

**Prof. Navin Kumar**

**Professor, Department of Psychology  
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**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 learning project 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.

## **Keynote address on:**

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

## **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.