

NPPA Conference 2026

Abstract Presentation – Best Paper Result

Best presenter		
Session no.	Presenter's name	Title of paper
Session 1	Shivani Keny	Shared Pain, Shared Identity: How r/Parentification Builds Community Through Lived Experiences.
Session 2	Keziah Mary Sam	Effectiveness of a Positive Psychology Intervention on Distress and Psychological Well-Being Among Adolescent Girls with Premenstrual Syndrome Symptoms: A Pilot Study.
Session 3	Urvi Jain	Evaluating the Effectiveness of a Storybook and Guided Discussion Based Intervention on Positive Affect, Negative Affect, Emotional Difficulties, and Behavioural Difficulties in Children (Ages 9–12) Experiencing Loss.
Session 3	Dr. Koninika Mukherjee	A Holistic View of Psychological Vulnerability: Modeling the Overlap Between Social Anxiety and Disordered Eating Behaviors.
Session 4	Sai Kiran Gannamraju	Bhakti and Flourishing: A Gitā-Informed Path to Transcendent Positive Psychology.
Session 5	Sanjana Patel	Dark triad and well-being in young adults, mediating role of egocentrism
Session 6	Riddhi Acharya	Effect of a 25-Day Positive Psychology–Based Online Intervention on Perceived Stress, Self-Criticism, and Hope among Young Adults: A Quasi-Experimental Study.
Session 7	Mehar Gulati	From Flexibility to Fulfilment: Exploring the Mediating Role of Autotelic Personality between Cognitive Flexibility and Self-Actualisation
Session 8	Aswathi Prasad & Dr. Susan Varghese	Mapping Psychological Flow and Rasa: An Integrative Perspective on Artistic Experience in the Indian Context.
Session 9	Dr. Hemanthakumara V	Strengthening At-Risk Youth: The Triple Impact of Positive Psychology on Mental Health, Self-Efficacy, and Emotional Regulation in Schools.
Session 10	Surbhi Prajapati	The Role of Alexithymia in the Relationship between Childhood Trauma and Neuroticism.
Session 11	Sonam Chandhok	Cultivating Psychological Strengths to Mitigate Rejection Sensitivity.
Session 12	Ashi Tripathi	Academic Shame and Psychological Well-Being among University Students: The Mediating Role of Academic Self-Worth Contingency and the Moderating Role of Self-Compassion
Session 13	Shruti Sharma	Navigating Careers in the Digital Age: The Role of Autonomy and Generative AI Dependency in Career Decision-Making Attribution among College Students.
Session 14	Dr. Surbhi Singhal	Grit, Belief and Becoming: Profiling Motivational Mindsets of Indian Youth Navigating Career Decisions.
Session 15	Dushar Bishnoi	Growth Mindset and Academic Resilience in University Students: An Intervention-Based Study.
Session 16	Dr. Aditi Sharma	Social Ties and Transitioning Veterans: Understanding the Impact on Mental Health and Identity Reformation.
Session 17	Upama Pal	Development of Wellbeing-Related Self-Help Messages for Older Adults as Part of a Multi-Component Intergenerational Program: Promoting Wellbeing in Old Age
Session 18	Chhavi Kohli	Relationship between Religious Commitment, Positive and Negative Thought Patterns and Decision Making in Life.
Session 19	Dr. Vrushali Pathak.	Identity Construction in Musicians: A Qualitative Inquiry through the Lens of Identity Process Theory.
Session 20	Dr. AkashDubey	Psychometric Validation of Interpersonal Mindfulness Scale in Indian Context.