

National Positive Psychology Association



We are happy to announce phase-1 results of abstracts submitted for the 1st International Conference on Positive Psychology by the National Positive Psychology Association. We request you to please check if it has been accepted for oral or poster presentation.

| Title | Author(s) | Decision (Oral/Poster) |
|--|----------------------------------|-------------------------------|
| VSAT: A Theoretical Framework to Make Strength-Based Parenting Frequent, Efficient and Easier to Implement | Shaleen Porwal | Oral |
| Effect of Self-Compassion Intervention on Resilience among Young Adults with Childhood Trauma | Neeha Jose | Oral |
| Spirituality in Education: Making "Spiritual Intelligence" count | Smarika Dalal, Dr. Sandeep Singh | Oral |
| Understanding the wellbeing through the lens of Bhagavad Gita | Alka Pandey & Prof. P.C.Mishra | Oral |
| A Qualitative Exploration of Post Traumatic Growth among Divorcees | Jaseel C K, Surya M | Oral |
| Similarity of Gratitude and Indebtedness in Collectivistic Culture | Dr Shravan Kumar Dixit | Oral |

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| Effect of social media dependency on psychological well-being among college students. | Cheryl Jolly, Dr. Ashu Kumari | Poster |
| Autism Spectrum Disorder & Its Management By Homeopathic Methodology Along With Art Therapy | Jayita Choudhry | Oral |
| Positive mental health- pros and cons | Dr. Smita Tiwary Ojha | Oral |
| The Impact of Mobile Addiction on Mental Health and Academic Performance of School Going Adolescents: A Systematic Review | Mrs Geemol John | Oral |
| Compassion and Empathy as predictors of Mental Well-being among Indian School teachers | Mrnalini Ranganathan & Meera Neelakantan | Oral |
| Gratitude, happiness and psychological well-being among young adults : A correlational study | Ramya G & Ashwini U R | Oral |
| A Systematic Review of the COVID-19 Experiences of Mental Health Professionals | Ananda Krishnan & Dr. Amrita Deb | Oral |
| Exploring the Mental Health Issues among the Dimasa Tribe of Nagaland & Understanding the Importance of Positive Psychology in a Tribal Society | Deso Barman | Oral |

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| Relationship Between Mental Health and Physical Health | Sunita Chand | Poster |
| Faith in GOD and its effect on Resilience among individuals affected by COVID19 | Dr Deepthi Balla | Oral |
| Can Yoga Practice Moderate the Relationship Between Gratitude and Coping Styles? | Ms. G.Hamsika & Dr. Nisha James | Oral |
| The Role of Social Connectedness In Resilience Of The LGBTQ+ Individuals | Ms Athira B Dr. Padiri Ruth Angiel | Oral |
| Forgiveness as an indicator of friendship quality among adults | Deena Dixon | Oral |
| Relationship between Overprotective parenting and Adolescent's Social skills, Resilience | Preethi Hombal & Indumathy Jayaprakash | Oral |
| Examining Impact of School Bullying on Mental Health | Prof. Sushma Pandey , Dr. Annu Prasad & Dr. Pratibha Singh | Oral |
| The relationship between Organisational Citizenship Behaviour and Well-Being under the presence of Forgiveness as mediator | Dr. Reshu Mishra and Dr. Lalit Kumar Mishra | Oral |
| Effect of Interpersonal Emotion Regulation on Job Performance of Higher Education Teachers | Preeti Srivastava & Prof. Sushma Pandey | Oral |

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| Positive Psychology is a Game Changer in Task Balancing Behavior in Organization | Mamatarani Panda and Dr. Sneha Singh Munda | Oral |
| A Study Exploring the Impact Of Occupational Stress and Resilience on the Mental Wellbeing Of Working Women. | Agnimita Mitra | Oral |
| Understanding the Nature of Unconditional Self-acceptance: An Alternative Solution to the Problem of Self-worth | Suchismita Pramanik, Dr. Rooplekha Khuntia | Oral |
| Emotional Intelligence and Competitive-Anxiety in Team sports: Emotional Regulation and Motivation as Mediators. | K subhas Kumar | Oral |
| Kashmiri Students' Perspective of Violence on their Education and Mental Health | Vanshika Khanna and Dr. Aditi Ashok Arur | Oral |
| Impact of Emotion Regulation and Psychological Well-being on Happiness of Emerging Indian Adults. | Srishti Trehan & Dr. Amra Ahsan | Oral |
| After COVID-19 effect of Smartphone Addiction, on Well-being and Coping among Adolescents | Vrushali Pandit; Dr. Santosh Walke | Oral |

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| 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 | Oral |
| Indian Perspectives and Context: Positive Psychology | Mayank Tiwari | Oral |
| Facilitating Resilience in Adolescents Residing in Institutional Homes: An Indian Study | Leanne Rebelo Dr. Ridhima Shukla | Oral |
| Positive Mental Health among different professions | Chaithra V | Poster |
| The Effect of Mindfulness-Based Intervention on Anxiety Patients from Arunachal Pradesh | Oyin Mibang and Kakali Goswami | Oral |
| Introducing Resilience Outcome Expectations Scale: Development and Initial Validation | J. Hephsebha Dr. Amrita Deb | Oral |
| Daily Routines and Wellbeing of Dual-earner Adults in India | Zoya Ziaali Mohammedi & Dr. Rachana Bhangraokar | Oral |
| Perceived Transformational Leadership Behaviour as Predictor of Organizational Citizenship Behaviours in Banking Sector | Ritu Singh and Prof. Sushma Pandey | Oral |

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| Relationship Between Adolescent Body Image Satisfaction & General Self-Efficacy | Ms. Jyoti Singh & Dr. Manju | Oral |
| Investigating the relationship between Character Strengths, Parental Involvement, Achievement Motivation in Academic Achievements of High School Students: An Empirical Study | Kadari Devaraju Munoth Subhash Dr Hymavathi Chiluka Harish Mokanpally Sandeep Gursinga Lakshman | Oral |
| '(S)he who has a why to live can bear almost any how': Psycho-Social Case Study Analyses of Indian Women's Meaning in Life and Resilience | Khushali Adhiya | Oral |
| Correlates of Team Positive Psychological Capital: A Systematic Review and Synthesis Of Empirical Literature | Aswathy Gopi, Romate John, Eslavath Rajkumar | Oral |
| Authenticity: Conceptual analysis and introduction to the Indian context | Prachi Sharma and Dr. Amrita Deb | Oral |
| Happiness & Advaita Vedanta: Proposal of an Interdisciplinary Model | Narendra Nath Samantaray | Oral |

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| The Impact of Enright Forgiveness Intervention On Anger In Nonclinical Population: A Systematic Review | Vismaya A, Romate John, Eslavath Rajkumar | Oral |
| Positive Psychology and Indian Knowledge Tradition | Mr. Komil Kumar | Oral |
| Subjective Well-being and Resilience: A correlational Study | Dr. Punam Bagi | Oral |
| Effectiveness of Louise Hay's Mirror Work Practices in Enhancing Well-being of Young Adults | Pummy Sheoran | Oral |
| Hardiness among young adults in joint and nuclear families of rural and urban areas of Uttarakhand,India. | Himanshi Sharma & Dr. Abhishek K Dubey | Oral |
| Post-traumatic Growth, Meaning Making, and Resilience among Individuals with Acquired Disabilities | Tanu Agarwal, Dr. Pooja V Anand | Oral |
| Wellbeing correlates of internet use: A predictor, mediation and moderation analysis | Sapam Kiran Dolly & Dr. Narendra Nath Samantaray | Oral |
| The Search of Character Strengths and Virtues | Tapan Roychoudhury | Poster |
| Effectiveness of Learner Centered Character Strengths Model on Academic Performance and Happiness among School Children : Creating Positive Classroom | Dr. Sumita Chowhan and Dr. Mamatha .K | Oral |

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| Health Behaviours as Predictors Of Positive Mental Health in Late Adolescence | Devika M Lal and Dr S Vinod Kumar | Oral |
| Need for positive psychotherapy interventions in patients with major depressive disorder to enhance wellbeing | Meha Jain, Madhurima Pradhan, Sujita Kumar Kar, Ayushi Bharti | Oral |
| Relationship between deep focus and psychological well being: A narrative review | Afrin Mazid Dr. Narendra nath Samantaray | Oral |
| Yoga: The way of life for a pregnant mother | Kanak Yadav | Oral |
| Correlates and Predictors of Positive Mental Health | Akshay Johri and Dr. Pooja V. Anand | Oral |
| Relationship between Hope and Perceived Social Support among students preparing for competitive exams. | Rashmin , Sarah Ghani | Oral |
| Role of Self-Expression and Health Beliefs in Mental Health of Housewives Suffered from Depression | Renu Prajapati, Dr. Sandhya Gupta | Oral |
| Gratitude of New Born Mothers: A Narrative Inquiry Study | Kanak Yadav | Oral |

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| Exploring the role of Social Connectedness across lifespan: A Systematic Analysis. | Aditi Sharma | Oral |
| Perceived Stress and Wellbeing in Students: Mediating Role of Psychological Flexibility and Academic Procrastination | Procheta Mahanta and Dr. Narendra nath Samantaray | Oral |
| Role of forgiveness in improving friendships | Purshotam Sharma and Pratigya Siwatch | Oral |
| Loneliness and Internet addiction in college and university students in Mizoram; The mediating role of online social comfort | Ebenezer Laldusaka, Dr Narendra Nath Samantaray | Oral |
| Effectiveness of Positive Psychology Interventions on Meaning Making and Growth through Prolonged Grief | Saachi Arora, Dr. Sangeeta Bhatia, Dr. Vibha Sharma | Oral |
| Friendship Quality and Subjective well-being: Comparative study on Adolescents and Young adults | Ms Nishtha, & Dr Daisy Sharma | Oral |
| Scope of Positive Psychological Interventions in cancer patients: A Review | khushboo | Oral |

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| Caregiver's Perspective on The Role Of Spiritual Beliefs On Mental Wellness: A Case Study | Mintu Moni Sarma; Suvendra Kumar Ray; Ramesh Chandra Deka | Oral |
| Aftermath and Overcoming Dating Infidelity among Young Adults: A Qualitative study | Akshata Rana and Dr. Anjali Majumdar | Oral |
| Ecotherapy, Health and Well- being : A Positive Approach | Prof .Abha Singh Dr. Ritu Modi | Oral |
| Self-concept as a predictor of Grit in University Students | Mr. Karm Veer Singh & Prof. (Dr.) P. C. Mishra | Oral |
| Positive Education: Lessons from the Pandemic | Ekta Chopra ¹ , Dr. Pooja V Anand ² | Oral |
| Relationship among Voluntary Simplicity, Environmental Concern, and Life Orientation | Ajeethkumar and Vaishnavi | Oral |
| Character strengths and PERMA | Anjali Malik & Dr. Neeta Sinha | Oral |
| The relationship between parental bonding and resilience: an exploratory study | Varsha Madhulika and Aleena Maria Sunny | Oral |
| Association Between Coronavirus Awareness and Psychopathology | Suchismita Roy | Oral |

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| The power of positive thinking: Does a positive mindset enhance the quality of life? | Avi Nuh | Poster |
| Depression and Insomnia among adults | Vaddepalli Latha | Oral |
| Gratitude: A Positive Psychology Intervention | Dr. Rupan Dhillon | Oral |
| Happiness, Self-Efficacy and Anxiety In Young Adults: The Role Of Parenting Styles | Dr. Sohinee Ganguly & | Oral |
| Awe Walk Intervention in Dementia | Akshata Sheth | Oral |
| A Holistic Psycho-Spiritual Approach to Well-Being: Yoga, Meditation and Positive Practices | Dr. Garima Rajan and Dr. Kamlesh Singh | Oral |
| The Bhagavat Gita and Character Strengths and | Sanford Danziger, MD, MPH | Oral |
| Thinking about Death: Determinants, Process and Outcomes of Death Reflection | Sahana Nujella, Dr. Rituparna Chakraborty | Oral |
| Family and Self: Exploring Adult Indian Women's Experiences of Moving Back Home in the Covid-19 Pandemic | Shreya Sharma | Oral |
| Character strengths of new mothers | Dr. Vandana Singh | Oral |

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| Effect of Perceived Social Support on Impulsiveness And Fomo Among Goan Adolescents | Marathe Madhuri & More Sumedha | Oral |
| Mindfulness and Communication-based Self-efficacy | Dighreandr Singh | Oral |