keynote Speaker:** **Prof. Tommy Hendriks,** Tilburg Universty , the Netherlands **Chair: Prof. Rajneesh Choubisa,** BITS Pilani					
3:30-4:30	**Symposium:** **Chair: Prof. Payal Chandel,** Central University of Haryana **Prof. Urmi Nanda Biswas,** Ahmedabad University, Gujarat **Prof. Ritu Sharma,** Indira Gandhi National Open University					
4:30-5:00	**CLOSING CEREMONY** Conference Summary: **Dr. Shilpa Bandyopadhyay,** Jindal Institute of Behavioural Sciences, O.P.Jindal Global University, Sonipat **Valedictory Address: Prof. Vimala Veeraraghavan,** President, NPPA **Thank you note: Prof. Kamlesh Singh,** Secretary, NPPA					

Keynote address:

Decoding Happiness

Understanding the science behind…

Prof. Manas K Mandal, PhD, FNAPsy

Fulbright Fellow - USA (UPENN-2021), Harvard University (2003), Delaware University (1986), Shastri fellow (UWaterloo-1993), NSERC Fellow (UWaterloo-1994), DAAD Fellow (Aachen University-Germany 2018), Visiting Professor – Japan (Kyushu University – 1997, 2011), Fellow: National Academy of Psychology (India)

Brief Bio: Dr. Manas K Mandal is a Distinguished Visiting Professor at Indian Institute of Technology – Kharagpur, & Adjunct professor at National Institute of Advanced Studies (NIAS), & at Allahabad University (AU), and as Emeritus Resource Professor at Rashtriya Raksha University (RRU), India. Formerly a Distinguished Scientist and Director-General (LS – DRDO), and a Professor of Psychology at IIT- Kharagpur, Dr. Mandal specializes in the areas of Neuropsychology & Cognitive Sciences. He was elected as the Fellow of National Academy of Psychology in India in 2012; and for his contribution to Psychological Science, he was given away the 'Technology Leadership Award' by the then Defense Minister of India (2016) and the 'Scientist of the Year' (2006), 'Agni award for Excellence' (2005), & 'Technology Spin-off' (2007) awards by the Prime Minister of India. Dr. Mandal has to his credit 14 books, over 100 research papers in international journals of high repute with 7000+ international citations of research work.

Abstract

Most people try to understand 'happiness' from a purely philosophical perspective since it is believed that scientific exactitude has little to do with this construct. While the art of happiness (or the route to happiness) has a rich tradition in Eastern and Western literature, the scientific aspect of it (or the root of happiness) has often been neglected. Besides, the positive emotion of happiness is a far less emphasized area of research, in comparison to research on negative emotions like anxiety or depression.

Given this backdrop, the present talk will address issues like: (a) challenges in understanding happiness as a construct, (b) observed evidence in scientific domain, and (c) establishing happiness as a transdisciplinary field of study.

Keynote Address:

Positive Psychology: Perspective, Constructs and Practices from Yoga and Ayurveda

Prof. Ashish Pandey

Shailesh J. Mehta School of Management, Indian Institute of Technology Mumbai &

Visiting Professor-Indian Institute of Management Ahmedabad

Brief Bio: Prof. Ashish Pandey is the Professor with Shailesh J. Mehta School of Management, Indian Institute of Technology Bombay in Mumbai and visiting Professor at IIM Ahmedabad where he teaches courses related to Organization Development, Human Resource Management, Self- Management and Leadership. Prof Ashish is the Management Committee member of NBA (National Board of Accreditation) and council member of Indian Council of Philosophical Research. Ashish has designed and conducted more than hundred consulting and long-term training projects for the organization and leadership development across industries and for institutions of higher education in last 15 years. He has published more than fifty research articles in the field of Yoga and positive psychology, spirituality at workplace, mindfulness, business and society interface, shared leadership and responsible leadership in globally reputed journals including Journal of Management, Journal of Business Ethics, Personnel Review etc. He has co-edited the volume on Indigenous Indian Management published by Palgrave MacMillan. His research is recognized with awards and fellowships at forums held at Indian Academy of Management, Academy of Management, USA, Fowler Centre of Case Western University, Indian Institute of Sciences etc. Ashish is a co-founder of IKS based platforms like www.dharmawiki.org and www.panchkoshawellbeing.in.

Abstract

In the second wave of Positive Psychology there is a greater openness for culturally derived knowledge and practices to fulfil the vision of positive psychology to help mankind to flourish. There is a greater recognition that apart from emotions and thoughts the positive psychology needs to use the more embodied experiences and food based interventions and psychomotor interventions like dance and gardening for human beings to flourish. The role of Yoga and Ayurveda can be very pertinent in this regard. In this presentation, first I will share the impact of Yoga based practices on flourishing and psychological capital in the non-clinical population and the psychological pathways through which this impact is realized. Second, I will present the Ayurvedic perspective of the ways of flourishing. I aim to share the perspective of integral wellbeing from the perspective of Yoga and Ayurveda, constructs like TattvBodh, Indriyajaya, Sukhayu-Hitayu and practices like breathing exercises, pratyahara, ritu charya and Din Charya of Yoga and Ayurveda which can contribute to the field of Positive psychology.

Keynote Address:

Money and Happiness

Dr. Mandeep Kaur Mahendru

Adjunct Professor - ICFAI Business School (IBS, Gurugram)

Brief Bio: Dr Mahendru holds a Ph.D. in Management, Master's in economics, and Masters in Business Administration (Finance). She has around 20 years of experience. She is currently working as an Adjunct Professor at the ICFAI Business School (IBS, Gurugram). Additionally, she holds a Post-Doctoral Fellowship from the State Bank of India (June 2019–June 2021). Dr. Mahendru has been published in journals with a high impact factor and has got a patent for financial well- being scale (L-108713/2021). She is a subject matter expert in Behavioural finance and Evolutionary economics and Data Analytics (Quantitate and Qualitative). During her tenure at the State Bank of India, she designed a curriculum and Aspirational Course on financial well- being for bank employees. Dr. Mahendru has been invited to serve as a Guest Editor for Open Access Journal "Frontiers in Artificial Intelligence" and "Sustainability" (Impact Factor 3.251)'s special issue on "Maritime Research: Challenges for Carbon Neutrality in Context of COP 26". She is on Elsevier's editorial board of "Social Sciences & Humanities. Her current research interests include Behavioural studies, financial well-being, Sustainable Finance, and evolutionary economics.

Abstract

Money and happiness are often intertwined concepts, with many people believing that having more money leads to greater happiness. However, research suggests that the relationship between money and happiness is more complex than a simple cause-and-effect link. While money can provide opportunities for comfort, security, and access to resources that contribute to well-being, its impact on happiness diminishes beyond a certain threshold. Once basic needs are met, additional wealth may not significantly increase happiness. Factors such as social connections, meaningful work, personal growth, and good health play crucial roles in overall happiness. Furthermore, the pursuit of wealth alone can lead to stress, anxiety, and a focus on materialistic goals that may not align with long-term well-being. Balancing financial goals with other aspects of life, such as relationships, health, and personal development, is essential for a more fulfilling and balanced sense of happiness.

Keynote Address:

Towards a Universal and Uniting Understanding of Well-Being

Prof. Hans Henrik Knoop

Associate Professor of Psychology, Aarhus University, Denmark & Extraordinary Professor, Optentia, North-West University, South Africa

Brief Bio: Hans Henrik Knoop is Associate Professor and Director of the Positive Psychology Research Unit at Aarhus University, Denmark. He also serves as Extraordinary Professor at Optentia, North-West University in South Africa, and as Associate Editor at Frontiers of Psychology's Positive Psychology Section. His work is focused on flourishing in education, work, and society with a strong interdisciplinary approach. His research within positive psychology has involved thousands of educators and leaders and data on well-being from almost 300.000 Danish pupils. At Aarhus University he has co-directed the Master Program for Positive Psychology for a decade, and has hosted international conferences relating to education and positive psychology in Denmark in 2002, 2003, 2004, 2005, 2007, 2008, 2010, and 2017 and 2021. He was the President of the European Network for Positive Psychology for two terms from 2010 to 2014, served on the IPPA Board of Directors from 2009 to 2016 and is currently serving on IPPA's Council of Advisors. Hans Henrik Knoop has authored and co-authored more than 200 publications and has delivered more than thousand invited keynotes and lectures in Denmark and at conferences in Australia, Austria, Croatia, China, Finland, France, Germany, Iceland, Latvia, Lithuania, Norway, Portugal, Russia, Scotland, South Africa, Slovakia, Spain, The Philippines, the U.K. and the U.S, and is a frequent commentator in newspapers, radio and television on matters of learning, creativity, ethics, and positive psychology.

Abstract

Well-being has become one of the hottest political topics of our time – not least because a series of studies point to an increasing lack of well-being among especially children and young people. However, well-being and lack of well-being are concepts that are understood and defined in many different ways, which, all things considered, increases the risk of uncertainty and misunderstandings – and thus also the risk of efforts to enhance well-being failing. Social systems such as democracies, educational institutions, and collegial communities generally weaken when they are internally fragmented, and the absence of a common understanding of such a central concept as "well-being" can thus be seen as unequivocally socially fragmenting. A significant part of the explanation for the multitude of definitions is that well-being is a multidimensional concept – i.e., a concept that encompasses a wide range of dimensions, some of which are universal – i.e., applicable to all of humanity – and some are culturally determined – i.e., varying from culture to culture. A darker explanation could be that some have an interest

in opponents not understanding each other – and therefore actively try to sow doubt about the possibility of effective communication. Indeed, the obvious AI-driven disinformation on social media may well be motivated by just that, employing anew the power strategy of "divide and conquer". People who do not understand each other are by definition divided and weakened.

In this presentation, I argue that there are dimensions of well-being, and thus sources of well-being, that are universal, and that humanity has a common, uniting interest in - and that it is crucial to understand this, if we are to better promote well-being and prevent ill-being. Firstly, I argue that a common concept of well-being can be anchored in three universal basic conditions that condition all human well-being and health. Secondly, a small but quasi-representative selection of influential well-being definitions is presented, which clarifies both the variation and the common denominator between them. Thirdly, inspired by system theory, humanistic psychology, and positive psychology, a proposal for a general, falsifiable theory of well-being based on universal dimensions of well-being is outlined.

Keynote address:

Positive Technology for Psychological Well Being: Use Case Approach

Dr. Nidhi Maheshwari

Scientist- Defence Institute of Psychological Research (DIPR), Defence Research and Development Organisation (DRDO), Ministry of Defence, Government of India, Delhi

Brief 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.

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.

Keynote Address:

Designing Transformative Digital Experiences: The Potential of Positive Technologies for Personal Change

Prof. Andrea Gaggioli

Full professor, Director of the Research Center in Communication Psychology (PsiCom) & Coordinator of the International Master in User Experience Psychology, Università Cattolica del Sacro Cuore

Brief Bio: Andrea Gaggioli is a Full Professor of General Psychology at the Department of Psychology at Università Cattolica del Sacro Cuore, Milan, Italy. At the same University, Prof. Gaggioli is Director of the Research Center in Communication Psychology and of the International Specializing Master in User Experience Psychology. Prof. Gaggioli's research focus is the psychology of digital experience, using a broad spectrum of methods, instruments, and technologies. At the applied level, his goal is to integrate positive psychology, digital tools, and art to design transformative experiences that improve people's lives. He has published widely (over 150 papers) in international journals, and he is member of the editorial board of prestigious scientific journals in his field.

Abstract

As the digital landscape rapidly evolves, virtual reality (VR) and augmented reality (AR) are poised to reshape the way we engage with experiences, particularly those aimed at personal growth and self-discovery. By enabling individuals to step into alternate realities and navigate simulated scenarios, these technologies have the potential to facilitate transformative experiences that lead to personal change, growth, and development. In this keynote, I will delve into the psychological mechanisms underpinning the efficacy of virtual transformative experiences, highlighting how these technologies can evoke emotional responses, challenge perspectives, and prompt introspection. Additionally, ethical considerations surrounding the design and implementation of such experiences will be addressed, ensuring that the potential of these technologies is harnessed responsibly and thoughtfully.

Keynote Address:

The Emerging Paradigm of Existential Positive Psychology

in An Age of Existential Crisis

Prof. Paul T. P. Wong

Professor Emeritus of Trent University and Trinity Western University

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Brief Bio: He is a Fellow of APA, APS, and CPA, and the founding President of the International Network on Personal Meaning and the Meaning-Centered Counselling Institute. He is Editor-in-Chief of the International Journal of Existential Positive Psychology and Consulting Editor of the Journal of Humanistic Psychology. As a research psychologist, he is well known as a leading authority on Viktor Frankl and Logotherapy. As a pioneer of the positive psychology of suffering, he is responsible for a major paradigm shift from positive psychology to the existential positive psychology of flourishing through suffering. He has published 8 books and more than 300 articles and book chapters. He is also shortlisted by AcademicInfluence.com as one of the most "noteworthy and influential psychologists," with a world ranking of No. 155. He has been invited to give keynotes, webinars, workshops and lectures on all 7 continents. His brand of Integrative Meaning therapy (IMT) aims at unlocking the transforming power of suffering. Rather than focusing on symptom reduction, IMT emphasizes that both healing and flourishing can be achieved by meeting the basic human need for meaning, relationships, and faith.

Abstract

Positive psychology needs a paradigm shift in a world full of existential threats, from nuclear war and climate change, to artificial intelligence, systemic discrimination and widespread disinformation (Wong et al., 2022). Some parts of the world are already dystopian societies. This keynote introduces existential positive psychology (EPP) as the emerging paradigm dedicated to the study of wellbeing and flourishing within the larger context of human existence in all its complexities, depths, and heights. This new science (Wong, 2023a) navigates a world full of evil and suffering but also full of meaning and opportunities through the dialectical yin-yang interactions. EPP transcends polarities, limitations, and obstacle through spiritual triad of faith, hope, and love (Wong, 2023b). The outcome of healing the broken people, making them whole and enabling them to fulfill their dreams, is mature happiness or existential wellbeing (Wong & Bowers, 2018) characterized by inner harmony and peace with self, others, and the Higher Power. I will present both my research on EPP (e.g., self-transcendence, spiritual yearning, tragic optimism, true grit, existential gratitude, and mature happiness) and interventions based on EPP research (e.g., dual-systems model, the ABCDE strategy of overcoming suffering).

Keynote Address:

Joyful Leadership: Applying Positive Psychology, Emotional Intelligence, and Mindfulness to your life and your work

Mr. Ronen Habib

EQ Schools Founder, Ed. M - Harvard

Brief Bio: Mr. Ronen Habib is a speaker, author, and expert in helping leaders, educators, and parents become happier, more resilient, more connected to their purpose, and more playful. The founder of EQ Schools, he speaks and leads workshops in organizations nationally and abroad. His dynamic keynotes leave audiences laughing, insightful, elevated, and inspired to take action.

Early in his career, Roni struggled with the high stresses and demands of teaching, even losing touch with why he wanted to be a teacher in the first place. It was so painful that he finally discovered the power of integrating improv, mindfulness, emotional intelligence, and positive psychology in his own life as well as at work and felt called to share this new approach with the world.

In the last decade with EQ Schools, Roni has taught and inspired thousands of Teachers, Principals, Superintendents, Administrators, Business Leaders, and Parents.

Prior to earning his Masters of Education and teaching credential at Harvard University, he lived in Israel and Belgium. Most importantly though, Roni has a huge heart and loves helping people.

Abstract

Connections matter more than anything. Effective leaders understand that. In this workshop you will discover ways to increase your emotional intelligence and your school staff EQ (or district team), and to bring more joy, connections, and meaning to your work and life. You'll learn how to infuse your team with emotional resonance and enhance your ability to courageously and effectively lead your school or district. You'll get strategies that deepen trust and help navigate vulnerable conversations within your team and get actionable tools towards creating cultures in schools that value the wellbeing of students and staff above all while deepening the learning and academic abilities of kids. Topics such as Self-Regulation, Self-Management, Empathy, Stress-Reduction, Effective Communication, and the role of Play and Joy will be covered. These concepts are research based, grounded in the science of the fields of Positive Psychology, Emotional Intelligence, and Mindfulness. This will be a highly interactive, energetic, and experiential workshop so get ready to have some fun!

Keynote Address:

How to Build and Sustain a Good Life in the Relational Context: Lessons from Positive Psychology

Prof. Nansook Park, Ph.D., NCSP

Professor, Department of Psychology Director, Michigan Positive Psychology Center

University of Michigan, Ann Arbor, MI

Brief Bio: Nansook Park is a professor of psychology, director of the Michigan Positive Psychology Center at the University of Michigan, and a nationally certified school psychologist (NCSP). She did her graduate work both in South Korea and USA in the field of clinical and school psychology. Her main research focuses around a psychology of human strengths and the promotion of positive development and well-being across the life-span in different culture settings. Her research spans many topics in positive psychology including character strengths, moral virtues, resiliency, optimism, life meaning and purpose, prosociality, school kindness, positive relationships, and strength-based practice, and their role in health, family, work, and education across cultures. Her work in collaboration with the late Christopher Peterson in developing ways to measure character strengths and virtues and studying their development, consequences and ways to cultivate good character is considered one of the most ambitious undertaking within the field of positive psychology. Her work has had impacts on research and practices in various settings including education, healthcare, business, and military. She played a major role for the Positive Education project in Australia, Positive Youth Development project with Annenberg Foundation, Positive Health project with Robertwood Johnson Foundation, and Soldier Psychological Fitness, Resilience, and Growth Project with US Army. She served as a core member of scholars for the Science and Ethics for Happiness and Well- being (SEH) initiative led by the Vatican City and UN-Sustainable Development (2019-2022). She was named in the Stanford/Elsevier List of World's Top 2 % Scientists in 2023. She has received several honors including the 2015 Christopher Peterson Gold Medal Award (International Positive Psychology Association(IPPA)'s highest honor), the Fellow Awards (International Positive Psychology Association & Association for Psychological Science), a Distinguished Visiting Professorship at the University of Johannesburg in South Africa, the Academic Excellence Award (Ministry of Education & Beijing Institute of Education, China), and a Templeton Research Fellow at the Positive Psychology Center of the University of Pennsylvania. She was the inaugural recipient of J. Frank Yates Award for Excellence in Seminar-based Teaching at the University of Michigan-Dept of Psychology. She is a member of the International Positive Psychology Association (IPPA) council of advisors and a Consulting Editor for The Journal of Positive Psychology.

Abstract

Building and maintaining a good life is a universal aspiration, both for individuals and societies. It encompasses aspects such as happiness, health, engagement, meaningful relationships, moral character, and a sense of purpose, extending beyond mere absence of problems. While traditional approaches often center on problem identification and reduction, a new paradigm is needed—one that expands existing methods. Positive psychology is the scientific study of what makes life most worth living. It aims to provide a comprehensive

understanding of human well-being. Embracing a strength-based approach, positive psychology acknowledges that problems coexist with strengths and assets. In this lecture, we explore key research findings from positive psychology and effective strategies to cultivate and nurture a morally good life. Central to this discussion is the recognition that a good life cannot solely be achieved through individual endeavors; rather, it thrives within the social fabric of relationships. As social beings, humans find meaning, support, and fulfillment through connections with others. Thus, the most potent pathways to building and sustaining a good life are inherently social, emphasizing the importance of mutual support and collaboration.

Keynote Address:

Nurturing Harmony: Exploring the Intersection of Digital Ecology and Positive Psychology

Prof. Navin Kumar

Professor, Department of Psychology, Dr. Bhim Rao Ambedkar College, University of Delhi

Brief Bio: Prof. Navin Kumar has a teaching experience of over 26 years, he has done his post-graduation and Ph.D in Psychology from University of Delhi. His major areas of interest are Media Psychology, Social Psychology, Qualitative research, Indian psychology, Positive psychology, Criminal Psychology and Counselling Psychology. He has published various books namely Mental Health and Well-being: An Indian Psychology Perspective (Taylor & Francis), Media Psychology: Exploration and Application (2020). Routledge (South Asian and International Edition), Counseling Psychology: Indian and Western Pathways, Cengage India and Book on Criminal Psychology (2015). LexisNexis (A Division of REED ELSEVIER India Pvt. Ltd.) Dr. Navin Kumar's research experience is wide as he has completed a collaborative learningproject of Delhi Police in 2018- 2019, ICSSR major research project as Project Director titled "Personality Trait Structure and Taxonomy of Hindi Speaking Indians: A Psycho Lexical Approach" in 2013-2015, a Major Research Project of U.G.C. on the topic "Employability of Vocational Education Students." As an Investigator, an innovative research project, "Growing under the shadow of Media: Explorations into family lives & Psychosocial well-being", as main investigator from Delhi University in 2012-2013. He has over 24 national and international publications to his name such as Journal of Asian and African Studies, Psychology and Education, International Journal of Social Science, International Journal of Psychosocial Rehabilitation, with the recent one on Psychological Study of evaluating the Impact of Online learning on Students and Teachers published in the International Journal of Engineering Applied Sciences and Technology in 2021 and Evidence of Shabad Kirtan Meditation Practice to Enrich Wisdom published in Turkish Journal of Physiotherapy and Rehabilitation in 2021. He has delivered many webinars and took various workshops on an important issue such as Psychology and Media: Societal and Cultural Implications, Mental Well Being, strategical framework for post Covid-19 education, Understanding the Dynamics of Suffering and Healing etc. Also, have conducted various training programs "Stress Management" for the cadets of CISF at CISF Training Academy, Behror, Rajasthan, Qualitative Empirical Method in Legal Research" at National Law University, Mental Health" at Ramjas College, NewDelhi, "Emotional Intelligence" to the police officers from all over the country at The Bureau of Police Research & Development, Ministry of Home Affairs, Govt. Of India and many more. He has been a part of multiple conferences and has delivered talks nationally as well as internationally.

Abstract

In the ever-evolving landscape of digital technology, understanding its impact on human well-being has become paramount. This keynote presentation delves into the intersection of digital ecology and positive psychology, probing the dynamic interplay between our digital environments and psychological flourishing.

Digital ecology encompasses the intricate web of interactions between individuals, society, and technology within the digital realm. From social media platforms to virtual communities, our

digital ecosystem shapes not only how we perceive the world but also how we construct our identities and relationships. However, this ecosystem is not without its challenges, as concerns regarding digital overload, cyberbullying, and online disconnection loom large.

Through engaging narratives and empirical evidence, this keynote address will illuminate the ways in which digital ecology influences various aspects of psychological well-being, including self-esteem, social connectedness, and resilience. Furthermore, it will underscore the potential of digital technologies to foster positive outcomes, such as promoting mindfulness, facilitating social support networks, and enhancing personal growth.

Ultimately, this presentation aims to inspire a nuanced understanding of the relationship between digital environments and human flourishing, highlighting opportunities for harnessing technology to cultivate greater harmony and well-being in the digital age. By embracing the principles of positive psychology within our digital ecosystem, we can pave the way for a more balanced and fulfilling future.

Keynote Address:

Navigating and Growing in the Digital Era

Prof. Girishwar Misra

Former Vice Chancellor, MGAHV, Wardha

Professor & Head, Psychology Department, Delhi University, Delhi

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Brief Bio: Prof. Girishwar Misra served as professor of psychology at the University of Delhi, for two decades. He also served as vice chancellor of Mahatma Gandhi Antarrashtriya Hindi Vishwavidyalaya, Wardha. His research is focused on social, developmental, health, and cultural psychology. He has published articles on these topics, many in top-tier peer-reviewed journals such as *American Psychologist, International Journal of Psychology, Psychology and Developing Societies, and International Journal of Behavioral Development*. He has served as the President of National Academy of Psychology (NAOP), India, and edited the journal Psychological Studies (Springer) for 16 years. He was Fulbright Senior Scholar at Swarthmore college and Michigan University, An Arbor. He is a recipient of Jawaharlal Nehru National Award by the Government of Madhya Pradesh, National Fellowship of Indian council of Social Science Research, Fellowship of the NAOP, India, Fulbright Nehru Fellowship, and S.C. Mitra Memorial Award by Asiatic Society. His recent work includes Psychosocial Interventions of Health and well-being (Springer 2018) and Surveys and Explorations in Psychology (Oxford 2019).

The rapid advancement of communication technologies has transcended temporal and geographical boundaries, permeating every facet of private and public life. As the pace of information dissemination accelerates, there's a constant urge to stay updated, leading to diminishing patience and tolerance while exacerbating feelings of loneliness and resentment. Today's key challenge is attaining concentration amid a sea of distraction. The gradual integration of this once auxiliary technology into the core of our existence has subtly reshaped our habits and behaviours without us fully realizing its impact. Media now exerts control over our intellect, conscience, and emotions, influencing feelings as well as our pursuit of skills and challenges in various fields. Therefore staying mindful and proactive in controlling the flow of information is becoming essential for preserving both digital security and mental well-being. Regulating the content available on social media platforms, prioritizing societal well-being is crucial in mitigating potential harms. Our attention determines what we see, our awareness of the world, and regulation of our thoughts and feelings. The connection between attention and excellence is key underlying everything that we seek to accomplish. This presentation aims at explicating this faculty in the mind's operations and its role in living a fulfilling life.
Keywords: concentration, excellence, identity, information

Keynote Address:

Culturally Sensitive Positive Psychology Interventions: Bridging Western and Indian approaches to Increase Mental Well-being

Prof. Tommy Hendriks

Mental Health and Psychosocial Support (MHPSS) program developer/trainer Affiliated researcher at Department of Developmental Psychology,

Tilburg School of Social and Behavioral Science, Tilburg University , the Netherlands

Visiting professor Positive Mental Health, Anton de Kom University of Suriname

Brief Bio: Dr. Tom Hendriks is a mental health and psychosocial support (MHPSS) program developer and researcher. Currently he works for the GZ Healthcare in the Netherlands and has developed a prevention program for refugees which is running at over 60 Dutch asylum centers, and in which over 2200 refugees have participated in.

Tom guides students from the master program Global Health of the Vrije Universiteit Amsterdam with their research internships. As researcher he is affiliated to the Department of Developmental Psychology, Tilburg School of Social and Behavioral Science, Tilburg University in, the Netherlands. He is a guest professor at the University of Suriname, where he has developed the bachelor program 'Introduction in Positive Psychology' and the master program 'Positive Mental Health. He is also an associate editor at the International Journal of Applied Positive Psychology. In his research, Tom focuses on the cross –and intercultural application of positive psychology interventions among refugees and migrants. In addition, Tom is a long-time practitioner of Sahaja Yoga meditation. In his work he integrates elements of Vedic psychology and yoga- based meditation in relation to the development of character strengths.

Abstract

Positive psychology interventions (PPIs) have primarily been developed within Western contexts, raising questions about their applicability to non-Western populations. This lecture explores the efficacy of PPIs among non-Western populations and adaptability of PPIs for individuals from diverse cultural backgrounds, highlighting the potential benefits and challenges. Drawing from empirical evidence and case studies, the presenter examines the effectiveness of a pioneering program tailored for refugees in the Netherlands which is currently being conducted at over 60 asylum centers, which contains yoga-based meditation.

Furthermore, the lecture delves into the nuances of culturally sensitive interventions, emphasizing the need for customization. The presenter shares insights from a newly developed resilience-building program which will be implemented in Ukraine, which incorporates yoga-

based meditation techniques. By exploring the intersections between character strengths and the subtle system of *chakra*s and *nadis*, the lecture elucidates how ancient Indian wisdom can be integrated in strengths-based intervention for Western populations.

Finally, the presenter outlines avenues for future research in positive psychology, advocating for interdisciplinary collaborations and the exploration of innovative methodologies. This lecture offers a comprehensive perspective on the evolution of positive psychology interventions, emphasizing the importance of innovative holistic approaches in fostering well-being across diverse populations.

Symposium:

Three Good Things: An application to improve Gratitude for Adolescents

Prof. Payal Chandel

Head- Department of Psychology in Central University of Haryana, Mahendergarh, India.

Brief Bio: Prof. Chandel is currently working as Head, Department of Psychology in Central University of Haryana, Mahendergarh, India. Along with more than one and a half decade of experience in teaching, she is researching in the area of Positive Psychology, Women Studies, Technology interventions, Mental Health, and Organizational Behavior, which made her shine not only as academician but as a researcher too. She has more than 50 publications in the form of articles in various international and national journals of repute and book chapters along with a book to her credit. As an administrator, she is managing with the responsibilities of student centric positions like Provost Girls', NCC officer for Senior Wing at Central University of Haryana. During her journey of teaching and research she has been awarded with many awards like, 7th Dr. Sarojini Naidu International Award for Working Women 2023, International Women of the Year 2022 by Centre of Professional Advancement- a unit of IMRF Regd. With Govt. of India NITI Aayog NGO Darpan, Indo- pacific Best Teacher Award 2020 by REd Talks International and Best Researcher award twice (by CUH in 2021 and by International Multidisciplinary Research Foundation in 2016), to name the recent ones. She has been invited by various National and International educational Universities like University of Sistan and Baluchestan, Iran, International Islamic University, Pakistan, Oxford University, IMRF World Research Congress, Sri Lanka; IIT Delhi, NFSU, BITS Pilani, Jai Narayan Vyas University, Mizoram University, Punjab University, University of Rajasthan and many more as a Resource Person to conduct or chair sessions. Being an active member of various professional bodies like International Positive Psychological association (IPPA), National Positive Psychological Association (NPPA), American Psychological Association (APA), Indian Academy of Applied Psychology (AAP), etc. Professor Chandel also holds expertise in mental health counselling to help students and academicians to better cope with their life problems.

Abstract

Gratitude is the act of acknowledging the good things in our life and appreciating the role that others play in making those good things happen. Practicing gratitude is not difficult and can be done through various techniques such as Counting Blessings, Three Good Things, Mental Subtraction, Gratitude Letters, Gratitude Visits, Death Reflection, etc. The present study investigated the efficacy of 4-week gratitude intervention (Three Good Things, TGT) to assimilate the state of being grateful among adolescents. TGT is a journaling exercise that aims to encourage you to see three good things more positively and express gratitude. To achieve the objective of the study Pre-test and Post-test research design was made use of. Before implementing the intervention (Three Good Things, TGT), the scores on Gratitude Questionnaire (GQ-6), McCullough et al. (2002) were collected from 60 adolescents aged between (17-19) years. The intervention was conducted in three separate groups

comprising 20 respondents each. After the implementation of the intervention, the scores on the same scale were again collected. To evaluate the difference in the gratitude, paired sample t-test was used. The findings of the study revealed a significant improvement in the level of gratitude for the sample under study. The present study positively achieved the purpose of the study regarding the impact of gratitude intervention (Three Good Things, TGT) to induce grateful   state   among   adolescents.

Keywords: Three Good Things, Gratitude, Intervention, Gratefulness

Positive Psychology in Action for Ageing Care

Prof. Urmi Nanda Biswas

School of Arts and Sciences, Ahmedabad University, Gujarat

Brief Bio: Professor Urmi Nanda Biswas is an applied social psychologist focusing on health, gender, and workplace behaviour. She has over 27 years of postgraduate teaching and research experience. Before joining Ahmedabad University, Dr Biswas worked as a Professor and Head of the Department of Psychology at the Maharaja Sayajirao University of Baroda, Gujarat. She has been a Visiting Fellow at Roehampton University, London, and Gothenburg University, Sweden.

She has undertaken multiple international and national research projects around health issues among adolescent girls, reproductive health, female feticide, gender equality as an attractive value at the workplace, and agency among skilled women immigrants during CoVID-19. Several of her research projects involve positive psychological and behavioural interventions to improve the health and well-being among vulnerable population. The interventions are largely based on positive thought induction techniques including contemplative practices like mindfulness and yoga intervention. She has also examined the role of positive psychology in action in the context of job stress, team performance and work commitment in organizations. Professor Biswas is an editor of national and international psychology journals and is a reviewer for several international journals. She has more than 70 articles published in peer reviewed journals and two books published with Springer Nature and Concept publications.

Abstract

The presentation deliberates on various positive psychological approaches to healthy ageing and reports findings from two empirical research done on aged population (Seniors). The first study is a mixed method research on 456 institutionalized and home-based seniors from Mumbai and Pune, which explores the relationship of positive psychological attributes like mindfulness, generativity, resilience with wellbeing, and physical fitness. The second randomized research trial (RCT) study explores the effect of twelve sessions of chair yoga intervention on cognitive functioning, depression, anxiety, stress, and affect among 88 institutionalized seniors in Ahmedabad, Gujarat. The findings from the first study reports that mindfulness, resilience, and generativity in seniors significantly predicts their physical health as well as their subjective well-being. Spiritual engagement of seniors mediated the relationship

between these constructs and wellbeing. Mindfulness also predicted lifestyle habits of seniors Findings from the second research based on an independent sample t-test between the pre-post difference scores of the experimental and control group reported a significant difference. The experimental group reported better cognitive functioning, reduced stress, anxiety, and depression indicating better mental health, and improved physical functioning than the waitlisted control. These research signifies importance of positive psychological interventions and contemplative practices for healthy successful ageing.

Yoga paving the path to improving the overall Quality of Life

Prof. Ritu Sharma

Professor Psychology, School of Social Sciences, IGNOU

Working group Member Manodarpan, Ministry of Education, Government of India

Brief Bio: Prof. Sharma is a Doctorate in Psychology from University of Delhi and NET qualified. She is currently Guiding Research Scholars, teaching Doctorate (Ph.D.), Postgraduate and Undergraduate Students. She is presently a core committee member of "MANODARPAN" under the Ministry of Education, Government of India. She has been a faculty at Central University of Haryana and has also worked on prestigious research projects of National importance at the Ministry of Home Affairs, Government of India. She is one of the first Psychologist to formally study and research on terrorism in India under the aegis of Government of India. She has also taught Masters and Undergraduate courses at University in the United States of America (USA) and United Arab Emirates (UAE) as an International Teaching Assignment. Her areas of specialization are: Positive Psychology, Organizational Behavior, Criminal Psychology, Indian Psychology, and Social Psychology. She has conducted Trainings for Government employees working in Banks, Schools, Armed Forces and Police under individual training sessions and training projects. She has been awarded the "Academic Excellence Award " in the year 2022 at an IEEE conference ICCAKM held at Dubai, UAE. Along with her own research publications which are 40 and 52 presentations at National and International Level. She has also been working as a book and journal reviewer for reputed national and international publishers.

Abstract

In today's era, where stress has become an inevitable element of our life, management of the same becomes imperative. This research highlights the importance of Yoga in managing stress and improving quality of life in youth based on empirical studies. This research focuses on specific forms of yoga that is Hatha yoga and Raja yoga-based interventions. The results corroborate with the aim of yogic practices suggesting that different yogic practices such as yogasanas, pranayama and meditation operate on different planes of the body, breath and the mind. The congruence of meditative practices contributes significantly towards a common goal and the results maximize when multiple practices are put together.

		SESSION 1 Positive Psychology, Health & Well-being	SESSION 2 Positive Psychology, Health & Well-being	SESSION 3 Parenting & Positive Psychology, Positive Aging & Development	SESSION 4 Positive Psychology & Community Well-being Positive Psychology & Environmental Well-being	SESSION 5 Positive Psychology & Environmental Well-being Positive Psychology & Technology	SESSION 6 Indian Psychological Perspectives & Well-Being, Parenting & Positive Psychology
SECOND INTERNATIONAL CONFERENCE ON POSITIVE PSYCHOLOGY BY NPPA, DAY 1 (19th April 2024)							
Time (IST)	S. No.						
		Chair: Prof. Nov Rattan Sharma Amity Institute of Behavioural and Allied Sciences Amity University Madhya Pradesh	Chair: Prof. Keerti Shukla Symbiosis Institute of Management Studies Pune	Chair: Prof. Ritu Sharma Department of Psychology Indira Gandhi National Open University	Chair: Prof. Neelam Rathee Department of Psychology P.G. Govt. College for Girls Chandigarh	Chair: Prof. Anindita Ghosh Department of Liberal Arts IIT Bhilai Bhilai	Chair: Prof. Prerna Puri Department of Psychology University of Rajasthan, Jaipur
3:30 - 4:45 PM	1.	Is Self-Compassion a thing? Exploring Self-Compassion among Delhi School Students. *Ekta Chopra* & Dr. Pushpita Behera.*	Examining the Interplay of Resilience, Coping Mechanisms, and Mental Well-being in Introverted Adolescents. *Dr. Hemanthakumara V*.*	The Role Of Father's Authoritative Perceived Parenting Style In The Prosocial Development Of Adolescent Sons. *Nitika Lal*.*	Exploring the Influence of Nature-Relatedness and Cognitive Intelligence in Adolescent Students. *V. R. Akshayalakshmi* & Dr. M. Vinothkumar.*	Spatial favorability and its influences on health and well-being: understanding solution focused brief perceptions of city residents. *Shravani Bhattacharyya*.*	The Interplay Of Humor Styles And Self-esteem On Marital Satisfaction: A Study Of Married Individuals In India. *Akshita Bhardwaj*.*
	2.	Exploring Association between Gratitude and Happiness in Different Life Stages. *Surabhi Ghosh* & Dr.Susmita Halder.*	Well-being and coping strategies of women undergoing fertility treatment. *Tinu Tomy* & Dr. S Vinod Kumar.*	Impact of Cognitive Flexibility and Emotion Regulation on Resilience among Parents of Children with Intellectual Disabilities. *Yasaswi Puvvada*.*	Studying the Impact of Phubbing on the Emotional Regulation of Young Adults. *Sangita Goswami* & Dr. Shrabani Mukherjee (Chattopadhyay).*	Self efficacy and Locus of control among Social media users. *Nahana Parveen K* & Dr Rajeev Kumar N*	A Correlational Study of Psychological Well-Being and Hope of Management Students of Indore City. *Priya Rathore* & Dr. Vivek Sharma*
	3.		Role of Internalized homonegativity and Sexual orientation concealment on well-being: A study on sexual minorities in India. *Shivangi Gupta* and Dilwar Hussain.*	Exploring the Impact of Military Service Transition: A Study on Social Support, Group Membership, and Well-being in Veterans. *Aditi Sharma*, Dr Dilwar Hussain.*	Studying the Impact of Phubbing on the Emotional Regulation of Young Adults. *Sangita Goswami* & Dr. Shrabani Mukherjee (Chattopadhyay).* Exploring the Influence of Mindful Observation, Biospheric Value and Personal Norms in Shaping Pro-Environmental Behavior among Adolescents: A Mediation Analysis". *V Swedhaa Shanmathi* & Dr. M. Vinothkumar.*	Self efficacy and Locus of control among Social media users. *Nahana Parveen K* & Dr Rajeev Kumar N* Scrolling Through Happiness: A psychometric examination of an adapted internet use scale, and their correlation to well-being. *Sapam Kiran Dolly* & Narendra Nath Samantaray.*	Attaining Clear and Blissful Mind : A study on Cognitive Foundations of Chitta Prasadanam in Patanjali's Yoga Sutras". *Chitra Kashyap* & Dr. Santosh Vishvakarma.*
	4.		Resilience, Attitude Towards Mental Health Problems and Attitudes Toward Seeking Mental Health Services. *Ananda Krishnan*.*	Positive Parenting during the Pandemic of COVID-19. *Dr. Smita Desai & Dr. Vidhya Satish*.*		Comparing the components of Content Based Media Exposure and Mindful attention awareness among adolescents. *Bharathi.T* & Dr.R.Nithya .*	Helicopter Parenting as a Predictor of Self-Esteem and Self-Efficacy in young Indian adults. *Sakina Fahim and Dr. Sonal Paliwal*.*
	5.		Systematic review on vicarious post traumatic growth among helping professionals. *Sruthi Joy*.*				The Positive Parenting: A study of Positive Psychology and Parenting in Indian Scenario. *Dr. Sarita Anand*.*

Note: PRESENTERS ARE MARKED IN BOLD

PAPER PRESENTATIONS
Theme: Positive Psychology, Health & Well-being

Day 1   **Session 1 (3:30 to 4:45 PM)**

- Is Self-Compassion a thing? Exploring Self-Compassion among Delhi School Students.
  Ekta Chopra* & Dr. Pushpita Behera

- Exploring Association between Gratitude and Happiness in Different Life Stages
  Surabhi Ghosh* & Dr. Susmita Halder

Note: PRESENTERS ARE MARKED IN BOLD

Is Self-Compassion a thing? Exploring Self-Compassion among Delhi School Students.

Ekta Chopra[1] & Dr. Pushpita Behera[2]

1 PhD Scholar, Department of Psychology, University of Delhi

2 Associate Professor, Department of Psychology, Lady Shri Ram College for Women, University of Delhi

Background: Self-compassion refers to the being kind with oneself. It is described as the tendency to extend care and understanding to oneself rather than being harshly judgmental or critical (Smeets, 2014). In the model of Kristen Neff (2003), it includes components such as self-kindness instead of self-judgement, common humanity instead of isolation and mindfulness instead of over-identification. This model has been widely studied and exercised among the adults, i.e., particularly individuals from America, Europe who are Caucasians, undergraduate students and clinical samples (Vigna et al., 2020). Review of literature found that it has been hardly studied among the school students.

Method: In an attempt to explore the world of self-compassion among the young school goers, the present study was conducted. It sampled 60 students from private (n=30) and public (n=30) schools from classes 7th to 12th, with a mean age of 13.7 years. These students were studied from 3 schools in South-Delhi district of Delhi who were surveyed on the Neff (2021) on Self-Compassion among youth. It aimed at finding the level of self-compassion among students and if they differed on the self-compassion levels based on their school type (public/private) or gender (male/female). To obtain the results both descriptive and inferential statistics were used where confidence intervals were computed to find the self-compassion levels while an independent t test was conducted for the significant group means.

Results: Findings from the study reveal that students experience a moderate to low amount self-compassion, with the lowest being, the component of common-humanity. T test reveals that there no significant differences one self-compassion due to the school type but gender. Further significant values of multiple components of self-compassion in relation to both the school type and gender imply an extensive future study in the area. These findings will be helpful in building a model training for self-compassion for students in schools.

Keywords: self-compassion, self-kindness, humanity, mindfulness

Exploring Association between Gratitude and Happiness in Different Life Stages

Surabhi Ghosh[1] & Dr. Susmita Halder[2]

1 Ph.D Scholar Department of Psychology Amity University, Kolkata

2 Associate Professor & Head Department of Psychology St. Xaviers University, Kolkata

Background: Gratitude has been described as an adaptive evolutionary mechanism that is relevant to healthy psychological and interpersonal outcomes. Having gratitude makes an individual happier because it allows an individual to fully appreciate the good things in life, face challenges head-on, improve their health, and build and sustain strong relationships. Thus, gratitude is considered as a moral emotion which is strongly associated with positive affect such as happiness which can be defined as a process. "Happiness" is a process that is subjective and depends on a number of internal and external factors. It affects their mental and behavioral states. Gratitude and happiness are more than just a state of mind or a gesture. Feeling and expressing gratitude is associated with a wide variety of healthy emotional, relational, and health outcomes. The overlapping nature of gratitude and happiness along with the evolutionary mechanism of gratitude leads to the question of whether the presence of these affects is consistent from young adulthood to old age or across lifespan. Thus, the present study aims to explore the association between gratitude and happiness in different stages of life.

Methods: This is a cross-sectional study that explores various life stages by dividing them into three groups (18-34 years, 35-54 years, and 55-65 years), with 50 participants in each group. The tools used include The Gratitude Questionnaire 6-item Form and The Subjective Happiness Scale. The statistical analysis involved are descriptive and correlational analyses.

Results: Overall result suggests that positive relationship has been found between gratitude and happiness in different life stages.

Conclusion: It can be concluded that in different life stages a positive relationship has been found between gratitude and happiness.

Keywords: Gratitude, Subjective Happiness, Lifespan Development.

PAPER PRESENTATIONS

Theme: Positive Psychology, Health & Well-being

Day 1   **Session 2 (3:30 to 4:45 PM)**

- Examining the Interplay of Resilience, Coping Mechanisms, and Mental Well-being in Introverted Adolescents

  Dr. Hemanthakumara V*

- Well-being and coping strategies of women undergoing fertility treatment

  Tinu Tomy* & Dr. S Vinod Kumar

- Role of Internalized homonegativity and Sexual orientation concealment on well-being: A study on sexual minorities in India

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- Resilience, Attitude Towards Mental Health Problems and Attitudes Toward Seeking Mental Health Services

  Ananda Krishnan*

- Systematic review on vicarious post traumatic growth among helping professionals

  Sruthi Joy*

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Examining the Interplay of Resilience, Coping Mechanisms, and Mental Well-being in Introverted Adolescents

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The complex interconnections between resilience, coping mechanisms, and mental well-being are a crucial subject of investigation in the field of positive psychology. Resilience, a crucial component of mental well-being, is essential for an individual's capacity to adjust and flourish when confronted with challenges. This study examines the complex interplay among resilience, coping strategies, and mental well-being in introverted teenagers. Introversion, a sometimes-neglected aspect in psychological studies, is a personality characteristic that has a substantial impact on an individual's social relationships, self-examination, and methods of dealing with challenges. The main aim of this research is to investigate the intricate ways in which resilience influences the mental well-being of introverted teenagers, and how coping mechanisms play a role in this relationship.

In order to accomplish the study's goal, quantitative approaches are utilized to collect extensive data on the experiences of introverted adolescents. A total of 526 volunteers (N=526, Males=266, Females: 260) were selected for this study. They were drawn from various regions of Karnataka. The participants were administered Connor-Davidson Resilience Scale (CD-RISC) to assess the level of resilience, COPE inventory, developed by Charles S. Carver, Ph.D., Michael F. Scheier, Ph.D., and Jagdish K. Weintraub, Ph.D., to evaluate the many coping mechanisms individuals, and a mental well-being scale was developed by researchers from the University of Warwick and the University of Edinburgh. The WEMWBS to assess both the hedonic and eudaimonic dimensions of mental well-being. The data were analyzed using the Pearson product moment method to ascertain the correlation between the variables. Initial results indicate an intricate interaction among elements that promote resilience, skills for dealing with stress, and the state of mental health in introverted adolescents. Resilience has a crucial role in determining the coping strategies used by introverted individuals to deal with stressors, and it also affects how effective these strategies are.

Keywords: Resilience, Coping Mechanisms, Mental Well-being, Introverted Adolescents

Well-being and coping strategies of women undergoing fertility treatment

Tinu Tomy[1] & Dr. S Vinod Kumar[2]

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2 Professor and HOD, School of Behavioural Sciences, MG University, Kottayam, Kerala

Background: Infertility and its treatment are stressful and it affects the well-being of the individual, especially women. The present study aims to understand whether coping strategies used by women undergoing fertility treatment influence their well-being.

Method: A sample of 205 women undergoing fertility treatment from different clinics in southern districts of Kerala was assessed using a socio-demographic data sheet, the COMPI coping strategies scale, and the WHO Well-being Scale.

Results/ findings: Results show that coping strategies like active avoidance coping strategies, passive avoidance coping strategies, and meaning-based coping show a predictive influence on well-being.

Conclusion: In future interventions, these findings indicate promising targets.

Keywords: coping strategies, well-being, women undergoing fertility treatment

Role of Internalized homonegativity and Sexual orientation concealment on well-being: A study on sexual minorities in India

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2 Associate Professor, Department of Humanities and Social Sciences, IIT Guwahati

Background- As attitude towards non-heteronormative identities shift on a global scale, it becomes crucial to comprehend the distinct challenges faced by sexual minorities (gays and lesbians) in India. The stigma associated with homosexuality in India is a complex issue influenced by social, legal, and cultural factors, which leads to Internalized homonegativity. The current study attempts to comprehend the relationship between Internalized homonegativity and sexual orientation concealment, and how these factors affect the well-being of sexual minorities in India.

Design/methodology- This study utilized cross-sectional survey design to explore the research objectives. The sample comprised of 230 cisgender homosexuals (204 gays and 26

lesbians) from Pan India, age ranging 15-58 years. Snowball sampling was used to collect data in both online and offline mode. The psychometric tools used to collect data include Internalized homonegativity inventory (Mayfield, 2001), Sexual orientation concealment scale by Jackson and Mohr (2016), The Mental Health Continuum Short form by Keyes (2007), modified by Lamers (2011), and The Center for Epidemiological Studies Depression scale by Radloff (1977). The statistical analysis conducted were measure of central tendencies like Mean and S.D., Bivariate analysis like correlation and multivariate analysis like regression analysis.

Findings and conclusion- Results revealed that after controlling for socio-demographic variables, Internalized homonegativity negatively predicted emotional well-being and distress and sexual orientation concealment negatively predicted distress whereas no such differences were seen with social and psychological well-being. Additionally, it was observed that among socio-demographic variables, monthly income, relationship status and place of residence negatively predicted emotional well-being and distress.

Keywords- Internalized homonegativity, sexual orientation concealment, Well-being, Distress, Sexual minority

Resilience, Attitude Towards Mental Health Problems and Attitudes Toward Seeking Mental Health Services

Ananda Krishnan

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Background: Attitude towards seeking mental health services (ASMHS) is a crucial factor associated with actual help-seeking for mental health problems. Previous studies suggest that attitude towards mental health problems (ATMHP) is a major predictor of ASMHS. However, there is mixed evidence of the effect of resilience in this relationship.

Objectives: The study seeks to examine the contribution of ATMHP and resilience to ASMHS among Indian adults.

Methods: A cross-sectional online survey was conducted using Google Forms on a sample of 564 Indian adults ranging from 18 to 59 years old (M=28.91). ATMHP was measured using the ATMHP scale (Gilbert et al., 2007), and resilience was assessed using CD-RISC-10 (Campbell-Sills & Stein, 2007). ASMHS was measured using the Inventory of Attitudes Toward Seeking Mental Health Services (Mackenzie et al., 2004).

Results: Contrary to existing literature, there is a negative association between ATMHP and

ASMHS in this sample. The regression analysis revealed a small but statistically significant association (Adjusted R^2 = 0.156) between the predictor variables, ATMHP and resilience, and the outcome variable, ASMHS. The model accounts only for limited variance and warrants further research.

Conclusion: The findings of the study suggest that positive ATMHP may not correspond to healthy attitudes toward help-seeking. Though resilience and ATMHP explain a small variation, it is important to examine other variables that influence ASMHS.

Keywords: mental health, help-seeking, resilience, attitudes, treatment

Systematic review on vicarious post traumatic growth among helping professionals

Sruthi Joy

PhD scholar, Christ University

Trauma, though typically associated with negative repercussions, can paradoxically instigate both adversity and positive transformation. This dichotomy is exemplified by the concept of vicarious post-traumatic growth (VPTG), wherein individuals who witness trauma in others may undergo profound positive changes akin to those directly experiencing the trauma. Till now there was no comprehensive review done on vicarious post-traumatic growth among mental health professionals. This paper aims to comprehensively explore VPTG, delineating its distinctive characteristics and elucidating the contributing factors to its development. A systematic review was followed using PRISMA guidelines. 16 articles were shortlisted. Themes include . The paper critically examines existing research, identifies gaps, and proposes future directions for inquiry, thereby contributing to expanding knowledge in this domain. Further research is needed, including cross-sectional and longitudinal studies in this area.

Keywords: Post-traumatic growth, vicarious post-traumatic growth, helping professionals

PAPER PRESENTATIONS

Theme: Parenting & Positive Psychology, Positive Aging & Development

Day 1   **Session 3 (3:30 to 4:45 PM)**

- The Role of Father's Authoritative Perceived Parenting Style in The Prosocial Development of Adolescent Sons
  Nitika Lal*

- Impact of Cognitive Flexibility and Emotion Regulation on Resilience among Parents of Children with Intellectual Disabilities
  Yasaswi Puvvada*

- Exploring the Impact of Military Service Transition: A Study on Social Support, Group Membership, and Well-being in Veterans.
  Aditi Sharma*, Dr Dilwar Hussain

- Positive Parenting during the Pandemic of COVID-19
  Dr. Smita Desai & **Dr. Vidhya Satish**

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The Role of Father's Authoritative Perceived Parenting Style In The Prosocial Development Of Adolescent Sons

Nitika Lal*

Ph.D Scholar

There is enough evidence in literature that supports authoritative parenting style as one of best forms of parenting. Adolescence is a very crucial age of development for all adolescents and parenting plays a pivotal role in the holistic development of the child. Males and females develop differently in adolescence, which not only includes physical development but also prosocial development. Research have mostly talked about parenting in general or parenting of mother in specific and even the studies that have element of paternal parenting, is either in collaboration with maternal parenting or does not talk about 'sons' in particular. There is scarcity of literature where the father-son relationship is explored. This study will attempt to fill in the gaps in literature of how one form of parenting (authoritarian), exclusively from fathers can have implications on empathy ad interpersonal relationships of an adolescent son. Three standardized psychometric tests: Scale of Parenting Style, Basic and Assessment of Interpersonal Relationship scales were used to determine the inferential statistics for a sample of 543 males collected from Delhi and NCR (India) regions. Results have concluded that perceived authoritative parenting of father positively correlates with both empathy and interpersonal relationships of the adolescent. However, there were dimensions of empathy and interpersonal relationship were found to be negatively correlated with authoritative parenting style of father as perceived by the son.

Impact of Cognitive Flexibility and Emotion Regulation on Resilience among Parents of Children with Intellectual Disabilities

Yasaswi Puvvada

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Background: Undertaking the parental responsibility associated with raising children with Intellectual Disability requires continuous navigation of decisions pertaining to education, treatment, and care. This trajectory diverges from the conventional parental role, which typically involves nurturing children's autonomy in decision-making. Previous research has highlighted the relevance of cognitive flexibility and effective emotion regulation in fostering resilience. This emphasizes the significance of transitioning between ideas and managing emotions as essential components in building resilience, with both hemispheres of the brain

playing a pivotal role in this process.

Aim. This study aimed to explore the relationship between Cognitive Flexibility, Difficulties in Emotion Regulation, and Resilience.

Method: Data was gathered from 70 parents, comprising 38 mothers and 32 fathers. The Cognitive Flexibility Inventory, Difficulties in Emotion Regulation Scale, and Brief Resilience Scale were employed as measurement tools. Participants were briefed about the study and informed consent was gathered before data collection. Subsequently, data underwent analysis for interpretation.

Results: Results unveiled a significant positive correlation between cognitive flexibility and resilience, juxtaposed with a notable negative correlation between difficulties in emotion regulation and resilience. This suggests that parents exhibiting cognitive flexibility and fewer struggles in emotion regulation demonstrated higher resilience levels.

Conclusion: These outcomes align with prior research, yet the study's primary limitation lies in its location-centric nature, centered primarily in Hyderabad and limited to one group of parents. Future research should encompass broader demographics, comparing these aspects among parents of typically developing children and those with different disabilities.

Exploring the Impact of Military Service Transition: A Study on Social Support, Group Membership, and Well-being in Veterans

Aditi Sharma[1], Dr Dilwar Hussain[2]

1 PhD Scholar

2 Associate Professor

Background: The life of a veteran is characterized by a commitment to the rules and regulations of military service, a devoted engagement in diverse military operations, the development of self-discipline, obedience, and a readiness to make sacrifices for the nation. The transition from such service is recognized as a substantial change in a veteran's life, ultimately resulting in shifts in the social dynamics. In light of the importance of social connectedness and support, research in this field has been undertaken. The Social Identity Model of Identity Change (SIMIC) emerged as a concept and highlights the alterations in an individual's social identity following a specific life transition.

Method: The study seeks to clarify the role of an individual's self-esteem in explaining the

relationship between group membership and well-being. Group membership was assessed using Exeter Identity Transition Scales (EXITS; Jetten et al., 2008), Self-esteem was assessed using Rosenberg Self-esteem Scale (Rosenberg, 1965), and Keyes Mental Health Continuum Short Form (MHC- SF; Keyes, 2009). The study included 328 (army n=226; navy n=31; air force n=71) veterans who had retired from the armed forces. The responses from veterans were collected through a questionnaire. To analyse the data, mediation model was applied using Process Macro Analysis.

Results: Group membership has a significant impact on mental health of the veterans (b=0.099, t=3.933, p<.001), self-esteem was also found to have significant impact on mental health (b=.433, t=5.400, p<.001), and group membership of various forms also had a significant impact on level of self-esteem (b=.054, t=3.167, p<.000). Therefore, the Indirect effect is (.0543) * b (.433) = 0.02. While Direct effect is .099, as a result of which the total effect is the sum of direct and indirect effect= .119. The study underscores partial mediation, suggesting a significant connection not only between self-esteem and veterans' well-being but also a direct relationship between group membership and their well-being.

Conclusion: In alignment with Social Identity theory, the latest discovery provides proof that veterans may benefit in their life transition phase through access to diverse types of social support.

Keywords: Social Identity, Veterans, Group Membership, Self-Esteem, Well-Being

Positive Parenting during the Pandemic of COVID-19

*Dr. Smita Desai[1] & **Dr. Vidhya Satish[2]***

Founder- Director, Drishti

Director, SIES Institute of Comprehensive Education, Sion, Mumbai

The outbreak of a global pandemic, COVID-19, has led to significant changes in our perspectives and the lens we use to view some fundamental life needs. Remote learning, hybrid workspaces, overwhelming use of technology and experiencing diverse emotions and health concerns, children and adults alike have struggled to adapt to the changes. Navigating parenting during the COVID-19 pandemic required balancing these challenges and simultaneously fostering life skills. Parenting during the pandemic meant adopting new and modified roles, learning new skills, and maintaining psychological well-being for self and the family. This qualitative research study examines the key role of positive parenting during the COVID-19 pandemic, and its significant contributions to assisting children cope with

stressors during this difficult period. Data collection involved conducting semi-structured (virtual) parent interviews with parents of thirteen children aged 6-10 years, residing in Mumbai & Bengaluru, India. A Thematic analysis approach was employed to analyse the interview transcriptions. The preliminary findings of the study revealed the most common themes revolving around parental involvement, parental stress, social-emotional learning, and resilience specifically in the context of virtual/online schooling. The study discusses the potential implications of positive parenting interventions during the COVID-19 pandemic and proposes strategies to foster responsible and responsive skills among parents in the post-pandemic era.

Keywords: Positive Parenting, COVID-19, Social-Emotional learning, Parent involvement, Resilience

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PAPER PRESENTATIONS

**Theme: Positive Psychology & Community Well-being, Positive Psychology &
Environmental Well-being**

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Day 1   **Session 4 (3:30 to 4:45 PM)**

- Exploring the Influence of Nature-Relatedness and Cognitive Flexibility on Emotional Intelligence in Adolescent Students

  V. R. Akshayalakshmi* & Dr. M. Vinothkumar

- Studying the Impact of Phubbing on the Emotional Regulation of Young Adults

  Sangita Goswami* & Dr. Shrabani Mukherjee (Chattopadhyay)

- Exploring the Influence of Mindful Observation, Biospheric Value and Personal Norms in Shaping Pro-Environmental Behavior among Adolescents: A Mediation Analysis

  V. Swedhaa Shanmathi* & Dr. M. Vinothkumar

Note: PRESENTERS ARE MARKED IN BOLD

Exploring the Influence of Nature-Relatedness and Cognitive Flexibility on Emotional Intelligence in Adolescent Students

V. R. Akshayalakshmi[1] & Dr. M. Vinothkumar[2]

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2 Assistant Professor, Department of Psychology, Bharathiar University, Coimbatore

Background: Adapting and switching between mental tasks based on the environmental context is a key aspect of cognitive flexibility. The Biophilia hypothesis posits that there is an innate connection between humans and nature. Therefore, this study aims to explore the predictive roles of nature-relatedness and cognitive flexibility in emotional intelligence, which involves understanding and managing one's own and of others' emotions.

Method: For this purpose, 278 adolescent school students, aged 15-18 years, completed a self-reported questionnaire on nature-relatedness, cognitive flexibility, and emotional intelligence. Data was collected using the purposive sampling method. The research design used in the study is correlational research design.

Results and findings: Hierarchical multiple regression analysis was employed where the first model that includes nature relatedness significantly predicted emotional intelligence by 19% [$F_{(1,277)} = 63.593$, $p < .001$, $R^2 = .19$]. When cognitive flexibility was added to the model, the combined results also showed significant stronger prediction of emotional intelligence by 28% [$F_{(2,126)} = 54.396$, $p < .001$, $R^2 = .28$].

Conclusion: Examining the interplay of these variables, provides valuable insights into the influence of nature and cognitive flexibility on an individual's emotional understanding and management.

Keywords: nature relatedness, cognitive flexibility, emotional intelligence, adolescence

Studying the Impact of Phubbing on the Emotional Regulation of Young Adults

Sangita Goswami* & Dr. Shrabani Mukherjee (Chattopadhyay)

1 PhD Research Scholar, Vellore Institute of Technology,Vellore

2 Assistant Professor, Department of Psychology, Techno India University, Kolkata

Background: Phubbing refers to the act of gazing downward and disappearing in one's mobile amidst interpersonal communication. With increased multi-tasking opportunities in this digital era phubbing gradually erodes emotional bonds and being on the receiving end elicits negative feelings. Hence this paper explores the associations between phubbing among college students and their emotional regulation.

Method: The study has the characteristics of an explanatory sequential mixed design, in which qualitative data from mixed designs are interpreted to explain quantitative data. In the quantitative phase of the study, data were collected from 138 participants and their ages ranged from 18-21 years. Further selective participants were invited for an in-depth interview session. Tools used were the Emotional Regulation questionnaire by Gross & John (2003) and Generic Scale of Phubbing (GSP) by Chotpitayasunondh & Douglas (2018). Further analysis for quantitative data was analysed using SPSS software and for qualitative data, thematic analysis was conducted.

Results: Quantitative analysis indicated phubbing and emotional regulation are correlated and qualitative findings further elucidated the detrimental effect of mobile snubbing during a conversation on emotional regulation from the perspectives of participants.

Conclusion: The findings from this paper suggest that the disruption in engaging in communication and connection through phubbing undermines people's ability to process healthy emotions in their daily lives. The pattern of pulling one's phone instead of being in the present and enjoying hinders individuals' capacity to self-soothe and cope with emotional turbulence.

Keywords : Phubbing , Emotional Regulation , Adolescents

Exploring the Influence of Mindful Observation, Biospheric Value and Personal Norms in Shaping Pro-Environmental Behavior among Adolescents: A Mediation Analysis

V. Swedhaa Shanmathi[1] & Dr. M. Vinothkumar[2]

1 ICSSR Doctoral Fellow, Department of Psychology, Bharathiar University

2 Assistant Professor, Department of Psychology, Bharathiar University

Background: The research on pro-environmental behavior among Indian adolescents is limited but growing. Additionally, there is a need for more comprehensive research in this area, as India has the largest population of adolescents in the world, with 243 million adolescents. In this regard, mindfulness has been found to enhance pro-environmental behavior (PEB), specifically, the observing dimension has been found to predict pro-environmental behavior effectively. Few mediators explain the relationship between them. Henceforth, the current study investigated two possible mediators, biospheric value and personal norms, to explain the underlying cause of mindful observation enhancing pro-environmental behavior, particularly among adolescents.

Method: Data were collected from 642 (329 males and 313 females) adolescent school students aged 13 to 15. A series of self-reported questionnaires constructed in the Tamil language by the authors, namely the Biospheric Value Scale, Personal Norms Scale, and Pro-environmental Scale, assessed biospheric values, personal norms, and PEB respectively. Mindful observation was assessed by using the Adolescent and Adult Mindfulness Scale (Droutman et al., 2018). The serial mediation analysis was carried out using Hayes' PROCESS Macro.

Results: The results revealed that mindful observation has enhanced biospheric value, which in turn influenced personal norms to prob pro-environmental behavior.

Conclusion: This study sheds light on the importance of cultivating mindfulness and instilling biospheric values among Indian adolescents to strengthen their norms towards pro-environmental behavior.

Keywords: pro-environmental behavior, personal norms, adolescents, mindfulness, biospheric values

PAPER PRESENTATIONS

Theme: Positive Psychology & Environmental Well-being, Positive Psychology & Technology

Day 1   **Session 5 (3:30 to 4:45 PM)**

- Spatial favorability and its influences on health and well-being: understanding solution focused brief perceptions of city residents
   Shravani Bhattacharyya*

- Self efficacy and Locus of control among Social media users
   Nahana Parveen K* & Dr Rajeev Kumar N

- Scrolling Through Happiness: A psychometric examination of an adapted internet use scale, and their correlation to well-being
   Sapam Kiran Dolly* & Narendra Nath Samantaray

- Comparing the components of Content Based Media Exposure and Mindful attention awareness among adolescents.
   Bharathi.T* & Dr.R.Nithya

Note: PRESENTERS ARE MARKED IN BOLD

Spatial favorability and its influences on health and well-being: understanding solution focused brief perceptions of city residents

Shravani Bhattacharyya*

Fellow, The Centre for Conscious Design

Background: Human flourishing comprises health, relationships, and engagements to something larger than self. With loneliness rising in cities, it is imperative to study relationship people have with their built environment. Literature on urban forms potentiate relevance of space favourability as an important contributor in this interrelationship. A preliminary study, hence, aims to understand how social connections, living contentment and challenges, within spatial favourability impacts health and well-being.

Methods: Convergent mixed methods design was used, wherein, qualitative and quantitative data were gathered. Solution focused brief therapy (SFBT) principles were applied for open and close ended questions. Questionnaire was distributed among fifteen (15) residents within the age group of 18-60 years using convenient sampling.

Findings: 87% respondents were between 18-30 years, mostly female (n=13) with highest educational qualification as post-graduation. Cafes were most favored and enjoyed as a space (n=6) to meet peers followed by river bank and others. Respondents stated that when placemaking additions such as spaces that "slow time", magnifies "silence" along with maintenance like lighting safety, cleanliness, are present- they can enhance their spatial favourability. Cafes were highly favored and enjoyed to meet colleagues. Responses to what can enhance their favourability of other spaces included presence of creative atmospheres, spaces that "enable personal conversations in public" and can foster open mindedness. Parks were highly favored and enjoyed (n=7) for community meetups, followed by heritage sites (n=4) and others.10 respondents reported feeling content living in the city. The city was perceived livable by 11 respondents. However, categories of spaciousness, effective public transport, and accessibility of open spaces amongst many, were reported to further enhance livability. On livability perception, especially safety, respondents reported emotions of irritation, confusion and hope. The miracle question on re-imagining a conscious city led to categories of nature inclusion, flood management, better aesthetics, security, advanced technology support and lowering of contaminants.

Conclusion: Spatial favourability- its associated contentment, solutions to city challenges has impacts on emotional health of residents. Hence, conscious designing of spaces by applying solution focused lens of residents, can be supportive to combat loneliness, enhancing human

flourishing and social sustainability of cities.

Keywords: Contentment, Flourishing, Health and well-being, Solution-focused, Spatial favourability

Self-efficacy and Locus of control among Social media users

Nahana Parveen K[1] & Dr Rajeev Kumar N[2]

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2 Professor, School of Behavioural Sciences, Mahatma Gandhi University, Kottayam Kerala

Social media is one of the greatest inventions of modern technology. It is a virtual platform of connectivity. There are so many social media platforms on virtual platforms like Facebook, Twitter, Instagram, Imo, WhatsApp, etc. These are social networking services and internet-based. They have become an inevitable part of our lives, affecting various domains of life.

Aim: The present study aims to understand the relationship between self-efficacy and locus of control among social media users. Self-efficacy is our feeling of adequacy, efficiency, and competence in coping with life (Bandura 1977). Locus of control orientation is a belief about whether the outcomes of our actions are contingent on what we do (internal control orientation) or on events outside our control (external control orientation) (Zimbardo, 1985).

Method: A total of 200 students were randomly selected from different parts of Kerala. The general self-efficacy scale by Schwarzer & Jerusalem (1995), the Locus of control scale by Rotter(1966), and the Socia media scale by Tuck & Thompson (2023) were used to collect the data. The data was analyzed using spearman's correlation and multiple regression analysis.

Results: The results indicate a positive correlation between the internal locus of control and self-efficacy and a negative correlation between the external locus of control and self-efficacy. Further, the study suggests that external locus of control and low self-efficacy predict high social media use. In contrast, internal locus of control and high self-efficacy predict normal social media use.

Conclusion: Thus, it can be concluded that an individual's locus of control and self-efficacy have a profound effect on social media use, which can lead to social media addiction. Thus, efforts should be made to develop an Internal locus of control and self-efficacy among those at risk for such problematic behaviours.

Keywords: Self-efficacy, Locus of control, Social media use

Scrolling Through Happiness: A psychometric examination of an adapted internet use scale, and their correlation to well-being

Sapam Kiran Dolly[1] & Narendra Nath Samantaray[2]

1 Ph.D. Scholar, Department of Clinical Psychology, Mizoram University

2 Assistant Professor, Department of Clinical Psychology NIMHANS

Background: Literature does not have clear set conclusion to whether time spent online is good for well-being or not. Although, recent researches have highlighted on the need to look beyond the time spent online i.e., the quantity of internet use, to have a more accurate understanding of how the internet is affecting individuals and why they use it. The activity spent online, and not just the time spent, have been highlighted to have a greater implications for both building upon one's well-being as well as its decline. As newer uses of the internet enters the daily life, it necessitates the need to update the study on the types of internet uses by the population. This will better reflect upon how the growing population is making sense of the internet and the consequential fallout of this or the growth on the individual's well-being. The study also wants to understand which quality of use of the internet better predicts the relationship between quantity and well-being.

Method: The Adult Internet Uses Questionnaire was adapted with inclusion of relevant newer types of quality of internet use. A total of 460 students (age ≥ 18 years) continuing their education in colleges and universities participated. Alongside this, details of other Internet-related parameters such as quantity of internet use, and measures on well-being (Mental Health Continuum-SF) were completed. The psychometric properties of the adapted questionnaire were examined by using both exploratory and confirmatory factor analysis. Further, mediation by the Quality of internet use on the relationship between Quantity of Internet use and well-being was also examined.

Results/Findings, conclusions and implications will be discussed during presentation.

Keywords: Internet, Mental health, Wellbeing, Quality of internet use

Comparing the components of Content Based Media Exposure and Mindful attention awareness among adolescents

Bharathi.T[1] & Dr.R.Nithya[2]

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2 Assistant Professor, Department of Psychology, Bharathiar University, Coimbatore

Content-based media exposure typically refers to the level of visibility and attention a subject receives in the media based on the substance or content of the information being presented. Mindfulness attention awareness a receptive state of mind in which attention, informed by a sensitive awareness of what is occurring in the present, simply observes what is taking place. Social media use can become a mindless, habitual activity; therefore, individuals can easily overlook attention (Willard, 2017).This study explores the intricate relationship between media exposure and mindfulness attention awareness, investigating how the conscious application of attention focus influences individuals ' experiences with media content. In an era of constant digital stimuli, understanding how mindfulness practices intersect with media consumption is crucial for cultivating a balanced and intentional engagement with information.The sample consists of 100 school students. The tools will be used in this study is the Content-based Media Exposure Scale developed by A.H.den Hamer et al., (2017) that assess exposure to antisocial and neutral)media content. Mindfulness Attention Awareness Scale was developed by Brown, K.W. & Ryan, R.M. (2003). This study employs statistical analysis of correlation. Result shows there is no significant relationship in neutral media exposure and shows shows significant negative relationship with antisocial media exposure in relating with mindful attention awareness will be included in the full paper. From this study concluded that importance of being mindful of the type of media consumed.

Keywords : Content Based Media Exposure and Mindfulness Attention Awareness

PAPER PRESENTATIONS

Theme: Indian Psychological Perspectives & Well-Being, Parenting & Positive Psychology

Day 1   **Session 6 (3:30 to 4:45 PM)**

- The Interplay of Humor Styles and Self-esteem On Marital Satisfaction: A Study Of Married Individuals In India
  Akshita Bhardwaj*

- A Correlational Study of Psychological Well-Being and Hope of Management Students of Indore City
  Priya Rathore* & Dr. Vivek Sharma

- Attaining Clear and Blissful Mind: A study on Cognitive Foundations of Chitta Prasadanam in Patanjali's Yoga Sutras".
  Chitra Kashyap* & Dr. Santosh Vishvakarma.

- Helicopter Parenting as a Predictor of Self-Esteem and Self-Efficacy in young Indian adults.
  *Sakina Fahim and **Dr. Sonal Paliwal***

- The Positive Parenting: A study of Positive Psychology and Parenting in Indian Scenario
  Dr. Sarita Anand

Note: PRESENTERS ARE MARKED IN BOLD

The Interplay of Humor Styles and Self-esteem On Marital Satisfaction: A Study Of Married Individuals In India

Akshita Bhardwaj

Student (Christ - deemed to be University, Bangalore)

Background: This study investigates the intricate connections between humor styles, self-esteem, and marital satisfaction, employing R.A. Martin's Humor Styles theory as a theoretical framework. Conducted in the context of India, the research seeks to contribute to existing knowledge by unraveling the complexities of these relationships within the cultural backdrop. The study utilizes a quantitative approach and involves 198 married participants.

Method: Humor Styles Questionnaire (HSQ) was used to evaluate affiliative, self-enhancing, aggressive, and self-defeating humor styles. Participants' self-esteem was measured using the Rosenberg Self-Esteem Scale (RSES), while marital satisfaction was assessed through Dr. Anisha Shah's Marital Quality Scale (MQS). The study used purposive sampling to collect the Quantitative data. Correlational Analysis was used to infer the data.

Results/Findings: The research uncovers a significant influence of self-esteem on humor styles within marital relationships. Higher self-esteem correlates with increased self-enhancing humor, contributing positively to marital satisfaction. However, the unexpected discovery is the negative correlation between affiliative humor and marital satisfaction. These findings underscore the nuanced nature of humor's impact on relationships and emphasize the necessity of accounting for cultural intricacies in therapeutic approaches, particularly in the Indian context.

Conclusion: This study sheds light on the complex interplay of humor styles, self-esteem, and marital satisfaction in the Indian marital landscape. It highlights the pivotal role of self-esteem in shaping humor dynamics within marriages and stresses the need for culturally sensitive therapeutic interventions. The negative association between affiliative humor and marital satisfaction challenges conventional assumptions, emphasizing the importance of considering cultural nuances. The research calls for further exploration into gender and cultural influences, as well as longitudinal aspects, providing valuable insights for Couple and Family therapists operating in the Indian context.

A Correlational Study of Psychological Well-Being and Hope of Management Students of Indore City

Priya Rathore[1] & Dr. Vivek Sharma[2]

1 Research Scholar, Institute of Management Studies, DAVV, Indore

2 Associate Professor, Institute of Management Studies, DAVV, Indore

Background: Happiness is said to be the fundamental goal of human existence. Throughout their lives, people pursue happiness through material possessions, employment, authority, and interpersonal relationships. Happiness means different things to different people. Happiness is defined differently in psychology as both psychological and subjective well-being. Eudaimonic happiness, another name for psychological well-being, is a more profound sense of purpose in life. Hope, or the relationship between one's aspirations and expectations, is another essential component of a happy life.

Method: The purpose of this study is to investigate the relationship between hope and psychological well-being among management students in the Indore district. Using a basic random sampling technique, 150 students from various colleges in the Indore district were included in the sample. The 18-item Carol D. Ryff Psychological Well-Being Scale and the 12-item Snyder Adult Hope Scale were used to gather the data.

Results: After employing correlation and regression analysis to analyze the data, it was discovered that among management students in the Indore district, there is a significant relationship between psychological well-being and hope. For a more thorough examination, additional variables related to psychological health and hope were also assessed.

Keywords; Psychological Well- Being, Hope, Eudaimonic Happiness

Attaining Clear and Blissful Mind: A study on Cognitive Foundations of Chitta Prasadanam in Patanjali's Yoga Sutras"

Chitra Kashyap[1] & Dr. Santosh Vishvakarma[2]

1 Ph.D Scholar, Dept. of Psychology, Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand

2 Associate Professor, Dept. of Psychology, Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand

Background: This research endeavors to explore the ideology and cognitive foundations underlying the attainment of a clear and blissful mind, as elucidated in Patanjali's Yoga

Sutras through the concept of Chitta Prasadanam mentioned in Yoga Sutra 1.33. It includes affective virtues of Maitri (loving-kindness), karuna (compassion), mudita (happiness/joy) and upeksha (equanimity) towards disparate people.

Method: Utilizing qualitative research methodologies in the present study, examination, contemplation and conceptual analysis of Chitta Prasadanam in major literature, commentaries on Patanjali's yoga sutras and relevant research appertaining to the same is done.

Findings: The research reveals how our positive affective responses to individuals impart approving changes in our psycho-physical well-being, as well as our social competence. Chitta Prasadanam imparts a state where the mind is no longer agitated by external influences or internal fluctuations, allowing for a deep sense of clarity, mental well-being and bliss to emerge.

Conclusion: The conceptual and pragmatic findings of this research not only deepen our understanding of Chitta Prasadanam but also provide a basis for its potential integration into evidence-based practices for mental well-being in diverse social, cultural and therapeutic settings.

Keywords: mental well-being, yoga sutra, happiness, compassion, blissful mind

Helicopter Parenting as a Predictor of Self-Esteem and Self-Efficacy in young Indian adults

Sakina Fahim and *Dr. Sonal Paliwal**

Assistant Professor, Department of Psychology

Background: Effects of parenting styles can be observed not just in childhood but also in adulthood. Helicopter parenting is a style characterized by overprotection and high control.

Method: This study explored the influence of helicopter parenting style on the self-esteem and self-efficacy of 210 college students in India. Helicopter Parenting Scale, Self-Esteem Scale and General Self-Efficacy Scale were used. SPSS was used to analyze data for Pearson product-moment correlation and Simple Linear Regression.

Results: Helicopter parenting was negatively and significantly correlated with self-esteem and self-efficacy. 31.8 % and 13.6 % of the variance in self-esteem and self-efficacy respectively is predicted from the level of helicopter parenting.

Conclusion: Helicopter parenting bears a negative relationship with self-esteem and self-efficacy.

The Positive Parenting: A study of Positive Psychology and Parenting in Indian Scenario

Dr. Sarita Anand

Assistant Professor, Department of Education, Vinaya Bhavana, Visva-Bharati

Background: Positive parenting is an approach to raising children that focuses on building a strong, nurturing relationship between parents and their children and also helps children feel valued and respected. It emphasizes communication, empathy, and positive reinforcement to foster a child's emotional and social development. It suggests responding to challenges with patience, understanding, and empathy rather than resorting to harsh criticism or punishment.

Method: A Descriptive survey method was used for the study. 100 parents were purposively selected from the population of Birbhum district, W.B. Data was collected from the sample parents both male and female (different SES), age ranging from 22 to 80 years (mean age 55) through Interview technique. Percentage was calculated for analysing the qualitative data and graph is also prepared for the analysis of the collected data.

Findings: Finding reveals that in Indian scenario it is difficult to fully follow the Seligman's theory of positive psychology in parenting. Giving respect to parents is essential here but the self-respect of their wards in parenting is being ignored most of the time. This study also reveals that parents of different SES groups are facing different types of difficulty in adapting or following positive parenting due to lack of acceptance and awareness towards the self-esteem of their kids whereas kids are also lacking gratitude towards their parents.

Conclusion: This study concludes that positive parenting is about fostering a nurturing and supportive environment where children feel loved, respected, and empowered to grow into confident and resilient individuals. It's about recognizing the impact of our words and actions on our children's development and choosing approaches that promote positivity, empathy, and understanding.

Keywords: Positive Psychology, Positive Parenting, Positive Reinforcement, Kids & Parents

Time (IST)	S. No.	SESSION 7 Positive Psychology, Health & Well-being	SESSION 8 Parenting & Positive Psychology, Positive Aging & Development	SESSION 9 Positive Psychology in the Classroom	SESSION 10 Happiness - Lay Strategies and Well-being Positive Psychology in the Classroom	SESSION 11 Positive Psychology in the Workplace Positive Youth Development	SESSION 12 Miscellaneous
		SECOND INTERNATIONAL CONFERENCE ON POSITIVE PSYCHOLOGY BY NPPA, DAY 2 (20th April 2024)					
		Chair: Prof. Parwinder Singh Department of Humanities and Social Sciences, IIT Ropar	**Chair: Prof. Keerti Shukla** Symbiosis Institute of Management Studies Pune	**Chair: Prof. Sushila Pareek** Department of Psychology University of Rajasthan, Jaipur	**Chair: Prof. Dinesh Chhabra** Department of Psychology University of Delhi, Delhi	**Chair: Prof. Swati Patra** School of Social Sciences Indira Gandhi National Open University	**Chair: Prof. Monika Misra** School of Social Sciences Indira Gandhi National Open University
9:00-10:15 AM	1.	Relationship between Humour styles and Positive and Negative Affect among Young Adults. *Deshmane Aarya* & Marathe Madhuri.*	Exploring the Postpartum depression: A Fuzzy Logic Perspective on Parental Mental Health Transitions. *Saumya Richa* & Dr. Sumaila Praveen.*	Thriving Through Grit: Unravelling The Impact On Student Well-being *Stenny Anto.K & Dr. Shinto Thomas*	Fear of Happiness amongst college going students. *Roopal Bhardwaj, Avantika Garg*, Aarti, Dr. Kriti Vyas.*	Linking organizational virtuousness and employee's subjective well-being: the mediating role of employee resilience, agility, and moderating role of collectivism. *Prerna Panda* & Dr. Pankaj Singh.*	Gender and Generational differences in the use of Dark Humour. *Tejal Dhingra* & Dr Sreeja Gangadharan.*
	2.	Resilience and Wellbeing During COVID-19 in India: Mediating Role of Psychological Flexibility. *J. Hephsebha* & Amrita Deb.*	An Analysis of Children's Stories Through the Lens of Positive Psychology. *Bidita Das*.*	Relationship Between Perceived Stress Flow State And Autotelic Personality In University Students. *Sarita Sood*.*	An examination of Loneliness and wellbeing link –moderating role of loneliness alleviation lay strategies. *Dr Deepthi Balla*.*	Preparing Youth for Productive Adulthood through Positive Youth Development. *Dr. Naziya Hasan*.*	Climate change and outdoor play in children: A systematic review. *Nandini Biswas*, Ishani Sahoo and Aprajita Jain.*
	3.	Dog Ownership, Happiness, and Psychological Well-being in Young Adults: A Comparative Study *Nandini Rawat*, Kamakshi Joshi* and Shrishti Dhupar.*	Disentangling the links between Parenting and Self-awareness. *Samantha Narula*.*	Resilience, Academic Motivation, and Well-Being Among School Students. *Monalisa Maibam* & Dr Manjusha Deka Saikia.*	Virtual Ties: Examining the Interconnectedness of Happiness, Social Media, and Perceived Intimacy. *Namita Narula*.*	Unleashing the Immense Potential of Positive Psychology Interventions (PPIs) in Improving Well-Being of Private and Public Sector Employees in India: A Scoping Review. *Ishika Dhanjal* and Dr. Garima Rajan.*	Exploring positive psychological intervention for student wellbeing in the Indian educational setting: A systematic literature review. *Devika M Lal* & Prof. S Vinod Kumar.*
	4.	Playing in the Waiting Room: Understanding the Social Ecology of Resilience in Children with Chronic Illnesses. *Dr. Priyanka Padhy*.*	Positive Impact of Family Protective Factors in Reducing Adolescent Experience of Depression. *Darshana Kulkarni* & Solomon Renati .*		Exploring the Impact of a Positive Psychology Based Strength-Based Program on the Development of Critical Thinking Skills in Teacher-Trainees. *Divya Nair* & Dr. Seema Bhandare.*	Effect of Solution-Focused Journaling on Resilience, Happiness, Solution-Focused Thinking and Career Decision Among Young Adults in a Period of Quarter-Life Crisis. *Simran Kaur* & Dr. Santhosh K.R.*	A Comparative study of Psychological Well-being based on Duration and Frequency of Voluntary activities. *Jui Pimple* & Dr. Pragna Parikh.*
	5.	Exploring the Impact of Self-Esteem and Perceived Social Support on Well-Being Among Food Delivery Workers in New Delhi, India. *Moksh Grover* & Dr. Samridhi Ahuja.*	Intergenerational Transference Of Parenting Style And It's Influencing Factors. *Shiwani Arora* & Mr. Shinto Thomas.*		Effect of Anapana Meditation and Gratitude Exercise on Creativity of School Students. *Jitendra Kumar Patel* & Dr. Madhurima Pradhan.*	Examining the impact of achievement goal orientations on mental well being of entrepreneurs: A correlation and multiple regression analysis. *Rudrani Raj Chakravorty* & Dr Dilwar Hussain.*	
	6.	Self love in the Modern Era : The Positive Experiences of Self-Partnering Among Urban Indian Women. *Dr Megha Dhillon and Arushi Gupta.*					

PAPER PRESENTATIONS

Theme: Positive Psychology, Health & Well-being

Day 2   **Session 7 (9 to 10:15 AM)**

- Relationship between Humour styles and Positive and Negative Affect among Young Adults

  Deshmane Aarya & Marathe Madhuri

- Resilience and Wellbeing During COVID-19 in India: Mediating Role of Psychological Flexibility

  J. Hephsebha & Amrita Deb

- Dog Ownership, Happiness, and Psychological Well-being in Young Adults: A Comparative Study

  Nandini Rawat, Kamakshi Joshi and Shrishti Dhupar

- Playing in the Waiting Room: Understanding the Social Ecology of Resilience in Children with Chronic Illnesses

  Dr. Priyanka Padhy

- Exploring the Impact of Self-Esteem and Perceived Social Support on Well-Being Among Food Delivery Workers in New Delhi, India

  Moksh Grover & Dr. Samridhi Ahuja

- Self love in the Modern Era: The Positive Experiences of Self-Partnering Among Urban Indian Women

  Dr Megha Dhillon and Arushi Gupta

Relationship between Humour styles and Positive and Negative Affect among Young Adults

Deshmane Aarya[1] & Marathe Madhuri[2]

1 Student, Department of Psychology, faculty of Humanities and Social Sciences, Vishwakarma University, Pune

2. Assistant Professor, Department of Psychology, faculty of Humanities and Social Sciences, Vishwakarma University, Pune

This research study explores the relationship between humor styles and positive and negative affect among 198 young adults in India aged between 18-25 years. The research uses the Styles of Humor Questionnaire (SHQ) by R.A. Martin et al. (2003) and the Positive and Negative Affect Schedule (PANAS) by Watson et al. (1988) as research tools. The SHQ consists of 32 items that measure four humor styles: affiliative, self-enhancing, aggressive, and self-defeating. On the other hand, the PANAS measures positive and negative affect using a 20-item scale. The research uses inferential analysis to compute Pearson correlation and SPSS software for comprehensive data interpretation. The results show that there is a significant correlation between negative affect and affiliative humor ($r = -.161^*$, $p = 0.24$), positive affect and self-enhancing humor ($r = .319^{**}$, $p = <.001$), negative affect and self-enhancing humor ($r = -.160^*$, $p = 0.25$), and positive affect and aggressive humor ($r = -.176^*$, $p = .013$). The study highlights the importance of understanding humor styles and their impact on affect, especially in young adults. The research provides valuable insights that can be used by mental health professionals, counselors, and educators to promote well-being among young adults.

Resilience and Wellbeing During COVID-19 in India: Mediating Role of Psychological Flexibility

J. Hephsebha & *Amrita Deb*

1 Doctoral Scholar; Department of Liberal Arts, Indian Institute of Technology Hyderabad

2 Associate Professor; Department of Liberal Arts, Indian Institute of Technology Hyderabad.

Background: The psychological impact and uncertainty caused by COVID-19 have profoundly affected individuals worldwide. In such challenging times, resilience and psychological flexibility emerge as critical factors in maintaining mental health and overall wellbeing.

Objective: This study aimed to examine whether psychological flexibility mediates the relationship between resilience and wellbeing during the times of the COVID-19 pandemic in India. Method: The sample included 302 participants (males: 47%; females: 53%) from India belonging to the age group 18~60 (M = 27.10, SD= 5.40). Participants completed the personal information schedule, Acceptance and Action Scale (AAQ-II), Connor–Davidson Resilience Scale 10-Item Version (CD RISC-10), and the Flourishing Scale. Using the PROCESS MACRO version 3.3 for SPSS a simple mediation analysis was performed.

Results: The results revealed that psychological inflexibility had partially mediated the relationship between resilience and wellbeing. Resilience was significantly negatively associated with psychological inflexibility (a = -.66), and psychological inflexibility was significantly negatively associated with wellbeing (b = -.15).

Conclusion: The findings emphasize that higher levels of resilience and psychological flexibility contribute to higher wellbeing. Therefore, directing interventions towards enhancing these factors can effectively mitigate the adverse effects on wellbeing during challenging times, such as the COVID-19 pandemic.

Keywords: Resilience, psychological inflexibility, wellbeing, COVID–19, mediational analysis

Dog Ownership, Happiness, and Psychological Well-being in Young Adults: A Comparative Study

Nandini Rawat[1], Kamakshi Joshi[2] and Shrishti Dhupar[3]

1 Junior Research Fellow, AIIMS, New Delhi;

2 Independent Researcher

3 Counseling Psychologist

Background: The connection between humans and their canine companions is a complex tapestry formed by companionship, loyalty, and unwavering love. Prior evidence indicates the positive impact dogs have on the psychological and physiological well-being of the people around them and highlights that pet dogs in particular may provide social support to humans by providing them with unconditional love and support. However, the scientific understanding of how dog ownership impacts the positive aspects of mental health, such as psychological well-being and happiness, particularly in young adults, remains relatively unexplored. Using quantitative assessments, this study seeks to further explore this complex relationship.

Methods: This study explored the relationship between dog ownership and well-being among 120 participants (60 dog owners, and 60 non-dog owners). The data were collected via a cross-sectional survey utilizing the Oxford Happiness Scale and Psychological Well-Being Scale. Independent t-test comparisons were conducted for quantitative data analysis.

Results: Quantitative findings revealed a significant difference between dog owners and non-owners in the levels of happiness ($p<0.05$) and psychological well-being ($p<0.01$).

Conclusion: The study reveals that dog owners demonstrate higher mean scores, suggesting higher levels of happiness and psychological well-being in comparison to non-dog owners. These results support the idea that dogs play a significant role in improving psychological well-being, highlighting their invaluable contribution to fostering overall happiness and wellness.

Keywords: Dog ownership, happiness, psychological well-being, young adults

Playing in the Waiting Room: Understanding the Social Ecology of Resilience in Children with Chronic Illnesses

Dr. Priyanka Padhy

Assistant Professor, Department of Psychology, Lady Shri Ram College for Women, University of Delhi

Background: Four waves of resilience research have consistently found evidence of the existence of life-affirming, self-righting, and adaptive tendencies demonstrated by children within the context of significant adversity, (Luthar, 2000). This study draws upon the framing of resilience as a social ecological construct and explores in a contextually situated manner, how children with chronic illness conditions navigate their way to resources that sustain well-being.

Method: Based on a qualitative inquiry into children with two chronic illness conditions-Thalassemia Major and Epilepsy, this study utilised the triarchic framework in resilience research to unravel themes pertaining to the surrounding social ecology that enables resilience. The method of Portraiture (Lawrence-Lightfoot, 1997) which allows co-construction of a rich and complex picture of participants' lived experiences, was employed. 4 portraits were derived from interviews with the 4 children- 2 with Thalassemia Major and 2 with Epilepsy, their immediate and extended family members, consulting doctors and allied medical staff and parent focus group discussions (two sessions for each condition, n=9) and 'mapping of the self' activity (Sriram & Chaudhary, 2008).

Findings: Contextualised meanings of living well with chronic illness in childhood, for participants as well as their caregivers were recovered using word clouds. Thematic Analysis of interview and FGD data led to theme development in six areas -challenges, identified needs, attributes of the child, family, school, and community that support resilience in children with thalassemia major and epilepsy. Thematic departures across the two illness groups were also identified and discussed.

Conclusion: Based on the findings, a set of risk-focused, asset-focused, and risk-focused strategies for fostering resilience in children with thalassemia major and epilepsy, cutting across systems, settings, and stakeholders are forwarded by the study. Policy-based recommendations are also discussed.

Keywords: Resilience, Children with chronic illnesses, Thalassemia, Epilepsy

Exploring the Impact of Self-Esteem and Perceived Social Support on Well-Being Among Food Delivery Workers in New Delhi, India

Moksh Grover[1] & Dr. Samridhi Ahuja[2]

1 Final-Year Masters Student

2 Assistant Professor

Background: Food Delivery Workers are an under-researched population. To date, only two studies have been conducted in India (Seetharaman et al., 2021; Prakash et al., n.d.). Seetharaman and colleagues (2021) conducted a qualitative study and found that Food Delivery Workers work in challenging conditions (i.e., 12 to 15 hours a day) and experience societal stigmatisation. Previous studies have shown that social exclusion can lower one's self esteem (Thoits, 2011). This, in turn, can deteriorate the individual's well-being. Moreover, if social support is perceived to be low (due to social exclusion and challenging working hours not allowing time for it), that too, can lead to decreased well-being. Therefore, this study quantitatively investigated the influence of self-esteem and perceived social support on the well-being of Food Delivery Workers in New Delhi, India.

Method: This study employed a survey design. Using the Rosenberg Self-Esteem Scale, Multidimensional Scale of Perceived Social Support, and Mental Health Continuum-Short Form, the researchers collected data from 55 male Food Delivery Workers aged 18 to 30.

Results and Findings: The results demonstrated that self-esteem and perceived social support together explain 75.4% of the variance in well-being scores. The findings are in line with previous studies demonstrating similar positive associations between these variables. The perceived social support was high with minimal SD, in line with Seetharaman et al. (2021). However, the self-esteem and well-being were average with a high SD.

Conclusion: The high variability in self-esteem and well-being may be attributed to distinctive occupational challenges in this industry and individual differences. However, results support a positive relationship between the variables in this population and initiatives that promote self-esteem (formalisation of gig-work, increased awareness, EAPs) and social support (establishing working-hour regulations) can significantly improve the well-being of Food Delivery Workers, a goal that should be pursued.

Keywords: Food delivery workers, self esteem, perceived social support, mental health continuum

Self love in the Modern Era: The Positive Experiences of Self-Partnering Among Urban Indian Women

Dr Megha Dhillon and Arushi Gupta

Department of Psychology, Lady Shri Ram College for Women, University of Delhi

Background: Notions of love and relationships have varied across cultures and historical periods. As opposed to the idea of entering a monogamous relationship with a member of the opposite gender, companionship and love have begun to take on very different meanings than in the past. This study aimed to document the experiences of Indian women, who identify as self-partnered. The research delves into women's interpretations of the term 'self-partnered', the influences that led them to choose this identity, their experiences in past relationships, and their views on marriage and motherhood.

Method: In-depth semi-structured interviews were conducted with 10 women between the ages of 25 and 69 years living in various Indian metropolitan cities. The interviews were analysed through the interpretative phenomenological approach with reference to a feminist lens and concepts of positive psychology.

Results: The interviews revealed that the participants embraced self-partnering as an act of self-reliance and personal fulfilment, regardless of their relationship status. Despite its challenges, this form of commitment to oneself helped them reject the constraints of traditional gender norms, and in some instances was reinforced by difficult experiences in past relationships. Further, the participants considered marriage neither an essential element of a woman's life, nor a requirement for experiencing motherhood. Resilience, gratitude, self-compassion and supportive social networks appeared key to women's experiences of self-partnering,

Conclusion: With societal changes in gender roles and ideas about marriage, self-partnering may become a choice that women increasingly take to. These experiences therefore must be documented among different samples in the country. Moreover, this study provides an interesting intersection of feminist studies with positive psychology.

PAPER PRESENTATIONS

Theme: Parenting & Positive Psychology, Positive Aging & Development

Day 2   **Session 8 (9 to 10:15 AM)**

- Exploring the Postpartum depression: A Fuzzy Logic Perspective on Parental Mental Health Transitions

  Saumya Richa & *Dr. Sumaila Praveen*

- An Analysis of Children's Stories Through the Lens of Positive Psychology

  Bidita Das

- Disentangling the links between Parenting and Self-awareness

  Samantha Narula*

- Positive Impact of Family Protective Factors in Reducing Adolescent Experience of Depression

  Darshana Kulkarni & *Solomon Renati*

- Intergenerational Transference of Parenting Style and It's Influencing Factors

  Shiwani Arora & *Mr. Shinto Thomas*

Note: PRESENTERS ARE MARKED IN BOLD

Exploring the Postpartum depression: A Fuzzy Logic Perspective on Parental Mental Health Transitions

Saumya Richa & *Dr. Sumaila Praveen*

Lovely Professional University, Phagwara, Punjab

The period leading up to childbirth marks a significant phase for parents, involving substantial life changes and adjustments as they transition into caregiving roles. Objectives: This paper aims to expand our understanding of postpartum experiences. The review adopts a fuzzy logic perspective to explore parental mental health after childbirth. Methods: Analyzing emotional fluctuations, adaptive coping mechanisms, contextual sensitivity, and non-linear responses, the paper suggests fuzzy logic as a metaphorical framework. Results: This approach enriches our comprehension of the dynamic landscape of parental mental health, presenting opportunities for future research. The discussion outlines the benefits of applying the fuzzy logic metaphor, emphasizing its capacity to provide a nuanced insight into the complex interplay of emotions during the postpartum period. Conclusion: The paper concludes by proposing potential avenues for future research, encouraging exploration of the metaphorical integration of fuzzy logic into the study of parental mental health.
Keywords: Parental mental health, fuzzy logic, Metaphorical integration, Emotional interplay, Dynamic landscape, postpartum depression.

An Analysis of Children's Stories Through the Lens of Positive Psychology
Bidita Das

Assistant Professor in Psychology, Handique Girls' College, Guwahati (Gauhati University)

Children tales are one of the most potent tools of instilling values and qualities in children. It is not only an educational tool but also works as a medium of moulding children into humans of world. Children stories are an essential component of the cultural understanding of the society.

This paper intends to compare famous children stories of west and the non-western cultures using qualitative methods of enquiry. The results will enable a better understanding of the character strengths of the lead characters portrayed in these stories. It will also provide a better insight into the respective culture systems. Moreover the responsibility of building character strengths and enhancing the signature strengths in children through the medium of storytelling lies with the caregivers and parents.

Disentangling the links between Parenting and Self-awareness

Samantha Narula*

Psychologist

Background: Home is where the understanding of relationships comes from. One's learning of relationships with their parents reflects in diverse ways in respective interpersonal and more importantly intrapersonal relationships in young adulthood (18- 22 years old). The present study focuses on the impact of mode of parenting on self-awareness in an individual.

Methodology: A total sample of 221 was selected using convenient sampling method and were given a questionnaire containing two psychometric tests, Parenting Scale (1998) by Bhardwaj, Sharma & Garg and Self-awareness Scale (2018) by Patteti and Podila. These were brown young adults from the city of Ahmedabad, being an only child and having both mother and father. For analyzing the data, two - way ANOVA was conducted 9 times in the SPSS software (version 20) to find the effect of gender and mode of parenting on self-awareness.

Result/Findings: The study revealed that out of 9 dimensions, 5 dimensions namely (Parental Rejection vs Parental Acceptance), (Parental Carelessness vs Parental Protection), (Parental utopian expectation vs Parental Negligence), (Parental lenient standards vs Parental moralism) and (overall Negative Parenting vs Positive Parenting) have a significant impact on self-awareness. (Parental Marital Conflict vs Parental Marital Adjustment), (Parental Faulty role expectation vs Parental Realistic Role expectation) and (Parental freedom vs Parental discipline) have no significant effect on self-awareness. The study also found that Male and Female do not differ in their level of self-awareness, however, the interaction effect between gender and overall parenting dimension affects level of self awareness in young adults.

Conclusion: This study reflects on the conventional Indian families, incorporating nine major factors contributing to different aspects of parenting and how their interaction affects self awareness. Factors pointing to the attitude of parents towards their children are seen to have a higher impact on child's self awareness compared to marriage and parent's relationship with each other.

Negative parent leads to adopting negative coping strategies by the individual. The individual may respond to situations in an unhealthy manner and even find it hard to express themselves especially when they face parental rejection and neglect. On the other hand, children who experience positive parenting are able to express themselves better.

Positive Impact of Family Protective Factors in Reducing Adolescent Experience of Depression

Darshana Kulkarni[1] & *Solomon Renati*[2]

1 PhD. Research Scholar

2 Professor in Psychology

Background: An adolescent's mental health is majorly influenced by risk and protective factors present in their environment. Risk factors are the elements that increase the probability of an individual engaging in problem behaviour, whereas protective factors are elements that reduce this probability. Among key socialising agencies surrounding adolescents, family is most important. The aim of the current study was to asses the role of family related risk and protective factors in shaping adolescent experience of depression. Method: An extensive data of 820 adolescents aged between 13 to 17 years was collected from various educational institutes in Navi Mumbai using a cross sectional survey design. The measurement tools of Kuppuswamy Socio Economic Status Scale (2021) and Communities That Care Youth Survey(2014) were used. The family related risk factors included family history of antisocial behaviour, poor family management, family conflict, family attitude favourable toward drug use and family attitude favourable toward antisocial behaviour ; family protective factors included family attachment, family opportunities for pro social involvement (taking decisions together, doing fun activities, etc) and family rewards for pro social involvement (appreciation by parents, etc). The outcome variable was depression.

Results: Among the family risk factors, only family conflict indicated a significant positive correlation with adolescent depression($r=.320**$). On the other hand, protective factors of family attachment ($r=-.149*$), family opportunities of pro social involvement($r=-.123*$) and rewards for pro social involvement ($r=-.082*$) showed a significant negative correlation with adolescent depression.

Conclusion: Family conflict seems to play a key role in boosting adolescent experience of depression, whereas a close attachment to parents along with opportunities and rewards to engage with them in pro social manner reduces such experience. These findings can be used to design family related interventions to prevent adolescent experience of depression and improve their overall mental health.

Keywords: Adolescents, Family, Risk and Protective factors, Depression

Intergenerational Transference of Parenting Style and It's Influencing Factors

Shiwani Arora[1] & Mr. Shinto Thomas[2]

1 Master's Student

2 Asst. Professor, Christ University

Parenting is one of the key elements that sets the base for a child's lifestyle. According to Global data, there are 183 million families in India with parents and children, which points out that more than 60 million children's lifestyle is shaped by the parenting they get. The study aims to understand the pattern of parenting style over a generation as it has a direct influence on the behavior and lifestyle of children. The paper also aims to identify the factors influencing the pattern by understanding the experiences of the first and second-generation mothers using a mixed-method design, utilizing the quantitative approach to compare the parenting styles of the two-generation mothers and the qualitative method to delve into the subjective experiences of the mothers to identify factors behind these styles by taking into consideration the changes in lifestyle of the parents and the technical changes taking place. A sample of 140 mothers, 70 first-generation mothers, and 70 second-generation was taken from the Delhi NCR region by using the Parenting style and dimension questionnaire drawn on the theoretical framework established by Diana Baumrind using a snowball sampling method, the data was analyzed using inferential statistics Paired sample t-test for the quantitative data. A sample of 5 second-generation mothers was taken to explore the factors influencing the parenting style based on the parenting style offered to them and the parenting style that they are offering their children the data was analyzed using thematic analysis. The research suggests evidence contrary to the predicted hypothesis that there is no statistically significant difference between the parenting styles offered by the mothers of the two generations. The key factors influencing the parenting style are work-life balance, attitudinal change, social influence, parent-child bond, and the mother's own experience as a child.

Keywords- Authoritarian, Authoritative, Permissive, Parenting style.

PAPER PRESENTATIONS

Theme: Positive Psychology in the Classroom

Day 2   **Session 9 (9 to 10:15 AM)**

- Thriving Through Grit: Unravelling the Impact on Student Well-being
  Stenny Anto.K & Dr. Shinto Thomas

- Relationship Between Perceived Stress Flow State and Autotelic Personality In University Students.
  Sarita Sood*.

- Resilience, Academic Motivation, and Well-Being Among School Students.
  Monalisa Maibam* & Dr Manjusha Deka Saikia.

Note: PRESENTERS ARE MARKED IN BOLD

Thriving Through Grit: Unravelling the Impact on Student Well-being

Stenny Anto.K[1] & Dr. Shinto Thomas[2]

1 Research Scholar, Department of Psychology, Christ University, Bangalore

2 Assistant Professor, Department of Psychology, Christ University, Bangalore

Grit is a dynamic and influential quality that greatly adds to an individual's overall life happiness and well-being within the framework of positive psychology. This viewpoint is perfectly aligned with Angela Duckworth's concept of grit, which provides insightful information about the psychological processes that motivate persistence and passion to achieve success.

In educational psychology, grit has gained popularity. Nevertheless, little is known about how directly grit affects students' overall well-being. however, is still being investigated. This study uses surveys and statistical analysis to investigate the relationship and regression patterns between grit and important school specific well-being variables using a quantitative research technique. Results from a various types of school students highlight the complex relationship between grit and academic, social, and emotional well-being.

An initial sample of sixty-one pupils from different types of higher secondary schools from India participated in the study. A survey questionnaire with grit and student well-being metrics was used to get the data. The study's findings suggest that grit and students' wellbeing are positively correlated. Additionally, the study discovered that pupils with high grit scores were more likely than those with low grit scores to report higher levels of wellbeing. According to the study's findings, grit is a significant indicator of students' wellbeing, particularly in terms of their academic efficacy. Furthermore, there is no discernible effect of gender on the various factors in this pilot investigation. In addition, the expanding body of research on positive psychology in education, the paper offers insights that can guide instructional strategies and treatments meant to support students' well-being and grit at the same time.

Keywords: grit, student well-being, positive psychology, persistence and passion, academic efficacy

Relationship Between Perceived Stress Flow State and Autotelic Personality in University Students

Sarita Sood

Assistant Professor, Department of Psychology, University of Jammu

Background: Autotelic Personality is potent for flow experience. Little is known about how its underlying dimensions are related to the flow experience and perceived stress. This study aims to determine the possible effects of the dimensions of autotelic personality on the flow experience and perceived stress of students of higher education. Further, an attempt is made to assess the dimensions of autotelic personality and its relationship with flow experience (terms of absorption by activity and fluency of performance) and perceived stress.

Method: The data were collected from 202 students studying at a public university in north India. A convenience sampling technique was used. The age range of the participants was 21 to 25 years (Mean age=22.t2 years). 125 female and 77 male students formed the sample of the study. The following questionnaires were applied: The Flow Short Scale by Rheinberg, Vollmeyer, & Engeser (2003), Autotelic Personality Questionnaire by Tse, Lau, Perlman, & McLaughlin (2018), and the Perceived Stress Scale by Cohen et al. (1983). Correlational analysis was done using Pearson's Product Moment Method.

Results: Findings reveal that the autotelic personality is significantly and positively related to the flow experience. Particularly, the dimensions of autotelic personality namely curiosity, persistence, intrinsic motivation, attentional control, enjoyment and boredom transformation, enjoyment and challenge transformation, and low self-centeredness were significantly and positively correlated with flow. All the dimensions of autotelic personality correlated with absorption by activity significantly and positively except low self-centeredness. The dimensions of autotelic personality (low self-centeredness, attentional control, enjoyment and challenge transformation) were found to be significantly and negatively related to perceived stress. Flow was also found to be significantly and negatively correlated with perceived stress.

Conclusion: Autotelic Personality is important for students in higher education to experience flow in their academic activities. Furthermore, it is crucial for the perception of stress. Flow experience is also conversely related to perceived stress. These findings uncover the linkages between autotelic personality, flow, and perceived stress. These preliminary findings should be ascertained by comparing autotelic personality to other personality types. Further, the role

of autotelic personality should be confirmed in future studies.

Keywords: Autotelic personality, Flow, Students, Higher Education

Resilience, Academic Motivation, and Well-Being Among School Students

Monalisa Maibam[1] & Dr Manjusha Deka Saikia[2]

1 Research Scholar, Department of Psychology, Assam Downtown University.

2 Associate Professor, Department of Psychology, Assam Downtown University.

Background: Student participation in academic work emphasises the importance of academic work in organising students' daily classroom experiences as well as their progressive learning, long-term development, and ultimate academic success. Resilience is vital for success in education, general well-being, and life since difficulties are everywhere. Well-being is equally important for students not only at home but also at their schools, and learning resilience as a life skill is a must. Some are taught well and learned from home, and some are needed to teach. Because balance is needed in life to go hand in hand, and this must start early. The purpose of this study is to investigate how students' perspectives affect their ability to bounce back from setbacks and maintain their academic motivation and wellbeing.

Objectives: Based on this, the present study aims to find whether resilience has an influence on academic motivation and well-being among school students.

Method: For this purpose, 250 students (13 to 18 years old) were administered using the snowball sampling technique, and the study was a cross-sectional survey. The data were analysed by SPSS using Pearson's product moment correlation, independent sample t-tests, and multiple linear regression.

Results/Findings: Regression analysis results revealed that higher levels of resilience were associated with positive well-being. Males and females have different results.

Conclusion: Resilience is a life trait that needs to be instilled in students from an early age if they are to balance their long-term academic and personal well-being.

Keywords: School Students, Resilience, Academic Motivation, Well-being

PAPER PRESENTATIONS

Theme: Happiness - Lay Strategies and Well-being, Positive Psychology in the Classroom

Day 2   **Session 10 (9 to 10:15 AM)**

- Fear of Happiness amongst college going students
  Roopal Bhardwaj, Avantika Garg, Aarti, Dr. Kriti Vyas

- An examination of Loneliness and wellbeing link –moderating role of loneliness alleviation lay strategies
  Dr Deepthi Balla

- Virtual Ties: Examining the Interconnectedness of Happiness, Social Media, and Perceived Intimacy
  Namita Narula

- Exploring the Impact of a Positive Psychology Based Strength-Based Program on the Development of Critical Thinking Skills in Teacher-Trainees
  Divya Nair & Dr. Seema Bhandare

- Effect of Anapana Meditation and Gratitude Exercise on Creativity of School Students
  Jitendra Kumar Patel & Dr. Madhurima Pradhan

Note: PRESENTERS ARE MARKED IN BOLD

Fear Of Happiness Amongst College-Going Students

Roopal Bhardwaj[1], Avantika Garg[1], Aarti[1], Dr. Kriti Vyas[2]

[1]MA Psychology (2nd Year) Thapar Institute of Engineering and Technology, Patiala;

[2] Assistant Professor, Psychology, TSLAS, Patiala

Background: Fear of happiness, or aversion to experiencing joy, involves the avoidance of positive emotions due to anticipated negative consequences. This study aimed to investigate the presence of fear of happiness in college students and identify contributing factors.

Method: Data was gathered through convenient sampling of college students aged 18-25, primarily from Punjab, India. The Fear of Happiness Scale (Gilbert, 2013) assessed fear levels, categorizing participants into high and low scorers. Semi-structured interviews were conducted with 14 participants (7 high scorers, 7 low scorers), transcribed, and coded using QDA Miner Lite.

Results/findings: Thematic Analysis (Braun & Clark, 2006) identified five major themes and sub-themes: characteristics of fear of happiness, characteristics of no fear of happiness, factors contributing to fear of happiness, factors contributing to no fear of happiness, and consequences of these beliefs. The study highlighted the existence of fear of happiness among college students, emphasizing the roles of factors such as collectivistic beliefs, karma, superstitions, family influence, the evil eye, personality traits, and playing a contributing role in fear of happiness.

Conclusion: The findings carry significant implications for mental health professionals, suggesting that avoiding happiness may impact people's health and well-being.

An Examination of Loneliness and Wellbeing Link –Moderating Role of Loneliness Alleviation Lay Strategies

Dr Deepthi Balla

Guest Faculty, Department of Psychology & Parapsychology, Andhra University, Visakhapatnam, Andhra Pradesh

The present study aims at identifying present day scenario of individuals self-perceptions of loneliness, perpetrators of loneliness, immediate experiences following loneliness, unique behavioral actions to perception of loneliness.

Method: Sample is selected using purposive sampling technique. 200 individuals of different nationalities have been given online survey form to fill. The researcher using discussion

method with psychology students and elders have prepared a checklist for collecting these experiences. Revised UCLA (R-UCLA) –by Russell, D., Peplau, L.A., & Cutrona, C.E. (1980) with 20 items with reliability of 0.96 and Well-Being Scale (Singh, Junnarkar & Kaur, 2016) with 28 items, which assesses Psychological Well-being, Positive perception about self and life, Goal Setting and Time Management and Positive Relationships are utilized. Participants were asked to provide their ways of dealing with loneliness (termed lay strategies for conceptual framework). Statistical Techniques used: Correlation, t-test, Regression Analysis, ANOVA, and Post hoc.

Results: Sample consisted of 240 individuals (male 101 -42.1 % and Female 139 -57.9 %). Age group is between 16 years to 70. 16-20 are 24 i.e., 10 % , 21-30 aer 1128 i.e., 53.3 %, 31-40 are 40 % and 41-50 and 42 % and 51-60 5 i.e., 2.1 % and 70 years above only 1 i.e., 0.4 %.

It is observed that loneliness means scores were significant for this sample (t=116.977, d.f. 239,p<.000). 33.75 % sample expressed that they feel lonely when someone hurts their self-respect, 20.83% others don't understand them, 12.08 % their actions and opinions are neglected by the other party, 10.42 % others avoid them and 10 % when they let down others expectations for them – as to make them feel lonely. Now correlation for loneliness and wellbeing mean scores were computed. It showed no correlation between loneliness and wellbeing mean scores.

Virtual Ties: Examining the Interconnectedness of Happiness, Social Media, and Perceived Intimacy

Namita Narula

Doctoral Student, Department of Psychology, Banaras Hindu University

Background: In light of the foregoing research literature, it has been claimed that during the pandemic, when our social interaction was forced to the Social Networking platforms, there was a large increase in its use and reliance on it for socialization. While in-person contact was nearly impossible during the lockdown, young individuals began to seek social support and perceived intimacy by communicating through social media platforms. The current literature fails to capture the intimacy experienced by young adults through social media use, which contributes significantly to an individual's happiness. It indicates that more research on the impact of social media use and perceived intimacy on subjective happiness among young adults is desperately needed.

Methods: Correlational design was used to understand the relationship of happiness with social media and perceived intimacy. The objectives of the study were to understand the relationship between social media use and happiness among college-going young adults and to understand the mediating effect of perceived intimacy on the relationship between social media use and happiness. Data was collected from 100 college-going students through various mediums.

Results/ Findings: Perceived Intimacy does not have any significant effect on Happiness, nor does it mediate the relationship between the academic, entertainment, and socialization dimensions of social media usage and Happiness. There was no evidence of a link between happiness and the use of social media.

Conclusion: The relationship between social media use and happiness may not necessarily be linear. Individuals who utilize social media have been proven to have a variety of emotional consequences. There are various extraneous and confounding variables that affect perceived intimacy, Happiness, and social media usage. This study can be further extended by including more variables and increasing the sample size.

Exploring the Impact of a Positive Psychology Based Strength-Based Program on the Development of Critical Thinking Skills in Teacher-Trainees

Divya Nair & *Dr. Seema Bhandare*

Assistant Professor, School of Education and Research, MIT Art, Design and Technology University, Pune

Background: Despite the acknowledged significance of strengths in positive psychology, there exists a research gap in exploring the efficacy of a strength-based approach in elevating critical thinking and creative thinking skills. This study aims to address this gap by investigating how a strength-based program, grounded in positive psychology principles, can propel the practical development of critical thinking and creative thinking skills among individuals undergoing teacher training.

Method: Employing a single group pre-test post-test design with time series, this research implemented a four-week strength-based program involving 35 teacher- trainees enrolled in the B.Ed program at MIT ADT University, Pune. The age of the teacher trainees ranged from 33 to 39 years. Mean age is approximately 36. The Values in Action (VIA) Survey was used to identify participant strengths. Pre-test and post-test scores were measured using the Cornell Critical Thinking Test – Level Z, Divergent Production Abilities (DPA) Test and Passi –

Usha's Test for Creative Problem Solving (PUTCPS). Quantitative analysis using SPSS version 29, involved normality testing, paired t-tests, repeated measures ANOVA, MANOVA and Interrupted Time Series Regression Analysis.

Results: The examination of pre-test and post-test scores demonstrated a statistically significant enhancement in the overall critical thinking and creative thinking skills of the teacher-trainees. In addition to the composite scores, the subcomponents of critical thinking and creative thinking, which were specifically addressed in this study, exhibited noticeable improvement as well.

Conclusion: In summary, this study strongly shows the significant impact of integrating a positive psychology-based strength program on teacher-trainees' critical and creative thinking skills. These outcomes carry significant implications for the future, as teacher-trainees become influential educators.

Keywords: Strength based program, Positive Psychology, Critical thinking, Creative Thinking

Effect of Anapana Meditation and Gratitude Exercise on Creativity of School Students

Jitendra Kumar Patel[1] & Dr. Madhurima Pradhan[2]

1 Research Scholar, Department of Psychology, University of Lucknow
2 Former Head, Department of Psychology, University of Lucknow

Background: This paper explores the impact of 15 days Ananpana meditation and gratitude exercise on creativity of school students. There is a dearth of study related to positive psychology , meditation, gratitude exercise and creativity in school. Many studies suggested that meditation and gratitude exercise increase cognitive abilities i.e. memory, attention and creativity through the enhance in positive emotion. Creativity is a valuable and essential trait in students, contributing to their overall development and success. Educational systems that incorporate and encourage creativity contribute to the holistic development of students, preparing them not only for academic success but also for the challenges and opportunities they will encounter in their personal and professional lives.

Method: The nature of research is quasi experimental with pre- post test within group design. Purposive sampling technique was used for selecting the participants. The participants were chosen from Uttar Pradesh Gov. Junior School. The intervention program was divided into two parts. First part was 6 days training program of 60- 70 minutes daily and second part

was 9 days follow-up program of anapana 10 minutes morning and 10 minutes evening session of school and gratitude exercise 2 times weekly. For measurement of creativity of the students Divergent production ability scale of Sharma(2011) was used.

Result: After pre and post- test total scores of 11 participants were selected for data analysis. Correlated t- test was used for data analysis. Significant difference in pre and post assessment score was found.

Conclusion: Thus there is a positive impact of breathing mindfulness and gratitude exercise on creativity of school students.

Keywords: Anapana Meditation, Gratitude, Creativity

PAPER PRESENTATIONS

Theme: Positive Psychology in the Workplace, Positive Youth Development

Day 2   **Session 11 (9 to 10:15 AM)**

- Linking organizational virtuousness and employee's subjective well-being: the mediating role of employee resilience, agility, and moderating role of collectivism
  Prerna Panda & *Dr. Pankaj Singh*

- Preparing Youth for Productive Adulthood through Positive Youth Development
  Dr. Naziya Hasan

- Unleashing the Immense Potential of Positive Psychology Interventions (PPIs) in Improving Well-Being of Private and Public Sector Employees in India: A Scoping Review
  Ishika Dhanjal and *Dr. Garima Rajan*

- Effect of Solution-Focused Journaling on Resilience, Happiness, Solution-Focused Thinking and Career Decision Among Young Adults in a Period of Quarter-Life Crisis
  Simran Kaur & *Dr. Santhosh K.R.*

- Examining the impact of achievement goal orientations on mental well being of entrepreneurs: A correlation and multiple regression analysis
  Rudrani Raj Chakravorty & *Dr Dilwar Hussain*

Note: PRESENTERS ARE MARKED IN BOLD

Linking organizational virtuousness and employee's subjective well-being: the mediating role of employee resilience, agility, and moderating role of collectivism

Prerna Panda & *Dr. Pankaj Singh*

PhD Scholar (OB & HRM), IIM Raipur

Background: The study aims to examine underlying psychological mechanisms and boundary conditions in explaining the association between organizational virtuousness and subjective well-being. Drawing from the broaden-and-build theory, this study underscores the role of employee resilience and agility in mediating the association of organizational virtuousness with subjective well-being. Moreover, it tests the moderating role of an individual's collectivistic orientation on the above-mentioned relationship.

Design/ methodology/ Approach: In Study 1, data from a sample of 382 employees working in the Indian information technology sector were analyzed using partial least squares-structural equation modeling to test the mediation hypotheses. A scenario-based experiment is conducted in Study 2 (N=125) to triangulate and increase the internal validity of the findings in Study 1 and test for moderation.

Findings: Organizational virtuousness was found to significantly influence employee's resilience, agility, and enhanced subjective well-being. Results suggest that resilience and agility partially mediate the relationship between perceived organizational virtuousness and subjective well-being, the strength of which is positively moderated by collectivism.

Practical Implications: Organizations can capitalize on strengths and virtues in the workplace to foster capabilities such as resilience and agility to enhance employee's subjective well-being, and in doing so, they should take the collectivistic orientation of employees into account.

Originality: Building on the premises of the broaden-and-build theory, this study introduces a novel aspect by investigating the underlying process that explains the positive influence of organizational virtuousness on employees' subjective well-being. Moreover, it suggests that the strength of this relationship is strengthened for individuals with a higher collectivistic orientation.

Keywords: Organizational virtuousness, Employee resilience, Employee agility, Subjective well-being, collectivism, India

Preparing Youth for Productive Adulthood through Positive Youth Development

Dr. Naziya Hasan

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Youth is a period of transition from dependence of childhood to the independence of adulthood. As a developmental stage, it is the most dynamic and crucial phase of an individual's life affecting their physical, psychological, social, and intellectual development. There are two ways to look at youth and to design policies and plans for their development. On one hand, youth is considered as a stage of problems and deficiencies to be rectified or corrected. On the other hand, positive youth development perspective makes a shift from seeing youth's problems to their strengths and focuses on their fullest growth in all aspects. Positive youth development reflects the positive psychology approach. It is a holistic approach to youth development that supports growth of young people who are among the greatest assets for any nation. This strength-based approach enhances youth's skills, competencies, and positive attributes. It helps youth in their successful transition to adulthood. Positive youth development prepares youth for a happy, content, and productive adulthood. In the light of these views, the present paper highlights the vital role of positive youth development approach in preparation of youth for healthy, happy, and productive adult life. A society can grow exponentially by empowering its young people and promoting positive traits among them. Additionally, this conceptual paper lays emphasis on the 5 Cs and other major attributes of positive youth development and suggests ways to develop them through educational interventions.

Keywords: Youth, Adulthood, Positive Youth Development (PYD), 5Cs, Attributes.

Unleashing the Immense Potential of Positive Psychology Interventions (PPIs) in Improving Well-Being of Private and Public Sector Employees in India: A Scoping Review

Ishika Dhanjal[1] and Dr. Garima Rajan[2]

1 Student, Flame University

2 Assistant Professor, Flame University

This scoping review intends to highlight and emphasise the current state of the empirical studies on Positive Psychology Interventions (PPIs) in fostering employee well-being in

India's public and private sectors. A noticeable gap has been identified in empirical research within the Indian context, even though the benefits of PPIs in enhancing employee well-being and employee productivity in various work environments have been well-documented (Meyers & Van Woerkom, 2016; Quinlan et al., 2011). Extensive studies have been conducted in the United States and other Western countries. However, enough awareness has yet to be directed towards the organisational dynamics present in India. There have been limited studies conducted to understand the impact of PPIs in the Indian private sector. However, none have been conducted in the public sector. This review focuses explicitly on the lack of studies in both public and private sectors, emphasising the urgent need for more comprehensive research. It is strongly believed that these PPIs can bolster employee well-being. This would aid in understanding the potential impact of PPIs in the context of Indian workplaces. Recognising the collective culture prevalent in India, and its extension to its workplaces, the review highlights the importance of interventions such as Gratitude Journaling, Employee Strengths and Yoga-Meditation in creating a positive and professional work atmosphere. By shedding light on these existing gaps and advocating for empirical research, this scoping review intends to contribute to enhancing workplaces and employment well-being in India's organisational environment.

Keywords: Indian workplaces, gratitude, strengths, yoga-meditation, employee well-being, positive psychology interventions

Effect of Solution-Focused Journaling on Resilience, Happiness, Solution-Focused Thinking and Career Decision Among Young Adults in a Period of Quarter-Life Crisis

Simran Kaur[1] & Dr. Santhosh K.R[2]

1 Semester 4, MSc. Clinical Psychology, Department of Psychology, School of Social Sciences, Christ (Deemed To Be) University

2 Associate Professor, Department of Psychology, School of Social Sciences, Christ (Deemed To Be) University

Background: The present study investigated the effects of solution-focused journaling on resilience, happiness, solution-focused thinking, and career decision among young adults in a period of quarter-life crisis.

Method: The sample consisted of 47 young adults, aged between 21 to 29 years, who were equally and randomly divided into the experimental group and the waitlist control group. The

mean age of the participants was 23.38. The Developmental Crisis Questionnaire was used to assess the quarter-life crisis of the participants. The Brief Resilience Scale was used to measure resilience. The Fordyce Emotions Questionnaire was used to measure happiness. The Solution-Focused Inventory was used to measure solution-focused thinking. The Career Decision Scale was used to measure career indecision.

Result: A correlational analysis was conducted to assess the relationship between Developmental crisis and happiness, resilience, career decision and solution-focused thinking. Results showed a moderate negative correlation with resilience ($r = -0.51$, $p < 0.01$), happiness ($r = -0.67$, $p < 0.01$), and solution-focused thinking and a moderate positive correlation ($r = 0.55$, $p < 0.01$) between developmental crisis and career indecision. Repeated measures ANOVA was conducted to check for within-group differences and interaction effect between waitlist control group and experimental group. Solution-focused journaling significantly reduced the Developmental crisis and improved Happiness and solution-focused thinking. A significant interaction was found between the experimental and waitlist control groups in happiness and solution-focused thinking.

Conclusion: Findings suggest the potential for solution-focused journaling as an intervention strategy during a quarter-life crisis. The limitations, suggestions, and scope of the study were discussed.

Keywords: Solution-Focused Journaling, Quarter-life crisis, Resilience, Happiness, Solution-Focused Thinking, Career Decision

Examining the impact of achievement goal orientations on mental well being of entrepreneurs: A correlation and multiple regression analysis

Rudrani Raj Chakravorty[1] & Dr Dilwar Hussain

1 PhD Research Scholar, Indian Institute of Technology, Guwahati

Background: Studying the well-being of entrepreneurs is vital for understanding the unique challenges they face in driving innovation and economic growth. Entrepreneurs' mental health not only impacts their success but also holds broader implications for economic sustainability and societal advancement. This research explores the link between achievement goal orientations(AGOs) and the well-being of 298 entrepreneurs, contributing insights crucial for fostering a supportive entrepreneurial ecosystem.

Method: AGOs, encompassing learning, performance-prove, and performance-avoidance

goal orientations, were assessed using Pearson's r correlation coefficient. This correlation analysis explored the relationships between AGOs and mental well-being. Additionally, multiple regression analysis was used to analyze the effect of AGOs on mental health well being of entrepreneurs at 95% confidence interval .

Results/Findings: Significant positive correlations were observed between all three AGOs and mental well-being. The overall regression model predicted approximately 9% of the variance in mental health well being of entrepreneurs ($R^2 = 0.09$, $F(4,293) = 7.248$, $p < .001$). The results show that only the learning orientation had a significant positive effect on well being of entrepreneurs, $p = 0.036$. The other two orientations and gender show no significant effects on mental well being. Learning orientation has the greatest effect on mental health well-being as it has the highest beta coefficient.

Conclusion: This research emphasizes the importance of cultivating a mastery-driven mindset for enhanced mental well-being among entrepreneurs and is one of the few studies examining AGOs and well-being in a non-academic context. The findings are in line with previous studies showing the positive effect of mastery/learning orientation on well being. Understanding these relationships has practical implications for personal development and mental health interventions in entrepreneurial settings.

PAPER PRESENTATIONS

Theme: Positive Youth Development

Day 2   **Session 12 (9 to 10:15 AM)**

- Gender and Generational differences in the use of Dark Humour

  Tejal Dhingra & Dr Sreeja Gangadharan

- Climate change and outdoor play in children: A systematic review

  Nandini Biswas*, Ishani Sahoo and Aprajita Jain

- Exploring positive psychological intervention for student wellbeing in the Indian educational setting: A systematic literature review

  Devika M Lal & Prof. S Vinod Kumar

- A Comparative study of Psychological Well-being based on Duration and Frequency of Voluntary activities

  Jui Pimple* & Dr. Pragna Parikh

Note: PRESENTERS ARE MARKED IN BOLD

Gender and Generational differences in the use of Dark Humour

Tejal Dhingra & *Dr Sreeja Gangadharan*

1 Pursuing MSc Clinical Psychology

2 Assistant Professor at Christ University, Bangalore

Humour is an integral part of the study positive psychology, but the literature on dark humour is very limited, specially in the Indian Context. Though dark humour has been prevalent from ages, the advent of social media has made it very common and rather popular in younger generations. The current study aimed to find the Gender and Generational differences in use of Dark Humour. It also aims to study the relationship with dark humour styles with optimism, self-esteem and resilience. A total of 320 participants were included in this study, with 122 belonging to Generation Y (27-40 years) and 198 to Generation Z (17-26 years). The study employs a quantitative design, measuring Dark humour styles, Optimism, Resilience and Self-Esteem through questionnaires. It was found that there are no significant differences between Gen Z and Gen Y in terms of self-defeating and aggressive humour styles. A significant difference was found between males and females on the two dark humour styles, with men scoring more than women on both. Additionally, Aggressive Humor Style had significant negative correlation with Optimism and Resilience. Self-Defeating Humor Style showed a significant negative correlation with Optimism and Self-Esteem. Lastly, significant variance was found in Self-defeating and Aggressive humour styles based on social media usage. The study can guide the work of mental health professionals as well as educate general population on the humour styles they employ and the effects of content they consume online. Insights from the study can guide the work entertainment and advertising industry. The study has implications for psychology, sociology, marketing and other related

Keywords: Dark Humour, Gen Z, Gen Y, Resilience, Optimism, Self-esteem

Climate change and outdoor play in children: A systematic review

Nandini Biswas[1], Ishani Sahoo[2] and Aprajita Jain[3]

1 Principal Consultant, Solutions for Sustainable Living

2 Student, Dept. of Psychology, Christ University

3. Student, K.R.Mangalam University

Background: Play contributes to children's physical, cognitive, social and emotional well-being. Children spending less time playing outdoors face various risks, including decreased

environmental appreciation, various health issues, attentional difficulties, and heightened rates of anxiety and depression. Climate change severely limits people's physical activity levels and the time spent outdoors. The objectives of this systematic review are to present the potential association between climate change and outdoor play in children and to propose a conceptual framework comprising of the emerging threats of climate change and their respective effects on children's well-being and happiness through outdoor play.

Method: We conducted an electronic search of databases in PubMed, Scopus, PsycInfo and Google Scholar from 2000 through 2023 for studies published in English. Studies examining the association between play domains and climate change (e.g., air pollution, heat, extreme weather events, seasonality) were included. We excluded non-human studies, laboratory or experimental studies, commentaries or letters.

Results: Fifteen studies met the inclusion criteria. Results indicated a consistent negative effect of air pollution, heat, extreme weather events and seasonality on total play time and outdoor physical activity in children. The loss of play time was more pronounced among the more vulnerable population of younger children. Then a conceptual framework was proposed involving the consequences of climate change as they relate to well-being and happiness in children via outdoor play. However, the body of evidence was limited and further well-designed human studies are clearly needed.

Conclusion: Climate change affects outdoor play in children. Despite evidence that time spent outdoors in play and recreational activities are critical for the health, happiness and well-being of children, the absence of play in climate change and children's health literature is an important gap that needs attention.

Keywords: Climate change, Outdoor play, Children, Positive Parenting

Exploring positive psychological intervention for student wellbeing in the Indian educational setting: A systematic literature review

Devika M Lal[1] & Prof. S Vinod Kumar

1 Research Scholar, School of Behavioural Sciences, Kannur University

Background: This study undertakes a comprehensive examination through a systematic literature review to explore positive psychology interventions (PPIs) targeted at improving student well-being within the educational context of India. Acknowledging the significance of mental health and thriving among students in the varied cultural and educational settings of

India, this study aims to assess the efficacy of positive interventions.

Method: The evaluation employs a systematic approach to explore various prominent academic databases like PubMed, Scopus, and Google Scholar. The methodology is guided by specific search terms such as "positive psychology interventions," "student well-being," and "Indian educational setting." Inclusion criteria are focussed on studies conducted within classrooms in India that incorporate diverse positive interventions, including strengths-based approaches and mindfulness techniques. A thorough methodological assessment was implemented to guarantee the inclusion of studies with strong designs, thereby enhancing the credibility of the synthesized findings.

Results/Findings: The analysis revealed recurrent themes and patterns in the body of recent literature. The findings highlight the effectiveness of positive interventions in elevating well-being and their impact on students' socioemotional development. Furthermore, the results shed light on the challenges and successes encountered in implementing these interventions in various Indian classroom settings. The goal of the review is to offer evidence-based insights into the current state of positive psychology interventions in the Indian educational system through a thorough investigation.

Conclusion: In order to enhance wellbeing in Indian classrooms, this study supports the incorporation of evidence-based positive treatments. This study integrates new research and offers helpful advice for academics and educators, contributing to the ongoing corpus of research on positive psychology in education. The present study aims to enhance the use of positive psychology interventions in creating nurturing and thriving classroom environments in India by identifying research gaps and recommending areas for future study.

Keywords: Intervention, Education, Positive psychology interventions, Student wellbeing

A Comparative study of Psychological Well-being based on Duration and Frequency of Voluntary activities

Jui Pimple[1] & Dr. Pragna Parikh[2]

1 PhD Scholar

2 Assistant Professor

Background: Psychological well-being is defined as positive self-perception, good relationship with people, environmental dominance, autonomy, the meaning of life and emotions in the direction of healthy development (Ryff, 1995). There are various components

of psychological well-being like self-acceptance, positive relationships, and autonomy and there are various factors which can affect the level of one's psychological well-being. Past researches have shown that engaging in any kind of prosocial behaviour or volunteering for some social cause has positive effects like elevation of mood, an increase in confidence, developing positive relations. The present study aimed at comparing the psychological wellbeing of participants based on their duration and frequency of prosocial activities.

Method: The sample size was 122 college students engaged in some kind of prosocial behaviour out of which 40 were males and 82 were females. The data was collected using non-probabilistic purposive sampling method, and the research design used was 2 x 2 factorial design. To measure psychological well-being, the Ryff's Scale of Psychological Well-being (42 items) was used along with a personal data sheet that included details about duration and frequency of voluntary behaviour.

Results: The data was statistically analysed using SPSS 21. The results of ANOVA show there is no significant effect of duration as well as frequency on the PWB of college students.

Conclusion: Thus, it is concluded that duration of less than 6 months or more than 6 months as well as frequency of 15 days or less, is not sufficient to have any significant effect on psychological well-being.

Keywords: Volunteering, Psychological well-being, students, duration, frequency

		SECOND INTERNATIONAL CONFERENCE ON POSITIVE PSYCHOLOGY BY NPPA, DAY 2 (20th April 2024)					
Time (IST)	S.No.	SESSION 13 Positive Psychology, Health & Well-being	SESSION 14 Positive Psychology, Health & Well-being	SESSION 15 Indian Psychological Perspectives & Well-Being Positive Psychology & Sporting Performance	SESSION 16 Miscellaneous	SESSION 17 Miscellaneous	SESSION 18 Miscellaneous
		Chair: Prof. Juhi Deshmukh Department of Psychology Savitribai Phule Pune University Pune	Chair: Prof. Deepti Hooda Department of Psychology Maharshi Dayanand University, Rohtak	Chair: Prof. Sushma Suri Department of Psychology Jamia Millia Islamia, New Delhi	Chair: Prof. Samina Department of Psychology Jamia Millia Islamia, New Delhi	Chair: Prof. Mohammad Ghazi Shahnawaz Department of Psychology Jamia Millia Islamia, New Delhi	Chair: Prof. Zokaitluangi Department of Psychology Mizoram University Mizoram
12:00 - 1:00 PM	1.	Unraveling Self-Compassion Disparities in Women with and without Polycystic Ovary Syndrome (PCOS). *Seena Jose** *& Dr Jahangeer Majeed.*	Investigating the Dynamics of Zero-Sum Thinking, Locus of Control, and Self-Efficacy: An Exploratory Study on their Interconnected Influence. *S.Sriranjani** *& Ashwini. U. R.*	Mind-Body Harmony: A comparative study investigating Anxiety, Substance Use, and Quality of Life among Yoga Practitioners, Other Sports Activity Enthusiasts and Sedentary Individuals. *Shirin Bhanpurawala** *& Anirudh Shidganesh.*	Igniting Young Minds: A Comprehensive Life Skills Program for Positive, Holistic Personal and Social Development of the Young Minds. *Rsvn Sharma & Sonia Bhatia**.	"You know, I can adapt": a qualitative study of personality strengths of individuals with substance use disorders. *Shikha Ahuja** *& Dr. Gitanjali Narayanan .*	Comparing Self-Compassion in Working Women and Homemakers: Impact on Well-being and Close Relationships. *Shivani Thakur** *and Vandana Singh.*
	2.	Exploring Body Image Issues and its impact on Quality of Life among College Students of Delhi-NCR. *Soni Jaiswal** *& Dr. Sabeen H. Rizvi.*	Experiences of toxic friendship: Narrative inquiry. *Nishtha** *and Dr Daisy Sharma.*	Sporting Performance Beyond Training and Nutrition: Conceptual Framework for Bridging the Pathways Via Positive Psychology. *Urmi Gupta** *& Rekha Singhal.*	Theoretical underpinnings of flow and its relation with academic engagement: A Narrative Review. *Afrin Mazid**, *Dr Narendra nath Samantaray, Dr. M. Sandhyarani Devi.*	"Empathy Across Borders: Understanding Selective Empathy in Global Dynamics and its Impact on Humanitarian Narratives". *Bushra Khan** *& Naureen Khan.*	Effectiveness of Positive Psychotherapy (PPT) for Improving PERMA Dimensions among Moderately Depressed Adolescents: A Qualitative Analysis. *Dr Sipra Khuntia** *& Prof. Sangeeta Rath.*
	3.	Investigating The Relationship Between Phubbing, Being Phubbed, And Peer Pressure Among Adolescents. *A. Uma Maheswari.*	Beliefs in Synchronicity and its relationship with personal control, meaning in life, and well-being: Did this happen because I thought of it? *Vanshika Talus**.			Exploring the Nexus: Spirituality, Coping Mechanisms, and Subjective Well-being of B.Ed Trainees of Tripura". *Debanjana Mukherjee**, *Binoy John & Dr Amrita Banerjee.*	The influence of High and Low Spiritual Intelligence on the dimensions of Happiness And well- being. *Dr. Monalisa Nayak** *& Dr. Sumita Chowhan.*
	4.					Traces of Spirituality in Positive Psychology: A Conceptual Analysis. *Dr. Saman Zaki**.	

Note: **PRESENTERS ARE MARKED IN BOLD**

PAPER PRESENTATIONS

Theme: Positive Psychology, Health & Well-being

Day 2   **Session 13 (12:00 to 1:00 PM)**

- Unraveling Self-Compassion Disparities in Women with and without Polycystic Ovary Syndrome (PCOS)
  Seena Jose & *Dr Jahangeer Majeed*

- Exploring Body Image Issues and its impact on Quality of Life among College Students of Delhi-NCR
  Soni Jaiswal & *Dr. Sabeen H. Rizvi*

- Investigating The Relationship Between Phubbing, Being Phubbed, And Peer Pressure Among Adolescents
  A. Uma Maheswari

Note: PRESENTERS ARE MARKED IN BOLD

Unraveling Self-Compassion Disparities in Women with and without Polycystic Ovary Syndrome (PCOS)

Seena Jose[1] & Dr Jahangeer Majeed[2]

1. Research Scholar - Lovely Professional University, Punjab.

2. Assistant Professor - Lovely Professional University, Punjab

Background: Polycystic Ovary Syndrome (PCOS) stands as a prevalent endocrine disorder affecting women, marked by hormonal imbalances and diverse clinical manifestations. Emerging from prior research are indications of potential psychological implications associated with PCOS. The syndrome has been linked to adverse psychological outcomes, encompassing lower self-esteem, negative self-image, and heightened levels of depression and psychological distress. In light of this, there exists a critical need to explore the intricacies of self-compassion among women grappling with PCOS.

Method: To unravel the nuanced relationship between PCOS and self-compassion, this study employed a rigorous comparative approach. Self-compassion levels were meticulously assessed in women both with and without PCOS. The study used the Self-Compassion Scale (SCS), with a sample size comprising 30 women diagnosed with PCOS and an equal number of counterparts without the syndrome. This methodological design aimed to unveil the unique nuances in self-compassion within the context of PCOS.

Result: The study's outcomes brought forth compelling evidence, showcasing significant disparities in self-compassion levels between women with PCOS and those without ($p<0.001$). This statistical significance underscores the distinctive psychological landscape experienced by women affected by PCOS.

Conclusion: The implications drawn from this research underscore the necessity for positive psychological interventions tailored to enhance self-compassion levels among women grappling with PCOS. This pivotal conclusion emphasizes the broader importance of holistic psychological support in the management and well-being of individuals navigating the complex intersection of PCOS and mental health.

Keywords: Self-compassion, Polycyctic Ovary Syndrome, Women

Exploring Body Image Issues and its impact on Quality of Life among College Students of Delhi-NCR

Soni Jaiswal & *Dr. Sabeen H. Rizvi*

Research Scholar, Department of Psychology, University of Delhi

Background: Body image is a multidimensional construct that refers to a person's thoughts, feelings and behaviour regarding his/her body and appearance (Cash, 2012). It refers to the psychological appraisal of one's physical appearance; attitudes, beliefs, and behaviours towards our body size and shape (Alessi et al., 2023). Studies have indicated its relevance in every age group, but youth has been found to be a particularly important age group to have concerns related to body image (Campos-Uscanga et al., 2022). A research study has reported that body dissatisfaction is associated with poor mental and physical health-related quality of life and high psychological distress (Griffiths et al., 2016).

Method: The current study aimed to explore the relationship between different domains of body image and quality of life among college students of Delhi-NCR. The sample constituted 100 male and 125 female participants in the age range of 18-25 years (M=19.8, SD=1.84) selected through a purposive sampling technique. Tools used in this study were demographic data sheet, Dresden Body Image Questionnaire (DBIQ), Multidimensional Body-self Relations Questionnaire Appearance Scale (MBSRQ-AS) and WHO-Quality of Life Inventory (WHOQOL-BREF).

Results: Results were analysed using SPSS 28. Stepwise regression analysis was performed using various aspects of body image and its impact on quality of life. A significant relationship was found between overall body image and quality of life. The obtained R^2 was .52, indicating that the independent variables (body image scales) explained approximately 52% of the variance.

Conclusion: The study has implications for improving the quality of life of young adults by introducing positive interventions that will help them develop a more positive perception of their bodies.

Keywords: Body image, Quality of life, College students

Investigating The Relationship Between Phubbing, Being Phubbed, And Peer Pressure Among Adolescents

A. Uma Maheswari

Research Scholar, School of Social Sciences, Indira Gandhi National Open University

Background: Among various technological advancements, mobile phones have been very fascinating for adolescents, the use of which has a remarkable impact on their social behavior. Due to peer pressure in this stage, phubbing and being phubbed is observed as a common phenomenon that can have negative consequences on relationships and mental health. Peer pressure refers to the influence that peers can have on each other to do things that they may be resistant to, or might not otherwise choose to do. Phubbing is the act of snubbing someone who is talking in person in favor of a phone and the experience of being phubbed can affect one's relationships and mental health.

Objective: This study is aimed at exploring the relationship between phubbing, being phubbed, and peer pressure among adolescents.

Research Method: In this non-experimental research design, a simple random sampling technique is used to collect data from 35 adolescents between 17 and 20 years of age studying in private colleges in Chennai. The 15-item Generic Scale of Phubbing, the 22-item Generic Scale of Being Phubbed, and the 25-item Peer Pressure Scale were the tools used to explore if there exists a relationship between phubbing, being phubbed, and peer pressure.

Results: Pearson's correlation analysis revealed that there exists a statistically significant relationship between the variables phubbing and peer pressure, phubbing and being phubbed, whereas there was no significant relationship between being phubbed and peer pressure.

Keywords: peer pressure, phubbing, being phubbed, adolescent, smartphone interruptions

PAPER PRESENTATIONS

Theme: Positive Psychology, Health & Well-being

Day 2   **Session 14 (12 to 1 PM)**

- Investigating the Dynamics of Zero-Sum Thinking, Locus of Control, and Self-Efficacy: An Exploratory Study on their Interconnected Influence

  S.Sriranjani *& Ashwini. U. R*

- Experiences of toxic friendship: Narrative inquiry

  Nishtha* *and Dr Daisy Sharma*

- Beliefs in Synchronicity and its relationship with personal control, meaning in life, and well-being: Did this happen because I thought of it?

  Vanshika Talus*

Note: PRESENTERS ARE MARKED IN BOLD .

Investigating the Dynamics of Zero-Sum Thinking, Locus of Control, and Self-Efficacy: An Exploratory Study on their Interconnected Influence

S.Sriranjani & Ashwini. U. R

1Student, MSc. Family Counselling, Department of Psychology, Madras School of Social Work, Tamil Nadu.

2 Assistant professor, Department of Psychology, MSc. Family Counselling, Madras School of Social Work, Tamil Nadu.

Background: The study aims to investigate the relationship between zero-sum thinking, locus of control, and self-efficacy among young adults. Zero-sum thinking is a psychological construct that describes an individual's interpretation or perception of a situation. Individual's thought processes of whether one's gain is another person's loss is being assessed. Locus of control examines the degree to which individuals believe that they have or don't have control over the things that happening in their life which has internal or external influences. Self-efficacy is the individual's belief in their capacity to perform certain behaviours.

Method: The researcher aims to find the relationship between these variables and if they possibly have an effect on each other. This is an exploratory study and has used random sampling with 110 participants who fall under the age category of 18-25. Pearson's product correlation will be implemented to find the relationship between variables. Considering the research gap prevailing between these psychological constructs, a positive relationship between the variables is expected.

Keywords: Zero-sum thinking, perception, internal and external influences, capacity.

Experiences of toxic friendship: Narrative inquiry

Nishtha[1] and Dr Daisy Sharma[2]

1 Research scholar, University of Delhi

2 Associate Professor, University of Delhi

Background: Indian philosophies emphasize friendship to be highly selfless. Friends are an important part of everyone's life. While not all the experiences with a friend gives you happiness, there are few experiences which are quite unhealthy which if repeated multiple times can lead to toxic relationship (Rahimah et al, 2022). In oxford dictionary, toxic means poisonous and hence Toxic friends can be called as those unpleasant and poisonous

experiences which affect the everyday well being of a person. Well-being, the state of being happy and comfortable gets compromised when one faces unhealthy experiences.

Method: This study is qualitative in nature and using life story interview, the participants were asked to narrate their life stories where they felt their well being is getting affected. Total of 14 participants ,aged 20-30 (M=5 , F=9), took part in the study, accumulating 38 instances of toxic experiences with a friend. The data was later analyzed using the thematic narrative analysis approach by Riesmann.

Findings: After analysing the data, the themes were segregated in 3 major themes: Red Flags (Sugary talks, Gaslighting etc), Psychological impact (walking on eggshells, irritation etc), and beliefs formed (Sharing secrets are prohibited, Friends aren't real etc).The experiences were unhealthy but 6/38 instances talked about how they made the participants more confident about themselves while others suffered from self doubt. There were different toxic natured situations but the impact of the experience and the beliefs thus formed were found to have patterns.

Conclusion: This study facilitates the understanding of how the experiences of toxic friendship are knitted together. Despite having different situations, the impact and beliefs were similar in most of the instances. Some gave confidence while most of them built in self doubt.

Keywords: Friendship, Toxic friendships, Interpersonal relationships

Beliefs in Synchronicity and its relationship with personal control, meaning in life, and well-being: Did this happen because I thought of it?

Vanshika Talus

Undergraduate Student, Daulat Ram College, University of Delhi

Background: Research on synchronicity has till now focused more on capturing the experiences of people using qualitative methodology. However, there is a need to objectively report how people feel about these experiences and what their beliefs about such experiences are. The present study aims to examine meaning in life and well-being in relation to beliefs in synchronicity as conceptualised in Jungian psychology. Powered by the idea of Victor Frankl's will to meaning in life, the study tries to examine whether beliefs in experiences of synchronicity are related to an enhanced meaning in life, consequently, studying the relation with well-being. Further, the study also explores the relationship between synchronicity

experiences and a sense of personal control, again, consequently relating to well-being. Method: The study is based on a quantitative design using an online survey and the methodology involves four objective scales, namely, Synchronicity awareness and meaning detection scale, Locus of Control of Behavior Scale, Meaning in Life Questionnaire, Subjective Happiness Scale. The study is still in progress and therefore the expected sample is 100 participants in the age group of 18-25 years.

Results: Based on the sample size till now(n=40), the results show a significant positive correlation between meaning detection of synchronicity experiences and internal locus of control(r=0.532, p < .01). Also, the correlation value for meaning detection of synchronicity and meaning in life was significant (r=0.739, p < .01). No significant correlation was found between synchronicity experiences and well-being. An interesting finding was that internal locus of control was significantly positively correlated with meaning in life(r=0.590, p < .01).

Conclusion: The above findings suggest that beliefs in synchronicity could be associated with personal control and meaning in life, hence implicating the importance of further research on this phenomenon.

Keywords: Synchronicity, Personal control, Meaning in life, Wellbeing

PAPER PRESENTATIONS

Theme: Indian Psychological Perspectives & Well-Being, Positive Psychology & Sporting Performance

Day 2   **Session 15 (12 to 1PM)**

- Mind-Body Harmony: A comparative study investigating Anxiety, Substance Use, and Quality of Life among Yoga Practitioners, Other Sports Activity Enthusiasts and Sedentary Individuals

  Shirin Bhanpurawala *& Anirudh Shidganesh*

- Sporting Performance Beyond Training and Nutrition: Conceptual Framework for Bridging the Pathways Via Positive Psychology

  Urmi Gupta *& Rekha Singhal*

Note: PRESENTERS ARE MARKED IN BOLD

Mind-Body Harmony: A comparative study investigating Anxiety, Substance Use, and Quality of Life among Yoga Practitioners, Other Sports Activity Enthusiasts and Sedentary Individuals

Shirin Bhanpurawala[1] & Anirudh Shidganesh[2]

1 Post-graduate student, Master of Arts Department of Psychology, Faculty of Humanities and Social Sciences, Vishwakarma University, Pune.
2 Assistant Professor, Department of Psychology, Faculty of Humanities and Social Sciences, Vishwakarma University, Pune.

Aim: To examine the relationship between anxiety, substance use, and quality of life among yoga practitioners, other sports activity enthusiasts, and sedentary individuals.
Method: Data was collected from 327, of which 79 were yoga practitioners, 118 were sports activity enthusiasts, and 130 were sedentary individuals. This data was collected from participants in Maharashtra between August 2023 and September 2023. The study used a correlational design with purposive and snowball sampling to collect data on the DSM-5 Self-rated Level 1 Cross-cutting Symptoms measure and WHO Quality of Life-BREF.
Results: In a comparative analysis of anxiety, substance use levels, and quality of life (QOL) between yoga practitioners, sports activity enthusiasts, and sedentary individuals, the Kruskal Wallis ANOVA demonstrated a significant difference in anxiety levels (mean=13.61, SD=6.99) between yoga practitioners and other sports activity enthusiasts (p=0.014). Similarly, a significant difference was seen in the quality of life (mean=167.21, SD=30.80) among sedentary individuals and yoga practitioners (p=0.033) and among sedentary individuals and other sports activity enthusiasts (p=0.009). While no significant difference in substance use (mean=5.01, SD=4.40) was observed between the three groups.

Sporting Performance Beyond Training and Nutrition: Conceptual Framework for Bridging the Pathways Via Positive Psychology

Urmi Gupta[1] & Rekha Singhal[2]

1 PhD Scholar
2 Professor

Background: The Positive Psychology Interventions (PPI) like gratitude practice, positive emotions, practicing optimism, strength building, and mindfulness practices, documented positive mediating effect on resilience, stress coping, self-esteem, confidence, greater

awareness, mood, mental state, and happiness, were primarily studied in developed countries, however, impact on sports performance was unstable and unclear, except in sports perceived improvement in sports performance. In India, integrating PPI in Athlete's Psychological Skills Training has not been undertaken. Negligible, attempt has been made to design an indigenous mental skills training framework either. This research, therefore, aims to propose a Psychological Skills Training Conceptual Framework, based on Indian Positive Psychology Interventions, to optimise athletic performance and mental well-being.

Method: Following the phenomenological approach, primary data, on psychological skills supporting sports performance was obtained from 22 elite Indian athletes (n=16) and coaches (n=7), who represented India in various sports. Diverse literature review on Indian PPI, and psychological attributes of high performing athletes from primary data were collected and analysed, to develop the conceptual framework.

Result: A psychological skills training conceptual framework, based on Samatva, a concept translated as Equanimity in English, derived from Bhagvad Geeta, was developed, abbreviated as STUPAS, based on the six virtues of Samatva. Sama (mental balance/calmness), Titiksha (Endurance), Uparati (withdrawal of senses), Parabhava (restraint of body and senses), Aastha (trust), and Samadhana/Ekagrachitta (total concentration and focus).

Conclusion: The proposed conceptual framework based on Indian philosophy will be significant in encouraging future research and develop training interventions for athlete for psychological skills training in optimizing sports performance.

PAPER PRESENTATIONS
Theme: Miscellaneous

Day 2   **Session 16 (12 to 1PM)**

- Igniting Young Minds: A Comprehensive Life Skills Program for Positive, Holistic Personal and Social Development of the Young Minds
  *Rsvn Sharma & **Sonia Bhatia***

- Theoretical underpinnings of flow and its relation with academic engagement: A Narrative Review
  ***Afrin Mazid**, Dr Narendra nath Samantaray, Dr. M. Sandhyarani Devi*

Note: PRESENTERS ARE MARKED IN BOLD

Igniting Young Minds: A Comprehensive Life Skills Program for Positive, Holistic Personal and Social Development of the Young Minds

*Rsvn Sharma[1] & **Sonia Bhatia**[2]*

1 Founder & CEO

2 Child Psychology Expert

'We cannot always build the future for our youth, but we can build our youth for the future.'
-Franklin D Roosevelt

In our contemporary world, today's youth confront unprecedented challenges. Beyond academic and professional pressures, their heightened need for emotional validation is compounded by unique thinking patterns. While this generation exhibits intelligence and evolution, the inclination to appear mature overshadows intellectual prowess, driven by an easily accessible audience through technology.

Recognizing these challenges, proactive preparation for the next generation is imperative. This paper addresses the issue through a remedial life-skills program, the Igniting Young Minds Programme by Mhitr, tailored for individuals aged 6 to 25. The program focuses on instilling 20 essential life skills across seven pillars, promoting holistic growth of the mind, body, and soul, encompassing emotional regulation, relationship management, critical thinking, time management, and digital detox.

The presentation explores causative factors behind youth concerns, supported by secondary research. MHITR's methodology, grounded in empowering inner faculties, addresses challenges such as poor time management, interpersonal issues, emotional regulation deficits, deficient critical thinking, and excessive social media usage linked to rising stress, anxiety, panic attacks, and depression in youth.

Findings from a successful pilot in Kadapa District, Andhra Pradesh, involving collaborations with schools and institutes, reveal positive reception among teachers, students, and psychology undergraduates, with 89% endorsing cross-disciplinary implementation.

Finally, the paper discusses implementation challenges, emphasizing the necessity for blending the program into regular academic sessions across all institutes. This ongoing process, crucial for overall youth development, requires support from educational authorities and private schools.

This paper underscores the imperative ongoing discussion on life-skills intervention to fortify future generations against impending challenges. While the cultivation of competence and resilience may not yield immediate tangible results like assessment grades, it undoubtedly

paves the way for the youth to navigate their future with steadfast resolve.

Keywords: Life Skills Education, Igniting Young Minds Programme, Youth Development, Mental Health, Educational Intervention, Holistic Growth, Social and Emotional Learning.

Theoretical underpinnings of flow and its relation with academic engagement: A Narrative Review

Afrin Mazid*, Dr Narendra Nath Samantaray, Dr. M. Sandhyarani Devi

Mizoram University

Background: In the age of digitization, the prevalence of distraction has grown significantly, particularly impacting the academic sphere and students' overall well-being. While previous research highlights the positive outcomes of achieving the state of flow in various contexts, its connection to academic engagement remains relatively less explored.

Method: This narrative review paper seeks to bridge this gap by synthesizing existing literature to examine the conceptual overlaps and underlying principles between the state of flow and academic engagement. A total of 15 studies were included based on the following criteria: studies on flow and engagement published in English between 1973 and 2021 with a QualSyst score above 0.60.

Findings: Drawing from the review, we present a conceptual framework delineating the probable conditions for achieving a state of flow to boost academic involvement, bolster student well-being, and foster academic success. It comprises factors like having clear, well-defined goals and providing prompt feedback; each condition has a significant impact on students' learning outcomes due to its direct effect on their sense of autonomy, control, and concentration. The implications and insights for educators in guiding students through challenging academic tasks to enhance engagement and well-being were discussed.

Keywords: Flow, Academic engagement, Wellbeing, Students

PAPER PRESENTATIONS
Theme: Miscellaneous

Day 2   **Session 17 (12 to 1 PM)**

- "You know, I can adapt": a qualitative study of personality strengths of individuals with substance use disorders
  Shikha Ahuja & Dr. Gitanjali Narayanan*
  "

- Empathy Across Borders: Understanding Selective Empathy in Global Dynamics and its Impact on Humanitarian Narratives"
  Bushra Khan & Naureen Khan*

- Exploring the Nexus: Spirituality, Coping Mechanisms, and Subjective Well-being of B.Ed Trainees of Tripura"
  Debanjana Mukherjee, Binoy John & Dr Amrita Banerjee*

- Traces of Spirituality in Positive Psychology: A Conceptual Analysis
  Dr. Saman Zaki

Note: PRESENTERS ARE MARKED IN BOLD

"You know, I can adapt": a qualitative study of personality strengths of individuals with substance use disorders

Shikha Ahuja[1] and Dr. Gitanjali Narayanan[2]

1 PhD Scholar, Dept of Clinical Psychology, NIMHANS

2 Assistant Professor, Dept of Clinical Psychology, NIMHANS

Background: Personality strengths (PS) refer to the adaptive personality characteristics that serve as assets promoting adjustment and well-being (Goodman et al., 2018). Given the association of the strengths-based approach with positive outcomes in substance use disorders (SUDs) treatment (Guo & Slesnick2017), it is surprising to find little systematic inquiry into the personality strengths as reported by these individuals. The current study aims to explore the personality strengths of individuals with SUDs undergoing treatment.

Method: A qualitative, exploratory study was conducted using semi-structured interviews (N=10, males=7, females=3; Mean age= 35.4 years, SD=2.04). The interview guide focused on domains and contexts of personality strengths in SUDs- identified and used by the individuals. Interviews were digitally audio recorded and transcribed verbatim, and themes were iteratively generated, partly using Atlas.ti.

Findings: Data was analysed using Braun and Clarke's (2013) reflexive thematic analysis. five major themes were identified, namely: 1. Unveiling adaptive emotional capacity 2. Cognitive capacity and purposeful pursuits 3. Self-related adaptive capacities 4. Other-related adaptive capacities 5. Cultural tapestry of personality strengths. The overall analysis provides a depiction of individuals who, in the face of challenges related to their substance use, have utilized their existing strengths and acquired new ones for the recovery journey

Conclusion: Contrary to a deficit-focused perspective, the focus on personality strengths in stigmatized clinical populations can lead us to enhance hope and improve treatment engagement. The research presented can further contribute to expanding the field of personality strengths in SUDs. Implications and limitations of the findings will be discussed.

"Empathy Across Borders: Understanding Selective Empathy in Global Dynamics and its Impact on Humanitarian Narratives"

Bushra Khan & *Naureen Khan*

Rehabilitation Psychologist (RCI)

Background: This study explores selective empathy in the context of global crises, investigating how factors such as geographical proximity, cultural affinity, and perceived similarities influence empathetic responses. As the world grapples with diverse crises, the research seeks to unravel the implications of selective empathy for shaping narratives on humanitarian efforts and impacting the lives of those directly affected.

Method: Utilizing a qualitative approach inspired by grounded theory, in-depth interviews were conducted with 35 participants aged 20 to 30, representing diverse nationalities and cultural backgrounds. Two independent researchers conducted rigorous analysis, identifying subthemes and overarching themes. Collaborative efforts were then employed to reconcile disparities and refine the identified themes through consensus.

Results/Findings: The study identifies key themes shedding light on selective empathy. "Media Influence on Empathy" emerges as a prevailing theme, emphasizing the role of media in shaping empathetic responses. "Cultural Impact on Empathy Expression" reveals diverse expressions of empathy based on cultural values, emphasizing the importance of considering cultural nuances. "Biased Empathy" explores instances where personal beliefs or geopolitical considerations influence compassion, highlighting the complexity of empathy.

Conclusion: Understanding selective empathy is crucial for shaping a more compassionate and globally aware society. The identified themes provide nuanced insights into how media, cultural influences, and biases contribute to the complex phenomenon of selective empathy. Recognizing these factors is essential for crafting more effective humanitarian narratives that address the needs of diverse populations facing crises worldwide. By acknowledging the impact of selective empathy, this research contributes valuable knowledge to foster empathy that transcends borders, promoting a more equitable and empathetic response to the complex tapestry of global challenges.

Exploring the Nexus: Spirituality, Coping Mechanisms, and Subjective Well-being of B.Ed Trainees of Tripura

Debanjana Mukherjee[1], Binoy John[2] & Dr Amrita Banerjee[3]

1 Assistant professor Holy Cross College Agartala, Research Scholar, ICFAI university, Tripura.

2 Research Scholar, Department of Psychology, Royal Global University, Guwahati

3 Assistant Professor Faculty of Liberal Arts, ICFAI Tripura

Background: This study examines the intricate relationships between coping mechanisms, spirituality, and the subjective well-being of B.Ed. (Bachelor of Education) trainees of Tripura within the context of their educational and professional backgrounds as well as demographic factors.

Method: This is an Ex-Post-Facto research design based on a quantitative survey using standardised tools for data collection. The Data is collected from three B.Ed. colleges of Agartala (S=300) and a stratified random sampling technique was applied. GHQ-12 was used for screening any psychiatric problem of the respondents followed by Spiritual Experience Index-Revised (SEI- R) by Genia (1997) and Coping Scale by Hambay,Grych & Banyard (2013). Carol Ryff's Psychological well-being scale was used for the data on the well-being of the students. Descriptive statistics such as mean and standard deviation are used and Inferential statistics such as Correlation, T-test, and Regression are used to decipher the descriptive data.

Results: Indicating that people with stronger spiritual inclinations typically use more adaptable coping mechanisms when faced with stressors in life, preliminary findings show a statistically significant positive relationship between spirituality and coping mechanisms. Effective coping mechanisms are also linked to higher levels of subjective well-being, according to the study, which also finds a positive correlation between coping mechanisms and well-being.

Conclusion: These findings emphasize the significance of acknowledging and incorporating spirituality into therapeutic interventions, with implications for mental health professionals, counsellors, and spiritual leaders.

Keywords: spirituality, coping mechanism, Well-being

Traces of Spirituality in Positive Psychology: A Conceptual Analysis

*Dr. Saman Zaki**

Assistant Professor, Department of Teacher Training and Non-Formal Education, Jamia Millia Islamia, New Delhi

In contrast to conventional psychotherapeutic approaches centred around illness and dysfunction, positive psychology represents a fresh paradigm in the field by highlighting the significance of embracing all facets of individuals. Positive psychology approach not only asserts that positive and robust aspects of individuals and the favourable elements of life deserve equal attention to negative realities but also contends that addressing existing problems can involve identifying and supporting the positive and robust aspects of the individual. Additionally, positive psychology underscores the need to scrutinize these aspects through scientific methods. The role of spirituality and religious beliefs is central to the lives of many individuals, influencing them in diverse ways. Neglecting the spiritual or religious dimension in the psychotherapeutic process results in an incomplete evaluation, contradicting the fundamental perspective of positive psychology. Positive psychology is amenable to incorporating spirituality into the psychotherapeutic process. Moreover, spirituality is considered part of character strength and virtues within the positive psychology framework. This research paper explores the intricate relationship between spirituality and positive psychology, aiming to provide a comprehensive conceptual analysis of the traces of spirituality within the realms of positive psychology. While positive psychology traditionally focuses on the enhancement of human well-being through the study of positive emotions, strengths, and virtues, this paper delves into the often-overlooked dimension of spirituality as a potent force shaping and influencing individuals' psychological flourishing. This paper also focuses on traces of spirituality in Indian Philosophy. The characteristics of the positive psychotherapy process are also examined, with a focus on studies incorporating spiritual and religious practices and detailing their impacts. This research paper not only broadens the scope of positive psychology but also advocates for an inclusive approach that recognizes the significance of spirituality in fostering a more comprehensive understanding of human flourishing. As the realms of psychology and spirituality converge, this analysis offers a foundation for future research and practical applications aimed at enhancing the overall well-being of individuals and communities.

Keywords: Positive Psychology, Spirituality, Indian Philosophy, spiritually oriented psychotherapy.

PAPER PRESENTATIONS
Theme: Miscellaneous

Day 2   **Session 18 (12 to 1PM)**

- Comparing Self-Compassion in Working Women and Homemakers: Impact on Well-being and Close Relationships
  Shivani Thakur* and Vandana Singh

- Effectiveness of Positive Psychotherapy (PPT) for Improving PERMA Dimensions among Moderately Depressed Adolescents: A Qualitative Analysis
  Dr Sipra Khuntia* & Prof. Sangeeta Rath

- The influence of High and Low Spiritual Intelligence on the dimensions of Happiness and well- being
  Dr. Monalisa Nayak* & Dr. Sumita Chowhan

Note: PRESENTERS ARE MARKED IN BOLD

Comparing Self-Compassion in Working Women and Homemakers: Impact on Well-being and Close Relationships

Shivani Thakur* and *Vandana Singh*

Pursuing Masters in Organizational Psychology from Thapar School of Liberal Arts and Sciences

Aim - As more women are taking on various roles in society, such as working professionals or homemakers, it's important to look into how their perception of these different roles affect their mental well-being and relationships. In the literature review it has been seen that self compassion has not been explored in women well and not been talked about in detail. As per the traditional roles women should always be in sacrificing position and not taking stand about themselves and even if they do not fulfill these traditional gender roles, they should supposedly feel guilt as a primary emotion. Therefore this research aims to talk about self compassion in women and identify the facets in their home and working life which requires self compassion instead of guilt. Another aim is to compare self-compassion and its impact on psychological well-being and close relationships among working women and homemakers. In this study the importance of self –compassion in women would be explored along with its comparison in the sample chosen.

Method -For this purpose a sample of 100 women (50 working and 50 homemakers) was chosen and the scales were administered to measure Self-Compassion (Neff, K. D., 2003) , Psychological Well Being (Ryff, C. D. & Keyes, C. L. M., 1995) and Experiences in Close Relationship (Wei, M., Russell, D. W., Mallinckrodt, B., & Vogel, D. L. ,2007) in their comfort zone i.e. their houses and office space in the time provided by them. Findings of quantitative data were triangulated by qualitative methods using parallel convergent design in which reasons behind the findings were explored. Statistical analysis of correlation and multivariate ANOVA was done to seek the answers for the research questions.

Result and Conclusion - In the results it was found that self compassion reported to be higher in working women as a result of their increased sense of worth and meaning of making contribution in their family life which enhanced their psychological well being too. Experiences in close relationships were seen to be higher in homemakers due to their investment of time in their personal home spaces.

Keywords : Self compassion, Women, Quantitative research

Effectiveness of Positive Psychotherapy (PPT) for Improving PERMA Dimensions among Moderately Depressed Adolescents: A Qualitative Analysis

Dr Sipra Khuntia[1] & Prof. Sangeeta Rath[2]

1 Former Assistant Professor, Amity University, Noida, Delhi NCR

2 Ex-Member of OPSC and Professor, Ravenshaw University, Cuttack, Odisha

Background: Depression is a prevalent mental health issue in the adolescent stage, not found in a single community or place, but rather a worldwide phenomenon, with an estimated prevalence of 4 to 5% in mid to late-adolescent age groups.

Objective: To measure the effectiveness of Positive Psycho-Therapy (PPT) [through a percentage of therapeutic change] on moderately depressed adolescents by taking the pre-test, post-test, and follow-up score measures on PERMA (Positive emotions, Engagement, Relationships, Meaning, and Accomplishment) model of well-being.

Methodology: The participants were screened according to the scores of Beck's Depression Inventory-II (BDI-II). Those who scored (20-28) moderate depression, were included. They belonged to the late adolescent age group (18-21 years), and the middle socio-economic class group of the Cuttack district of Odisha. A-B-A, a single-case design with 6 months of therapeutic sessions and 3 months of follow-up (total 9 months) was adopted, consisting of three phases: baseline, intervention, and follow-up. Through the systematic sampling method, each 5th number of participants from 60 moderately depressed adolescents, i.e., 12 participants (6 boys and 6 girls) were selected. Due to some issues, 6 participants dropout and in the final sample 6 participants were included.

Results: Data analysis of the therapeutic changes included analysis of scores obtained from the outcome of measures, i.e., pre-test, post-test, and follow-up. Clinically significant changes (50% and above) were calculated using the (Blanchard & Schward, 1988) formula. Pre-test, post-test, and follow-up test measures were taken to assess the efficacy of therapeutic intervention. The results revealed that PPT positively increased the PERMA traits of well-being. The effectiveness of PPT was higher after the follow-up period compared to post-intervention.

Conclusion: PPT tremendously helped moderately depressed adolescents to shift a journey from learned helplessness towards learned optimism by developing positivity, cultivating hope, reducing stress, developing coping strategies, and having a happy, healthy, and meaningful life.

Keywords: Adolescents; Moderately Depressed; PERMA; Positive Psycho-Therapy.

The influence of High and Low Spiritual Intelligence on the dimensions of Happiness and well- being

Dr. Monalisa Nayak & *Dr. Sumita Chowhan*

Assistant Professor, CMR University

"We are not human beings having a spiritual experience. We are spiritual beings having a human experience". Pierre Teilhard de Chardin

Spiritual intelligence is the expression of innate spiritual qualities through one's thoughts, actions and attitudes. "SI (spiritual intelligence) is defined as the ability to apply and embody spiritual resources and qualities to enhance daily functioning and wellbeing" (Amram, 2007, p. 1). Happiness is a state of well-being that encompasses living a good life, one with a sense of meaning and deep contentment. The study specifically attempts to assess the influence of spiritual intelligence, on happiness, among students in the age group of (18-28). Since many of the researches expressly advocated for the inclusion of the spirituality as a necessary concept that augments all of the other intelligences and helps these intelligences to function more proficiently (Sisk and Torrance, 2001). The study intends to explore the relationship and influence of low and high spiritual intelligence to the various dimensions of happiness such as career, subjective, social, spiritual and emotional. The sample size is 300 students from age range (18-28). The statistical analysis included correlations, logistic regression and step wise regression results indicated the model strength and the importance of spiritual intelligence on the different dimensions of happiness and wellbeing.

Keywords: Spiritual Intelligence, Happiness, Well-being

	SECOND INTERNATIONAL CONFERENCE ON POSITIVE PSYCHOLOGY BY NPPA, DAY 2, 20th APRIL TIME 1:30-2:30 PM					
S. NO.	**POSTER 1**	**POSTER 2**	**POSTER 3**	**POSTER 4**	**POSTER 5**	**POSTER 6**
	Chair: Dr. Jasleen Kaur Psychologist/Marriage Counsellor, Gurugram	**Chair: Dr. Garima Rajan Department of Psychological Sciences, FLAME University Pune**	**Chair: Dr. Geetika Tankha Department of Psychology Manipal University Jaipur**	**Chair: Dr. Vishva Chaudhary Department of Psychology University of Rajasthan, Jaipur**	**Chair: Dr. Shilpa Bandyopadhyay, Jindal Institute of Behavioural Sciences O.P.Jindal Global University, Sonipat**	**Chair: Dr. Pooja Sahni Delhi Technological University New Delhi**
1.	Self awareness and happiness an indigenous perspective. *Garima Verma* & Abha singh.*	Rigidity and flexibility in gratitude: An examination of gratitude for human needs fulfilment over time. *Simone P. Nguyen* & Cameron L. Gordon.*	The Synergy of Positive Psychology and Technology for Human Flourishing: A Comprehensive Analysis and Future Directions. *Himanshi Sharma* & Rajeshwari Sharma.*	Scrupulosity in Obsessive-Compulsive Disorder Patients: A Bibliometric Analysis from 2000 to 2023. *Ankuna Sharma* and Dr. Zahoor Ahmad Lone*.	Mapping the Relationship between Personal Meaning and Lifestyle Adherence in Non-Communicable Diseases : A Scoping Review. *Jagjit Kaur* & *Vasundharaa S. Nair*.	Identification of most prevalent emotional triggers,factors influencing and need of developing coping skills among youth with positive psychology techniques. *Dr. Rinita Jain*.*
2.	Positive Psychology in the Workplace: A Comprehensive Review and Analysis of Employees Productivity and Organizational Outcomes. *Kalpana Kumari* & Pramila Tiwari.*	Rooted in nature : exploring the interplay of nature connectedness and optimism & hope. *Astha Tripathi*.*	Relationship between states of well-being, resilience and self efficacy among emerging adults. *Nancy David, Chandana P & Dr. Beena Daliya R*.*	A study on Mindfulness and its effects on well-being and emotional regulation among Adults. *Prerna Dahiya*.*	Prioritizing Health and Well-being for a Sustainable Future. *Vatika** and Dr. Ashu Dhawan.	An overview of the literature on the effects of workplace ostracism. *Roli Yadav** & Pramila Tiwari.
3.		Exploring the Impact of Social Support Networks on Emotional wellbeing in young adults. *Shivani Bahuguna** & Dr. Anshul Jaiswal.	Relationship Between Organizational Culture, Work Engagement, Job Satisfaction And Job Burnout Among The It Sector Employees. *Khushi Patwa**, Shrutika Bhingare, Aditi Lohite & Rupali Nawale.	Psychological Impact of COVID-19 Pandemic on Gender. *Lokesh Bhati*.*	Effect of University Regulations and Policies on Student's Interests and Personal Beliefs towards Academic Excellence. *Devraj Sengupta*.*	Relationship between resilience and family relations among young adults. *Kalash Sharma** & Deepika Jain.
4.			Positive Emotions, Curiosity, Psychological Capital and Well-being of Institutionalized Adolescent students. *Indhu Priya D** & Dr. R. Nithya.		Women Health And Well Being: Role Of Organizational Factor. *Dr. Sandeep Panchal* & *Situshna Goswami*.*	Emotional Intelligence, Academic Achievement and Leadership Skills among the Indigenous Adolescents of West Tripura. *Binoy John** & Dr. Queen Deka.
5.					Silk Weaving and Mental Well Being : A Journey of Self-Discovery. *Dimpy Bania*.*	Exploring Resilience Based Transformation Model for Rape Victim Survivors. *Bhavika Devjani** & Dr. Garima Rajan.

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POSTER PRESENTATIONS

DAY 2   **Poster session 1 (1:30 to 2:30PM)**

- Self-awareness and happiness an indigenous perspective
  Garima Verma* & Abha Singh

- Positive Psychology in the Workplace: A Comprehensive Review and Analysis of Employees Productivity and Organizational Outcomes
  Kalpana Kumari* & Pramila Tiwari

Note: PRESENTERS ARE MARKED IN BOLD

Self-awareness and happiness an indigenous perspective

Garima Verma[1] & Abha Singh[2]

1 Research Scholar, CSJM University, Kanpur

2 Professor, Department of Psychology, P.P.N.(PG) College, Kanpur

Background: Most of the happiness and self-awareness theory in India and around the world is guided by the Western (American and European) concepts of happiness and self-awareness. Which have largely ignored the role of religion, family, eastern philosophy, meaning, values, and beliefs in understanding the concept of happiness and self-awareness. India comprises diverse culture, languages, ethnicities, and religious affiliations. However, besides these diversities, there are certain commonalities, which include Hinduism as a religion that is spread across the country. The traditional methods like Yoga & Meditation; all these concept can help to develop true happiness & self –awareness by Indigenous perspective.

Aim: This review paper aimed to understand the concept of happiness and self awareness by indigenous method and also trying to know how these concept can contribute to individual's well-being.

Method: It was a systematic review study based on the past 10 years (2003-2023) of research papers related to self awareness, happiness, and indigenous perspective.

Findings: The findings are derived from the past ten years of research papers, and they show that traditional methods like yoga and meditation can help to develop true happiness and self–awareness from an Indigenous perspective. Experiencing happiness can instigate self-awareness by prompting reflection on the factors contributing to one's well-being. Positive emotions frequently lead individuals to introspect helping them understand their values, priorities, and activities and bringing them joy. This self-reflection (introspection) can enhance awareness of personal strength and preference, ultimately contributing to a deeper understanding of oneself.

Conclusion: Self-awareness can be linked with happiness because understanding oneself can lead to personal growth, improved relationships, and a clear sense of purpose. When we know our strengths, weaknesses, values, and goals, we can make better decisions and choices.

Keywords: Happiness, Self-awareness, Indigenous perspective

Positive Psychology in the Workplace: A Comprehensive Review and Analysis of Employees Productivity and Organizational Outcomes

Kalpana Kumari[1] & Pramila Tiwari[2]

1 Research Scholar, Department of Psychology, University of Lucknow

2 Professor, Department of Psychology, Mahila P.G. College, University of Lucknow

Purpose: Positive psychology principles in the workplace have gained popularity in recent years, focusing on enhancing employee well-being and job performance while reducing stress. Despite growing interest, there is a lack of comprehensive, application-based research. The purpose of the study is to address the growing trend of implementing positive psychology principles in the workplace and to explore its impact on employee well-being, job performance, and overall organizational productivity. This study aims to fill a gap in the existing literature by providing a comprehensive review and analysis of recent research on positive psychology in the workplace.

Methodology: The research explored positive approaches in organizations and their impact on employee outcomes, such as social support, affective commitment, wellbeing and engagement. A thorough search across database like PsycInfo, Scopus, PsycBooks, Psychiatry Online, Google Scholar, and Pub Med yielded numerous documents, but only 52 research papers were included in the study. The primary strategy involved examining peer-reviewed publications, books, and conducting a retrospective search of references in high-impact journals and highly cited articles.

Results: The results showed that having a strong social support system at work could improve employees' job performance. Additionally, the study indicated that this positive connection was partially explained by the employee's emotional commitment and their tendency to engage in innovative work behaviors. Furthermore, the research found that an innovative work environment also strengthened the relationship between social connectedness and innovative work behaviors.

Conclusion: This study investigates positive psychology's popularity in the workplace, aiming to fill a research gap by reviewing recent findings. It focuses on positive approaches, revealing the connection between a strong social support system, affective commitment, and innovative work behaviors. An innovative work environment strengthens this relationship, emphasizing the importance of positive psychology principles for enhanced employee outcomes and organizational productivity.

Keywords- Affective Commitment, Connectedness, Employee Engagement, Social Support, Organizational Productivity

POSTER PRESENTATIONS

DAY 2   **Poster session 2 (1:30 to 2:30PM)**

- Rigidity and flexibility in gratitude: An examination of gratitude for human needs fulfilment over time

  Simone P. Nguyen* & Cameron L. Gordon

- Rooted in nature: exploring the interplay of nature connectedness and optimism & hope

  Astha Tripathi*

- Exploring the Relationship between Perceived Social Support on Affective disposition in young adults

  Shivani Bahuguna* & Dr. Anshul Jaiswal

- Exploring Resilience Based Transformation Model for Rape Victim Survivors

  Bhavika Devjani* & Dr. Garima Rajan

Note: PRESENTERS ARE MARKED IN BOLD

Rigidity and flexibility in gratitude: An examination of gratitude for human needs fulfilment over time

Simone P. Nguyen[1] & Cameron L. Gordon[2]

1 Professor, University of North Carolina Wilmington, United States

2 Professor, Vancouver Island University, Canada

Background: Research consistently supports the association between gratitude and well-being, prompting a trend in integrating gratitude practices into daily life (see Emmons, 2019). However, understanding how gratitude is affected by broad societal events that may create obstacles for human needs fulfillment remains limited. Nguyen and Gordon (2022), who explored the first year of the COVID-19 pandemic and the two preceding years, found more gratitude expressions for growth needs (cognitive, aesthetic, self-actualization, and transcendence) and less for deficiency needs (physiological, safety, belongingness and love, and esteem) fulfillment during the pandemic's onset compared to two years prior. The present study aimed to conceptually replicate and expand upon Nguyen and Gordon (2022) with a larger multinational dataset spanning five years, exploring the flexibility/rigidity in individual expression types across time.

Method: Gratitude expressions (N= 1,941) from Thnx4!, a gratitude journaling website, were coded for the fulfilment of human needs categories, deficiency and growth, from five time periods: year one and year two of the COVID-19 pandemic; and, one year, two years, and three years before the pandemic.

Results: While the three-year analysis replicated Nguyen and Gordon (2022), the five-year analysis suggests a less substantial shift in a broader context. Additionally, repeated measures data analyses of gratitude expressions from a subset of participants (N = 80) who posted multiple entries over a 14-day window revealed a degree of rigidity within years (tending to express gratitude for one category) and limited flexibility between years (showing higher category counts only during the second year of the pandemic).

Conclusions: There is potential for individuals to benefit from learning to be more flexible in the types of gratitude they experience. These findings hold real-world value by offering insight for interventions designed to increase gratitude across domains and informing policies and programs that serve the needs of individuals amid a major societal event.

Keywords: Gratitude, Human needs, Wellbeing

Rooted in nature: exploring the interplay of nature connectedness and optimism & hope

Astha Tripathi*

Asst. Professor Psychology

Background: In the modern tapestry of our lives, where concrete jungles often replace natural landscapes, there is a growing urgency to unravel the impact of our connection to nature on our psychological well-being. This research embarks on a journey to explore the nexus between nature connectedness and two vital components of our mental landscape: optimism and hope. Through this investigation, we aim to unravel the intricate dynamics that link our rootedness in nature to the cultivation of optimism and hope, offering insights that may shape interventions for fostering positive psychological states in an ever-changing world

Method: This study adopts a correlational research design to examine the associations between nature connectedness, optimism, and hope. The participants (n = 250) drawn from diverse backgrounds, completed a set of standardized surveys, including validated measures of nature connectedness, optimism, and hope.

Result: The findings reveal a significant positive correlation between nature connectedness and both optimism and hope, suggesting that individuals with a strong connection to nature tend to exhibit higher levels of optimistic thinking and hopeful outlooks.

Conclusion: The study underscores the importance of fostering nature connectedness as a potential avenue for promoting positive psychological states.

Keywords: Nature connectedness, Optimism, Hope

Exploring the Relationship between Perceived Social Support on Affective disposition in young adults

Shivani Bahuguna & Dr. Anshul Jaiswal*

Arya Mahila P.G. College, Varanasi

Background: Since humans are social being by nature, social support offers people a sense of comfort while acting as a buffer against life's obstacles. Functioning as the emotional foundation of our lives, it shapes our affective experiences. Understanding the relationship that exists between our affective disposition and social support emphasizes how crucial it is to build and maintain supportive relationships to live a happy and emotionally stable life.

Method: Drawing from a sample of 86 participants in India, the study used Quantitative questionnaires: Multidimensional Scale of Perceived Social Support and the Positive and Negative Affect Schedule (PANAS) to assess these psychological dimensions. The age of participants ranged from 18 to 35 years old. Pearson correlation and t-test were performed to examine the relationship between the variables and gender differences.

Result: Correlation analysis revealed a positive correlation between perceived social support and positive affect. Negative correlation was observed between negative affect and perceived social support. The study found no substantial impact of gender on negative affect, positive affect, or social support.

Conclusion: The relationship between perceived social support and positive affect are consistent with previous research, which highlights the reciprocal nature of support and positive mood. The negative association between negative affect and perceived social support highlights the importance of supportive networks in reducing negative emotional states. In contrast to expectations gender did not have a substantial impact on negative affect, positive affect, or social support, which contradicts prior studies.

Exploring Resilience Based Transformation Model for Rape Victim Survivors

Bhavika Devjani* & Dr. Garima Rajan

Department of Psychological Sciences, FLAME University, Pune, India

Unlike the popular conception, resilience is not an innate trait (Joyce, 2018). This scoping review intends to delve into the notion of progress in the wake of the horrific act of rape. It analyses the biopsychosocial mechanisms that go into transcending these survivors into empowered individuals, emphasizing the extent and malleability of resilience. The paper draws upon trauma-based research and some theoretical frameworks, following which it proceeds to shed light on the struggles of rape victims. It dissects the complex interplay between the potent transforming ability and impairment from a physiological, emotional, and social lens of a person's life. The subsequent segment of the paper is dedicated to systematically identify and explore traits that are associated with resilience building in rape survivors. Strategies to cope, support groups, and therapeutic interventions — stress inoculation training, somatic experiencing and prolonged exposure that divulge the power of the survivors have all been probed (Burton et al., 2015). The paper leverages significant studies and survivor testimonials to reveal how the above-mentioned modalities foster

resilience and power post the traumatic event. The objective of this segment is for it to serve as a prod for others to navigate their route through adversity. The holistic perspective proposed in this paper aims to advocate for survivors beyond just a physiological recovery, by inculcating a sense of direction within them. This scoping review aspires to serve not only academic purposes, but also as a practical guide for the community, establishing an inclusive and supportive environment for survivors of rape.

Keywords. Rape Victims, PTSD, Trauma-sensitive rehabilitation, Survivorship, Healing, Rebuilding, Empowerment, Coping Strategies

POSTER PRESENTATIONS

Day 2   **Poster Session 3 (1:30-2:30 PM)**

- The Synergy of Positive Psychology and Technology for Human Flourishing: A Comprehensive Analysis and Future Directions
  Himanshi Sharma* & Rajeshwari Sharma

- Relationship between states of well-being, resilience and self-efficacy among emerging adults
  Nancy David, Chandana P & Dr. Beena Daliya R*

- Relationship Between Organizational Culture, Work Engagement, Job Satisfaction and Job Burnout Among The It Sector Employees
  Khushi Patwa*, Shrutika Bhingare, Aditi Lohite & Rupali Nawale

- Positive Emotions, Curiosity, Psychological Capital and Well-being of Institutionalized Adolescent students
  Indhu Priya D* & Dr. R. Nithya

Note: PRESENTERS ARE MARKED IN BOLD

The Synergy of Positive Psychology and Technology for Human Flourishing: A Comprehensive Analysis and Future Directions

Himanshi Sharma[1] & Rajeshwari Sharma[2]

1 Assistant Professor, Graphic Era University, Dehradun, Uttarakhand, India.

2 Assistant Professor, UPES, Dehradun, Uttarakhand, India.

Background: This research delves into the fascinating intersection of positive psychology and technology, uncovering the powerful synergies that profoundly impact on individual well-being and the pursuit of human flourishing. Beyond exploring positive interventions, the study investigates how emerging technologies like artificial intelligence, virtual reality, and wearable devices contribute to mental well-being.

Method: Through a systematic literature review of 12 selected research papers, drawn from databases like PsycINFO and PubMed, the paper establishes a foundation for a comprehensive analysis.

Results & Conclusion: It highlights the intertwined nature of technology and positive psychology, where technology serves as a tool for disseminating positive interventions, fostering supportive online communities, and enhancing research methods in positive psychology. The analysis extends to educational technology, showcasing how positive psychology principles can be integrated into e-learning platforms to boost student engagement, motivation, and overall well-being. Social media and virtual reality create positive communities, while wearable devices and AI offer personalized wellness approaches. This collaborative relationship illustrates technology's potential to amplify the impact of positive psychology, providing tools and platforms that contribute to individual and collective flourishing. The study emphasizes the ethical guidance of positive psychology principles in the development and use of technology, presenting a promising direction for future research and practical applications in promoting human well-being.

Keywords: Positive Psychology, Technology, Mental Well-Being, Artificial Intelligence

Relationship between states of well-being, resilience and self efficacy among emerging adults.

Nancy David[1], Chandana P[1] & Dr. Beena Daliya R[2].

1 2nd year Msc Psychology, Christ Academy Institute for Advanced Studies

2 Assistant Professor, Christ Academy Institute for Advanced Studies

The current research in psychology unequivocally illustrates the substantial influence of positive psychology on the youth. A few aspects among these concepts of positive psychology, the factors of self efficacy and mental health continuum play crucial roles. Therefore, this study tries to look into these two factors in relation to states of mental well-being, which is a relationship that hasn't been previously made but the understanding of which can strongly improve the communities understanding and promote growth of the current and future youth. Following a correlational design, this study would consist of 70 emerging adults (age 18-29) who are currently enrolled in any educational institutions, who would be administered two psychometric measures; The General Self Efficacy Scale and The Mental Health Continuum-Short Form. Analysis was made between the different levels of mental health continuum and self efficacy, in terms of the nature of their relationship. The findings of this research indicated that there was a statistically significant moderate positive correlation between the levels of self-efficacy and the mental health states of the participants. Further dimensional explorations are discussed. These findings can help inform future endeavours in this topic and related intervention methods for the student population among youth which can promote success in their efforts.

Relationship Between Organizational Culture, Work Engagement, Job Satisfaction And Job Burnout Among The It Sector Employees

***Khushi Patwa[1],** Shrutika Bhingare[1], Aditi Lohite[1] & Rupali Nawale[2]*

1 B.A. Psychology ,Department of Psychology ,Vishwakarma University

2 Assistant professor, Department of Psychology, Vishwakarma University

Background: A company's culture shapes teamwork, employee well-being, and overall success. Active employee participation is vital, enhancing productivity and fostering a positive work environment. Engaged employees improve teamwork, efficiency, and job satisfaction, reducing staff turnover. Job satisfaction directly influences teamwork,

productivity, and overall organizational success, while addressing and preventing employee burnout is crucial for a healthier and more effective workplace.

Method: Data for this study was collected from 104 employees with the mean age to be 28 years via Online mode using the organizational Culture Scale (Wallach, 1983), Utrecht Work Engagement Scale- 17th edition (Schaufeli et al.,2003), General job satisfaction survey (MacDonald & Scott 1997) Maslach Burnout Inventory- General survey (Maslach, 1986) .Informed consents and demographic details were taken. Descriptive statistics and Pearson Product moment correlation were used to analyse the data.

Results/Findings: There was a positive correlation found between Organizational Culture and Work Engagement with the correlation coefficient of .392** , there was a positive correlation found between Organizational Culture and Job Satisfaction with the correlation coefficient of 0.602** and there was a negative correlation found between Organizational Culture and Job Burnout with the correlation coefficient of -.371**.

Conclusion: The study confirms a positive connection between organizational culture in IT firms and employee work engagement, emphasizing the impact of a positive culture on stress reduction and empowerment. Notably, a negative correlation exists between organizational culture and job burnout, with a positive association identified between corporate culture and job satisfaction among IT professionals.

Keywords- Organizational Culture, Work engagement, Job Satisfaction, Job Burnout, IT sector, employees.

Positive Emotions, Curiosity, Psychological Capital and Well-being of Institutionalized Adolescent students

Indhu Priya D[1] & Dr. R. Nithya[2]

1 Ph.D Research Scholar, Department of Psychology, Bharathiar University, Coimbatore

2 Assistant Professor, Department of Psychology, Bharathiar University, Coimbatore

Adolescent students enter institutional care as a consequence of emotional, social and economic conditions of primary caregivers. There arises a need to shed light on the Positive Emotions, Curiosity, Psychological Capital and Well-being of these students. The objective of the present study is to establish the relationship among Positive Emotions, Curiosity, Psychological Capital and Well-being of institutionalized adolescent students. The design

employed in the study is descriptive research design. Convenience sampling method is used. 100 institutionalized adolescent students have been assessed. Modified Differential Emotion scale (Fredrickson, et al, 2003), Curiosity and Exploration Inventory-II (Kashdan et al, 2009), PsyCap-S Scale (Matos and Andrade 2021), EPOCH measure of adolescent well-being (Kern, M. L. et al, 2016) had been used to assess Positive Emotions, Curiosity, Psychological Capital and Well-being respectively. This study employs statistical analyses like correlation and regression. There exists significant positive correlation among Positive Emotions, Curiosity, Psychological Capital and Well-being. Positive Emotions, Curiosity and Psychological Capital significantly predicted Well-being of Institutionalized Adolescent students. This study paves way for future construction of interventions in order to enhance Well-being of Institutionalized Adolescent students.

POSTER PRESENTATIONS

DAY 2   **Poster session 4 (1:30-2:30 PM)**

- Scrupulosity in Obsessive-Compulsive Disorder Patients: A Bibliometric Analysis from 2000 to 2023

  Ankuna Sharma* *and Dr. Zahoor Ahmad Lone*

- A study on Mindfulness and its effects on well-being and emotional regulation among Adults

  Prerna Dahiya*

- Psychological Impact of COVID-19 Pandemic on Gender

  Lokesh Bhati*

Note: PRESENTERS ARE MARKED IN BOLD

Scrupulosity in Obsessive-Compulsive Disorder Patients: A Bibliometric Analysis from 2000 to 2023

Ankuna Sharma and *Dr. Zahoor Ahmad Lone*

Ph.D Scholar Psychology, Lovely Professional University, Phagwara, Punjab

Background: Scrupulosity is the most common psychological disorder among OCD sufferers. There is a lack of information and stigma associated with discussing religious obsession among healthcare practitioners and the general population. This review attempts to condense many studies into a single document by doing a bibliometric evaluation of scrupulosity.

Method: The study builds on the systematic review with bibliometric analysis, specifically examining the R software biblioshiny.

Findings: The study analyzed 54 Scopus retrieved research papers from 2000-2023, identifying key authors, journals and studies, revealing increased interest in 2004, 2006, and 2009.

Conclusion: The rapid increase in psychoneurotic disorder articles necessitates a thorough evaluation, but no bibliometric analyses on scrupulosity in OCD have been published, this is the first known scientific research.

A study on Mindfulness and its effects on well-being and emotional regulation among Adults

Prerna Dahiya

Mindfulness is the basic human ability to be fully present, and cognizant of one's surroundings and actions while maintaining a non-reactive stance. It has gained prominence in contemporary positive psychology which helps individuals to lead a better and more meaningful life.

Aim: The present study aims to investigate the effectiveness of mindfulness on Well-Being which is a sense of health and vitality that arises from thoughts, emotions, actions, and experiences. When we have well-being in our arsenal, we feel happy, healthy, socially connected, and purposeful most of the time. Emotional regulation is the ability to exert control over one's own emotions. It helps us understand how people regulate and manage their emotions. It will give an insight into an individual's emotional experience, or what they

feel inside. The other is your emotional expression, or how people show emotions in how you talk, gesture, or behave.

Method: A sample of 40 people was taken from the ages 20-40 years and a questionnaire was shared with them. Standardized scales- The Mindful Attention Awareness Scale (MAAS), by Brown, K.W. & Ryan, R.M. (2003), Carlson, L.E. & Brown, K.W. (2005), Emotion regulation questionnaire (ERQ), By gross, J.J., & John, O.P. (2003), Well Being: World Health Organization, Regional Office For Europe, 1998. Use of well-being measures in primary health care - the DepCare project health for all. Target 12. E60246. Geneva: WHO. These scales were employed to gauge the fundamental characteristics of an individual's mindfulness, well-being, and emotional regulation.

Findings: The findings of this study offer valuable insights into the nuanced relationships between mindfulness, well-being, and mindfulness. Moreover, the results found a significant positive correlation between well-being and mindfulness. Suggesting that individuals engaging in mindfulness practices experienced heightened overall well-being. This finding underscores the potential of mindfulness interventions to foster positive mental states within the specified age group. However, no significant relation was found between emotional regulation and mindfulness and well-being.

Conclusion: Research sheds light on the intricate interplay between mindfulness, and well-being, however, its specific impact on emotional regulation remains an area for further exploration and understanding.

Keywords: Mindfulness, well-being, emotional expression, emotional repression

Psychological Impact of COVID-19 Pandemic on Gender.

Lokesh Bhati

Research Scholar, Department of Psychology, Sharda University

Background: The COVID-19 pandemic intensified prevailing inequalities across different countries, and it has been spread worldwide and forced the human being to keep a social distance. This pandemic has formed many challenges to our society and the barriers under the lockdown, increase the issues for gender-based violence. Gender-based violence, which includes gender inequality, is another pandemic with varying degrees of severity in all societies.

Objective: To investigate the psychological impact of COVID-19 on gender. Methods: The major studies are searched through online websites like PubMed, google scholar,

shodhganga, etc. from the period of 2018 to 2023.

Results: The high rates of symptoms of anxiety, depression, post-traumatic stress disorder, psychological distress are reported during the COVID-19 pandemic.

Conclusion: This pandemic affects our psychological health in different ways and the major psychological issues that have been reported during the pandemic are anxiety, stress, depression, insomnia, frustration and fear. Women are more likely to experience helplessness and being stereotyped by others during pandemic. The government must give it the same consideration and effort that COVID-19 received. Gender-based violence significantly increased as a consequence of COVID-19, which put half of the world on lockdown (UN Women, 2020). Women are more likely to experience gender-based violence as a result of the intersection of marginalization and discrimination.

Keywords: Psychological impact, Gender-Based Violence, COVID-19 pandemic, Gender inequality

POSTER PRESENTATIONS

DAY 2   **Poster session 5 (1:30-2:30 PM)**

- Mapping the Relationship between Personal Meaning and Lifestyle Adherence in Non-Communicable Diseases: A Scoping Review
  Jagjit Kaur & Vasundharaa S. Nair

- Prioritizing Health and Well-being for a Sustainable Future
  Vatika and Dr. Ashu Dhawan*

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Note: PRESENTERS ARE MARKED IN BOLD

Mapping the Relationship between Personal Meaning and Lifestyle Adherence in Non-Communicable Diseases: A Scoping Review

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Background: Lifestyle adherence refers to persistent actions and engagement in health behaviours like physical activity, diet and sleep hygiene recommended by health experts in case of non-communicable diseases (NCDs) like type-2 Diabetes and Obesity. Personal Meaning in life gives a sense of purpose, a belief that one's existence matters in this world, and can also impact one's self-efficacy to manage lifestyle change. Current literature on adherence is based on medication adherence, behaviour change taxonomies and suggests a strong need to understand the personal meaning associated with lifestyle adherence in NCDs.
Method: This paper aims to map the relationship between Personal Meaning and Lifestyle Adherence in Non-Communicable Diseases. The objectives are: to understand the connection between meaning with lifestyle adherence and to explore the role of Sense of Coherence in promoting health behaviours in NCDs management. The articles were searched from PubMed, Scopus, and EBSCOhost and selected using the Prisma-ScR guidelines.
Results: From a total of 1262 retrieved documents, 660 were from PubMed, 95 from EBSCOhost and 507 from Scopus. Post Screening, the final number was 125 ,which was checked on the inclusion and exclusion criteria for the study.18 were taken to the final synthesis. These articles are from US, Japan, Iran, China, Spain and are quantitative, qualitative, mixed method type of papers. The factors identified through this scoping review shall be synthesised using Arksey and O'Malley's framework and the dimensions will be presented at the conference.
Conclusion: Establishing the map between personal meaning and lifestyle adherence shall help in bridging the gap in the literature and also help build interventions on the lines of positive psychology and health promotion care model.
Keywords : lifestyle adherence , personal meaning, health behaviour, sense of coherence, NCDs, meaning or purpose in life.

Prioritizing Health and Well-being for a Sustainable Future

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Health and well-being are interconnected aspects of a fulfilling life. These refer to a state of overall balance and contentment. Health specifically includes physical health and mental health, while well-being includes broader aspects like emotional balance and social harmony. Sustainability refers to the concept of meeting the needs of the present without compromising the needs of future generations. It involves responsible practices in environmental, economic, and social realms to ensure long-term harmony. Health and well-being are essential components for overall sustainable development, emphasizing the interconnectedness of individual and environmental vitality for present and future generations. Goals for sustainable development are set by international agencies for global governance. On January 1, 2016, the United Nations brought into force seventeen unique sustainable development goals of the 2030 Agenda for Sustainable Development. These goals set the path for the next fifteen years in terms of the steps to be taken to achieve them. This paper explores health and well-being as a sustainable development goal from the viewpoint of psychology. The paper starts with the meaning and concept of sustainable development and how health and well-being can contribute to the sustainability of resources and the planet. The paper also highlights the relationship between health and psychological well-being and how they affect each other. The paper finally discusses how individuals and organizations can collaborate to achieve the goal of sustainable development by prioritizing their health and well-being.

Keywords: Health, Well-being, Sustainable development

Effect of University Regulations and Policies on Student's Interests and Personal Beliefs towards Academic Excellence

Devraj Sengupta*

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Background: This research investigates whether university regulations and policies of mandatory minimum attendance and mandatory hours in community service is related to an increase on a student's interest in academics, extracurricular activities and community service

work or affects the personal beliefs of the student regarding order and discipline. The study is based on the theory of behavioural learning and examines the effect of negative punishment in the field of higher education

The hypothesis of the study was 1) students whose colleges enforces mandatory attendance would have greater academic interest and would be more inclined in maintaining order and discipline in any setting than enjoying the freedom compared to students with no such policy 2) students whose colleges enforce mandatory community service hours would feel more responsible towards helping underprivileged communities compared to students with no such compulsion.

Method: This was a survey research and the data for the study was collected from 57 students of various universities in India (public and private) through an anonymous online survey questionnaire consisting of 30 items which used the 5-point Likert Scale. The sampling method was snowball sampling and the sample was divided into two groups based on whether or not their university enforced the targeted regulations of the study.

Result: The results disprove both of these hypotheses by showing that no significant increase in the student's interests and personal beliefs can be correlated to university's regulations and policies

Conclusion: The finding of this study indicates that academic and social interest can be inculcated among college students without the use of mandatory quotas and personal values of order and discipline can be developed within students without the use of negative punishers

Women Health and Well Being: Role of Organizational Factor

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Background: Throughout history, women, often recognized as all-rounders, have assumed diverse roles, demonstrating adaptability and strength across a range of life's facets. The well-being and organizational health of women represent a multifaceted and essential aspect of the functioning dynamic encompassing elements such as physical health, mental well-being, and overall satisfaction with one's job.

Aim: The aim of the article is to effectively address the health and well-being of women in the workplace, considering factors such as work-life balance, support systems, equal opportunities, and the prevailing organizational set-up.

Method: In this article, a literature review methodology was employed to identify and compile relevant studies on the factors influencing women's health and well-being within organizations. The search for relevant studies was conducted on databases such as Google Scholar, PsycINFO and Science Direct, using keywords like "Health & Well-being," " Work-life Balance", and "Job Satisfaction," yielding a total of 55 papers.

Outcomes: The findings of search reveal diverse effects of individual psychological capital on employment behaviour. Notably, there is a lack of research on endeavours investigating the efficacy of specific organizational interventions, including wellness programs, mentorship initiatives, and supportive policies, to improve the health and well-being of women in work settings.

Conclusion: This review underscores that while women encounter positive developments, adversities such as gender-based discrimination, unequal compensation, and limited access to resources in certain work environments also makes their presence interminable. The study emphasizes that organizations possess the potential to act as transformative agents, creating environments where women not only endure but flourish.

Keywords: Health & Well-being, Work-life Balance, Job Satisfaction.

Silk Weaving and Mental Well Being: A Journey of Self- Discovery

Dimpy Bania

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Overview: This study aims to explore the therapeutic value associated with the art of silk weaving commonly practiced in the district of Sualkuchi situated in Assam popularly called as the 'Manchester of the East' has been a hub of silk weaving and handloom industry since decades. The artisans engaged with silk weaving were influenced by the cultural elements of their communities which includes myths, rituals and other forms of traditional practices. The unique designs inspired from nature encompassing images of animals, flowers, birds and human forms upgrades the aesthetic value of this art form. This creative piece of art paves the way for creative expression which acts like a booster to combat mental health issues like

stress and anxiety giving the artists a feeling of emotional fulfilment. Referring to the recent time, art therapy has also been introduced for the prisoners in India to give them an opportunity to develop positivity and embark on a new journey. In the similar way, silk weaving has tremendous potential to make a significant change in the lives of the artisans. The intrinsic art designs created, boosts the creativity of the artisans and giving them the impetus to develop interpersonal skills bringing in greater community involvement and self-pride.

Method: The proposed research is a descriptive study of the articles and study materials dealing with silk weaving and its psychological implications

Conclusion: Conclusion will be drawn based on the ideas derived by observing the related research articles

Keywords: Art, Creativity, Skills, Therapeutic Value

POSTER PRESENTATIONS

DAY 2   **Poster session 6 (1:30-2:30 PM)**

- Identification of most prevalent emotional triggers, factors influencing and need of developing coping skills among youth with positive psychology techniques
  Dr. Rinita Jain*

- An overview of the literature on the effects of workplace ostracism
  Roli Yadav* & Pramila Tiwari
- Relationship between resilience and family relations among young adults
  Kalash Sharma* & Deepika Jain
- Emotional Intelligence, Academic Achievement and Leadership Skills among the Indigenous Adolescents of West Tripura
  Binoy John* & Dr. Queen Deka

Note: PRESENTERS ARE MARKED IN BOLD

Identification of most prevalent emotional triggers, factors influencing and need of developing coping skills among youth with positive psychology techniques

Dr. Rinita Jain*

Academic and Counseling Psychologist, PsyCare Foundations

Background: Emotional triggers are the negative emotions aroused due to bad memories, symbolic objects and dealing with people around. The severity of it affects the mental and psychological health. The emotional triggers can be classified in three categories .First, internal triggers that acts subconsciously leading to anxiety, discomfort, sleep deprivation etc. Second, external triggers which are associated with things, objects, people and places within a person's environment. Third, synthetic triggers which are consciously constructed and are in control of a person including a bad lifestyle, procrastination, pleasing people, overthinking etc. The factors influencing are lack of knowledge of one's personality traits, unable to manage and discipline oneself, development of negative attitude and succumbing to environmental pressures.

Method: A sample of 525 participants, aged 15 years to 24 years were taken from schools, colleges and universities of Jaipur. Academic Intelligence Questionnaire (AiQ; Jain, 2021), and Social Emotional Intelligence questionnaire (SEI; Jain, 2021)* were administered on them to find out the 'knowing self', 'managing self', 'developing self' and 'social emotional competence'. Comparative analysis was carried out for the mentioned triggers with frequency count and percentages.

Findings: They indicate that out of all four factors affecting i.e knowing self, managing self, developing self and social emotional competence, the low scores were found in Social Emotional Competence affecting prevalence of synthetic triggers with highest percentage. Since an individual intentionally brings up the synthetic triggers and under conscious control, the need to introduce Positive Psychology techniques in their curriculum has emerged with emphasis on SWOT (Strengths, Weakness, Opportunities and Threats) analysis, positive social relationships with ego management instead of pleasing people, developing gratitude, mindfulness, optimism, hope and healthy lifestyle.

Conclusion: The focus of Positive Psychology Techniques should be on improved positive mood, life satisfaction and relationship building with resilience and a greater sense of well being.

Keywords: Emotional Triggers, Internal triggers, External triggers, Synthetic triggers , Academic Intelligence, Social emotional Intelligence , Positive Psychology Techniques.

An overview of the literature on the effects of workplace ostracism

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Purpose- Workplace ostracism is widespread in organizations and has received significant research attention. Workplace ostracism is defined as people being excluded, disregarded, or dismissed by their co-workers. The purpose of this research paper is to look at the viewpoints about the characteristics and views of workplace ostracism and to expands the knowledge of workplace ostracism by analysing research on the connections between workplace ostracism and its effects.

Methodology- The basis of this study is secondary analysis of earlier research on workplace ostracism. The primary focus of the search is on workplace ostracism and its consequences. Several internet databases, including JSTOR, ERIC, Google Scholar, Science Direct, and Pub Med, were searched for supporting materials and resources to complete the literature study. Despite the substantial number of documents that the electronic databases' search yielded, the study included 35 research papers in total.

Result- After analysing the research, it was shown that there is a significant association between workplace ostracism and people's attitudes, well-being, and behaviors. Furthermore, workplace ostracism has a greater influence on belongingness, job satisfaction, emotional fatigue, self-esteem, and interpersonal deviance.

Conclusion- Workplace ostracism has negative consequences for people's attitudes, well-being, and behaviors, appropriate efforts must be made to mitigate the negative effects of workplace ostracism. To provide organizational academics interested in studying ostracism with a strong foundation, we hope that this article provides a framework for prior research and recommendations for more research.

Keywords: workplace ostracism, well-being, belongingness, emotional fatigue, self-esteem

Relationship between resilience and family relations among young adults

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Background: In today's world there are lot of people who feel stressed due to so much daily life hassles and traumatic events. There are a lot of factors which affect how people deal with the stress. Resilience is one of the factors which help people to better cope and deal with their crises. It is the positive capacity of people to cope with stress and the ability to bounce back to homeostasis after a disruption. American Psychological Association [APA] suggests that maintaining good family relationships with close family members, friends and others is the way to build resilience.

Aim: This study aimed to examine the relationship between family relations and resilience among young adults.

Method: The correlational research design was used in the present study. The Pearson product-moment correlation and t test was used to find the result of the study. A sample of 100 young adults of age 20-25 were taken. It has 47 males and 53 females. Data was collected using measures such as Brief Family Relations Scales (BFRS; Fok et al., 2014) and Adult Resilience Scale (Siebert, 2006). Convenience sampling was used to collect data.

Results: The results revealed that there was a significant correlation between family relations and its dimensions cohesion ($r= -.328$; $p= .001$) and expressiveness ($r= .204$; $p= .042$) with resilience. The findings also include that there was no significant difference among males (M: 50.95 ; SD: 9.92) and females (M= 50.79; SD= 11.57) on resilience with a t value of 0.076.

Conclusion: Hence from the above study we can conclude that there is a significant but negative correlation exist between family relations and resilience among young adults and there is no significant difference among males and females on resilience.

Keywords: Family Relations, Resilience

Emotional Intelligence, Academic Achievement and Leadership Skills among the Indigenous Adolescents of West Tripura

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2 Assistant Professor, Department of Psychology, Royal Global University, Guwahati

Tripura consists of 19 major tribal communities and non-tribal population named Bengalis. The census of 2011, the tribal community consists of 31.05 % and 69.95 % non-tribal of the state population. A midst vast majority of the non-tribal population, the tribal adolescents with their unique cultures and identities, suffer from emotional tantrums, academic stress, self-confidence, and insecurity.

Aim: The main purpose of the research is to examine and measure emotional intelligence, academic achievement and leadership skills of indigenous adolescents, a critical stage of one's life span.

Method: The study adopted a quantitative approach based on correlational research design and used a purposive random mixed sampling technique. The sample consists of 200 higher secondary indigenous students from 5 schools of west Tripura to measure the emotional intelligence and academic achievements and 100 student leaders to measure the leadership skills with an equal number of males and females. The data is collected through the Emotional Intelligence Test (EIT) of Ekta Sharma (2011), measuring emotional intelligence and a standardized 'leadership skill questionnaire' for leadership skills and marks percentages to measure the academic achievements for the study. Descriptive statistics of mean and standard deviation along with inferential statistics of t-test and correlation were performed.

Findings: The study finds that a high percentage of indigenous students are very average in their emotional intelligence and there is a relationship between emotional intelligence, academic performance and leadership skills. There is no significant difference between males and females concerning Emotional intelligence and academic achievement in the study.

Conclusion: The study recommended the importance of educational programs and curricula in developing an individual's emotional intelligence and leadership skills in the educational system. Teachers have to be trained for methods and strategies which foster an emotional intelligence-friendly school Environment that leads to academic achievement and leadership skills among the tribal youth in India.