

1st INTERNATIONAL CONFERENCE ON POSITIVE PSYCHOLOGY BY NPPA

DAY 1, 3rd March, 2023

Time (IST)	S. No.	SESSION 1 Topic: Well-being and Related Constructs	SESSION 2 Topic: Positive Mental Health	SESSION 3 Topic: Positive Psychology in the Indian Context	SESSION 4 Topic: Positive Psychology Interventions	SESSION 5 Topic: Well-being and Related Constructs	SYMPOSIUM
11:45 AM- 1:00 PM		Chair: Dr. Sonia Malik Department of Psychology Maharshi Dayanand University Rohtak	Chair: Dr. Mandeep Mahendru ICFAI Business School Gurugram	Chair: Dr. Pooja Garg Department of Humanities & Social Sciences IIT Roorkee Roorkee	Chair: Dr. Dinesh Chhabra Department of Psychology University of Delhi Delhi	Chair: Dr. Ritu Sharma Department of Psychology Central University of Haryana Mahendragarh	<p align="center">Symposium 1: Chair: Dr. Shailaja Shastri</p> <p align="center">Title of the Symposium: Student Well-being in the Post-pandemic Times: Best Practices.</p> <p align="center">PRESENTERS: Sudhesh N.T. Padmakumari P. Roseline Gomes Paul Raj</p>
	1.	Understanding well-being through the lens of Bhagavad Gita. Alka Pandey* & P.C. Mishra.	Effect of Self-Compassion Intervention on Resilience among Young Adults with Childhood Trauma. Neeha Jose* .	A Qualitative Exploration of Post Traumatic Growth among Divorcees. C.K. Jaseel* & M. Surya.	The Effect of Mindfulness-Based Intervention on Anxiety Patients from Arunachal Pradesh. Oyin Mibang* & Kakali Goswami.	Guided Imagination Based Art Therapy as a Metacognitive Tool to Improve Well-Being and Find Purpose in Life among Students. Rupa Talukdar, Pramila & Nantu Shaw*.	
	2.	The Impact of Mobile Addiction on Mental Health and Academic Performance of School Going Adolescents: A Systematic Review. Geemol John*.	Positive mental health- pros and cons. Smita Tiwari Ojha*.	Compassion and Empathy as predictors of Mental Well-being among Indian School teachers. Mrinalini Ranganathan* & Meera Neelakantan.	The Impact of Enright Forgiveness Intervention On Anger In Nonclinical Population: A Systematic Review. Vismaya A*, Romate John, & Eslavath Rajkumar.	Daily Routines and Wellbeing of Dual-earner Adults in India. Zoya Ziaali Mohammedi* & Rachana Bhangaokar.	
	3.	Gratitude, happiness and psychological well-being among young adults: A correlational study. Ramy, G.* & Ashwini U.R..	A Systematic Review of the COVID-19 Experiences of Mental Health Professionals. Ananda Krishnan* & Amrita Deb.	The Role of Social Connectedness in Resilience of the LGBTQ+ Individuals. Athira B.* & Padiri Ruth Angiel.	Awe Walk Intervention in Dementia. Akshata Sheth*.	Subjective Well-being and Resilience: A Correlational Study. Punam Bagi*.	
	4.	The relationship between Organisational Citizenship Behaviour and Well-Being under the presence of Forgiveness as mediator. Reshu Mishra* & Lalil Kumar Mishra.	Exploring the Mental Health Issues among the Dimasa Tribe of Nagaland & Understanding the Importance of Positive Psychology in a Tribal Society. Deso Barman*.	Indian Perspectives and Context: Positive Psychology. Mayank Tiwari*.	Need for positive psychotherapy interventions in patients with major depressive disorder to enhance wellbeing. Meha Jain*, Madhurima Pradhan, Sujita Kumar Kar & Ayushi Bharti.	Post-traumatic Growth, Meaning Making, and Resilience among Individuals with Acquired Disabilities. Tanu Agarwal* & Pooja V. Anand,	
	5.	Understanding the Nature of Unconditional Self-acceptance: An Alternative Solution to the Problem of Self-worth. Suchismita Pramanik*, & Rooplekha Khuntia,.	Examining Impact of School Bullying on Mental Health. Sushma Pandey*, Annu Prasad & Pratibha Singh.	Facilitating Resilience in Adolescents Residing in Institutional Homes: An Indian Study. Leanne Rebelo* & Ridhima Shukla.	Effectiveness of Positive Psychology Interventions on Meaning Making and Growth through Prolonged Grief. Saachi Arora*, Sangeeta Bhatia & Vibha Sharma.	Wellbeing correlates of internet use: A predictor, mediation and moderation analysis. Sapam Kiran Dolly* & Narendra Nath Samantaray.	
	6.	After COVID-19 effect of Smartphone Addiction, on Well-being and Coping among Adolescents. Vrushali Pandit & Santosh Walke*.	Relationship between Adolescent Body Image Satisfaction & General Self-Efficacy. Jyoti Singh* & Manju.	Positive Ageing in Women – Role of Resilience. Bhavika Thakkar	Scope of Positive Psychological Interventions in cancer patients: A Review. Khushboo*.	Relationship between deep focus and psychological well-being: A narrative review. Afrin Mazid* & Narendra Nath Samantaray.	
	7.		Hardiness among young adults in joint and nuclear families of rural and urban areas of Uttarakhand, India. Himanshi Sharma* & Dubey, A.K.	Authenticity: Conceptual analysis and introduction to the Indian context. Prachi Sharma* & Amrita Deb.	Gratitude: A Positive Psychology Intervention. Rupan Dhillon*.	Perceived Stress and Wellbeing in Students: Mediating Role of Psychological Flexibility and Academic Procrastination. Procheta Mahanta* & Narendra Nath Samantaray.	

Note: PRESENTERS ARE MARKED IN BOLD

**FIRST INTERNATIONAL CONFERENCE ON POSITIVE PSYCHOLOGY BY NPPA
DAY 1, 3rd March, 2023**

Time (IST)	S. No.	SESSION 6 Topic: Well-being and Related Constructs	SESSION 7 Topic: Positive Mental Health	SESSION 8 Topic: Character Strengths and Virtues	SESSION 9 Topic: Positive Education	SESSION 10 Topic: Interdisciplinary Research in Positive Psychology	SYMPOSIUM
		Chair: Dr. Anindita Ghosh Department of Liberal Arts IIT Bhilai Bhilai	Chair: Dr. Debjani Mukherjee Department of Psychology St. Thomas College Bhilai	Chair: Dr. Rajneesh Choubisa Department of Humanities & Social Sciences BITS Pilani Rajasthan	Chair: Dr. Meetu Khosla Department of Psychology Daulat Ram College Delhi	Chair: Dr. Suman Sigroha School of Humanities and Social Sciences IIT Mandi Mandi	
	1.	Role of forgiveness in improving friendships. Purshotam Sharma* & Narendra Nath Samantaray.	Health Behaviours as Predictors of Positive Mental Health in Late Adolescence. Devika M. Lal* & S. Vinod Kumar.	Character strengths, strengths use and life satisfaction. Anjali Malik* & Neeta Sinha.	Spirituality in Education: Making "Spiritual Intelligence" count. Smarika Dalal* & Sandeep Singh.	Autism Spectrum Disorder & Its Management by Homeopathic Methodology Along with Art Therapy. Jayita Choudhary*.	
	2.	Loneliness and Internet addiction in college and university students in Mizoram; The mediating role of online social comfort. Ebenezer Laldusaka* & Narendra Nath Samantaray.	Correlates and Predictors of Positive Mental Health. Akshay Johri* & P.V. Anand.	Investigating the relationship between Character Strengths, Parental Involvement, Achievement Motivation in Academic Achievements of High School Students: An Empirical Study. Kadari Devaraju* , Munoth Subhash , Hymavathi , Chiluka Harish , Mokanpally Sandeep & Lakshman.	Relationship between Hope and Perceived Social Support among students preparing for competitive exams. Rashmin* & Sarah Ghani.	A Study Exploring the Impact of Occupational Stress and Resilience on the Mental Well-being of Working Women. Agnimita Mitra*.	
1:30-2:45 PM	3.	Friendship Quality and Subjective well-being: Comparative study on Adolescents and Young adults Nishtha* & Daisy Sharma.	Role of Self-Expression and Health Beliefs in Mental Health of Housewives Suffered from Depression. Renu Prajapati* & Sandhya Gupta.	Character strengths and PERMA. Anjali Malik* & Neeta Sinha.	Positive Education: Lessons from the Pandemic. Ekta Chopra* & Pooja V. Anand.	Happiness & Advaita Vedanta: Proposal of an Interdisciplinary Model. Narendra Nath Samantaray*.	Symposium 2 Chair: Dr. Kiran Kumar Salagame
	4.	Effect of Perceived Social Support on Impulsiveness and Fomo among Goan Adolescents. Marathe Madhuri & More Sumedha*.	Gratitude of New Born Mothers: A Narrative Inquiry Study. Kanak Yadav*.	The Bhagavat Gita and Character Strengths. Sanford Danziger*.	Effect of Interpersonal Emotion Regulation on Job Performance of Higher Education Teachers. Preeti Srivastava* & Sushma Pandey.	Self-concept as a predictor of Grit in University Students. Karm Veer Singh* & P.C. Mishra.	PRESENTERS: Manasa B. Srikanth N. Jois Vinu V. Moulya R.
	5.	Psychological capital and Employee engagement as correlates of Well-being among Software employees. P. Swathi* & P. Shruthi,	The influence of Coping Styles and Psychological Distress among Emerging Adulthood. Monalisa Maibam, M.* & Manjusha Deka Saikia.	Character strengths of new mothers. Vandana Singh*.	World of Women around Strength, Belief Systems and Safe Space - An Exploratory Study. Shivani Bhagavatula*.	Depression and Insomnia among adults. Vaddepalli Latha*.	
	6.	The Relationship between Self-Efficacy and Life Satisfaction among Mizo Adolescents. Rinpari Ralte , Lalrinawmi Rawite* & Gracy Lalrinngheti Fanai.	The role of Self-Compassion in relation to Attachment Style and Emotion Regulation among Patients with Depression. Aparna Verma* , Neha Sayeed & Basudeb Das.	Profile of Character Strengths related to Courage as Virtue Among Health Professionals. Supriya* & Rajbeer Singh.	Motivational Predictors of PhD students' well-being and program satisfaction. Marchuk Laris* & Tamara Gordeeva.	Does Anxiety Correlates with Reaction Time and Working Memory among undergraduate students of technical university. Sanampreet Kaur* & Priyanka Ram Kumar Gupta.	
	7.				The Efficacy of Social Emotional Learning Intervention on Emotional Maturity Among Migrant Worker's Children. Vidya B.* & K.V. Krishna.	Positive Psychology and Indian Knowledge Tradition. Komil Kumar*.	

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**FIRST INTERNATIONAL CONFERENCE ON POSITIVE PSYCHOLOGY BY NPPA
DAY 2, 4th March, 2023**

Time (IST)	S. No.	SESSION 11 Topic: Well-being and Related Constructs	SESSION 12 Topic: Positive Mental Health	SESSION 13 Topic: Positive Psychology in the Indian Context	SESSION 14 Topic: Religion, Spirituality, and Positive Psychology	SESSION 15 Topic: Positive Psychology Across Lifespan	
		Chair: Dr. Deepti Hooda Department of Psychology Maharshi Dayanand University Rohtak	Chair: Dr. Chandrani Sen Department of Psychology Rajasthan University Jaipur	Chair: Dr. Payal Chandel Department of Psychology Central University of Haryana Mahendragarh	Chair: Dr. Nov Rattan Sharma Department of Psychology Maharshi Dayanand University Rohtak	Chair: Dr. Shalini Singh Department of Psychology Maharshi Dayanand University Rohtak	
	1.	A study on the Relationship between Hardiness and Identity Status among Adolescents. Uma Maheswari* .	Talking about stigma: Public forums as a catalyst to change in society. Shikha Soni* & Amrita Deb.	Happiness, Self-efficacy and Anxiety in Young Adults: The Role of Parenting Styles. Sohinee Ganguly* .	Faith in GOD and its effect on Resilience among individuals affected by COVID19. Deepthi Balla* .	VSAT: A Theoretical Framework to Make Strength-Based Parenting Frequent, Efficient and Easier to Implement. Shaleen Porwal* .	
	2.	The actual and ideal self-discrepancy in BIG Five factors of Personality and their association with Happiness and Life Satisfaction in young Indian adults. Sonal Paliwal* .	Psychological correlates of adversity exposure among Kashmiri youth. Irfan Fayaz* , Pulkit Khanna , Manjushree Palit & Kulpreet Kaur.	Family and Self: Exploring Adult Indian Women's Experiences of Moving Back Home in the Covid-19 Pandemic. Shreya Sharma* .	Caregiver's Perspective on the Role of Spiritual Beliefs on Mental Wellness: A Case Study. Mintu Moni Sarma* , Suvendra Kumar Ray , Ramesh Chandra Deka.	Forgiveness as an indicator of friendship quality among adults. Deena Dixon* .	
	3.	Mediating Role of Self-compassion between Cognitive distortion and Flourishing among Youth. Saurav Uniyal* & Deepak Singh.	Can Yoga Practice Moderate the Relationship Between Gratitude and Coping Styles? G. Hamsika* & Nisha James.	Well-being and Quality of Life of Geriatric Population in Indian Old Age Homes. Vernon Dmello* . & Dilwar Hussain.	Towards an understanding of spiritual happiness based on the Bhagavad-gītā. J. Ajith Kumar* .	Exploring the role of Social Connectedness across lifespan: A Systematic Analysis. Aditi Sharma* & Dilwar Hussain.	
	4.	Finding Happiness and Moral Values: Day schooler and residential school students. Mayank Tiwari* .	Yoga: The way of life for a pregnant mother. Kanak Yadav* .	Well-being and school performance among adolescent students and their parents in Kerala. Alexander Ostrovik* & Malini L.M. Frey.	Spirituality as predictor of positive change: PLS-SEM based study. Sarita Sood* .	The relationship between parental bonding and resilience: an exploratory study. Varsha Madhulika* & Alina Maria Sunny.	
	5.	Mediating Role of Resilience between Interpersonal Support and Grit. Tanya Rajani* & Jacqueline Kareem.	Mindfulness and Communication-based Self-efficacy. Dighreandr Singh* .	Perceptions of self, and perceptions of parenting behavior: A study among school attending adolescents of Kerala. Swapna Jose* & Malini L.M. Frey.	Surrender to God as a coping technique of Psychological Distress: A Conceptual Framework. Shrishy Manchanda* & Deepak Singh.	Positive Ageing in Women – Role of Resilience. Bhavika Thakkar* .	
	6.	Gender Differences in Body Image Dissatisfaction Among Young Adults. Bhavika N. Raut* & Aditi J. Waghmare* .	Effectiveness of Mindfulness-Based Yoga Training on Need for Achievement, Academic Challenge and Attitude towards Education: A finding from Senior Secondary Students. Ritu Raj Gogoi* & Rajesh Ganesan	Cultural Construction of Psychological Resilience in Elderly of India: A Grounded Theory Approach. Amit Prakash* .	Covid-19 And Death: Grieving through religious coping. Noorpreet Kaur Dhaliwal* & Risshima Shukla.	Hope, Resilience, Intolerance to Uncertainty and Fear of Covid - 19 among Adolescents during Pandemic. Kanishka Agarwal* & Waheeda Khan.	
	7.	The Impact of Bariatric Surgery on Quality of Life - Social Support and Resilience as Protective Factors. Vidhi Monga* & Rayees Mohammed Bhat.		Assessing the impact of HR Practices on the psychological capital of IT Employees in relation to organizational commitment. C.M. Thyagaraja & Bharathi Polisgowdar* .	Cultivating Forgiveness: Lessons from Jainism for Intergroup Relations. Swati Jain* & Surbhi Kumar.	Effectiveness of Louise Hay's Mirror Work Practices in Enhancing Well-being of Young Adults. Pummy Sheoran* .	

**Poster Presentation
Chair: Dr. Jasleen Kaur**
Visiting Psychologist, Indian Air Force

**DETAILS ON
THE LAST
PAGE**

Note: PRESENTERS ARE MARKED IN BOLD

FIRST INTERNATIONAL CONFERENCE ON POSITIVE PSYCHOLOGY BY NPPA
DAY 2, 4th March, 2023

Time (IST)	S. No.	SESSION 16 Topic: Well-being and Related Constructs	SESSION 17 Topic: Positive Psychology Interventions	SESSION 18 Topic: Well-being and Related Constructs	SESSION 19 Topic: Miscellaneous	SESSION 20 Topic: Positive Organizational Behaviour and Scholarship
		Chair: Dr. Sushila Pareek Department of Psychology University of Rajasthan Jaipur	Chair: Dr. Prerna Puri Department of Psychology University of Rajasthan Jaipur	Chair: Dr. Naved Iqbal Department of Psychology Jamia Millia Islamia New Delhi	Chair: Dr. Juhi Deshmukh Department of Psychology Savitribai Phule Pune University Pune	Chair: Dr. Mohammad Ghazi Shahnawaz Department of Psychology Jamia Millia Islamia New Delhi
1:30-2:45 PM	1.	Modelling Psychological Flexibility with Mindfulness for Students' Wellbeing. Jyoti Motwani* & Akanksha Kataria.	How Logotherapy Affects Happiness in Marriage. Anshu Kiran* , Shubham Sharma , Simplejit Kaur Dhanoa & Smarika Pareek.	Relationship between Overprotective parenting and Adolescent's Social skills, Resilience. Preethi Hombal* & Indumathy Jayaprakash.	Ecotherapy, Health and Well-being: A Positive Approach. Abha Singh* & Ritu Modi.	Positive Psychology is a Game Changer in Task Balancing Behavior in Organization. Mamatarani Panda* & Sneha Singh Munda.
	2.	Savoring, Emotion Regulation, and Flourishing among Early Adults. Anjo George* & Vinothkumar.	Impact of Music Therapy on alleviating Stress in athletes. Pallabi Parasar*.	Enhancing well-being of school students in India: Role of poetry. Raina Chhajjer*.	Relationship among Voluntary Simplicity, Environmental Concern, and Life Orientation. Ajeethkumar* & Vaishnavi.	Perceived Transformational Leadership Behaviour as Predictor of Organizational Citizenship Behaviours in Banking Sector. Ritu Singh* & Sushma Pandey.
	3.	Psychological Flexibility and Well-being in Students: Role of Locus of Control, Self-Esteem and Academic Procrastination. Procheta Mahanta* & Narendra Nath Samantaray.	Effectiveness of Positive Behaviour Therapy on stress among parents of intellectual disability children. G. Sasikala* & P. Panneerselvam.	Relationship between Hope and Burnout among University Students. Nidhi Mittal* & Rayees Mohammad Bhatt.	Managing terror when ideological differences result in violence: The positive psychology of accepting death. Prasha Saggi*.	Correlates of Team Positive Psychological Capital: A Systematic Review and Synthesis of Empirical. Aswathy Gopi* , Romate John & Eslavath Rajkumar.,
	4.	Impact of Virtual EmoAid Self—Help Program on Well-being and Self-Efficacy. Shilpa Gupta , Eti Goel* & Deepak Gupta & Ayusuhi Mittal.	Positive Psychology Interventions based on non-violent communication: A Scoping Review. Julia Grace Jacob* , Romate John , & Rajkumaar Eslavath.	Impact of Emotion Regulation and Psychological Well-being on Happiness of Emerging Indian Adults. Srishti Trehan* & Amra Ahsan.	Understanding community's perspective on open spaces in Guwahati. Shravani Bhattacharrya* & Suparna Dhar.	Organizational Virtuousness and Work-Wellbeing Outcomes: Positive Affect as a Mediator. Prerna Panda* & Pankaj Singh.
	5.	Understanding the Linkage between Hope, Optimism & Subjective Well-being among Students. Vasudha Singh*.	Impact of mindfulness and gratitude based intervention on cognitive emotion regulation among adolescents. Biruhastha, S.* & Krishna, K.	Association between Corona virus Awareness & Psychopathology. Suchismita Roy*.	PsyCap, Perceived Stress & Emotional Regulation among Female College Teachers in Tamil Nadu. Ragitha Radhakrishnan* & Kumar Rajendran.	The Role of Authenticity on Self-Referential and Externally Perceived Continuum: A Systematic Review. Sayujya* , Romate John , Eslavath Rajkumar & Aswathy Gopi.
	6.	Relationship among Mindfulness, Emotion Regulation and Craving in Patients with Alcohol Use Disorder. Riya* & N.K. Chandel.	Effectiveness of Learner Centered Character Strengths Model on Academic Performance and Happiness among School Children: Creating Positive Classroom. Sumita Chowhan* & Mamatha K.*	Introducing Resilience Outcome Expectations Scale: Development and Initial Validation. J. Hephsebha* , & Amrita Deb.	Parental awareness and concerns about their children's smartphone overuse and misuse, and measures adopted to protect their children. Anita Sivaprasad* & Malini L.M. Frey.	Perceptions of fit and job satisfaction among higher education teachers. Komal Sharma* & Sarita Sood.
	7.	The PhD Experience: A qualitative exploration. Damini Saini* & Shashwat Ranjan.				Effect of Organizational Health on Organizational Citizenship Behaviour in Bank Employees. Nidhi Tripathi* & Sushma Pandey.

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Poster Presentation (Day 2, 4th March, 2023)

Time: 11:45 AM-1: 00 PM

1. Employee's Happiness and Well-Being at Workplace: A Study of Visva-Bharati, Santiniketan. **Sarita Anand***.
2. Study of Relationship Between Personality and Happiness among College Students. **Mohindar Ghritlahare*** & Priyamvada Shrivastava.
3. Relationship between Positive Illusions, Narcissism and Tolerance to Uncertainty among College Students in Tamil Nadu. **Kamala. M***, Keerthana.S & Ragitha Radhakrishnan.
4. Procrastination among adolescents. **Sowmya J.*** and K. V. Krishna.
5. Mindfulness and Communication based Self-efficacy. **Dighreandr Singh***.
6. The effects of meditation on well-being. **Priya Ahalawat*** & Anita Moral.
7. Relationship between Mental Health and Physical Health. **Sunita Chand***.
8. Positive Mental Health among different professions. **Chaithra V***.
9. The Search for Character Strengths and Virtues. **Tapan Roychoudhury***.
10. The power of positive thinking: Does a positive mindset enhance the quality of life? **Avi Nuh***.

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