


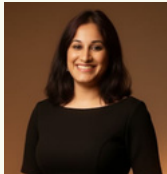




Bulletin of National Academy of Psychology (NAOP) INDIA

*“Psychology and Uncertainty:
Living, Choosing, and Coping in
Turbulent Times.”*

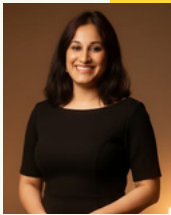
2026-2027
Vol. VII, No. I
(March-April)



Editorial Board Members

Dr. Tushar Singh	Bulletin Advisor	
Dr. Shalini Mittal	Bulletin Editor	
Dr. Bhawna Tushir	Bulletin Editor	
Dr. Ravi Pratap Pandey	Bulletin Editor	
Sakshi Mathur	Editorial assistant	
Mimansa Purohit	Editorial assistant	
Adarsh Nim	Bulletin designer	
Akansha Rajkhowa	Bulletin designer	

Message from the Editorial Team



Dear Readers,

We are pleased to present this issue of the NAOP Bulletin on the theme “Psychology and Uncertainty: Living, Choosing, and Coping in Turbulent Times.” Emerging from our editorial reflections, this theme recognizes uncertainty as a defining feature of contemporary life, shaping how we think, feel, and make decisions.

This issue engages with a central question: how does psychology respond when unpredictability becomes the norm? Drawing on its insights into cognition, emotion, and behavior, psychology offers frameworks to understand how individuals and communities cope, adapt, and find meaning under uncertain conditions.

The contributions in this bulletin highlight diverse experiences of uncertainty, exploring both its challenges and its potential to foster resilience, flexibility, and transformation. We hope this issue encourages deeper engagement and continued dialogue within the academic community.

We thank all contributors and readers for sustaining the spirit of NAOP, and hope this issue inspires thoughtful inquiry in navigating an uncertain world.

Prof. Tushar Singh, Professor, Banaras Hindu University, Varanasi

Dr. Shalini Mittal, Associate Professor, Bennett University

Dr. Bhawna Tushir, Assistant Professor, Christ (Deemed to be) University

Dr. Ravi Pratap Pandey, Associate Professor, Central University of Haryana

Sakshi Mathur and **Mimansa Purohit** (*Editorial Assistants*)

Adarsh Nim and **Akansha Rajkhowa** (*Bulletin Designers*)

A word from the NAOP's President, Prof. Tushar Singh



Dear Readers,

It is a pleasure to share the new volume of the NAOP Bulletin with you. With its successful revival, it is encouraging to see the Bulletin reclaim its role as a forum for dialogue, reflection, and engagement within the psychological community.

Over the past year, NAOP has continued to build momentum through its academic initiatives. In this renewed phase, the Bulletin serves not only as an update platform but also reflects the diversity and evolving directions of psychology in India. It is particularly encouraging to see growing participation from members across regions and career stages.

I extend my appreciation to Dr. Shalini Mittal and the editorial team for their efforts in strengthening the Bulletin and shaping it into a meaningful academic resource.

I would also like to highlight the upcoming 35th NAOP Annual Convention at IIM Shillong from April 29 to May 1, 2026, which promises to be a significant space for intellectual exchange and collaboration. In addition to a rich and vibrant conference schedule, NAOP is also organizing a Pre-Conference Symposium titled “NAOP’s Mission: Reflecting on the Past toward Formulating Future Action Plan” on April 28, 2026, with support from Dr. Kumar Ravi Priya (next President), Prof. Sonali De (President Elect) and senior members, focusing on reviewing NAOP’s trajectory and shaping its future direction.

As NAOP moves forward, our focus remains on strengthening academic engagement, supporting emerging scholars, and building institutional connections. The success of these efforts depends on your active participation. I invite you to engage with NAOP’s activities and share your suggestions at president@naopindia.org.

A word from the NAOP's President (Elect), Prof. Kumar Ravi Priya



It is heartening to observe that research in psychology is becoming more inclusive of justice-centred perspectives, such as decolonial and critical theory paradigms, besides fostering the traditional approaches. It is this inclusivity that may facilitate cultural and justice-based healing processes among some of the most marginalised populations in India and the world.

The decolonial paradigm has a meaningful scope, particularly in the Global South (erstwhile colonised nations located to the south of the colonisers), nations that have been adversely affected by the neoliberal economic policies that provide tax waivers to the multi-national companies at the cost of reduction in the social service sector (health, mental health, education, elderly care, etc.). Resultantly, the well-being and mental health of the minoritised groups (facing the brunt of social hierarchies of class, race, ethnicity, religion, gender, etc.) are often constrained. How the Global South, as a set of nations, may address these issues of well-being and mental health in the neoliberal era can be a major area of study of cultures and communities.

Psychology across the globe may endorse and contribute to the ways justice-based healing may be fostered in such settings in neoliberal times.



NAOP's Mission



- To promote the quality of teaching and research training in psychology, and to foster initiatives for the growth of psychology as both a science and a profession.
- To arrange for the publication of one or more journals that publish psychological research conducted both in India and abroad, while maintaining standards comparable to prestigious international psychology journals.
- To encourage regional and national meetings of actively engaged psychologists in order to promote critical discussions on psychological issues of local and national significance.
- To establish and maintain liaison with state and central governments, industrial organizations, and other institutions and departments, with the aim of enhancing employment and service opportunities for psychologists and engaging actively in the applied aspects of psychology.
- To endeavor to establish a National Council of Psychological Research and Training to promote the growth of psychology and safeguard its interests in India.
- To establish and maintain liaison and cooperation with national and international associations on matters of academic and professional relevance.
- To identify and honor psychologists for their outstanding contributions to psychological research and professional practice, and to invite them to serve as Fellows of the Academy.
- To uphold and promote high ethical standards in teaching, research, and professional service.
- To carry out such other functions as may be deemed necessary from time to time by the members of the Academy.

Meet NAOP's Executive Committee

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Meet NAOP's Executive Committee

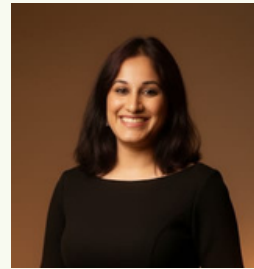
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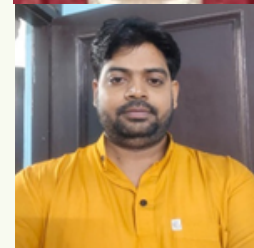
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NAOP- 2026 Election Results



The National Academy of Psychology (NAOP) is pleased to announce the results of the NAOP Elections–2026. The following members have been elected unopposed:

Dr. Sonali De (President Elect)		Mr. Ashok Kumar Patel (Executive Council Member)	
Dr. Mahesh Kumar Maurya (Executive Council Member)		Dr. Ravi Pratap Pandey (Executive Council Member)	

These appointments will come into effect from 29th April 2026.

On behalf of NAOP, we extend a warm welcome and heartfelt congratulations to the newly elected members. Their unopposed election is a reflection of the confidence and trust reposed in them by the community, as well as their sustained commitment to the growth and advancement of psychological science.

We look forward to their leadership and contributions in further strengthening NAOP's initiatives across research, practice, and policy engagement. We are confident that their vision and dedication will play a significant role in shaping the future direction of the Academy.

We wish them a successful and impactful tenure.

Condolence Note

National Academy of Psychology (NAOP) expresses its deep sorrow at the passing of Professor Nachiketa Tripathi, former President of NAOP and a distinguished scholar of social and organizational psychology.

Prof. Tripathi served as a Professor in the Department of Humanities and Social Sciences at the Indian Institute of Technology Guwahati, where he had been associated with the institute since 1998. He received his Ph.D. in Social Psychology from the Indian Institute of Technology Kanpur and devoted nearly three decades to teaching, research, and mentoring students in the fields of organizational behaviour, human resource management, and social psychology.

Widely respected for his academic leadership and scholarship, Prof. Tripathi also served on the editorial boards of several journals and contributed extensively to international research in psychology and management. His election as President of NAOP reflected the high regard in which he was held within the Indian psychological community.

His passing is a great loss to the field of psychology. The department extends heartfelt condolences to his family, colleagues, and students. His contributions to teaching, research, and the development of psychology in India will be remembered with deep respect.



**FORMER PRESIDENT
LATE PROF. NACHIKETA TRIPATHI
INDIAN INSTITUTE OF TECHNOLOGY GUWAHATI, GUWAHATI, ASSAM**

Living with Ecological Uncertainty: Resilience, Grief, and Collective Adaptation



Dr. Paramita Datta

Assistant Professor,
Sri Ramachandra Institute of Higher
Education and Research (DU), Chennai.

Human psychological functioning depends on assumptions of stability, continuity, and predictability. Climate change disrupts these foundations, introducing a form of prolonged and systemic uncertainty that affects how individuals perceive risk, construct identity, and make long-term decisions. Unlike acute crises, it is gradual, uneven, and difficult to control, requiring individuals to function in conditions where the future remains probabilistic rather than certain.

This sustained uncertainty gives rise to climate anxiety, an anticipatory response to possible futures and ecological grief, which emerges from ongoing environmental loss. Such grief is often ambiguous and collective, tied not only to physical changes but also to disruptions in memory, culture, and identity.

These responses are not irrational; they reflect the emotional burden of living with continuous, low-grade threat and limited perceived control.

To cope, individuals may rely on defensive strategies such as denial, polarization, or emotional numbing, which help regulate distress but can also limit engagement. At the same time, uncertainty can foster resilience when individuals engage in meaning making, collective action, and value driven behavior. A sense of agency especially when supported by community reduces helplessness and enables adaptive responses.

Cultural frameworks further shape how ecological uncertainty is interpreted, with some traditions emphasizing interdependence and long-term continuity. In clinical and educational contexts, the focus should be on validating these emotional responses, strengthening tolerance for ambiguity, and encouraging constructive, collective engagement.

Overall, climate-related distress reflects not pathology but moral awareness and relational depth. Navigating such uncertainty requires psychological flexibility, shared responsibility, and the capacity to act meaningfully without guarantees.

Environmental Trauma in Uttarakhand: Living and Coping in an Age of Uncertainty



Dr. Shalini Mittal

Associate Professor,
Bennett University, Uttar Pradesh

The increasing frequency of environmental disasters has expanded the understanding of trauma beyond individual experiences to include collective and ecological disruptions. Environmental trauma refers to the psychological distress caused by climate disasters, environmental degradation, and the loss of ecological and cultural landscapes. In regions like Uttarakhand, this form of trauma is not abstract but lived, repeated, and embedded in everyday life.

Uttarakhand, an ecologically fragile region, is highly vulnerable to floods, landslides, and glacial bursts. Disasters such as the Kedarnath floods (2013) and the Chamoli disaster (2021) have left lasting psychological impacts on communities. These are not isolated events but part of an ongoing pattern of ecological instability that shapes how individuals perceive safety, belonging, and the future.

Importantly, the trauma is intensified by social and political factors such as unequal resource access, inadequate disaster preparedness, and unsustainable development practices like deforestation and hydropower expansion.

Living in such conditions creates a persistent state of uncertainty, where individuals must make life decisions without clear predictability. While this can lead to distress and helplessness, communities in Uttarakhand also demonstrate resilience through collective coping, social support, and culturally rooted practices that provide meaning and continuity.

However, addressing environmental trauma requires moving beyond individual-focused approaches toward trauma-informed, community-based frameworks that integrate ecological realities. Interdisciplinary collaboration is essential to respond effectively to the intersection of environmental and psychological challenges.

Overall, Uttarakhand illustrates that climate change is not only an environmental crisis but also a psychological one, demanding a broader understanding of trauma, resilience, and coping in increasingly uncertain times.

Psychology and Uncertainty - Living, Choosing and Coping in turbulent times



Namita Narula

Research Scholar

Department of Psychology

Banaras Hindu University

I was a little apprehensive about booking tickets and making plans for some upcoming events when the whole world is in chaos. My mind started making possible scenarios: what if the political climate shifts? What if I lose all the money? What if things get worse from now on? We all went through a very similar thought process a few years ago when the situation was worse because of COVID-19. Entire life plans, relationships and careers were at a complete pause by a future no one could predict. These crises increase the uncertainty and seep into even the smallest decisions of our lives.

The human brain at its core, works like a prediction machine; it constantly builds models and hypotheses based on current knowledge and releases small rewards when the prediction is true. Uncertainty disrupts this model, and the brain registers it as danger, activating the brain's alarm system, the amygdala.

There is no single solution, but research offers direction. Focusing on what we can control reduces helplessness. Distress tolerance—the ability to endure discomfort without immediate resolution—is equally important. Creating structure through routines, meals, and social connection provides stability when the external world feels uncertain. Such rhythms act as buffers against existential anxiety and build resilience.

Viktor Frankl argued that even in extreme conditions, meaning can sustain us. Reflecting on why our choices matter can help anchor us. Supporting this, research by Eisenbeck et al. (2021) found that meaning-centered coping during COVID-19 was linked to lower stress, anxiety, and depression across a large global sample.

A note on being kind to yourself

Distress in such times is a natural human response, not a personal failure. Our minds are wired for immediate threats, not prolonged global uncertainty. If you feel anxious or stuck, respond with self-compassion. The goal is not to eliminate anxiety, but to acknowledge it and still choose how to act.

Living with “Uncertainties”: Voices from Women Behind Bars



Sakshi Mathur

Research Scholar
School of Liberal Arts
Bennett University

Uncertainty is often framed as a psychological state to be managed. However, in some lives, it is not episodic but enduring, structural, and embodied. In my doctoral research with women prisoners, I conceptualize this as “uncertainties” - a persistent lived condition shaping thought, emotion, relationships, and identity.

For incarcerated women, uncertainty operates at multiple levels. The most immediate is the uncertainty of time, marked by indefinite waiting for legal outcomes or release. Time is not linear but suspended and unpredictable. Closely linked is the uncertainty of relationships. Mothers expressed deep anxiety about their children, fearing emotional distance or broken bonds, where uncertainty reflects not just absence but fragile connection.

There is also uncertainty of identity. Many women feel caught between roles:

mother, prisoner, accused, without clarity about who they are within or beyond incarceration. Stigma further complicates their ability to imagine the future.

Yet uncertainty does not only produce distress; it also enables adaptive meaning-making. Women rely on faith, routine, and hope, particularly the hope of reunion with their children. These are not simple coping strategies but forms of psychological survival in constrained conditions.

Framing their experiences solely as resilience risks romanticizing suffering, while focusing only on systemic critique overlooks their everyday psychological labour. “Uncertainty” thus becomes a lens to understand how uncertainty is lived and negotiated, calling for a psychology that is both empathetic and contextually grounded.

Engaging with such realities requires expanding our frameworks, situating distress within socio-legal contexts, and recognizing that coping is often inseparable from endurance. In these narratives, uncertainty is not abstract but lived, intimate, and unresolved—prompting psychology to not only address it, but question its persistence.

Researcher Spotlight

Late Prof. Durganand Sinha



As part of our efforts to highlight foundational thinkers in Indian psychology, we **introduce a new feature - *Researcher Spotlight***. This section revisits the work of eminent scholars whose ideas continue to shape contemporary psychological thought and will be a recurring segment in future issues.

In this issue on Psychology and Uncertainty: Living, Choosing, and Coping in Turbulent Times, we spotlight Durganand Sinha, whose work offers valuable insights into navigating uncertainty within complex social contexts.

What stands out on revisiting Prof. Sinha's work, particularly his writings on the social psychology of deprivation and poverty, is his refusal to treat uncertainty as merely an internal psychological state. In his analyses of disadvantaged groups, he repeatedly shows how uncertainty is produced through unstable socio-economic conditions, rather than simply experienced at the individual level. In one of his widely cited discussions on deprivation, Prof. Sinha draws attention to how individuals living under conditions of chronic scarcity do not necessarily become passive or disengaged, as some deficit-based models might suggest. Instead, they develop contextually adaptive strategies, short-term planning, flexible decision-making, and a heightened sensitivity to environmental cues. Reading this today, it resonates strongly with what we might describe as living with uncertainty as a constant, rather than an exception.

In the context of this issue, revisiting Professor Sinha's scholarship invites us to move beyond individualistic framings of coping. It encourages a more grounded understanding, one that recognizes how people continuously negotiate uncertainty through social relationships, cultural resources, and adaptive practices shaped by constraint. His work remains a reminder that psychology, if it is to be meaningful, must stay attentive to the realities in which uncertainty is not temporary, but enduring.

Your Voices, Your Perspectives



Psychology and Uncertainty: Living, Choosing, and Coping in Turbulent Times

As part of this issue, we introduce a **new section** dedicated to dialogue, reflection, and critical engagement within the discipline. *Contours of Uncertainty* seeks to create a space where diverse perspectives can come together to examine pressing psychological questions. We invite our readers to not only engage with these ideas but to actively contribute to this ongoing conversation in future issues.

Debate Proposition

Should psychology focus on helping individuals adapt to uncertainty, or on transforming the conditions that create it?

Position 1: Adaptation First

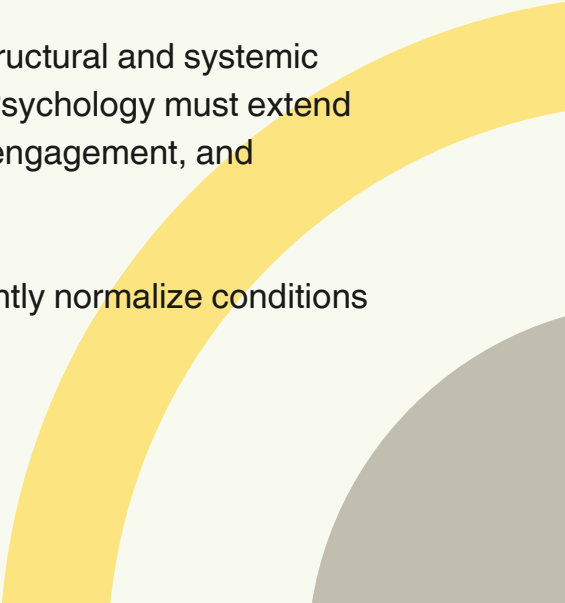
In an increasingly unpredictable world, uncertainty is inevitable. Psychology, therefore, must prioritize strengthening the individual, building resilience, emotional regulation, and tolerance for ambiguity. These internal resources enable people to function, make decisions, and cope effectively, even when external conditions remain beyond their control.

Without a foundation of psychological stability, the capacity for meaningful action may itself be compromised.

Position 2: Transformation Matters

An exclusive focus on adaptation risks overlooking the structural and systemic roots of uncertainty, inequality, instability, and injustice. Psychology must extend beyond coping to cultivate critical awareness, collective engagement, and pathways for social change.

Encouraging individuals to simply “adjust” may inadvertently normalize conditions that require questioning and transformation.



Your Voices, Your Perspectives



Reflection

When does coping become complicity?

Can psychology hold space for both care and critique?



Call for Responses

We invite brief reflections (300–500 words) from members, researchers, and students on how they understand and engage with uncertainty, whether through research, practice, or lived experience. Selected contributions will be featured in the upcoming issue of the Bulletin.

Voices from the Field: Lived Experiences of Uncertainty

In addition, we extend a special invitation to individuals who are currently living in, or have recently experienced, regions affected by conflict and war. Your lived experiences of uncertainty, how it is felt, navigated, and made sense of in everyday life, are invaluable to the discipline of psychology.

We encourage you to share personal narratives, reflections, or field-based insights. Selected submissions will be published in the next issue, as part of our effort to foreground real-world experiences and deepen our collective understanding of uncertainty in its most immediate and human form.



AASSREC WORKING POLICY PAPER PUBLICATION



Association of
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About AASSREC

The Association of Asian Social Science Research Councils (AASSREC), set up in 1973, is an organisation to promote national social science research councils, academies, and institutes committed to the promotion of regional cooperation in the field of social sciences among Asia-Pacific countries.

The policy paper *Designing Age-Friendly Cities through Indigenous Knowledge: A Policy Framework for Sustainable Ageing* by Dr. Nidhi Mishra, Dr. Ravi Shankar Datti, **Prof. Tushar Singh**, Dr. Vijyendra Pandey, Rupa Jawal, Ahutosh Tewariv, Maneela Siristey, Sri Nitya Ravi rethinks urban ageing in India. Integrating the Blue Zones framework with indigenous knowledge, it provides a culturally grounded model for healthy, meaningful ageing.

This work shifts ageing from a demographic burden to an opportunity for inclusive urban transformation, highlighting everyday practices, social connectedness, and community living to boost older adults' well-being. Dr. Singh adds a psychological lens to policy, focusing on overlooked behavioural and social determinants beyond infrastructure.

Its practical, scalable recommendations, covering urban design, healthcare access, and community engagement, aid policymakers and planners. By blending indigenous practices with global insights, it fosters resilient, humane cities.

This advances academic-policy discourse, showcases NAOP's global impact, and proudly highlights members shaping ageing and sustainability conversations.

AASSREC WORKING POLICY PAPER PUBLICATION

The policy paper *Towards Ending Acid Violence: A Multidisciplinary Policy Framework* by NAOP members **Dr. Shalini Mittal, Prof. Tushar Singh, Dr. Bhawna Tushir, and Ms. Sakshi Mathur** tackles acid violence as a socio-structural issue. It integrates psychological, legal, and sociocultural perspectives for policy and interventions.

Its strength frames acid violence not as an isolated crime, but as rooted in gender inequalities, power imbalances, and harmful norms. The authors detail survivors' long-term psychosocial impacts, trauma, stigma, rehabilitation needs. Dr. Mittal and Dr. Tushir excel in psychological insights; Dr. Singh adds behavioural and societal conditioning depth; Ms. Sakshi Mathur bolsters empirical grounding.

Beyond analysis, it proposes actionable steps: stricter acid sales regulation, expedited legal processes, and survivor-centric support.

This interdisciplinary work's global relevance underscores NAOP members' impact on societal issues, fostering pride in their international influence.



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NAOP Members' Achievements

Prof. Tushar Singh has received several prestigious recognitions and international academic engagements, reflecting his contributions to applied psychology, mental health advocacy, and scholarship.

He has been elected as a Fellow of the International Association of Applied Psychology (IAAP), with the formal citation to be presented at the 31st International Congress of Applied Psychology in Florence, Italy (21–25 July 2026). He was also conferred Fellow status by the International Society for Mental Health Advocacy and Action (ISMHAA) at the First International Mental Health Policy Summit (January 2026, New Delhi) for his work in advocacy and academic leadership.

Further, Prof. Singh has been invited as a Visiting Professor under the Erasmus+ Programme at the Lithuanian University of Health Sciences, Kaunas (11–15 May 2026), as part of an exchange with Banaras Hindu University. During this visit, he will deliver lectures on cognitive distortions among acid attack survivors, focusing on trauma-informed interventions and gender-based violence.

काशी हिन्दू विश्वविद्यालय
AN INSTITUTION OF NATIONAL IMPORTANCE ESTABLISHED IN 1775

बीएचयू के प्रो. तुषार को इरास्मस प्लस फेलोशिप

वाराणसी: बीएचयू के मनोविज्ञान विभाग के प्रो. तुषार सिंह को इरास्मस प्लस इंटरनेशनल स्टाफ मोबिलिटी प्रोग्राम के तहत लिथुआनियाई स्वास्थ्य विज्ञान विश्वविद्यालय लिथुआनिया में विजिटिंग प्रोफेसर के रूप में आमंत्रित किया है। वह मई 2026 में लिथुआनिया की यात्रा के दौरान एसिड अटैक सर्वाइवर्स के मनोवैज्ञानिक प्रभाव और आघात पर व्याख्यान देंगे। यह यात्रा स्वास्थ्य मनोविज्ञान और व्यवहार विज्ञान के क्षेत्र में बीएचयू और यूरोपीय संस्थानों के बीच सहयोग को और मजबूत करेगी। (जासं)



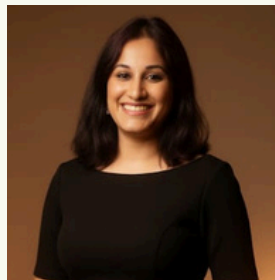
**PROF. TUSHAR SINGH,
DEPARTMENT OF
PSYCHOLOGY,
BANARAS HINDU
UNIVERSITY, VARANASI**

NAOP Members' Achievements

Dr. Shalini Mittal and Dr. Bhawna Tushir in collaboration with Dr. Aditya Anshu Chair and Assistant Professor, Abu Dhabi University and Dr. Linas Didvalis, Associate Professor, Vytautas Magnus University, Lithuania have been awarded an internal Research, Innovation, and Impact Grant for the academic year 2025–2026 in recognition of his proposed research project titled *“Fragmented Homes: Memory, Identity, and Intergenerational Trauma in Asian Diasporic Communities.”* The project has been approved with a funding support of AED 40,000, with the grant available for execution until 6 April 2028.

The research aims to examine questions of memory, identity formation, and intergenerational trauma within Asian diasporic communities, contributing to broader conversations in cultural psychology and trauma studies. This grant is expected to support interdisciplinary research and further strengthen international academic collaboration in the field of psychology.

DR. SHALINI MITTAL
ASSOCIATE PROFESSOR,
BENNETT UNIVERSITY,
GREATER NOIDA



DR. BHAWNA TUSHIR
ASSISTANT PROFESSOR,
CHRIST UNIVERSITY,
GHAZIABAD



Recognized for his academic excellence and research contributions, Dr. Ravi Pratap Pandey has been serving as Associate Professor at the Central University of Haryana since November 2025, marking a significant milestone in his professional journey and reflecting his growing academic leadership.

Further strengthening his research profile, he was awarded a prestigious Major Research Project by ICSSR in March 2026. The project, titled *“Gita-Based Yogic Interventions for Empowering Minds for Enhancing Wellbeing,”* focuses on integrating traditional philosophical insights with modern psychological practices to promote mental wellbeing.



DR. RAVI PRATAP PANDEY
ASSOCIATE PROFESSOR,
CENTRAL UNIVERSITY OF HARYANA

NAOP Members' Achievements

Dr. Paramita Datta, was conferred the status of Associate Fellow of the British Psychological Society (UK) in January 2025, acknowledging her significant contributions to the field of psychology.

She was also awarded the Best Paper Award at the 10th International Conference of the Indian Academy of Health Psychology (2025), Jaipur (11–13 December), for her research on body-image cognitive distortions and quality of life in dermatological disorders, highlighting her work across conditions such as psoriasis, acne, and vitiligo.



DR. PARAMITA DATTA
ASSISTANT PROFESSOR AT SRI
RAMACHANDRA INSTITUTE OF HIGHER
EDUCATION AND RESEARCH (DU), CHENNAI

Dr. Meenakshi Shukla, was awarded the prestigious Fulbright–Nehru Academic and Professional Excellence Fellowship (2025–2026) on June 30, 2025. This fellowship recognizes her academic excellence and supports advanced research and international collaboration in the area of emotional processes and health, enabling engagement with global scholarly networks.

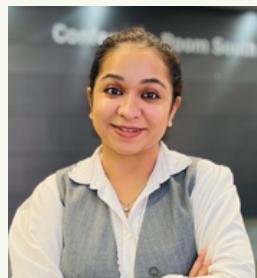


DR. MEENAKSHI SHUKLA
ASSISTANT PROFESSOR OF
PSYCHOLOGY AT THE UNIVERSITY OF
ALLAHABAD, PRAYAGRAJ

NAOP Members achievements

Dr. Harleen presented her research at the Political Studies Association (UK) 76th Annual Conference at the University of Oxford. Her work focused on gender, sexuality, and queer politics in India, examining intersections of policy, power, caste, and identity, particularly in the context of the Transgender Bill 2026. She contributed to critical discussions within the Queer Politics specialist group, engaging with contemporary scholarship on the lived realities of transgender communities.

Dr. Harleen served as a Visiting Research Fellow at Tilburg University, where she presented her research, delivered lectures, and engaged in academic discussions that enriched her work. She expresses gratitude to Professor Michael Bender and Professor Janneke Oostrom for their support, and acknowledges the contributions of Tranzo and the Developmental Psychology group. During her fellowship, she built international collaborations, engaged with interdisciplinary scholars, and gained valuable cross-cultural academic exposure.



DR. HARLEEN KAUR
ASSISTANT PROFESSOR,
O.P. JINDAL GLOBAL
UNIVERSITY

Namita Narula, has been selected for the Advanced Research Training Seminar (ARTS) by the International Association of Applied Psychology (IAAP), a prestigious program for early-career researchers.

She is currently involved in a cross-cultural research project on transportation experiences and psychological well-being and will present this work at the 31st International Congress of Applied Psychology in Florence, Italy (July 2026), along with participating in advanced research training and mentorship with international scholars.



NAMITA NARULA
RESEARCH SCHOLAR AT THE
DEPARTMENT OF PSYCHOLOGY,
BANARAS HINDU UNIVERSITY

Reputed Books by NAOP Members

Shining from My Own Spark

Authors: By Dr. Paramita Datta & Dr.
Kausik Rej.

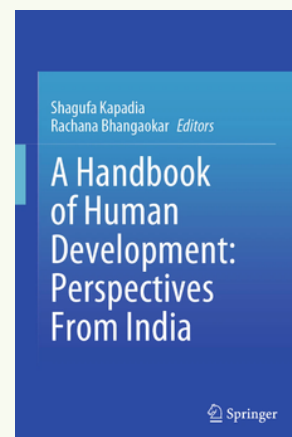
Publisher:



A Handbook of Human Development: Perspectives from India

Editors: Shagufa Kapadia, Rachana
Bhangaokar

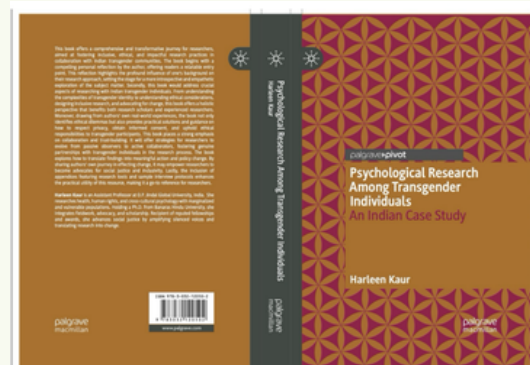
Publisher: Springer



Psychological Research Among Transgender Individuals

Authors: Dr. Harleen Kaur

Publisher: Springer Nature



Significant Publications From the NAOP Members

- Shukla, M. & Upadhyay, N. (2025). Cold hearts and dark minds: a systematic review and meta-analysis of empathy across dark triad personalities. *Frontiers in Psychiatry*, 16, 1546917.
- Shukla, M., Lavi, I., & Lau, J.Y.F. (2024). Effect of COVID-19 and Related Lockdown on Young People's Worries and Emotions in the Israeli Context. *Adolescent Psychiatry*, 15(2), 159–173.
- Pandey, A., Tripathi, V., Shukla, M., & Pandey, R. (2024). Dimensionality and cross-language invariance of Pittsburgh Sleep Quality Index among Indian adolescents and adults. *Journal of Sleep Research*, 34(1), e14319.
- Upadhyay, N., Shukla, M., & Pandey, R. (2024). Dispositional mindfulness and mental health: Exploring the interplay of decentering, non-attachment, emotion regulation difficulties and affectivity as implicated mechanisms. *Current Psychology*, 43(33), 27128–27145.
- Vishal. S.V., Datta P. (2025). Canvas of Care: A Review of Art Therapy to Heal the Healers. *North American Journal of Psychology*, Vol 27, Issue 4, Pg no-976-988.
- Surana. K., Datta. P. (2025). Canvas of Calm: a Pilot Study on Art-Based Interventions for Academic Stress Management In Higher Education. *Journal Of Counselling and Psychotherapy Research*, Vol 25, Issue1.<https://doi.org/10.1002/capr.12904>

Significant Publications From the NAOP Members

- Surana. K., Datta. P. (2025). Exploring the Techniques of Scribbling and Gratitude Mandalas on Achievement Motivation in College Students: A Pilot Study. *Indian Journal of Psychiatry*, Vol 67 Suppl-1 Pg No S92. Conference Proceedings.
- Anjana, K. S., Bharti, D. A., & Bharti, A (2026). Beyond the Physical: Mental Health and Quality of Life in Women with Polycystic Ovarian Syndrome (PCOS). *Journal of the Indian Academy of Applied Psychology*, 52 (1), 290-300.
- Bharti, A., & Bharti, D. A. (2025). Hindi Adaptation and Psychometric Validation of the Successful Aging Scale (SAS). *Journal of Applied Gerontology*, 0(0). <https://doi.org/10.1177/07334648251337132> (First published online April 22, 2025)
- Bharti, A., & Bharti, D. A. (2024) To what extent is Self-Perception of Aging salient for the Quality of Life of Older Adults? *Indian Journal of Clinical Psychology*, 51 (1-2), 52-64 (UGC - Care List)
- Bharti, D. A., Anjana K. S., Bharti, A. & Kumar, M. (2024) Mental health in diseased inhabitants of arsenic affected middle Gangetic plain. *Indian Journal of Clinical Psychology*, 50 (4), 40-51 (UGC - Care List)
- Bharti, A. & Bharti, D. A. (2024) Impact of Death Anxiety on Psychological Well-Being and Successful Aging of Older Adults With Chronic Illness. *OMEGA—Journal of Death and Dying*. <https://doi.org/10.1177/00302228241272> Online first on August 6, 2024[Sage: IF- 1.5)

Significant Publications From the NAOP Members

- Bharti, D. A., K. S. Anjana & Kumar, S. K (2024). Groundwater Arsenic Contamination in the Indo-Gangetic Plain of Bihar: The Psychological Well-being and Quality of Life of its Diseased Inhabitants. *International Journal of Ecology and Environmental Sciences* 50: 00- 00, 2024ISSN: 2320-5199 (Online); <https://doi.org/10.55863/ijees.2024.0293> (UGC-Care)
- Srivastava, N., Awasthi, P., Mukherjee, M., Pandey, R.P. & Zaidi, S.Z.H. (2026). Navigating New Culture: The Role of Attachment Styles in the Adaptation of International Students in India. *Annals of Neurosciences*. 1-11. DOI: 10.1177/09727531261425823. 0976-3260. SAGE Pub. SCOPUS.
- Robert, S.J., Singh, V., Pandey, R.P., & Bhuyan, B. (2026). Digital arrest in the cyber age: a psychological perspective on fear, authority, and consciousness. *Frontiers in Psychology*. 17:1726740. doi: 10.3389/fpsyg.2026.1726740. ISSN: 1664-1078. (Frontiers, SCOPUS)
- Narula, N., Singh, T., & Kaur, H. (2025). Bio-psycho-social Effects of Street Harassment: A Systematic Literature Review. *Psychology Hub*, 42(3), 69–80. <https://doi.org/10.13133/2724-2943/18907>
- Girishwar Misra and Shivantika Sharad, Self-Refinement in the Hindu Tradition. In: *The International Handbook of Adult Development and Well-being*. Edited by Judith Stevens-Long and Eeva K Kallio, Oxford University Press. @ Oxford University Press (2026). DOI: 10.1093/OSO/9780197686874.003.0010
- Shukla, M., Gupta, S., Lau, J. Y. F., Kumari, V., & Pandey, R. (2026). Childhood maltreatment and threat bias: The moderating role of anxiety, dysthymia, depression, and overall psychological distress. *Adolescent Psychiatry*. Advance online publication. <https://doi.org/10.2174/0122106766413848251206145837>

International Conferences Held

“Indigenous Practices and Modern Psychological Innovations: Bridging the Gap for Promoting Health and Well-Being”

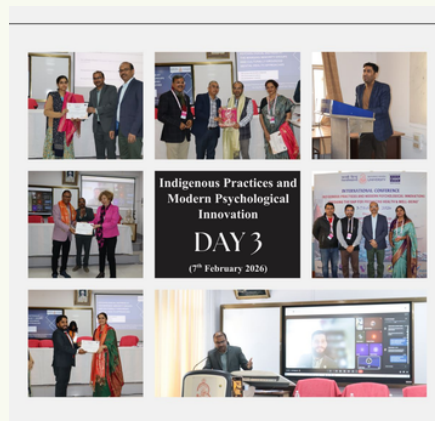
Department of Psychology, Banaras Hindu University, Varanasi | 5–7 February 2026

The Department of Psychology, Faculty of Social Sciences, Banaras Hindu University (BHU), organized a three-day International Conference titled “Indigenous Practices and Modern Psychological Innovations: Bridging the Gap for Promoting Health and Well-Being” from 5–7 February 2026. The event brought together academicians, researchers, practitioners, and students to explore the integration of indigenous knowledge with contemporary psychological approaches.

The conference aimed to examine holistic perspectives on well-being, emphasizing the need to bridge modern psychological models with indigenous frameworks that view health as relational and ecological. Key themes included community-based well-being, indigenous mental health practices, biocultural approaches, and human flourishing.

Over three days, participants presented research, engaged in discussions, and exchanged ideas, fostering rich academic dialogue. The conference also encouraged collaboration across career stages, creating a dynamic and intellectually engaging environment.

It concluded with a shared commitment to continue interdisciplinary dialogue and advance culturally grounded psychological research.



Upcoming National Conferences

Developing Grateful Communities- A Global Conference.

<https://gratcon2026.christuniversity.in/>

The GRATCON 2026: Developing Grateful Communities is an international conference organized by the CHRIST (Deemed to be University), Bengaluru, through its School of Psychological Sciences. The conference will be held from 10–12 December 2026 and aims to bring together scholars, researchers, practitioners, and students to explore the role of gratitude in enhancing psychological well-being and strengthening communities.

The conference seeks to provide an interdisciplinary platform for discussions on gratitude as a psychological construct and its applications in promoting mental health, positive relationships, and collective social flourishing. Participants will have the opportunity to present research and engage in scholarly dialogue on themes related to positive psychology, mental health promotion, social connectedness, and community well-being.

Through keynote lectures, research presentations, and interactive academic sessions, the conference intends to foster collaboration among researchers and practitioners working in the domains of psychology, mental health, education, and community development. The event aims to generate meaningful insights and practical strategies for integrating gratitude-based approaches into research, policy, and practice.

Scholars and students interested in the study of gratitude and positive psychological interventions are encouraged to participate in this international forum dedicated to building resilient and compassionate communities.



Upcoming National Conferences

1

16th InSPA International Conference (Indian School Psychology Association)

Dates: August 6 – 8, 2026

Venue: Chennai, Tamil Nadu

Theme: Focuses on training guidelines
for school psychologists and child
mental health.

Reference:

https://www.inspa.org/event_list.php

2

MHECON 2026- Mental Health Education Conference

Date:- 19th June 2026 (Pre-
Conference), 20 th June 2026
(Conference)

<https://www.nimhans.ac.in/announcements/conference-and-workshops-announcement>

<https://nimhansbkt.demoappiness.com/prodnimhans/documents/announcements/b4faa2ea487149e78844787c49788ea1.pdf>



MHECON 2026

NIMHANS Mental Health
Education Conference

Upcoming International Conferences

1

The 2026 APS Annual Convention Barcelona, Spain, 28-30 May 2026.

- Features Integrative Science Symposia with focus on AI, mental health, cognition, and societal challenges.
- Introduces Industry Day highlighting real-world, non-academic applications of psychological science.
- Includes talks, workshops, networking, and professional development alongside cultural events in Barcelona.

2

31ST International Congress of Applied Psychology Florence, Italy, 21st-25th July, 2026

- Brings together global experts to share cutting-edge research in applied psychology.
- Focuses on innovations driving positive individual and societal change.
- Offers an enriching conference experience in a premier international setting.



Upcoming Psychology International Conferences

3

International Association for Cross-Cultural Psychology in 2026 Leuven, Belgium, 14 → 18 July

- Leuven offers a culturally rich and academically vibrant setting for global cross-cultural psychology scholars.
- Blends historic legacy with modern academic excellence, fostering collaboration and exchange of ideas.
- Hosts the 2026 IACCP Conference, inviting global scholars to advance cross-cultural research and partnerships.

4

20th European Congress of Psychology Psychology: Responding to the Challenges of Technology and Humanity September 07–10 2027 Belgrade, Serbia

- Invites global participation for the 20th European Congress of Psychology (ECP 2027) in Belgrade.
- Brings together researchers, practitioners, educators, and students for academic exchange.
- Hosted at the University of Belgrade, offering a blend of scholarly engagement and rich cultural experience.



Indian Institute of Management Shillong

host

29th Apr -
01st May
2026

35th NAoP Convention

Reframing Psychology Beyond Neoliberal Individualism

Theme

Psychology as the Ground for Future Human Action

Welcome Message from the National Academy of Psychology (NAOP)

It is our pleasure to welcome scholars, researchers, practitioners, and students to the 35th Annual Convention of the National Academy of Psychology (NAOP), hosted by the Indian Institute of Management Shillong, Meghalaya, from 29 April to 1 May 2026.

The theme, “Reframing Psychology Beyond Neoliberal Individualism,” calls for rethinking psychology’s role in addressing social, cultural, and ecological challenges. It encourages moving beyond individualistic perspectives to emphasize community, compassion, and collective well-being.

The convention will feature keynote lectures, symposia, paper presentations, workshops, and panel discussions, offering a platform for interdisciplinary exchange and engagement with emerging research and ideas shaping the field.

We warmly invite you to be part of this academic gathering and contribute to enriching conversations that deepen our understanding of human behavior, well-being, and social transformation. We hope that the convention will foster meaningful collaborations, inspire new research directions, and strengthen the community of psychologists committed to building a more humane and inclusive society.

We look forward to welcoming you to NAOP 2026 in Shillong and to a stimulating exchange of ideas in the spirit of scholarly engagement and collegiality.

JOIN NAOP



A message from the Treasurer

Dear Colleagues,

As you are aware, the National Academy of Psychology (NAOP), India, has been serving as a platform to bring together all the psychology professionals for the development of this discipline in India. In recent years, NAOP has been engaged in various activities both nationally and internationally and is recognised by all major international psychology associations across the globe. NAOP represents the Indian Psychology Community in the International Union of Psychological Sciences (IUPSYs), BRICS Plus Psychology Alliance, Asia Pacific Psychology Association (APPA) and has active MOUs with APA as well as many other international Psychology Organizations including (but not limited to) British Psychological Society, South African Federation of Psychologists, Czech Republic Federation of Psychologists, Chinese Psychological Societies. These associations have helped not only NAOP members but also Indian psychology professionals to make contact and establish active research collaborations with psychologists and researchers across the globe.

I, on behalf of everyone at NAOP, invite you to join us and become part of a vibrant community of scholars and practitioners working to promote the science of psychology in India.

With Best Regards,
Dr. Sunil Kumar Verma
Treasurer, NAOP

You can become a member too!



NAOP's membership is open to any individual with Master's degree in Psychology or related disciplines and be involved in one or more aspects related to teaching, research and practice. Students of Psychology or related disciplines can become Associate Members without voting rights. All members have to go through the application process and will become a Member or Associate Member of the Academy with the payment of the prescribed dues. A person shall continue to be a member so long as the annual dues are regularly paid. A person shall cease to be a member either by default or by unanimous decision of the Working Committee.

Subject to other provisions of the statutes, the persons who become Associate Members or Members can keep their membership on payment of the following membership contribution.

Benefits of Membership

- Opportunities to join the divisions of NAOP, where members can make research collaborations and can communicate with members to collaborate on projects such as Congress Symposiums, publications, educational webinars etc.
- All the members receive some discount in the conference
- Registration Fee from the organizers of NAOP annual conferences as well as the conferences organized by NAOP's MOU partners.
- Free access to NAOP Bulletin detailing news, articles, blogs and educational, employment, funding, and conference opportunities from around the world.
- Access to various scholarships/ Awards/ Workshops sponsored by NAOP
- Free subscription to the NAOP Journal "Psychological Studies" (Only for Full members) for their membership year(s).
- Opportunity to participate in various committees of NAOP Divisions.
- Eligibility to participate in NAOP Executive Council Election (After uninterrupted membership for five years).
- Full members have the voting rights in electing the office bearers of
- NAOP that is done electronically every year in the month of November or December.

Fees for New membership or Renewals

Full Members (for citizens of India, Nepal, Bhutan, and Srilanka)

Annual: Rs. 1000 /-

Five years: Rs. 4500 /-

Full Members (International Members)

Annual: USD 30 /-

Five years: USD 1200 /-

For Associate Members (For Students without any voting right):

Annual: Rs. 500 /-

* NAOP membership for a given year is valid from January 1st till December 31st.

** Those Paying membership fee up to June 30th of the given year becomes member w.e.f. January 1st of that year.

*** Those Paying membership fee from July to December of the given year becomes member w.e.f. January 1st of next year.

Procedure for Application

- Deposit the membership fee

Account Name: NATIONAL ACADEMY OF PSYCHOLOGY

Bank Name State bank of India

A/C NO. 10043545145

branch code 08778 South Campus New Delhi

IFSC: SBIN0008778

- Once payment is made, fill the following form by visiting the following link <https://forms.gle/pHj534UUFyJ2zEP97>

All membership enquiries can be sent to the Treasurer, Dr. Sunil Kumar Verma (treasurer@naopindia.org / cc to verma.sunil77@gmail.com), Vivekananda College, Vivek Vihar, Delhi University, New Delhi, India.

Contribute to the NAOP Bulletin!

Dear Readers,

The NAOP Bulletin serves as a vibrant platform for communication and knowledge exchange among esteemed members of the National Academy of Psychology (NAOP). We warmly invite your feedback and suggestions on the current issue to help us continually improve its quality and relevance.

We welcome submissions under the following categories and more:

- **Significant Publications:** Include a brief overview of your published work.
- **Books Published:** Mention the title, cover image, and publisher details.
- **Awards and Honors:** Share any recognitions or distinctions received during 2026-27.
- **Upcoming Events:** Information on conferences, workshops, or funding opportunities.
- **Ongoing Research/Projects:** A short description of your current research or initiatives.
- **Research Highlights/News:** Noteworthy developments, findings, or innovations from your field.
- **Psychology in Practice:** Examples of how psychological principles have been applied in real-world contexts.
- **Other Contributions:** Any additional updates or insights relevant to the NAOP community.

Please include a headshot photograph and a short biography (within 50 words) along with your submission.

We look forward to your contributions, feedback, and suggestions to make the bulletin a rich reflection of the collective work and vision of our community.

Send your submissions to: bulletinnaop@gmail.com

Warm regards,
Editorial Team
NAOP Bulletin

Reach us at

admin@naopindia.org

bulletinnaop@gmail.com

<https://www.naopindia.org>

NAOP BULLETIN 2026

