

## **Prof. Chandel**

**Head- Department of Psychology in Central University of Haryana,  
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### **Bio**

Prof. Chandel is currently working as Head, Department of Psychology in Central University of Haryana, Mahendergarh, India. Along with more than one and a half decade of experience in teaching, she is researching in the area of Positive Psychology, Women Studies, Technology interventions, Mental Health, and Organizational Behavior, which made her shine not only as academician but as a researcher too. She has more than 50 publications in the form of articles in various international and national journals of repute and book chapters along with a book to her credit.

As an administrator, she is managing with the responsibilities of student centric positions like Provost Girls', NCC officer for Senior Wing at Central University of Haryana. During her journey of teaching and research she has been awarded with many awards like, 7th Dr. Sarojini Naidu International Award for Working Women 2023, International Women of the Year 2022 by Centre of Professional Advancement- a unit of IMRF Regd. With Govt. of India NITI Aayog NGO Darpan, Indo- pacific Best Teacher Award 2020 by REd Talks International and Best Researcher award twice (by CUH in 2021 and by International Multidisciplinary Research Foundation in 2016), to name the recent ones.

She has been invited by various National and International educational Universities like University of Sistan and Baluchestan, Iran, International Islamic University, Pakistan, Oxford University, IMRF World Research Congress, Sri Lanka; IIT Delhi, NFSU, BITS Pilani, Jai Narayan Vyas University, Mizoram University, Punjab University, University of Rajasthan and many more as a Resource Person to conduct or chair sessions.

Being an active member of various professional bodies like International Positive Psychological association (IPPA), National Positive Psychological Association (NPPA), American Psychological Association (APA), Indian Academy of Applied Psychology (AAP), etc. Professor Chandel also holds expertise in mental health counselling to help students and academicians to better cope with their life problems.

## **Keynote address on:**

### **Three Good Things: An application to improve Gratitude for Adolescents**

#### **Abstract**

Gratitude is the act of acknowledging the good things in our life and appreciating the role that others play in making those good things happen. Practicing gratitude is not difficult and can be done through various techniques such as Counting Blessings, Three Good Things, Mental Subtraction, Gratitude Letters, Gratitude Visits, Death Reflection, etc.

The present study investigated the efficacy of 4-week gratitude intervention (Three Good Things, TGT) to assimilate the state of being grateful among adolescents. TGT is a journaling exercise that aims to encourage you to see three good things more positively and express gratitude.

To achieve the objective of the study Pre-test and Post-test research design was made use of. Before implementing the intervention (Three Good Things, TGT), the scores on Gratitude Questionnaire (GQ-6), McCullough et al. (2002) were collected from 60 adolescents aged between (17-19) years. The intervention was conducted in three separate groups comprising 20 respondents each. After the implementation of the intervention, the scores on the same scale were again collected. To evaluate the difference in the gratitude, paired sample t-test was used. The findings of the study revealed a significant improvement in the level of gratitude for the sample under study.

The present study positively achieved the purpose of the study regarding the impact of gratitude intervention (Three Good Things, TGT) to induce grateful state among adolescents.

**Keywords:** *Three Good Things, Gratitude, Intervention, Gratefulness*