

## NPPA CONFERENCE 2024 SCHEDULE

### SECOND INTERNATIONAL CONFERENCE ON POSITIVE PSYCHOLOGY BY NPPA, DAY 1 (19th April 2024)

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

**Note: PRESENTERS ARE MARKED IN BOLD**

**SECOND INTERNATIONAL CONFERENCE ON POSITIVE PSYCHOLOGY BY NPPA, DAY 2 (20th April 2024)**

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
		<b>Chair: Prof. Parwinder Singh</b> Department of Humanities and Social Sciences, IIT Ropar	<b>Chair: Prof. Keerti Shukla</b> Symbiosis Institute of Management Studies Pune	<b>Chair: Prof. Sushila Pareek</b> Department of Psychology University of Rajasthan, Jaipur	<b>Chair: Prof. Dinesh Chhabra</b> Department of Psychology University of Delhi, Delhi	<b>Chair: Prof. Swati Patra</b> School of Social Sciences Indira Gandhi National Open University	<b>Chair: Prof. Monika Misra</b> 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. <b>Deshmane Arya*</b> & <b>Marathe Madhuri.</b>	Exploring the Postpartum depression: A Fuzzy Logic Perspective on Parental Mental Health Transitions. <b>Saumya Richa*</b> & <b>Dr. Sumaila Praveen.</b>	Thriving Through Grit: Unravelling The Impact On Student Well-being <b>Stenny Anto.K</b> & <b>Dr. Shinto Thomas</b>	Fear of Happiness amongst college going students. <b>Roopal Bhardwaj, Avantika Garg*, Aarti, Dr. Kriti Vyas.</b>	Linking organizational virtuousness and employee's subjective well-being: the mediating role of employee resilience, agility, and moderating role of collectivism. <b>Prerna Panda*</b> & <b>Dr. Pankaj Singh.</b>	Gender and Generational differences in the use of Dark Humour. <b>Tejal Dhingra*</b> & <b>Dr Sreeja Gangadharan.</b>
	2.	Resilience and Wellbeing During COVID-19 in India: Mediating Role of Psychological Flexibility. <b>J. Hephsebha*</b> & <b>Amrita Deb.</b>	An Analysis of Children's Stories Through the Lens of Positive Psychology. <b>Bidita Das*.</b>	Relationship Between Perceived Stress Flow State And Autotelic Personality In University Students. <b>Sarita Sood*.</b>	An examination of Loneliness and wellbeing link –moderating role of loneliness alleviation lay strategies. <b>Dr Deepthi Balla*.</b>	Preparing Youth for Productive Adulthood through Positive Youth Development. <b>Dr. Naziya Hasan*.</b>	Climate change and outdoor play in children: A systematic review. <b>Nandini Biswas*, Ishani Sahoo and Aprajita Jain.</b>
	3.	Dog Ownership, Happiness, and Psychological Well-being in Young Adults: A Comparative Study <b>Nandini Rawat*, Kamakshi Joshi*</b> and <b>Shrishiti Dhupar.</b>	Disentangling the links between Parenting and Self-awareness. <b>Samantha Narula*.</b>	Resilience, Academic Motivation, and Well-Being Among School Students. <b>Monalisa Maibam*</b> & <b>Dr Manjusha Deka Saikia.</b>	Virtual Ties: Examining the Interconnectedness of Happiness, Social Media, and Perceived Intimacy. <b>Namita Narula*.</b>	Unleashing the Immense Potential of Positive Psychology Interventions (PPIs) in Improving Well-Being of Private and Public Sector Employees in India: A Scoping Review. <b>Ishika Dhanjal*</b> and <b>Dr. Garima Rajan.</b>	Exploring positive psychological intervention for student wellbeing in the Indian educational setting: A systematic literature review. <b>Devika M Lal*</b> & <b>Prof. S Vinod Kumar.</b>
	4.	Playing in the Waiting Room: Understanding the Social Ecology of Resilience in Children with Chronic Illnesses. <b>Dr. Priyanka Padhy*.</b>	Positive Impact of Family Protective Factors in Reducing Adolescent Experience of Depression. <b>Darshana Kulkarni*</b> & <b>Solomon Renati .</b>		Exploring the Impact of a Positive Psychology Based Strength-Based Program on the Development of Critical Thinking Skills in Teacher-Trainees. <b>Divya Nair*</b> & <b>Dr. Seema Bhandare.</b>	Effect of Solution-Focused Journaling on Resilience, Happiness, Solution-Focused Thinking and Career Decision Among Young Adults in a Period of Quarter-Life Crisis. <b>Simran Kaur*</b> & <b>Dr. Santhosh K.R.</b>	A Comparative study of Psychological Well-being based on Duration and Frequency of Voluntary activities. <b>Jui Pimple*</b> & <b>Dr. Pragna Parikh.</b>
	5.	Exploring the Impact of Self-Esteem and Perceived Social Support on Well-Being Among Food Delivery Workers in New Delhi, India. <b>Moksh Grover*</b> & <b>Dr. Samridhi Ahuja.</b>	Intergenerational Transference Of Parenting Style And It's Influencing Factors. <b>Shiwani Arora*</b> & <b>Mr. Shinto Thomas.</b>		Effect of Anapana Meditation and Gratitude Exercise on Creativity of School Students. <b>Jitendra Kumar Patel*</b> & <b>Dr. Madhurima Pradhan.</b>	Examining the impact of achievement goal orientations on mental well being of entrepreneurs: A correlation and multiple regression analysis. <b>Rudrani Raj Chakravorty*</b> & <b>Dr Dilwar Hussain.</b>	
	6.	Self love in the Modern Era : The Positive Experiences of Self-Partnering Among Urban Indian Women. <b>Dr Megha Dhillon and Arushi Gupta.</b>					

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**SECOND INTERNATIONAL CONFERENCE ON POSITIVE PSYCHOLOGY BY NPPA, DAY 2 (20th April 2024)**

Time (IST)	S. N o.	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	
		<b>Chair: Prof. Juhi Deshmukh</b> Department of Psychology Savitribai Phule Pune University Pune	<b>Chair: Prof. Deepti Hooda</b> Department of Psychology Maharshi Dayanand University, Rohtak	<b>Chair: Prof. Sushma Suri</b> Department of Psychology Jamia Millia Islamia, New Delhi	<b>Chair: Prof. Samina</b> Department of Psychology Jamia Millia Islamia, New Delhi	<b>Chair: Prof. Mohammad Ghazi Shahnawaz</b> Department of Psychology Jamia Millia Islamia, New Delhi	<b>Chair: Prof. Zokaitluangi</b> Department of Psychology Mizoram University Mizoram	
<b>12:00 - 1:00 PM</b>	<b>1.</b>	Unraveling Self-Compassion Disparities in Women with and without Polycystic Ovary Syndrome (PCOS). <b>Seena Jose*</b> & <i>Dr Jahangeer Majeed.</i>	Investigating the Dynamics of Zero-Sum Thinking, Locus of Control, and Self-Efficacy: An Exploratory Study on their Interconnected Influence. <b>S.Sriranjani*</b> & <i>Ashwini. U. R.</i>	Mind-Body Harmony: A comparative study investigating Anxiety, Substance Use, and Quality of Life among Yoga Practitioners, Other Sports Activity Enthusiasts and Sedentary Individuals. <b>Shirin Bhanpurawala*</b> & <i>Anirudh Shidganes..</i>	Igniting Young Minds: A Comprehensive Life Skills Program for Positive, Holistic Personal and Social Development of the Young Minds. <i>Rsvn Sharma &amp; Sonia Bhatia*</i> .	“You know, I can adapt”: a qualitative study of personality strengths of individuals with substance use disorders. <b>Shikha Ahuja*</b> & <i>Dr. Gitanjali Narayanan .</i>	Comparing Self-Compassion in Working Women and Homemakers: Impact on Well-being and Close Relationships. <b>Shivani Thakur*</b> and <i>Vandana Singh.</i>	
	<b>2.</b>	Exploring Body Image Issues and its impact on Quality of Life among College Students of Delhi-NCR. <b>Soni Jaiswal*</b> & <i>Dr. Sabeen H. Rizvi.</i>	Experiences of toxic friendship: Narrative inquiry. <b>Nishtha*</b> and <i>Dr Daisy Sharma.</i>	Sporting Performance Beyond Training and Nutrition: Conceptual Framework for Bridging the Pathways Via Positive Psychology. <b>Urmi Gupta*</b> & <i>Rekha Singhal.</i>	Theoretical underpinnings of flow and its relation with academic engagement: A Narrative Review. <b>Afrin Mazid*</b> , <i>Dr Narendra nath Samantaray, Dr. M. Sandhyarani Devi.</i>	"Empathy Across Borders: Understanding Selective Empathy in Global Dynamics and its Impact on Humanitarian Narratives". <b>Bushra Khan*</b> & <i>Naureen Khan.</i>	Effectiveness of Positive Psychotherapy (PPT) for Improving PERMA Dimensions among Moderately Depressed Adolescents: A Qualitative Analysis. <b>Dr Sipra Khuntia*</b> & <i>Prof. Sangeeta Rath.</i>	
	<b>3.</b>	Investigating The Relationship Between Phubbing, Being Phubbed, And Peer Pressure Among Adolescents. <b>A. Uma Maheswari.</b>	Beliefs in Synchronicity and its relationship with personal control, meaning in life, and well-being: Did this happen because I thought of it? <b>Vanshika Talus*</b> .				Exploring the Nexus: Spirituality, Coping Mechanisms, and Subjective Well-being of B.Ed Trainees of Tripura". <b>Debanjana Mukherjee*</b> , <i>Binoy John &amp; Dr Amrita Banerjee.</i>	The influence of High and Low Spiritual Intelligence on the dimensions of Happiness And well- being. <b>Dr. Monalisa Nayak*</b> & <i>Dr. Sumita Chowhan.</i>
	<b>4.</b>						Traces of Spirituality in Positive Psychology: A Conceptual Analysis. <b>Dr. Saman Zaki*</b> .	

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**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
	<b>Chair: Dr. Jasleen Kaur Psychologist/Marriage Counsellor, Gurugram</b>	<b>Chair: Dr. Garima Rajan Department of Psychological Sciences, FLAME University Pune</b>	<b>Chair: Dr. Geetika Tankha Department of Psychology Manipal University Jaipur</b>	<b>Chair: Dr. Vishva Chaudhary Department of Psychology University of Rajasthan, Jaipur</b>	<b>Chair: Dr. Shilpa Bandyopadhyay, Jindal Institute of Behavioural Sciences O.P.Jindal Global University, Sonipat</b>	<b>Chair: Dr. Pooja Sahni Delhi Technological University New Delhi</b>
1.	Self awareness and happiness an indigenous perspective. <i>Garima Verma* &amp; Abha Singh.</i>	Rigidity and flexibility in gratitude: An examination of gratitude for human needs fulfilment over time. <i>Simone P. Nguyen* &amp; Cameron L. Gordon.</i>	The Synergy of Positive Psychology and Technology for Human Flourishing: A Comprehensive Analysis and Future Directions. <i>Himanshi Sharma* &amp; Rajeshwari Sharma.</i>	Scrupulosity in Obsessive-Compulsive Disorder Patients: A Bibliometric Analysis from 2000 to 2023. <i>Ankuna Sharma* and Dr. Zahoor Ahmad Lone.</i>	Mapping the Relationship between Personal Meaning and Lifestyle Adherence in Non-Communicable Diseases : A Scoping Review. <i>Jagjit Kaur &amp; Vasundharaa S. Nair.</i>	Identification of most prevalent emotional triggers,factors influencing and need of developing coping skills among youth with positive psychology techniques. <i>Dr. Rinita Jain*.</i>
2.	Positive Psychology in the Workplace: A Comprehensive Review and Analysis of Employees Productivity and Organizational Outcomes. <i>Kalpana Kumari* &amp; Pramila Tiwari.</i>	Rooted in nature : exploring the interplay of nature connectedness and optimism & hope. <i>Astha Tripathi*.</i>	Relationship between states of well-being, resilience and self efficacy among emerging adults. <i>Nancy David, Chandana P &amp; Dr. Beena Daliya R*.</i>	A study on Mindfulness and its effects on well-being and emotional regulation among Adults. <i>Prerna Dahiya*.</i>	Prioritizing Health and Well-being for a Sustainable Future. <i>Vatika* and Dr. Ashu Dhawan.</i>	An overview of the literature on the effects of workplace ostracism. <i>Roli Yadav* &amp; Pramila Tiwari.</i>
3.		Exploring the Impact of Social Support Networks on Emotional wellbeing in young adults. <i>Shivani Bahuguna* &amp; Dr. Anshul Jaiswal.</i>	Relationship Between Organizational Culture, Work Engagement, Job Satisfaction And Job Burnout Among The It Sector Employees. <i>Khushi Patwa*, Shrutika Bhingare, Aditi Lohite &amp; Rupali Nawale.</i>		Effect of University Regulations and Policies on Student's Interests and Personal Beliefs towards Academic Excellence. <i>Devraj Sengupta*.</i>	Relationship between resilience and family relations among young adults. <i>Kalash Sharma* &amp; Deepika Jain.</i>
4.					Women Health And Well Being: Role Of Organizational Factor. <i>Dr. Sandeep Panchal &amp; Situshna Goswami*.</i>	

5.			Positive Emotions, Curiosity, Psychological Capital and Well-being of Institutionalized Adolescent students. <i>Indhu Priya D*</i> & <i>Dr. R. Nithya</i> .	Psychological Impact of COVID-19 Pandemic on Gender. <i>Lokesh Bhati*</i> .	Silk Weaving and Mental Well Being : A Journey of Self-Discovery. <i>Dimpy Bania*</i> .	Emotional Intelligence, Academic Achievement and Leadership Skills among the Indigenous Adolescents of West Tripura. <i>Binoy John*</i> & <i>Dr. Queen Deka</i> .
6.						Exploring Resilience Based Transformation Model for Rape Victim Survivors. <i>Bhavika Devjani*</i> & <i>Dr. Garima Rajan</i> .