

**FOURTH INTERNATIONAL CONFERENCE ON POSITIVE PSYCHOLOGY BY NPPA 2026 SCHEDULE**

**DAY 1 SLOT 1 (10TH APRIL, 2026)**

Time (IST)	SESSION 1 Sub-theme: Community Wellbeing and Sense of Belonging	SESSION 2 Sub-theme: Applied Positive Psychology	SESSION 3 Sub-theme: Holistic health and Positive psychology	SESSION 4 Sub-theme: Positive Psychology in indigenous knowledge systems	SESSION 5 Sub-theme: Miscellaneous
	<b>Chairperson: Prof. Parwinder Singh</b> Department of Humanities and Social Sciences, IIT Ropar, Ropar	<b>Chairperson: Prof. Snehlata Jaiswal</b> Sikkim University, Sikkim	<b>Chairperson: Prof. Ritu Sharma</b> Department of Psychology, Indira Gandhi National Open University, New Delhi	<b>Chairperson: Prof. Kritika Rastogi</b> Department of Psychology, NMIMS University, Mumbai	<b>Chairperson: Prof. Monika Misra</b> School of Social Sciences, Indira Gandhi National Open University, New Delhi
	Shared Pain, Shared Identity: How r/Parentification Builds Community Through Lived Experiences. <b>Shivani Keny.</b>	Emotional Intelligence, General Wellbeing, Acceptance And Action Among Young Adults: Correlation Study. <b>Kanika Sharma.</b>	Integrating Positive Psychology 2 to Promote Holistic Mental Health. <b>Subramanian Anathanarayanan.</b>	Bhakti and Flourishing: A Gitā-Informed Path to Transcendent Positive Psychology. <b>Sai Kiran Gannamraju &amp; Venkatesh H. Chembrolu.</b>	Childhood Trauma, Interoception and Negative Mood in Women with PCOS. <b>Kashvi Magan &amp; Dr. (Prof.) Ekta Bhambri Marwaha</b>
	Digital Safe Sanctuaries: Social Media Communities and Resilience among LGBTQIA+ Populations. <b>Raina Jain.</b>	A Quasi-Experimental Study on Self-Compassion Intervention for Reducing Internalized Shame and Emotion Dysregulation in Male Inpatient Treatment. <b>Hemamalini S</b>	A Holistic View of Psychological Vulnerability: Modeling the Overlap Between Social Anxiety and Disordered Eating Behaviors. <b>Dr. Koninika Mukherjee.</b>	Whose Wellbeing? Indigenous Wisdom and the Expanding Science of Positive Psychology. <b>Nandni Bharadwaj.</b>	Interpersonal Process and Dimensions Underlying Marital Quality: A Scoping Review. <b>Aseera Nizam P. M., Navneetha K. &amp; Dr. Padmakumari P.</b>
	Life Experiences and Negative Perception Role in Life Satisfaction in Today's Scenario. <b>Dr. Deepthi Balla.</b>	Meaning in Life in Relation to Empty Nest Syndrome Among Middle-Aged Mothers. <b>Leema Varghese &amp; Dr. Susan Varghese</b>	Quantifying Wellness: Hope-Optimism-Happiness Metrics for Holistic Interventions. <b>Pallavi GNT &amp; Jeopaul.</b>	'Rediscovering the Underrated and Untapped': Integrating Yoga and Meditation Practices for University Student Resilience. <b>Gayatri Kovvuri &amp; Dr. Garima Rajan.</b>	Anchors in Exile: Religious Commitment, Psychological Resilience, Sense of Belonging and Identity among Tibetans in Majnu Ka Tila, India. <b>Dr Kritika Rastogi, Ms Bhavya Mishra &amp; Ms Sairaksha Arun.</b>
<b>1:30-3:00 PM</b>	What Sustains a Satisfying Adult Life? Re-examining Family Support Through a Positive Psychology Lens. <b>Eisha Verma &amp; Dr. Monika Abrol.</b>	Effectiveness of a Positive Psychology Intervention on Distress and Psychological Well-Being Among Adolescent Girls with Premenstrual Syndrome Symptoms: A Pilot Study. <b>Keziah Mary Sam &amp; Dr. Hemanthakumara V</b>	Beyond Community-Based Rehabilitation: Rethinking Mental Health Promotion through Strengths, Agency, and Collective Wellbeing. <b>Alma Ali, Gyanshikha Hazarika &amp; Surbhi Kumar.</b>	Nuakhai and Psychological Well-Being: A Survey-Based Study from Western Odisha. <b>Dr. Monalisa Dash.</b>	Role of stoicism ideology and decentering in flourishing among university students. <b>Bushra Samreen and Prof. Asma Parveen</b>
	Urban Food Culture in Culinary Third Places and Perception of Belonging: A Systematic Review. <b>Prutha Honrao.</b>	Exploring the Relationship between Happiness and Desires. <b>Prachi Sood &amp; Kriti Vyas</b>	Expressed Emotions, Self-Regulatory Fatigue, and Health Behaviors in Oral Cancer Patients: A Comprehensive Review. <b>Ramsha Aijaz</b>	Positive Psychology through an Indian Lens: Exploring the Concept of Mindfulness in the Bhagavad Gita. <b>Aanya, Prof. Dr. Pooja V. Anand &amp; Dr. Harsha Kuriakose</b>	Dark triad and well-being in young adults, mediating role of egocentrism. <b>Sanjana Patel, Dr. Krishna Kumar Mishra</b>
		Making, Resilience, and Post-Traumatic Growth in Trauma Survivors. <b>Charu Lavania</b>	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. <b>Urvi Jain, Prof. Pooja V. Anand &amp; Dr. Radhika Khurana</b>	Narrative Thematic Review of Psychology Assessment Scales in India. <b>Aastha Prabhakar, Aradhya Himmatramka, Sharayu Ganesh Khangar &amp; Vaidehi Agrawal.</b>	Self-Regulation, Health Behaviours and Psychological Well-Being in Young Adults: An Interdisciplinary Perspective. <b>Simran Dhankar</b>

**Note: PRESENTERS ARE MARKED IN BOLD**

DAY 1 SLOT 2 (10TH APRIL, 2026)

Time (IST)	SESSION 6 Sub-theme: Applied Positive Psychology	SESSION 7 Sub-theme: Emerging Trends in Positive Psychology	SESSION 8 Sub-theme: Positive Psychology in indigenous knowledge systems	SESSION 9 Sub-theme: Positive Youth Development	SESSION 10 Sub-theme: Miscellaneous
	<b>Chairperson: Prof. Keerti Shukla</b> BML Munjal University Gurugram	<b>Chairperson: Prof. Naved Iqbal</b> Department of Psychology Jamia Millia Islamia New Delhi	<b>Chairperson: Prof. Deepti Hooda</b> Department of Psychology Maharshi Dayanand University, Rohtak	<b>Chairperson: Dr. Rajinder Kaur sokhi</b> Defence Research and Development Organisation (DRDO), Delhi	<b>Chairperson: Prof. Shikha Soni</b> Chanakya University, Bengaluru
3:15-4:45 PM	The Development of Gratitude and Parental Scaffolding During Childhood: A Narrative Review. <b>Elizabeth Jaimon &amp; Dr. Aiswarya VADERIYATTIL Rajan.</b>	Linking Nostalgia and Subjective Well-Being: The Mediating Role of Attachment Dimensions. <b>Snigdha Sarkar, Surabhi Kashyap, Vibeli Achumi &amp; Dr. Pushpita Behera</b>	Mapping Psychological Flow and Rasa: An Integrative Perspective on Artistic Experience in the Indian Context. <b>Aswathi Prasad &amp; Dr. Susan Varghese.</b>	Understanding Romantic Bonds among Emerging Adults: Role of Parental Attachment and Psychological Entitlement. <b>Bhavneet Kaur &amp; Dr. Kriti Vyas.</b>	Perceived Parenting and Functionality Appreciation: A Correlational Study. <b>Aishwarya Srivastava, Dr. Suruchi Bhatia &amp; Dr. Virendra Pratap Yadav.</b>
	From Awareness to Well-Being in the Digital Age: Emotion Regulation Links Between Mindfulness and Internet Use. <b>Gauri Nagyal.</b>	From Flexibility to Fulfilment: Exploring the Mediating Role of Autotelic Personality between Cognitive Flexibility and Self-Actualisation. <b>Mehar Gulati &amp; Dr. Amanpreet Kaur.</b>	Cultural Dynamics of Positive Parenting: An Indian Perspective. <b>Chhavi Jain &amp; Dr. Shefali Mishra.</b>	Attachment Styles, Perfectionism, and Psychological Well-Being among Indian College Students: A Predictive Study. <b>Simarjeet Kaur Aji &amp; Dr. Shweta Chaudhary.</b>	Exploring the Role of Emotional and Spiritual Intelligence as Coping Styles in the Adjustment of Non-Delhi Freshers. <b>Shashi Prabha &amp; Suparna Jain Thakur.</b>
	Interpersonal Shaping of Complex Emotions. <b>Mehwish Sandhu &amp; Dr. Kriti Vyas.</b>	Using Participatory Research Method in Studying Resilience and Mental Illness: Challenges and Strengths. <b>Chandana S.</b>	Beyond Static Traits: A Conceptual Proposal for Integrating Triguna Theory into Positive Psychology Assessments. <b>Meswa Sukhadiya.</b>	Effect of Zest, Self-Regulation, and Socio-Demographic Variables on Mental Health of College Students. <b>Garima Shrivastava &amp; Dr. Anindita Ghosh.</b>	The Role of Alexithymia in the Relationship between Childhood Trauma and Neuroticism. <b>Surbhi Prajapati &amp; Ms. Soni Jaiswal.</b>
	Positive Psychology Interventions Targeting Smoking-Related Cognitions: A Scoping Review. <b>Dr. Monica Daniel.</b>		Satvavajaya Chikitsa through the Lens of Positive Psychology: An Overview. <b>Deepti Raj, Dr. Purnima S. Awasthi &amp; Dr. Ajai Kumar Pandey.</b>	The Mediating Role of Emotion Regulation in the Relationship Between Existential Gratitude and Savoring Among Emerging Adults. <b>Dr. Anjo George &amp; Dr. Mamatha K.</b>	Art, Emotion and the Science of Flourishing: An Experiential Inquiry. <b>Amirdha G.</b>
	Building Character and Compassion: The Role of Social-Emotional Learning in Moral Development among Children of Migrant Workers. <b>B Vidya.</b>		From Loss to Continuity: Indigenous Pathways of Grief and Resilience in the Ahom Community of Assam. <b>Tanusri Joshi &amp; Dr. Shefali Mishra.</b>	The Mediating Role of Self-Compassion in the Relationship between Stress and Academic Self-Efficacy. <b>Ekta Chopra, Pushpita Behera &amp; Pooja Swami Sahni</b>	Midlife Transition: Examining the Value of Flow, Passion, Self-Authenticity, and Perceived Social Support in Meaning in Life. <b>Purwai Pravah, Aanchal Maheshwari, Megha Bhansali, Tiya Thakur, Varisha Shoeb &amp; Jyoti Dahiya</b>
	Effect of a 25-Day Positive Psychology-Based Online Intervention on Perceived Stress, Self-Criticism, and Hope among Young Adults: A Quasi-Experimental Study. <b>Riddhi Acharya &amp; Dr. Saloni Sharma.</b>			Strengthening At-Risk Youth: The Triple Impact of Positive Psychology on Mental Health, Self-Efficacy, and Emotional Regulation in Schools. <b>Dr. Hemanthakumara V.</b>	Gratitude Audio Journaling as a Positive Psychology Intervention for Pain Catastrophizing and Insomnia among Menopausal Women: A Randomized Controlled Trial. <b>Dr. Sudha. R</b>
					Motivational Climate and Individuality among NCC Cadets: Examining Self-Construct in a Structured Youth Training Environment <b>Ankita Sharma &amp; Ms. Soni Jaiswal</b>

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**DAY 2 SLOT 1 (11TH APRIL, 2026)**

Time (IST)	SESSION 11 Sub-theme: Applied Positive Psychology	SESSION 12 Sub-theme: Strengths-based Approaches to Education; Systemic approaches to societal wellbeing	SESSION 13 Sub-theme: Technology & Innovation in Positive Psychology	SESSION 14 Sub-theme: Positive Youth Development	SESSION 15 Sub-theme: Strengths-based Approaches to Education
11:00 -12:30 PM	<p align="center"><b>Chairperson: Prof. NovRattan Sharma</b> Formerly Professor M. D. University, Rohtak, Haryana</p>	<p align="center"><b>Chairperson: Prof. Dinesh Chhabra</b> Department of Psychology, University of Delhi, Delhi</p>	<p align="center"><b>Chairperson: Prof. Swati Patra</b> School of Social Sciences, Indira Gandhi National Open University New Delhi</p>	<p align="center"><b>Chairperson: Flt Lt (Prof.) Prerna Puri</b> Department of Psychology University of Rajasthan, Jaipur</p>	<p align="center"><b>Chairperson: Prof. Yogesh Deshpande</b> Department of HSS, VNIT, Nagpur</p>
	Cultivating Psychological Strengths to Mitigate Rejection Sensitivity. <b>Sonam Chandhok &amp; Dr. Suruchi Bhatia.</b>	Strength Awareness as a Psychological Resource for Academic Well-Being in Higher Education. <b>Elina Jain.</b>	Self-Efficacy and Generative AI: A Relational Study. <b>Ambica Nagpal, Dr. Suruchi Bhatia &amp; Dr. Houshou Suzen.</b>	Parental Expectation and Imposter Syndrome in Youth: Understanding the Mediating Effects of Parental Bonding. <b>Samia Naved.</b>	Fostering Emotional Intelligence and Resilience in Adolescents with Incarcerated Parents through an SEL Intervention. <b>Purwai Pravah &amp; Viju P. D.</b>
	The Mediating Role of Cognitive Resilience in the Relationship Between Existential Gratitude and Psychological Inflexibility Among Emerging Adults. <b>Maria S Mathai &amp; Dr. Anjo George.</b>	Nurturing Children's Well-Being through Strength-Based Bibliotherapy Interventions. <b>Dr. Syama S., Dr. Carmel Proctor &amp; Dr. Aneesh Kumar.</b>	Digital Micro-Interventions for Young Adults: A Practice-Based Positive Psychology Model. <b>Manrehet Kaur</b>	Testing the Effects of Daily Gratitude Journaling on the Subjective Well-Being and Anxiety in Indian Adolescents. <b>Wafiyah Karamath Basha, Dr. Bharti Pathania &amp; Ms. Aastha Govind Shirodker.</b>	The Broaden-and-Build Theory in Education: Positive Emotions as a Correlate of School Engagement in Adolescents. <b>Fathima Nasmia, Anna S. Biju, Ajla V. Abubacker &amp; Dr. Seena M. Mathai.</b>
	Parental Stress and Resilience among Mothers of Neurotypical and Neurodivergent Children: A Quantitative Study. <b>Manasvi Goel, Dr. Suruchi Bhatia &amp; Dr. Houshou Suzen</b>	A Study on Self-Regulation and Well-Being among First-Year Migrant Students using a Strengths-Based Intervention. <b>Rishika Mishra &amp; Dr. Rashi Sharma.</b>	From Notifications to Flourishing: Self-Control as a Strength Against Digital Procrastination in University Students. <b>Sailaja S., Dr. Geeta, Sarada S. J. &amp; Dr. K. Lakshminarayana.</b>	Beyond the Screen: A Qualitative Study of Hope and Mental Health Resilience among Generation Z. <b>Kritika Chauhan &amp; Shruti Sehrawat.</b>	Unlock Your Potential: Grit and Growth Mindset as Predictors of Academic Success. <b>Ms. Tamanna Rathore &amp; Dr. Garima Rajan.</b>
	First Aid Kit for Mental Health: An Emerging Need. <b>Bidita Das.</b>	Academic Shame and Psychological Well-Being among University Students: The Mediating Role of Academic Self-Worth Contingency and the Moderating Role of Self-Compassion. <b>Ashi Tripathi &amp; Dr. Palak Kanwar.</b>	Navigating Careers in the Digital Age: The Role of Autonomy and Generative AI Dependency in Career Decision-Making Attribution among College Students. <b>Shruti Sharma &amp; Dr. Suruchi Bhatia.</b>	Grit, Belief and Becoming: Profiling Motivational Mindsets of Indian Youth Navigating Career Decisions. <b>Dr. Surbhi Singhal, Ms. Zoya Khan &amp; Ms. Ojas.</b>	An Analysis on Collaborative Storytelling as an Intervention to Increase Empathy. <b>Yashika Agarwal &amp; Dr. Vandana Singh.</b>
	Exploring the Relationship Between Self-Compassion & Human Flourishing: A Conceptual Perspective. <b>Priyampa Baruah.</b>	Positive Evaluation Anxiety among University Students: Role of Self-Compassion and Self-Construct. <b>Garima Behura &amp; Dr. Neera Pant.</b>	Lived Experiences of Instant Delivery and Impulse Buying: The Co-Constructed Role of Social Media. <b>YS Brundavani &amp; Prof. (Dr.) Rita Kumar</b>	Mindfulness-Based Intervention for Addressing Emotion Regulation in Adolescents. <b>Varsha Kriplani &amp; Dr. Laxmi Narayan Rathore.</b>	Growth Mindset and Academic Resilience in University Students: An Intervention-Based Study. <b>Dr. Ruby Gupta &amp; Dushar Bishnoi.</b>
	Shaping Self-Compassion: Interplay of Perceived Parenting and Emotional Competence among Young Adults. <b>Tanya Singh &amp; Dr. Anamika Rai.</b>	Effects of Increased Streaming-Based Crime Drama Consumption on Social Well-Being and Legal Cynicism among the National Capital Region. <b>Arnav Verma, Saloni Singh &amp; Dr. Neeraj Pamwar.</b>			Perceived Stress and Binge-Watching among Medical Students in Bangalore. <b>Rosemol Thamby &amp; Dr. Shreelakshmi P.</b>
	Breaking Up, Making Up: Why Some Relationships Never End. <b>Zena Macwan, Jasleen Kaur &amp; Dr. Swati Pathak.</b>				Locus of Control as an Antecedent of Grit among Competitive Examination Aspirants: Examining the Moderating Role of Gender. <b>Pramjeet Singh &amp; Dr. Payal Kanwar Chandel.</b>

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**DAY 2 SLOT 2 (11TH APRIL, 2026)**

Time (IST)	SESSION 16 Sub-theme: Positive Psychology as a Tool for Social Change	SESSION 17 Sub-theme: Wellness and Wellbeing in old age	SESSION 18 Sub-theme: Spiritual Growth and Mental Health	SESSION 19 Sub-theme: Positive Psychology & Creative Expression	SESSION 20 Sub-theme: Work, Organizations and Leadership
	<p align="center"><b>Chairperson: Prof. Debjani Mukherjee</b> Department of Psychology St. Thomas College, Bhilai</p>	<p align="center"><b>Chairperson: Prof. Jyoti Singh</b> Department of Psychology, University of Rajasthan, Jaipur</p>	<p align="center"><b>Chairperson: Prof. Chandrani Sen</b> Department of Psychology Rajasthan University, Jaipur</p>	<p align="center"><b>Chairperson: Prof. Rohtash Singh</b> Department of Psychology, Kurukshetra University, Kurukshetra</p>	<p align="center"><b>Chairperson: Prof. Payal Kanwar Chandel</b> Department of Psychology, Central University Haryana, Mahendragarh</p>
2:30-4:00 PM	Examining the Relationship between Psychological Well-Being, Meaning in Life, and Social Engagement. <b>Laiba Wahid Khan &amp; Prof. Asma P. Iftekhhar.</b>	Psychological Well-Being Among Older Women in the Empty Nest Phase. <b>Leema Varghese &amp; Dr. Susan Varghese.</b>	The Impact of Music and Spiritual Well-Being on Resilience among Adolescents in North-East. <b>Monalisa Maibam &amp; Dr. Manjusha Deka Saikia.</b>	Humour Styles Used among Gen Z and Millennials: A Comparative Study. <b>Tanu Shree Sharma &amp; Dr. Priyanka Agarwal</b>	Examining Life Satisfaction among Indian Aviation Employees: The Role of Job Satisfaction and Family Relationships. <b>Suhanee Handa &amp; Dr. Shilpa Borehalli Mayegowda.</b>
	Affective Pathways to Solidarity: A Multimodal Analysis of Kama Muta in Anti-Caste Cinema. <b>Kasthoori Anil Kumar &amp; Leemamol Mathew.</b>	Development of Wellbeing-Related Self-Help Messages for Older Adults as Part of a Multi-Component Intergenerational Program: Promoting Wellbeing in Old Age. <b>Upama Pal, Dr. Seema Mehrotra, Dr. P. T. Sivakumar &amp; Dr. Ravikesh Tripathi.</b>	Spiritual Intelligence and Self-Critical Rumination among Adults. <b>Maria Nikitha Benoy &amp; Aleesha Moideen.</b>	Identity Construction in Musicians: A Qualitative Inquiry through the Lens of Identity Process Theory. <b>Dr. Vrushali Pathak.</b>	Identity, Well-being, and Belonging in Indian Women's Post-Maternity Professional Re-entry: An Interpretative Phenomenological Analysis. <b>Dr. Drishti Kashyap.</b>
	Strengths in Adversity: Social Support, Hope and Resilience as Psychological Resources for Well-Being of Female Domestic Help Workers.. <b>Himakshi Sharma, Dr. Saroj Bala &amp; Dr. Harinder M. Sandhu.</b>	Cultivating Meaningful Aging: The Impact of a Multicomponent Positive Psychology Intervention on Quality of Life, Satisfaction with Life and Geriatric Depression. <b>Mahika Gupta &amp; Kirti Bhushan.</b>	Relationship between Religious Commitment, Positive and Negative Thought Patterns and Decision Making in Life. <b>Chhavi Kohli &amp; Dr. Rakhi Singh</b>	Performing Rituals, Creative Expression and Women's Well-being: A Case Study from Haryana. <b>Dr. Suman Sigroha &amp; Muskan Dhandhi.</b>	Happiness and Employment Status: A Comparative Analysis among Working and Non-Working Women. <b>Saswati Pragnya Sahoo &amp; Dr. Subhasmita Panda</b>
	Staying Present in a Digital World: Mindfulness and Youth Vulnerability to Online Manipulation. <b>Arti Kaushik &amp; Prof. Ritu Sharma.</b>	From Thoughts to Emotions: Metacognitive Pathways Linking Mindfulness and Mental Health. <b>Dr. Niti Upadhyay &amp; Dr. Anika Yadav.</b>	Spiritual Tourism and Well-Being: Lived Experiences of Travellers and Host Communities in India. <b>Dr. Raina Chhajer, Sindhura &amp; Upendra.</b>	The Tortured Artists Department: Studying the Link between Art and Mental Health. <b>Kashish Khurana.</b>	Crafting Happiness at Work through Buddhist Perspectives: Toward an Integrated Conceptual Framework. <b>Sangeeta Bisht, Prof. T. Vijaya Kumar &amp; Dr. Shikha N. Khera</b>
	Social Ties and Transitioning Veterans: Understanding the Impact on Mental Health and Identity Reformation. <b>Dr. Aditi Sharma &amp; Dr. Dilwar Hussain.</b>		Toward Transcendent Mastery: Siddhi as a Positive Psychology Framework for Inner Control and Well-Being. <b>Manisha Banjare &amp; Dr. Piyush Deurkar</b>		Psychometric Validation of Interpersonal Mindfulness Scale in Indian Context. <b>Dr. Akash Dubey &amp; Dr. T. Suchitra.</b>
	Digital Positive Interventions for Social Change: Gamification of Well-Being to Foster Prosocial Behaviour. <b>Hansika Disawala, Dr. Simarjeet Makkar, Dr. Rabindra Henry &amp; Dr. Jaimine Vaishnav</b>				Towards a Collaborative Front Against Chronic Work Pressure: Bridging the Gap Between Employers' Expectations and Employees' Well-Being. <b>Sai Abhijeet Roopesh Ratnaparke</b>

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