

Prof. Urmi Nanda Biswas
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Bio

Professor Urmi Nanda Biswas is an applied social psychologist focusing on health, gender, and workplace behaviour. She has over 27 years of postgraduate teaching and research experience. Before joining Ahmedabad University, Dr Biswas worked as a Professor and Head of the Department of Psychology at the Maharaja Sayajirao University of Baroda, Gujarat. She has been a Visiting Fellow at Roehampton University, London, and Gothenburg University, Sweden.

She has undertaken multiple international and national research projects around health issues among adolescent girls, reproductive health, female feticide, gender equality as an attractive value at the workplace, and agency among skilled women immigrants during CoVID-19. Several of her research projects involve positive psychological and behavioural interventions to improve the health and well-being among vulnerable population. The interventions are largely based on positive thought induction techniques including contemplative practices like mindfulness and yoga intervention. She has also examined the role of positive psychology in action in the context of job stress, team performance and work commitment in organizations. Professor Biswas is an editor of national and international psychology journals and is a reviewer for several international journals. She has more than 70 articles published in peer reviewed journals and two books published with Springer Nature and Concept publications.

Keynote address on:

Positive Psychology in Action for Ageing Care

Abstract

The presentation deliberates on various positive psychological approaches to healthy ageing and reports findings from two empirical research done on aged population (Seniors). The first study is a mixed method research on 456 institutionalized and home-based seniors from Mumbai and Pune, which explores the relationship of positive psychological attributes like mindfulness, generativity, resilience with wellbeing, and physical fitness. The second randomized research trial (RCT) study explores the effect of twelve sessions of chair yoga intervention on cognitive functioning, depression, anxiety, stress, and affect among 88 institutionalized seniors in Ahmedabad, Gujarat. The findings from the first study reports that mindfulness, resilience, and generativity in seniors significantly predicts their physical health as well as their subjective well-being. Spiritual engagement of seniors mediated the relationship between these constructs and wellbeing. Mindfulness also predicted lifestyle habits of seniors. Findings from the second research based on an independent sample t-test between the pre-post difference scores of the experimental and control group reported a significant difference. The experimental group reported better cognitive functioning, reduced stress, anxiety, and depression indicating better mental health, and improved physical functioning than the waitlisted control. These research signifies importance of positive psychological interventions and contemplative practices for healthy successful ageing.